



The Swift



FRISTON VILLAGE NEWSLETTER

Village Meeting on Saturday December 2nd 10.00am -11.00am in Friston Village Hall - An Update on energy projects.

Additional Energy Projects Information-Sealink

Pre Consultation: 24thOctober - 6th December.

Public information booklets available from October 24th Booklets available in Friston Village Hall. Additional copies in Church Porch .

Open Meetings In Aldeburgh and Saxmundham. Times and dates in Sealink booklet.

Suffolk Libraries - Public Consultation.

Suffolk County Council has launched a public consultation encouraging Suffolk Residents to tell Suffolk County Council what they want from their library services in the future. Suffolk County Council's contract with Suffolk's Libraries Industrial and Provident Society (IPS) Limited, the independent charity that runs the library service, comes to an end on 31 May 2025, with a new contract set to begin in June 2025. The Council is therefore seeking views from the public about what is important to them, ahead of awarding the new contract.

The consultation is made up of two parts. Part one gives residents an opportunity to tell the council what they value in their library service and what they would like to see more of in the future. Part two seeks views on how Library Outreach services could be run in the future.

The council is keen to hear from people who currently use library services and those who do not, to better understand the needs across the county. This feedback will help to inform the requirements for the future contract. The consultation is open until Friday 26 January 2024.

Residents can have their say by visiting <http://www.suffolk.gov.uk/LibraryConsultation>

December Services at St Mary's, Friston.

Sunday 3rd December at 10.00am, the first Sunday of Advent - Holy Communion Service, led by Revd. Sarah du Boulay.

Sunday 10th December at 6.00pm, the second Sunday of Advent - **Carol Service**, led by Revd. Sarah du Boulay. Alan Bullard has gathered a pop-up choir of villagers who will sing some carols, and lead us in adding to the volume of the gathered congregation. The service will be followed by mulled wine and mince pies served in the Village Hall to which all are invited.

Sunday 17th December at 10.00am, the third Sunday of Advent - Holy Communion Service, Common Worship, led by Revd. Christopher Lewis.

Sunday 24th December at 10.00am, the fourth Sunday of Advent, Christmas Eve, Service of the Word, led by Revd. Mary Brown.

Monday 25th December at 10.00 am, Christmas Day, Service of Holy Communion, led by Revd. Nicky Winter.

Sunday 31st December, no service at Friston as there will be a Benefice Service at 11.00am, St Andrew's Church, Aldringham, led by Revd. Sarah du Boulay.

TLC

We had a fabulous evening with Seija Tattersall talking to us about Mindfulness.

A very calming and thoroughly absorbing evening. I really enjoyed the Mindfulness experience and have tried to practice it since. I'll sign up to the next course Seija runs which hopefully won't me too long.

Our next meeting has a change of date to 21st December. We have the wonderful Karen Lear, florist, coming to do a Christmas demo followed by a buffet.

We will be holding our meetings on the third Thursday of each month from now on to avoid date clashes with the Classics on the Green and The Friston Chequers pub quizzes during the year.

If you'd like to join us, it's only £3 per evening including tea or coffee, you can also bring your own preferred beverages. For more information call Wendy 07948150022

Friston Allotment Association

Apples & pear trees can be pruned now until March, reduce any very long growth after our wet summer & thin out to improve the quality of next year's fruit. Plums & cherries should not be pruned now but left until they are in leaf next year to avoid infection from silver leaf fungus. Deciduous shrubs such as weigela, flowering currants & philadelphus can also be pruned now & thinned out by removing a few branches at ground level. Check stored fruit for any rotten ones that can then be placed outside for the birds to eat. Some fallen leaves can be placed over tender herbaceous plants to protect from frosts. Trim any overgrown evergreens such as holly conifers & ivy for use as Christmas decorations.

Reclaim the Rain

Hello Friston Residents! Exciting progress is taking place in Friston with our Reclaim the Rain project. We are in a vital stage of the project, selecting our preferred options with our dedicated Community Working Group. Their efforts have produced a variety of innovative ideas for sustainable water management in and around the village. These ideas include seasonal water storage, community features, and property-level water reuse. These options could have great potential in reducing the impacts of surface water flooding and drought in Friston. We're excited to continue working with the community and local landowners to develop these options further and make sure we deliver schemes which make a difference and maximise the value to Friston. In the coming months, we will be able to provide you with further updates and more details on scheme options. We're always keen to hear from you. If you'd like to get involved in the project, join our mailing list for updates, or share your ideas on the options above, please get in touch via our website or reclaimtherain@suffolk.gov.uk

Friston Wildlife Watch

I would like to dedicate this month's wildlife piece to my dear friend Simon, who loved all things Christmassy.

Perusing the Christmas baubles and decorations in the shops last week, it seems that anything can qualify for a place on a Christmas tree these days; I've seen llamas and flamingos, crustaceans, dinosaurs and various vegetables (who knew I needed a festive aubergine?!). Really anything can be elevated to a recognised and valid seasonal status by a jauntily placed sprig of Holly or Mistletoe. Both of these plants are synonymous with the Christmas season, but Mistletoe (*Viscum album*) is my chosen subject this month. It really is a very interesting plant - I mean anything that is associated with magic, myths and medicine, poison, bird poo and kissing is a winner for me! So, apparently, the Greeks and Romans used it in medicine to cure such things as cramps, epilepsy and ulcers. In ancient folklore it had magical properties that could allegedly protect against evil spirits, for the Druids it symbolised immortality and for the Celts it was considered a remedy for barrenness in humans and animals. These folklores survived over the years and it was probably in Victorian times that Mistletoe became associated with romance and kissing. It is actually a hemiparasitic plant which means that it extracts water and nutrients from its host plant but also has chlorophyll and is able to carry out photosynthesis. Generally its preferred host trees are Lime, Poplar, Apple and Hawthorn. It is an evergreen and its leaves, stems and berries are all poisonous. It has small white flowers that develop into juicy white berries which are an important fat-rich winter food source for birds such as the Mistle Thrush, Fieldfares, Redwings and Black caps. These birds are important in sowing the seeds, this is done in two ways: because the berries are very sticky the birds will wipe their beaks on a branch to clean them, or alternatively, because the seeds are indigestible, they are passed through their systems very quickly and excreted onto the tree as they are still eating. I hope you all get a Christmas kiss under the Mistletoe from a special person this year! Merry Christmas! *Briony Sones*

Vacancy for Parish Clerk

Friston Parish Council is looking for a Clerk. For more details please look at our website or ring the current Clerk 01502478094

Pilates - Village Hall Wednesday 5pm - 6pm Suitable for beginners - suzannekearny@me.com 07944991138

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 18th December 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.

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