



Summer 2017

KNODISHALL PARISH NEWSLETTER

Knodishall Community Defibrillator

Knodishall is very fortunate to have been awarded a community defibrillator through a British Heart Foundation initiative, funded by the Department of Health. The defibrillator is available for anyone to use and is situated on the outside wall of Crisps Garage, directly opposite the shop. We are very grateful to Crisps for allowing it be sited in this prominent position in the village, and for their help in installing it. Do please make yourself aware of its location in case you need it in an emergency.

Every year in the UK 30,000 cardiac arrests occur out of hospital. That's 30,000 opportunities to help save a life. Cardiac arrests are often witnessed by family members or friends. Without help the person will die within minutes. But in some cases effective and immediate CPR can help double the chance of survival.

Cardiac arrest is the ultimate medical emergency. When someone has a cardiac arrest their heart goes into life threatening rhythm and stops pumping blood around their body and to their brain. It causes the person to fall unconscious and stop breathing normally. By performing chest compressions and rescue breaths (CPR) you are taking over the role of their heart and lungs, pumping blood and oxygen to their vital organs. As with every emergency your first call will be to 999. If appropriate they will give you a code to unlock the defibrillator so you can use it on the patient.

To raise awareness of our community defibrillator the Parish Council has arranged an informal drop in session in the Village Hall on Saturday July 29th, from 10.30am and 12.30pm. It is open to everyone and we hope as many of you as possible will come along see how to be lifesavers.

Village Litter Pick, Saturday July 15th

We have had several comments on how nice the village is looking at present, but litter and fly tipping continue to be a problem. If you see anyone dumping rubbish, please report it to SCDC on 01394 444000, along with any details that might help identify and trace those responsible, including the registration number of any vehicle involved.

Meanwhile we shall be holding a litter pick on Saturday July 15th. Meet at the Village Hall at 10am to collect gloves and sacks, and stop for refreshments afterwards. Families and people of all ages are welcome to come and help tidy up our village.

Defibrillator Awareness Sat July 29th

Learn how to recognise cardiac arrest, carry out CPR and familiarise yourself with the use of a defibrillator. This is an informal drop in session from 10.30am to 12.30pm in the Village Hall. We hope as many people as possible will want to learn these basic skills and become lifesavers.

Marathon Man

I would like to thank all the people who supported me and sponsored my recent run in the London Marathon. We raised well over £2000 for Macmillan Cancer Support and the

Ipswich Hospital which I have attended for 17 years.

It is 15 years since I was knocked off my bike and badly injured. This brought an end to my running career and marathons. But I wanted to try and give hope to other cancer patients and to say it is tough but you can go on doing a lot more than we all think.

I had forgotten how tough the training for a marathon was. I was up at 6am swimming 3 mornings a week, running in the pool for 90 minutes, weight training 3 days a week for 85 minutes to gain upper body strength, then out on the crutches 4 days week for up to 6 hours per session. I was asked if I was doing it on crutches for a gimmick but I can assure you I was not and I have to use the crutches.

London was an amazing experience. I had massive support all the way round, people chanting my name and saying I had inspired them, which was my hope. I had great support from Macmillan before and on the course, plus my club members that came along. Wendy and Sarah were really good before and on day having coffee ready for me for me at mile 13 and mile 21. I finished in 6 hours 50 minutes with burst blisters on both hands. I hope and pray that this has given hope and inspiration to all cancer patients.

Gordon Merfield

Editor's note – If anyone feels inspired by Gordon's dedication and would like to make a donation, it is not too late. Contact Wendy Merfield 831124 and she will pass your donation to the Friends of Ipswich Hospital.

School Fete, Saturday July 1st

Coldfair Green Primary School will be holding its annual summer fete from 12pm to 3.30pm on Saturday July 1st. There are always lots of interesting stalls and games as well as lovely refreshments. So do call in and support the school, even if you don't have children attending it.

Knodishall Flower Show

Saturday August 5th is the date to remember. We hope that all of you reading this will have a go at entering. The schedules are available from the village shop or from committee members. Entry forms must be submitted by August 3rd, and on that day we will be in the village hall from 10am to 5pm. On the day entries must be staged between 8am and 10am. There are lots of easy classes to have a go at and prize money if you get placed.

If you are not entering then join us in the afternoon for tea and cakes, and catch up with friends. The afternoon ends with the auction and a draw, when you can bid for some prize winning cakes or produce. We would love to see you on August 5th. Please do come along. *Jackie Bell 830289*

A Villager's Notes

Another June, and it's back to the polling stations for us all. It does seem a bit chaotic this time, hard to read the tea leaves as such, and with the forecasters having been so hopelessly inaccurate in the past, I decided to conduct my own survey in the confines of my garden.

There are some vivid Cornflowers and a very pretty feathery blue display from what I had thought were weeds; some stalwart and upstanding navy blue Irises and a few, slightly paler blue Lupins; a purplish Foxglove completes this section and I have put it down as a floating voter.

The Roses are mostly white which is confusing but perhaps like many of us they are just fed up with making decisions; however, of them all, the most vigorous is a vibrant blood red specimen. This is closely supported by a recently blooming hardy perennial which I gather is known as Hot Lips for what are now obvious reasons. In addition there is a cluster of pink Carnations and a slightly wilting pinkish 'Bottlebrush' which could be turning.

There were two or three bright yellow blooms on another Rose a couple of weeks ago but, though it still shows lots of life, it is no longer in flower and no further buds to be seen. However, all three tomato plants in their grow bag are doing well but you cannot help thinking the golden flowers will probably turn red or green as their fruit ripens.

An inconclusive picture and hard to draw any conclusions; overall Green is by far the most prevalent colour which frankly leaves me rather stumped.

Knodishall WI

Knodishall WI meets on the second Tuesday of the month in the Methodist Church Hall at 7:30. Our programme for the next few months is as follows. In July, Popular Music of the 30s and 40s, in August a Garden Meeting at Wendy Merfield's, in September a Seasonal Flower Arrangement with June Smith and in October, Old Sayings and their origins.

In addition we have a monthly lunch at the Butchers Arms, usually followed by a craft afternoon, and a walking group meets on

Monday mornings. New members and visitors are always welcome.

If you would like more information please contact Kate Gilders on 832534. We would be delighted to see you.

The Common Rambler

The Common has again been blessed with the presence of the usual migrant birds. The chiffchaff appeared in the middle of March and will call right through into late summer. About two weeks later a black cap was calling in the Post Office Road area. Then a little later a nightingale was singing behind the two benches on the old football field. In two areas, one in the scrub near the Old Post Office bridge and the other behind the two benches, there have been two pairs of whitethroats. They frequent patches of bramble and low bushes. Their scratchy song is delivered either in flight or from the top of a bush. It was a delight to see several linnets, a bird usually associated with gorse.

The meadow saxifrage near the two benches came up and quickly died. The plants were very stunted due to the dry weather. Just in front another rare plant is appearing. This delicate little flower has clusters of white pinkish flowers. At the time of writing the actual flowers had not yet burst forth. In the 1960s I am told this Common Centaury was recorded in only one locality in Suffolk.

Although I did not see any frogs or toads moving to their spawning grounds they have obviously visited the pond as there was frogspawn amongst the plants. The plant life in and around the pond is including an ever increasing number of interesting flowers. You might have noticed water crowfoot, rather like a white buttercup. There are 13 varieties all designed to float or grow submerged.

Councillor Vacancy

Due to the resignation of Graham Smith, we now have a vacancy for a parish councillor. We are grateful to Graham for the time he has been on the council. If you would like to join the team and make a contribution to your village please contact the Parish Clerk on 01728 603952 or jane.ohear@gmail.co.uk

Knodishall Cancer Research UK

We will be organising a Cancer Research UK street collection on Saturday July 8th in Leiston, Saxmundham and Aldeburgh. If anyone would like to volunteer to help they will be very welcome.

Our Macmillan Coffee Morning will be held in the Methodist Hall on Friday September 22nd from 10-30am to 1pm. And an early date for your diary - the annual Christmas Fayre will be held in the Village Hall on Saturday November 25th from 11am to 3pm.

News from the Methodist Church

As well as our usual service at 10.30am every Sunday, we enjoy sharing other regular activities with people from Knodishall and surrounding areas.

Ladies Group meets on the first Tuesday of the month at 7.30pm, with a good varied programme.

Scrabble Tea is held on the second Friday of each month in the afternoon.

Youth Club is held twice a month, the next one being on Friday July 14th

Messy Play Leaders and Junior leaders have really enjoy these sessions at 10.30am on the second Saturday in the month. Next meeting will be on July 8th and it is not too late to join us if you are aged 5 -12 yrs. There will be no meeting in August. Watch this space for our plans for the next session.

Open House A fun afternoon for all, with board games, sometimes a quiz, and of course tea and lovely homemade cakes. Fourth Wednesday in the month from 2.30pm - 4pm. Next one is on June 28th

There is a list of all our activities in the church porch. Any enquires please phone Ida on 01728 603892. We look forward to seeing you.

Country & Western Evening, July 21st

Knodishall Methodist Church is holding a Country & Western evening with Bob Groome at 7pm on July 21st. Tickets are £6 each to include a 2 course supper and a complimentary drink (no alcohol) Soft drinks will also be on sale.

Tickets must be bought in advance from Angela 01728 768591, Helen 01728 688662 or Jane swiftjane@gmail.com

A quiz night is also planned for September 8th watch for further details.

Knodishall Parish Newsletter is published by the Parish Council four times a year and distributed free to every house in Knodishall. Contributions of village interest are welcomed. We reserve the right to edit as necessary. Views and opinions are contributors own and not necessarily shared by the editor. Please send copy to jane.ohear@gmail.com or deliver to The Forge, Mill Road, Knodishall

YOUR PARISH COUNCIL

Chairman: John Staff 832438
Vice Chair: Guy Baly 831617
Clerk: Jane O'Hear 603952
jane.ohear@gmail.com

Councillors:
Elizabeth Hayward 832695
Chris Lister 833720
Jason Mayhew 830491
Julia Pipe 830639
John Read 830135
Anthony Wigg 830117

A Casual Vacancy on the Parish Council has arisen following the recent resignation of Cllr Graham Smith. Anyone interested should contact the Clerk.

Suffolk Coastal District Councillors:
TJ Haworth Culf
terry-jill.haworthculf@suffolkcoastal.gov.uk
Maureen Jones
maureen.jones@suffolkcoastal.gov.uk

Suffolk County Councillor:
Russ Rainger 688739
russ.rainger@suffolk.gov.uk

Highlights of Spring meetings

March

Winter maintenance of the Common was very successful and volunteers and Community Payback workers were thanked.

Repairs to Play Area equipment have been made and safety chippings ordered to refresh areas under zip wire and large swing.

Possible repairs to village owned car parks was discussed. Costings of filling potholes and new chippings to be looked into.

Flagship was again contacted over maintenance of pavements and drainage in Hillcrest. Complaints were also raised over poor exterior condition and overgrown boundaries of an unoccupied property.

Thanks were received from some village organisations for Parish Council '137' donations.

April

Annual Parish Meeting

The Chairman gave his annual report.

The following village organisations also gave reports on their activities –
Knodishall Flower Show
Knodishall WI
Village Hall Trustees
Methodist Church
Methodist Ladies Group
Knodishall Brownies
Knodishall Guides

A short parish council meeting followed when the March minutes and Finance Report were approved and accepted.

May

Annual Parish Council Meeting

Cllr Staff was re-elected Chairman
Cllr Baly was re-elected Vice Chair.

Community Representatives were elected –

SALC	Cllr Lister
Village Hall Trustees	Cllr Wigg
War Memorial	Cllr Mayhew
Common Management	Cllr Wigg
Common Fire Watch	Cllr Hayward
Play Area and Pond	Cllr Baly
Footpath Warden	Cllr Staff
Floods/Emergencies	Cllr Staff
Allotments	Cllr Read
Newsletter	Cllr Pipe

The Parish Clerk was appointed Responsible Finance Officer, and the Accounts for year ending 31/3/17 were approved and signed.

An ECB grant application for additional dog bins was submitted to SCDC.

An secure thermostatic cabinet for the Community Defibrillator was ordered and should be in position during June. A public awareness session is to be arranged on the use of CPR and the defibrillator.

In view of complete lack of response to successive complaints made by KPC to Flagship, concerning Hillcrest maintenance, SCC Cllr Ranger has agreed to look into the matter.

Parish Council meetings are held at 7.30pm on the third Wednesday of each month in the Methodist Hall. All are welcome. In addition to being displayed on the Knodishall noticeboard, details and full minutes of all meetings, general parish news and events can now be accessed at knodishall.suffolk.cloud