

Alpheton Parish News

digital edition



July 2020

CHURCH OF ST PETER AND ST PAUL, ALPHETON

JULY 2020

Rector: The Revd Matthew Lawson
tel: 01787 310845 *email:* revmattis@gmail.com

Churchwarden: Mrs Charlotte Blyth — 01284 827008
email: charlottefblyth@btinternet.com

Administrator: Vicky Moakes *email:* chadbrookoffice@gmail.com

SERVICES

livestreamed so that you are able to participate at home

Sunday 5 July	10.30am	Holy Trinity	livestream Family Communion
Sunday 12 July	10.30am	Holy Trinity	livestream Family Communion
Sunday 19 July	10.30am	Holy Trinity	livestream Family Communion
Sunday 26 July	10.30am	Holy Trinity	livestream Family Communion

Livestreaming our service

1. Go to the Melford Church website: www.longmelfordchurch.com
2. Scroll down to the Facebook box on the front page
3. Click on the words 'Holy Trinity Church' at the top of this box
4. Once in our Facebook page scroll down a little to see the service

Phone in service

If you do not have an internet connection you can phone in on an 0333 number which should be free if you have free calls (free weekend calls), or you are within your free minutes' limit on a phone contract (please check).

Dial 0333 0110 946, 'Room' number: 20966931#, Guest PIN: 5252#

Services may be subject to change in light of the situation with coronavirus. Check the websites for any changes.

www.longmelfordchurch.com

www.alphetonandshimplingchurches.org.uk

From the Rector

Small things make a difference

It was only an interview lasting two or three minutes on the radio, but I felt I learnt more from this short interview than I would have done spending a day watching the news. A doctor working on a Covid ward was briefly sharing his experiences.

He brought the reality and uncertainty of our situation into sharp focus. He explained that he did not have any medical cures to offer on the wards — their focus was only on alleviating the consequences of the virus using oxygen, antibiotics and so on. He then explained that the virus could still mutate and we don't know what the consequences would be.

But it was what he said next that particularly stuck me. Having acknowledged his medical limitations, he said he focussed on those things that he could do. He tried to speak with compassion to all the patients, many of whom were not able to speak themselves, and who could not have loved ones visit.

He held patients' hands. He arranged for a husband and wife to have their beds together. Listening to him I felt I had gained a much deeper understanding of what it was like working on a Covid ward. It was these small acts of kindness that struck me. We may feel powerless at the moment, but we always have the power to show kindness to those around us.

Some tired doctors and nurses on a ward overcame the hassle of moving beds and equipment so that a married couple could be together. Little did they know that this would make me (and maybe you) wonder what I could do for someone today?

Rev Matthew Lawson

p.s. I've got a little tired of the 'miserable media' so when I wash up I often listen to 'Premier Praise' — maybe the music is not to everyone's taste but they seek to bring hope and love to people, and start each hour with quick prayer. It was here that this message was shared.

Welcome back

**The Church of St Peter and St Paul, Alpheton
is now open for prayer**



*Please note that the church is currently open for individual prayer only,
but we hope to be open more generally in July.*

If you visit the church for individual prayer, please observe these basic rules for keeping everyone safe:

- Please clean your hands thoroughly using the hand sanitiser provided before going in, and take a wipe with you into the church.
- Keep the wipe with you in the church and wipe any surfaces you touch.
- Please keep a safe distance (2m) from people other than your own household.
- Please avoid touching any books or other loose objects.
- When leaving, please use the hand-sanitiser to clean your hands and take your used wipe with you and dispose of it at home.
- Please close the inner door to keep birds out, but leave the porch door open.

Thank you – it is wonderful to have this special place open again.

*God bless you, and thank you for ensuring that both you
and other visitors stay safe.*



Alpheton Parish Council News

Installation of two defibrillators

Alpheton Parish Council would like to install two defibrillators in the village. We would like to install one defibrillator on the Old Bury Road side of the village at the Village Hall, and a second defibrillator on the Tye Green side of the village outside Alpheton Garage.

We hope you will agree that this is a worthwhile project for the community. Defibrillators are costly pieces of equipment but can also save lives.

If anyone would like to make a donation of any amount towards these life-saving pieces of equipment, this would be greatly appreciated.

Further information and training will be available when the first defibrillator has been installed.

Should you wish to donate, please make your cheque payable to *Alpheton Parish Council* and send to

Nicola Smith, Alpheton Parish Clerk,
The Stables, 47 High Street, Lavenham, CO10 9PY

Alpheton Village Hall



As everyone will understand, the Village Hall Committee has been unable to meet due to the current situation and the planned AGM on April 28 had to be postponed.

However the four committee members are meeting virtually and hope to soon be able to provide more of an update to everyone on possible reopening for socially distanced events such as Film Night.

Our thanks to Gordon and Stephen (committee members) in their successful application to Babergh & Mid Suffolk District Councils Small Business Support fund for a grant of £10,000 for much needed improvement works to the village hall.

There is an intention to consider applications for other grants that may be available, but in the meantime the most pressing issue would seem to be the heating system. The current ceiling heaters are not very efficient and are very expensive to run.

There may well be other ideas and suggestions that will be considered, and the committee would like to invite residents to consider this and bring suggestions to the AGM (date TBC) or let us know by email.

The AGM will take place as soon as possible once we know more about social distancing rules and public gatherings. This AGM is critical for the village hall as two of the four committee members are not standing for re election.

The current committee is chaired by Pearl Ambrose, with members Graham Maskell, Stephen Larner (takes all bookings) and Gordon Fraser (minute taker). Both Stephen and Gordon contribute much unseen work for the village hall and when they leave there will be a big gap in the committee and its ability to function.

If you have some spare time please can you come to the AGM; or send either Stephen or me an email if you think you would like to be part of the village hall committee. The more residents we can get to join the committee, the more successful we will be in maintaining and developing this fantastic resource.

As soon as we have secured a date for the AGM we will put up notices in the bus shelters and spread the word on the village Whatsapp group and in this magazine.

In the meantime, for further information or suggestions, contact stephenlarnar@btinternet.com or gemmamarybaker@hotmail.com

Bottle tops

Thank you to all who have taken the trouble to save and donate the tops from bottles. Sadly the company who previously used them is no longer in business. As a result there is nowhere that they can be sent to be of further use. However, we should put the tops back on the empty bottles and then they can be recycled. A large quantity of bottle tops however cannot be used. I will continue to use the jars and I thank all those who are contributing. Thank you all once again for your participation in what was a worthwhile endeavour. **Richard Beattie-Swann**



Children at Church

There is still plenty going on during lockdown:
Crafts, videos, stories, Zoom meetings, teaching ...
silliness.



For more information please contact our family
worker Pam: melfordfamilyworker@gmail.com,
07890 880 976 ...

... or ask to be invited to our 'Children at Church'
Facebook Page.

JAMS AND CHUTNEYS



Sue Fahie Wilson has lots of lovely jams and chutneys for sale
in aid of church funds.

If you are interested, please
phone Sue on 01284 827243 or email sfahiewilson@gmail.com

You are welcome to join our livestream services every Sunday at 10.30am

Directions:

1. Google the five words "Holy Trinity Long Melford Facebook".
2. Click on the top link which takes you to the Holy Trinity Facebook page.
3. Scroll down a bit ... service should be there.
4. Note that you do not need to join Facebook, and you can watch the service later.



Coronavirus scam

Suffolk Constabulary is reminding people to stay alert to criminals looking to continue to exploit the vulnerable during the coronavirus outbreak.

Whilst the vast majority of people volunteering are doing so for the right reasons, there are a small minority of people who see this difficult time as an opportunity to commit crime.

Therefore, officers are keen for people to be aware of the very simple steps they can take to protect themselves from handing over their money, or personal details, to criminals. Police are urging people to take a moment to think before parting with their money or information.

County Policing Commander for Suffolk Chief Superintendent Marina Ericson said: "Just take a few moments to think – has the approach come from a cold call, or unexpected text or email? Could it be fake? Do you know or trust the person it's come from?

"It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you. Take your time to discuss what is being asked of you with friends or family.

"Remember, the police, or your bank, will never ask you to withdraw money or transfer it to a different account. They will never ask you to reveal your full banking password or PIN."

The majority of groups are well intentioned and will be working through the voluntary or charity sector and will be very happy to provide you with proof as to who they are. If you receive an unexpected text or email asking for personal or financial details do

not click on the links or attachments. Ensure you have the latest software and application updates installed on all your devices.

If you think you've been a victim of a scam, contact your bank immediately and report it to Action Fraud on 0300 123 2040 or via [actionfraud.police.uk](https://www.actionfraud.police.uk).

Advice

- Only accept help from people you know and / or trust. Never deal with unexpected cold callers;
- You do not have to agree to anything with which you don't feel comfortable;
- Police, health workers and others will not, and do not, call at your house to test for coronavirus or ask for money regarding investigations;
- Check the person calling at your door has valid identification, even if they are dressed in uniform;
- Do not transfer any money across to someone who calls you over the phone: banks will not ask for your personal security details;
- Do not trust anyone asking for money transfers or cash over the phone;
- Do not make shopping purchases from a company or person you do not know and trust. Use a credit card to pay to protect yourselves.

Further advice can be found on the websites:

www.suffolk.police.uk/sites/suffolk/files/coldcallers1.pdf

www.suffolk.police.uk/sites/suffolk/files/fraudprevention1.pdf

Detailed counter fraud advice is available online, including from

www.cifas.org.uk

www.citizensadvice.org.uk/consumer/scams/check-if-something-might-be-a-scam/

Reporting to Action Fraud can be done online at

www.actionfraud.police.uk or by calling 0300 123 2040

Bridge Street Red Telephone Box

Long Melford Parish Councillors have recently cleaned and repainted the telephone box in Bridge Street in preparation for the installation of a defibrillator. This is a project Long Melford Parish Council have been working towards for some time. Date of installation is yet to be confirmed.

We hope you agree the residents of Bridge Street will benefit greatly from this installation.

If anyone would like to make a donation, of any amount, towards this life-saving piece of equipment this would be greatly appreciated.

Further information and training will be available when the defibrillator has been installed.

Should you wish to donate towards the Bridge Street Defibrillator project please email clerk@longmelford-pc-go.uk or contact

Long Melford Parish Council, The Parish Offices, Cordell Road,
Long Melford CO10 9EH tel 01787 378084

Alpheton Table Tennis Club

To all future members of the table tennis club, I hope you are all keeping well. It looks like it could be sometime before we can start playing as the village hall will need cleaning before it can be used again but we will keep you informed of the situation.

I do in fact have a format for playing safely and will discuss this with you all when we are ready to start.

Anyone interested in joining the club, or for further information, please contact me by email: trevortreharne1949@gmail.com
or tel: 01284 827077 mobile: 07979081924

Film Night at the Village Hall

Tuesday 21 July, 7.30pm

Downton Abbey

The beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the king and queen of England soon unleashes scandal, romance and intrigue.

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Lark Valley Young Farmers' Club



*Are you bored of staying in on a Friday night?
Looking for something fun to do?
Aged between 10 and 16?*

Lawshall Village Hall, Fridays 7.00-9.00pm

Take part in competitions : Make new friends

**Be part of a national organisation that makes a difference
- and you do not have to come from a farming background**

More information:

*Tory Lugsden (County Fieldworker) 01473 785547
office @suffolkyoungfarmers.com*



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*If you are unsure as to whether chiropody is
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Elizabeth Gibson MSSCh MBChA
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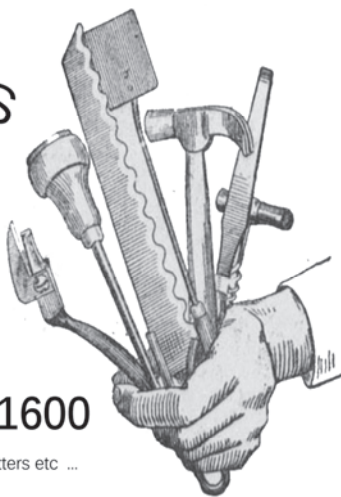
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I have recently moved into the area after leaving a very successful physiotherapy business and will be working on a part time basis.

For an informal chat or to make an appointment
phone 01284 827077 or 07979 081 924
email: trevortreharne1949@gmail.com

R J C

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To find out more call:
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Weekly events at the Village Hall

All events subject to cancellation following government COVID-19 advice

Second Tuesday of the month: WI, 7.30pm (*Spring and Summer*)

Third Tuesday of the month: Film Night, 7.30pm

Last Tuesday of the month: Coffee Pot from 10.30am

Last Friday of the month: Craft and Social session, 2.00pm (not Dec)
Alphie's Bar, 8.00pm

Mobile Library:

Thursday every four weeks (next visit July 2 & July 30)

11.35-11.55 opposite the Village Hall

12.00-12.15 Post Box near Church Lane



Village Hall Bookings

The Village hall has a licensed bar and is available for hire

For all village hall bookings please contact

Stephen Larnar 01284 828468 stephenlarnar@btinternet.com



Advertisements

Commercial Ads (*up to half a page*): £3.50 per month or £35 per annum

Domestic small Ads £0.85 per month

Alpheton Parish News is published by Alpheton and Shimplingthorne Parochial Church Council, *Editor Emeritus* Mrs Paddy Trevelyan. The PCC reserves the right to alter or refuse any item submitted for publication and cannot be held responsible for the accuracy of any claims made by any advertiser. Articles submitted do not necessarily represent the view of the publisher.



COPY FOR THE NEXT ISSUE

Please email copy by July 12 to

Editor **Ken Watkins** watkinsk105@outlook.com

copy received after the deadline will be held until the next issue

Artwork for the front cover is always welcome

Please ensure that any graphics are emailed as hi-res Jpegs or PDFs

Camera-ready artwork should be hi-res: portrait for full page, landscape for half page



DATES FOR YOUR DIARY

during July 2020

NB Some events may be subject to cancellation in the light of updating COVID-19 advice. Please check with organisers.

Sunday 5 July	Livestream Communion from Holy Trinity, 10.30am
Sunday 12 July	Livestream Communion from Holy Trinity, 10.30am
Tuesday 14 July	WI, Alpheton Village Hall, 7.30pm
Sunday 19 July	Livestream Communion from Holy Trinity, 10.30am
Tuesday 21 July	Film 'Downton Abbey', Alpheton VH 7.30pm
Tuesday 28 July	Coffee Pot, Alpheton VH, 10.30am
Friday 31 July	Craft and Social Session, Alpheton VH, 2.00pm
Friday 31 July	Alphie's Bar, Alpheton VH, 8.00pm



Further ahead

Tuesday 11 Aug	WI, Alpheton Village Hall, 7.30pm
Tuesday 18 Aug	Film 'Judy', Alpheton VH 7.30pm
Tuesday 25 Aug	Coffee Pot, Alpheton VH, 10.30am



Message from the Editor

In view of the current restrictions, and as a safety precaution for everyone involved in the normal production and delivery of the Parish magazine, this edition is coming to you online, rather than through your letter box.

It is appearing on both the Alpheton village website, and the St Peter and St Paul website, and will continue to do so until circumstances change.

Stay safe, and take care.

Ken Watkins

cover illustration : Julie Rix