



The Swift



FRISTON VILLAGE NEWSLETTER

Reclaim the Rain

Thank you for participating in our Wish List Survey for Reclaim the Rain! We appreciate your continued support for the project. You will see from the below graph of results that rainwater collection was the top choice in Friston, and interestingly the same applies for our other two Suffolk communities. There's a clear interest and support to manage water more sustainably, aligning with our aim to reuse and find value in water as a precious resource.



We have also created an interactive dashboard for you to view by following the link below. You can choose Friston from the drop-down menu to see specific results. Here, you will see the rest of the results and can explore other communities too! We will use these insights to help inform what the community prioritises most in Friston and add to our options selection process.

Check out the rest of the results here:

<https://www.arcgis.com/apps/dashboards/16e91c4b96cf437bb4d54e43db52dfe9>.

Thank you to Friston from St Elizabeth Hospice

Marie and I were proud to receive on behalf of the community of Friston a certificate thanking you all for your generous support. Over the last three years, Marie's 'Friston Goes Green' has raised £3,000 for the Hospice. Also, they have received donations collected at the August concerts in the church grounds given by Beth Spendlove's Kingfisher Ensemble. (See below for this month's dates). I recently donated my lifetime collection of black vinyl which has surpassed expectations and continues to raise income - clearly a sign of the value of a misspent youth! The certificate is displayed on the church notice board. It was illuminating to learn of the scale and diversity of the work of the Hospice in providing community care and has links with the East Anglian Children's Hospices which you have traditionally supported at Christmas time. Over 70% of the Hospice income comes from community efforts and we shall continue our own to support these valuable organisations, starting with mentioning...

Suffolk Dog Day 2023, Helmingham Hall, Sunday 10th September.

It should appeal to the large dog loving community in Friston. The Hospice has taken over its organisation and a headline sponsor is Skinners. The company was represented by Roger Skinner's son Ben who received a similar certificate for their sponsorship over the years. A happy occasion for us since Roger and his family are familiar visitors to our church and events.

Kingfisher Ensemble Sunday Concerts at Friston Church.

Back by popular demand, Beth Spendlove's group of musicians are returning with two concerts of accessible classical and light music:

Sunday, 13th August, 4pm inside St Mary's Church - Beth, Yan Yi and Chris will play beautiful string trios.

Sunday, 27th August, 4pm an open-air concert in the grounds of the Church. The programme will include Vivaldi, Tchaikovsky, popular TV themes and other well-known works. Bring your own chairs and bottles of wine!

Entrance for both is free but there will be collections for St. Elizabeth Hospice.

August services at St Mary's Church, Friston.

Sunday, 6th August at 10am - Holy Communion (Book of Common Prayer) led by Revd Sarah du Boulay.

Sunday, 13th August at 10am - Service of the Word when we shall also celebrate the life of our own Virgin Mary, led by our Elder, Marie Szpak.

Sunday 20th August - No service at Friston.

Sunday, 27th August at 10am - Holy Communion (Common Worship) led by Revd Nicky Winter.

Classics on the Green, 13th July.

At the last count, there were some 50 members of the community involved in some material way in support of this event - setting up and taking down; marshals and stewards for traffic management and parking on the village green and in Grove Road (our thanks to Margaret and William Reeve for making their field available and for its preparation); collectors of donations; refreshments in the village hall and the 'cake-bakers'. A huge thank you for all your efforts which resulted in £3,613 being raised for your church. Tony Morley and I are tremendously grateful since it is a huge exercise and involves initial planning early in the year and the weeks leading up to the day are undeniably fraught; you will excuse us therefore if we try to 'nail you down' weeks in advance so that we can be sure of going ahead! As Treasurer of your church, I am especially grateful - without this income and other fundraising, we could not maintain the church let alone the grounds, churchyard and path which are well walked and enjoyed by many. simonive@aol.com.

Friston Allotment Association

Surplus fruit & vegetables can be made into chutneys & jams or frozen for use over the winter. Water lettuce in dry weather to avoid running to seed too soon. Water plants well before going on holiday, pots can be placed in shallow trays of water to avoid drying out. Evergreen hedges of holly & yew can now have their annual cut. Semi-ripewood cuttings of shrubs or woody plants can be taken. Thin out apples, pears & plums to avoid broken branches later & produce a better quality crop. Keep picking runner beans to encourage more to come. There are 3 free plots on the allotment site, please contact the Clerk for further details.

Thursday Ladies Club (TLC)

In July we were joined by Geoffrey Barfoot from Clarke and Simpson Auctioneers who looked at items brought along by members. He gave an estimated auction value on each piece and was very entertaining in sharing his knowledge. In August we will be joined by Sarah Slade who has lived experience of psychosis. Sarah will be filling us in on what a psychotic episode can / may look like (in a light hearted manner from both her perspective and that of her long suffering husband!), offering tips on how to treat someone experiencing psychosis, how to care for your own mental wellbeing to avoid such acute mental illness and answering whatever questions people may have on the subject (although by her own admission she doesn't profess to have answers to them all)! Come and join us at Friston Village Hall 19:00-21:00 on Thursday 10th August. £3 admission including tea or coffee.

For more information call Wendy 07948150022

Pilates Class
Friston Village Hall
5pm - 6pm
Wednesdays
All Welcome
Contact
suzannekearnry@me.com
for more details



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 25th August 2023.**

All information correct at time of publication. This newsletter is funded by FPC & donations from residents and lightly edited by the Parish Clerk. Thank you to all contributors and deliverers. *Mrs. Phillippa Welby* fristonclerk@gmail.com or phone 01502 478094.