



# The Swift



## FRISTON VILLAGE NEWSLETTER

### Parish Council

The next Parish Council meeting will be on the 8<sup>th</sup> May at 7pm, this is a change from the previous date. Too many Bank Holidays in May to avoid one! There are currently vacancies on the Council. If you are interested in being co-opted, please contact the Clerk or a current Councillor.

### Friston Chequers King's Coronation weekend

Saturday 6<sup>th</sup> May evening from 830pm live music with The Cobblestones.

Sunday 7<sup>th</sup> May BBQ ONLY 12pm until 4pm

Monday 8<sup>th</sup> May open 3pm until 8pm. Basket meals 3pm until 5pm

Live music in the car park with Handle with Care from 4pm - 6pm. Craft stall in the bar offering high quality wooden ornaments / bowls / boards etc.

### A Celebration of Coronations Tuesday 2<sup>nd</sup> May - 7pm St Mary's Church, Friston.

An evening of words and music reflecting Coronations past and present devised and presented by Canon Derek Johnson in his thespian mode for which he is renowned - work ranging from the serious to the light hearted. He will be supported by fellow members of the Friston Players, Carolyn Ridgeon and Sheila Griffiths and local groups, 5 in a Bar and the Strumming Birds. Admission is free to encourage you to come and enjoy, although the Church always welcomes donations!

### Friston Village Celebrates the King's Coronation Saturday 6<sup>th</sup> May

We will be live streaming the events of the day on the large screen in the Village Hall. The Hall will be open from 10.30am onwards. Please bring a picnic and your own soft/alcoholic drinks. The Hall will be decorated and there will be tables and chairs available and access to toilets, we will have a raffle with an assortment of prizes and there will be Village souvenirs of the Coronation.

Here are the approximate timings for the day:

10.45 The procession will leave Buckingham Palace

11.00 The Coronation of King Charles III at Westminster Abbey

12.30 Return procession to Buckingham Palace

13.30 Royal Family balcony appearance and fly past.

We will be serving afternoon tea and cake from 14.30 to 16.00 when there will be an opportunity to share memories of the last Coronation and Jubilee events and the raffle will be drawn.

The day should end approximately 16.00. You are welcome to join us for any part of the day. Proceeds from the raffle and any donations will be split between Alzheimer's Research UK and the Village Hall.

Any residents who may require transport to the Hall please contact Briony Sones on 07885560380.

If you need any further information you can contact me on 07708249213 *Marie Szpak*.

### Sunday 7<sup>th</sup> May - 10am St Mary's Church, Friston

Special Service Celebrating the Coronation followed by a glass of fizz and then joining other Friston Celebrations.

### Friston Goes Green Saturday 13<sup>th</sup> May - 10.00am - 4.00pm.

Please join us at our annual event on Friston Village Green in aid of St Elizabeth's Hospice. There will be plants, vegetables and herbs grown by locals; cakes, scones, jam and marmalade made by village residents and some quality reusable and nearly new items looking for a new home.

Parking is available on the Village Green. Remember ALL proceeds go to St Elizabeth's Hospice.

Just a reminder to those who wish to donate items: plants, vegetables, herbs, cakes, scones, jams and marmalades etc - I am happy to receive them on Friday 12<sup>th</sup> May (or earlier if needed) at Church Walls Cottage - adjacent to the Church, or alternatively on Saturday 13<sup>th</sup> on the Village Green (preferably between 9.00 - 9.45am).

To all who wish to avail yourself of our goodies, most items are exchanged via donations but there may be a minimum price suggested for some items. You can contact me on 07708249213 *Marie Szpak*

### Reclaim the Rain in Friston

Hi, Friston Residents! Together, we can generate bright ideas to capture and reuse excess rainwater for agriculture, industry, local community facilities, and more, enabling us to prepare and adapt for the future. Our goal is to collaborate with you, the Friston community, to create a sustainable and meaningful project that will leave a lasting positive impact beyond the project's conclusion in 2027.

We have created a short survey for you to tell us what you think is most important for Friston and what success might look like for the village. The Project Team recently visited The Friston Chequers to spread the word, meet with residents and discuss the Wish List tool in person with you. We are grateful to have been welcomed into the pub and for the opportunity to be able to speak to people about Reclaim the Rain.

If you haven't yet completed our survey, please follow the link to our Wish List tool to have your say, by scanning the QR code below with your mobile device or by following the web link provided.



Web link: PledgeTool\_ReclaimtheRain ([arcgis.com](https://www.arcgis.com))

If you're interested in learning more about some of the options listed on our Wish List, please visit our website for more information: <https://www.reclaimtherain.org/> or get in touch with us via email at [Reclaimtherain@suffolk.gov.uk](mailto:Reclaimtherain@suffolk.gov.uk) as we would be happy to provide more information. This is your village and your future, and we believe that your valuable input, ideas and feedback are vital in developing a meaningful project that benefits the community. We look forward to hearing from you all!

### News from St Mary's Church

We start with a special 'thank you' to all our flower arrangers who excelled themselves with their Easter flowers which were enjoyed by a congregation of almost 40! We are blessed to have such gifts!

A brief reminder of

Sunday, 30<sup>th</sup> April - 10am when Friston hosts a Benefice Service welcoming visitors from our fellow parishes, Aldeburgh, Aldringham and Knodishall so please help us to show Friston at its best!

The Coronation is a key occasion for the Church and this service marks the start of the week leading up to the Coronation itself followed by

Sunday, 7<sup>th</sup> May - 10am: A special celebratory service to be led by Revd Christopher Lewis.

Sunday, 14<sup>th</sup> May - 10am: Our popular Service of the Word led by our Elder, Marie Szpak.

Sunday, 21<sup>st</sup> May - 10am: Holy Communion led by Revd Sarah du Boulay followed by our Annual Parish Church Meeting when we encourage you to come along and tell us how we might manage our Church better for the community.

Sunday, 28<sup>th</sup> May - 10am: Pentecost Service led by Revd Nicky Winter.

And you might have noticed that we have a service in Friston every Sunday in May!

### Friston Wildlife Watch

Is it just me or do other people get a thrill from driving through a ford? Ok so maybe I am a bit sad, but sometimes when driving back home from the direction of the A12, I purposefully take a 'long cut' through Benhall so I can drive through the little ford just after the farm shop (where they have great local produce if you haven't tried it yet). I love the dark shadiness of the river and the dappled light on the surface of the water and the splashing, shushing sound as I drive through, but mostly I enjoy the anticipation of seeing a Grey Wagtail (*Motacilla cinerea*). This is not the more common black and white Pied Wagtail (*Motacilla alba*) often seen bobbing around parks, gardens and car parks, but its more colourful cousin. It is a small, elegant bird with a silvery grey upper body and bright yellow underbelly. Tail wagging up and down, flashing its lemony bottom, it confidently dances and dashes about in the shallow water searching for tasty invertebrates. What is particularly special about this encounter is that these busy little birds are more commonly found by fast running streams in hilly areas of the UK and are a really unusual and precious find in the lowlands of East Anglia. It is definitely worth a diversion, just in case .... and you can always pick up a cauliflower or a couple of leeks at the same time! *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 22<sup>nd</sup> May 2023.**

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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