**Suffolk I V C**

The Suffolk IVC Newsletter and Bulletin – January 2018

Hi everybody,

Well, I hope you all enjoyed the festivities. The Christmas dinner dance at Kersey Mill was enjoyed by all those who went; the food was exceptional and they did a vegan option for Janet that was excellent.

The Suffolk and NE Essex Club Night is at The Woolpack in Coggeshall on the first Tuesday, January 2nd, probably for the last time, as Mick and Wendy are retiring and Janet and I have moved to Earls Colne.

Next month we will be at The Lion in Earls Colne (CO6 2PA) and it will be on Monday, February 5th. This is a trial and we hope it works; food is available and there is parking in the main road and in the Co-op car park.

Cambridge IVC have given us a couple of events that you might be interested in this month at Anglesey Abbey and the National Stud in Newmarket. Also Janet has decided to continue with the vegan lunch at the excellent little restaurant in Sudbury and will be hosting an event on behalf of IVC at the first vegan fair at Honywood School in Coggeshall, which I gather will be a monthly event..

If you have any ideas for events do bring them along to the pub nights, e-mail me or give me a call if you need help. If you want to do something and decide to go, put it on as a club activity and you may have friends join you. Walks are great events for socialising and it’s certainly the time of year for them.

Don’t forget that Cambridge has a website that you can access; we will endeavour to add details of their events that may be of interest but you can of course contact them direct.

PLEASE KEEP SENDING EVENTS

It’s what we are all here for !!

Just tell us what you are going to and we’ll put it in the bulletin and you might find that it’s of interest to someone besides yourself. It’s as simple as that.

**Wishing you all a very happy, prosperous and active 2018**

Brad  
 Brad Rawlings

Secretary and Membership Secretary  
 01787-221561

**The Suffolk IVC Events Bulletin**

**January 2018**

Members from Essex and Cambridge IVCs are invited to join us at all Suffolk IVC events

Please note that the **🕮** sign means ‘bookable’ and it does mean that you have to either book with the venue or the organiser.

**Tuesday 2nd**

**Suffolk and NE Essex Club Night at The Woolpack in Coggeshall -- 7:30 onwards**

Do come and join us for an evening of socialising and chat. Probably the last event at this lovely old pub, as Mick and Wendy are retiring. An excellent opportunity to discuss new events.

***Directions*** *: The Woolpack is in Church Street and should be easy to find; it’s next to the church. If you’re not sure please give me a call.*

**Post Code : CO6 1UB Brad Rawlings 01787 221561**

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**Friday 12th** (Cambridge IVC)

**Winter Walk at Anglesey Abbey -- 10:00AM**

Enjoy a winter walk with Brenda and Val in the grounds of Anglesey Abbey. Hopefully some of the snowdrops will be out. Part of the walk may be muddy. Please wear suitable footwear. Meet inside the restaurant for coffee at 10am. We will be leaving for the walk at 10.45, so if you wish to have coffee beforehand come early. After the walk we'll return to the restaurant for optional coffee/lunch. The house is currently set up to exhibit Winter 1964 - a Gentleman's Way of Life. Possible visit to the house early afternoon. Admission: garden & mill only: £7.65 standard admission/£8.50 gift aid or whole property: £13.30 standard admission/£14.65 gift aid. Parking and National Trust members free. <https://www.nationaltrust.org.uk/anglesey-abbey-gardens-and-lode-mill>

**Post Code: CB25 9EJ Contacts Val Brown on ValMcBrown@gmail.com  
 or Brenda Field on 07834 513562**

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**Sunday 14th**

**🕮 Feel Good Fair, Honywood School, Coggeshall -- 10am-2pm**

This is a green market, 100% vegan and ethical in its approach. Stalls include food, cosmetics, household and garden products. Expect to encounter sustainable-living learning opportunities as well as community and charity initiatives. Please call to let me know you are coming so that we can arrange to meet up.

***Directions*** *: Honywood School can be found in Honeywood (this is the incorrect spelling !) Avenue off Gurton Road off Colne Road, which is the B1024 off the A120 at Coggeshall. Call for further details or a map.*

**Post Code : CO6 1PZ Janet Benfield 01787 221561**

**e-mail : jbenfield15@yahoo.co.uk**

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**Monday 15th**

**🕮 Club Night, The Fox, Eastgate Street, Bury St Edmunds -- 7:30pm onwards**

We haven’t been here before, so come and join us for a meal and a chat to see what it’s like. If you are new you shouldn’t really have any trouble finding us but there is always the mobile and there will be an IVC name tent on the table. Please call Jenny or Judith below to confirm you are coming.

***Directions*** *: There is parking adjacent to the pub.*

**Post Code IP33 1XX Judith Scott 01284 760679 or Jenny Lowless 07765 663303**

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**Saturday 20th** (Essex IVC)

**🕮 Film – Dunkirk. Coggeshall Village Hall -- 6:45pm**

January's film is Dunkirk. In May 1940 Germany advanced into France, trapping Allied troops on the beaches of Dunkirk. Under air and ground cover from British and French forces troops were slowly and methodically evacuated from the beach using every serviceable naval and civilian vessel that could be found. At the end of this heroic mission, 330,000 French, British, Belgian and Dutch soldiers were safely evacuated.

Tickets £8, bookable through me or direct from Norman's sweetshop in Coggeshall. If you buy direct please let me know so I know how many are coming. I have a table reserved at the front but if necessary can book another table. For newcomers, this is a brilliant evening, excellent food and drink available with an interval and ice cream. Please do not bring your own refreshments.

***Directions*** *: Stoneham Street, parking behind the village hall & some street parking. Ring for further directions if needed.*

**Postcode : CO6 1UH Sue Ellen 07947-364838**

**or e-mail sue.l.ellen.1@googlemail.com**

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**Friday 26th**

**🕮 It's a GAS ! Greshams Social Club, Ipswich -- 7pm**

The **G**reat **A**merican **S**ongbook. I am involved with a charity that are raising money for dementia sufferers in Ipswich and surrounding areas and working in partnership with the Ipswich Hospital Charity. Come and spend an evening with Andi Hopgood, Naadia Sheriff, Dave Manington and Melissa Coleman as they interpret the songs of Cole Porter, George Gershwin, Irving Berlin and the rest. If you would like to know more contact Phil on the number below. Tickets at £18.50 include a finger buffet and can be bought from the website [www.soundcure.org.uk](http://www.soundcure.org.uk/); ring Phil to let him know you are coming. Dress to Impress.

***Directions*** *:* Greshams Social Club, 312 Tuddenham Rd, Ipswich*.*

**Post Code IP4 3QJ Phil Riches 07918 142726**

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**Saturday 27th**

**🕮 Vegan Lunch, Kind Cuisine, Sudbury -- 1:30**

Join us for a light lunch at this delightful little vegan restaurant near the Quay Theatre. A new eating experience for many with a surprising range of new tastes. I have booked a table, so please let me know if you would like to join us by Friday, January 26th.

***Directions*** *: Kind Cuisine can be found at 11 Friars Street, which is quite close to Quay Lane where there is parking at the end.*

**Post Code : CO10 2AR Janet Benfield 01787 221561**

**e-mail : jbenfield15@yahoo.co.uk**

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**Sunday 28th** (Cambridge IVC)

**🕮 Coffee/lunch by the National Stud near Newmarket -- 12pm**

Meet Brenda and Val at 12pm for coffee/snack lunch at the Wavertree's café. After lunch catch some Sunday afternoon fresh air; we'll walk alongside the July racecourse/Devil's Dyke. Walk will be around 1 - 1.5 hours depending on weather/conditions underfoot. May be muddy so please bring suitable footwear. The high entrance gates to the car park near the cafe will open automatically. Please book by FRIDAY 26 JANUARY. www.discovernewmarket.co.uk/places/wavertrees-coffee-shop.

**Event Location : CB8 0XE Contacts Brenda Field - m: 07834 513562 by text or Val Brown - e: valmcbrown@gmail.com**

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**Notes for Your Diary**

The “Suffolk and NE Essex Club Night” is always (mostly) on the first Tuesday at The Woolpack in Coggeshall unless otherwise advised. You only need to book if you would like to eat.

**February**

**Friday 2nd**

**🕮 Birdsong, Theatre Royal Bury St Edmunds -- 7:30pm**

Marking the 100th anniversary of the end of the First World War, Birdsong is the critically acclaimed stage show based on the world famous novel by Sebastian Faulks. In pre-war France, a young Englishman embarks on a passionate and dangerous affair with the beautiful Isabelle Azaire that turns their world upside down. As war breaks out over the idyll of his former life, Stephen must lead his men through the carnage of the Battle of the Somme and through the sprawling tunnels that lie deep underground. Faced with the unprecedented horror of the war Stephen clings to the memory of Isabelle as his world explodes around him. A mesmerising story of love and courage set both before and during the Great War. We have seats H5 and H6 in the stalls but seats are limited so please book soon with the theatre direct on 01284 333941 or see the website for more info and seating plan on [www.theatreroyal.org](http://www.theatreroyal.org/). Call me on the number below to let me know you are coming so that we can meet for a drink in the foyer area before the show.

***Directions*** *: The theatre is in Westgate Street (post code IP33 1QR) but parking is best in The Greene King car park in Cullum Road, a very short walk through to the back of the theatre.*

**Post Code : IP33 3PB Julie McMonagle 07769 537938**

**or e-mail** [**juliemc2@sky.com**](mailto:juliemc2@sky.com)

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**Monday 12th**

**🕮 Club Night, The Ember Inn, Moreton Hall, nr Bury St Edmunds -- 7:30pm onwards**

Come and join us for a meal and a chat. If you are new you shouldn’t really have any trouble finding us but there is always the mobile and there will be an IVC name tent on the table. Please call Jenny or Judith below to confirm you are coming.

***Directions*** *: The Ember Inn is in Lawson Place and should be easy to find. If you’re not sure please call.*

**Post Code IP32 7EW Judith Scott 01284 760679 or Jenny Lowless 07765 663303**

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**Saturday 17th** (Essex IVC)

**🕮 Film – Victoria & Abdul. Coggeshall Village Hall -- 6:45pm**

January's film is Victoria & Abdul. The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's (Academy Award winner Judi Dench) remarkable rule. When Abdul Karim (Ali Fazal), a young clerk, travels from India to participate in the Queen's Golden Jubilee he is surprised to find favour with the Queen herself. As the Queen questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempt to destroy. As the friendship deepens, the Queen begins to see a changing world through new eyes.

Tickets £8, bookable through me or direct from Norman's sweetshop in Coggeshall. If you buy direct please let me know so I know how many are coming. I have a table reserved at the front but if necessary can book another table. For newcomers, this is a brilliant evening, excellent food and drink available with an interval and ice cream. Please do not bring your own refreshments.

***Directions*** *: Stoneham Street, parking behind the village hall & some street parking. Ring for further directions if needed.*

**Postcode : CO6 1UH Sue Ellen 07947-364838**

**or e-mail sue.l.ellen.1@googlemail.com**

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**March**

**Monday 12th**

**🕮 Club Night, Wetherspoons Grover and Allen, Sudbury -- 7:30pm onwards**

Come and join us for a meal and a chat. If you are new you shouldn’t really have any trouble finding us but there is always the mobile and there will be an IVC name tent on the table. Please call Jenny or Judith below to confirm you are coming.

***Directions*** *: The Wetherspoons Grover and Allen pub is in North Street. Parking is in the North Street car park, which can be accessed from the A131 heading north at New Street just before the traffic lights. If you’re not sure please call.*

**Post Code CO10 1RF Judith Scott 01284 760679 or Jenny Lowless 07765 663303**

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**June**

**Thursday 14th**

**🕮 Walking Weekend, Premier Inn, Gargrave, Yorkshire 2:00PM**

**Booking required by 1st June 2018**

The Yorkshire Dales: not too high, not too tough, good walking for all. Starting on the Thursday, early afternoon, but people can join the weekend at whatever day/time suits - we will organise meeting points as necessary. Meet at 14:00 on the 14th (location to be confirmed once we know who is coming and when) for an afternoon walk, and then full walks on the Friday and Saturday, finishing around 14:00 on Sunday. Accommodation is the Premier Inn, Gargrave (please book your own accommodation and let us know - book early to get the cheapest prices) but there are B&Bs locally. Hotel has a Brewer's Fayre next door for food. If you want more information please call Jill or Alan. Please ensure that you have suitable walking gear - boots and waterproofs; the Dales are beautiful, but like any fells can be challenging in bad weather.

***Directions*** *: To be provided closer to the date*

**Postcode BD23 3NB Alan & Jill Kitchen 01277 659587; 07932 636318 Alan**

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**July**

**Friday - Sunday, 13th - 15th**

**🕮 AIVC AGM and Conference, Brighton**

This will be held at Sussex University. The social weekend also includes the 2018 aIVC AGM. Brighton is a colourful, vibrant and creative city in which to spend the weekend. Members of Brighton IVC and the aIVC committee will be at the university from 2:30 pm to welcome you. In the evening we will go out for dinner at one of Brighton's many restaurants. En-suite rooms are available at the University of Sussex (£66 per night inc Breakfast). You book directly with the University via link below (you will need to copy and paste) which will take you to the Accommodation portal for the AIVC Conference. From there you can book your room and pay by Debit/Credit card. You do not need to be attending the AGM to join in on what promises as always to be an enjoyable weekend.

***Directions*** *: University of Sussex Sussex House, Falmer Brighton, BN1 9RH*

**Postcode BN1 9RH** https://aws.passkey.com/event/49519022/owner/9736716/home

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**AIVC Inter-Club Events**

I recently sent everyone the March list of inter-club events and a summary is included below. Full details will be posted on the Members section of our website under aIVC events. If you need further details please contact the club concerned, or call me and I will try and find out more.

|  |  |
| --- | --- |
| Jan 5 - 7 | Cardiff New Year Weekend (Birmingham IVC) |
| Jan 19 - 22 | Bournemouth weekend |
| Jul 13-15 | AIVC AGM and Conference, Brighton |
| Aug 4 | A week at the Edinburgh Festival |
| Aug 14-29 | Sri Lanka holiday. London IVC – Contact Marylin Dixon 01926 426272 or 07981 982319 |
| Sep 6-9 | Portmeirion weekend. London IVC. Contact Atzar Dar atzar@me.com |

**Instructions for accessing the ‘Members Only’ section of the website**

You no longer need a new monthly password, but on the first occasion that you log onto the new system, you will have the opportunity to choose your own personal password, which you will then use each time that you log on. Only you will know this, and it need not change.

If you have not already logged on then follow this route:  
 1) Go to the Suffolk IVC website  
 2) Click on the Club Members area  
 3) Click on the grey area at the very top of the page - LOG IN  
 4) In the first boxes that appears enter your user name, which is your e-mail  
 address.  
 5) In the second box tick 'FORGOT PASSWORD' and you will receive an e mail  
 with a password that you can use to get you in and you will then be able to  
 change the password to something that you can remember.

If you have any queries whatsoever regarding the new system, please refer these to Phil Riches at [phil.riches@btinternet.com](mailto:phil.riches@btinternet.com) as he is the computer whiz ! Hope that’s OK Phil !!

**How to Add an Event**

Just send an e-mail to Brad on **brawling\_uk@yahoo.co.uk**. Something on the lines of the above events in the bulletin, and remember to include the following :

Day  
 Date  
 Event Title  
 Venue  
 Time (or meetup time for..)  
 Write-up -- ideally informal, chatty and inviting. It should promote the  
 good bits and advise any problems, and not be overly long.  
 Directions if possible (sometimes difficult as people will be coming from  
 different directions)  
 Parking  
 Post Code  
 Host Name(s)  
 Contact Details (any that you wish to provide but there must be something)  
 **Other things to consider** Is it bookable, and who with + contact details.

**The Suffolk IVC Committee 2017-2018**

Details are now on the website.

As you can see two people have two positions and we have already mentioned the need for a bulletin editor. None of the roles are onerous but it makes life easier the more people we have to help. Generally speaking being on the committee means that you are a bit more involved and have more of a say in running the club; and it really does make things more interesting and more fun. So if you think you can help call or e-mail Brad for more information.