L E I S T O N OBSERVER



PART OF THE TIDE COLLECTION



Fri 8th, Sat 9th, Mon 11th & Tues 12th Dec at 7.15pm Wed 13th Dec at 3.00pm Thurs 14th Dec at 7.15pm Also - Fri 29th Dec at 6.00pm & Thurs 4th Jan at 7.15pm

Joaquin Phoenix and Vanessa Kirby in

NAPOLEON 15

Sun 10th Dec at 7.30pm LIVE ON STAGE. Tickets: £17.95, Conc. £17.50



Fri 15th & Sat 16th Dec at 7.15pm Sun 17th Dec at 6.00pm Mon 18th & Tues 19th Dec at 3.00pm & 7.15pm Wed 20th Dec at 3.00pm Thurs 21st-Sat 23rd Dec at 3.00pm & 7.15pm Sun 24th & Tues 26th Dec at 3.00pm Wed 27th & Thurs 28th Dec at 3.00pm & 7.15pm

Timothy Chalamet & Hugh Grant in

WONKA PG

Fri 29th Dec at 3.00pm Sat 30th Dec at 3.00pm & 6.00pm Sun 31st Dec-Tues 2nd Jan at 3.00pm

Walt Disney Pictures'

WISH U

Wed 3rd Jan at 3.00pm & 7.15pm You're invited to the end of the pier!

SEASIDE SPECIAL 12A

Fri 5th & Sat 6th Jan at 7.15pm Sun 7th Jan at 6.00pm

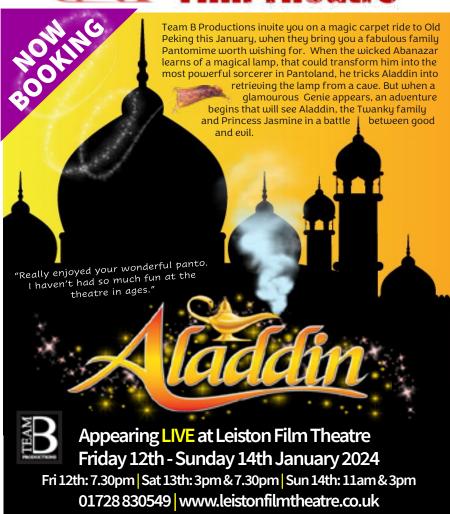
AQUAMAN AND THE LOST KINGDOM 12A

Fri 12th, Sat 13th & Sun 14th Jan



High Street, Leiston, Suffolk. IP16 4BZ Tel: 01728 830549, or visit: www.leistonfilmtheatre.co.uk

Seasons Greetings from LG SLOTA Film Theatre





CHRISTMAS AT LEISTON FILM THEATRE



A NOTE FROM OUR EDITOR



As another year comes to a close I would like to thank our loyal advertisers who, as our magazines are free of charge, keep them going. I, in turn, ensure they are distributed far and wide, so they are repaid with plenty of business!

I would also like to thank those who have contributed editorial throughout the year to the Leiston Observer - they not only support this magazine by bringing us news of their events, activities and fundraising - they give much of their time and effort to supporting their communities by getting involved, and for that I am sure we are all very grateful.

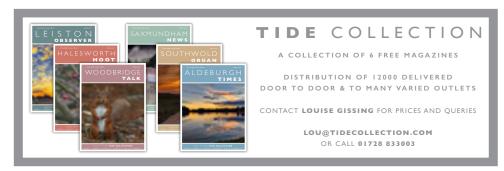
I wish you all a very happy Christmas and prosperous New Year!

Louise Gissing

QUOTE OF THE MONTH

He who has not Christmas in his heart will never find it under a tree.

Roy L. Smith



INSIDE YOUR MAGAZINE...

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VOLUNTEERING OPPORTUNITIES - 11 FOR NATURE LOVERS

Help with practical conservation work in woodlands, heathland and beaches



Christmas at Aldeburgh Museum

FREE EXHIBITION



Where and when was this photo taken?

Aldeburgh Museum is hosting its third 'People & Place' photographic exhibition outside of the Moot Hall. This year we are focussing on Aldeburgh High Street. Come along to Aldeburgh Gallery for a memorable trip down Aldeburgh's High Street and see photos and paintings in our collection that are not on display in the museum.

The exhibition will run from -Wednesday 27th December until Tuesday 2nd January. Please check our website and social media channels for opening times; www.aldeburghmuseum.org.uk There will also be the opportunity to purchase a photobook of images on display. The Museum is open daily 1-4pm during the Christmas holidays.



The Engineers Arms 01728 635883 Leiston



December Events

Sunday 17th 3pm **Christmas Raffle** Followed by Ace Karaoke

> Monday 18th **Christmas Quiz**

Friday 22nd Ace Karaoke



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LEISTON REMEMBERS....

A few photos, kindly supplied by John Heald, of Leiston's Remembrance Parade. It's good to see it so well attended with air cadets, army cadets, cubs, scouts, guides, ex-servicemen and more marking the importance of Armistice Day.

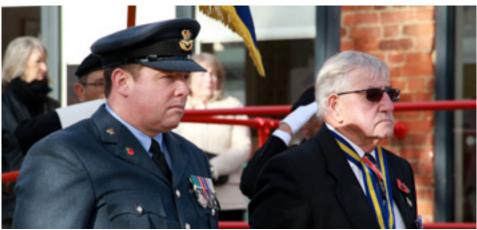
















NORTHERN LIGHTS

An Aurora is caused by energised particles from the sun colliding with the earth's upper atmosphere. Earth's magnetic atmosphere then redirects the particles towards the north and south poles. The particles then enter the earth's atmosphere, exciting gas atoms and molecules which create an aurora - streamers of reddish or greenish light in the sky. John Heald captured this image on the evening of 5th November with a 10 second exposure, which he says is the best photo he has ever taken of an aurora locally.

Red auroras like this one are caused by solar particles reacting with oxygen at higher altitudes (usually over 150 miles).





STOP NATIONAL GRID'S NEEDLESS ONSLAUGHT

National Grid, a publicly quoted company with the main shareholders in the US, Abu Dhabi, as well as the UK, has decided that Friston and Saxmundham are the ideal locations for one of the largest energy infrastructure hubs in the UK: the size of 84 football pitches, industrialised with three 26 m high concrete monolithic converter stations on the outskirts of Saxmundham, at least three substations at Friston with cable trenches crisscrossing the countryside from landfall at North Warren RSPB, Aldeburgh.

Belgium chose Zeebrugge, a shoreline brownfield site for its equivalent energy hub and the Netherlands chose Rotterdam for its hub. National Grid chose Friston.

There are three brownfield sites well suited to energy infrastructure industrialisation: Tilbury, Grain and Bradwell on Sea. Closer to London and demand.

National Grid presents its plans as if they are a done deal. They are not.

There are two judicial reviews about to be heard at the Court of Appeal.

SEAS have proposed an alternative plan where there is a cost saving of £2bn for East Anglia alone if we use the more advanced offshore solutions as Belgium and the Netherlands have already demonstrated.

Your voice matters. Join SEAS and help us to halt these needlessly destructive plans.

This is NOT green energy in any sense.

Offshore Grid - Better, Cheaper, Faster



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ALDE VALLEY SUFFOLK FAMILY HISTORY GROUP

Humour in Genealogy - by Chris Broom

In September the Fromus Centre in Saxmundham was filled with laughter and people enjoying themselves. But why? A talk by the Chairman of the Alde Valley Suffolk Family History Group, Chris Broom. Not just any talk - this was 'Humour in Genealogy'.

When searching for his own family origins, Chris remembers times with his father, who had a great sense of humour which he passed on to Chris who smiles as he remembers the belly laughs which they had together. His dad liked Tommy Cooper's joke about clearing out the attic, 'The Stradivarius and the Rembrandt'. (Just look it up on the Internet.)

Throughout historical documents Chris has found many humorous references, some involving names, and he shared some of these with us. Many early public documents are available in Record Offices, Ecclesiastical Libraries and Museums, for example, Wills, Diaries, Newspapers, Parish Registers (introduced by Thomas Cromwell

in 1538), and Census returns in various forms every ten years from 1841 (except the 1931 census which was destroyed by fire in 1942, and none were taken during World War II except the 1939 Register which is a census substitute).

- •On 22nd April 1632 a Vicar asked the parents what their child's name would be, the answer was "What You Please". That name appears in the baptism register.
- •On February 25th 1770 "Where was the child born?" on horseback.
- •There was a marriage on 5th November 1832 in Bury St Edmunds between a husband aged 104 and wife 78; he outlived her!
- And another marriage when the bride, who had no arms, had the ring put on her foot and she signed the register using her foot.
- •Spike Milligan had previously said he wanted his headstone to bear the words "I told you I was ill", but the Diocese would

not permit it, so his tombstone says it in Irish: "Dúirt mé leat go mé breoite."

Some comic Census entries: Head of the house: 'International Playboy'; Occupation: 'Boss'; Daughter's occupation: 'Does what she pleases'.

Janet Huckle

The next meeting of the Alde Valley Suffolk Family History Group will be held on the SECOND Monday of December, rather than the usual third, because of the imminence of Christmas, so the meeting will be on Monday 11th December at 2.30pm at the Fromus Centre in Saxmundham. The meeting will take the form of two talks given by members of the Group. Jane Evans will tell the DNA story of two of our members: their step-by-step process taking Ancestry's DNA test, from why, to analysing their ethnicity - with some interesting surprises and a peek into their DNA cousin matches. And Maggie Strutt will briefly tell how she found a skeleton in her family cupboard. The talks will be followed by some festive nibbles. Members £1, visitors

Maggie Strutt

CHRISTMAS SERVICES IN LEISTON

THE LEISTON & SIZEWELL PARISH CHURCH OF ST MARGARET

Sunday 24 December: 10am: Holy Communion; 3pm: Crib Service (telling the Nativity Story); 9pm: 'Midnight in Bethlehem' & Monday 25 December: 10am: Holy Communion.

The Catholic Community of Aldeburgh & Leiston

Sunday 24 December: 9.15am: Mass at All Saints, Leiston & Monday 25 December 9.15am: Mass at All Saints, Leiston.

LEISTON BAPTIST CHURCH

Sunday 24 December: 11am: LBC Carol services & Monday 25 December: 10.15am: Christmas Day Service.

LEISTON UNITED CHURCH

Sunday 17 December: 2pm: Carols and Cake; Sunday 24 December: 10.45am: Joint Christmas Eve Service at Saxmundham URC & Monday 25 December: No Service

LEISTON CHRISTIANS TOGETHER SERVICE

Sunday 24 December: 6.30pm: Town Carol Service at Old Post Office Square –

ALL WELCOME!



LEISTON TOWN COUNCIL UPDATE



December 2023 Leiston Town Council Visit Hinkley Point C in **Somerset:** Six members of Leiston-cum-Sizewell Town Council have recently spent two days in Somerset to learn more about the Hinkley Point C project. The

visit, which was given unanimous support by full Council, included a tour of the site - now almost at peak construction - and a visit to campus and welfare facilities. Councillors visited the site in the early years when it had been cleared ready for construction and pledged to visit again when the site reached peak construction, which is now only a few months away. While in the area, the group took the opportunity to meet with County and Parish councillors, as well as Somerset Council officers, in order to better understand the challenges facing Leiston during the construction of Sizewell C. The knowledge gained from the visit will enable Leiston Town Council to be better informed as the project gains pace.

LIVE WELL HUB, Leiston: Leiston is delighted to host a pilot 'Live Well Hub' at the Waterloo Centre and the official opening by our Chair, Lesley Hill, was on Friday 20 October. The aim of the Hub is to bring together all the support services needed by our community under one roof, easily accessible and without the need to travel out of town. It is already attracting services back into Leiston that had left before the Covid pandemic and not returned. The doctors' surgery will also be referring patients who might benefit from an organisation based at the Hub which is open on three days each week. If you need to know more about what the Hub can do for you, please contact Celia Leggett, the centre co-ordinator for more info, email: livewell@leistontowncouncil.gov.uk

Our new Deputy Clerk and Assets Officer: Debbie Chappell has been appointed the Deputy Clerk and Assets Officer for Leiston Town Council. On 6 November, Debbie joined Town Clerk, Helen Greengrass and Administration Officer, Bev Kemp at the Council Offices in the Old Post Office Square. Her role is a full-time post and will bring the team up to full strength once more. Debbie is very much looking forward to her new role and said, "I have worked for two Parish Councils, and with a professional background in charity law, I have learned how important a sense of community is, along with ensuring that we maintain the local services to support and sustain our neighbourhoods." Welcome, Debbie!

Important announcement regarding monthly Leiston-cum-Sizewell Full Council meetings: To ensure our District Councillors can attend our monthly meetings, Leiston Town Council has voted to change the full council meeting date to the second Tuesday instead of the first Tuesday, from January 2024. All three of our District Councillors are committed to sending a representative to our meetings every month but they each hold key Cabinet posts. This prevents them attending on the first Tuesday, as it is the same date every month for East Suffolk Council Cabinet meetings. The first meeting of 2024 will be 9 January and meetings start at 7pm with reports from County and District councillors plus any guest speakers. The first part of the meeting gives members of the public the opportunity to speak and to pose questions to their County, District and Town Councillors. The full council meeting follows at 7.30pm. Observers can remain for the duration of the meeting and listen to proceedings if they wish. Council meeting dates for 2024

will be posted on the notice board outside the Town Council offices and are on our website www.leistontowncouncil.gov.uk

Remembrance events in Leiston: In a break from previous years, the ceremony for the two minutes' silence on the 11th day of the 11th month took place at Church Square. A maroon on Victory Road Recreation Ground still marked the beginning and end of the two minutes' silence and could be heard from the town centre. The Remembrance Day parade did not break from tradition and the march to St Margaret's Church, led by the Royal British Legion Band Leiston, departed from the TA Centre in Victory Road. The march followed the route via Park Hill (still fondly remembered by many as Gas Hill), Waterloo Avenue and Church Road. The young people of Leiston did our town proud as always, perfectly turned out on a chilly, rather damp morning and displaying exemplary standard bearing skills. The march was well supported by residents along the route and the event was a fitting tribute to those who lost their lives fighting in conflicts at home and on foreign soil, as well as those who are currently tasked to strive for world peace. Thank you,

What was your best Leiston memory in 2023? Perhaps it was a school event, a community gathering or gardening event? A sports event or a music show? A film theatre, Long Shop or library event? Or perhaps it was a new business opening in the town. Let us know. Contact any of your town councillors - our contact details are on the website www.leistontowncouncil.gov.uk

And finally for 2023.....Chair Lesley Hill, the Leiston Town Councillors and the team at the Council Offices, wish you all a Very Merry Christmas and a Happy 2024.



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IT'S PANTO TIME!

All aboard the magic carpet to Pantoland this January!

Team B Productions invite you on a magic carpet ride to Old Peking in January, when they bring you a fabulous family Pantomime worth wishing for.

Aladdin appears live at the Leiston Film Theatre from the 12th to the 14th January 2024, with demand for tickets so high, seats for some performances are already limited.

When the wicked Abanazar learns of a magical lamp that could transform him into the most powerful sorcerer in Pantoland, he tricks Aladdin into retrieving the lamp from a cave. But when a glamourous Genie appears, an adventure begins that will see Aladdin, the Twanky family and the beautiful Princess Jasmine in a battle between good and evil.

The Pantomime has been written by Wayne Burns and is being brought to the stage under his 'Team B Productions' title - a group of experienced am-dram performers, whose previous sell-out successes have included shows at Leiston Film Theatre and at the Spa Pavilion Theatre in Felixstowe.

The group have recently enjoyed huge success with a three-night, sell-out run, with their Pantomime for grown-ups, Sleeping Booty and work is already underway on their next family Pantomime for January 2025 and a brand-new comedy-drama for September 2025.

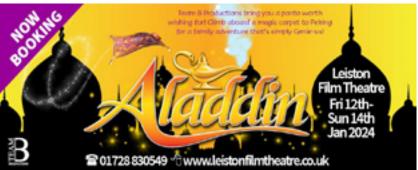
Aladdin promises another fun-filled family pantomime, packed to the panto brim with toe-tapping tunes, a

huge helping of audience participation, and plenty of laughout-loud slapstick fun.

Film Theatre manager and Pantomime director, Wayne Burns, is looking forward to bringing Aladdin to the stage. "Aladdin is one of my all-time favourite Pantomimes and the entire cast and crew can't wait to bring our brilliant script to life on stage and perform for such appreciative crowds. Our audiences are in for a real treat" he said.

The Pantomime sees renowned Suffolk musician Tom Horton returning as the musical director and the energetic students from the Chloe Kinrade School of Dance will be making a welcome return to the stage, as part of the Pantomime extravaganza.

Aladdin will be appearing live at the Leiston Film Theatre on Friday 12th (7.30pm), Saturday 13th (3pm and 7.30pm) and Sunday 14th (11am & 3pm) January. Limited tickets are now available, priced £17.95, £16.95 and £14.95. Book your seats today on 01728 830549 or on-line at: www.leistonfilmtheatre. co.uk.



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The Burgess Group installations can be found throughout East Anglia and the Suffolk Coast, in properties of all periods and styles. This fabulous home in Orford (pictured top and middle right) features four sets of timber French doors, with French windows on the first floor, all fully glazed to capitalise on the beautiful river views. The design that the owners chose allowed the exterior to retain its period charm, whilst giving the inside a light, contemporary feel.

In contrast, a very contemporary extension was undertaken by the owners of this traditional home in Melton (pictured bottom right). They created a completely new living area, defined by super slim aluminium sliding doors, from The Burgess Group, on two connecting sides. Whilst the ability to open so much of the room to the outside provides the perfect summer entertaining space, thermally efficient glazing allows it to transform into a cosy family room for the colder months, offering dramatic views over the garden as the seasons change.

To find out more about these installations and many more, visit Burgess-Group.com and take a look at 'Our Projects', or visit the showrooms within Notcutts in Woodbridge, or at Fornham St Martin, near Bury St Edmunds.





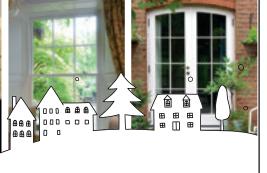












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Burgess Group

LEISTON OBSERVER

VOLUNTEERING OPPORTUNITIES FOR NATURE LOVERS

New volunteering opportunities on offer for nature lovers

A range of exciting volunteering opportunities are now available for people with a passion for nature, the environment, and getting stuck in in their local area. The Coast & Heaths Area of Outstanding Natural Beauty is looking for volunteers to help with practical conservation work on Tuesdays and Fridays from from now until March 2024.

Working in groups of like-minded people, volunteers regularly undertake a range of hands-on tasks, including tree planting, clearing gorse, creating habitats for wildlife, cleaning beaches, and much more.

Tasks take place in different environments across the Suffolk coast, including Aldeburgh, Shotley, Trimley, Pin Mill, Southwold and Waldringfield, working in woodlands, heathland and on beaches.

Volunteers can work for as long as they wish and at their own pace. No previous experience is needed and all training and equipment is provided on the day. It's a great way to meet new people, improve your physical health and mental wellbeing.

Work carried out by volunteers also plays a vital role in supporting

nature and wildlife by creating new habitats, promoting biodiversity, and removing harmful plastic from the natural environment.

For more information on any of the volunteering opportunities and roles within the Coast & Heaths Area of Outstanding Natural Beauty, please contact Countryside Project Officer, Neil Lister, at neil.lister@suffolk.gov.uk or visit coastandheaths.org.



THE ROYAL BRITISH LEGION POPPY APPEAL 2023

The RBL Poppy Appeal has been well supported by the people of Leiston and Sizewell. This year four boxes were also placed in Knodishall businesses.

The time leading up to Remembrance Sunday is busy with preparing boxes for collectors and businesses, some people going from house to house collecting, mounting a display in the window of the Leiston Cooperative Funeral Service and ordering wreaths for those who wish to lay them at the War Memorial in St Margaret's churchyard. A special mention for the pupils of Leiston Primary School who made a superb wreath of their own and came to lay it on Remembrance Sunday – well done!

None of this would happen without the volunteers who help with the preparations and the collection of donations. Not forgetting those who help to gather in the boxes at the end of the campaign and count the proceeds. The RAF Air Cadets spend an evening helping to fill the collection boxes, the Army Cadets man the Poppy table in the Co-op and collect outside the store for one day of the Poppy fortnight. Thank you to staff and management of the Co-op who facilitate the collection and staff at the Co-op Funeral Service. The presence of a card reader was helpful for several customers who don't carry much cash.

I was pleased to welcome both new volunteers to help with the collection and new businesses who were able to have a Poppy box in their premises for the Remembrance fortnight. The receipts of the appeal stand at £5172.90 with more expected. Several businesses have made donations through BACS and

that amount will be known later as with the donations through the card machine. None of this would happen if it was not for the willing volunteers who support the appeal. My very sincere thanks to all of them.

Pat Carter

Poppy Appeal Organiser for Leiston and Sizewell



LOFO NEEDS YOU!

This year, the Leiston Old Folks Outing took place on Saturday 7th October. After being collected from their homes by volunteer car drivers, our guests were taken on a mystery tour through local villages before arriving at Darsham Village Hall, where they were treated to musical entertainment and afternoon tea.

This annual event has been running for 83 years but we urgently need your help to keep it going. The existing committee has organised the outing for many years but needs more help to do so. If you would like to learn more about what's involved and how you could help, please call Sandra Harle on 01728 833578 for more information.

LEISTON ALLOTMENT HOLDERS & GARDENERS ASSOCIATION

Garden work is difficult in December, but try to keep ahead of winter jobs, weather permitting. Continue digging, if the soil is not frozen or wet enough to stick to your boots!

Vegetables: During this month, or early in January, prepare your site for next year's runner beans. Check over sprouts and sprouting broccoli, as they may require 'firming in' and staking.

Fruit: Spray all fruit trees and bushes with tar oil winter wash while dormant. Continue to prune trees, especially apples and pears.

Flowers: Check dahlia tubers and gladioli corms for any damage or rot. Remove and dispose of any damaged parts. Bringing this garden year to its close, if you have any spare time, you may enjoy looking at garden catalogues!

Greenhouse: If plants are being overwintered, vent carefully on days when the sun shines to allow the air to circulate. Open

ventilators a little on sunny days but close them early afternoon. Remove any dead material on overwintering plants. Plant growth is at its lowest this month due to less daylight hours.

Allotment Association members - please note

The shop in Valley Road will be closed after Saturday 16 December and will re-open on Saturday 20 January 2024. This short break will give the Shop manager and his loyal volunteers a welcome break!

P.S. There will be no garden notes in January, but hopefully back for February!

Happy Christmas everyone.

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CITIZENS ADVICE EAST

Let's keep everyone warm this winter!

If you were born before 25 September 1957, you might have already received a 'Winter Fuel' payment to help with heating bills. The payment is between £250 - £600. For those of pension age the amount received includes a 'Pensioner Cost of Living Payment'. Most people get the Winter Fuel Payment automatically if they are eligible.

If you have received a Winter Fuel payment, and you can manage to keep warm this winter without it, then you might like to donate it to the Suffolk 'Surviving Winter' appeal. The appeal is a joint initiative between Suffolk Community Foundation and Citizens Advice.

We know from experience that rising energy prices and inefficient homes mean many people in our area cannot afford to heat their homes properly, or at all, in winter. If they are short of money, they tend to turn their heating off or down. This can have devastating impacts for health. Over 300 people died from causes related to cold and poor living conditions in Suffolk last year.

Now in its 13th year, the Surviving Winter fund exists to reach those most in need – low-income families, individuals who are struggling to make ends meet, and the older generation.

Every penny donated will be used in two ways: as direct support payments for those in need of financial help to heat their homes properly, eat properly, and keep active, and as grants to local charities with a track record of looking after older and vulnerable people during the winter months.

If you are in a position to donate your

Winter Fuel payment, or you would just like to be part of making a difference in Suffolk, then please give what you can.

There are three ways to donate:

- Online using this website: https://www.suffolkcf.org.uk/surviving-winter-appeal/
- By telephone 01473 602 602
- By visiting any branch of Suffolk Building Society to make a payment over the counter

Last year's appeal awarded over £340,000 in payments supporting 1,000s of homes across Suffolk. The need this year is as great as ever.

Thank you for whatever you can give. Together, let's help keep the people of Suffolk warm this winter.

We look forward to seeing you again in the New Year. Until then, a very MERRY CHRISTMAS AND A HAPPY NEW YEAR to everyone.

LEISTON TOWN BOWLS CLUB REPORT

October saw nearly 30 members enjoy the end of season Bowls Club' meal, no presentations but a clear sign that the club was on the up and next season will be full Trophies / awards evening.

All indicators are that 2023 was a successful season, not always dictated by results but with our new members those better results clearly aren't far away.

At the AGM on October 4th 29 members heard reports from the Secretary, Treasurer and Chair, all stating what they saw as a successful season. The Treasurer said that thanks to hosting 3 Suffolk County games, 2, league finals days and 2 club successful Open tournaments we have a comfortable balance. Much of this thanks to Ann and her team - all volunteers

- providing and serving refreshments, cakes etc. A big, big thank you to them, but this needs to be retained as one big expense on mechanical repairs can soon make a big hole. He reiterated the need for all club members to support the club either on the green preparing for tournaments etc, or by contributing draw prizes and helping with food, drinks and refreshments.

The secretary was able to report that due to the wide praise received for the facilities, and the welcoming hospitality, Suffolk County Bowls wished to use the LTAA Bowls club to host next season's county games, as did the two leagues for their finals' days.

Credit must go to Mick our 'novice'

Greenkeeper. Under Peter's skilful guidance he picked up the mantle and provided a first-class green throughout the 2023 season, an ideal surface many bowlers county wide were always pleased to play on. Mick has already been active putting the green to bed for winter, still needing to monitor and nurture at least weekly - no longer the novice - in preparation for season 2024.

With Mick in charge of the green, Brian the honourable Chair and the ever active Richard as Secretary promoting the club Leiston Town Bowls is under very good management and season 2024 cannot come soon enough. Well done all, see you all on the green next season.

Ditcher

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BE A STAR...

...and support St Elizabeth Hospice this Christmas

St Elizabeth Hospice has announced the return of its annual Christmas appeal, 'Be a Star' for 2023.

Every Christmas, on average, the hospice provides vital care to more than 1,190 people living with progressive and life-limiting illnesses and their families across East Suffolk, Great Yarmouth and Waveney, for many of whom it will be their last Christmas spent together.

Through 'Be a Star', the independent Suffolk charity is encouraging the community to support the hospice during this very special time of year and help staff ensure patients and families can have the Christmas they deserve.

Pauline Donkin, Head of Fundraising at St Elizabeth Hospice, said: "Every year we provide support to patients and their families over the Christmas period, to ensure they can enjoy this very special time of year.

"This care is delivered at our Inpatient Unit in Ipswich, at Beccles Hospital and in homes throughout the community, across East Suffolk, Great Yarmouth and Waveney. Wherever our support is needed, we will be there.

"By supporting our 'Be a Star appeal' you can make a real difference to people and their families in your local community, who need our care when it matters most."

From purchasing items such as Christmas cards, from St Elizabeth Hospice shops or online store to taking part fundraising events like the Christmas Day Dip and Santa Dash run or volunteering time to help the hospice as part of a New Year's resolution. There are a number of ways to take part in the 'Be a Star' appeal and each one makes a vital contribution to supporting the hospice in making Christmas time a special time for those under its care this year.

One person who knows the importance of St Elizabeth Hospice's support at Christmas in Linda Hunt, whose husband John received support from the charity until his death, aged 73, on Christmas Day 2022.

"They made it possible for us to be together as a family during the lead up to the Christmas period, which was so vital, especially as Christmas is a time for people to come together with loved ones," said Linda.

"Our granddaughter Blu (who was four-years-old at the time), would sit on John's bed at the hospice, which meant so much to us all, and one day after he'd passed away, she said 'I wish



John Hunt and granddaughter Blu

I could be a star Grandad, so I could see you in heaven'.

"St Elizabeth Hospice touched our family in so many ways with their compassionate care and warmth, helping make our last Christmas with John very special.

"By supporting St Elizabeth Hospice and its 'Be a Star' appeal, you will be helping the charity care for patients and families, throughout your local community, helping them share precious moments together during this special time of year."

Find out how to support the Be a Star appeal by visiting www.stelizabethhospice. org.uk/be-a-star/be-a-star-appeal or call 01473 723600.

DATES FOR YOUR DIARY

DEC 2 Thorpeness Christmas Fair. 12noon – 3PM at The Dolphin Inn, Thorpeness

DEC 2, 3, 9, 10, 16 & 17 Santa Specials at the Mid-Suffolk Light Railway. A magical Christmas treat for children up to 10 years old. Steam trains run from Brockford Station to 'North Pole Halt', for an individual visit to Santa at his Christmas Guards Van and each child receives a present. On their return from the Santa visit passengers will find Christmas crafts, hot drinks, festive finger food. There will also be a traction engine in steam and a Dutch Street organ on site. Early booking is recommended. For further information visit: www.mslr.org.uk/bookings. For larger parties email: events@mslr. org.uk. Mid-Suffolk Light Railway, Brockford Station, Station Road, Wetheringsett, IP14 5PW. (Off the A140, follow the brown signs). www.mslr.org.uk

01449 766899/01449 766874.

DEC 8 History lecture by Hugh Belsey: Going Dutch . . . aspects of 17th century art in Holland - Leiden, the birthplace of Rembrandt: Born in the city in 1606, Rembrandt remained there until he moved to Amsterdam in 1631. Jan Lievens was his mentor during this early period and their work complements each other. 10.45am at Church Hall, Aldeburgh.

DEC 14 MINGLE - a very friendly social club for anyone with learning disabilities. They can chat to friends, buy drinks and snacks, play games like Bingo, enjoy indoor sports, make things, join in all sorts of activities, dance at our Christmas disco and enjoy nice food at our parties. Third Thursday of each month (except August) from 7 - 9pm at the new Fromus Centre, Street

Farm Road, Saxmundham (behind the library). £2 to get in. For more information phone Colin on 01728 830858 or 07864 260 162.

JAN 1 Mid-Suffolk Light Railway Steam & Light Festival.

Historical Lighting Association's display of fascinating vintage oil lamps dating from the Mid-Victorian era as seen everywhere from grand houses to practical work places.

For more information visit www.mslr.org.uk/bookings or call 01449 766874. Brockford Station, Wetheringsett, Stowmarket, IP14 5PW. 01449 766899. www.mslr.org.uk.

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