

INSIDE OUT

news from

WOODBIDGE, ST MARY'S

Issue 12 Autumn 2023



From St Mary's Rectory:

“TRAVEL IS ONLY GLAMOROUS IN RETROSPECT” (Paul Theroux)



I cannot be alone in thinking ‘Tell us some more?’ with regard to the quote above. For those of you returning from your holidays or, just setting off, perhaps it is a statement about our reluctance to live ‘in the moment’? I am just one amongst so many clergy who tend to be reminded quite a lot about ‘what we used to do’ as if the past was more important than the present, let alone the future! It reminds me of that classic interview question: ‘How do you deal positively with change?’

If you have heard that the Shire Hall is ‘falling down’ and, according to ‘Private Eye’ is in danger of being sold off to the highest bidder who does not appreciate its historic

importance...

Or that St Mary's House is ‘falling down’ and according to those in the know needs ‘modernising’ with a new kitchen, a new lift, and a Parish Office moving to ground level so that you can find it more easily from Market Hill...

It is so important to tell the truth, as it is, and to set out our hopes and aspirations in the here and now: for better equipped and more welcoming, flexible social spaces for improving our community outreach. We need to build a better and indeed, ‘historic’ future, together? Good public consultation and transparency are key in shaping all our futures in a world where, so often, ‘fake news’ undermines that integrity for the common good and, even worse, mocks it.

The Gospels have a great deal to say about building upon solid ground and not shifting sands, as they do about planting values of vision and justice for a ‘new heaven and a new earth’. We just need to listen well, interpret and respond as best and honestly as we can to their pleading. Embrace change and plan wisely for it, they cry?

In my ‘salad days’ I remember well: vinyl records, and cassette players, and rock’n roll! I even remember the first ‘Amstrad’ computers and my excitement to own my very first ‘Nokia’ mobile phone. But these are fleeting and manageable technical ‘advancements’, when I am talking about adapting and improving significant heritage buildings at the heart of Woodbridge. They need and deserve our continuing care, updating, and investment.

Nigel Prior (Rector)

DID YOU KNOW YOU CAN HIRE THE ROOMS AT ST MARY'S HOUSE?

We have several rooms of various sizes within St Mary's House that can be hired for a variety of occasions. We have regular weekly and monthly bookings, some of whom have used the facilities at St Mary's House for a number of years, including GirlGuiding, Poppy's Pantry (providing a pop-up café every Tuesday) and Yoga classes in the main Hall, and Browser's Poetry Group, a Women's Recovery Group, and a Professional Development Group, who meet in the informal Seckford Room.

In the past we have also hosted musical theatre group rehearsals and a monthly Lunch Club.

There have been a number of ad hoc bookings such as private parties (particularly for children's birthdays), a dance class, pop-up shops, receptions following funeral or memorial services, annual general (or other) meetings, training sessions, a highly successful series of teaching classes for the Woodbridge Ukrainian Hub (until it outgrew our facilities and moved to Woodbridge School), and most recently a four-days a week for 12 weeks booking from Inspire Suffolk running a Princes' Trust personal development Team programme for young people. You can read more about them on the next page. Inspire Suffolk found the Baden Powell ('BP') Room ideal for their programme, due to the size of the room, the facilities available, and the location - which is easy to reach from Woodbridge station.

During the winter we hosted a 'Warm Room' in our Small Hall every Thursday, providing somewhere for people to drop in for a chat, a hot drink, and some toast. Perhaps we could do this again this winter?



Main Hall



Kitchen



Small Hall



Seckford Room

To make an enquiry or to arrange to pop in and see the facilities available, including our large 'catering' kitchen, contact Linda in the Parish Office on 01394 388820 or parish.office@stmaryswoodbridge.org

“INSPIRE’S” TEAM PROGRAMME

Throughout Suffolk, leading youth charity, “Inspire”, has been transforming the lives of young people, igniting dreams, and raising their ambitions. With support from the prestigious Prince's Trust, the charity runs the Team Programme – a 12-week journey that has changed countless young lives across Suffolk and North Essex. Over the last couple of months one such group has been based at St Mary's (House), Woodbridge (in the Baden Powell Room).

Catering to the needs of those aged 16 to 25 who find themselves outside employment, education, or training, the programme aims to equip young people with the work and life skills they need to lead bright futures. Participants embark on the course filled with activities and projects, all designed to boost their confidence, motivation, and self-esteem.

But it's not just about personal growth; the focus on teamwork is what sets this programme apart. Learning to collaborate effectively and communicate is essential, and these skills play a vital role in preparing the students on the path to their future careers.



From residential trips that foster independence to work experiences that unveil hidden talents, young people are given a chance to find out what they're made of. The programme also fosters a sense of social responsibility through community action projects, designed by the students. In the past this has taken the form of everything from helping local shops become neurodiversity-friendly to litter picking in local beauty spots.

Of course, preparing for the work forms a large part of their journey too. Through various workshops,

the young participants learn essential job skills, such as crafting impressive Cvs, to overcoming nerves in job interviews.

Throughout the weeks, friendships are created, interests are uncovered, and futures start taking shape. It's incredible to witness the transformation – from hesitant, unsure individuals to motivated young adults ready to take on the world.

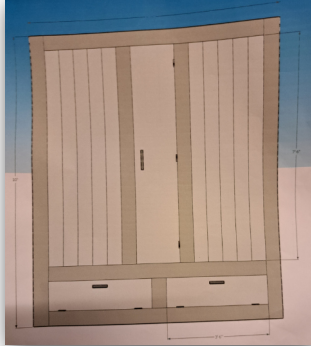
So, we want to congratulate this cohort of Inspire students who started their journeys at Inspire's Programme at St. Mary's House, Woodbridge, and are now taking their first steps into the working world. We wish them the best of luck with their future careers. *(Photo: Graduation held at the Shire Hall, opposite St Mary's House)*

If you know a young person who could benefit from Inspire's package of support, then please contact nextsteps@inspiresuffolk.org.uk or visit www.inspiresuffolk.org.uk to discover more about the charity.

SWELL SOUND FROM THE CHURCH ORGAN

Anyone who has worshipped at St Mary's will have enjoyed the rising volume and reverberating tones of the organ swell. This is when the organist uses a central foot pedal to open up the swell box and fill the church with additional sound. The more pedal the more sound – at least that's what should happen when everything is working well.

By the end of September that swell-generated sound should be stronger and more pronounced than ever thanks to a £12,500 refurbishment by the specialist Ipswich firm of Bishop & Son. The work, which is being funded by the Friends of St Mary's, will include a new hemlock frame which has been made in the firm's workshop and new shutters in the same material. Once complete, the new swell box will be undone and then reconstructed in church where the organ is housed in the former Seckford Chapel.



Drawn plan of swell box

The new parts will be passed through the organ loft door – the same route for the old parts to be brought out once they have been taken apart. The organ should remain playable throughout this process after which anyone attending a church service or a recital can look forward to a swell sound with a new lease of life.

Nick Cottam

THE MERCHANT'S TABLE

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The Merchant's Table is a shop, selling beautiful hand-crafted objects for the home, by independent British makers and artists with a strong sense of the maker's hand and the influence of heritage craftsmanship skills.

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WELLBEING SHED

WOODBRIDGE, SUFFOLK

FEELING STRESSED?

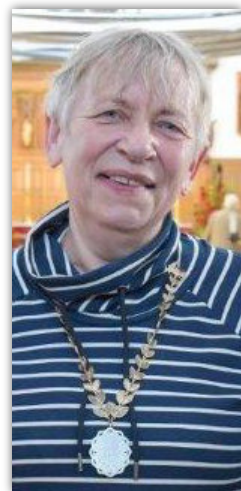
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'HERE & THERE'

CAROLINE PAGE This quarterly magazine would like to pay our own tribute to Councillor Caroline Page who died on the 75th Anniversary of the NHS. She would have seen the irony of that after her brave fight against lung cancer. An indefatigable campaigner and hard working representative for Woodbridge on Suffolk County Council, she will be greatly missed. She recently came to St Mary's with her husband (then Mayor) Patrick for the special Sunday Service following the King Charles' Coronation - and before that, was instrumental in gaining grant funding for our 'Warm Room' last winter in St Mary's House. May she rest in peace.



OUR LOCAL CHURCH RECORDING SOCIETY group has been working tremendously hard over many months meticulously describing, measuring, photographing and



researching all the items inside our church. The final, finished volumes of their work will be completed early next year. An exciting prospect! The team's achievements have already been recognised nationally, and congratulations are due. Our Church Recorders, as a group with Woodbridge and Orwell, were presented with a Marsh Award of £750 in September 2022 at the Church Recorders Society's AGM in Peterborough.

This national award for volunteering with the Church Recording Society acknowledges the dedication of Church Recorders and the difference they are making within the wider community. There are over 800 volunteers attached to more than 80 Church Recording Groups nationally and only one Group Award! It is quite an achievement to win it and is of course, down to past and present members, as well as to the support of all three societies. The Marsh Charitable Trust supports organisations and volunteers across the charity sector.

PHILANTHROPIST INDEED We are delighted to have learnt that the Hon. Jill Ganzoni, for whose generosity so many local people have reason already to be grateful, and who died last year, has bequeathed over £25,000 to St Mary's. Many in these parts have good reason to mourn her passing – and to be grateful to her. Jill died on 21st April 2022. Her funeral took place in St Mary's, Woodbridge on May 12th. A large congregation was privileged to hear about more of Jill's work and philanthropy, so much of it discrete and personal.



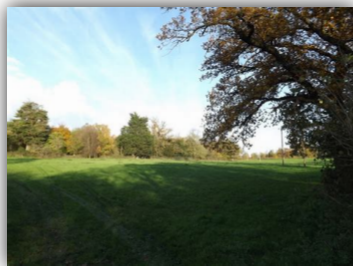
'HERE & THERE'

FAIRTRADE - since the last newsletter, the Longshed at Whisstocks was the venue for SAFT's (Suffolk Association of Fairtrade Towns) annual conference.

Woodbridge's new status as a Fairtrade Community was enthusiastically welcomed and we gave an update of our progress so far to delegates representing eight other Suffolk towns – Leiston, Beccles, Framlingham, Felixstowe, Ipswich, Lowestoft, Sudbury and Bury St Edmunds – who reported on what's been happening for them in the past year. The conference focused on sharing ideas for promoting Fairtrade – importantly Fairtrade Fortnight will be moved from February to September 2024. Mike Gidney, CEO of the Fairtrade Foundation gave a hugely inspiring talk on "Fairtrade and the Future of Food".



KAGERA VISIT - Bishop Martin, along with four other colleagues from our diocese visited Kagera, in Tanzania, for two weeks in July to forge further links with the area. Our diocesan link was set up nearly 30 years ago to build relationships and connections, and during that time the relationship has not only survived but has grown stronger, as people have become friends and kept in touch with each other. The link is very special. The Christian faith there is lived out in a completely different context, with rural communities just subsisting and finding ways to do that and doing it with great enthusiasm and joy. "A real quality of life we often don't see here!" He is also particularly keen to see the amazing work being done to develop farming practices, a project that we support through various fundraising activities in Suffolk such as the Bishops' Lent Appeal.



GIVING YOURSELF SOME TIME OUT Stepping back from the usual routines of life and spending a day being gently guided into quiet reflection with no pressure and no expectations might be something you would like to try. St Mary's is holding a Quiet Day at Brandeston Village Hall in beautiful countryside with an experienced leader for just this purpose, for anyone to come and give themselves some time out. The day is being held on Tuesday 24th October and has been given the title, "Whose Service is Perfect Freedom' – Finding Freedom in Knowing God". The day will run from 10am until 3pm with breaks for hot drinks and lunch. You will need to bring a packed lunch and the day costs £12. To book a place and for more details please contact Caroline Hawksley, email: moathawk@aol.com or tel: 01394 387848

'HERE & THERE'

TIMELESS TALES Earlier in the summer the children at St Mary's C.E. Primary School enjoyed hugely the retelling and singing of 'The Selfish Giant' by Oscar Wilde. The story, which is first and foremost a Christian fairy tale, is a great favourite. The performance was conducted by Liz Prior.

ZINGY SINGERS In their End of Term Celebration Service in church on 18 July a group of children from St Mary's C.E. Primary School played special music arrangements using hand chimes which had been purchased with funds from our Diocesan Growing-in-God Growth Fund. Lots of fun!

WOODBIDGE DEANERY WEBSITE Another project supported by the Diocesan Growing-in-God Growth Fund was the redesign of Woodbridge Deanery website

(www.woodbridgedeanery.org) The website, designed by Rita James encourages greater communication and sharing of information, skills, experiences, events, facilities within the deanery and improves outreach beyond the churches, especially inviting others to a new pattern of deanery pilgrimages.



THE WOODBRIDGE DEMENTIA PROJECT is a joint initiative between Seckford Care and East Suffolk Council. Awareness events and workshops are led by trained facilitators to raise awareness in the Woodbridge community - by increasing knowledge and understanding, which should reduce the stigma and fear. It's important that people with dementia live well with their diagnosis and not feel they should shut themselves away. Alzheimer's is the most common form of dementia. However, the stigmatisation and lack of information surrounding dementia remains to be a global problem that calls for global action. Many people think that this disease is a normal part of ageing, and although this may not be true, a greatest risk factor for Alzheimer's disease is increasing age. The WDP group is made up of people who are interested in helping people with dementia and their carers.

September 21st every year is World Alzheimer's Day around the world. This is an international campaign aimed at raising awareness and challenges the common stigma that surrounds Alzheimer's related dementia. Alzheimer's is a progressive disease that impairs memory and other mental functions.

'HERE & THERE'

WWW.COMPASSIONATE-COMMUNITIES.CO.UK website is part of a local project to support living life fully before we die, providing companions for people and families affected by life-limiting illness, and starting conversations about end of life. Compassionate Communities are networks of people supporting each other to live fully before we die. By empowering communities we can support each other to be prepared and enable a good end of life wherever possible. A caring network providing kindness and compassion has an enormous impact on the health and wellbeing to the person with the illness as well as those around them. Our local network aims to share information and guidance to help in situations towards the end of life and to make it easier to have difficult conversations about death and dying, so that people are better informed and better able to make choices and decisions.

COMPASSIONATE CONVERSATIONS Being able to talk with and comfort people who are experiencing end of life, loss or bereavement can be a daunting prospect but it needn't be that way. Compassionate Conversations is a free awareness training session delivered by St Elizabeth Hospice. It is aimed at helping people (aged 18+) build the skills and confidence to enable open, honest and sensitive conversations around end of life, loss and bereavement, whilst identifying ways to help and support others. The training session on Thursday 28 September in Woodbridge Library is already fully booked but online sessions on future dates are still available. Places can be booked on <https://www.eventbrite.co.uk/o/stelizabeth-hospice-30716527042>

FRIENDS OF ST MARY'S EVENTS - coming soon! In October and November - see dates in 'QUARTERLY DIARY "HIGHLIGHTS"' on back cover.



QUOTE OF THE QUARTER

"Instead of that simplistic work-life binary, I think it's really fruitful to think of life in terms of rhythm and so create balanced spaces for work, for family, for leisure, and for personal reflection. If an overworked generation could find that kind of pattern week by week, there would be less need to burden our holidays with such high expectations - and maybe then we'd start to find them fun again."

Philip North, Bishop of Burnley, Thought for the Day, Radio 4, 31.07.2023



Seckford Care
A tradition of quality since 1587

A Tradition of Quality Care since 1587

Seckford Care is one of Suffolk's oldest charities, created when Queen Elizabeth 1 granted our benefactor Thomas Seckford permission to build Almshouses in Woodbridge amongst older people. Our focus is to continue to provide housing, support and care services for older people to maintain our 'Outstanding' rating with Care Quality Commission.

At Seckford Care, our priority is to always put people first throughout their personal care journey, which includes keeping couples together and offering options for people to move across into our residential care service, if their needs change.

We recognise that working in care is a valued and skilled occupation, and we are committed to acknowledging the efforts of our entire staff team, through salaries, benefits, wellbeing initiatives and opportunities to progress in their careers.

We are delighted to be celebrating two wins and a 'Highly Commended' at the inaugural 'Housing with Care Awards' Gala Dinner, held at the Marriott Hotel Grosvenor Square in London on 9th June 2023.

Seckford Care's Cassie Parratt won the coveted 'The Housing Manager Award (Independent)' award; Bill Hopley was recognised as 'Best Activities Coordinator'; and Mike Wilson received 'Highly Commended' in the 'Care Handyperson' category.



All three staff had to take part in a robust interview process in order to be shortlisted for the awards. The judges were impressed by the quality of care provided at Seckford Care, and selected the three staff for their outstanding commitment, outlining their winning credentials as follows:

"The love and passion Cassie shows for the work she does is admirable. She goes the extra mile in her role and demonstrates a level of commitment and dedication that was palpable in her interview. She is a worthy winner of this award."

"Bill's transferable people skills from his days as a Police Officer have given him a real insight into understanding what people need and want. His compassion shone through during the judges' session with him, and his work on inter-generational activities was particularly impressive. There was a real understanding of the anxieties that people go through when moving into residential care, and an insight into the different ways in which people may want or need to access activities."

"Mike explained that every day is different and that residents always come first. He's approachable by everyone and his role is more than a job to him."

Gemma Bloomfield, Director of Care at Seckford Care, says:

"I'm incredibly proud of Cassie, Bill and Mike's achievements. It also reflects the wider values and ethos of everyone who is part of the Seckford Care team, and how they contribute towards caring for older people."

"I am thrilled for all of them, as we continue in our commitment to develop and deliver high-quality services for our residents."

We provide a variety of accommodation, with personal care options available 24 hours a day, which include:

- 30 Extra Care self-contained apartments with a personalised care and support service
- 26 Residential care rooms in Jubilee House, inclusive of care, meals and activities
- 10 self-contained properties receiving a wellbeing and support service

We ensure that our housing and care services are inclusive and are, not only a viable option for those who fund privately, but also accessible to those who qualify for Local Authority assistance.

Our Extra Care apartments are set at an affordable rent, which means that they meet the Housing Benefit cap, if someone is eligible. In addition, residents can apply to have their wellbeing and care charges funded, if they meet the criteria.

For further information on Seckford Care, please visit the website at

www.seckfordcare.org.uk or call 01394 386520.

Seckford Care, Seckford Almshouses, Seckford Street, Woodbridge, Suffolk IP12 4NB

A part of the Seckford Foundation Registered Charity No. 1110964.

THE RED CHAIR PROJECT

This is an initiative by 'Restored' a Christian organisation (<https://www.restored-uk.org>) in conjunction with 'Women's Refuge' and supported by the Mothers' Union. The idea of placing a red chair in a place of visual importance for all to see is to let individuals know that we support the cause of working to prevent domestic abuse against girls and women. Anyone coming into our churches (this is a country wide effort) will be reminded that they are not alone struggling with domestic abuse or forgotten about and brushed under the carpet as the issue used to be during the eras of our mothers and grandmothers - not that long ago. Take time to look at the Mothers' Union notice board when you are in church.



We should also, of course, acknowledge that it's not only girls and women that experience domestic abuse but also men, and usually at the hands of someone they know - such as a member of the family or family friend.

Jean Cobb & Rachel Jolley
MU Woodbridge Branch

PARISH CONTACTS

Rector: Rev'd Nigel Prior 01394 610424 rector@stmaryswoodbridge.org

Churchwardens: David Sharples and Veronica Howe - contact via Parish Office

Parish Administrator: Linda Rumbold 01394 388820 parish.office@stmaryswoodbridge.org

Choir and Music: Sarah Dodds doddssj21@gmail.com

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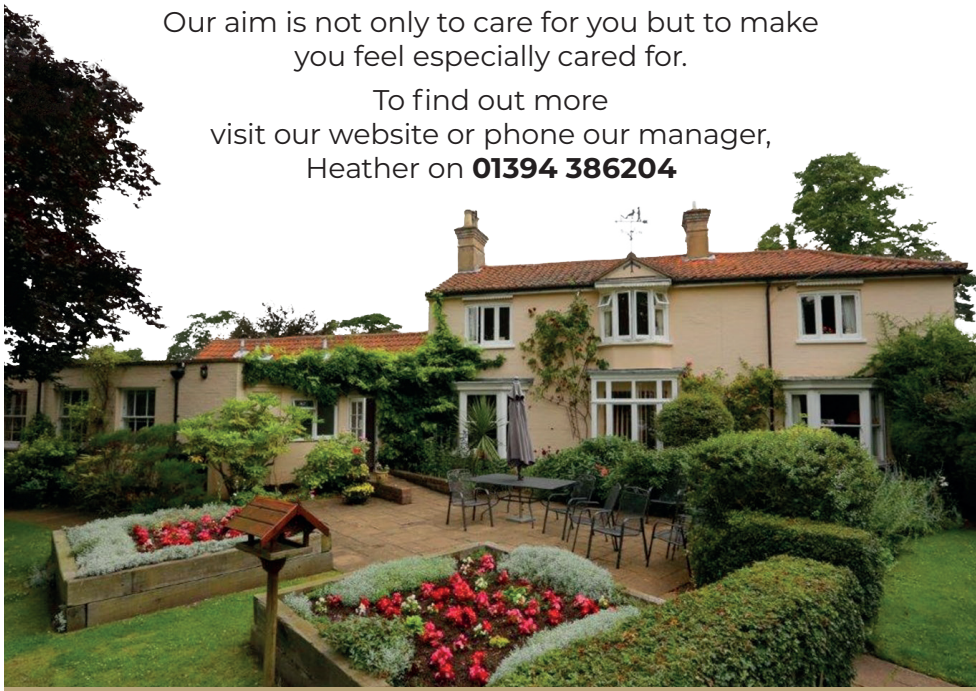
Highlands

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you feel especially cared for.

To find out more
visit our website or phone our manager,
Heather on **01394 386204**



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We are
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of the Abbeyfield Society



Overall rating
GOOD ●

highlands-care.org

Financial Hardship?

Support can be found locally through:

Citizens Advice Bureau at Woodbridge Library, New Street, IP12 1DT from 10am to 12 noon each Monday, or ring 01728 832193 between 10am and 2pm on Monday, Tuesday, Thursday or Friday.

Food Bank at Salvation Army Hall, Woodbridge, New Street, IP12 1AQ (supported by all Woodbridge churches and others).

Tel: 01394 389591 or 07510150143

Home Start Suffolk is ready to support families through their toughest times. Call 01473 621104 or go to www.homestartinsuffolk.org

christians
against
poverty

CAP

Suffolk Coastal Debt Centre

To request financial advice call 0800 328 0006

SCDC Debt Coaches:

Laura Knight - lauraknight@capuk.org 07942 359865

Chris Cotton - chriscotton@capuk.org 07497 423171



Dementia Café

Every Fourth Thursday of the month between 10-12pm

Why not leave your loved ones in the expert hands of Seckford Care and Home Instead, whilst you have time to shop?

Notcutts, Seckford Care and Home Instead have teamed up to provide carers the opportunity to do some shopping, while their loved one is having a cup of tea or coffee in our café. No cost to you.

To book a place please call Cathy at Seckford Care on:

07342058012

Notcutts Garden Centre, Ipswich Rd, Woodbridge IP12 4AF

Prayer Walks

**Pause for a while and pray.
Use all your senses to draw
close to the Creator.**

LISTEN TO BIRDSONG

WATCH AN INSECT

LOOK AT A LEAF

Pick up a leaf that has fallen to the ground. Hold it in your hand. Turn it over, and notice its structure, veins and tiny details. Many trees drop their leaves as the seasons change. Give thanks to the Lord that He knows the seasons of our lives and that no detail is a surprise to Him.



FROM THE PARISH REGISTERS

HOLY BAPTISM

On 18 June 2023 Clementine Florence CUMMINGS
was welcomed into our Christian family (Great Bealings)

On 3 September 2023 Maeve Imogen FILBY
was welcomed into our Christian family (Woodbridge)

HOLY MATRIMONY

May De La RUE and Jonathan McCROSSAN - 1 July

Phoebe BILL and Joe TOOMEY - 8 July

Kathy RAY and Ciprian OSTAFIE - 15 July

Hollie CARTER and Joshua BOTHE - 20 August

Yasmin RUIA and George COURTAULD - 26 August

FUNERALS

Alan Edwin HARRIES - 9 June 2023

Davina Jane McLeod McCREERY - 19 June 2023


Ivy Maureen ANDREWS - 7 July 2023

Gwynneth Margaret RHYS-JONES - 11 July 2023

Roger FAIRCLOUGH - 27 July 2023

Heather DEERE - 9 August 2023

We also record here the recent death of former Elder and friend of St Mary's,
Michael STAGG (whose funeral took place on 1 September at St Andrews', Melton)



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QUARTERLY DIARY "HIGHLIGHTS"

SEPTEMBER

- Sat 9th Annual Ride 'n' Stride** event. Charity Event for both our churches and Suffolk Historic Churches Trust
- Sun 10th 11am** St Mary's, Great Bealings 'Patronal Festival' Sung Benefice Eucharist, followed by lunch
5.30pm Songs of Praise at St Mary's, Woodbridge followed by refreshments
- Sun 17th 1pm to 3pm** in St Mary's House Update Meeting & Social for our Ukrainian Guests, Hosts and Prospective Hosts

OCTOBER

- Sun 1st HARVEST THANKSGIVING**
9.30am Eucharist at St Marys, Great Bealings
11am Family Eucharist at St Mary's, Woodbridge - preacher, Major Alan Hill
- Sun 8th 3pm 'An Afternoon with Nick Young'** - Friends of St Mary's event at St Mary's, Woodbridge, including refreshments, and signing of his book
- Sun 22nd 5.30pm** Choral Evensong at St Marys, Woodbridge
- Tues 24th 10am to 3pm** Benefice **Quiet Day** at Brandeston Village Hall, led by Helen Randall, followed by Eucharist (optional) at Brandeston Church
- Sun 29th 3pm Joyspring Jazz** Friends of St Mary's concert at St Mary's, Woodbridge

NOVEMBER

- Thur 2nd ALL SOULS' DAY**
7.30pm Sung Benefice Eucharist, at St Mary's, Woodbridge (followed by refreshments, for all who have lost loved ones)
- Sat 4th 3pm 'Tango Innominando'** "Friends" concert at St Mary's, Woodbridge
- Sun 5th ALL SAINTS' SUNDAY**
9.30am Eucharist at St Mary's, Great Bealings
11am Family Eucharist at St Mary's, Woodbridge
- Sun 12th REMEMBRANCE SUNDAY**
9.30am Said 'Benefice Eucharist', at St Mary's, Woodbridge
10.20am Remembrance Day Parade & Service, Market Hill
- Tues 21st 7pm** Bellringers' AGM and Supper
- Sat 25th 3pm to 5pm Christmas Market** at St Mary's, Woodbridge
'Red Chair Project' - until 10th December (supported by Mothers' Union) to raise awareness of domestic violence

DECEMBER

- Sat 2nd 7.30pm Woodbridge Choral Society** concert at St Mary's, Woodbridge
- Sun 3rd ADVENT SUNDAY**
9.30am Eucharist at St Mary's, Great Bealings
11am Family Eucharist at St Mary's, Woodbridge
5.30pm Taizé Music & Advent Readings by Candlelight, Woodbridge

We live-stream all our main services at **Woodbridge St Mary** (links on website)

Benefice Office 01394 388820 www.stmaryswoodbridge.org