

Winter
2019

Carlton Colville Community News



Christmas Decorations Winner

Many congratulations to the owners of this festive home. Alongside winning a trophy, the winners requested that their donation was to be given to the mental health charity MIND.

Thank you to everyone who entered. We fully intend to continue this going forward.





Hello from the Chairman

During 2019, the Town Council have plans to put new outdoor gym equipment into Carlton Meadow Park, which will encourage all ages to get active.

Carlton Hall has a lovely new coffee shop offering cakes and light lunches which is open to the general public. This is a great addition to the community amenities of Carlton Colville.

We are currently waiting for the final local plan examination findings to be published. Meanwhile the neighbourhood plan steering group has met with the local planners and it is intended that the public will be sent a questionnaire to get their feedback.

Our 3rd community engagement saw the addition of a representative from the Carlton Colville Brownies & Guides and also our 2 Suffolk County Councillors, who offered locality money to assist groups in their work with the community.

Please remember that we meet the first Wednesday of each month at 7 pm at the Methodist Church in Shaw Avenue. If you would like to see more of the work we do and if you would like to get involved please come along.

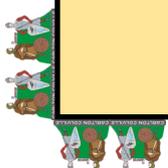
Julie Hall

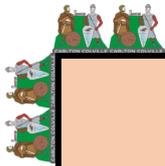
Community Engagement Group

Our 3rd community engagement group took place on 8th January 2019 and was attended by; St Peters Church, Carlton Colville Community Centre, 2 Suffolk County Councillors, Scouts, Allotments, IMPACT detached youth and we welcomed a representative from the Brownies/Guides.

The group shared updates and successes of working together including the allotments now helping at the school garden project.

The Suffolk County Councillors offered some financial support to be applied for. The Town Council shared the hope of resurrecting the youth council if they could get enough interest.





#HelpUsHelpYou

Just a reminder from the NHS in Norfolk and Waveney about how to help us help you this winter.

All of us should be making sure our medicine cabinets are stocked. It's also sensible to order any regular medicines you need in good time so you don't run out, taking care to only order what you need. But if you do feel poorly, make sure you seek advice from your local pharmacist before it gets worse.

If it's urgent, then a call to your GP or NHS 111 is the next step, and they'll advise you what to do.

Common Sickness Bugs

Suffering with Norovirus or other common sickness bugs? Don't spread it about by visiting your GP or other public places. Stay at home and rest.

HomeFirst—your bed is the best bed!

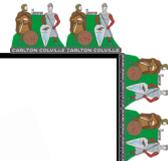
None of us want to go into hospital or a care bed, but if we do it's good to get home if we can. The NHS and social care across all of Norfolk and Waveney are stressing that if someone needs a hospital or temporary care bed they will get one, but our aim is to always help people get back home as soon as possible. This is because older people in particular can lose independence rapidly. Being back home can also help a speedier recovery. So if you know a friend or relative, particularly if they are older, who has gone into hospital it would be kind to make sure they have all they need to get back home including: checking the heating works and they will have food in the house, the washing is done and they feel OK.

New Year, New You

With the start of the New Year people's thoughts often turn to getting fit and improving their health. To stay healthy or improve health, adults need to do two types of physical activity each week: aerobic and strength exercises.

How much physical activity you do each week depends on your age. Adults aged 65 or over who are generally fit and have no health conditions that limit their mobility should try to be active daily by doing at least 150 minutes of moderate aerobic activity such as cycling or walking, and strength exercises on two or more days a week.

Why not join a local walking group, go for a swim or join a local class, your library should have information about groups near you.



Beginner Ensembles

Is your child in Key Stage 2 (years 3-6)?

Are they in their first year of learning to play an instrument?

Starting from 8th January 2019, Suffolk County Music Service is hosting Beginner Ensembles across Suffolk. Created especially for young musicians in KS2, children are invited to join an ensemble to: develop their skills and make progress, play as a group, learn new music, and have fun!

Join us in **Blundeston** (Blundeston CofE Primary School) on Wednesdays at 3.30pm **or** in **Lowestoft** (East Point Academy) on Fridays at 5.30pm.

Free membership is available for those pupils learning with Suffolk County Music Service. The usual termly charge applies for those not learning with the Music Service. Further details are on our website. Please visit our website for more information <http://bit.ly/ks2beginner> or call us 01473 263400 or email county.music@ Suffolk.gov.uk

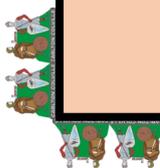
New Chairperson for Carlton Colville Fuel & Poor's Allotment Charity

The Carlton Colville Fuel or Poor's Allotment Charity has elected Mrs Anita Lambert as its new Chair of Trustees, following the retirement of Mr Peter Dyer. Peter had been a Trustee for more years than he wants to admit to, and had been its Chairman for the past 20 years having taken over from the Rev'd Alan Smith.

The Trustees are extremely grateful for his dedication and support during these past years and wish him and his family well for the future.

The Charity provides an annual grant to residents of the parish of Carlton Colville, who are over 70 years of age, and who have only a basic income. Anyone who fits these three criteria may apply through Anita Lambert, who can be contacted on 01502 565070. There is a brief non-intrusive interview prior to any application being approved during which personal circumstances are taken into account. We welcome all new applications, which are treated with the strictest of confidence.

We would also welcome new Trustees; anyone who feels they have relevant experience or knowledge are welcome to contact Anita should you be interested.



Are you ready to burn?

As the colder months are now upon us many households will be looking to their open fires and wood-burning stoves for warmth. These have risen in popularity in recent years and may be an additional form of heating, an attractive feature or the sole heat source. Some people are unaware that use in the home increases domestic exposure to air pollutants and makes a significant contribution to our national emissions of airborne particulates. These are inhaled and transported around the body where they can become lodged in the heart, brain and other organs.

While we will never be able to eliminate all airborne particulates, there are simple steps that households can take to limit emissions both indoors and out that will make a big difference.

SO WHAT CAN YOU DO?

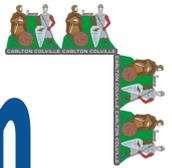
- Consider burning less
- Only burn dry (seasoned) wood including certified 'Ready to Burn'. Visit www.readytoburn.org for more information
- Burn seasoned (dry) clean wood rather than treated waste wood (i.e old furniture, treated pallets) or household rubbish which emit harmful fumes
- Consider using an approved smokeless fuel
- If you are buying a new stove check it is Defra approved and installed by a qualified person, see www.hetas.co.uk
- Check how to operate your appliance efficiently by controlling air supply etc. – this will save you money as well as reduce emission
- If you have a stove, regularly maintain and service it (i.e annually)
- Get your chimney swept regularly (up to twice a year)



Sticking to these simple tips will help to keep airborne particulates and smoke down and ensure optimum efficiency and safety. For more information visit our air quality webpages at <http://www.eastsuffolk.gov.uk/environment/environmental-protection/air-quality/biomass-and-wood-burning/>

If you need financial help making your home cheaper to heat, for example with first time central heating, there are a number of schemes that you may be eligible for, visit <http://www.eastsuffolk.gov.uk/housing/energy-efficiency/> and <http://www.eastsuffolk.gov.uk/housing/grants/renovation-grants/> or contact our Private Sector Housing Team on (01502) 523119 or ps.housing@eastsuffolk.gov.uk

East Anglian Transport Museum



2019 Events



EASTER FAMILY TREASURE TRAIL 20TH & 21ST APRIL

Saturday and Sunday 12 noon – 4.30pm

Our first event of the year welcomes you with an Easter celebration with fun for all the family, with a free treasure hunt ending in prizes for all the children who take part. Our tram & trolleybus fleet will be running all day, along with our narrow-gauge railway and all the static exhibits.

50S SEASIDE CELEBRATION 11TH & 12TH MAY

Saturday and Sunday 11am - 5pm

A celebration of the 50s with a seaside flavour as we launch into service after restoration our trolleybus Hastings 34, which operated throughout the 50s in Hastings until it was the final trolleybus when the system closed in May 1959. We will also be operating all our available south coast trolleybuses in service, and there will be visiting buses from the area, including (we hope) one special visiting vehicle from Hastings. There will be a free park & ride service and free bus services to Beccles and Lowestoft as well as the BBQ in the park. Music and dancing from the 50s, trade stands, and static exhibits makes this an interesting weekend for all with a liking for the 50s - come dressed 50s style and get a discount!

EASTERN TRANSPORT COLLECTION 50TH ANNIVERSARY EVENT 6TH & 7TH JULY

Saturday and Sunday 11am - 5pm

To mark to the 50th anniversary of the formation of the Eastern Transport Collection, they will be organising an event with as many former Eastern Counties visiting buses as possible, as well as other vehicles from local operators. There will be a free park & ride service and free bus services to Beccles and Lowestoft as well as the BBQ in the park. Trade stands along with static exhibits and visiting vehicles, makes this an interesting weekend for vehicle enthusiasts.

999 DAY 18TH AUGUST

Sunday 11am – 5pm

As at our first successful event in 2018, we are again bringing to the museum examples from all the local emergency services with displays and demonstrations throughout the day. Vintage emergency vehicles will be running alongside modern equipment as well as our usual trams, trolleybuses and train makes for a really fun-packed day, with all the supporting stands from various emergency services. A free park & ride service will operate today as well as free bus services to Lowestoft as well as the BBQ in the park.

TROLLEYBUS WEEKEND 21ST & 22ND SEPTEMBER

Saturday 12 noon - 9pm & Sunday 11am - 5pm

As our season draws to a close, please join us for a weekend of fun where all available vehicles from our trolleybus fleet will be running. As the nights are beginning to draw in, we will be running after dark on Saturday when the museum takes on a very special atmosphere under the old-fashioned street lights. There will be a free park & ride service and free bus services to Beccles and Lowestoft as well as the BBQ in the park. Trade stands along with static exhibits and visiting vehicles, makes for a busy weekend for everyone.

HALLOWEEN 26TH OCTOBER

Saturday 3pm - 9pm

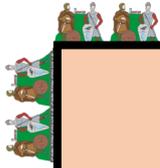
No tricks, just treats! But there will be spooky happenings around our site tonight, with a free witch hunt with a super prize for every child. The late running of our vintage vehicle fleet into the evening is a truly chilling experience as the woods come alive with the spirits of All Hallows Eve when it gets dark! There are always extra treats for children in fancy dress. Come along – we dare you!

HAPPY NEW YEAR 2020! 1ST JANUARY 2020

Wednesday 12 noon – 4.30pm

Are you fed up with tinsel & turkey? Have you seen quite enough of the relatives? Will you scream if you see another cracker or paper hat? Then come along for a last chance this winter to ride on our vintage vehicle fleet. We will be running a free bus service to Lowestoft as well as the museum's attractions; what a great end to the year's festivities.





Neighbourhood Plan Steering Group update

The neighbourhood plan steering group has continued to meet monthly. It is a small group but it is moving things forward.

The next steps are to designate the area that the plan will cover and then get the very important public consultation questionnaire out. With more development expected at Carlton Colville it is imperative that as many of you as possible fill in our questionnaire when it arrives to be able to shape the policies of the area moving forward.

Remember we cannot stop development but we can have influence and shape it if we have the necessary Neighbourhood plan in place. The group has also met with Waveney District Council planning department.

Planning Update 2018

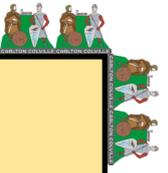
Carlton Colville Town Council received a total of 44 planning applications in 2018. These were very varied and wide ranging from Tree Preservation Order works through to various house extensions and conversions, building of single new properties and also brand new proposed developments.

The Planning committee work very hard in listening to the views of the residents affected by any planning issues and balancing the needs of the community, within the realms of planning law.

The Town Council is a consultee to the District Council (Waveney) who have the final say on any planning matters. The Town Council has made personal representations at the Waveney District Council Planning Committee meetings on behalf of residents and have also attended the Waveney Local Plan Inspector hearing and presented evidence.

The Town Council recommended the acceptance 36 of the applications received and refusal of 8. We await the final outcomes of the Waveney Local Plan which will inevitably see more development in the Carlton Colville Area. The Town Council has also commenced work on its own Neighbourhood Plan and will be asking for the views of the community on the area, so please do fill in the survey when it comes out.

The Planning Committee meet at 7pm on the third Wednesday of the month at the Town Council office, Hall Road, Carlton Colville.



Just for fun

JANUARY AND WINTER QUIZ

1. Which Roman deity is the god of beginnings and transitions and is thought to have inspired the name of the first month of the year?
2. Which band had a three week number one hit with 'January' in 1975?
3. In Shakespeare's 'The Winter's Tale', the character Antigonus exits the stage pursued by which animal?
4. On the 18th January 1778, James Cook 'discovered' which islands, that he originally named the Sandwich Islands?
5. Which Roman Emperor was assassinated in January AD41?
6. The iPad was unveiled in by Steve Jobs in January of which year?
7. The Bogside Massacre occurred in 1972, by which more famous name is it known as?
8. There are two different songs called 'A Winter's Tale', which two artists have released them?
9. Which actress, whose first acting credits include Love Actually, played Betty Draper Francis in Mad Men?
10. Which King's first lines in the eponymous play include, "Now is the winter of our discontent..."?

ANSWERS ON THE BOTTOM OF PAGE 10

WE NEED YOU!



Carlton Colville Community Centre are looking for volunteers and committee members.

If you are interested in joining please call Derek Barley on **01502 585608**





Carlton Colville County Primary School Car Park and Drop-off Area

After many years and hard work from previous Suffolk County Councillors including Peter Byatt and Sonia Barker, and through the relentless efforts and determination of Carlton Colville's current County Councillors, Craig Rivett and Melanie Vigo di Gallidoro to convince Schools, Highways and Finance, of the need and urgency of this case. They have been successful in securing the necessary funding of £600,000, which has been included in the capital programme for the project to provide a parent car park/drop-off area on the school site.

They emphasised the size of the school, which is sited on a narrow winding country lane, and attended by many pupils whose parents find it absolutely necessary to drive cars to bring and collect the children each day. The traffic movements are causing a high risk of danger and make it unsafe for those who would prefer to walk or cycle to school.

The layout has been agreed with the school and the technical detail is currently being developed, ahead of a planning application being submitted. If all goes to plan the project should be completed towards the end of 2019.

Along with Melanie and Craig, we will follow the development closely through to its completion and will keep local residents informed as the project proceeds, confirming dates for the ground works and final build as soon as they are finalised.

Allotment Update

So if 2018 was the year of weather extremes, what will 2019 have in store for us on the allotments?

We have had three new plot holders join us last year and we hope they will enjoy their first full year of growing with us.

Although it can be a chore during these colder months, putting the effort in now to prepare our plots for the main growing season will ensure we reap the rewards come harvest time.

One tip is to start off early sowings of vegetables in modules so there is less root disturbance when you transfer them. This also means you can plant the seedlings on gradually, avoiding a glut of veg being ready at once although there is plenty of swapping on the site when this happens!

The Scouts have done really well with their plot and volunteers from the site have now started working on Carlton Colville Primary School's garden area. We are looking forward to continuing to help the school relaunch its gardening club and supporting the children in their learning.

David Peek





Olive Tree Coffee House

Located in the beautiful grounds of Carlton Care Home & Village, Chapel Road, Carlton Colville.

Open Daily 10am - 4pm



Some of the tempting things we offer..

Freshly made sandwiches, jacket potatoes with various fillings
Cakes, pastries, savouries snacks, scones, tea cakes and many more ...

Special Occasion?

Why not book our lovely afternoon tea, just speak to one of our friendly members of staff

We can't wait to see you in our Grand new coffee shop!



1ST CARLTON COLVILLE BROWNIES HAVE VACANCIES

Opened to girls aged 7-10yrs old

Thursday evenings from 5-6.30pm at Carlton Colville Methodist Church

If you require any further information please contact,

Sue Medley: southlowestoftdc@gmail.com / 07727667602



10. Richard III

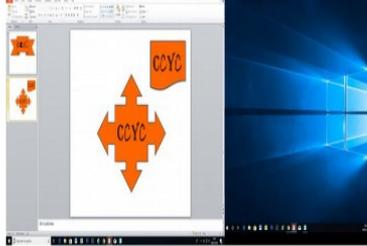
1. Janus 2. Pilot 3. A Bear 4. Hawaii 5. Caligula 6. 2010 7. Bloody Sunday 8. David Essex and Queen 9. January Jones

January and Winter Quiz—Answers





Carlton Colville youth council



Make a difference In Carlton Colville

Are you aged 13 to 18?

Do you want to:

Get crucial experience of meetings for your future.

Meet new, interesting people.

Help shape your community.

Make your voice heard.

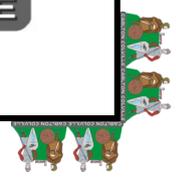
Be part of something bigger than yourself.

Have fun!

Express your views.

Join the youth council today and make real changes in your local community.

If you are interested please contact:
Alison Ayers - Clerk to the Town Council
01502 521959
clerk.cctc@gmail.com
www.carltoncolvilletowncouncil.gov.uk



Carlton Colville Town Councillors

	Name	Contact Number	Email
Chairman	Julie Hall	01502 538489	juliehall@carltoncolvilletowncouncil.gov.uk
Vice Chairman	Jill Tyler	01502 581843	jilltyler@carltoncolvilletowncouncil.gov.uk
	Derek Fletcher	07403322489	derekfletcher@carltoncolvilletowncouncil.gov.uk
	Christine Fair	01502 566707	christinefair@carltoncolvilletowncouncil.gov.uk
	Paul Light	01502 514775	paul.light@waveny.gov.uk
	Paul Radforth	01502 514497	paulradforth@carltoncolvilletowncouncil.gov.uk
	Clare Varela	07791383149	clarevarela@carltoncolvilletowncouncil.gov.uk
	Jason Rodwell	01502 580777	jasonrodwell.cctc@gmail.com
	Darren Winchester	07737279462	darrenwinchester.cctc@gmail.com
	Ryan Williams	07900400030	ryanwilliams.cctc@gmail.com
	Clerk to Council	Alison Ayers	01502 521959

Waveney District Councillors

	Name	Contact Number	Email
	Paul Light	01502 514775	paul.light@waveney.gov.uk
	Jenny Ceresa	01502 450222	jenny.ceresa@waveney.org.uk
	Kathleen Grant	01502 587792	kathleen.grant@waveney.org.uk

Suffolk County Councillors

	Name	Contact Number	Email
	Melanie Vigo di Gallidoro	07725624319	melanie.vigodigallidoro@suffolk.gov.uk
	Craig Rivett	07931341440	craig.rivett@suffolk.gov.uk

TOWN COUNCIL MEETINGS

Full Town Council Meetings are usually held on the first Wednesday of each month at 7pm at the Methodist Church, Shaw Avenue. Planning and Amenities Committees meet as required and details of these meetings are posted on the website and the notice boards at Famona Road, Chapel Road, Ribblesdale and outside the Co-operative Ashburnham Way.

DISCLAIMER

While every reasonable effort has been made to ensure the accuracy of the information contained in this publication, Carlton Colville Town Council accepts no liability for any errors or omissions.