

www.heartbeateastsuffolk.org.uk

PULSE

HEARTBEAT (East Suffolk) Newsletter

QUARTERLY ISSUE: May 2019

Founder Member and Life President: John Cuckow

Patron: Dr. Duncan McNab MB, BS, MPhil, FRACP

Patron: Dr. N Irvine B.Sc. (Hons) FRCP

Snowdrops at Anglesey Abbey

Photo by Linda Robinson



East Suffolk Cardiac Support Group
Big enough to cope, small enough to care

Heartbeat (East Suffolk) Charity Commission Registered Number 800632

Contents

Contacts.....	3
Chairman's Report.....	4
Treasurer's Report.....	5
Sudoku.....	6
Heartbeat Committee	7
Hospital Transport	9
Crossword	11
Regularly held activities	14/15
Monthly Meeting Dates and Speakers	18
Travel/Outings.....	19
Word Search	20
Crossword answers	27

DISABLED ADVICE BUREAU

Room 11, 19 Tower Street, Ipswich.

Tel: (01473) 217313

www.ipswichdab.org.uk

Bed & Breakfast Recommendations

Papworth Hospital: Keep a list of nearby B&B's.

Tel: 01480 830541 for further information.

Lea Hospital Cambridge: Wendy at Rose Cottage, Histon, Cambridge.

Tel: 01223 563136.

3-4 minute walk to the hospital, but return transport available if required.

Contacts

Heartbeat is affiliated to the British Heart Foundation & Arrhythmia Alliance - The Heart Rhythm Charity.

Art Group	Judith Haslam	(01473) 716805
Cardiac Ward Visit Co-ordinators	Peter & Diane Marriott	(01394) 286037
Editor of Pulse	Carol Nunn	(01473) 253766
Exercise	Peter & Diane Marriott	(01394) 286037
Treasurer	Yvonne Chittock	(01473) 623460
Line Dancing	David/Dee Parmenter	(01473) 420378
Medicards	Carol Nunn	(01473) 253766
Meeting Steward	Patricia Fountain	(01473) 729326
Membership Secretary	Patricia Tibbs	(01394) 276735
Monday Club	David Parmenter	(01473) 420378
Speaker Facilitator	Doreen Robinson	(01473) 402429
Supermarket Collections	Kay Burton	(01473) 434545
Swimming	Adrian Cole	(01473) 602484
Ten Pin Bowling	Margaret Cockrill	(01473) 271958
Transport	Peter & Diane Marriott	(01394) 286037
Travel/Outings	David & Doreen Robinson	(01473) 402429
Web Page	Keith Cockerill	(01473) 271958
HELP/CHAT LINE NUMBER	Kay Burton	(01473) 434545

About Your Magazine

Pulse is issued four times annually, usually in the first week of each month: February, May, August and November. Articles for inclusion in the newsletter must be in the hands of the editor **AT LEAST 4 WEEKS BEFORE THE ISSUE DATE**. The views expressed in the contributions to the newsletter are not necessarily the views of the editor or the Heartbeat committee. The editor has the right to edit all letters or articles sent in for publication.

All correspondence relating to this newsletter should be forwarded to:

The Editor: Carol Nunn, 31 Wroxham Road, Ipswich IP3 0PH

Tel: (01473) 253766 or e-mail: carol.nunn1@yahoo.co.uk

CHAIRMAN'S REPORT

We have now arrived at the financial end of another year of Heartbeat activities, regular weekly meetings, day trips and holidays and support for the community and the hospital. We have provided Defibrillators in sixteen locations around Ipswich and the surrounding areas and it is gratifying to report that on two occasions they have already been used in saving life. On a third occasion it was brought to the scene but not put to use.

The heart centre and cardiac wards have also been helped by the provision of ten x 24 hour and ten x R-Test heart monitors allowing patients to be more rapidly assessed previously patients had a 5-6 week wait which now will be greatly reduced.

Heartbeat have also purchased a machine that in appearance looks like an exercise bike but is in fact a machine which will be used at times to replace the tread mill test. It will give a rapid analysis and in several cases will not require the presence of a doctor, unlike the tread mill, thus freeing up a doctor for patient appointments.

I thank all our committee members for their help and support given to me and also to all our members and the general public for all that they do.

The meeting in June will be our AGM and you will have found in this edition of Pulse a nomination form for the people you would like to see forming the next committee and becoming the trustees of Heartbeat East Suffolk for the forthcoming year. Please make your wishes known by completing the form and returning it.

I wish you a happy summer enjoying the weather and being with friends and family.

MIKE FARTHING

DON'T FORGET TO USE OUR CO-OP CHARITY NUMBER 1946

To use this number you need to use your own dividend card first and then ask the assistant to transfer the dividend to the Heartbeat Number 1946

TREASURER'S REPORT

It is the end of the financial year for Heartbeat East Suffolk and as I look at the figures I see it has been a very successful year for us. Donations alone total over £102,000. This is largely due to the legacy of £79,000 from the estate of Mrs Joan Mogford. You may also remember the theft of one of the first defibrillators (defibs) we purchased and due to the publicity that ensued we received over £22,000 from various people specifically to purchase new defibrillators on top of the £7,500 we had already spent. There are now 22 defibs in the East Suffolk area available for 24 hour use and proudly displaying the logo "Donated by Heartbeat East Suffolk"

We have again liaised with Ipswich Hospital and have been able to provide them with equipment to the value of £41,000 in the past few months for use on cardiac patients. This brings the overall total of new equipment purchased to the value of over £70,000 in this year alone.

It's very nice to deal with the large amounts but the small amounts of money I deal with are just as important. On a monthly basis we help with the cost of the exercise classes, swimming, line dancing, art classes and the Monday club. The outings and holidays are self-funding but a lot of work is put in to ensure this is another activity we can offer. Finally we meet once a month on a Tuesday purely as a social event. We are happy to fund this but do ask for small amounts to help with the cost of hiring the hall and the speaker's charges. A £1 entrance fee is all we ask and a donation to the tea and coffee provided. Whilst enjoying yourself please continue to buy raffle tickets and maybe a book or jigsaw puzzle or a small gift from Biggs Bargains. The Hundred Club is open to all members whether or not you can attend meetings. The first prize, drawn at every monthly meeting is approximate £50 and members can obtain a number(s) from Norma Farthing, details on page 7. The above are small ways you can help and are as valuable to us as a large donation and I hope they will give you pleasure as well.

Yvonne

SUDOKU

			7		6			
			2	3	1			
		7				8		
8	3						6	4
	9		4		8		2	
7	4			8			9	3
5			3		2			1
	8			9			5	

100 CLUB WINNERS

February	Mrs S Mason	£47.20
	Mr R Bennett	£23.10
	Mr N Clow	£11.80
March	Mrs J Keene	£46.80
	Mrs L Robinson	£23.40
	Mr J Thompson	£11.70
April	Mr A Sayer	£46.40
	Mrs D Keene	£23.20
	Mrs M Secker	£11.60

HEARTBEAT COMMITTEE

President (Life)	John Cuckow	
Chairman	Michael Farthing	6 Medway Road, Ipswich, IP3 0QJ Tel: (01473) 714431 e-mail: michaelfarthing@talktalk.net
Vice-Chairman	Dee Parmenter	60 Tuddenham Avenue, Ipswich, IP4 2HF Tel: (01473) 420378 e-mail: deniseparmenter@hotmail.co.uk
Secretary	Patricia Tibbs	24 Colneis Road, Felixstowe, IP11 9HF Tel: (01394) 276735 e-mail: Patricia.tibbs@hotmail.com
Treasurer	Yvonne Chittock	42 Padstow Road, Kesgrave, Ipswich, IP5 1LR Tel: (01473) 623460 e-mail: Yvonnechittock@hotmail.co.uk
100+ Club	Norma Farthing	As Michael Farthing, above.
Editor of Pulse	Carol Nunn	31 Wroxham Road, Ipswich, IP3 0PH Tel: (01473) 253766 e-mail: carol.nunn1@yahoo.co.uk
Medicards		As Above
Sub-Editor	Colin Nunn	
Exercise Classes	Diane & Peter Marriott	Apt. 2, 105 Queen Road, Felixstowe
Hospital Transport	“ “ “ “	IP11 7PG Tel: (01394) 286037.
Cardiac Ward Visitor Co-ordinators		e-mail: dianepetemarriott@btinternet.com
Meeting Steward	Patricia Fountain	14 Adelaide Road, Ipswich, IP4 5PR Tel: (01473) 729326
Monday Club	Dee & David Parmenter	See above.
Speaker Facilitator	Doreen Robinson	10 Dales View Road, Ipswich, IP1 4HL Tel: (01473) 402429 e-mail: david.robinson4@ntlworld.com
Travel & Outings	Doreen & David Robinson	As above
HELP LINE	Kay Burton	211 Dales Road, Ipswich, IP1 4JY Tel: (01473) 434545 e-mail: parkie9@icloud.com
Store Collections		
Member	John Biggs	48 Mildmay Road, Ipswich, IP3 9PG Tel: (01473) 710596 e-mail: johnbiggs65@outlook.com

Suffolk Meals on Wheels



ASPECT LIVING FOUNDATION

Keeping you independent in your own home.

Offering a hot lunch time meal delivered to your home.

Registered Charity number 1177031

For more information and menu choice
visit: www.aspectliving.org.uk

Or call us today on 01473 749927
for a friendly chat

Email: enquiries@aspectliving.org.uk

HEARTBEAT MEMBERS ONLY - HOSPITAL TRANSPORT

If you require help with your Hospital Transport Needs, or wish to help by giving lifts to others in Heartbeat

Please contact:- Diane/Peter Marriott, Tel: (01394) 286037

Mobs: Diane 0781 7294 283 Peter 0797 4756 498

To Volunteer please ring or send the completed form below to the above.

I am willing to give lifts to members requiring transport for:-

Local Hospitals Yes/No

Longer distance hospitals Yes/No

I am willing to have my phone number given to other members Yes/No

Name:

Address:

Post Code: Tel: Mob:

Signed: Date:

HEARTBEAT REGALIA

LADIES & GENTS FLEECES

SWEATSHIRTS - POLO SHIRTS - T-SHIRTS

PRICES OF CLOTHING ON APPLICATION. AVAILABLE FROM THE REGALIA STALL AT THE MONTHLY MEETINGS.

VARIOUS COLOURS AVAILABLE (EXCLUDING RED)

ALL ARE BY SPECIAL ORDER SO CHECK YOUR REQUIREMENTS WITH JOHN BIGGS (contact details under Heartbeat Committee on page 7) BEFORE FILLING OUT YOUR ORDER FORM

TIES	£4.00
LAPEL BADGES	£1.00
SHOPPER BAGS	£1.99

B & M CONCRETE

Paving for the whole garden

**The Landscape Centre, Back Road,
IP10 0NW. Tel: (01394) 448556**

**Open: Mon - Fri 8 am to 5 pm
Sat 8:30 am to 12 am**

Manufacturer and retailer of
**Paving slabs, Ornaments,
Balustrades, Fencing & Posts &
Path Edging**

**ALL AT SENSIBLE PRICES
Delivery Service Available**



suffolk lock services

**Keys Cut
Locks opened
Lock replacement & repair
Marine lock specialists**

Tel. 01473 415205 or 07974 478690

email chris@suffollocks.co.uk - www.suffollocks.co.uk
18 Sandhurst Avenue, Ipswich, Suffolk. IP3 8DU



SMILE

I just bought my co-worker a 'get better soon' card. They're not sick. I just thought they could do better.

++++++

When I offer to wash your back in the shower, all you have to say is yes or no. Not all this "Who are you and how did you get in here nonsense".



The
DyslexiaShop

**Thousands of
products to help
people with dyslexia
and special
educational needs...**



**100's OF
NEW
PRODUCTS
FOR 2019!**

01394 671818

thedyslexia.co.uk

Sabina's Healthcare

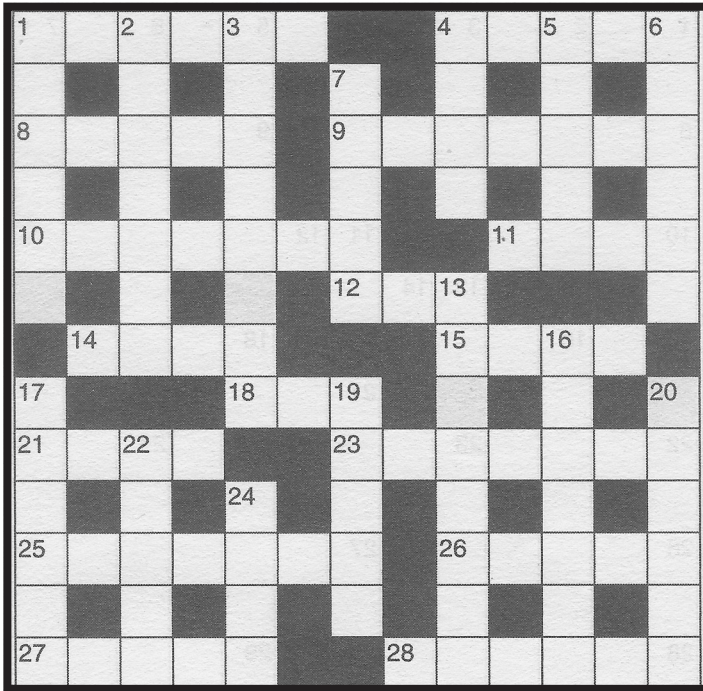
A caring hand when you need it most

**Professional in-home healthcare.
Short term or long term.
Personal assistance, transport,
post-op, shopping, companionship, etc.**

Member of the Royal College of Nursing

07853 152981

CROSSWORD - Answers on pages 27



ACROSS

- 1 Apprehended (6)
- 4 Enclosed areas (5)
- 8 Foreigner (5)
- 9 Operating doctor (7)
- 10 Strong feeling (7)
- 11 Christian feast (4)
- 12 Glue (3)
- 14 Electrical units (4)
- 15 Land force (4)
- 18 Yellowish-brown (3)
- 21 Grew old (4)
- 23 Middle-eastern (7)
- 25 Weird (7)
- 26 Raise aloft (5)
- 27 Wed (5)
- 28 Costly (6)

DOWN

- 1 Bordeaux wine (6)
- 2 Regulation dress (7)
- 3 Most convenient (8)
- 4 Lengthy story (4)
- 5 Manorial steward (5)
- 6 Mental normality (6)
- 7 Employing (5)
- 13 Long race (8)
- 16 Posting (7)
- 17 Redemption money (6)
- 19 Denominated (5)
- 20 Intricate (6)
- 22 Mistake (5)
- 24 Unique (4)



TOYTOWN TOYMASTER

MAJOR BRAND NAMES SOLD

Playmobile - Fisher Price - Tomy - Lego
Airfix - Sylvanian Families - Orchard -
Schleich Animals & Accessories.

Competitive Prices & Personal Service:

Toytown (Woodbridge) Ltd
8 Church Street, Woodbridge

ALEX GRACE BUILDERS IT'S ALL GOOD

GENERAL EXTENSIONS LOFT CONVERSIONS FITTED KITCHENS

alex@alexgracebuilders.co.uk
www.alexgracebuilders.co.uk
4 Kings Way, Ipswich, IP3 9EU
Mob: 0771 0592 106
Tel: 01473 404467

SCARY THOUGHTS

I was walking home last night and decided to take a shortcut through the cemetery. Three girls walked up to me and explained that they were scared to walk past the cemetery at night so I agreed to let them walk along with me. I told them "I understood, I used to get freaked out too when I was alive." I have never seen anyone run so fast.

+++++++

The fact that there is a highway to hell and only one stairway to heaven says a lot about anticipated traffic numbers.



HANDYMAN SERVICE

**Qualified City & Guilds
Property Maintenance**

Painting, Decorating & Tiling
Assembly of Flat Packs
Put up Curtain Tracks/Poles
Lay Laminated Flooring
No Job too small
Home & Garden Maintenance

NEED A HELPING HAND?
Call KEVIN (01473) 839006
Mob. 0751 3107911

IT'S ALL ABOUT YOUR TICKER

What keeps you going? Many members have or about to have a Pacemaker or some other "Implantable Cardiac Device" fitted to keep their heart functioning. Newcomers to this type of operation may be a little apprehensive about the procedure whilst others may wish to learn more on the subject.

Nicola Chalk, Chief Cardiac Physiologist, at Ipswich hospital has commenced a new programme named The CRM (Cardiac Rhythm Management) Support Group. The intention of the group is to be informative and to meet with people who have had implants and allay any concerns you may have.

Meetings will be held in the Lecture Theatre, Postgraduate Education Centre at Ipswich Hospital where you will be able to meet the team involved in your care.

How to get there:- Heath Road Hospital, main entrance. Keeping the Garrett Anderson facility on your left proceed to the Entrance 2. Keeping reception on your right hand side turn right into corridor leading to the South Wards. Proceed down the corridor and take the first turning on your right. Go past the Copy Shop and the next door will be the Education Centre.

Diary Notes:- Future dates for their meetings are Monday 3rd June, Wednesday 4th September and Monday 2nd December. All meetings are 18.00-19.30 (6-7.30pm)

Further information can be obtained from Nicola Chalk on (01473) 707397.

Medicard

FOR AN APPLICATION FORM CONTACT:

CAROL NUNN, 31 WROXHAM ROAD, IPSWICH, IP3 0PH

Tel: (01473) 253766 e-mail: carol.nunn1@yahoo.co.uk

REGULARLY HELD ACTIVITIES

MONDAY CLUB 1.30 p.m.

Kesgrave Social Club, Edmonton Road, Kesgrave, IP5 7EE

Board Games, Dominoes, Kurling etc. or just a chat

Session **£2.00** incl. Tea/Coffee & biscuits

Dee/David Parmenter

Mob: 0744 3491 666

EXERCISE MONDAY 5.45-7.15p.m.

EXCEPT BANK HOLIDAYS

Chantry Academy Community Use Facilities, Mallard Way,

Ipswich, IP2 9LR.

Exercise for members, partners or their carers.

EXERCISE WEDNESDAY 4.30-6 p.m.

Felixstowe Leisure Centre, Undercliff Road West, Felixstowe, IP11 2AE

Exercise for members, partners or their carers.

Peter/Diane Marriott (01394) 286037

Mob: 0797 4756 498 (Peter)

Mob: 0781 7294 283 (Diane)

All sessions are £5.00 each

ART GROUP

WEDNESDAY 9.30 a.m. - Noon

Rushmere Sports Centre, The Street, Rushmere St Andrews, Ipswich

Water Colours, Oils, Acrylics, Pastels.

Friendly and sociable mixed group

Sessions **£3.50**

Judith Haslam (01473) 716805

SWIMMING

WEDNESDAY 3-4 p.m.

SATURDAY 11 a.m.-Noon

Swimming at Fore Street Baths,

Ipswich Sessions **£3.00**

Adrian Cole (01473) 602484

LINE DANCING

THURSDAY 2 p.m

Kesgrave Social Club, Edmonton Road, Kesgrave. IP5 7EE

Line dancing partners are welcome to come and enjoy a game of cards or just a drink and a chat.

Sessions **£3.00**

Dee/David Parmenter

Mob: 0744 3491 666

TEN PIN BOWLING

FRIDAY 10 a.m. - 1 p.m.

KingPin Bowling, Martlesham Heath,

All year round but subject to lane availability during school holidays.

£7.00 (including bowling, shoe hire and a free cup of coffee).

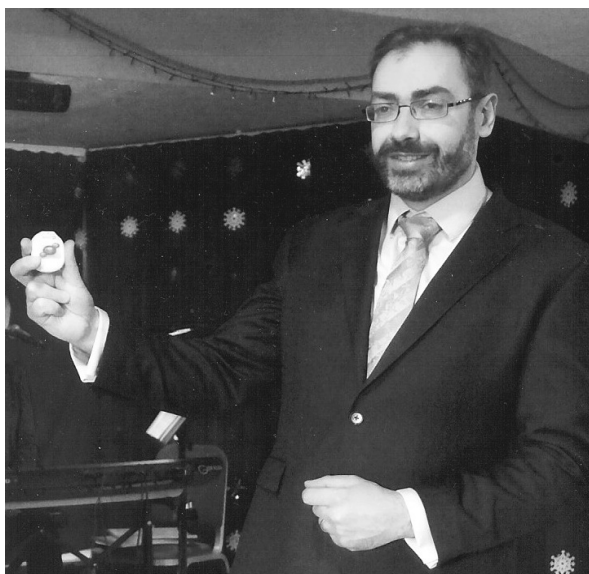
Margaret Cockrill (01473) 271958

NEVER FELT BETTER

In a court in Killarney, a court case in being tried. A lawyer stands up and asks the plaintiff “At the scene of the accident, Mr O’Shea, did you tell the Garda officer that you had never felt better in your life?” O’Shea, the farmer replies “That’s right, sir.” The lawyer asks “Well then, Mr O’Shea, how is it that you are now claiming you were seriously injured when my client’s car hit your cart?” O’Shea said, “When the Garda arrived, he went over to my horse, who had a broken leg, and shot him. Then he went over to Darcy, my dog, who was badly hurt, and shot him. Then the Garda came across the road, gun still in hand, looked at me and said, “How are you feeling?” I just thought under the circumstances, it was a wise choice of words to say: “I’ve never felt better in my life!”



L/R Ana Boyain , Chief Cardiac Physiologist, and Samantha Clarke, Principal Cardiac Physiologist, receiving one of the 24-hour heart monitors to be used at Ipswich hospital that has been funded by Heartbeat East Suffolk.



Dr Peter Brown, Consultant Cardiologist, at Ipswich Hospital showing one of the Heart Monitors funded by Heartbeat at a cost of over £30,000 these much needed pieces of equipment will help to reduce waiting times for patients awaiting diagnoses and, if necessary, commencement of treatment at Ipswich.

MARVELOUS ARE THY WORKS

One yellow pill I have to pop, Goes to my heart so it won't stop
A little white one that I take, goes to my hands so they won't shake
The blue ones that I use a lot, tell me I am happy when I'm not
The purple pill goes to my brain and tells me "I have no pain"
The capsules tell me not to wheeze or cough or choke or even sneeze
The red ones, smallest of all, goes to my blood so I won't fall
The orange ones, so big and bright, prevent my leg cramps in the night
Such an array of pills, helping curing all kind of ills
But what I'd really like to know, what tells each one where to go?

MARK STEGGALLS DOUBLE AWARD WINNING DECORATOR

Interior and Exterior Decorating,
Paper Hanging and Coving.
Over 20 years experience
Estimates Free



HIGH QUALITY WORK AT
REASONABLE RATES!



Contact Mark Steggalls
(01473) 411396
or 07989 370072

This space is paid for by
Michelle Cole
Surgical Chiropodist
who wishes to
continue to support
Heartbeat but
does not have any
appointments free
in her current practice



'Family Optician of the Year'
National Award Winners, 2010

38 Berners Street,
Ipswich, IP1 3LU

01473 255250
www.kiteopticians.co.uk

RoadSkills 
School of Motoring

- **Beginner and Refresher Lessons**
- **Gift Certificates**

Learn with a calm, patient
instructor and pass the
test with confidence!

Call/Text:
07969208533



MONTHLY MEETING DATES AND SPEAKERS

MEETINGS WILL BE HELD at Kesgrave Social Club, Edmonton Road, Kesgrave, IP5 7EE usually on the first Tuesday of each month. **SEE TIMES BELOW.** All members are welcome.

Future dates and speakers

7th	May	Roger Osborne	Westerfield to Wembley
4th	June	What No Cake!!!	Ukelele Band
2nd	July	Chris Chippendale	Lasting Power of Attorney
6th	Aug	Jenny Gibbs	Hatching, Matching and Dispatching in Turkey
3rd	Sept	Chris Parfitt	Ethiopia - An Antique Land
1st	Oct	Edinburgh Woollen Mill	Fashion Show
5th	Nov	Karl Lumbers	Trinity House Story
3rd	Dec	The VIP's	Singing Group

If you belong to any other groups or have heard speakers that you could recommend to our group please get in touch with Doreen Robinson on (01473) 402429

IMPORTANT NOTICE

2019

JUNE, JULY, AUGUST AND SEPTEMBER WILL BE HELD IN THE EVENINGS WITH A START TIME OF 7.30p.m.

OCTOBER, NOVEMBER DECEMBER 2019 AND JANUARY, FEBRUARY AND MARCH 2020 MEETINGS WILL COMMENCE AT 2.00pm.

DOREEN

TRAVEL - CURRENT PROGRAMME

Travel Organisers:

Doreen & David Robinson
10 Dales View Road, Ipswich, IP1 4HL
Tel: (01473) 402429
E-mail: david.robinson4@ntlworld.com

**ALL TRAVELLERS
SHOULD CARRY AN
UP-TO-DATE
MEDICARD**

2019

19th	June	Les Miserables, Queens Theatre London
8- 2th	July	Warners, Bembridge, Isle of Wight
3rd	October	Brick Lane Music Hall with Lunch
9-13th	December	Warners, Alvaston Hall, Cheshire
18th	December	Thursford Christmas Spectacular

Please contact us for full details of cost/deposits/vacancies required.
We maintain reserve lists for most of our events and **we have always needed them.**

Cheque payment should be made payable to Heartbeat East Suffolk

**PEOPLE TRAVELLING WITH HEARTBEAT SHOULD TAKE OUT
INSURANCE COVER TO INCLUDE THE FOLLOWING:**

LOSS OF DEPOSIT, HEALTH CONDITIONS,
LOSS/DAMAGE OF/TO LUGGAGE & CANCELLATION CHARGES

Don't forget to bring your up-to-date medicard

It is vital that you obtain a Heartbeat Medicard. We have had several incidents in the past when these cards have been extremely important to attending doctors or necessary visits to local hospitals.

Contact the editor for an application form.

DOREEN & DAVID

WORDSEARCH - SPRING TIME

P	O	R	D	W	O	N	S	K	J	Y	O	E	S	G	F	O
L	C	G	Y	A	D	Y	A	M	R	L	L	L	C	N	R	O
Y	F	G	N	O	K	A	E	R	B	K	B	O	A	I	I	K
S	R	N	C	I	F	P	E	G	V	Y	T	P	M	N	D	C
Y	P	I	M	O	T	H	E	R	S	D	A	Y	P	E	A	U
T	O	R	F	G	C	A	G	B	M	D	F	A	E	K	Y	C
S	A	P	I	R	N	N	N	A	O	R	A	M	R	A	E	G
Y	I	S	E	N	I	I	Y	E	A	N	M	Y	I	W	R	V
N	A	V	D	P	G	F	T	G	V	O	N	G	N	A	A	E
N	E	D	R	J	L	T	R	E	S	U	N	E	G	K	L	R
F	E	I	R	O	F	A	I	S	E	I	J	G	T	Q	L	D
B	H	S	W	E	N	D	O	M	T	W	E	E	I	F	I	A
C	Y	E	T	T	T	L	P	A	E	Q	T	F	R	I	P	N
L	R	L	Y	I	B	S	R	A	U	E	A	S	T	E	R	T
E	H	W	F	H	N	O	A	I	T	A	D	P	O	L	E	S
A	A	M	D	Y	G	G	N	E	O	R	N	J	I	T	T	W
N	R	G	N	I	A	O	B	U	N	N	I	E	S	N	T	C
I	E	Y	V	R	X	M	L	A	M	B	S	C	G	I	A	F
N	S	N	L	A	N	R	E	V	G	O	O	D	K	A	C	C
G	I	S	L	I	D	O	F	F	A	D	E	E	H	S	O	Z

AWAKENING
BLOSSOM
BONNET
BREAK
BUNNIES
CATERPILLAR
CHERRY
CHIRRPING
CLEANING
CUCKOO

DAFFODILS
EASTERDAY
EQUINOX
FEVER
FRAGRANT
FRIDAY
GOOD
HARES
INVIGORATING
LAMBS

MAYDAY
MAYFLOWER
MAYFLY
MAYPOLE
MOTHERSDAY
NESTING
PATRICKS
REJUVENATING
SAINT
SCAMPERING

SNOWDROP
SPRING
SPRINGTIME
TADPOLES
TWEETING
VERDANT
VERNAL

The cost per standard boxed advert is £40 per year for four issues to over 1600 members. Please contact the Editor: Carol Nunn (01473) 253766 or e-mail carol.nunn1@yahoo.co.uk for more information.

STUDENT BLOOPERS

Religious Studies

I asked my mum why we said old men at the end of prayers at skool, I don't know any old men apart from grandpa.

A mosque is a sort of church. The main difference is that its roof is doomed.

Maths

I would like to be an accountant but you have to know a lot about moths.

MEMORIES

The Card & Gift Shop
10-12 The Square,
Martlesham Heath
(01473) 626888
Extensive Range Of
Greeting Cards
& Small Gifts
Free Parking

KINGSLEY'S PLUMBING & HEATING SERVICE

24 HOUR CALL OUT
0782 3446339

Registered No.
516166



DUNCANS

Butchers & Bakery

16-18 The Square,
Martlesham Heath.
Fresh Bread, Cakes
& Quality Meat.
Mon-Fri 8-5, Sat 8-2
Butchers closed Mon.
Tel. Bakery 01473 626828
Butchers. 01473 626044
**HOME OF THE HEART
FRIENDLIER SAUSAGE**

FREE MAGAZINE

The British Heart Foundation publishes a quarterly magazine to cover issues relating to heart health.

To obtain your free copy, telephone the BHF on (01604) 640016; or log on to bhf.org.uk where it can be ordered online for a zero donation.

THE WEST GATE IPSWICH

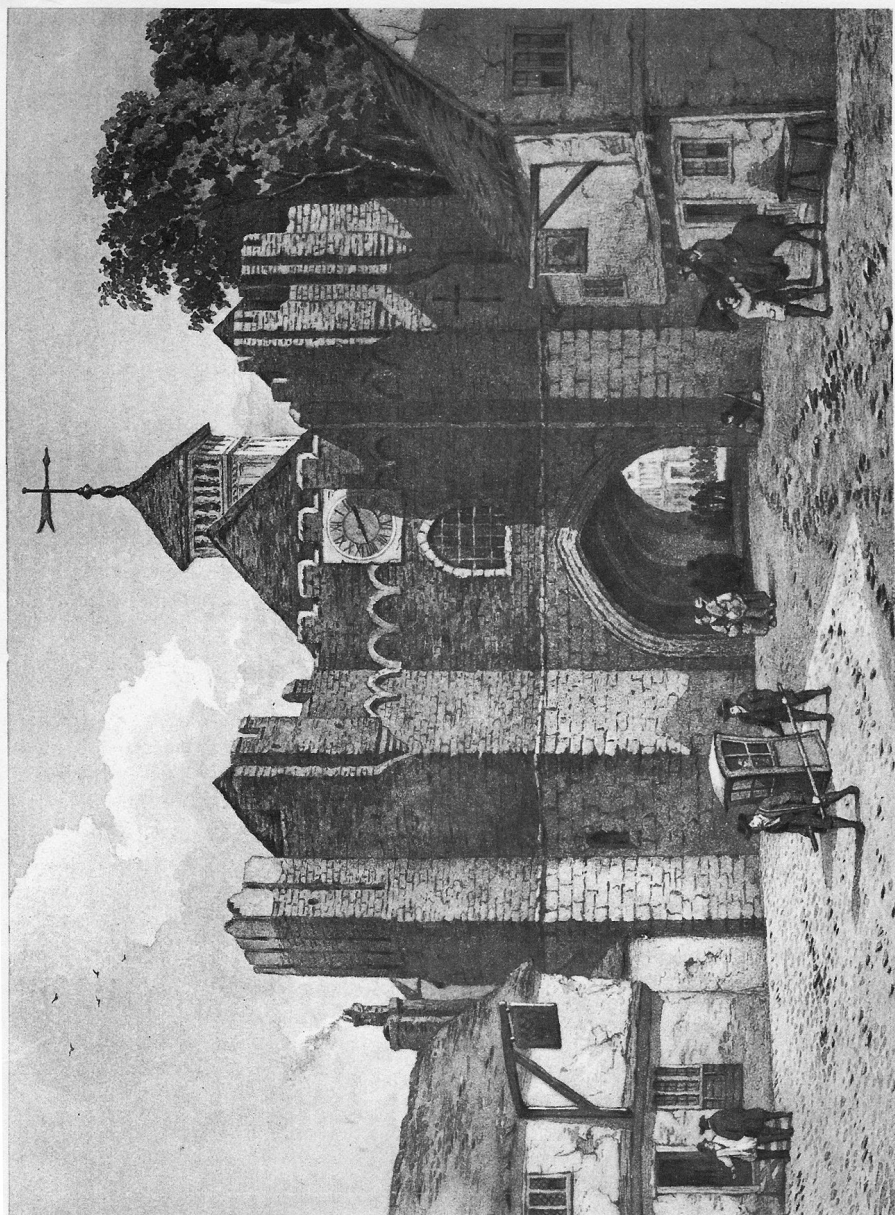
Through the years the West Gate at Ipswich has variously been called St Matthew's Gate, or the Bar Gate and is the best known of the five entrances to the ancient borough. The other gates were known as the Bull Gate, North Gate, East Gate and South Gate. Where the East and South Gates stood is now forgotten but the positions of the others are known with a high degree of certainty.

The West Gate formed a barrier across Westgate Street slightly west of the premises that many will remember as The Belfast Linen Company on the north side and the former premises of Bretts furniture store on the south side. The picture shows the outer side as it appeared in 1750 with its lower half made of stone and its upper half of brick. The lower part was built around 1370 during the reign of Edward III and the upper part dated from 1448 in the reign of Henry VI.

The building had considerable depth as can be seen from the drawing and the masonry on either side of the entrance contained rooms which for more than 400 years served as a town gaol. An earlier gate is described in 1334 at 'the New Gaol' and the later version, illustrated, was once described as a 'cage for thieves'. It is possible that this description was literally true and that the prisoners could be seen through grilles in the sides of the passage by travellers riding into the town.

The 'watch' also had its quarters in the gate tower as had soldiers or militia men in time of trouble. It is thought that a portcullis was probably worked from the chambers above, but all signs of this had disappeared at the time of the illustration.

When the upper or brick part of the gate was built in or about 1448, the gaol was enlarged by a new building erected just inside the gate at the top of Black Horse Lane, and prisoners who died there lie buried in St Matthew's Churchyard.



THE WEST GATE

Travellers entering the town would note the time by an ancient 'one' handed' clock which adorned the outside of the gate, while on both sides of the road stood taverns for the refreshment of travellers. The one on the south or right-hand side of the drawing appears to have "The Prince of Wales' Feathers" upon its inn sign. A public house called the 'Feathers' standing in the same place was demolished. Nearby, Lady Lane (leading off West-gate Street) is thought to mark the site of the Town Ditch.

The West Gate was demolished on 15th December 1781 and was sold for the princely sum of £32.00.

Note that in the drawing it appears to be a sunny day with a southerly breeze blowing. There were no 'made-up' roads and it appears that horses or sedan chairs were the mode of transport for those who were wealthy. The poor, of course, made do with Shank's pony.

HELPING HANDS HOME IMPROVEMENTS

**Husband and wife decorating team,
Kevin & Paula Gleed.**
**Offering a professional, experienced and
friendly service.**
Interior and exterior work carried out.
Call us for a free quotation.

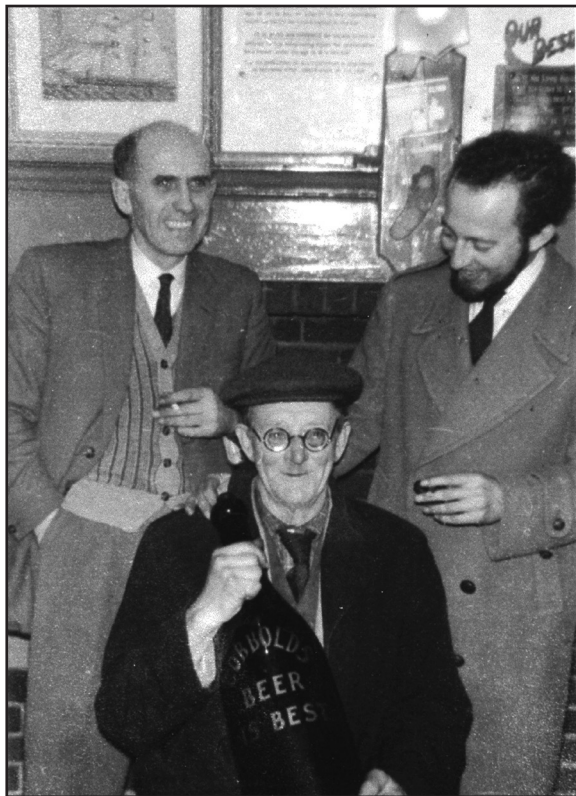
Moblie: 07513107911
Landline: 01473 839006

TALES FROM THE LEVINGTON SHIP

It was with sadness that we saw the destruction that the recent fire had done to the Ship. It had been in the Nunn family for sixty six years and although it always had open fireplaces during that time there had never been a need for a fire engine to visit. Furthermore during the war years father always had several pails of water, complete with a stirrup pump, lined up along the outside of the pub should any stray pieces of red-hot shrapnel land on the thatch and set it alight.

Whilst reminiscing we remembered some of the characters we had the pleasure of knowing and you may be interested to learn about them.

The first character I would introduce you to is a gentleman named Fredrick Baldwin (known as Pudny Baldwin). Fred never married and lived with his mother in Levington. It is thought that Fred's uncle was the local carrier and that Fred took over the business and once a week he took to and brought back goods for the people of Levington and the surrounding area.



L/R Monty Nunn, Landlord, Fred Baldwin holding a Balthazar and Peter Bruce, the younger brother of Paul Bruce a well-known Suffolk artist.

Fred enjoyed his pints in his own mug and had 'his own' seat in the ship just inside the Ldoorway opposite the half-door that was the bar. Fred met up with his fellow carriers in Ipswich each week and tied up his horse and cart and they all repaired to the Blue Coat Boy in Dogs Head Street where

there was a weekly “cattle market” selling produce and chickens.

Needless to say Fred thought this very thirsty work and by the time he was due to return to Levington he was three sheets to the wind. On one



The Ship Inn c 1913. L/R Alfred George Nunn, the Housemaid,
and Sarah Nunn (nee Hammond) with son Monty.

occasion he was reported to the police because his horse had been seen taking Fred home whilst he was asleep on the cart. The police took the horse and cart back to Levington and arrested Fred who duly appeared in court the next day. He was sentenced to a month in prison for ill-treating a horse.

On his return to the Ship for a glass of mild, my Grandmother, Sarah asked how he was. Fred replied “Pretty good, they look after you very well. That lot in Norwich brought your breakfast in and shut the door and locked it – so no one could pinch it. Then at dinner time they bring in your grub and lock the door again. There where a bit of sewing on the old sacks but in wasn’t cold and I didn’t have to pay any rent.

Like many a country lad, Fred was a dab hand at a bit of poaching and would sell the birds in Ipswich or send them by train to London. In order to get his ill-gotten gains to Ipswich he would wrap the feet of the horse

with sacking then he would liberally smother the axels and the underside of the cart with thick black grease and then tie the birds underneath. Fred knew that if he was stopped by the police they would only look into the cart and, not wanting to get their uniforms dirty, they never got down to look under the cart.

When Fred retired from being a carrier my father bought his cart and we used it as a chicken shed. In his latter years Fred worked as 2nd gardener for Levington Hall. He always tried the door of the pub on his way home from the Hall but if it was before 6pm he was out of luck but would come back after he had had his evening meal.

A popular raconteur Fred held an audience. One day father was asked by a freelance interviewer for the BBC if he would be willing to let him use the pub after the lunch-time closing. Father agreed and I believe the interviewer was a Mr John Seamore who lived at Pin Mill for a time but originally came from South Africa. Mr Seamore arranged for several interviews with Fred on one occasion Fred was accompanied by Bill Rush, known as Tubby Rush who sang Suffolk songs in the local dialect.

By private special request, and after his body had been laid to rest, Father walked into the church yard next door to the pub and placed Fred's pint mug onto his coffin.

COLIN NUNN

SUFFOLK CARPET FLOORING SPECIALISTS EST 1988



Bridge Business Park, Top Street, Old Martlesham, Suffolk IP12 4RB
Tel: (01394) 610202. E-mail: sales@suffolkcarpetweavers.com

Our prices won't give you a heart attack!

Crossword Answers

Across 1 Caught, 4 Yards, 8 Alien, 9 Surgeon, 10 Notion, 11 Lent, 12 Gum, 14 Amps, 15 Army, 18 Tan, 21 Aged, 23 Arabian, 25 Strange, 26 Hoist, 27 Marry, 28 Snugly. Down 1 Claret, 2 Uniform, 3 Handiest, 4 Yarn, 5 Reeve, 6 Sanity, 7 Using, 13 Marathon, 16 Mailing, 17 Ransom, 19 Named, 20 Knotty, 22 Error, 24 Only.



Spring lambs in Dodnash.

Photo by Ken Spink