



Parish Council

The damp work on the Village Hall is now complete and hopefully this will help alleviate some of the issues in the hall. Many thanks to our neighbours for bearing with us whilst this was completed and for helping the contractors where needed. The hall has also had new automatic blinds fitted in the main hall and manual blinds in the kitchen to finish off the refurbishment. The new displays of photos should also be ready in the near future. The next project is to update the lighting to LED in order to help with the energy efficiency. It's no secret that rising energy costs are going to make running community buildings difficult in the future. The more the hall is used the more it will pay for itself so please consider it as a venue for any event you are planning or as a regular meeting place for a club or society.

Friston Parish Council wishes all residents and friends of Friston a restful Christmas and hopeful New Year. The next Parish Council meeting is the 9th January 2023 at 7pm in the Village Hall.

Reclaim the Rain

The Reclaim the Rain team would like to say a big thank you to those that joined us at our recent community drop-in event in Friston. It was fantastic to meet so many of you and have so many interesting conversations! We'll be looking to run another session in January and will make sure to share more details in the next Swift edition. In the New Year we'll also be sharing a survey with you, which will help us to better understand Friston's opinions on local flood risk and water scarcity issues in the community. In the meantime, keep your eyes peeled for Reclaim the Rain updates and please don't hesitate to get in touch with us via: reclaimtherain@suffolk.gov.uk

Friston Chequers - Christmas and New Year's

At The Friston Chequers we are offering a Christmas party menu from 2nd - 24th December - booking and pre order required.



We have live music to see the New Year in with us, and on New year's day we will be offering brunch from 11am until 2pm.

01728 688039 thefristonchequers@hotmail.com

News from St Mary's Church

Friston Village Carol Service - St Mary's Church, Friston

6pm - Sunday 11th December.

We aim to lift the spirits for everyone at our village carol service.

It is on a Sunday evening this year so hopefully weekenders are able to come. Also, we extend a special welcome to all those who have moved into the village this year. It is a 'traditional' carol service with hymns and carols which we all know and readings by members of the community. Composer Alan Bullard who has a home in the village will play the organ and direct a village choir. The service will be led by our Priest-in-Charge, Revd Sarah du Boulay who is looking forward to meeting more of you. All topped off with mulled wine and mince pies in the village hall afterwards - our thank you for your support and to start the festive season! The Church will be seasonally decorated, so please come!

Next, we have our **Midnight Mass on Christmas Eve**, 11.30pm, Saturday 24th December led by Revd Nicky Winter and we have an organist, Andy Murray. We look forward to welcoming you.

Friston Recorder

As Recorder I write about today's events for tomorrow's history. At the end of the year I prepare a report on these events for the Suffolk Archive. Of significance this year has been the extreme hot weather we experienced. I will be really pleased to receive any photos anyone is willing to share for our Recorder report showing the effects of the weather on the village. I can receive photos attached to an email, or I am very willing to collect, copy and return if that is easier. Many thanks.

Elizabeth Ashton 688892 fristonrecorder@gmail.com

Friston Allotment Association

Pruning of apples & pears can now be carried out from now until March but not plums & cherries as they can be infected by silver leaf until frosts have finished next year.

Remove any dead or yellowing leaves from brassicas which can be carrying disease, plus stake Brussels sprouts & broccoli to prevent wind rock.

When clearing leaves etc. in the garden take care not to disturb hibernating hedgehogs, ladybirds or toads.

Check apples in store & remove any rotten ones.

Christmas trees with roots will need regular watering indoors to reduce needle drop as well as to keep them in good condition if they are to be replanted.

Thursday Ladies Club (TLC)

We met up on 10th November with a fantastic demonstration by textile artist Jean Fryer. Her artwork is beautiful and amazingly detailed. She shared her techniques and some materials, so hopefully inspired some of us with sewing machines to give art a go.

December's meeting will be Karen Lear, florist, demonstrating Christmas arrangements followed by a Christmas party!

Tea, coffee and nibbles provided but please feel free to bring your own refreshments for the last meeting of the year. We realise it's not easy getting to the club in the dark and colder months so if anyone needs a lift to enable them to attend, please let me know.

Date: Thursday 8th December. Time: 19:00 - 21:00. Place: Friston Village Hall.

thursdayladiesclubtlc@gmail.com Wendy Ireland 07948 150022

Friston Wildlife Watch

Don't you love a beautiful berried bush to cheer you in the winter months? When the flowering season is over, trees and plants are losing their leaves, nature rewards us with bright oranges and yellows, rich reds and shiny black berries which decorate our gardens and hedgerows. Not only are the berries a feast for the eye but also full of vitamins, minerals and anti-oxidants, all great for the wildlife or for anyone who is partial to a bit of foraging. Crab apples, hawthorn and rose hips can all be used to make jams and jellies ... apparently ... although I have to admit any preserves I consume are more likely to come from the kitchen of Mr Wilkin and his Sons (other makes are available). However, many berries are poisonous to humans, so be careful what you pick. Berries are such an important food source for birds in winter especially when the ground is frozen and they can no longer find worms, snails and insects. Rowan, yew, dogwood and honeysuckle are all native plants that produce berries - cotoneaster, berberis and pyracantha are great shrubs to plant if you want to encourage birds into your garden in the winter. Blackbirds and thrushes, robins and starlings are all attracted to the juicy fruity part of the berry whereas finches will often enjoy the seeds in the middle of the fruits. If you're lucky you may even attract some winter visitors such as redwings, fieldfares and waxwings. Apparently both holly and ivy berries have a high fat content which has the calorific value to birds which is equivalent to a chocolate bar! Happy Christmas everyone! *Briony Sones*

Your Swift, Your news! Anyone can contribute to the Swift, please contact the Clerk with any articles you may have, please keep them light, factually correct and village orientated. Space is limited but we do try to fit everything in. **The next deadline for articles is Monday 19th December 2022**

EASE THE SQUEEZE
EASTSUFFOLK COUNCIL

HELPING EAST SUFFOLK EASE THE SQUEEZE ON THE COST OF LIVING

WWW.EASTSUFFOLK.GOV.UK/SQUEEZE

Friston Village Hall

A flexible and welcoming venue for your event.

Competitive rates.

To book please ring Liz Thomas on 01728 687914 or email fristonvillagehall@gmail.com

All information correct at time of publication. This newsletter is funded by Friston residents and lightly edited by the Parish Clerk. Thank you to all contributors and deliverers.

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