



✈ ✈ **The Swift** **FRISTON VILLAGE NEWSLETTER**



Friston Village Support

Please let us know if you need someone to help you with shopping or a lift for a medical appointment, or would just like someone to talk to. Contact: fristonvillage@gmail.com (if you do not have email please ring 07885 560380) *Briony Sones*

Parish Council

The Annual Parish meeting has been moved to **Wednesday 5th May at 7pm** to keep within Government guidelines. It will be held via Zoom. Please contact the Clerk for joining details. If you would like to submit a report from your local group or organisation, please contact the Clerk. The Parish Council meeting will follow this. Parish Council meetings hope to return to the Village Hall in June if the restrictions continue to ease. Cllr Tony Cooper is looking to create a registry of local groups and clubs that may be eligible for financial help from the East Suffolk Community Partnership. If you are involved with a book club, bowls club, dinner club or youth club for example, contact Cllr Cooper for details. See the report on the new community radio station for a project that has benefitted from the partnership.

A reminder that County Council and Police and Crime Commissioner elections take place on the 6th May, there will be polling station in the village hall for you to cast your vote. All Covid regulations will be followed. It will assist the officers if you bring your own pen!

Friston Goes Green

On Saturday 22nd and Sunday 23rd May we will be holding our Friston Goes Green plant sale in the car park of St Mary the Virgin church, 11.00am - 3.00pm. All proceeds will go to St Elizabeth's Hospice. In addition to garden plants and vegetables, this year, there will also be some other goodies for sale for example cakes, marmalade and maybe even some pickles - all home-made.

So, if there are any people in the village who wish to donate items (plants or foodie items) please drop them off at the entrance to Church Walls Cottage (adjacent to the church car park), either on Friday 21st afternoon or Saturday 22nd morning. To those who of you who wish to 'purchase' items for your garden or your kitchen, please pop into the churchyard on Saturday or Sunday - remember all monies raised by your donations will go to a very worthy cause.

Let's hope the sun shines and we don't have the hailstorm that we had last year.
Marie Szpak (email: fristonvillage@gmail.com)

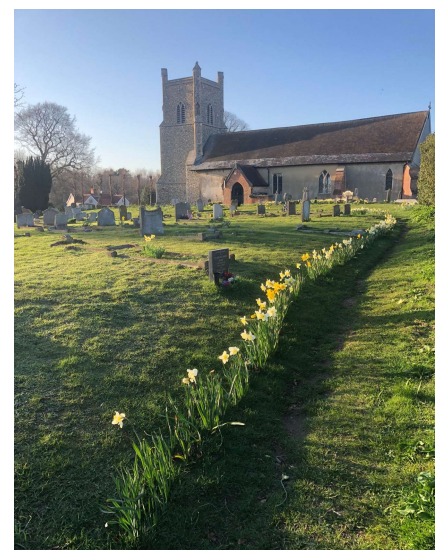
News from St Mary the Virgin

A glorious Spring day welcomed us back into church on Easter morning where we plan to continue with our Sunday Worship most weeks in the month of May. These are as follows:

- 2nd May Holy Communion led by Revd James - in church
 - 9th May BCP Morning Prayer led by Revd Mark and followed by the APCM - in church
 - 13th May Ascension Day 6pm a Zoom celebration service led by Revd Sheila
 - 16th May ONLINE Zoom Morning Prayer - Elder led
 - 23rd May Pentecost Holy Communion led by Revd Sheila - in church
 - 30th May Trinity Sunday Morning Prayer led by Revd James - in church
- All Sunday services start at 9:45am.

Our short service of Evening Prayer continues on Wednesdays at 6pm on Zoom. For Zoom links please contact martin@steadman.me.uk Everyone is very welcome.

Happy Spring! In the words of Martin Luther: "Our Lord has written the promise of resurrection... in every leaf in springtime."



Spring in Friston Paul Carlaw

Friston Allotment Association

We can now start sowing runner beans, squash & courgettes in pots inside to be planted outside when the risk of frost is over at the end of May

Tomatoes can be planted in a cold greenhouse this month but wait until June for outside tomatoes.

Peas & sweetcorn can be sown outside.

In case of late frosts have some fleece or similar protection ready to cover early potatoes until June.

News from the Old Chequers Pub

We are looking forward to re-opening the doors on Wednesday 19th May. We will hopefully (subject to Boris) be allowed indoors at that time and we have been advised that **inside** tables will be limited to two families up to a maximum of 6 people. We will advise if the ruling changes nearer the time. Please email any restaurant reservations to chequers.friston@hotmail.com Inside drinking tables will be on a first come, first served basis but there will be table service outdoors too.

Looking forward to seeing you all again very soon.

Andy & Carol

A new community radio station for East Suffolk

The new radio station's name is Alde & Blyth Community Radio - ABC Radio

The startup costs were covered by Grant funding from East Suffolk Council's Community Partnerships Forum, some Parish councils, Town councils and business. ABC community radio station will be based in premises in Saxmundham. It will be run by an experienced team with relevant expertise that has carefully selected and trained up volunteer broadcasters. In particular, it would like to become a prominent hub of information for local communities. Initially, its focus is on the Covid recovery and will offer a range of supportive programmes. This will be complemented with a mix of news, music, arts, tourism, energy, sport, business, competitions, features and interviews. Its website and social media presence will provide useful information, help and support to all communities within its range. There is bound to be something for everyone and with friendly banter too. ABC Radio will adhere to high, transparent and ethical standards in compliance with the Ofcom Broadcasting Code. Initially, ABC Radio will broadcast to a core audience of 52,000 listeners using streaming online and digital audio broadcasting (DAB). The audience will balloon to over 300,000 during the summer months. ABC Radio will mainly broadcast to listeners on the East Coast of Suffolk and the surrounding villages. ABC Radio will work closely with media students from local secondary schools, colleges and universities and offer them bursaries; together, they will cooperate and collaborate in a mutually supportive way of working.

Friston Wildlife Watch

So in May last year, during lockdown, I shared with you that I had built a small pond in my wildlife garden area. I was gifted a few pond plants from neighbours and treated myself to a couple of other lovelies at the Walled Garden (other plant nurseries are available). I observed my pond at regular intervals, some may say obsessively, and have had many visitors since. These included at least two types of damselfly (possibly Common Blue and Small Red?) and a dragonfly (Broad-bodied chaser), some small crustaceans - freshwater shrimp and freshwater louse/slater, as well as black beetles of various sizes and many other wriggly things probably mostly mosquito and hoverfly larvae. The birds and hedgehogs are regular visitors too, enjoying the water to drink or bathe. In the summer my lovely little pond nearly dried out and in the winter it froze over several times. Now this spring, just over nine months after installation, I am pleased to announce that I am the proud mother of dragons I have (at least) 4 very small but beautiful and perfectly formed newts! Newts are nocturnal so I only discovered them after putting out the hedgehog food late at night and have had a few sceptics questioning whether I have really seen them, the well-known expression 'inebriated' as a newt joked about far too freely for my liking! But they are definitely there, I am confident they are Smooth newts and hopefully over the next few years they will mature and breed. I would love to learn more about newts or hear about your garden ponds. Fristonvillage@gmail.com *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.

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.

Mrs. Phillippa Welby fristonclerk@gmail.com or phone 01502 478094.