

Tunstall Reflections

by Andy Vince & Karen Gwynne-Vince



21 Hocket Crescent is the tenth house we have lived in during our 38 years together. Having previously lived in various towns and villages in Hertfordshire, Bedfordshire and also Blaenau Ffestiniog in North Wales, we moved to Tunstall in July 2007.

We were both working long hours in very stressful jobs and as Andy was heading towards retirement as a Detective from Hertfordshire Police, decided to escape the 'Rat Race' and find a more tranquil environment in which to live and retire.

After selling our house in Caddington, Bedfordshire in two short days we were on the hunt for a quick purchase and chanced upon the house in Hocket Crescent. It wasn't perfect and needed quite a lot of tidying up, but we thought it would be fine for a year or two before we found our 'forever home'.

Once we had moved in however we began to settle into Tunstall and the Suffolk pace of life, and enjoyed exploring our new village and county with its forests, beaches and old world charm. Keen walkers and nature enthusiasts, we love nothing more than heading out with our Staffie x Springer Molly, and finding new routes to tread and wildlife to watch. Locally, Buzzards, lapwing, Barn Owls and recently, a Red Kite calling overhead. Through the forests we regularly encounter Fallow Deer and Muntjac. Watching seals bob in the waves at Sizewell, or the starling murmurations and otters at Minsmere, all very special and what draws us out into Suffolk's great outdoors.

We have lived in Tunstall now for longer

than we have lived in any of our previous houses, and despite it being originally a 'temporary arrangement', is now where we call home.

We feel fully part of this small Suffolk village, and feel honoured to play a part in its transformation into a busy, vibrant and connected community.

As part of a team we organised a children's fun day in 2016, and in 2017 The Great Tunstall Get Together! A wonderful event remembered for the adult sack race, the wife carrying competition and welly wanging, but mainly for the ill fated but hilarious 'Tunstall Tug of War', when seemingly the whole village joined in and the rope snapped!

When not traipsing the countryside we both volunteer for county based charities. Andy is also a member of Tunstall Parish Council and Administrator of the new Tunstall MUGA Club. I am Booking Secretary for Tunstall Community Hall and we are both members of the Tunstall Event Team.

Tunstall has changed considerably in the years we have lived here. We now have a pub that is a wonderful meeting place, a new influx of families and a wonderful community spirit that is bringing the village together. Lockdown has been challenging for many people, but Tunstall will endure and we look forward to helping plan many village events where we can once again come together as a community and share our past, present and future.

Thank you Tunstall for being 'HOME'

The Great Tunstall Get Together 2017

May Bulletin

Please send or give all material to
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by 15 April 2021

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Tunstall BULLETIN

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Quiet Lanes your support counts



What are Quiet Lanes?

Quiet Lanes are minor rural roads, typically C or unclassified routes, which have been designated by local highway authorities to pay special attention to the needs of walkers, cyclists, horse riders and other vulnerable road users, and to offer protection from speeding traffic.

Cars are not banned from Quiet Lanes and the use of Quiet Lanes is shared. Measures such as lower speed limits and discrete road signs aim to encourage drivers to slow down and be considerate to more vulnerable users who can in turn use and enjoy country lanes in greater safety, with less threat from speeding traffic.

What is the Quiet Lanes Suffolk Project?

Quiet Lanes Suffolk aims to benefit everyone who lives in, works in, and visits the area to encourage the use of more active forms of travel - walking, cycling, riding, scooters. The project is aiming to increase the number of Quiet Lanes in Suffolk. You can find out more at <https://sites.google.com/view/quietlanessuffolk/home>

What new lanes have been put forward for Tunstall?

The following lanes have been put forward to be considered as Quiet Lanes:

- Mill Lane, Tunstall Common
- Blaxhall Church Road

How can you support these proposals?

You can support these proposed new Quiet Lanes in two ways:

Firstly, e-mail the Tunstall Parish Council Clerk, Judi Hallett, at pcclerk@tunstall.gov.uk with your comments about either of the above lanes. Judi will collect all comments and forward them on to the QLS Team. If you do not use e-mail you can write to Judi at Manor Farm, Hollesley, Woodbridge, Suffolk IP12 3NB

The Parish Council

Is a second SID (Speed Indicator Device) on its way to Tunstall?

Tunstall PC is currently exploring the possibility of purchasing a second SID. Tunstall is an exceptionally large village by area, and we realise that one SID is probably not enough for the whole location. However, not only is funding a barrier but we will also need more volunteers to help move it and replace the battery every couple of weeks. Could you help out? Ideally, we would like the second SID to be dedicated to the Common and Snape Maltings areas of Tunstall so a volunteer from either of those locations would be perfect. If you would like to volunteer just give the Clerk a ring on 01394 411405.

A Consultation on Quiet Lanes

Vacancy for Parish Councillor

Following the resignation of one of our Councillors, TPC now has a vacancy. We will be co-opting at the April Meeting (14 April at 7.00pm). If you are interested in joining us please contact the Clerk for further details.

Tunstall Grapevine - let us know your e-mail address and we will keep you informed of the latest news

Judi Hallett - Clerk to the Parish Council
01394 411405 Manor Farm, Hollesley,
Woodbridge, Suffolk IP12 3NB
pcclerk@tunstall.gov.uk

Secondly, attend a Zoom Meeting to discuss these proposed new lanes and voice your opinion on Quiet Lanes. The meeting will take place on Wednesday 28 April 6.00pm. The Zoom details will be released on the Tunstall Grapevine a week before the meeting. If you do not receive the Grapevine, please call Judi Hallett on 01394 411405 who will arrange for the details to be sent directly to you.

Please support this project and help to calm the traffic in your village

Tunstall Event Team

The Tunstall Easter Egg Hunt



(well...almost!) kindly supported by Tunstall Event Team Volunteers and LT Contractors.

On Good Friday, 2 April and Saturday 3 April, there will be laminated card Easter eggs hidden around Tunstall.

We are inviting all Tunstall children to take part in finding them, due to availability we are limiting one egg to be found per child.

When you have found an egg please put it in an envelope with your name and address and post it into the Tunstall Event Team box located at the garage or alternatively post through the letter box at 1 CountryLife Cottage, Orford Road or 21 Hocket Crescent.

Each egg found will receive a chocolate Easter egg on Easter Sunday, 4 April, delivered to your doorstep to comply with social distancing guidelines.

Good luck and happy hunting.

Church services

St Michael & All Angels Tunstall

On Easter Day 4 April we hope to welcome everybody to 11.00am Socially Distanced Easter Eucharist at St Michael's. This will be our first service at St Michael's this year as we are now becoming a Festival Church, everybody welcome.

St Michael's church is open for private prayer every Sunday from about 10.00am till 4.00pm.

The Parochial Church Council Annual General Meeting will be held on Thursday 15 April at 7:30pm, either by Zoom or in the church. All welcome.

Please email pccunstall@gmail.com for confirmation and/or a Zoom invite.

Sudbourne & Tunstall Baptist Church

Sunday Morning Services From 10.30 on Website www.stbaptist.co.uk

Facebook www.facebook.com/sudbournetunstallbaptist/

You Tube Sudbourne & Tunstall Baptist Church

Dave Rushbrook Minister: Sudbourne & Tunstall Baptist Church

pastor@stbaptist.co.uk Tel: 01394 809691

The Vicar's Voice

Dear friends in the Wilford Benefice

The Easter Message of Hope & Renewal

The devastating impact of the Covid Pandemic over the past year has resulted in many people feeling fearful about the future. Will our society truly get back to being what we assumed was normal, with freedom of travel and the ability to socialise? Will those who have lost their jobs or seen their businesses go under be able to find new opportunities? Will the highstreets in our local towns ever recover? Will our children be able to make up for the lost time in school? Within our churches, will we be able to return to having hymn singing in services and an end to restrictions on numbers attending weddings and funerals?

There are so many valid reasons for us all to feel anxious about the future. However, faced with this, we have the wonderful promise of hope in the resurrection of Jesus Christ which we celebrate on Easter Day. The Easter story reminds us that we have a God who never gives up on us, even when we may feel like giving up. The resurrection of Jesus means we have all been given the wonderful gift to begin each day afresh. God's power works deep within our hearts and souls, and this power, made manifest in the resurrection, teaches us not just how to live, but how to live anew; to keep starting afresh. As we emerge from Lockdown none of us truly knows what the future holds for our communities and churches, but it just may be that whatever emerges is better than before. That we have learned from our shared experiences over the last twelve months, and we can begin again with a renewed sense of joy and cautious optimism, because our calling as Christian witnesses is to be hopeful.

One of my favourite quotes about hope is from Martin Luther King Jnr: *Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree.*

I pray that this Easter, our hope will be renewed, and we will plant our apple trees of hope and faith in the future of our churches and communities.

Happy Easter!

REVEREND GILES

Team Rector of the Wilford Benefice

The Bowls Club

At Tunstall Bowls club we have been working towards and preparing for the coming season to ensure all is ready, this year, with the new 'coming out of lockdown' process announced by the government, we are optimistic that we will be able to carry on in a more normal way.

Our aim in 2021 is to promote bowls locally, and to try to encourage people to consider the option of learning a new skill playing a game that can be played socially and safely, we will also welcome those who just want to play recreational bowls 'for fun and exercise' and coaching is available for beginners.

We are located near the Green Man Pub, behind the Tunstall community centre, and car parking is ample and free to all. Our season opening day is on Saturday 10 April, if you can't attend on that day, we do have roll up days on Tuesdays and Saturdays, throughout the summer, so the door is always open, the days usually start at 10.00 am, and, if you have not played bowls before, that is not a problem, we keep spare sets of bowls for people to try, we can coach you through the process, the only requirement is that you wear flat soled shoes, so as not to damage the fine surface of the green.

We have all safety measures in place, sanitisers, wipes and safe procedures for playing, initially our clubhouse will be closed to comply with the guidelines, until lockdown ends, but our toilets will be open, and there is ample seating around the green for changing shoes etc.

As we are a club, we would invite you to join us after you have had a couple of introductory sessions and take up our membership, which is very inexpensive at £35 for the season.

Our Secretary is Steve Karlsson-Waller (mobile 07561 827387) and our Chairman is Bob Cook (mobile 07717 168205) both of us live in Tunstall and if you want any further information please call us.

Citizens Advice

Saxmundam and Leiston District

We're here to help. Whatever the problem. For free and independent advice. We remain open for advice by phone and email (Mon, Tues, Thurs and Fri – 10am-2pm).

Call us on 01728 832193 or Freephone 0808 278 7868.

Or email: supervisor@leistoncab.cabnet.org.uk to make contact.

As a charity we are reliant on funding from local authorities, charitable trusts and donations. We also depend on our volunteers to give advice to people in our community.

Citizens Advice is always looking for volunteers:

To train as Advisers

Help with fundraising

Office admin support

Digital and online expertise

PR and communications expertise

If you are interested in volunteering, please email your interest to bureau@leistoncab.cabnet.org.uk. Donate at www.justgiving.com/citizensadvice-leistonsaxmundham

Celebrations!

Marion Chilvers celebrated her 100th birthday at home on 8 March. Even though under current restrictions we were not allowed to visit her; she received some thirty birthday cards including one from the Queen.

She delights in helping St Michael's church, in earlier years, a member of the choir, then as organist for church services, always ready to help in those less obvious tasks such as cleaning and brass polishing.

Apart from a few years with the NAFFI during wartime, she has always lived in the village of Tunstall at Vine Cottage. She has had various jobs including being our local Postwoman delivering the mail by bicycle as far as Iken in all weathers. Although now very deaf and partially blind, she still has an active mind and a good memory of people in the village. She is well looked after at home by her son Tony and daughter-in-law Jillian.

Headway Suffolk

How Headway Suffolk has helped its community during Covid

A year on since the Covid-19 pandemic hit, this is how local charity Headway Suffolk, who supports adults living with brain injury, stroke and neurological conditions, has continued to help its clients throughout.

As the peak of the virus struck, Headway had to close its Bury St Edmunds hub, its four outreach hubs and its face-to-face support and therapy services, as well as drastically reduce the number of clients at its Ipswich hub. Like many charities, we feared for our financial stability and survival.

We saw a big increase in demand for our homecare services from Suffolk County Council to help hospitals with the discharge of patients.

To support those isolated at home, we adapted and created new services.

We implemented a virtual hub so clients could access rehab and social activities remotely and provided free devices to those who needed them. Activity books were also sent out regularly to help stimulation.

Supermarkets felt such an unsafe place to visit and online deliveries were tough to access, so we registered with the local authority to produce and deliver nutritional hot meals, as well as a food bank to supply parcels of food and essential products.

Counselling sessions moved to remote support and saw an increase as clients naturally struggled with anxiety and stress at such a difficult time. And our phones were always open to offer a friendly, listening ear.

With gyms being a no-go zone, we adapted by supporting clients at the local outdoor gym in between lockdowns so they can work on their fitness, improve mental health and play sports, such as basketball and walking football.

MUGA

Please don't forget we are adding new members to the MUGA Club every week, so if you have not yet registered and want to do so please send an email to tunstallmuga@gmail.com or contact Andy on 01728 687484.

As things gradually began to ease, we have been able to resume some face-to-face services and clients can now get support with physiotherapy, speech and language therapy and occupational therapy.

Our Ipswich hub is now open Monday to Friday and our Bury St Edmunds hub is currently open Wednesday to Friday, but naturally many clients still feel safer at home until things improve.

We continue to operate strict procedures on infection control, social distancing, temperate checks and full PPE. Our staff team have received the first dose of the Covid-19 vaccine and will receive the second dose in April.

Headway Suffolk would like to thank everyone who supported us throughout a traumatic 2020 and has ensured we continue to survive and thrive into 2021 to support all our clients.

If you would like to support our cause, please visit www.headwaysuffolk.org.uk or see us on Facebook and Twitter as @HeadwaySuffolk.

On Wednesday 12 May, we hold our annual Neuro Conference, which will take place online and tickets are just £20 each with an impressive line-up of speakers:

Steve Thompson - England Rugby star and dementia sufferer; Dawn Astle - better safety in football campaigner; Dr Michael Grey - neuroscientist at UEA; Sam Norris - speedway rider and brain injury survivor; Dr Sajid Alam - stroke lead at Ipswich Hospital.

To book, call 01473 712225 or email helenmfairweather@headwaysuffolk.org.uk. At details at www.headwaysuffolk.org.uk/events. Sponsorship and trade stands are available.

Diary dates

Next Parish Council Meeting

Next Parish Council Meeting via Zoom video conferencing, Wednesday 14 April at 7.00pm, if you wish to join please contact the Parish Clerk - Judi Hallett pcclerktunstall@gmail.com