

CODDENHAM

HISTORY RECORDER

THE DAY THE EARTH MOVED FOR SUFFOLK

EADT carried the headline above after a sonic boom was reported to have shaken the ground in Suffolk. The sound was clearly heard in Coddendam although nobody has mentioned the earth shaking. As everyone knows, fighters were scrambled to escort an aircraft into Stansted after a bomb hoax.

Without warning, our quiet village was near the centre of a possible emergency. It is a sign that we are no longer far from the crises that affect the world. As Remembrance Day falls just after *Six Village News* is delivered the warning seems timely.

Of the twenty-two village men who died in the Great War, three fell in November, 1917. Another had been killed in October. That was from a population almost exactly the same size as today, about 640. If the age profile of the village in 1911 was the same as in 2011 the casualties in those two months amounted to more than one for every ten young men. The loss throughout the war represented more than half.

John Pelling, 01449 760676, johnpelling4c@gmail.com

Coddendam Village History Club

2017

at 7.30pm on Tuesday November 21st

in Haysel House

Richard Mann will tell the story of

John Christie

..... *the English serial killer*

of

"10 Rillington Place"

Visitors welcome (£3)

CODDENHAM FACEBOOK PAGE AND YOUTUBE PLAYLIST

The Coddenham Facebook page has over 3,500 'likes'.

Visit and 'like' the Coddenham Facebook page to be kept updated on village news and events.

The site has 1000's of pictures and over 100 videos.

The videos can also be seen on a Youtube 'Coddenham' Playlist.

Email coddenhamvillage@gmail.com if you would like to be kept updated on village news and events.

'FEELGOOD FRIDAY'- 4TH AUGUST 2017



My final piece of Public Health coursework was to come up with a concept to help post-natal mums & others who wanted to keep fit but found it difficult, if not impossible without childcare/transport. I am also interested in how to achieve more social empowerment and cohesion between different sectors of our community. I am particularly interested in helping post-natal mums campaigning earlier this year to 'Save the Creches'. I got to know so many mums struggling with post-natal depression and health problems which exercise is proven to help.

Outdoor exercise/gyms are an easy, accessible, free, non-intimidating way to keep fit and I felt that they may prove a beneficial addition to Coddenham recreation ground. Everyone would

be able to use them, including both parents/carer's whilst their kids were keeping fit on their own playground equipment.

I conceived the concept of 'Feelgood Fridays', a health, fitness and wellbeing event, providing a way mums and others could exercise outdoors, whilst their kids were 'corralled' in an easily manageable, central fun area on the recreation ground. So with help from some very lovely people, that is what we achieved on Feelgood Friday.

Three fitness instructors participated. Two local and a friend-**Gemma Smith (07906 577368)** from Felixstowe, kindly did yoga tasters as a favour. The two local lovely, friendly instructors who gave their time for free were: **Zoe George from 'The Fit Club' (07931 546858)**, located in the basement of The Highwayman pub on the A140 who did post-natal Pilates who also does normal pilates/sports massage/personal training, and **Lucy Evans (07515 725702)**, who's recently moved to Coddenham, a fully trained up fitness instructor/personal trainer.

Also participating were **Julie Bloomfield (07981 395508)** doing reflexology tasters, Coddenham's **'The Beauty Spot'** doing free mini treatments, **Mitch Lock (07596 541067)** wanting to start up a **'Couch to 5km'** running club (which has proved a very popular Wednesday evening pursuit, starting at 7.30pm down on the recreation ground) and **Debbie**, who is interested in forming a local walking group. **Trevor**

Hignett and my other half - **John Butters** deserve much credit for hauling around toys/chairs/tables. **Denise** and **Judith** were marvellous door keepers and **Giannina** , wonderful friends and the lovely Sophie's from 'Clubhouse kids' (@hotmail.com or search Facebook), supervised and entertained in the make-shift crèche area. The fitness classes were followed by a teddy bear picnic at 12 organised by **Jackie Stubbins**, with help from daughter **Charmaine** and the lovely **Fiona Cousins**, where they raised even more money with a raffle and games etc. which all the kids and adults loved. All together we raised £215, which is a good start to our fundraising, although more would most obviously be welcome so please speak to myself **Claire Kendall** (07909 112896) or **Jackie Stubbins**.

Claire Kendal

Coddenham & District Baby and Toddler Group

Run as a community group by local parents.

Parents, grandparents and carers of children please join us and become part of our small, friendly group.



Coddenham Community Centre

Wednesdays 10:00 – 11:30

Suits 0 – 4 yrs old. £1.50 per family, includes refreshments

Phone Claire on 07909 112 896 or 01449 760 508

AN INVITATION FROM CODDENHAM SHOP

To all who have supported us in 2017 – especially during the 6 week road closure - we are holding a taster evening on Wednesday 15th November. Please join us for a **thank you** drink and to sample what is new from Adnams, Fire Station Coffee, Julia's "Cheese World" and more.

Looking forward to seeing you,

Julia & Jane

THANKS

I would like to thank the ladies who decorated the Church so beautifully for the Flower Festival. It looked wonderful and we had lots of excellent comments from visitors.

Margaret Baker



COFFEE AND GIFTS MORNING

St Mary's Church, Coddendam

Saturday 18 November

10.00 – 12 noon

***Christmas gifts and ideas for everyone
with seasonal food and tastings***

Come along and sample fresh coffee and homemade cakes
Fun activities for the children
We look forward to welcoming you.



ST MARY'S FLOWER ROTA

4 November

Mrs Challis & Mrs Peacock

11 November

Mrs Baker

ADVENT

ST MARY'S CLEANING ROTA

Commencing Monday:

6 November

Mrs Baker and Mrs Granville

13 November

Mr Collins

20 November

Mrs Wagstaff

27 November

Mr and Mrs Thomas

4 December

Mrs Hailes

CODDENHAM COUNTRY CLUB

12 November

Bingo Night

16 Nov

Poker Night

18 Nov

Pink and Purple Party in aid of Breast Cancer
Research

26 Nov
30 Nov

Quiz Night
Crib Night

We hope to see you there. Why not follow us on Facebook? For more information contact Donna King donking2455@gmail.com or call 760577 after 6 p.m.