

PULSE

HEARTBEAT (EAST SUFFOLK) MAGAZINE



PHOTO BY HELEN HOTSON

EAST SUFFOLK CARDIAC SUPPORT GROUP

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WELCOME

My colleagues and I here at Mansion House Publishing are delighted to be working with Mike and the Heartbeat committee to produce this magazine.

Mike approached us last autumn and we were very keen to get involved, not just with PULSE. We have decided to make Heartbeat East Suffolk one of our 'chosen' charities and in addition to working with the committee to produce PULSE and with members to generate new content, we hope to help raise funds to enable Heartbeat to do even more of the excellent work it's already doing, such as the installation and maintenance of defibrillators, along with raising its social media and online presence. More on that another time.

Our advertisers are equally committed to supporting Heartbeat's aims and objectives and I'm sure you will join me in thanking them for making PULSE possible. We hope others will follow their example and work with us to raise the profile of Heartbeat, to enable it to connect with

more patients, their partners, families and carers, and to boost support for its fundraising initiatives.

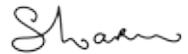
In his chairman's report on page 7, Mike writes about how we want members to get involved. I'll simply add that we have been guided by Mike and his fellow committee members who tell us that you like a good joke (or two) and we're determined to give you that. However, we do want you to share your stories and/or poems, jokes and ideas so please do read Mike's report and let us know what you think.

Perhaps now more than ever we need to find ways to distract ourselves from the news but we will aim to include important or useful information relating to Covid-19 if our deadlines allow. On that note, you'll find a useful poster on page 9.

It really is an honour to edit this lovely magazine and I'd like to thank Carol, your former editor, for her time in handing it over to me. I only hope I can live up to her standards and do her proud.

Take care, stay safe and let us know what you think.

My very best wishes,



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BED & BREAKFAST RECOMMENDATIONS

Royal Papworth Hospital (new location next to Addenbrookes Hospital)
Tel: 01223 638000 / Postcode for SatNav: CB2 0QQ)

Papworth keep a list of nearby B&Bs

Lea Hospital Cambridge
Wendy at Rose Cottage, Histon, Cambridge / 01223 563136
3-4-minute walk to the hospital but return transport available if required.



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CHAIRMAN’S REPORT

2021 has arrived and I hope it's not too late to wish you all a year of promise and good health.

We have just experienced the strangest Christmas of my life, missing being with family and friends, especially all Heartbeat members who would have been together enjoying the seasonal fun and fellowship that we have shared in past years.

It is hard to believe that our last monthly meeting was on 2 March 2020 after which Covid-19 took over and changed the world we knew forever. Sadly, we have lost some of our members because of this cruel and relentless disease and I extend my condolences to all those who have lost a loved one during this time.

I now hope that we may now look forward to a new chapter in our lives with the promise of an effective vaccine to give us protection against Covid-19 and allowing us to lead a life without the restrictions we have at present.

This is the first edition of PULSE produced with much support and assistance from Mansion

House Publishing but Sharon, the editor, and I hope Heartbeat members will get more involved in future, presenting ideas, articles, photos, jokes, competitions and more for inclusion. We will need your submissions and/or ideas for the next edition by March 5 so get your thinking caps on immediately and let us know what you'd like to see in future editions. We can't wait to see what you come up with.

Please send your ideas direct to me initially and I will liaise with Sharon. You'll find my contact details on page 14.

Due to the ongoing pandemic, all our regular activities are suspended until further notice.

Please observe the governments guidelines and keep safe and well. I look forward to hearing from you.

Kind regards,

Mike



HEARTBEAT REGALIA

Ladies & Gents Fleeces
Sweatshirts, Polo Shirts & T-Shirts

Prices on application. Various colours available.

All are by special order so check your requirements with John Biggs (see Heartbeat Committee on page 14) before filling out your order form.

Ties	£4
Lapel Badges	£1
Shopping Bags	£1.99



**DON'T FORGET TO USE
OUR CO-OP CHARITY
NUMBER 1946**

To use this number you need to use your own dividend card first and then ask the assistant to transfer the dividend to the Heartbeat number which us 1946.

TREASURER'S REPORT

We have had a very successful Christmas draw and I would like to thank everybody who bought tickets this year. It is the only time we look to raise money for the charity and enables us to produce (and send) this magazine to our members four times a year.

After all expenses, we made a significant profit of £2,411 and also received donations to the value of £392. These figures exceed last year by £460, a great result considering the year we have had.

I would sincerely like to thank you all. If you enjoyed having a 'flutter' why not become a member of our 100+ Club? For £12 a year you get a dedicated number which is entered into our monthly draw. There are three cash prizes every month, usually around £48, £24 and £12.

If you are interested please contact Norma Farthing on 01473 714431.

100+ CLUB WINNERS

November

No 88: Mr C Buck £42

No 28: Mrs S Dowe £21

No 38: Mr R Steggals £10.50

December

No 114: Mr P Alcock £40.80

No 26: Mr E Clow £20.40

No 19: Mrs C Somers £10.20

January

No 104: Mrs J Amoss £42

No 67: Mrs B Ely £21

No 124: Mrs E Meady £10.50

CHRISTMAS DRAW WINNERS

1: Mr D Bates £300

2: Mrs M Ward £150

3: Mr R Chinnery £75

£20 TESCO VOUCHER

Mr R Seaman
Mrs S Cook
Mrs D Robinson
Ms Rita Wheeler
Mr S Fraser
Mrs Day
Mr M Ludbrook
Mrs J Larkins



ENGLAND LOCKDOWN

STAY AT HOME

**THE NEW STRAIN OF CORONAVIRUS IS SPREADING FAST.
WE ALL NEED TO PLAY OUR PART TO STOP THE SPREAD.**

▶ LEAVING HOME

You must not leave, or be outside of your home or garden, except for a very limited set of exemptions e.g. to shop for basic necessities, exercise, go to work if you cannot do so from home, or to escape risk of harm.

▶ MEETING OTHERS

You cannot leave your home to meet socially with anyone, except with your household or support bubble (if eligible to form one). Stay 2 metres apart from anyone not in your household or support bubble.

▶ EXERCISE

You may exercise on your own, with your household or support bubble, or with one person from another household (when on your own). Stay 2 metres apart from anyone not in your household or support bubble.

▶ BARS, PUBS AND RESTAURANTS

Hospitality closed aside from sales by takeaway (until 11pm), click-and-collect, drive-through or delivery. Alcohol cannot be purchased through takeaway or click-and-collect from hospitality venues.

▶ RETAIL

Essential shops can open. Non-essential retail must close and can only run click-and-collect and delivery.

▶ WORK AND BUSINESS

Everyone must work from home unless they are unable to do so.

▶ EDUCATION

Early years settings open. Primary and secondary schools and colleges move to remote provision except for vulnerable children and children of critical workers. Most university students to move to remote learning.

▶ LEISURE AND SPORTING FACILITIES

Closed, with limited exceptions.

▶ ACCOMMODATION

Closed, with limited exceptions.

▶ PERSONAL CARE

Closed.

▶ ENTERTAINMENT

Closed.

▶ OVERNIGHT STAYS

You must not stay overnight away from home. Limited exceptions apply e.g. to stay with your support bubble.

▶ WEDDINGS AND FUNERALS

Funerals of up to 30 people permitted. Weddings up to 6 people permitted in exceptional circumstances. Wakes and other linked ceremonial events of up to 6 permitted.

▶ PLACES OF WORSHIP

Places of worship can remain open and communal worship is permitted, but you must not mix with those outside your household or support bubble.

▶ TRAVELLING

You must stay at home. If you do leave home for a very limited set of exemptions, you should stay local in the village, town, or part of the city where you live where possible. Do not travel abroad unless an exemption applies.

▶ CLINICALLY EXTREMELY VULNERABLE

Shielding reintroduced across England. You should not travel to work, school, college or university and should limit the time you spend outside the home. You should only go out for medical appointments, exercise or if it is essential.

▶ CARE HOME VISITS

Visits can take place with arrangements such as substantial screens, visiting pods, or behind windows. Close-contact indoor visits are not allowed. No visits will be permitted in the event of an outbreak but end of life visits are permitted in all circumstances.

STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES

For more information go to:
[gov.uk/coronavirus](https://www.gov.uk/coronavirus)

THE NEW CUT AND OVER STOKE IPSWICH



■ **Pat Fisher & John Cooper onboard
Marjorie, by John Cooper**

This man-made title waterway enabled the rivers Gipping and Orwell to be diverted, thus allowing the construction of Ipswich's great dock c1840. The 'Cut' also provided access to Saint Peters adjacent Stoke Bridge as well as the original failed entrance to the dock itself.

New Cut West afforded the many works access to waterborne traffic. From the south and their quay near Griffin Wharf, Ransomes & Rapier shipped engineering products mainly courtesy of Horlocks' Barge Fleet to the London Docks for onward transhipment to all parts of the world.

The next area of interest near Harland Street was that of Wilfred Christophersons described as cattle food manufacturers (and more) who were entrusted with the care of the sailing barge Memory.

Nearby, in the region of Bath, Bright and Robinson Streets, the works of lime-burner, stone and cement worker Eldred Watkins could be found. At various times he owned the eponymous sailing barge Eldred Watkins as well as Ethel Ada, Frederick William, General Jackson and Novator.

Moving on, the berths of the well-known paddle steamers that operated a service to the region of Harwich Harbour were close to the end of Purplett Street. My memory recalls the remnants of the long terrace of houses that used to decorate the remainder of New Cut West from

Bright Street to Stoke Bridge, only interrupted by the Steamboat Tavern and the large assemblage belonging to the Ipswich Malting Company. This, of course, is not to deny the existence of Paul's large malting complex in Felaw Street – the company which incidentally owned the largest fleet of sailing barges in the town. The IMC was another that took full advantage of the maritime facilities with the vessels Hector, Mary Anne, The Sisters and Three Sisters all serving their needs. They were all registered in the name of company secretary Thomas Damant of Burlington Road.

New Cut East was less commercial than its Over Stoke counterpart, as witnessed in my day by the tumbledown remains of the 'Umbrella' near the lock. This marked the extent of a fine avenue of lime trees known as The Promenade which was subsumed many years ago by the railway. In times past, the ferrymen would congregate along the riverside to await a fare to row across to the other side of the 'Cut'. At the northern side of the picture postcard promenade, there is a collection of buildings including Lock Cottage and the Harbourmaster's Office which remain as a reminder of the original dock entrance. I can well recall the adjacent 'Lock Tavern' but as to Nethercoat the sailmaker – I cannot. The journey is made complete by examination of William Brown's timber sheds and yard and in previous times a substantial building at Flint Wharf opposite Cranfield's, that used to house the dock workers canteen.

Saint Peter's dock which was the extremity of sea going barge traffic, is a tidal basin which could accommodate many craft. This enclave was an important and extremely busy part of town, containing as it did, operators of national interest. There were pockets of specialised concerns in Ipswich, none more so than the St Peter's quarter where, within a few hundred yards, the food industry was well represented. If Cranfield's was the flagship with the 'staff of life', near neighbour Burton's was the 'icing on the cake'. However, not to be outdone, close by the British Fermentation Plant triggered the ingredients. These firms like Cranfield's with a string of industrial scale regional bakeries, Burton's with its UK wide influence, together with the ubiquitous Paul's, all counted

thousands of workers in their employ. The yeast factory with its aroma of distinction was perched precariously by Stoke Bridge; the narrow frontage belied its considerable depth – it was a rare beast, one of only two suchlike in the country. In addition, Saint Peter’s Quay was also home to R & W Paul’s warehouse of the same name together with the BOCM Oil Mill, Burton’s Jam Factory, a small warehouse set behind a large weighbridge and, in later times, Paul’s massive silo. Post WW2, this area still generated much road, rail and barge traffic.

Urban Over Stoke was a fascinating part of Ipswich, almost a self-sufficient town within a town, perhaps the original local manual powerhouse. It was an area bordered in the main by New Cut West, Burrell Road, Luther Road, Croft Street and the railway – (black) bridge in Wherstead Road. Although this was not a prosperous area, the local inhabitants lived dignified, orderly and uncomplicated lives, would look out for one another and have no qualms about leaving their front door open.

The residents of this settlement of terraced houses provided the skilled and unskilled labour for such as Cocksedges, the Locomotive Depot, Maltings, Ransomes & Rapier, not forgetting the maritime. Here the engineer, the railway man and the sailor man, those who tightened the bolts, raised the steam and set the sails.

Riverside villages such as Lower Holbrook, Harkstead, Shotley and especially Pin Mill provided the nucleus of the Ipswich fleet. A young man would have found that barging was a better paid proposition than working on the land. Over Stoke was also a stronghold of the sailor man. For instance, ‘streets’ – some now long gone – such as Austin, Bell, Bright, Bulstrode, Great Whip, Hawes, Kemp, Lt Croft, New Cut West, Pauline, Tyler and Wherstead played host to such notable bargeman as Ernest Blumfield, Arthur Corby, Joe English, David and Bob Greenleaf, Derek Ling, Percy MeeTINGS, George Markham, David Sadler, Percy Scott, Fred Smy, Mervyn Stafford, Joe Trotman and Harry Westley.

Probing the annals of anxiety, tragedy was never far behind. David Greenleaf of Tyler Street (who

lived near his son Bob) having escaped with his life after his barge Millie was run down in 1930, was sadly lost in 1941 by accidentally drowning in the Thames. There are some intriguing recurring names connected with a local maritime, one such being Hooker. There is a record of Alfred Charles of Upland Road, John of New Cut West (May Villa) who is associated with the vessels Davenport Inflexible and Tertius. However, the most interesting appears to be Joseph Thomas (1851- 1906) described as ship owner and Master Mariner of Farringdon Villas. He was reputed to have been skipper/owner of the Ipswich Lady of the Wave as well as owner of the Mystery. It is also possible that he was the master of the Ipswich Malting Company’s Mary Anne. Joseph’s wife was Happy Ada nee Aldous (1862-1917). They never knew that their son Edward Reginald (1894-1918) would be KIA in WW1. Perhaps a poignant reminder as to the fragility of family life a century ago.

Should there be a case to answer, I would find in favour of the people from Over Stoke. That individual respected community which made such a major contribution to the town itself.

By Barry Girling



This article was provided by local author Barry Girling and is a sample of his interesting reflections of the history of Ipswich. If you grew up here his book, Memories of a Special Town, will bring it all back to you remind you of what we did and where people earned their living. If you would like to obtain a copy of his book which is over 230 pages packed with pictures and details of our past, please speak to the chairman.



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▶ CONTROL
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Ten months with pandemic
What has this really done?
Have we beaten Covid
Or has the virus won?

The side effects are massive
We feel them every day
Across the generations
How we work and play.

No more eating out
That's a thing of the past.
Hard times for favourite venues
If they even last.

We're drilled to keep our distance
When we venture out
Cross the road to be sure
But then we have to shout.

Our hardship's not all physical
But often mental too
Where lurks the dreaded virus
When will it target you?

You see your family from afar
No chance it is for real
An iPad kiss and friendly wave
Has not the same appeal.

In spite of our best efforts
Our hair looks truly rough
No style and a new colour
Just washing's not enough.

Our daily conversation
With friends and family
Is on the phone or iPad
Not with a cup of tea.

There's time to read and goggle
Even binge TV
A film or real live drama
Is what I long to see.

One day we'll shop as before
Not on or in a line
We'll have a good old fuddle
No rush just take our time.

There are some minor plusses
Now traffic is much less
We hear the birds' song clearly
That helps relieve the stress

Home workers they don't miss
Their commute to work
No need for pricey office blocks
For employers it's a perk.

Comradery is palpable
We're all in this together
Stay positive and cheerful
Enjoy the gorgeous weather.

Gardens are a Godsend
Not a weed there to be seen
Houses they are pristine
They've never been so clean.

The 'to do' list has been done
Family photos are all neat
The freezers full of new bakes
A decade's meals to eat.

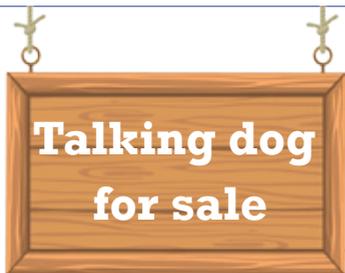
We've renewed old friendships
With loads of time to talk
We even greet all strangers
When we go out to walk.

Exercise is daily
It used to be a chore
Even online Pilates
With a mat on the kitchen floor.

A & E is empty
No waiting at the Docs.
Have we all recovered
Or are there hidden shocks?

The true effect of Covid
Will be felt for years
For our health and well being
Paranoia and true fears.

I must close with a happy verse
Not all doom and gloom
Rumour hath it vaccine
It will be coming soon.



A man sees this sign outside a house. He rings the bell; the owner appears and tells him the dog can be viewed in the back garden. The man sees a nice-looking Labrador Retriever sitting there.

“Do you really talk?” he asks the dog.

“Yes,” the Labrador replies.

After recovering from the shock of hearing the dog talk, the man asks, “So tell me your story”.

The Labrador looks up and says, “Well, I discovered that I could talk when I was pretty young. I wanted to help the government, so I told the SAS. In no time at all they had me jetting from

country to country, sitting in rooms with spies and world leaders because no one imagined that a dog would be eavesdropping. I was one of their most valuable spies for eight years.

“But the jetting around really tired me out and I knew I wasn't getting any younger, so I decided to settle down. I signed up for a job at Heathrow Airport to do some undercover security work, wandering near suspicious characters and listening in.

“I uncovered some incredible dealings and was awarded several medals. I got married had a few puppies and now I've just retired.”

The man is amazed he goes back into the house and asked the owner how much he wants for the dog

“Ten quid,” the owner says.

“Ten quid! But this dog is absolutely amazing! Why on earth are you selling him so cheaply?”

“Because he's a lying bugger; he's never been out of the garden.”

IN WHICH SPORT COULD YOU WIN THESE TROPHIES?

- | | | | |
|----|--------------------------|----|-----------------------|
| 01 | Admiral's Cup | 17 | Lonsdale Belt |
| 02 | Britannia Shield | 18 | Ryder Cup |
| 03 | Calcutta Cup | 19 | The Talbot Handicap |
| 04 | Canada Cup | 20 | Webb Ellis Trophy |
| 05 | Cowdray Park Gold Cup | 21 | Worrell Trophy |
| 06 | King George V Gold Cup | 22 | Sheffield Shield |
| 07 | Queen's Prize | 23 | James Norris Trophy |
| 08 | Solheim Cup | 24 | Little Brown Jug |
| 09 | Waterloo Cup | 25 | Yetton Trophy |
| 10 | Whightman Cup | 26 | Prince Phillip Cup |
| 11 | Ipswich Cup | 27 | Prince Phillip Trophy |
| 12 | Curtiss Cup | 28 | Eden Cup |
| 13 | Davis Cup | 29 | Sam Maguire Trophy |
| 14 | Doggett's Coat and Badge | 30 | Gordon Bennett Cup |
| 15 | Gordon Bennett Trophy | 31 | Peall Trophy |
| 16 | Jules Rimet Cup | 32 | Camrose Trophy |

HERE'S TO A GREAT VINTAGE!

It's onwards and upwards for Charlotte Davitt-Mills and her wine business



There are new vineyards and breweries popping up everywhere these days, and how wonderful it is to see local innovation at its very best. One of the finest to emerge lately is Shotley Vineyard, just outside Ipswich overlooking the Orwell and Stour estuaries.

The brainchild behind the venture is Charlotte Davitt-Mills and her husband Craig, who have lovingly renovated this abandoned four-acre vineyard after falling in love with the gorgeous setting in 2017.

“It was love at first sight, we just couldn’t pass up the opportunity to bring the vineyard back to its former glory,” says Charlotte, who has lived in Shotley for 30 years. “It was hard work and very much a labour of love, but the satisfaction level is off the scale. We now manage 16 acres of planted English vines in neighbouring vineyards and we are thrilled that we launched our first vintage this year – a Bacchus 2019.”

The grapes grown on the vineyard are pressed and bottled at a winery elsewhere, and Charlotte acknowledges that winemaking is a very special skill. “To make great wine you need great grapes and a superb winemaker. I don’t have that second skill, but we do have fantastic grapes; a wide variety on the estate that we use to make our own wine, plus we sell some on to other wineries.

“Our aim is to create a small but excellent range of wines that are very drinkable, memorable, fresh and fragrant. Grapes from the Bacchus 2019 were hand-picked at the beginning of October 2019 and whole bunch pressed. We only used grapes from our vineyard, which means the wine is single estate. It’s off-dry and has aromas of



Shotley Vineyard: 16 acres of vines bordering the Orwell estuary

elderflower and grapefruit – great with chicken or seafood.

“Our Pinot Noir 2019 red is another exciting wine, medium bodied and full of flavour. The grapes were hand-picked at the beginning of October 2019, before the rain set in, so they retain concentrated flavours. It has aromas of cherry, blackcurrant and plum, with a hint of spice. It’s lovely to drink with cheese or charcuterie.

“The plan is to also produce both a sparkling and a rosé from the 2020 harvest, to build up our range to offer something for every taste. We are more than just a vineyard – we are also a destination where people can take tours to taste and explore the wine, hold a wedding or corporate ‘do’ in this wonderful setting, and come to one of our many food and wine events. Our new barn for wine tasting is nearly finished, so our dream is well on the way to fruition.”

BLUE CROSS SUFFOLK SEEKS VOLUNTEER FOSTER CARERS

If your New Year's resolution is to volunteer and help animals, then pet charity Blue Cross might have the purrfect opportunity for you.

The charity's rehoming centre in Wherstead, Suffolk, is in urgent need of volunteer foster carers to help them care for sick, injured and homeless cats, dogs and small animals

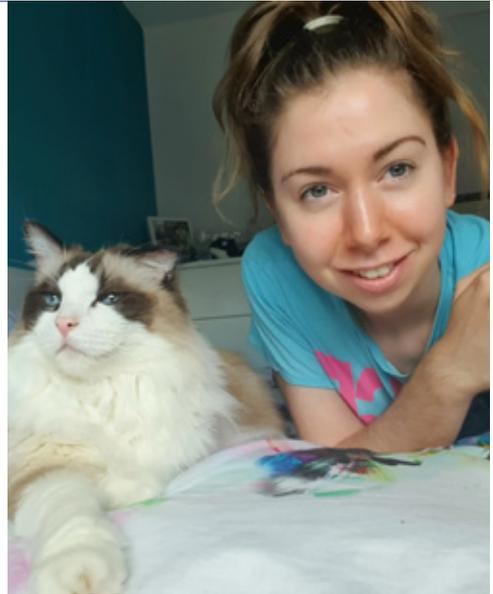
Many pets who come into the care of the charity have been found abandoned, while others have been signed over to Blue Cross for rehoming by owners who are unable to keep their pet for a variety of reasons including relationship breakdowns, job loss, illness or death of an owner or family member.

Blue Cross needs volunteer foster carers who can welcome pets into their home who may need close supervision, be recovering from operations, are too young to go straight into the charity's rehoming centres or are simply nervous and need time in a home to build up their confidence.

The charity is looking for foster carers to help them look after cats, dogs and small animals including rabbits, guinea pigs and hamsters.

Potential foster carers will need to:

- Live within a 45min travel time of the Blue Cross rehoming centre on Bourne Hill
- Be a minimum age of 18 years old
- Have their own car and be able to transport cats to and from the centre or to vet appointments
- Be able to offer a quiet, reasonable size spare room
- Be at home for most of the day to monitor our foster pets regularly
- Be willing to learn and follow Blue Cross processes and procedures



- Be confident with video technology such as Teams or Zoom to communicate with the centre when needed
- Experience of looking after pregnant mum cats and nursing kittens is also a bonus!

Pets will need feeding, cleaning, socialising, grooming and some may require medication. All equipment and food will be provided by Blue Cross, along with virtual online training.

Jenna Silk has fostered cats and dogs for Blue Cross since March 2019. She said: "Fostering has made our house feel like home again during a tough year, getting to know each character is such a joy and a privilege. Saying goodbye isn't so sad at all when it's followed by updates of them thriving in their new home. While we aren't in a position to commit to our own pet, we can help so many more along their journey in the meantime."

During lockdown, home checks and training will be carried out remotely before people are recruited to foster for Blue Cross.

**■ For more information contact
Blue Cross Suffolk on 0300 7771480.**

CENSUS 2021 WILL PROVIDE A SNAPSHOT OF MODERN SOCIETY

Households will soon be asked to take part in Census 2021.

The census is a once-in-a-decade survey that gives us the most accurate estimate of all the people and households in England and Wales. It has been carried out every decade since 1801, with the exception of 1941.

It will be the first run predominantly online, with households receiving a letter with a unique access code, allowing them to complete the questionnaire on their computers, phones or tablets.

“A successful census will ensure everyone from local government to charities can put services and funding in the places where they are most needed,” said Iain Bell, deputy national statistician at the Office for National Statistics.

“This could mean things like doctors’ surgeries, schools and new transport routes.

That’s why it is so important everyone takes part and we have made it easier for people to do so online on any device, with help and paper questionnaires for those that need them.”

Census day will be on March 21 but households across the country will receive letters with online codes allowing them to take part from early March.

The census will include questions about your sex, age, work, health, education, household size and ethnicity. For the first time, there will be a question asking people whether they have served in the armed forces, as well as voluntary questions for those aged 16 and over on sexual orientation and gender identity.

Results will be available within 12 months, although personal records will be locked away for 100 years, kept safe for future generations.

■ For more information visit: www.census.gov.uk



WHO PLAYS FOOTBALL HERE?

- 01 Sixfields Stadium
- 02 Boundry Park
- 03 Madejski Stadium
- 04 JJB Stadium
- 05 Adams Park
- 06 Plainmoor
- 07 Glanford Park
- 08 Spotland
- 09 Home Park
- 10 Sincil Park
- 11 Kassam Stadium
- 12 Priestfield Stadium
- 13 Gresty Road
- 14 Fieldmill
- 15 Bescot Stadium
- 16 Roots Hall
- 17 London Road
- 18 The Britannia Stadium
- 19 Vetchfield
- 20 Nene Park
- 21 Hillsborough
- 22 Gigg Lane
- 23 Saint James Park
- 24 Edgeley Park
- 25 Prenton Park
- 26 Bootham Crescent
- 27 Portman Road
- 28 Loftus Road

See page 30 for Answers



NEW ALPHABET FOR THE OVER SIXTIES

- A** is for arthritis
B is for back pain
C for chest pain – perhaps cardiac
D is for dental decay and decline
E is for eyesight – can't read the top line
F is for fissures and fluid retention
G is for gas (which I'd rather not mention)
H is for high blood pressure (I'd rather have low)
I is for incisions with scars you can show
J is for joints – out of socket, won't mend
K for knees that crack when they bend
L is for libido – what happened to sex?
M is for memory – I forgot what comes next
N for neuralgia in nerves way down low
O is for osteo, bones that don't grow
P for prescriptions – I have quite a few
Q is for queasy; is it fatal or flu?
R is for reflux; one meal turns to two
S is for sleepless nights counting my fears
T is tinnitus; I hear bells in my ears
U is for urinary, troubles with flow
V is for vertigo; that's dizzy you know
W is for worry; now what's going 'round?
X is for X Ray and what might be found
Y is for another year I've left behind
Z is for zest I still have in my mind

I've survived all the symptoms; my body's deployed and I'm keeping plenty of doctors gainfully employed!



LANGUARD PENINSULA, PLANNING A NEW ERA

Those who know the Landguard Peninsula in Felixstowe may know how this spit of land at the southernmost tip of Suffolk has constantly changed over the centuries. Changed by the elements, nature and people. One of Suffolk's most unique, but perhaps less well-known heritage and wildlife sites is once again contemplating change.

Whilst Covid-19 reduced much activity at Landguard last year, behind the scenes, and with support from the National Lottery Heritage Fund, the organisations that care for Landguard have been Zooming away, working together to find the best ways to manage this nationally important place in a new era.

To meet the known, anticipated (and surprise!) challenges and opportunities that will come Landguard's way in the future, the partners believe a new Landguard Charitable Trust needs to be established. The Landguard partners are seeking an independent chair and five independent trustees for a new Landguard Charitable Trust. The Trust will work to enhance Landguard Peninsula including heritage,

cultural and environmental benefits, and attract additional resources to realise these intentions.

There is a lot going on at Landguard and this is a great opportunity for the right people to shape the future. Experience and skills are particularly sought in developing the visitor experience; understanding of the heritage environment, developing partnerships; managing people; income generation; marketing, communications and PR; digital and ICT; financial management and control; delivery of large capital projects; building maintenance; social enterprise; property law; and risk management.

If you are interested and would like to know more do please get in touch by emailing: LandguardEnquiries@eastssuffolk.gov.uk

Chair and trustee positions are unpaid, but expenses will be available. Applications from people from under-represented groups and young people are particularly welcome.

■ www.discoverlandguard.org.uk



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KEEPING THE SKIES ALIVE

Daydreaming about the summer with blue skies and high fluffy clouds, the picture is enhanced by the arrival of swifts, those small birds with scimitar shaped wings that effortlessly scythe through the air picking up countless floating insects. Perhaps the daydreaming can add sound, imagining the screaming of teams of swifts as they whizz around the rooftops at high speed late in the summer and marvel further at their manoeuvrability.

How can they go so fast and not collide? What's even more impressive is that when the young birds leave their nest for the first time, they will remain airborne for at least the next year and probably longer before they start examining potential nest sites when breeding starts aged four or five. In many of our Suffolk towns and villages, summer wouldn't be summer without the presence of swifts.

Swifts are having a hard time and numbers in Suffolk have dropped by half over the last 25 years. Action is needed to help those that are left to get the most out of the brief 12-week breeding season in England.

We think of them as 'our birds' but we only have them for three months in the summer as they spend the rest of their time elsewhere. From early August they leave our shores, making their way south to spend our winter in Africa where insect life should be more prolific. Come the spring, they return, again crossing the Sahara to meet up with their mates in English skies from the end of April.

Why have they dropped so much in number? As often the case with nature, it is likely to be a combination of factors – and perhaps factors impacting them across the world. In Suffolk, friends of swifts are focussing on three positive steps that we can all try to do to at least ensure their time here is productive.

The first is to safeguard breeding sites. By nesting in colonies, they have benefitted from our houses and buildings. Instead of spaces in cliffs and caves, swifts are mainly nesting in roofs – finding spaces under tiles, behind gutters and fascia boards. As we repair these



roofs, those traditional spaces that pairs will return to for several years can easily be blocked. So, check your roof in the summer for nesting and then you can give clear instructions to the roofers to leave access points. They leave minimal waste with most of their fine insect droppings scattered in the air. Keep an eye on all developments in your area in case your neighbours do not read this article.

The second is to boost the choice of nesting spaces by adding specially designed swift boxes to your house. They need to be at least 4.5m off the ground and, as communal nesters, having a few boxes together is even better. To increase the chances of attracting new breeders, if you can add a small speaker to play that screaming sound, it is more likely birds will investigate the new spaces you've provided.

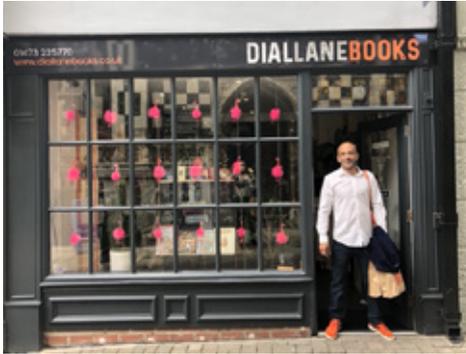
The third action is to make your garden as wildlife friendly as possible. Swifts catch thousands of insects drifting high in the sky. Those insects need our plants and ponds as places for them to breed. Get it right and you'll also attract bees, butterflies and birds and help compensate for the loss of wildness our settlements have brought.

More details on all these actions, including buying or building nest boxes, simple call systems and boosting insects around your home can be found on websites like suffolkwildlifetrust.org/swifts along with where to submit information about nest sites you see or boxes you erect to help our planners protect the valuable spaces.

Save our Suffolk Swifts is ready to give advice and help and has packages of boxes and call systems for communities that want to act collectively.

- Twitter: @SoSSwifts
- www.suffolkbirdgroup.org
- actionforswifts.blogspot.com
- www.swift-conservation.org

BOOK LOVERS REJOICE



Dial Lane Books is Ipswich's only independent bookshop, but that's not the only reason it's such a special place.

Every title is hand-picked by Andrew Marsh, the owner, who prides himself on championing local authors and finding unusual books and titles that will suit the audience that he's come to know in a very short space of time.

Andrew opened the doors to this trove of literary treasure with a huge array of titles in a wide range of genres and a fantastic children's area last March, just three weeks before lockdown. As many businesses struggled to survive, Andrew adapted his business to suit the 'new normal' and this is one of the reasons that he knows his customers so well. Shops need customers and books need readers so Andrew tapped into the online community, using Facebook and Instagram to 'sell' his books and has been personally delivering them to his customers; often on the same day. In his own words:

"Two reasons for owning a book shop: books and people. Lockdown wasn't going to stop me enjoying either." Andrew has no plans to stop delivering his books – it's one of the services that he knows sets him apart.

- **Dial Lane Books, Ipswich**
- **@dial_lane_books**
- **www.diallanebooks.co.uk**

JOKES!

VALENTINE'S DAY IS SOON SO HERE ARE A FEW APPROPRIATE JOKES TO MAKE YOUR VALENTINE GIGGLE!

"What do you write in a slug's Valentine's Day card?" **"Be my Valen-slime!"**

"What did the paper clip say to the magnet?" **"I find you very attractive."**

"What did the stamp say to the envelope on Valentine's Day?" **"I'm stuck on you!"**

"Why didn't the skeleton want to send any Valentine's Day cards?" **"His heart wasn't in it."**

"Why did the sheriff lock up their Valentine?" **"She stole their heart."**

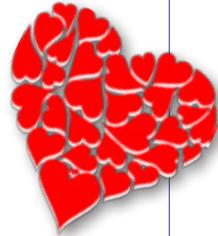
"What do you call two birds in love?" **"Tweethearts!"**

"How can you tell when a squirrel is in love?" **"It goes nuts!"**

"What did the calculator say to the pencil?" **"You can count on me."**

"How did the telephone propose to his girlfriend?" **"He gave her a ring!"**

"What did one oar tell the other oar?" **"This is so row-mantic!"**



MEDICARD

For an application form contact:

Carol Nunn,
31 Wroxham Road,
Ipswich IP3 0PH
01473 253766 / carol.nunn@yahoo.co.uk

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DRONE PHOTOGRAPHY AND FILMING WITH DRONE EAST

Having qualified as a drone pilot, Mark Barham established Drone East in 2018.

Mark's interest in photography began when he was just 16 but it's the ability to get to places which a 'normal' camera can't which attracted him to drone photography.

"There was a time, in the not-too-distant past, when aerial photography and filming was the preserve of the few and a prohibitively expensive luxury for most. Drones have changed that for the better and it's wonderful to be able to offer an affordable and accessible service right here in Suffolk."

Mark is based in Felixstowe but his work as a drone pilot takes him all over Anglia.

"We produce amazing quality aerial drone photography and aerial filming in Suffolk and throughout East Anglia using the latest GPS enabled multi-rotor UAV drone quadcopters and telescopic photo mast.

"Legislation is very strict on where a drone can be flown and in some restricted areas the use of the telescopic photo mast can be a real advantage."

Drone East has the Civil Aviation Authority (CAA) Permission for Commercial Operations, known as PfCO. This means it is a licensed commercial operator of UAVs (unmanned aerial vehicles) in the U.K for day and night work.

Work can also be filmed by handheld video cameras which Mark often uses for promo films for companies and/or events such as Nick Barber Auctions, Felixstowe Book Festival and Art on The Prom.

Mark's service is often called on by estate agents, event companies, building inspectors and site managers. He has also filmed at Landguard Fort (via permission from English Heritage) and Landguard Nature Reserve (via permission from East Suffolk Council).

"The possibilities are endless. We get calls from homeowners who want an aerial shot or film of their property, site managers, the owners of industrial sites, development companies, nature reserves, historic sites... Whether for personal use or to provide a unique view to share with the public, it's a rather special and greatly appreciated facility that can be shared so easily online."

To date, most of Mark's photography and filming work has come from word of mouth which he believes is due to his flexibility to adapt.

"Being adaptable is key. Clients often have an idea of what they want and we plan accordingly but plans evolve and it's critical to be able to adapt and work with the client to achieve the best outcome."

The demand for aerial photography is growing. Already an important tool in several industries, drone filming is becoming an increasingly popular and useful promotional tool for businesses in the leisure and hospitality industry and for the tourism sector where it is used to promote sites of special interest.

"It's always a treat to film in Suffolk. It's such a beautiful county with such a diverse landscape but it's critical to plan and to work closely with every client to create an aesthetically pleasing, successful result."

■ **Find out more about the range of services available at:**
www.droneeast.co.uk

■ **You can also find Drone East on YouTube:**
www.youtube.com/channel/UCS3-G6yHpJJACXMOI5TBihQ

SAMPLE ANSWERS TO THE QUESTION 'WHY TEACHERS DRINK'

History

- A: In wartime children who lived in big cities had to be evacuated because it was safer in the country.
- B: Sometimes in the war they take prisoners and keep them as ostriches until the war is over. Some prisoners end up in concentration camps.
- C: Joan of Arc met her end. She was burned as a steak.

Maths

- A: The total is when you add up all the numbers and a remainder is the animal that pulls Santa on his sleigh.
- B: I would like to be an accountant, but you have to know a lot about maths.
- C: If it is less than 90 degrees it is a cute angle.

Religious Studies

- A: A mosque is a sort of church. The main difference is that its roof is domed.
- B: I asked my mum why we said 'old men' at the end of prayers at school. I don't know any old men apart from grandpa.
- C: If you marry two people you are a polygamist but polygamists are allowed to do this.

Geography

- A: The closest town to France is Dover. You can get to France on a train or you can go on a ferry.
- B: In geography we learned that countries with sea around them are islands and ones without sea are continents.

The Arts

- A: ... and at the end of the show we all sing Away in a Manger.
- B: In last year's Christmas concert Linzi played the main part. I played one of the smaller parts and I would like to have a bigger part this year.

Science

Helicopters are cleverer than planes; not only can they fly through the air they can also hover.

Natural History

Crabs and creatures like them or belong to a family of crustaceans



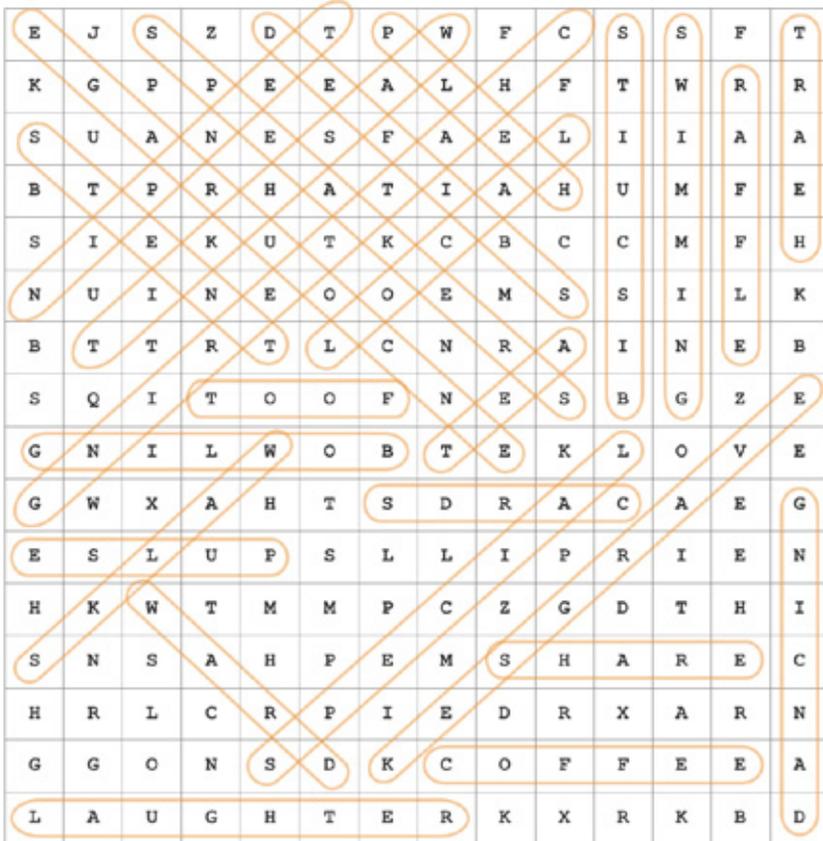
ANAGRAMS

These anagrams describe the hidden person / answers on page 30

Old West Action
Ten Elite Brains
Angel of the Reclining

Loonies Far Up The Thames
Seen Alice? Sorry Pal
He's Grown Large 'n' Crazy

HEARTBEAT WORD SEARCH SOLUTION



SMILING

Smiling is infectious you catch it like the flu.

When someone smiled at me today,
I started smiling too,

I passed around the corner and
someone saw my grin,

When I smiled I realised,
I'd passed it onto him.

I thought about that smile and
then understood its worth,

A single smile just like mine,
could travel round the earth.

So, if you feel a smile begin:
don't leave it undetected.

Start an epidemic quick and
get the world infected!

**Written by Jean Matthews and
sent in by Peter and June Nice**

ALL THE ANSWERS!

ANSWERS TO 'IN WHICH SPORT COULD YOU WIN THESE TROPHIES?'

- 01 Yachting
- 02 Speedway
- 03 Rugby Union
- 04 Golf
- 05 Polo
- 06 Show Jumping
- 07 Rifle Shooting
- 08 Golf
- 09 Coursing
- 10 Tennis
- 11 Fencing
- 12 Golf
- 13 Tennis
- 14 Rowing
- 15 Motor Racing
- 16 Football
- 17 Boxing
- 18 Golf
- 19 Crown Green Bowls
- 20 Rugby Union
- 21 Cricket
- 22 Cricket
- 23 Ice Hockey
- 24 Harness Racing
- 25 Green Bowls
- 26 Rowing
- 27 Show Jumping
- 28 Fencing
- 29 Gaelic Football
- 30 Ballooning
- 31 Car Rallying
- 32 Yachting

ANSWERS TO 'WHO PLAYS FOOTBALL HERE?'

- 01 Northampton
- 02 Oldham Athletic
- 03 Reading
- 04 Wigan Athletic
- 05 Wycombe Wanderers
- 06 Torquay United
- 07 Scunthorpe
- 08 Rochdale
- 09 Plymouth Argyle
- 10 Lincoln City
- 11 Oxford United
- 12 Gillingham
- 13 Crewe Alexandra
- 14 Mansfield Town
- 15 Walsall
- 16 Southend United
- 17 Peterborough United
- 18 Stoke City
- 19 Swindon Town
- 20 Rushden and Diamonds
- 21 Sheffield Wednesday
- 22 Bury
- 23 Exeter City
- 24 Stockport County
- 25 Tranmere United
- 26 York City
- 27 Ipswich Town
- 28 Fulham

ANAGRAM SOLUTIONS

Clint Eastwood
 Albert Einstein
 Florence Nightingale

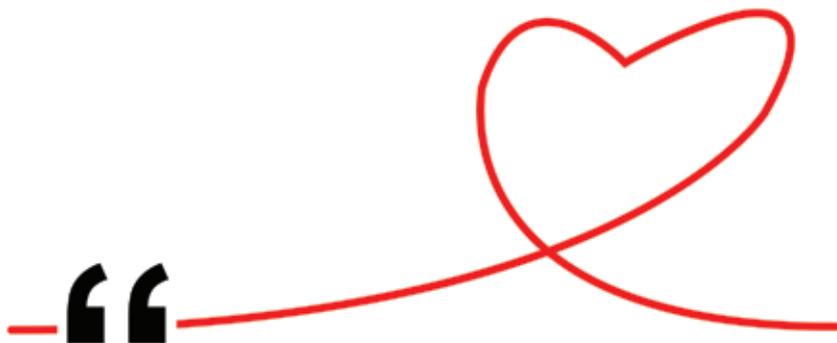
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“We’re proud to work with Heartbeat East Suffolk and delighted to add PULSE to our portfolio, particularly now when contact in any form is immensely valuable.

We have been producing community magazines for over 20 years, so we understand the importance of shared experience and a collective sense of belonging, which isn’t always defined by geographic borders.

“It’s a privilege to work with the Heartbeat committee but we’re keen to hear from members too. If you would like to share a story, write an article or tell a joke, let us know.”



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