



The Swift



FRISTON VILLAGE NEWSLETTER

Parish Council The Parish Council will next meet on Monday 20 May at 7pm in the Village Hall. The Annual Meeting of the Parish Council and the Annual Parish Meeting will be held that evening.

Thursday Ladies Club (TLC) At April's meeting, we learnt about the charity British Divers' Marine Life Rescue. We will next meet on Thursday 16 May when a local Magistrate will describe their role in Court and, at the 27 June meeting, we will meet a beekeeper. All ladies are welcome. £3 entry (£10 annual membership). Tea, coffee, cake and a raffle. Any enquiries phone Wendy 07948 150022.

Friston Allotment Association We currently have three allotment plots vacant. If you would like to rent an allotment please contact the Parish Clerk (contact details above) for further details.

Runner and dwarf beans along with sweetcorn can be sown now, indoors, for planting out at the end of May or sown direct outdoors from mid-May. Sow Brussels sprouts and purple sprouting broccoli for harvesting next winter. Continue successive sowings of lettuce, radish and salad crops in short rows for a regular supply. Keep harvesting asparagus until the end of May. Protect strawberries with nets to keep safe from hungry birds. Lift and divide large clumps of daffodils and other spring flowering bulbs. Be ready to water newly planted trees and shrubs when there is a dry spell. Alan.

Friston Village Hall Cleaner Needed!

We seek a Cleaner for our Village Hall.
The time required is three hours per month based on the current volume of bookings.

Payment is hourly and paid monthly.
All enquiries to the Parish Clerk,
Katherine, contact details at top of front page.

Saturday 11 May - Friston Goes Green Calling all **growers!** - if you have too many plants, vegetables or flowers growing or you have some seeds that you do not want; calling all **bakers** - if you would like to bake a cake, or batch of scones or flapjacks, or whatever is your speciality; calling all **produce makers** - if you have a few spare jars of your delicious homemade jam, marmalade or chutney; or if you have been spring cleaning and discovered some good quality items which you don't need anymore, but feel could be recycled and reused by someone, **NOW IS THE TIME FOR ACTION** by donating your items to help raise money for St Elizabeth's Hospice. Please drop donated items at the entrance to Church Walls Cottage (adjacent to the church car park) on Friday 10 May or bring them to the Green on the Saturday morning. The sale will be on the Village Green 10am to 4pm and all monies raised from donations/purchases will go to the Hospice. Thank you!
marieszpak2051@gmail.com

Thursday 6 June - D-Day 80 commemoration/celebrations Come and join us for an afternoon and evening of events! The day will include a community picnic (BYO or buy on the Green) with stalls and live music. The Friston Chequers will be open and offering basket meals to eat in or take away. We are proud to be joining other communities around the UK with a short Service of Remembrance, the Church bells will 'Ring out for Peace' at 6.30pm and finally the Beacon will be lit at 9.15pm. If you have any queries, please contact Wendy Ireland on: 07948 150022.

Sunday 16 June - Friston Open Gardens Our annual Open Gardens event will return this year with 18+ gardens! There are many old favourites, as well as some interesting new participants. We will be offering delicious lunches and afternoon teas in the Village Hall. If you would like to volunteer to help out on the day or bake a cake, please contact me: brionysones@yahoo.com. This year we are also hoping to decorate our lovely Church and are looking for people in the village who may be interested in decorating a window, making a plant or flower display, garden or wreath? If you are feeling creative or would like to know more, please contact Briony.

Reclaim the Rain We have drone footage completed and available on our social media platforms - search 'Reclaim the Rain' on Facebook, Instagram, or LinkedIn to view. The video records the catchment prior to project delivery. We'll repeat filming in 2027 as the project draws to a close, providing 'before' and 'after'. We will soon be installing monitoring devices and your assistance in protecting these devices is greatly appreciated to help support resilience to the effects of flooding and drought now and into the future. Contact us at reclaimtherain@suffolk.gov.uk for further information. Ruby and Sian.

Ease the Squeeze Are you, or someone you know, worried about the increasing cost of living? Pressures are being faced by many people today but support, locally and nationally, is available to help households in East Suffolk. [Head to our Ease the Squeeze page now](#)

Free NHS online mindfulness course The Mindful Life Group has received funding to provide free online courses to support people aged 65 and over, carers and former carers. The course has been found to improve participants attention, memory, reduce loneliness, low mood, stress, anxiety and pain. There is a course every Thursday from 6 June, for six weeks, between 1pm and 3pm. The course is free but places are limited to 15. More information at <https://the-mindful-life.com/>

East Suffolk Community Partnership - Survey of mental health needs and Well Minds booklet The Partnership has launched a survey to identify mental health needs in this area. <https://forms.gle/SkNqEKZvC8NMTCCNA> It runs until 24 May. In addition, a Well Minds East Suffolk booklet has been published to provide a range of information and advice on mental health and well-being, useful contacts and where to find help. To request a hard copy of the booklet email communities@eastssuffolk.gov.uk.

St Mary the Virgin - Church services will be held every Sunday in May at 10am. All are very welcome.

Energy Projects - Updates A comprehensive update on the current position with all Energy Projects has been placed on the Parish Council's website for residents information. ***The Parish Council would welcome residents' observations and feedback on the locations and methods of the current infiltration testing by SPR as these may be critical to the flood risk to the village.***

SASES - SASES has applied for permission to appeal to the Supreme Court. A decision on permission is awaited but it is hoped this will be before August.

SEAS - SEAS has lost its appeal in the Court of Appeal and is seeking permission to appeal to the Supreme Court. Seas continues to campaign and argue for a better alternative and engages with neighbouring communities.

SPR - SPR met with the PC in late March, principally because it wishes to carry out what are known as "infiltration tests" at the substation site and along the cable route. These tests are primarily designed to see how much surface water can be absorbed into the ground rather having to be discharged through the village. The tests will be carried out from mid-April and therefore contractors and some plant and machinery will be seen at the substation site. **See main update for information on the PCs serious concerns about flood risk to the village, Public Rights of Way and diversions.**

Lionlink - National Grid has reported back on its non-statutory consultation and announced that landfall for this project will be either at Walberswick or just north of Southwold. The cable route will then make its way to the proposed converter station site at Saxmundham and from Saxmundham the cable route will go to the National Grid connection hub at Friston. **Please see main update for the PCs comprehensive response to the Planning Inspectorate's scoping report and the cumulative impact on the health and well-being of the villagers, as well as flood risk.**

National Grid's Study into its transmission infrastructure in East Anglia and this has now been published. In short the results of the study are a disaster for this community. **Please see main update on the website.**

Sizewell C - This project is no longer owned by EDF Energy but majority owned by the UK Government.

