



Alde Sandlings Benefice

Aldeburgh, St Peter & St Paul's Parish Church,
Aldringham, St Andrew's Parish Church,
Friston, St Mary's Parish Church
Knodishall, St Lawrence's Parish Church

Rector: The Revd Sarah du Boulay
Email: revd.sarah@btinternet.com
Tel: 01728 582213

The Revd Nichola Winter
Email: njwinter@whd.co.uk

Curate: The Revd Mary Brown
Email: revd@mary-brown.co.uk
Tel: 01728 467454

The Revd Johanna Mabey
Email: rev.johannamabey@gmail.com

Services in The Alde Sandlings Benefice – Sunday 16th August

Aldeburgh	8am 11am 6pm	Holy Communion CW2 Holy Communion Carnival Songs of Praise	Prebendary Derek Johnson Revd Sarah du Boulay Revd Sarah du Boulay & Revd Mary Brown
Aldringham	11am	Family Service	Revd Bruce Gillingham
Friston	11am	Patronal Festival Service	Led by Elder Marie Szpak
Knodishall	9.30am	Morning Praise	Led by Elder Ros Macallister

A message from Revd Mary Brown

Dear Friends,

If you read my sermon from last Sunday (below) you will see that I end by encouraging us to model the peace and joy that comes from knowing the Lord Jesus Christ. Peace and joy that withstand the circumstances of life. As we read in Philippians 4 - the peace of God which passes all understanding, guards our hearts and minds in Christ Jesus. This is not 'toxic positivity', it is not sweeping suffering under the carpet or maintaining a 'stiff upper lip'. As I quite often say to families when preparing for funerals 'if you can't cry in church, then where can you'. God invites us to come to him with our whole selves, including the full range of human emotions, as we see clearly demonstrated in the Psalms. No, this peace, and the joy of the Lord, is something else altogether. They are peace and joy that run like a deep current always there, whatever is happening on the surface.

The world is currently a fearful place for many reasons, we'll each have our own. The question is, can we draw on that deep current of peace and joy to sustain us? Can we model to those around us, that when we walk hand in hand with Jesus Christ our fears change?

This weekend is Aldeburgh Carnival. Our area will be full of visitors. On Sunday evening we will gather as a Benefice, and as churches from the local area, to worship our Lord Jesus Christ on the green next to the Moot Hall. In this public act of worship, we are declaring loud and clear the peace and joy that come from the Lord Jesus Christ, and we are inviting all those who witness us to join us in God's good kingdom. I hope that many of you will be able to gather with us.

With love and prayers,
Mary

Readings for Sunday 16th August 2026

Collect

O God, you declare your almighty power
most chiefly in showing mercy and pity:
mercifully grant to us such a measure of your grace,
that we, running the way of your commandments,
may receive your gracious promises,
and be made partakers of your heavenly treasure;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Genesis 45:1-15

45 Then Joseph could no longer control himself before all those who stood by him, and he cried out, 'Send everyone away from me.' So no one stayed with him when Joseph made himself known to his brothers. ²And he wept so loudly that the Egyptians heard it, and the household of Pharaoh heard it. ³Joseph said to his brothers, 'I am Joseph. Is my father still alive?' But his brothers could not answer him, so dismayed were they at his presence. ⁴Then Joseph said to his brothers, 'Come closer to me.' And they came closer. He said, 'I am your brother Joseph, whom you sold into Egypt. ⁵And now do not be distressed, or angry with yourselves, because you sold me here; for God sent me before you to preserve life. ⁶For the famine has been

in the land these two years; and there are five more years in which there will be neither ploughing nor harvest. ⁷God sent me before you to preserve for you a remnant on earth, and to keep alive for you many survivors. ⁸So it was not you who sent me here, but God; he has made me a father to Pharaoh, and lord of all his house and ruler over all the land of Egypt. ⁹Hurry and go up to my father and say to him, “Thus says your son Joseph, God has made me lord of all Egypt; come down to me, do not delay. ¹⁰You shall settle in the land of Goshen, and you shall be near me, you and your children and your children’s children, as well as your flocks, your herds, and all that you have. ¹¹I will provide for you there—since there are five more years of famine to come—so that you and your household, and all that you have, will not come to poverty.” ¹²And now your eyes and the eyes of my brother Benjamin see that it is my own mouth that speaks to you. ¹³You must tell my father how greatly I am honoured in Egypt, and all that you have seen. Hurry and bring my father down here.’ ¹⁴Then he fell upon his brother Benjamin’s neck and wept, while Benjamin wept upon his neck. ¹⁵And he kissed all his brothers and wept upon them; and after that his brothers talked with him.

Romans 11:1-2a, 29-32

11 I ask, then, has God rejected his people? By no means! I myself am an Israelite, a descendant of Abraham, a member of the tribe of Benjamin. ²God has not rejected his people whom he foreknew. ²⁹For the gifts and the calling of God are irrevocable. ³⁰Just as you were once disobedient to God but have now received mercy because of their disobedience, ³¹so they have now been disobedient in order that, by the mercy shown to you, they too may now receive mercy. ³²For God has imprisoned all in disobedience so that he may be merciful to all.

Matthew 15:10-28

10 Then he called the crowd to him and said to them, ‘Listen and understand: ¹¹it is not what goes into the mouth that defiles a person, but it is what comes out of the mouth that defiles.’ ¹²Then the disciples approached and said to him, ‘Do you know that the Pharisees took offence when they heard what you said?’ ¹³He answered, ‘Every plant that my heavenly Father has not planted will be uprooted. ¹⁴Let them alone; they are blind guides of the blind. And if one blind person guides another, both will fall into a pit.’ ¹⁵But Peter said to him, ‘Explain this parable to us.’ ¹⁶Then

he said, 'Are you also still without understanding? ¹⁷Do you not see that whatever goes into the mouth enters the stomach, and goes out into the sewer? ¹⁸But what comes out of the mouth proceeds from the heart, and this is what defiles. ¹⁹For out of the heart come evil intentions, murder, adultery, fornication, theft, false witness, slander. ²⁰These are what defile a person, but to eat with unwashed hands does not defile.'

21 Jesus left that place and went away to the district of Tyre and Sidon. ²²Just then a Canaanite woman from that region came out and started shouting, 'Have mercy on me, Lord, Son of David; my daughter is tormented by a demon.' ²³But he did not answer her at all. And his disciples came and urged him, saying, 'Send her away, for she keeps shouting after us.' ²⁴He answered, 'I was sent only to the lost sheep of the house of Israel.' ²⁵But she came and knelt before him, saying, 'Lord, help me.' ²⁶He answered, 'It is not fair to take the children's food and throw it to the dogs.' ²⁷She said, 'Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table.' ²⁸Then Jesus answered her, 'Woman, great is your faith! Let it be done for you as you wish.' And her daughter was healed instantly.

Readings for Sunday 23rd August 2026

Collect

Almighty and everlasting God,
you are always more ready to hear than we to pray
and to give more than either we desire or deserve:
pour down upon us the abundance of your mercy,
forgiving us those things of which our conscience is afraid
and giving us those good things
which we are not worthy to ask
but through the merits and mediation
of Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Exodus 1:8-8-2:10

8 Now a new king arose over Egypt, who did not know Joseph. ⁹He said to his people, 'Look, the Israelite people are more numerous and more powerful than we. ¹⁰Come, let us deal shrewdly with them, or they will

increase and, in the event of war, join our enemies and fight against us and escape from the land.’¹¹ Therefore they set taskmasters over them to oppress them with forced labour. They built supply cities, Pithom and Rameses, for Pharaoh.¹² But the more they were oppressed, the more they multiplied and spread, so that the Egyptians came to dread the Israelites.¹³ The Egyptians became ruthless in imposing tasks on the Israelites,¹⁴ and made their lives bitter with hard service in mortar and brick and in every kind of field labour. They were ruthless in all the tasks that they imposed on them.

15 The king of Egypt said to the Hebrew midwives, one of whom was named Shiphrah and the other Puah,¹⁶ ‘When you act as midwives to the Hebrew women, and see them on the birthstool, if it is a boy, kill him; but if it is a girl, she shall live.’¹⁷ But the midwives feared God; they did not do as the king of Egypt commanded them, but they let the boys live.¹⁸ So the king of Egypt summoned the midwives and said to them, ‘Why have you done this, and allowed the boys to live?’¹⁹ The midwives said to Pharaoh, ‘Because the Hebrew women are not like the Egyptian women; for they are vigorous and give birth before the midwife comes to them.’²⁰ So God dealt well with the midwives; and the people multiplied and became very strong.²¹ And because the midwives feared God, he gave them families.²² Then Pharaoh commanded all his people, ‘Every boy that is born to the Hebrews you shall throw into the Nile, but you shall let every girl live.’

2 Now a man from the house of Levi went and married a Levite woman.² The woman conceived and bore a son; and when she saw that he was a fine baby, she hid him for three months.³ When she could hide him no longer she got a papyrus basket for him, and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river.⁴ His sister stood at a distance, to see what would happen to him.

5 The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds and sent her maid to bring it.⁶ When she opened it, she saw the child. He was crying, and she took pity on him. ‘This must be one of the Hebrews’ children,’ she said.⁷ Then his sister said to Pharaoh’s daughter, ‘Shall I go and get you a nurse from the Hebrew women to nurse the child for you?’⁸ Pharaoh’s daughter said to her, ‘Yes.’ So the girl went and called the child’s mother.⁹ Pharaoh’s daughter said to her, ‘Take this child and nurse it for me, and I will give you your wages.’ So the woman took the child and nursed it.¹⁰ When the child grew up, she brought him to Pharaoh’s daughter, and she took him as her son. She named him Moses, ‘because’, she said, ‘I drew him out of the water.’

Romans 12:1-8

12 I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. ²Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.

3 For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgement, each according to the measure of faith that God has assigned. ⁴For as in one body we have many members, and not all the members have the same function, ⁵so we, who are many, are one body in Christ, and individually we are members one of another. ⁶We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ⁷ministry, in ministering; the teacher, in teaching; ⁸the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.

Matthew 16:13-20

13 Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, 'Who do people say that the Son of Man is?' ¹⁴And they said, 'Some say John the Baptist, but others Elijah, and still others Jeremiah or one of the prophets.' ¹⁵He said to them, 'But who do you say that I am?' ¹⁶Simon Peter answered, 'You are the Messiah, the Son of the living God.' ¹⁷And Jesus answered him, 'Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you, but my Father in heaven. ¹⁸And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it. ¹⁹I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.' ²⁰Then he sternly ordered the disciples not to tell anyone that he was the Messiah.

✠ Church of England and Diocese Online Worship ✠

There are many online services you can view from the Church of England and our cathedral. Here are some links below.

Church of England website

<https://www.churchofengland.org/prayer-and-worship/church-online/weekly-online-services>

Church of England Facebook page

<https://www.facebook.com/thechurchofengland/>

Church of England YouTube channel

<https://www.youtube.com/channel/UCLeck8GovYoaYzIgyOEIKZg>

St Edmundsbury Cathedral Facebook Page

<https://www.facebook.com/stedscathedral>

Sermon by Revd Mary Brown, Sunday 9th August, Friston Parish Church

I wonder whether any of you have ever imagined yourself in this familiar scene. Imagined that strong wind, the waves battering the boat - and that word in Greek can also be translated as torturing or tormenting - these were some big waves. Maybe some of you have been out on the river on the sea when there's been similar weather conditions, so it's easier for you to imagine.

And into the midsts of that dark and stormy night, a figure appears, a phantom, perhaps.

You can see why the disciple thought it was a ghost. Here are the dead come to gather us and take us down as we prepare to die...

But into that fear speaks this voice. ***'Take heart, it is I; do not be afraid'*** and everything changes. ***'Take heart, it is I; do not be afraid'*** That refrain, that repeats throughout the Bible ***'do you not be afraid'***.

I've just been at Friston, and I asked this question there, expecting it to be rhetorical, but was quite pleased when I got some answers. So if you'd like to answer the question I'm about to ask, please feel free...!

When else do we hear this in the Bible. Any offers?

'Mary' - Yes, when the angel Gabriel comes to tell Mary that she is going to bear the Christ child, she is understandably afraid, and he says ***do not be afraid***.

'Jarius' daughter' - Yes, Jarius comes to beg Jesus to heal his daughter. Jesus goes and heals her and tells her parents that they ***do not need to be afraid***.

'Elijah when he met the widow' - Elijah when he meets the widow who is in a drought. She's only got enough flour and oil to make one more loaf of bread, and she says she and her son are going to make a loaf of bread, eat it, and then die. And Elijah says '***do not be afraid***' God is going to make the flour and the oil last for as long as the drought does.

This phrase comes throughout the Bible, again and again. Pretty much every time a messenger from God comes to speak to someone. We hear it said to the shepherds when the angels come to announce that the Messiah has been born. In the book of Judges, when the angel of the Lord comes to tell Gideon that he is to lead an army against the Philistines. He is very afraid, he is hiding in a barn threshing wheat in a wine press. And the angel says ***do not be afraid***. Again and again, we are told, in the face of understandable fear, ***do not be afraid***.

The reason we are given is God - because of who he is and what he does - our fears lose their power in the face of God's goodness and his power.

We see that in our reading today.

I wonder how many of you are feeling afraid today? There are lots of reasons to be afraid. We might be afraid because of the wildfires at Dunwich, Minsmere and elsewhere in the country. We might be afraid as we see the vegetation in our gardens and the hedge rows grow browner and browner, and we look at the weather forecast and there is no rain on the horizon. We might be afraid when we hear of wars and rumours of wars. We might be afraid because of something in our personal lives; news of a loved one's ill health, news of our own ill health. We might be afraid because we don't have enough money to buy the things we need. There are all sorts of things in our lives and in the world at the moment that would make us afraid

Through today's gospel reading we can each hear the voice of Jesus, speaking into our fear particular fears and saying '***take heart, it is I; do not be afraid***'.

Though we are not robing today, I brought along my white stole. Many of you will have seen this before. White stoles are worn for celebrations. They're worn for Christmas, for Easter, for weddings, for baptisms. I sometimes wear mine for funerals - because so often the people whose funerals I am taking here have had some connection to the sea or the river. There are lots of reasons why I chose to get a white stole with a lighthouse and a boat on, I'll just tell you a couple now.

For me, the lighthouse reminds me that Jesus is the light of the world. That's what John says in the first chapter of his gospel. Jesus, the light of the world, has come into the world. Matthew, in his gospel quotes Isaiah chapter 9, saying *'the people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned.'*

The boat reminds me of Jesus calming the storm - he's asleep and the disciples go to him and say 'wake up, we're going to die' - Jesus speaks to the wind and the waves and they stop. It reminds me of the times that the disciples have had a long hard night of fishing and have caught nothing, and Jesus says 'put down your nets' and suddenly their nets are so full that they can't pull them in. It reminds me of the account of Jesus after the resurrection, meeting the disciples on the beach and cooking them barbecued fish for breakfast. But most of all for me it represents this gospel story we've heard today. Jesus walking to the disciples across the water. Peter, courageously, full of faith, stepping out and walking to Jesus. And then, noticing the waves, sinking into the water, crying out 'Lord, save me' and Jesus' immediate rescue of Peter.

That story is particularly meaningful to me, has particular resonance for me, because in the season when my father was dying, right towards the end of his life God spoke to me powerfully through this gospel account.

I had experienced months of doubt about God. I'd never known anything like it before in my life - I found myself waking up in the morning, wondering if God actually existed. I decided that the best thing I could do was carry on living as though he did, because the last time I felt like myself, he had existed...

Then one day, about a week before Dad died I was sat on my father's bedroom floor next to one of my sisters, whilst our other sister played a therapy harp for my father. She is a music therapist and uses this harp with

hospice patients. It's a big wooden bowl, like a big fruit bowl, with harp strings across it. The idea is you can place it in the lap of a patient and play it or let them play it themselves, and the vibrations are soothing, like they were for King Saul when David played him the harp.

As I sat there on Dad's bedroom floor, listening to my sister playing. I had a picture. It was Jesus, standing above me reaching out his hand and saying, 'I've been standing here offering you my hand, all you had to do was reach out and put your hand in mine and I would have pulled you out'. And so I did - I put my hand in Jesus' - it was a turning point, restoring my faith and leading me out of doubt. And it was rooted in this gospel reading - which is why I included a boat on my white stole.

I had been like Peter, I had looked at the waves of life more than I was looking at Jesus. I had let my eyes drift from our Lord and Saviour. I had started to sink into the storms of life. But Jesus stood there ready to pull me out.

So I think for us today, this passage is a reminder that when the fears seem to close in, when the torturous wind is battering us. We can look to Jesus. When we cry out 'Lord save me' Jesus is already standing above us, already there with his hand out, ready to pull us out from the waves and the wind.

Peter had the power, when he trusted Jesus, to walk across the water, to come all the way to Jesus. One of the things that I think can counter our fears is that reminder that we too have that power. When we know Jesus, when we have turned to him as our Lord and Saviour, when we have been baptised, the Holy Spirit comes to live in us. Paul tells us that the Holy Spirit is the same spirit that raised Christ from the dead. He says the same spirit that raised Christ from the dead, lives in us. When we encounter our fears, we can respond with that power! Again Paul tells us that we have not been given a spirit of fear, but of power and of love and of self control.

So when those fears come pressing in, what can we do? I think one thing we can do is stand in that power and intercede - pray.

When we see wildfires burning, do we believe that we have the power to pray and see them stopped in their tracks? Do we believe that we have the power to pray and see the rain come like Elijah did? Elijah saw a cloud the size of a man's hand, and he ran to the king and said, 'you had better start

traveling, because a heavy rain is coming'. He had seen one fluffy white cloud, but he had prayed and he believed that God would answer his prayers. When we see wars and rumours of war, do we believe that we can pray and that the hearts and minds of the leaders starting wars will be turned towards peace? All of these things and more are possible in the power of God, in the power of our Lord Jesus Christ, who truly is the Son of God.

I believe that the invitation to us from this gospel reading today is to remember who Jesus is, to hear his voice saying, **'take heart, it is I; do not be afraid'**, and to respond by getting out of the boat, facing our fears, walking towards Jesus. And I think one thing that can look like is by praying.

We've got a week of prayer coming up, the second week in September, the deanery is going to be gathering together in various ways for this week of prayer. And I think my challenge for us all, including me, from this passage today, is to enter into prayer as though we believe that Jesus really can pull us out of the water. As though we really do believe that Jesus really is more powerful than our greatest fear.

We have a good God. We have a Lord and Saviour who has already rescued us from our greatest enemy, death. Let's go out into the world and model the difference that it makes to know Jesus. In a time when many people around us are afraid, let's be people of peace and hope and joy.



Mary wearing her white stole at the ordination of a friend

£££ Ways to donate to our churches within the £££

Alde Sandlings Benefice

Your donations REALLY mean so much to us. If you would like to donate, please click on the link below.

No matter how small your donation is, it helps us keep our doors open, support our ministry and mission, and to help preserve our church buildings. THANK YOU SO MUCH

Just click on the link to support any of our churches -

<https://www.aldeburghparishchurch.org.uk/ways-to-donate-to-the-churches-within-the-alde-sandlings-benefice/>

† Pilgrims Together †

Pilgrims Online Wednesdays

Wednesday Gathering to Worship, Reflect and Pray

6.30pm (open from 6.10) - Zoom link

<https://us02web.zoom.us/j/376110700?pwd=Q0Q3TUNya08zVGNoUkl2aUc5a0hVZz09>

All are welcome to any of the Pilgrim's events

Food Banks at the East of England Co-op

Foodbanks provide a valuable service to those in need in our communities.

The Aldeburgh & Leiston Co-op supermarkets are doing a grand job in collecting food donations, which are collected regularly and distributed.

So please look out for the various collection baskets.

<https://www.eastofengland.coop/community/foodpoverty/foodbank-support>

† Home Visits †

Not everyone can get to church as they were once able to, due to an illness reduced mobility. We fully understand that this can be incredibly isolating for some. If you, or you know of someone that would like a home visit from one of our Elders, please do let us know. Or if you would like home communion, please do let a member of clergy know. Please contact them directly or email aldesandlingsbenefice@outlook.com and we will do our utmost to arrange a visit.



The 2026 Suffolk Historic Churches Ride and Stride



Saturday 12th September 9am-5pm



The Annual Sponsored Ride and Stride is a national event, and every second Saturday in September cyclists and walkers all around the country are out making money for their local county Churches Trust. The Alde Sandlings communities always contribute hugely. If you would like to take part, you can either walk, cycle or be a recorder on the day, or of course, you might like to sponsor one of the team, please contact you SHCT organiser:

Aldeburgh – Fran Smith – aldesandlingsbenefice@outlook.com

Aldringham – aldesandlingsbenefice@outlook.com

Friston – Chris Ive – pennyive@icloud.com

Tel: 01728 688106.

Knodishall – John & Ros Macallister -
johnmca338@gmail.com



Good Luck Everyone!

The Church of St Peter and
St Paul, ALDEBURGH

50th

ANNIVERSARY

OF THE FRIDAY MARKETS!

FRIDAY MARKETS

in August 2026

7th, 14th, 21st and 28th August

10–12pm

in the CHURCH HALL - IP15 5EA

Plants - Flowers - Fruit & Vegetables
Jams & Chutneys - Cakes & Savouries

Bric-a-Brac

Toys & Games - Household Items

Jewellery - Paintings

Scarves & Fancy Goods - Tombola

Tea, Coffee & Refreshments Served

FRESH
LOCAL
LOVELY!

♥ **ALL MOST WELCOME** ♥

→ Cash only please! ←



What's On Across The Alde Sandlings Benefice

Weekly Worship

Morning Prayer at 9am

Monday

- Aldeburgh
- Friston

Tuesday

- Knodishall

Wednesday

- Aldeburgh

Thursday

- Aldringham

Friday

- Aldeburgh

Holy Communion Service every Wednesday at 10am
Aldeburgh Parish Church

Dates for Your Diary

Sunday 16th August at 6pm

Carnival United Songs of Praise Service

Moot Hall Green (or Aldeburgh Parish Church in the event of wet weather!)

Sunday 23rd August at 11am

Benefice Holy Communion

Aldeburgh Parish Church

7th, 14th, 21st & 28th August

Friday Markets 10am – 12pm

Aldeburgh Parish Church



Celebrating our 50th Anniversary!

Friday 28 August - 7pm & 9pm

A Coldplay Candlelight Experience

Aldeburgh Parish Church

[Book your tickets online.](#)

Saturday 12th September, 9am – 5pm

2026 Suffolk Historic Churches Ride and Stride

Alde Sandlings Benefice

Sunday 13th September at 9.30am

Harvest Festival Service

Friston Parish Church

Sunday 20th September at 9.30am

Harvest Festival Service

Knodishall Parish Church

Sunday 27th September at 11am

Harvest Festival Service

Aldringham Parish Church

Monday 26th October at 12pm

Nadia Lasserson fundraising concert in aid of Save the Children

Aldeburgh Parish Church

Saturday 3rd October, 10am – 12pm

Harvest Messy Church

Aldeburgh Parish Church

Saturday 5th December at 4pm

Christingle Service

Aldeburgh Parish Church

Saturday 12th December, 10am – 12pm

Christmas Messy Church

Aldeburgh Parish Church

Safeguarding at The Alde Sandlings Benefice

The care and protection of children, young people and adults involved in church activities is the responsibility of everyone who participates in the life of the Church. If you are concerned that someone you know is at risk of, or is being abused, or presents a risk to others, please seek advice from a Safeguarding Adviser or if necessary, report the matter to the Local Authority

Social Care Services or the Police without delay.

The Alde Sandlings Safeguarding Officer: Mrs Fran Smith-
safeguarding.aldesandlings@outlook.com

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