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JANUARY 2022

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## EXTRA



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## CHILDREN'S CHARITY GETS CHRISTMASSY AT OPEN AIR EVENT IN WOODBRIDGE

Elves, Elsa and an evil ice queen welcomed special guests at a spectacular Christmas trail in Woodbridge.

Fresh Air Events, the team behind the Christmas on the Hills event in Woodbridge, greeted 35 families and staff from East Anglia's Children's Hospices (EACH).

They were met by a magician, a naughty Grinch, reindeer, and Father Christmas himself before exploring a tunnel of lights, a candy cane walk and an elf workshop and toasting marshmallows by Santa's sleigh.

Christmas on the Hills, based at Seckford Hills, right next to Seckford

Hall Hotel, has been created by a Netflix film director who has worked on award-winning films and music videos.

The immersive, family-friendly trail features special effects, live actors and music as well as a host of festive props.

A spokesman for Fresh Air Events said: "We were delighted to welcome families and staff from EACH to our event and see so many happy, smiling faces.

"We'd love to raise as much money as possible to help the hospice continue to care and support children and young people with life-threatening

conditions across Suffolk, Norfolk, Essex and Cambridgeshire."

Donation buckets and posters with QR codes were located throughout the trail to enable people to donate.

Tina Burdett, Community Fundraising Manager at EACH, added: "We always welcome the opportunity to raise money and awareness for EACH so we're delighted to be working with a local attraction offering a fantastic, fun and festive experience for everyone."

Local business M & C Engineering collected and put up a giant Christmas tree on the trail as a donation to the charity for everyone to enjoy.

Families were greeted at Christmas on the Hills by Elsa



Attractions along the trail include giant light up presents, characters in costume, the Grinch and Father Christmas. Photos: Fresh Air Events.





## NEWS FROM ALDE VALLEY ACADEMY

**Headteacher Message**

We have had a superb autumn term at Alde Valley Academy and the school continues to grow from strength to strength. Our Covid precautions have hampered some aspects of school life but our 'new normal' has seen students adopt the wearing of masks in communal areas of the school as second nature.

September started with a 'bang' with a successful Presentation Evening at Snape Maltings Concert Hall where we were able to celebrate with our fantastic students and their parents and families. We are extremely grateful to all of the local and international businesses whose generosity made the evening possible. Planning for next year's event on 27 April 2022 has already started and again we are asking for anyone who is in a position to sponsor the event to get in contact with us at school.

October saw our most successful Open Evening yet which coincided with the opening of our new Library. A record number of parents attended the evening which has translated into the largest cohort of students applying for a place at Alde Valley Academy in the school's history. This will be the third 'record-breaking' year in terms of student numbers and marks a 66% growth in student numbers over the past 5 years. Alde Valley Academy remains the fastest growing school in Suffolk.

I can personally reassure parents that despite our rapid growth, we will honour our promise to maintain small class sizes. Our current average class size across the school is 24 students and just 18 at Key Stage 4. We are also planning our expansion of teaching rooms and resources.

We have had a huge range of extra opportunities that our students this term. They have included our Art Exhibition at the George Farnham Gallery, the vast array of sports fixtures, the opportunity to be part of our school production 'Aladdin', our Music enrichment at Pro-Corda, our involvement in Net-Zero Leiston with EDF and our success at the 'Greenest County Awards' where we won the award for 'Greenest School in Suffolk' amongst many others.

As part of personal development at Alde Valley Academy students are taught PSHE. In addition to the timetabled lessons, students in Year 8 watched a performance by Solomon Theatre Company and participated in a workshop with the cast. This looked at healthy relationships, the effects of alcohol and drugs and mental health. Year 10 have had their first Key Stage 4 PSHE curriculum day which gave students the opportunity to

learn basic first aid, including CPR, the importance of self-screening, and guidance on how to keep safe when they are amongst the public within a community setting. Students were engaged throughout and learnt valuable aspects of leading a safe and healthy lifestyle.

These opportunities add to the high-quality lessons that our students receive on a daily basis by a team of highly qualified, motivated and experienced staff who go the extra mile to make Alde Valley Academy the 'School of Choice'.

I would like to wish you all a very happy Christmas and best wishes for 2022

**Dan Mayhew**

**Food Bank Project**

To coincide with Harvest Festival, Alde Valley Academy launched a food bank collection in school following last year's outstanding contribution.

It was discussed during tutorial time how, unfortunately, many families are struggling with purchasing day to day food. Waveney Food Bank has seen a 450% increase in supplying emergency food supplies to people in crisis compared to the last 4 years. 1 in 5 people of the UK population now live below the poverty line.

Waveney Food Bank work in conjunction with The Trussell Trust to combat poverty and hunger. It was also discussed what could cause a person to find themselves in this situation such as redundancy, illness, domestic violence and how the pandemic has contributed to some of these factors.

Miss Whatling, PE Teacher, launched a house challenge within the school that was different to the normal sporting competitions, where points would be allocated on the house who donated the most food items.



Miss Whatling, commented, "Thank you to all the parent and student contributions; it will make an invaluable difference to local families."

The food collection was a huge success and generated even more food donation than previous years.

### New Library

We are pleased and proud to showcase the new library which is literally at the physical heart of the school and embedded in the heart of school values.

Albert Einstein famously said, "The only thing that you absolutely have to know, is the location of the library."

The English department recognises the importance of literacy, which is key to the enrichment and progress of all students of every capability in every subject in the curriculum. Even reading for a mere 5 minutes a day will give a student access to the riches of over 200,000 words which will unlock their understanding; 20 minutes per day unfolds access to nearly 2 million!

As such, reading is an integral part of the school day with students exploring a class novel with their tutor, reading independently or as part of a timetabled lesson where students can read in the peaceful environment of their new library. Showcasing the magic and excitement of the 'worlds' a student can become immersed in, the stairwell and entrance to the library present stunning artwork from the covers of classic novels as if each student meets characters and becomes drawn into their experiences step by step.



Moreover, Alde Valley Academy have forged a partnership with Leiston library, allowing every child to be issued with a library card, extending the links between the school and the wider community.

They hope to be able to fundraise to continually diversify and enrich their own stock of books, both fiction and non-fiction.

They are very grateful to have received a £500 donation from EDF Energy committee. Niki Rousseau, EDF Energy, commented "EDF is pleased to be supporting Alde Valley Academy with their project, and would like to wish them every success with their fundraising."

If any parent or local business would like to donate to our cause to purchase more books to fill our new library please contact Mr Mayhew, Headteacher.

### Children in Need 2021



To support this year's Children In Need appeal, Alde Valley Academy could not hold their normal Variety Show event for the second year running, but did not want to miss the opportunity to continue to support this very worthy charity day.



Therefore, they supported this year's Children in Need with a non-uniform day collecting a donation from students who participated.

The theme was all about students having fun and wearing whatever makes them feel comfortable, in return for a small donation. It was an easy way to get involved, while giving our students an opportunity to raise vital funds to support young people who need it most.

Everyone got involved to make Children In Need 2021 at Alde Valley another memorable day. Overall Alde Valley Academy raised £603 for Children In Need.



### Personal, Social, Health Education Event

PSHE is a really important part of a student's curriculum at Alde Valley Academy and for Key Stage 4 students this is delivered through PSHE days.

We support students to ensure they are suitably prepared to live a safe and healthy life. Our PSHE sessions incorporate the Relationships and Sex Education curriculum as well as additional topics we feel will prepare students to become responsible 21st century citizens.

Year 10 students enjoyed a morning off timetable to participate in a carousel of PSHE activities including the theme of Health and Prevention which incorporated; first aid, keeping safe when out, and health self-examination and screening.

During the keeping safe activities strategies were discussed about how students can avoid getting themselves into tricky situations and how to respond if they did. They were also taught practical techniques on how to free themselves if held or grabbed. This session was delivered by Mark and Jayne Lewis from Kok Sool Won who teach people martial arts in a safe and friendly environment. This activity proved to be most popular. Students remarked that it was not only enjoyable but an important life skill. Year 10 students Tommy and Dylan, stated, *"We'll feel safer when we go out because we know how to protect ourselves."*

In the first aid session, pupils were required to practise CPR on a CPR manikin, learning how to resuscitate any person in trouble. Furthermore, students discovered how to use a defibrillator; especially notable, after the successful fundraising and purchasing of 4 defibrillators at Alde Valley Academy: 2 for the school premises and 2 for the local community.

During the self-examination sessions students learnt about breast and testicular cancer. We emphasised the importance of self-examination to ensure early detection.

Even when discussing the more challenging topic of self-examination, Mr Spink, Geography Teacher, said *"the students had a high level of maturity which made me feel very proud."*

Following on from the day students and staff will reflect and feedback to ensure all PSHE curriculum days are tailored to our students at Alde Valley Academy. These happen termly for Key Stage 4.

Miss Moore, Assistant Head, commented *"The Year 10 students engaged amazingly well with their PSHE day. It was something a little different for them and we know*

they have taken some valuable lessons away from the day. We were again incredibly proud of our students. Many thanks to Miss Whatling for organising the day of activities."

Written by Year 8 students  
Daisy, Hollie and Esme



## 'THERMOPYLAE' & THE COMPOSITE SHIP ERA

### TALK BY CAPTAIN PETER H KING FNI AT WOODBRIDGE CRUISING CLUB

For years, the clipper ship era has been the subject of romance, epitomised by the **Cutty Sark** preserved at Greenwich. Yet in 1879, the Sydney Morning Herald eulogised about another great clipper, seldom remembered today:

*The fastest and handsomest ship in the world is now lying at the Circular Quay loading for London, and those who take pleasure in seeing a rare specimen of naval architecture should avail themselves of the opportunity of doing so. Of course, we allude to the **Thermopylae**, the celebrated Aberdeen clipper. The **Thermopylae** has all the appearance of a yacht, and yet she carries a good cargo, is a beautiful sea boat, and stands up to her canvas well.*

Commissioned in 1868 by Aberdeen shipowner Geo. Thompson Jnr., an owner recognised in his time for excellence of operation on the Australian and China trades, Thompson undoubtedly intended to stamp his authority on the China Tea Trade with a ship which would immediately be recognised as best

in class – **Thermopylae**. On her maiden voyage to China via Australia **Thermopylae**, under the command of Captain Robert 'Pile-on' Kemball established records on each of three legs. She consistently achieved fast passages on the China tea trade before in 1881 being displaced by steam, when she joined other China clippers on the Australian homewards wool trade until again displaced by steam in 1890. She was then sold to Canadian owners, to be used on the trans-Pacific rice trade from South East Asia to British Colombia, with return cargoes of timber, flour and coal.

In 1896, her trading days over, **Thermopylae** was sold to the Portuguese Navy for intended use as a sail training ship. Re-named **Pedro Nunes**, she was found to be in too advanced a state of deterioration for the intended conversion to take place, and the once proud ship was reduced to a coal hulk. In October 1907, her useful life expired, with a sense of occasion she was towed out to the mouth of the River Tagus and sunk by two torpedoes as the climax

of a Naval Regatta presided over by the Queen of Portugal.

**Thermopylae** is often compared with **Cutty Sark**, a ship of similar dimensions commissioned a year later with the specific intention of out-pacing **Thermopylae** on the China Tea Trade – and only once succeeded in eight years. **Cutty Sark's** competitive record on the subsequent Australian Wool Trade was superior, but throughout her trading career, **Thermopylae** maintained her reputation for consistently fast passages, such that amongst seamen of her time she was generally regarded as the better ship.

But it is not in the over-romanticised racing clipper era that **Thermopylae** should best be remembered. Her design and construction as a composite-built ship pose a number of questions, as does her inter-relationship with Lloyds Register of Shipping and the casing of that Society's *Suggestions for the Construction and Classification of Composite-built Ships*.



Consideration of these aspects of her career reveal a number of conundrums not hitherto explored.

Captain Peter King retired from the merchant shipping industry a couple of years ago after 62+ years' continuous service in a wide range of maritime disciplines. In the 1980s, while serving as Managing Director of one of the Christian Salvesen group companies in Aberdeen, he developed an interest in the Geo, Thompson Jnr's Aberdeen-based shipping enterprise leading to his researching and publishing the first definitive history of that long-forgotten shipping entity,



the jewel in whose crown was the clipper **Thermopylae**. A member of Council of the prestigious Society for Nautical Research, King has subsequently built upon material

garnered for 'The Aberdeen Line' and is currently writing and illustrating a monograph on the clipper **Thermopylae**.

## WOODBIDGE CAMERA CLUB

### Camera Club in the Landscape

Over 50 Landscape Images kept Judge Tony Bramley FRPS busy in our November Competition. Members submitted a worldwide

selection of images for his critique and were rewarded with constructive and helpful guidance on their photographic path. Congratulations to new member Christine Brown achieving the double taking both

first & second places with Steve Stammers taking third. We are all hopeful this will be the last of our Zoom Competitions, we are planning (fingers crossed) for F2F or Hybrid meetings in Feb 2022



## CITIZENS ADVICE

### HAPPY NEW YEAR ... AND NEW CHALLENGES FOR 2022

As we write this, who knows what 2022 holds for us. The Omicron is gallivanting at a fast rate and advice is changing by the day.

Christmas is a lovely but challenging time of year. People can face increased spending leading to escalating debts, scams are rife and relationships can be challenging. Many people are already struggling with their energy bills and the current Omicron situation may bring new employment challenges. For some people there is the added stress of finding the holiday period a lonely or isolating time.

If you, or anyone you know, needs

help or advice then please contact Citizens Advice. We can give advice, provide practical help or signpost you to services that can support you.

From our offices in Leiston, we are still running with face-to-face appointments only. Our phone lines are open so please do ring on **01728 832193 (Mon, Tues, Thurs, Fri 10am-2pm) or email: [supervisor@leistoncab.cabnet.org.uk](mailto:supervisor@leistoncab.cabnet.org.uk).**

We are also now open for drop-in appointments on a first come, first served, basis:

**Woodbridge Library: Mondays 10 - 12**

**Wickham Market Resource Centre: Tuesdays 1.30 - 3.30**

### Saxmundham

**Library, Street Farm Road: Wednesdays 10 - 12**

**Framingham Library: Fridays 10 - 12**

You can access support from our national line on 0800 144 8848 (not on bank holidays) and our website has some useful local numbers to use over the holiday period ([www.leistoncab.org](http://www.leistoncab.org))

Please do get in touch in 2022 if you need help from 4<sup>th</sup> January 2022.

In the meantime, from all at Citizens Advice Leiston, Saxmundham & District we wish you a happy and peaceful New Year.

## SOUTHWOLD RESIDENTS TO VOTE ON NEIGHBOURHOOD PLAN IN THE NEW YEAR

**Residents in Southwold will be asked to decide whether a Neighbourhood Plan for the town should be used by East Suffolk Council for future planning applications.**

The Southwold Neighbourhood Plan was developed by Southwold Town Council following extensive consultation with the local community and sets out its vision for development to 2036.

Following a 6-week public consultation earlier this year, an independent examination has now been completed which found the plan meets all legal requirements, subject to some amendments.

As a result, East Suffolk Council has concluded that the Plan should proceed to a referendum incorporating the recommended

amendments suggested by the examiner. The referendum will take place on Thursday 3 February 2022 and will ask residents to vote on whether the Council should use the Neighbourhood Plan for Southwold to help determine planning applications in the neighbourhood area.

Cllr David Ritchie, East Suffolk's cabinet member for Planning and Coastal Management said: *"Neighbourhood planning enables local communities to get directly involved with planning the areas in which they live and work, and I would encourage those living in Southwold to get involved and take part in the referendum next year."*

For more information about the Southwold Neighbourhood Plan, including the examiner's report and the Council's statement, please visit

[www.eastsuffolk.gov.uk/southwold-neighbourhood-area/](http://www.eastsuffolk.gov.uk/southwold-neighbourhood-area/)

Details of the referendum and how to vote will be published in the new year.

If you have any questions or would like to request physical copies of documents, please call 01394 444557, email [planningpolicy@eastsuffolk.gov.uk](mailto:planningpolicy@eastsuffolk.gov.uk) or write to East Suffolk Council, Planning Policy and Delivery Team (Neighbourhood Plans), Riverside, 4 Canning Road, Lowestoft, Suffolk NR33 0EQ.

When finalised, the Neighbourhood Plan will act as a guide to development in the town and will be required to be used by anyone considering, or making, a planning application.



# CHRISTMAS MARKET RAISES OVER £24,000!

Shoppers flocked to Trinity Park Ipswich on Saturday 4<sup>th</sup> December for the very first Helen Rollason Cancer Charity Christmas Market raising over £24,000 for the charity!

Funds raised will enable the charity to provide complimentary therapy treatments to 960 clients, helping us to

enable quality of life while living with cancer.

Showcasing over 90 small businesses from across the region, the market had an exciting variety of high-quality, unique gifts, decorations, crafts and festive foods to get guests in the Christmas spirit at Trinity Park in Ipswich (home of the Suffolk Show).

The venue lent itself to a large well-ventilated undercover barn space to protect buyers and sellers from the cold conditions

while guests wrapped up warm against the winter weather.

Alongside the shopping stands, there was a range of food and drink stalls, serving up alcoholic beverages including festive hot drinks and mulled wine. Santa was due to make an appearance but sadly Mrs Claus was taken ill – we wish her better soon. There were smiles all round with games including name the bear, tombola and raffle with the chance to win £250!

Karen Mitchell, Community Fundraiser for Helen Rollason Cancer Charity said: "We've been absolutely blown away by the amount of visitors that we've had at our Christmas Market – incredible for our first event!"

We've already received some fantastic feedback about the quality and variety of products on sale and everyone's been really impressed with the food and drink on offer.

We need to raise almost £900,000 a year to provide our services so this event has helped us achieve that considerably. It's been wonderful to see so many people coming out to show their support. Thank you to all our fantastic volunteers involved in planning, setting up, clearing away, our stallholders and everyone who attended the event, spent money or donated to the charity.

Helen Rollason Cancer Charity is dedicated to supporting people whose lives are touched by cancer. Our Support Centres offer a range of complementary therapies to patients in an environment of peace and tranquillity, including counselling, reflexology, aromatherapy, manual lymphatic drainage and support groups.

We support men and women with all types of cancer at all stages – whether newly diagnosed or longer-term, throughout treatment and after treatment is completed. We rely on donations, fundraising and money raised through our charity shops to continue operating our Support Centres."

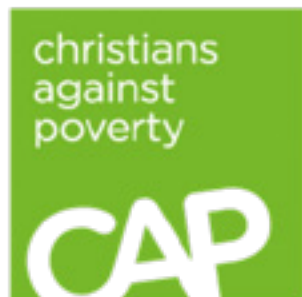


**Christmas Cards**

Available for purchase in our shops, support centres or online at [www.helenrollason.org.uk/shop](http://www.helenrollason.org.uk/shop)

**Only £3.95 per pack - 10 cards and envelopes in each pack**





## Struggling with Debt?

With so many pressures on our finances, they can so easily get out of hand and then the 'phone starts ringing and the doorbell goes - everybody wants what is owed to them and there's nothing left to give! So we borrow and that helps for a little while - until we then have to pay the loans back and the spiral begins again.


### *Where to get help?*

### *How to break out of this relentless spiral of debt?*

**Suffolk Coastal Debt Centre**, based at Saxmundham, covers a vast area of East Suffolk and is part of a national network of CAP Debt Centres designed to help people out of debt. Not only is the service free but it is for everyone, regardless of their background. If you call the number, you will be contacted by a local debt advisor who will chat with you and, working with the national CAP team, will help you to find a plan to rid yourself of debt and offer you a new start.

**CALL FREE: 0800 328 0006 or go to [capdebthelp.org](http://capdebthelp.org)**

**Beginner's  
Line Dancing**



Saxmundham  
Market Hall

Monday evenings  
7:30-9 pm

Line dancing will continue each  
Monday evening (except Bank Holidays  
and the 2nd Monday of each month)

Call 07835 064509 to book a place or further details.

No need to pre-book, we adhere to social distancing regulations.  
We take a register to ensure we can Track And Trace.

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**Gather & Grow**



A weekly group for little ones (under 5) and their  
grown-ups



Market Hall,  
Saxmundham  
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9:30-11am

Providing a safe place for young children & their  
Parents, Grandparents or Carers to meet,  
socialise, play & have fun.

Adults must stay & be responsible for those in their care.  
There is no charge for attending but booking is  
essential. Text 07592042079 or email  
[contact@ip17gns.com](mailto:contact@ip17gns.com)

**IP17GNS.com**  
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# Sax Community Fridge

## Opening Times

Saxmundham Community Fridge is a way of redistributing good food to **ALL** members of the IP17GNS community.

**Monday: 11am - 1pm**  
**Thursday: 11am - 1pm**  
**Friday: 11am - 1pm**

A simple solution to wasting less through the sharing of food that would otherwise be binned.

Community fridges promote a spirit of sharing to strengthen community bonds, alongside helping to reduce food poverty in these challenging times.



The Town House,  
Station Approach,  
Saxmundham,  
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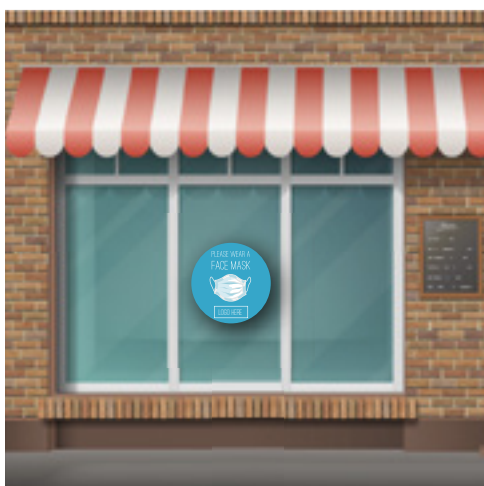
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PART OF A CARBON CAPTURE SCHEME

## NEW VIRTUAL HIGH STREET SERVICE LAUNCHES IN EAST SUFFOLK

A new virtual high street service that aims to support independent shops has launched in East Suffolk.

Residents anywhere in the district can use Click It Local East Suffolk enabling them to buy from any participating local shop and have it delivered on the same or next day.

From weekly food essentials, gifts and treats to last-minute basics, customers can buy everything they need from as many shops as they like, with one payment and one delivery.

The scheme is funded through the ERDF Welcome Back Fund and supported by East Suffolk Council.

Cllr Craig Rivett, East Suffolk Council's Deputy Leader and cabinet member for Economic Development said: *"This exciting new scheme offers East Suffolk residents the best of both worlds – the opportunity to support their local businesses and the convenience of shopping online. The Christmas period is the busiest*

*time of the year for many of our small independent businesses and Click It Local East Suffolk is an excellent way for people to continue to shop locally for Christmas and beyond. We would also encourage businesses to join the scheme and reach more customers across the district."*

Co-Founder Steve Koch said, "We are delighted that Click It Local has expanded to East Suffolk.

*"Click It Local is a virtual high street that enables residents to buy from any independent shop and have it delivered straight to their door on the same day, our mission is to help save high streets and independent stores across the UK by making shopping local easier and faster."*

Almost 30 stores have already signed up to Click it Local East Suffolk. This includes Didi Handmade Jewellery, Beccles Brew Co, Lowestoft Distillery, Hilton Macarons, Railway Farm Shop, Gecko Shoes, From Suffolk With

Love, High Tide, Focus Organic, Palfrey and Hall, Mama Bears Cake Bar, Fadzook, Hill Farm Oils, Heritage Wines, Woodbridge Emporium, The Fishmonger at No 4, Suffolk Smokehouse & Deli, Farmhouse Bakery, Mills and Sons, Truly Traceable and Sweeties.

Click it Local has already successfully launched in Cambridgeshire, Brighton, Essex, Surrey, Hertfordshire and London and is now looking to extend to further towns and villages across the UK in a bid to support local and independent business.

To shop Click It Local East Suffolk please go to [www.clickitlocal.co.uk](http://www.clickitlocal.co.uk) (and enter your postcode).

Businesses interested in finding out more about signing up with Click it Local can contact [georgina@clickitlocal.co.uk](mailto:georgina@clickitlocal.co.uk) or sign up directly via <https://www.clickitlocal.co.uk/store-sign-up/>



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## ART FAIR EAST 2021

### Record sales mark return of the region's biggest art fair

Artists, galleries and art dealers from across the world marked the re-emergence of Art Fair East in Norwich.

Creatives, art lovers and everyone from rock musicians to business leaders turned out to support the event which put an international line up of contemporary art on show.

With the support of thousands of visitors the event, which is one of the biggest contemporary art fairs outside of London, has been hailed the most successful to date.

After last year's Fair was cancelled due to the pandemic, visitors and exhibitors alike were delighted to share the experience of an art fair in person again, meeting artists and buying art. More than 1,000 artworks were on display across a range of contemporary art forms including painting, sculpture, drawing, photography, video art, installation, performance and original limited-edition prints.

The fair was founded in 2015 by leading Norfolk-based artists Will Teather and Brian Korteling, who both exhibited at the event.

Will Teather said: "It was so lovely to finally be able to host an event of this kind

again - seeing hundreds of artworks by artists from across the UK and overseas gathered together, with many of them present in person over the week-end.

*"There was a real sense of euphoria on the opening night for many of those involved who have missed the art world they know and love. I would like to thank all of our exhibitors and the visitors who supported the event."*

Audiences for the Fair came from across the Eastern counties and beyond, with visitors from London and those wanting a cultural weekend in the beautiful city of Norwich.

Artist Andy Walker, who is based in Wotton-under-Edge and has had work selected for exhibitions at the Saatchi Gallery and Chelsea College of Arts, said: "It was great to be back at Art Fair East among such talented artists and I was delighted with the number of visitors and purchases. I'm already planning to come back in 2022."

All work was for sale, with a vast choice of quality artwork to suit all budgets and homes.

Will added: "From what we have been told so far, we have smashed previous sales figures with a

number of exhibitors going into five figure sums and several artists selling more than they have ever done before in previous fairs anywhere in the country.

*"It is both a testament to the love of art in the county, the quality of the work on display and the growing appetite for art collecting amongst the public."*

*"We were extremely grateful for the support of both our sponsors Muster McIntyre and Chadwicks who have shown great faith towards us."*

Artist Kevin Southgate, who is based in Suffolk, said: "This is my second exhibition with Art Fair East and once again it has proved a treat to be at, the artists' support for each other is very special, from a personal standpoint it has been very good and I intend to show in 2022."

The next Art Fair East will take place in December 2022 and applications will open on the event's website imminently.

Art Fair East is sponsored by Musker McIntyre and Chadwicks.

For more information visit [www.art-faireast.com](http://www.art-faireast.com)  
<https://www.facebook.com/artfaireastuk>  
<https://twitter.com/ArtFairEast>  
<https://www.instagram.com/artfaireast/>



Alfredo Palmero - Menina in Oranges.



Artists Gabriella Buckingham at Art Fair East. Credit: Martin Marshall

# GROUND-BREAKING COVID-19 ANTIVIRAL TREATMENT TRIAL OPENS TO RECRUITMENT IN THE EAST OF ENGLAND

Local GPs and healthcare professionals have begun enrolling participants across the east of England to a first-of-its-kind clinical trial investigating the effectiveness of new oral antiviral treatments for COVID-19 - which can be safely taken at home.

The *Platform Adaptive trial of NOvel antiViRals for eARly treatMent of covid-19 In the Community* (PANORAMIC) trial will rapidly assess a range of purpose-designed antiviral treatments which could help clinically vulnerable people with COVID-19 in the community recover sooner, prevent the need for hospital admission and ease the burden on the NHS.

These new antiviral treatments are intended for use in the very early stages of infection, by people in the community with COVID-19 who are at higher risk of complications.

Local people can join the study if they are aged 50 and over, or between 18 to 49 years with underlying health conditions that make them clinically more vulnerable. All participants also need to have had a positive COVID-19 test and be within five days of the onset of symptoms.

To enable the benefit of each treatment to be compared against standard care - a total of 10,600 volunteers are needed to take part in each arm of the study. Half of the participants will be randomly allocated to receive the antiviral treatment plus standard care, while the other half will receive standard care alone.

The PANORAMIC study brings together GP practices, NHS 111, Test

and Trace, care homes, pharmacies and other NHS and social care service providers from the east of England and right across the UK - who will actively identify potential participants, invite them to take part and support their participation.

Taking part is easy. Local people who receive a positive PCR test for COVID-19 will be contacted by the trial team or a local healthcare professional, such as a GP or a research nurse, to consider enrolling in the study. Alternatively, anyone who meets the eligibility criteria can also sign-up to take part in the study directly through the trial website: [www.panoramictrial.org](http://www.panoramictrial.org)

All participants take part from their own homes, without needing to visit a clinic or hospital. Participants randomised to the group that receives an antiviral treatment will have their medicines sent directly to their homes by courier. Participants will keep a daily diary for 28 days through the PANORAMIC website or receive a phone call from the trial team on days 7, 14 and 28 to speak about their symptoms and any NHS care they have needed.

PANORAMIC has been designed as a 'platform clinical trial', meaning it can rapidly evaluate several antiviral treatments, as and when they become available. The UK Antivirals Taskforce has selected all treatments to be tested. The first treatment to be investigated through the trial will be molnupiravir (brand name, Lagevrio) - a COVID antiviral pill - which has already been licensed by the MHRA.

The results from this highest priority national study will provide a clearer understanding on how antivirals work

in the UK population - which has a high vaccination rate - enabling the NHS to better plan how to make COVID-19 antivirals available for those who would benefit from them the most.

Dr Rhiannon Nally, Principal Investigator for PANORAMIC and GP at Wansford and Kings Cliffe Practice, Ely, Cambs, said:

*"The Research Team at Wansford is delighted to have been selected to host the Panoramic Study, helping people in our local community to take part in this vital research. It is only with their involvement that we can find new, more effective ways to help those with COVID-19, so if you have had symptoms for less than 5 days please do think about joining the PANORAMIC trial."*

Dr Helen Macdonald, Chief Operating Officer for the NIHR Clinical Research Network Eastern, said:

*"Our region welcomes the opening of this crucial study, particularly at a time when we face a further need for vigilance in the course of the pandemic. We will work side by side with our GPs and other NHS research teams to help run this important COVID-19 study. It is only through working together that we will make the breakthroughs we need, so thank you to all who join us."*

Professor Nick Lemoine, Medical Director of the National Institute for Health Research Clinical Research Network (CRN) said:

*"When taken in the earliest stages of infection, these ground-breaking, purpose-designed, COVID-19 antiviral treatments hold the potential to greatly improve*



outcomes for patients most at risk from the disease. As orally-administered treatments, designed to be taken at home soon after the onset of symptoms, the drugs work by disrupting and preventing the virus from multiplying inside the body.

*"Earlier trials have shown these new antivirals to be safe and effective in treating COVID-19. However more data is needed on how well they work in populations that are largely vaccinated - as we have in the UK. The PANORAMIC trial will rapidly generate the additional evidence needed for the NHS to roll-out this exciting new-generation of COVID-19 treatments, as quickly and safely as possible. But to do that, we need your help."*

*"If you have a PCR-confirmed COVID-19 test, are within 5 days of symptom onset - and meet the study eligibility criteria - we urge you to volunteer for this pivotal study. Participants take part from the comfort of their own homes and there is no need to visit a clinic or hospital. Visit the PANORAMIC website to sign up, or speak to your GP or healthcare professional about taking part."*

The trial's Chief Investigator, Professor Chris Butler, Professor of Primary Care in the Nuffield Department of Primary Care Health Sciences, said:

*"It is early on in the illness, when people are still being cared for in the community, that treatments for COVID-19 could have their greatest benefit. So far, a lot of the research has focussed on finding out if well-known drugs can be repurposed to treat COVID-19. This new trial will test whether exciting, new antiviral treatments that are more specific to COVID-19 help people in the community recover faster and reduce the need for treatment in hospital."*

*"All community health and social care providers in the East of England will be able to link people with the trial. Everyone who is eligible in the area and the UK as a whole will be able to join PANORAMIC, and many will be able to do so from their own homes by participating online with support from their GPs and study team, with medicines sent directly to them at home."*

*"It's vital that as many people as possible who are at higher risk from complications of COVID-19 join the trial so we can rapidly learn if exciting new treatments really do help people get better quicker and reduce pressures on the NHS. We are grateful to people in the East of England who are participating in the trial, as they will be helping health services rapidly get evidence-based treatments out to those sick with COVID and who are at greatest risk of complications."*

The NIHR is partnering with the University of Oxford, several other UK universities, GPs and the NHS to help deliver this national priority trial at pace and scale across the United Kingdom.

PANORAMIC is funded by the National Institute for Health Research, led by Oxford University's Primary Care Clinical Trials Unit, while delivery of the trial is supported by the NIHR Clinical Research Network.



**Dr Rhiannon Nally (centre)  
and team at Wansford  
Medical Practice, Ely**



**Helen Macdonald**



**Serge Engamba**

# TRINITY PARK HOSTS WORLD CHAMPIONSHIP CYCLING EVENT

**Organisers of the UCI Masters Cyclo-Cross World Championships have celebrated the event's huge success at Trinity Park.**

Hundreds of international riders turned out to take on the obstacles, bridges, muddy descents and gruelling inclines of a purpose-built circuit.

The East Suffolk Council sponsored event was supported by the world governing body for sports cycling, the Union Cycliste Internationale (UCI), and hosted by the Eastern Cyclo-Cross Association alongside Trinity Park Events. On Friday and Saturday, the field was open to riders aged over 35 who no longer race as part of an elite professional team, with open races for riders of all ages taking place alongside a Special Olympics Cyclo-Cross event on the Sunday.

East Suffolk Council's Cabinet Member

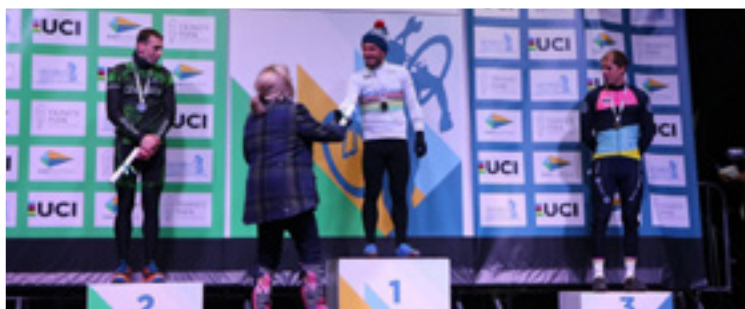
for Communities, Leisure and Tourism, Councillor Letitia Smith, attended the event and presented medals to Saturday's winners.

Ahead of the event, Cllr Smith said she was delighted to welcome spectators and participants on behalf of East Suffolk Council, adding: *"As a local authority, we have a rich history of supporting major cycling events, which not only draw economy boosting crowds, but hopefully encourage more people to realise the many benefits of taking up cycling."*

In recent years, East Suffolk has played host to several prestigious cyclo-cross

events, including the UEC European Championships in 2012, and multiple British Cycling National Cyclo-Cross Championships and National Trophy Series events, as well as hosting the UCI Women's Tour on numerous occasions.

Following the weekend's racing, organisers thanked spectators, riders and helpers for making a huge success of the event, which was staged following a two-year forced hiatus due to Covid-19.





## CALLING ALL BRIDGE PLAYERS

Living or staying in Southwold or nearby? Already a bridge addict or fancy trying your hand at playing? Then you may like to join in the fun of rubber or duplicate bridge.

There are a number of clubs in and around the Southwold area, playing variously on Tuesdays, Wednesdays and Thursdays. All players are welcome irrespective of ability, either to become full or temporary members (as visitors to the area). We'll be including a new bridge question each month in the Organ.

Just to whet your appetite, here's the January teaser for all you bridge enthusiasts – see if you can work out the order of play to make contract before you cross check with the answer below:

### A Southern Belle Plays Bridge

Scarlett sat comfortably in the cane chair on the verandah gazing out on the soft evening sunset bathing the bayou in a warm orange glow. Will o' the wisps of oleander scented air barely rippled the Confederate flag atop the neighbouring Court House. The background clicking of cicadas and whistling from tree frogs blended with the doleful chants of the gangs wending their way through the miasmas of mist in the low-lying tobacco fields across the levee to their mean huts by the swollen earth-coloured river. *"Six no trumps, I do declare"*, was her last contribution to the auction before her right-hand opponent, after some moments of consideration led the ten of spades. Scarlett leaned seductively over towards her partner, West, and softly whispered, *"Sir, if I were to consider marriage it could only be to a good bridge player"*. So saying, she spread her hand on the green beige with a flourish.

N	
♠Q4	♠AKJ
♥832	♥AKJ4
♦KQ5	♦A62
♣AK832	♣JT4

S

Contract 6 no trumps by West, N lead 10♠

### How would a Potential Suitor Play the Hand?

There are 8 sure tricks outside clubs. Declarer needs to guarantee 4 club tricks even against a possible 5-0 club split. So, he should win with the Q♠ and take the **safety play** of leading the 2♣ towards the ♣JT4. If the clubs are 3-2 or 4-1 he will lose one trick to the Q♣ but that is all.

If North is void he will show out when you lead towards the ♣JT4 – you play the T♣ and South plays:

- 1) Q♣. You win the return, play the J♣ and then the 4♣, finessing against South's 9♣.
- 2) Small ♣. Play the J♣. South must cover with Q♣ or you have the 4 tricks you need. You win with K♣ and return to dummy to play the 4♣, finessing against South's 9♣.

If South is void and North had played:

- 1) Q♣. There are 4 tricks AK, JT
- 2) Small ♣. Then play the T♣ which will win as South is void. Return to hand and lead up to the ♣J4. If North plays small the J♣ will win and you have 4 tricks. If he plays the Q♣ you again have 4 tricks.

How had declarer played? Suffice it to say that he is still single and has now joined the Southwold Bridge Club. You don't have to be single to join and if you need one, we'll fit you up with a partner (but only for the session!) If you're interested in playing duplicate or contract bridge in the Southwold area, please contact Doug on 01502 742123 for more details.

## WOODBIDGE LIBRARY

**Please note that the library will be closed on the following days in January:**

Saturday 1st January 2022 (New Year's Day)  
Monday 3rd January 2022 (Bank Holiday)

### Opening Hours:

Mon: 10am - 4pm; Tue: 9am - 7.30pm; Wed & Thu: 9am - 5.30pm; Fri: 9am - 7pm; Sat: 9am - 5pm; Sun: 10am - 4pm

**Tuesday 4<sup>th</sup> January (1<sup>st</sup> Tuesday of every month) 10am - 12pm: Realise Futures - (Peer support, Walk-in Advice and Guidance Service)** Book a slot via 07753 447607.

**5th and 19th January, (1st and 3rd Wednesday of every month) 10am - 12noon: Woodbridge Writers Group.** Are you writing a book, or have you written one? Join our friendly group for reciprocal feedback, encouragement, and support from like-minded people. Join us in the library Meeting Room. For more information: Email: [jane@bakwon.com](mailto:jane@bakwon.com)

**Friday 7th January, 5.30pm - 7pm: Chess Club.** A new chess club will run every Friday in the library. Adults (16+)

preferably, times are subject to change; Please contact the library for further information (01394 330855).

**Saturday 8th January 1pm - 5pm: Woodbridge Area Gamers.** Come along to play modern strategy board games, both simple and complex, with a range provided that's suitable for all age groups. This is an open doors group where all are welcome.

**Monday 10<sup>th</sup> January, (2nd Monday of every month) 1.30pm-3.30pm: Work Well Suffolk.** Finding work? Improve your digital skills with CVs, cover letters and job applications. This could be your exciting chance to fulfil your full potential. We can help if you are: over 18, unemployed or unable to work, have a long-term health condition, are autistic or have learning disabilities. Email: [workwellsuffolk@suffolk.gov.uk](mailto:workwellsuffolk@suffolk.gov.uk)

**Tuesday 11th January, 2pm - 4pm: Write Now: Creative Writing for All.** Are you interested in writing short stories and poetry? If so, we would be delighted for you to join us. We meet on the second Tuesday of the month from 2pm - 4pm in the meeting room of Woodbridge library. We are friendly and informal - Everyone can write, so please come and try. You can just listen at first if you wish. Please email me for further details and before attending: [jeannie@butterwicks.com](mailto:jeannie@butterwicks.com).

**Thursday 13th January, 2pm - 4pm: Top Time Book Group.** A book group that's open to everyone, Top Time meet on the second Thursday of every month, and they will be discussing Home Fire by Kamila Shamsie.

**Thursday 20th January, 2pm - 4.30pm: Top Time Play Reading.** A play reading group that reads all varieties of plays in a shared format, taking place on the third Thursday of every month.

**Thursday 27th January 2pm - 4pm: Games Club.** Improve your vocabulary and exercise your mind muscles with Scrabble or practice strategy and balance with Dominoes.

**Mondays: 10am - 12pm: Citizen's Advice.** The citizens advice service is independent and provides free, confidential and impartial advice to everybody; **10.30am - 12.30pm: High Spirits** Are you visually impaired & living in East Suffolk? Are you a fan of radio drama? Join our project to create a brand-new radio play inspired by Suffolk ghost stories. Sessions are free, guide dogs and companions' welcome. To book your place or find out more email: [coherearts@gmail.com](mailto:coherearts@gmail.com) or text/call 07748070647.

**Wednesdays: 10.30-10.50am: Baby Bounce:** Soothing songs and gentle nursery rhymes for babies and their



**RAF Martlesham Heath**  
Charity Number: 1184409  
*Martlesham Heath Aviation Society*

**Martlesham Heath Community Centre**  
Felixstowe Road, Martlesham Heath  
IP12 4PB

**Friday 7th January @ 7:30 pm**

**R.A.F. Tibenham, (Norfolk) - at War and Peace... Past and Present**  
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Call Howard on 01473 274300




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grown-ups: **11.15-11.45am: Tot Rock Rhyme and rhythm:** music,

songs and action rhymes for toddlers with their parents and carers; **1.30pm – 3.30pm: Open Space.** The aim of Open Space is to improve the wellbeing of those attending. It consists of two-hour weekly sessions and is open to all members of the public. It is run in partnership between Norfolk and Suffolk NHS Foundation Trust (NSFT), Julian Support (which offers housing support for individuals with mental health difficulties), Suffolk Mind and Suffolk Libraries. To guarantee a space you can sign-up in person or on the phone. Our timetables of discussions and activities are built from suggestions from the group and there is always colouring, word searches and games available, along with a hot drink and a biscuit.

**Fridays: 9.30am – 10.15am: Me, Myself and Baby (Stay & Play).** A chance for new parents to meet and share experiences in a relaxed environment, gaining peer support; **10.30 - 11.00am: Story Time:** Stories and more for young children accompanied by an adult. (Note: Booking is currently unnecessary, but circumstances may change if numbers markedly increase); **2pm - 4pm: Knitting Group.** For all types of knitters from expert to beginners, sewing to crochet, come and share your knowledge or pick up some tips.

**Book Sale:** Have a browse of the books for sale which are all ex-stocks. All proceeds go to Suffolk Libraries. Adult Fiction: 30p each or 4 for £1; Non-Fiction: Individually

Priced; Junior Literature: 20p each

#### Meeting room and display boards available for hire:

Community / charity / private groups - £10 per hour (minimum booking of two hours). Commercial / statutory groups - £15 per hour (minimum booking of two hours). Display boards - £10 per week. Staffed table display in the main library – £10 per half day

**Suffolk Libraries and Friends charity goodies:** Show your support for your local library by carrying a cotton shopping bag bearing the Friends logo for £3. There is also a Friends bookmark for £1 - which is magnetic, so you won't lose your page. Also available is Suffolk Libraries' 'I'm a Borrower' tote bags for £3.50, or for £5 you can receive both the tote bag and as much fiction as you can fit inside!

**The Friends of Woodbridge Library:** If you're enthusiastic about libraries, would enjoy helping to organise library events and are willing to help with our fundraising activities, please ask a member of staff for more details.

**Henry Settle  
Kate Fawcus**

Library and Information Advisors, Woodbridge Library,  
IP12 1DT  
01394 330855

## OPERA-LELE REVIEW

### Opera-lele – a unique comedy music act appeared at Saxmundham Market Hall on 20<sup>th</sup> November

Well, that was something different. An expectant Sax audience, most not quite sure of what was coming, was treated to a vintage display of eclectic opera and musical theatre by the talented and funny Opera-lele duo of George Bartle and Amanda Harkett at Saxmundham's Market Hall.

Their choice of music was as varied as the mood: Chianti Classico and beer, set off by tea lights, with a ceiling-mounted glitter ball, a reminder to those present they were missing a far from memorable "Strictly..." had they stayed in.

Performing favourite opera arias, with more than a dig at the modern day commercial exploitations, allowed both artists to display their true roots of classical voice training.

Some risqué banter between the pair led up to a sultry appearance of Amanda's *Carmen*, resplendent in shimmering dark red ball gown which was revealed after teasingly discarding a similar black number. Bartle's rendition of *Nessun Dorma* was a tour de force that had the audience substituting for the choir.

Moving on to a series of well-known film and musical songs, Opera-lele gave a full airing of their unique musical and comic repertoire. Two beautiful songs from *Les Misérables* showcased Bartle's remarkable

singing, while Harkett riposted with her tribute to him with Irving Berlin's "Anything you can do I can do better".

A highlight towards the end was the theme to "Game of Thrones" where the two ukeleles improbably managed to capture the menacing undertone of the original score.

Perhaps the best line of the show captured the pair's interactive dynamic. Recounting their most asked question, "are you married?" Bartle replied "yes", a pause, "but not to each other, thank God".

**Rosie Hoare**

## SUPPORTING CUSTOMERS TO ACCESS COUNCIL SERVICES

Residents who have difficulty using online or telephone services can now access East Suffolk Council's services in person at some local libraries, by appointment.

The Council's Customer Services Centre in Lowestoft, as well as desks within Suffolk Libraries across the district, were closed during the pandemic due to Government restrictions.

The majority of Council services are available online at [www.eastsuffolk.gov.uk](http://www.eastsuffolk.gov.uk) and customers are encouraged to continue to use these online services wherever possible.

As always, those customers who have difficulty using these services or who are unable to resolve their issue online can call or email the Customer Services Centre for assistance. The Council's experienced Customer Services Team are usually able to resolve issues on the customers behalf at this stage but, if necessary, customers can now make an appointment to attend one of the Customer Service locations in person.

To ensure customers can continue to access services in the way which best suits their needs, the Council has reopened the Marina Centre in Lowestoft on Tuesdays and Thursdays, and desks at Woodbridge and Saxmundham Libraries on Wednesdays and at Felixstowe and Leiston Libraries on Fridays. To make an appointment at any of these locations, please call 03330 162000.

Appointments at Aldeburgh and Halesworth Libraries will be made available at a later date.

Cllr Stephen Burroughes, cabinet member for Customer Services, ICT and Commercial Partnerships said: *"Rather than simply reopening the Customer Services Centres and continuing as we were before the pandemic, our new approach will enable us to better support the changing needs of our customers and ensure residents can reach us in the way which suits them best. This also means our team are available to assist vulnerable*

*customers who may need additional time and guidance."* Appointments can be pre-booked at these locations, during the times shown:

Location	Days Service Available	Times Service Available
Marina Centre, Lowestoft	Tuesday and Thursday	10am - 4pm
Woodbridge & Saxmundham Library	Wednesday	10am - 4pm
Felixstowe & Leiston Library	Friday	10am - 4pm
Aldeburgh & Halesworth	Coming soon!	

Customers who are unable to book an appointment, such as people facing homelessness, are able to visit any of the available locations on a 'walk in' basis.

Customers can also learn how to access online services and report issues themselves using new 'digital receptions' available at the Marina Centre and libraries. Customers can book an appointment and fully trained Customer Services staff will be available as 'digital champions' to help customers get online and manage services themselves.

As well as receiving support in using online services, customers visiting a centre can also learn more about the latest council work in their area, such as flood defence work and regeneration plans.

Customers can continue to access services online at [eastsuffolk.gov.uk](http://eastsuffolk.gov.uk), by emailing [customerservices@eastsuffolk.gov.uk](mailto:customerservices@eastsuffolk.gov.uk) or by calling 0333 016 2000.

## ENVIRONMENT

We know how important it is to look after our planet for our future generations, which is why we love being members of the Woodland Trust Carbon Capture Scheme. In the production of our Tide Collection magazines 16m2 of native woodland is created every month.

The Carbon Capture Scheme helps us mitigate our carbon emissions by planting trees right here in the UK. We've helped fund the planting of 250,000 already! Each tree planted will grow into a vital carbon store, helping us reduce our environmental impact.

The UK is one of the most nature-depleted countries in the world. Working with Woodland trust helps us to protect the precious wildlife habitat that remains and plant the trees needed to create new homes for creatures big and small.



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## NEW TRADING COMPANY TO DELIVER KEY COUNCIL SERVICES

**As part of its commitment to seek the best possible value for money for residents, businesses and all local stakeholders, East Suffolk Council is to create a Local Authority Trading Company (LATCo), enabling it to play a more direct and influential role in how important services are delivered.**

The LATCo will operate as an 'arms-length' commercial business, separate to the Council and will be responsible for crucial services such as waste and recycling collection, grounds maintenance and street cleansing.

This means that East Suffolk Council will exercise its right not to renew the contract it holds with Norse for the provision of operational services, and therefore this contract will come to a natural end in July 2023.

Operational staff currently employed by East Suffolk Norse, will be legally entitled to transfer to the new organisation, on the same terms and conditions, through 'protection under law' TUPE legislation and the Council will be seeking as seamless a transition as possible.

Cllr Steve Gallant, Leader of East Suffolk Council said: *"Our aim is to provide the best quality services possible with the resources available, always seeking to deliver improvement that benefits council taxpayers. Since our formation in 2019, East Suffolk Council has been clear about its progressive ambitions for the district and the way that it delivers the key services needed by our communities.*

*"As part of this approach, we undertake regular reviews of all partnerships to ensure that they are delivering the best value for East Suffolk. This new trading company will allow us closer control of key services so we can maximise our support for, and investment in, our communities and local economy. We will also explore the commercial potential of these particular services, so that we can deliver profit which will be invested straight back into our communities.*

*"And by keeping money closer to East Suffolk, this change will help deliver the council's strategic aims. For example, we believe that the new trading company will help East Suffolk deliver environmental changes – such as new fuels, vehicles and approaches to waste management – that support our environmental ambitions."*

Cllr Gallant also thanked East Suffolk Norse for their service and sought to reassure existing operational staff about their roles in the new organisation. He said:

*"East Suffolk Council is grateful to East Suffolk Norse for the delivery of really important services, and we look forward to a continued, excellent working relationship as the contract concludes.*

*"The decisions we have taken are not a reflection on the service provided by East Suffolk Norse but are based on wider ambitions and always seeking best possible value for money. However, it goes without saying that our operational teams are hugely experienced and, as the most important asset of the business, we want the transition to be really smooth and straightforward.*

*"We believe there are business growth opportunities, and we want to invest in the development of a sustainable business which will actually provide increased job security and opportunity.*

The creation of the LATCo focusses on the transition of a 'core' bundle of services, however - where there is a rational and compelling case - other services may yet join. Where companies and other organisations such as town and parish councils have 'paid-for' service contracts in place, the Council will discuss transferring these services to the LATCo.

*"This is very much a growth, not a cutting exercise in terms of service and we are seeking more efficient ways of working without sacrificing the quality that our customers, residents and communities have come to expect."*

# LOWESTOFT LEADS THE UK WITH NEW FLOOD DEFENCES

**One of the largest mitre flood gates in the United Kingdom is to be installed as the final element of a project protecting thousands of homes from flooding.**

A 40m mitre flood gate, the second largest in the UK, will be built in the entrance to Lake Lothing as part of the Lowestoft Flood Risk Management Project. The ambitious project will see the mitre flood gate be the first of such structure in the UK to be built without diverting the navigation channel.

The gate will form the tidal barrier element of the project and be built over a number of winter seasons to maintain access to the inner harbour. The 40m mitre flood gate will keep the width of the current navigation channel for vessels entering Lake Lothing. This

approach will allow Lowestoft to continue developing as a hub for offshore wind energy.

The detailed design phase of the mitre flood gate will begin next year and will provide a firm completion date for the project. Once complete, the gate, working in combination with tidal floodwalls, will provide valuable protection for people, homes and businesses for many years to come.

Cllr David Ritchie, East Suffolk Council's cabinet member for Planning and Coastal Management said: *"The Lowestoft Flood Risk Management Project has always been ambitious in its efforts to protect the residents and businesses of the town from the risk of flooding, and this has been shown with the development of the second largest mitre flood gate in the UK."*

Construction is currently underway on the first phase of tidal floodwalls on Hamilton Road and Waveney Road, with the second phase due to begin in the New Year around the Royal Norfolk and Suffolk Yacht Club and South Pier. The floodwalls are due for completion in spring 2023.

Temporary flood defences remain available to reduce the risk of flooding to Lowestoft until the project is complete. The temporary defences will be used in conjunction with the tidal floodwalls once complete, to further reduce the flood risk.

When finished Lowestoft Flood Risk Management Project will protect more than 1,500 homes and 825 businesses.

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& film**



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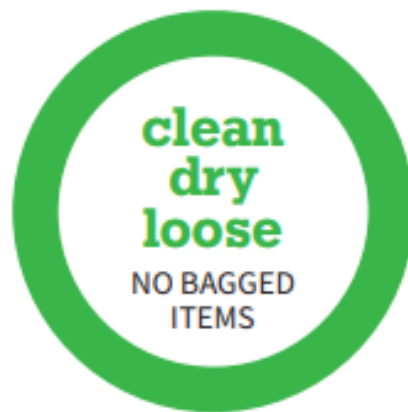


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Other items will cause contamination and reduce the quality of recycling



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and hardback



Cardboard, clean food  
packaging, boxes and cards



### metals



Aluminium foil and trays -  
roll foil into a ball



Food and drinks  
cans



Empty aerosols - no paint,  
fertilizer or weed killer



### plastic



Plastic bottles - empty,  
wash, squash and lid on



Plastic yoghurt pots,  
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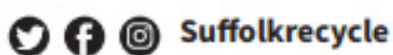
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**[www.suffolkrecycling.org.uk](http://www.suffolkrecycling.org.uk)**

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**[www.foodsavvy.org.uk](http://www.foodsavvy.org.uk)**



## For more information visit our A-Z of recycling

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