



## The Suffolk IVC Newsletter and Bulletin March 2025

Hi Everyone,

Longer days are coming and hopefully this cloud cover we've been experiencing recently will soon lift. Three people so far have expressed interest in the ABBA Voyage event. This has now been penciled in for October. Further details will be posted nearer the time.

Please remember to let me have your events for the next month by the 3<sup>rd</sup> Sunday of the current month.

**The Monday quizzes this month will be on the 10<sup>th</sup> and 31<sup>st</sup>.**

If you have any ideas for events, e-mail me at [alo@suffolkivc.org.uk](mailto:alo@suffolkivc.org.uk) 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 socializing.

**PLEASE KEEP SENDING EVENTS**

**They are what we are all here for!!**

**Anna**

Anna Ifejika

Bulletin Editor

07947 370058

# The Suffolk IVC Events Bulletin

## March 2025

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

Please note that the ☐ sign means “bookable”, and this does mean that you will have to contact the organiser to let them know you are coming (so they can look out for you or arrange suitable tables etc.) and maybe also book your tickets with the venue.

### The Monday Quiz

You are invited to join us for our Zoom quiz, which will normally be on a Monday at 7:30, generally twice a month, but as advertised in the bulletin. These are completely informal, self-marked, and only the winners are announced; it's nice to see people and have a chat and new participants are especially welcome. Either Phil or the quizmaster sends out an email and you just click on the link. If you haven't done this before you may need to download Zoom; a webcam is nice but not essential.

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### Monday 10th

#### The Monday Quiz

See above. Watch out for the e-mail with the Zoom link details. Anna.

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### Wednesday 12<sup>th</sup>

#### 📖 Breakfast at The Shoulder of Mutton, Aldham -- 10am

An ancient building, no longer a pub but now an antique centre serving excellent breakfasts and food all day. What more can I say, definitely worth the trip. Normally full for lunches but breakfast is good, and it should be fairly quiet; however, to make sure we can get a suitable table, please book with me asap.

**Directions:** *The Shoulder of Mutton is situated next to the River Colne where it crosses the A1124 at the traffic lights at Ford Street in Aldham, between Earls Colne and the A12. It has its own car park.*

**Postcode: CO6 2PA**

**Brad Rawlings: 01206 325036 or, on the day only, 07811 528512**

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## **Music at Rushmere**

A series of Sunday Afternoon Concerts (Spring 2025), 3-4pm

Free admission and voluntary contributions are invited for Family First Ipswich.

Refreshments provided after the concerts.

Please let me know if you plan to attend any of the concerts so we can meet for some refreshments and chat after.

**The dates are as follows:**

**Sunday 16<sup>th</sup>:** *Jenny's Accordionists*

**Sunday 23<sup>rd</sup>:** *The Orwell Singers*

**Sunday 30<sup>th</sup>:** *Tom Horton (Organ)*

**Sunday 6<sup>th</sup> April:** *James Woodrow (Guitar)*

**Sunday 13 April:** *Ipswich Hospital Band*

**Address:** St Andrew, The Street, Rushmere

**Postcode:** IP5 1DH

**Parking:** There's a car park by the church

**Contact:** Anna 07947370058

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## **Tuesday 18<sup>th</sup>**

### **Pub Meal, The Battesford Court, Witham 7:15PM**

Come along and join me for a meal or just a drink at my local Wetherspoon. There will be plenty of time to chat before, during or after the meal.

If you are unsure of walking in on your own, please text me and I can meet you outside.

This is likely to be a regular monthly event, but I can't guarantee it will always be the same Tuesday or every month, so please check the Essex bulletin in future months.

**Directions:** 100 Newland Street. Park in Mill Lane car park (1 Mill Lane, CM8 1BW): £1 after 7 pm payable by card or the MIPermit app.

**Postcode:** CM8 1AH

Caroline Green 07920 148260

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## **Tuesday 18<sup>th</sup>**

### **Our Regular Monthly Breakfast Event**

Tuesday, 18th March 2025 10.30 a.m. coffee morning at Craft Nurseries. Essex.

The Restaurant & Coffee Shop is situated on the edge of the beautiful Stour Valley, set within the grounds of the attractive Craft Nurseries. Guests can dine inside the warm and homely atmosphere of the restaurant or if the weather is fine, in the relaxing landscaped garden.

You'll find a variety of delicious and wholesome things to eat. Our food is freshly cooked to order from the finest seasonal organic/ free range ingredients and is sourced from local producers wherever possible.

**Address:** 34 Harwich Road, Lawford, Manningtree, Essex.

**Postcode:** CO11 2LS.

Please let Gill Reeve know if you plan to attend. Email

[gill.reeve@outlook.com](mailto:gill.reeve@outlook.com) or phone 07504 563236

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## **Saturday 22<sup>nd</sup>**



### **Lunch at The Wooden Fender, Ardleigh -- 1pm**

I have booked a table for lunch at The Wooden Fender, Colchester Road, Ardleigh. This is an old pub with an excellent reputation for the food and a large car park. There is also a vegetarian and vegan menu. Please let me know if you plan to attend as soon as possible as I will need to confirm numbers well in advance at this time of year.

**Directions:** *Please note that there is no junction between Colchester Road and the A120.*

**Postcode:** CO7 7PA

**Gill Reeve: 07504 563235**

**or e-mail** [gill.reeve@outlook.com](mailto:gill.reeve@outlook.com)

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## **Monday 31<sup>st</sup>**

### **The Monday Quiz**

See above. Watch out for the e-mail with the Zoom link details. Anna.

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## **Notes for Your Diary**

If we have any more events, I will send an e-mail or issue an update as necessary.

Don't forget, possible events are anything that you may be doing yourself that may be of interest to others, and when you wouldn't mind having some company.

### **APRIL**

#### **Thursday 24<sup>th</sup> April**

##### **Historical guided walking tour of Colchester.**

Meet first in the Foyer Cafe at First Site at 10.30am. The tour will be approximately 2 hours starting at 11.00am from a nearby point and will be provided free of charge for our group by a qualified tour guide Alan. In view of this I am suggesting a voluntary donation of £5 to Parkinson's UK as we have a mutual friend with this disease. This will be administered by me and a receipt shared. Please bring a water bottle if needed.

**Directions:** First Site, Lewis Gardens, High St, Colchester. This is at the bottom of High St, opposite to the castle and a little further on the right. It can also be accessed via Queen St, taking a cut through. Recommended parking is Britannia Car Park CO2 7EF which is next to Colchester Town station (not North Station) and a short walk from the bus station. From any of these walk-up St Botolphs Street, which then becomes Queen St. The Park and Ride shuttle comes to the bus station.

<https://www.travelessex.co.uk/park-and-ride/colchester-park-and-ride> for timetable.

This event is bookable by 22nd April.

kathy.leecomp@btinternet.com

## **MAY**

### **Saturday 17<sup>th</sup>**

Jazz Evening, Village Hall, Wickham Bishops 7:30PM

**Booking required by 25th April 2025**

An evening of Jazz in this lovely village hall with Pete Kay's Gambit Jazzmen. All the musicians are professional, and some have played at Ronnie Scott's and the like.

Cost is £15 payable in CASH at the door. (Details correct at time of printing.) There is also a raffle with the proceeds going to the charity BRAINWAVE.

Doors open 6:30pm and the performance ends at approximately 10:30pm. NB: There is no bar so bring your own drink, snacks, coffee, etc.

Book by 25th April, although there may well be places after this date so do contact me if you haven't booked by then.

**Directions:** Church Road, Snows Corner, Wickham Bishops, near Witham. Ample parking: entrance off Wooldridge Place.

**Postcode:** CM8 3JZ

Laura Sproit cooljazz08@hotmail.co.uk

### **Sunday 18<sup>th</sup>**

**An afternoon with Sir Terry Waite on the Orwell Lady.**

In collaboration with the Felixstowe Book Festival, we are delighted to welcome Sir Terry Waite back on board for an informal talk.

Sir Terry is a renowned human rights lawyer and activist, as well as the co-founder and President of the charity Y Care International, Co-founder and Chair of Hostage UK, and President of Emmaus UK, the charity for the homeless. He has met numerous prominent figures, including General Idi Amin of Uganda and Colonel Gaddafi.

During his lecture, Sir Terry will share insights from some of these encounters and discuss how he managed to endure 1,763 days in captivity. Known for his resilience and strong sense of humour, he will also recount some revealing stories from his time as a Special Envoy to the Archbishop of Canterbury.

This will be a unique opportunity to listen to and meet an extraordinary individual. An afternoon not to be missed.

Tickets £42pp, includes cream tea and hot drink.

Three-hour trip leaving at 2pm.

**[BOOK TICKETS](#)**

## **Notes for Your Diary**

## **AIVC Inter-Club Events**

**The events below are open to members of all IVC clubs.**

*(Please note that there is often a list of 'invited clubs' in the aIVC write-up. These never include all IVCs but this does not mean that Suffolk is excluded)*

Full details are posted on the aIVC website. If you need further details, please contact the club concerned, or call me and I will try and find out more.

<b>2025</b>	
Mar 14-15	HEART OF WALES SCENIC TRAIN JOURNEY
Mar 16-23	A week in Tromso, Norway
Apr 6-10	AIVC NATIONAL CONFERENCE AND AGM
Jun 15-22	Summer Solstice Camping at Shell Island
Jul 18-27	IF:MK – International Festival Milton Keynes
Aug 2-9	Edinburgh Festival
Oct 3-5	Swanage Blues Festival

### 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 username, 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 [chair@suffolkivc.org.uk](mailto:chair@suffolkivc.org.uk) as he is the computer whiz! Hope that's OK Phil!!

### How to Add an Event

Just send an e-mail to Anna at [alo@suffolkivc.org.uk](mailto:alo@suffolkivc.org.uk). Something on the lines of the above events in the bulletin, and remember to include the following where necessary:

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 2023-2024**

Details are now on the website.