
NEIGHBOURHOOD WATCH
NEWSLETTER
Trimley East Scheme

www.trimleyeastnhw.onesuffolk.net

November 2019

**Christmas Tree Switch On 29th
November 2019**

The village Christmas Tree Switch on will take place at 6.30pm on Friday 29th November. The Parish Council will be responsible for supply of the tree and lighting. Your Neighbourhood Watch Scheme will be responsible for the switch on, sausage rolls, mince pies, hot chocolate, squash for children and the **return of hot apple punch**. We will repeat last year's experiment and ask for donations for the Christmas fare. Last year was the first time we tried this format and there was a small loss. Please be generous, especially in respect of the apple punch, the most expensive item available. Father Christmas has agreed to attend with his sack of goodies. Carols and Christmas songs will be broadcast and please join in for an atmospheric and memorable evening. The Tombola will be running and your generous donations would be appreciated. This is our only request for money and pays for the running of the Neighbourhood Watch Scheme. Please deliver to your local coordinator before the 25th November as we need to ticket the donations before the event.

Crime

One burglary reported in Chatsworth Crescent in September. This did not fit any current pattern and entry was into an insecure and empty house. Very little stolen. This is a good opportunity to remind residents that home security is paramount, especially as we approach the festive season. Please lock doors and windows and leave a light on inside, I

would also suggest a radio, make it sound as if someone is in.

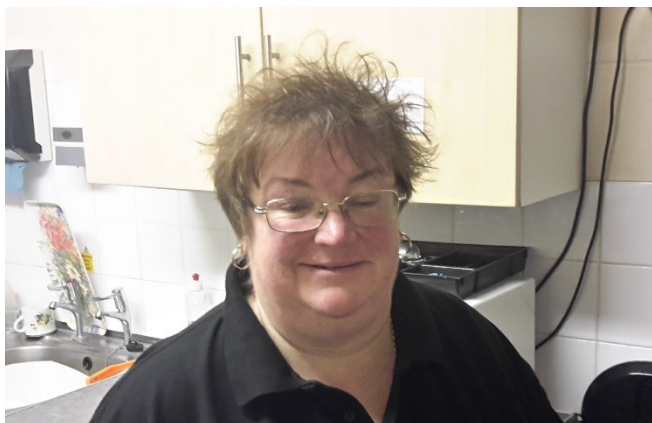
The Surviving Winter Appeal Saves Lives!

In Suffolk last year, 310 vulnerable people died from causes attributed to cold and poor living conditions, and it is estimated that 43,330 households in Suffolk live in fuel poverty. The Surviving Winter Campaign is led by the Suffolk Community Foundation with the East Anglian Daily Times, Citizens Advice Bureau and other partner charities and businesses. Last year, the Suffolk Surviving Winter Campaign heated over 700 homes of older vulnerable people.

This year's campaign will be launched in early November. Together we will achieve even greater success if we encourage people in the Trimleys and surrounding area, who need help, to contact their local Citizens Advice Bureau for assistance with their fuel bills. Also, for those who can afford it, the donation of all or part of their Winter Fuel Payment to help another. To donate to the campaign visit www.suffolkcf.org.uk or call 01473 602602. Anyone can make a donation if they would like to.

Roseberry Cottage – Stennetts Community Café. Lisa Williams is a world champion with the best porridge in the world competition. Yes, Lisa won the world porridge competition last month at Carrbridge, Scotland. Lisa has come close to winning the Spurtle before. She made it to the final six in 2016, but this time her porridge was enough to claim The Golden Spurtle. "I discovered the Golden Spurtle in 2015 and immediately fell in love with the competition. In 2016, I made it to the final six and have been chasing the dream ever since."

– Lisa Williams



We mentioned the Community Café based at Stennetts playing field, off Stennetts Close, IP11 0TY in our last newsletter It is open 10.00 – 15.00 every Wednesday and Thursday. Roseberry Cottage is a community-based enterprise providing a pop-up coffee shop in Trimley St Mary, serving good food and providing work-based training for adults with learning disabilities.

Give it a try – they have delicious dinners, puddings and cakes at affordable prices. A great place to meet people for a chat and bite to eat.

Don't Forget Our First Loneliness Project

We have purchased 14 sets of Christmas lights, a simple short string that will go over a mantelpiece or along a window sill. They are battery operated and have an on off switch and one that is a timer switch that brings the lights on for six hours and then off for eighteen hours. They just need one set up and they will run throughout the whole Christmas period giving a small illumination and a reminder of the seasonal time. The first 14 are free to any resident and can be set up. Do you want one or do you know a nearby resident who would benefit? They will again be available from Lidl nearer Christmas at £2.99 each (including battery). Such a small price can make so much difference to a lonely person at Christmas.

Neighbourhood Watch Sign Erected

We have placed another sign on the path between the High Road and Elm Gardens; hoping to make our scheme a safer place.

Printing of the Newsletter Sponsored by Bidwells LLP, Cordy's Lane, Trimley St Mary and Felixstowe Warehousing

Silver Line operates the only confidential, free helpline for older people across the UK that's open 24 hours a day, seven days a week, 365 days of the year.

It is available for people aged 55 and over.

0800 470 80 90

The specially trained helpline team can:
Offer information, friendship and advice.

Link callers to local groups and services.

Offer regular friendship calls.

Protect and support older people who are suffering abuse and neglect.

All helpline calls are free.

Silver Line Telephone Friends

If callers would like to be put in touch with 'Silver Line Friend', they can enjoy a regular weekly friendship telephone call.

Silver Line Friends are volunteers who have contacted The Silver Line because they enjoy talking to older people. Calls are free for both parties, costs are covered by The Silver Line through donations. It is not a counselling service and Silver Line Friends will not meet or know the telephone numbers of the people they speak to.

www.thesilverline.org.uk will provide a complete range of services and opportunity to be part of the organisation. If you are not connected to the internet please feel free to phone the number at the top to find out more of the services to receive and give. This service has real benefits for the community at large. It is estimated 1.2 million older people are struggling with severe loneliness and chronic isolation.

You can be part of the solution! The website tells you that volunteers who give just a few minutes of time can make a huge difference. Many of the callers have nowhere else to turn and describe the services as a lifeline.

Finally, repeat request for items for the Switch On Tombola. We need your support for our only financial source. Thank You

Your Coordinators are

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New email: tony509allen@gmail.com

Joyce Walford, 24 Spriteshall Ln.

Fx. 670371 (Treasurer)

Emma Pitt-Steele, 51 Cordy's Lane. (Web
Master)

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Shirley Francis, 27 Second Avenue

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'Good Neighbours Cut Crime'