



The Swift

FRISTON VILLAGE NEWSLETTER



Friston Covid 19 Support Update

Thank you again for all your offers of support. It is reassuring for people to know that there is a point of contact if the need should arise. If you feel you may need some help or if you are feeling isolated and would just like a friendly chat please contact fristonvillage@gmail.com with your name and contact details and we can put you in touch with one of our volunteers. (if you don't have email, please phone Briony Sones on 07885 560380.)

Briony Sones

Parish Council update

Alarm has been expressed at the tree felling at **Grove Wood**. The Forestry Commission confirmed that they had issued a felling licence a year ago. This was to remove infected Ash trees and thinning to encourage native species, to be managed in a coppicing regime among mature trees. They were regretful this is being carried out in the nesting season but the law is very weak in this context. This work has not been instigated by SPR. This has also now been confirmed by the land owner's solicitors in a letter to the Council. The **surface water management plan for Friston will be published on the 5th June** go to www.greensuffolk.org/flooding/surface-water-management-plans/. Please forward any questions to the Parish Clerk who will collate them and send to SCC. There is an update from Blackheath Farms on the Parish Council website www.friston.onesuffolk.net.

The Parish Council is unable to meet currently due to the restrictions but your Councillors and Clerk are still there on the end of a phone or email to try and help you with issues in the village.

News from St Mary the Virgin

Churches continue to be closed but one designated person is now allowed into each church to say prayers for the community. VE Day was marked with the ringing of the church bells either side of the two minutes silence at 11am. There was no formal service but a plaque commemorating the 75th anniversary was placed at the war memorial and prayers were read. The bells were recorded and subsequently broadcast on BBC Radio 3 on Martin Handley's Radio 3 Sunday Breakfast Show on Sunday 17th May, you can still hear it on BBC Sounds until 15th June - well done, ringers and recording engineer! Church services are being streamed live and can be easily accessed by going to youtube.com and searching Alde Sandlings Benefice. The readings - and other benefice news - can be followed by emailing Claire Turner at the Aldeburgh Parish Office, claire@ebe.co. A service of Night Prayer is held over the Zoom platform every Wednesday at 6pm. Please email martin@steadman.me if you would like to join us for this short contemplative service. **Our church is far from dormant!** *Nicky Winter*

SPR and SASES update

If you submitted relevant representations to the Planning Inspectorate you should have received an email from the Planning Inspectorate with a link to a letter. This letter clearly indicates that the Examining Authority is seriously considering moving ahead with the examination using virtual hearings using digital technology, rather than physical meetings such as those originally planned to be held at Snape Maltings. They are requesting that people complete a questionnaire in order for them to assess whether and how virtual hearings might be held. **It is important that as many people as possible complete the questionnaire** as an indicator of the strength of feeling. SASES is currently considering how best to respond in detail to the Planning Inspectorate on the matter of virtual hearings but **fundamentally we are not in favour** as we feel it will further weaken the public participation in a planning process in which the community's views are being ignored. We recommend that you consider the following as you complete the questionnaire.

1. Say you wish to speak - the written word can never convey the same impression as the spoken one. You do not have to be a great orator just express why you think these projects are misconceived and the damage they will inflict.
2. Technology is unreliable - In this rural area the broadband and Internet speeds are not always good enough and the mobile signal can also be weak. Think how this might work in a hearing which could go on for many hours. Not great.
3. **Complete and submit the questionnaire by 5pm 11th June 2020** For more information see sases.org.uk
Michael Mahony for SASES

Less sitting, more moving!

During this time of social distancing we are all missing our normal activity. The following are some ways you can fit movement into your day.

- If you are watching commercial television, every time the adverts come on move your feet by placing the heel and toe on the floor or sit to stand with some marching.
- Every 60 minutes, do a couple of sit to stands out of the chair.
- Either standing or sitting, a few exercises you can crowbar into your day are marching, shoulder circles, arm punches and knee lifts.

If you enjoy dancing put on your favourite music and move. Nobody will be watching! *Amanda Mallett Specialist Personal Trainer and Postural Stability Instructor REPS Level 4*

Friston's own homemade food delivery service

Viv Hawes (Day), known also as Pinewood Catering, based in Church Road is still able to deliver homemade cakes and dishes direct to your home. Viv can be contacted on 01728 687560.

Peter Watkiss - a tribute

Peter Watkiss lived in Friston for many years. He was a long serving parish Councillor and was always particular about correct procedure. He was a teacher of languages at Leiston High School, a governor at Coldfair Green school and was always concerned children should do their best. In his younger days he enjoyed taking part in dramatic performances, coaching football and many people benefited from his bridge classes. We extend our sympathy to Pearl and his family. *Christine Brooks*

Friston Wildlife Watch

We are blessed with wonderful wildlife in Friston. I am interested to find out what regular, and unusual, visitors we see in our gardens or further afield. Early spring treats like the Orange tip butterfly, Garlic Mustard and the Blackthorn blossom were a joy to see and all those fabulous Bumblebees! I was also thrilled with the return of our hibernating creatures: 'my' hedgehogs & 'my' bats have survived a wet and warm winter. I admit to feeling a little anxious each Spring in case they don't come back, their reappearance is somehow comforting and reassuring that nature is consistent and resilient. This seems particularly important when everything else in the world is so strange and uncertain at the moment. I would love to learn more about our local wildlife residents at fristonvillage@gmail.com (Subject title: "wildlife"). *Briony Sones*

Friston Goes Green - Friday 5th & 6th June

Calling all plant lovers: Have you got a surplus of plants you've grown? They might be tomatoes or beans, geraniums or pansies or maybe you would like to get some for your plot whatever the size. Come to St Mary's Church car park on the 5th and 6th of June between 11am - 3pm. We are hoping to have an array of plants that you can pick up with all proceeds going to St Elizabeth's Hospice. Social distancing will of course be important, so we ask for your understanding when you arrive so that we can all keep safe. If you have plants to donate ideally it would be good to receive them on Thursday 4th June - you can drop them off at Church Walls Cottage, adjacent to the church. If you have any questions, please ring Marie 07708249213. *Marie Szpak*

If you have any information that you would like to be considered for inclusion in the next issue please email fristonclerk@gmail.com or phone 01502 478094. Please note space is very limited.