

...YOUR FREE LOCAL NEWS

AUGUST 2024

LEISTON OBSERVER



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A NOTE FROM OUR EDITOR



There are plenty of opportunities to enjoy the many activities available this summer, including free children's activities organised by East Suffolk Council, Leiston's first Book Festival, Aldeburgh Carnival and a Fun Day at Sizewell Sports & Social club and more and, if the weather improves, the beach of course, on our doorstep and free to use! Whatever your plans – enjoy!

As always please let me know if you have any news you wish to share with our readers, I would love to hear from you and if you run a local business get in touch if you wish to advertise in the Leiston Observer or any of our other five titles. If you haven't advertised with us before you may reach a whole new audience! My email is lou@tidecollection.com

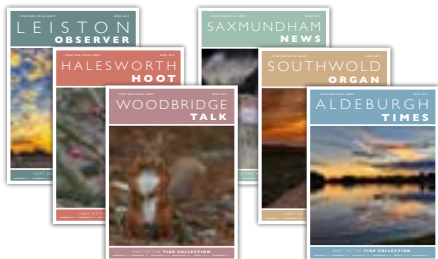
Louise Gissing

Thank you to Caroline Tillett for our cover photo this month, of a fledgling wren which was taken in Occold, Suffolk.

QUOTE OF THE MONTH

Life is full of beauty. Notice it. Notice the bumble bee, the small child, and the smiling faces. Smell the rain and feel the wind. Live your life to the fullest potential, and fight for your dreams.

Ashley Smith



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Suffolk Community Foundation is inviting eligible charitable and not-for-profit groups to bid, following the opening of the Sizewell C Community Fund

LEISTON F C 21
Heading into the new season with hopes high, both on and off the pitch.




2024 SEASON NEWS

Good Morning, Bill by P.G. Wodehouse
Aldeburgh: Fri 26 July to Sat 3 Aug
Southwold: Wed 7 to Sat 17 Aug
Wit, whimsy, love, and barrels of laughter - dazzlingly written, roaring-twenties Romcom.

There Goes the Bride! by Ray Cooney and John Chapman
Southwold: Wed 24 July to Sat 3 Aug
Aldeburgh: Mon 5 to Sat 17 Aug
Wedding-day chaos with an invisible guest - from the masters of English Farce.

Rough Crossing by Tom Stoppard
Aldeburgh: Tues 20 - Sat 24 Aug
Southwold: Wed 28 Aug - 7 Sept
Anything Goes meets Noises Off in this sparkling 1950s Comedy with music – set on an ocean liner.

Snake in the Grass by Alan Ayckbourn
Southwold: Wed 21 – Sat 24 Aug
Aldeburgh: Mon 26 – Sat 31 Aug
Jealousy, blackmail, revenge, and murder in this ice-cold, Psychological Thriller.

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Aldeburgh Museum
MOOT HALL

Enjoy Summer with us!

Our team have been working behind the scenes to give you a jam packed **FUN** August.

- Smuggler Molly is back and will be giving **FREE** guided Smugglers Walks on **August 8th**. The walks, based on the book 'Up The Steps' by Nora Acheson available from the museum shop, will leave outside the Moot Hall at **11, 12.15, 2.15 and 3.15pm**. All welcome. Come along and discover Aldeburgh's secret smuggling places.
- **August 21st & 22nd** sees the return of our Storyteller. Performing at **12.30, 1.30, 2.30 & 3.30** each day outside the Moot Hall. **FREE**. All Welcome.
- Every **Tuesday** afternoon in August is '**Activity Day**' for children. Inside the museum, **FREE** with normal entrance fee. To keep our younger visitors entertained when visiting, dress like a **Mini Mayor** and command authority sitting on the chair, try our **Discovery Trail** and **Discovery bags** and pick up a free copy of '**A Walk with Snooks**'. Normal entry fee applies. The museum is open every day 1pm – 4pm.



SUMMER BEER & CIDER FESTIVAL

Friday 2nd - Sunday 4th August

Join us in our garden for our first Beer & Cider Festival! Enjoy bar snacks, seasonal dishes and plenty of pints.

Try a selection of beers, ales and ciders from a variety of craft brewers and artisan makers. Buy stamp cards online or on the day, 2 pints for £10, or 5 pints for £20.

About Time loyalty members can enjoy 10% off our stamp cards. Not a member? Sign up online via our website:

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LEISTON'S FIRST BOOK FESTIVAL

It was seeing the popularity of other Suffolk literary festivals that prompted local author Robert Ashton to organise Leiston's first book festival, which takes place on Saturday 7th September at the town's Edwardian Film Theatre. The day will see six non-fiction authors on stage, each a book that explores our evolving landscape and environment.

"We wanted to be different from other local book festivals", Robert Ashton explained, "so have a day of writers who have written about our changing world from different perspectives." Venue costs have been sponsored by Leiston Town Council, and a grant from Sizewell Creative makes this a very affordable day, with tickets for the full programme £30 (£25 for over 65s and £10 for those under 18).

The organisers hope that the conversations on stage will inform, inspire and perhaps prompt people to see the natural world around them a little differently.

The audience will hear about 20th century Suffolk writers George Ewart Evans and Adrian Bell; gain an insight into declining bird numbers; learn about Doggerland, that once connected Suffolk to Belgium and be taken to the remote landscapes of

Scandinavia and the High Caucuses, contrasting them to our familiar Suffolk coastline. "Most people will have heard of one or two of our authors," commented co-organiser Abbie Clements of Halesworth Bookshop, "but we also want people to discover new writers and enjoy reading their books."

Tickets can be booked via the website: www.leistonbookfestival.co.uk



VJ DAY SERVICE OF COMMEMORATION

Long Shop Museum, Leiston

17th August 2024 10.45

On Saturday 17 August, the Leiston Branch of the 'Friends of the Suffolk Regiment' and 'Royal British Legion' will be holding their annual service of commemoration at the Long Shop Museum to remember those from the town who served in the Far East between 1942 and 1945.

For those who may be unaware, the Long Shop Museum is home to a unique war memorial. There, framed upon its walls, is a Union Flag that has special significance to many men of the town who fought in the Far East with the Suffolk Regiment, and who were later taken prisoner at the fall of Singapore.

Corporal Herbie Bailey along with another Far East Prisoner of War (FEPoW), Sergeant Wilf Goddard, were both Leiston men and had been pre-war members of the Territorial Army. They were determined that the Flag should be framed as a permanent memorial to all their comrades who died in captivity and sadly never came home. The importance of this simple memorial cannot be underestimated. It is the only war memorial in the United Kingdom which takes the form of an object from the time in which it commemorates. All other war memorials and tablets were erected later, after the events they seek to commemorate. The Friends of the Suffolk Regiment who are the custodians of this important piece of local and regimental history, are committed to ensuring the memorial's long-term preservation and its continued home in the Long Shop Museum.

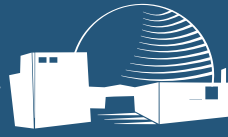
We warmly invite you all to attend and share with us a moment of reflection for all those men of the town who paid the

ultimate sacrifice and who never returned. This short service of commemoration will start at 10.45am with the Wreath Laying Ceremony.

Mark Forsdike

Secretary, Friends of the Suffolk Regiment





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SAXMUNDHAM RUNNING AND FITNESS CLUB

The Saxons 5 Mile Race

The Saxons operate as one of the sporting sections of the Saxmundham Sports & Recreational Club, a registered charity that owns the Carlton Park sports ground at Saxmundham, Suffolk. The club has more than 50 members and is run entirely by volunteers.

The aim of the club is to teach the principles of running and training with the emphasis on having fun while getting fit. Club nights are Tuesdays and Thursdays and ages range from young adults to people in their seventies.

Chris Fuller, from Leiston, joined The Saxons in September 2021. He had only started running a month earlier, encouraged by one of his sisters who thought it would be a good idea for him to get out of the house and do a Parkrun 5k at Sizewell.

That first run started Chris's obsession with running that has seen him go from strength to strength, improving not only his fitness but his mental health.

Chris said: *"I joined The Saxons club as I wanted to run with other people and to keep healthy. I've made a lot of friends that I go running with now which has made me faster and pushed me with my running and my fitness. When I first came to the club I was nervous to start with but within three or four weeks I was fine."*

James Wilson, head coach of The Saxons said: *"Chris started at Saxmundham Saxons in 2021, shortly after completing his first Parkrun at Sizewell in 29 minutes 11 seconds. Since then, he has knocked nearly 10 minutes off that time, achieved personal best times throughout all distances every month, has now completed Marathons and is preparing for an Ultra Marathon in September."*

"Chris is the embodiment of what running is about: determination, resilience and most of all enjoyment. To be able to have the opportunity to watch Chris not just grow as an athlete, but vastly increase his self-esteem and confidence has been greatly rewarding for me as a coach."

The annual Saxons Five Mile Race takes place on Sunday, October 6 at Carlton Park, IP17 1AT. On offer is a multi-terrain course on footpaths, fields, and roads. The family-friendly event comprises a junior fun run followed by an adult race in which 250 participants can take part.

On the day of the race, Chris will be taking a day off from his routine of running races every weekend across East Anglia, and with fellow club members will be volunteering as a marshal. The junior fun run starts at 10am and costs £2 to enter, and the adult race for ages 15 and over starts at 11am. Registration costs £16 or £14 for affiliated club runners. Chris added: *"It'll be good seeing all the runners coming to our club from all the different clubs and doing our race. There are all kinds of people at the races of all speeds and abilities. Some people are really fast and*



Andrew Lamb of Marshall & Lilley with Gordon Merfield, president of The Saxons.

very athletic, some people are in their seventies and it's inspiring how they do it. This time four years ago I would never have thought I could do a half marathon let alone a marathon, it's crazy. I'd say have a go, give it a go - you never know what you can do in life."

The Saxons are incredibly grateful to all their race sponsors for their support including Gold Sponsors Flick & Son, The Poacher's Pocket, Christies Care, Marshall & Lilley opticians and Fairweather Law. Andrew Lamb, business owner and optician of Marshall & Lilley said of supporting the race: *"At Marshall & Lilley we are proud to sponsor the Saxmundham Running & Fitness Club in all they are doing to promote local health. Everything done to improve general health will have a positive impact on social wellbeing and the health of the eyes."*

To enter the race visit www.thesaxons.org.uk/saxons-5-mile-race.



Chris Fuller, member of the Saxmundham Running & Fitness Club. Image: Phil Donlan

FRIENDS OF LEISTON FILM THEATRE NEWS



Our 2024/25 membership year has started well, with 218 members already signed up. Membership forms are available from the Leiston Film Theatre box office, or by emailing: staff@leistonfilmtheatre.co.uk.

It was lovely to see so many people attending our fundraising screening of Little Voice at the Film Theatre in April to celebrate Wayne's 30th anniversary as Film Theatre manager. The event raised a total of £856 for the Friends' funds.

In October, Leiston Film Theatre will celebrate its 110th anniversary. We intend to celebrate this achievement with a special fundraising concert on Sunday 27th October at 7.30pm, featuring the music of the Swing Machine Big Band.

Their repertoire includes music from Glenn Miller, Count Basie, Ted Heath, Woody Herman and Duke Ellington, to name only a few. The band will also be accompanied by two vocalists, covering songs made famous by Frank Sinatra,

Bobby Darin, Ella Fitzgerald, Michael Bubl  and Harry Connick Jr, amongst many others. With some fantastic instrumental soloists complementing the band's arrangements, the concert is certain to provide an enjoyable evening of fine entertainment.

Tickets are now on sale, with a discount for Friends at £17.95. The evening will also include a Grand Draw, with all proceeds being donated to the Friends of Leiston Film Theatre.

As part of the Film Theatre safety regime, the various grey wall coverings, wall drapes and stage curtains have to be treated every three years with a specialist flame retardant treatment system. The Friends were responsible for funding both the stage curtains and wall drapes and were pleased to offset these costs of £3,022.84 to support the venue.

Thank you to 17 of our members who have already signed up with EasyFundRaising, nominating Friends

of Leiston Film Theatre as their chosen cause. We receive a small donation every time our Friends do their online shopping via EasyFundRaising and those small donations really do add up. Over the past few years, we have received over £1,000. If you would like to register with EasyFundRaising, please email: staff@leistonfilmtheatre.co.uk and we'll reply with a link that makes signing up very easy.

And finally, we are always happy to hear from anyone who might like to join our committee, to help us organise and run fundraising events. If you feel able to help, we'd love to hear from you.

I attach the Friends logo too, just in case you wish to use it.

Wayne Burns

General Manager, Leiston Film Theatre,
74 High Street, Leiston, Suffolk. IP16 4BZ
Tel: 01728 830549
www.leistonfilmtheatre.co.uk

ALDE VALLEY CLASSICS

Come along and join us at Alde Valley Classics Day on Sunday 11th August at the Riverside Centre, Stratford St Andrew, IP17 1LJ

There will be a display of military vehicles and over 200 classic cars, motorbikes and tractors plus a 'win a bottle' tombola and 'home-grown' plants and produce stalls. Musical entertainment is provided by Rock and roll group Rockhouse. There will be a barbeque offering locally sourced sausages and burgers throughout the day. Hot and cold drinks, home-made cakes and filled rolls will be available from inside the Riverside Centre. The Riverside Centre licensed bar will be open throughout the event. Alexanders' ice cream van will also be in attendance. The event opens at 11am and closes at 4pm.

Entry is £2.50 per adult, which includes all-day parking. Free entry

for children under 14. Cash payments only for entry, stalls and food. Card payments can only be made at the licensed bar.

Classic vehicle owners' entry fee is £5 per vehicle including one passenger, £2.50 entry per classic motorcycle and rider and £2.50 entry for any additional passenger.

Please do come and join us! All funds raised go towards supporting the seven churches in the Alde River Benefice – St Mary's Church, Benhall; St Peter's Church, Blaxhall; St Mary's Church, Farnham with Stratford St Andrew; All Saints Church, Great Glemham; St Andrew's Church, Little Glemham; St John the Baptist Church, Snape and St Mary Magdalene Church, Sternfield.

STARTING THIS JULY!!

WALK AND TALK

Come and join your healthcare team for a walk and talk session!
There's lots of benefits to walking and even more to talking so why not combine the two?

Walking con... Burn calories and ease joint pain	Talking con... Be a great stress relief.	Walking con... Boost energy and improve mood
Talking con... Build friendships and help with solutions	Walking con... reduce your risk of coronary heart disease	Talking con... Help you understand that you are not alone
Framfield House & Little St John Street Surgeries The first and third Thursday of the month Meet at Woodbridge Library At 13.00	The Peninsula Practice The second and fourth Thursday of the month Meet at Aldeburgh Library At 11.00	Wickham Market Medical Centre The second and fourth Thursday of the month Meet at Wickham Library At 13.00

ALL ABILITIES WELCOME

For more details and for access to the trail that we will be following please contact sarah.lawrance@nhs.net

FREE HOLIDAY ACTIVITIES AND FOOD THIS SUMMER

Filmmaking, theatre, cooking, sport, mindfulness, STEM and outdoor adventure are just some of the free activities on offer during the school holidays across East Suffolk this summer.

Numerous organisations across the district are providing fun and enriching activities and food as part of a programme of experiences for children and young people over the coming weeks. There are 46 programmes on offer with over 7,700 places available.

The Holiday Activities and Food (HAF) programme has been funded by the UK Government for three years providing over £200m per year for enriching activities for children and young people, particularly those in receipt of free school meals. The HAF programme is overseen by Suffolk County Council and coordinated locally by East Suffolk Council.

Holiday activities are varied and can introduce young people to new experiences and skills, from dance and drama to cooking and filmmaking, as well providing opportunities for physical and social activity.

In Suffolk, the programme is targeted at those eligible for benefits-related free school meals, and other vulnerable children, or those with additional needs who would benefit from accessing the programme.

Cllr Sarah Whitelock, East Suffolk Council's cabinet member for Communities, Culture, Leisure and Tourism said: "Holiday activity programmes enable young people to get involved in a wide range of different activities to help keep them active over the summer holidays,

benefitting both their physical and mental health. The activities are a way for children to meet new people and learn new skills. They also provide support for families who may be struggling with the costs of food and energy during the school holidays."

Each funded holiday activity also offers a free meal, and places are redeemed by eligible families through the booking system Eequ. Families can select the programmes and dates they wish to attend, and which young people will be attending. The booking system will ask about HAF eligibility, and the booking will be reviewed and approved by the HAF team at Suffolk County Council.

Book a place now at <https://eastsuffolk.co/haf>

Activity providers include Kicks and Tricks Ltd, Abbeycroft Leisure, Premier Sports, the Football Fun Factory, Everyone Active, Kinda Education, Catch22, Oulton Broad Water Sports Centre, the Art Station, Footstars, Marina Theatre, Suffolk Wildlife Trust (Carlton Marshes), Suffolk Wildlife Trust (Foxburrow), Next Thing Education, East Suffolk Council, Xtra Time Sports Development, Earthwake, Ipswich Town FC, ASSET Education, Re-Utilise, Britten Pears Arts, Africa Alive, Offshoot, the PE Shed, Inspire Suffolk, MiniMe Mindfulness, Grow Cook Eat and Dialled Cycle works.

East Suffolk Council's Customer Services team is available to support anyone needing help completing the online booking form. The team can be called on 03330 162000.

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@inc SOUTHWOLD



Welcome to Southwold's new Business and Community Space, managed by MENTA, a non-profit organisation which has 40 years of experience in business advice, training, and space. Our aim is to bring Southwold's neighbouring towns and villages business community and people together. Southwold is the newest addition to our property portfolio where we offer business space, co-working, training and function facilities.

Our @inc Southwold co-working space allows you to hot-desk, meet new people to share ideas and potentially collaborate!

Our annual membership offers access to discounted desk and meeting room bookings as well as 24/7 access to our site.

At our @inc Southwold site we currently have 6 Courtyard units left to let. These are of an outstanding specification, all with their own external entrances great for shop fronts and their own WC! The units have been designed with you and your business in mind.

MENTA as an organisation offers a wide range of advice and training resources for businesses as well as additional support for accessing grant funding for new start-up businesses.



For all enquiries,
please email
space@menta.org.uk
or call
01284 653760
www.incsuffolk.co.uk



Sizewell C Community Study Share your views, shape your community!

Help Shape the Future of Leiston with Sizewell C

The University of Suffolk is carrying out a study exploring the community impact of Sizewell C, and we need your help! Please help us to shape this study in a way that reflects your views of Sizewell C, and how it may impact the local Leiston community.

We are holding a series of Coffee Morning/Afternoon community events in August in the local area, and we warmly invite you to attend. Refreshments will be provided. These events are a fantastic opportunity for you to get involved in shaping the second stage of our community study for Sizewell C.

For more information - and to share your initial thoughts - scan this code.



Dates and Locations

Leiston Community Centre, Sizewell Rd, Leiston IP16 4JU.

- August 3rd - 10am-1pm
- August 6th - 6pm-9pm
- August 9th - 2pm-5pm



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ALDE VALLEY SUFFOLK FAMILY HISTORY GROUP

'The Pirate Radio Revolution' of the 60s.

If you didn't manage to see this talk by Charles Wright and Brian Nichols, then you missed a treat! Forty members and visitors were joined by several more online to hear Charles and Brian tell the June meeting of the Alde Valley Suffolk Family History Group about the Pirate Radio Revolution of the 60s. Several of the AVSFHG's committee dressed up for the occasion and one had brought along a transistor radio made locally by Pye in Yoxford.

Charles explained that he and a friend, Tom Day, built a radio station in his bedroom in Trimley when he was just 15 years old. He called it Radio Walthamstow to confuse the authorities with their illicit broadcasting which, in reality only went a few hundred yards.

I won't readily forget the image of Charles in a cupboard lined with empty egg boxes to act as sound proofing! Charles and Brian demonstrated effectively and comically why a revolution was needed on the radio, because the BBC played "nice music and nice serials" but they just weren't playing popular music.

Although a late-comer to the 1960s I had heard of some of the offshore Radio Stations such as Radio Luxemburg and Radio Caroline but not of the other stations that were mentioned, such as Radio Veronica (Dutch) and Radio Mercur (Scandinavian).

This year celebrates 60th anniversary of Radio Caroline and it was interesting to note that the station was initially moored off the Felixstowe coast. Charles' late brother (Andy Wright) shot cine footage of a visit to see Radio Caroline where the



Charles Wright running Radio Walthamstow from a cupboard



Simon Dee



Committee member in 60s' mode

famous radio DJs (disc jockeys) came out on deck and introduced themselves because no-one actually knew what they looked like!

Caroline was on air from 6am to 6pm daily and the first record played by DJ Christopher Moore was 'Not Fade Away' by the Rolling Stones: "I'm gonna tell you how it's gonna be, you're gonna give your love to me." Many other DJs were mentioned, including Tony Blackburn, but the one that I associate the most with the 60s was that of Simon Dee. He joined Radio Caroline in March 1964, though I remember him later as the TV host of Juke Box Jury. Though offshore radio

became illegal, Radio Caroline carried on broadcasting until 1991 when it was forced to dock after running aground. Radio Caroline now broadcasts legally.

Charles and Brian recounted the history of Caroline in detail but also included information about other offshore radio such as Radio London, Radio Scarborough and Radio Northsea International. With a mix of rare cine footage, photographs, music and jingles we were all able to easily reminisce about radio in the 1960s and 70s. If this has whetted your appetite and you would like to know more why not visit the Radio Caroline Exhibition at the Felixstowe Museum (www.felixstowemuseum.org)

Further programme

Mon 16 Sept: Where are the Fellows who Cut the Hay? – Robert Ashton. 2.30pm at the Fromus Centre, Saxmundham.

Sat 5 Oct: Open Day at the Fromus Centre, Saxmundham

And don't forget we have a vast amount of local information which is not available online at our archives in Leiston. See what we have here: <https://avsfhg.org.uk/hc/help-centre/>

Jane Evans

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GROUPS INVITED TO BID AS £23M FUNDING POT OPENS

Suffolk Community Foundation is inviting eligible charitable and not-for-profit groups in East Suffolk to bid for a share of up to £23m following the opening of the Sizewell C Community Fund.

Around £2m will be made available each year for the next 10 years. The money will be awarded to projects in the East Suffolk Council area that promote the economic, social or environmental wellbeing of the communities most impacted by the construction of Sizewell C, and which enhance people's quality of life.

Melanie Craig, Chief Executive of Suffolk Community Foundation, said: "We are delighted to open the Sizewell C Community Fund, which will make a significant difference to our local communities over the coming

decade. We will focus on using our expertise to make sure this money benefits those communities most where work is taking place for the Sizewell C project.

"This is an exciting opportunity which comes at a time when rising demand and reductions in central funding are placing charities and community groups under ever increasing pressure. The money therefore has the potential to make a real and lasting difference.

"We are looking forward to using the extensive experience we have built up over the past 19 years to ensure it is put to the best possible use for local people."

Grants will be decided by an awards panel made up of representatives from Suffolk

Community Foundation, Suffolk County Council, East Suffolk Council and Sizewell C, as well as four independent members who have a close connection to the area. The panel will meet four times each year to award the money.

Julia Pyke, Sizewell C Joint Managing Director, said: "The Sizewell C Community Fund is a wonderful way to ensure that local communities benefit from the Sizewell C project for years to come. It's a key part of the legacy we want to leave for East Suffolk. We're excited to see the many projects and initiatives that will benefit, and to see the impacts they'll have across our region."

For more information about the fund, eligibility criteria and how to apply, visit Sizewellcfund.org.uk

FRAMLINGHAM AND SAXMUNDHAM CATS PROTECTION



It was great to see the many visitors to our stalls at the Woodbridge Regatta on a chilly day in June and at Southwold Street Festival on a sunnier day! Thank you all for your support. We look forward to seeing you at the Framlingham Country Show on 17 & 18 August.

Thinking of giving a cat a home? Getting a cat can be both exciting and daunting, leaving a lot to think about. From kitting out your home ready for your new arrival, to keeping your cat safe.

All cats have different personalities that make them the perfect pet for the right home. For some, adopting a kitten is ideal but an older cat might be a great option for a quieter household. Cats with disabilities make great companions too, especially as indoor pets. At Fram & Sax we make every effort to ensure a great match for each adopted cat!

When the cat first arrives you will need to help it settle into their new home. A change of environment can be stressful for a cat and it can take a while before it feels settled. Taking one step at a time is important; be patient and always work at the cat's pace when letting them adjust to their new setting.

As an owner you have an obligation to ensure all your cat's welfare needs are met - from a suitable environment and diet, to the freedom to exhibit normal behaviour patterns. Also, from June 2024, by law, all pet cats in England must be microchipped before they reach the age of 20 weeks (this applies to indoor-only

cats, too). You must also keep your contact details up to date on a DEFRA-approved microchipping database. Cats are naturally inquisitive animals and you will want to do all you can to protect against accidents. This includes providing appropriate health care and safety, both inside and out.

The average life expectancy of a cat is around 14 years, with many living well beyond this age. It is important to be able to assess your cat's quality of life to prevent suffering as they get older or become ill. If there comes a time when your cat is in continual pain, discomfort or distress, the most loving and courageous way you can show how much you care is to end their suffering. Making the decision to euthanise your much-loved pet is a difficult one and guidance from your vet will be invaluable at this stage.

We are here to offer advice on everything from choosing the right cat, common health issues and when to say goodbye to your beloved companion.

Cat Looking for a Home: This is Honey, who is about 2 years old. She has an unusual black coat with flame red colouring running through it. She has a beautiful character

and is an extremely friendly and chatty young cat. Honey loves everyone she meets and wins them all over. She enjoys playing and she will be a wonderful companion in her new home. Please contact us if you would like to know more.

See our website: www.cats.org.uk/framandsax, email: enquiries@framandsax.cats.org.uk, or telephone 01728 723499 for more information about adopting cats in our care; how to become a member of the branch; event dates; neutering; cat-care leaflets; how to become a volunteer fundraiser or fosterer, make a donation and other ways you can support us. Also find us on Facebook, Instagram and YouTube.



CITIZENS ADVICE EAST SUFFOLK (CAES)

Your go-to website for advice: caes.org.uk

Here at Citizens Advice East Suffolk (CAES) we have a great new website – caes.org.uk. Residents have said they like it because it's so easy to use and it gives them information quickly. Let's have a look at what you can do with just three clicks! Start by putting caes.org.uk into your phone, tablet or computer. The **Home** page will open. Now, what would you like to do?

Phone, email or drop in to see us? Easy. Click on **Contact Us**.

Find your nearest drop-in centre? On the Home page, scroll down to the map. Click on your nearest drop-in centre and see all the details.

See an adviser face to face? Click on Get Help and then on **Face to Face Advice**.

Get advice about an issue before (or instead of) contacting us? Great idea. Click on **Get Help**. Then click on **Self Help**. Click on one of the coloured circles and a list of specific advice areas will appear.

Contact your local council? Click on **Get Help** and then on **Useful Contacts**

Volunteer with us? Please do! Click on **Join Us** or email your interest to info@caes.org.uk

Donate? Wonderful. Go to caes.org.uk and click on the **Donate** button or give via justgiving.com/citizensadviceeast Suffolk

We'd encourage everyone to try the **Self Help** section (under Get Help) before contacting us. Perhaps you want advice on managing money, a benefit, a purchase that's gone wrong, an energy bill, or something else. You'll find advice on all of these once you've clicked on the relevant coloured circle – see below. Even if it doesn't answer all your questions, it can help you understand the issue better, and identify the questions you want to ask us in an email, phone call or face to face.



What if I don't have internet access, or can't use the caes.org.uk website?

Don't worry. Our Advice Line: **0808 278 7866** - is open Monday - Friday, 10am - 2pm. If our lines are busy, please ask someone you know, or the library, to help you contact us through our

website, or by emailing us at info@caes.org.uk. Remember to leave us your name and number, so we can call you back.

Migration to Universal Credit

Universal Credit replaces what are known as "Legacy Benefits" - Income Support, Child and Working Tax Credits, Housing Benefit, Income-related Employment and Support Allowance, and Income-based Job Seekers Allowance. Throughout 2024 people in Suffolk receiving any of these benefits will be contacted by the DWP to be migrated to Universal Credit. Once you have applied for Universal Credit you cannot go back to the Legacy Benefits. This is part of a national roll out and is not voluntary. When contacted you will have at least three months from the date of your migration notice to apply for Universal Credit, this deadline date will be included in your migration notice. If you do not apply for Universal Credit within this time your Legacy Benefits will be stopped without being replaced by Universal Credit.

There is transitional support in place for those for whom their Universal Credit is less than the amount they received from their Legacy Benefits. This will be reduced over time until you receive what you would have received through Universal Credit. You must apply within the deadline in your migration notice to be considered for transitional protection.

There are very few exceptions to those being migrated to Universal Credit. From August 2024, those over state pension age and who receive Tax Credits will be asked to apply for either Universal Credit or Pension Credit depending on their circumstances. Which benefit you should apply for will be detailed in your migration letter. Some recipients of Employment and Support Allowance will not be migrated until 2028/29, again this will depend on individual circumstances.

If you receive a migration notice which does not include a deadline you do not need to apply at this time. In these circumstances you should check if you would be worse off before applying. If you do apply you can never go back to your Legacy Benefits.

If you have any concerns about how this change will affect you, or you need help to claim Universal Credit, you should contact Help to Claim which is managed by Citizens Advice. The phone number is 0800-144-844.

There is more information available on the Citizens Advice website: www.citizensadvice.org.uk/benefits/universal-credit/before-you-apply/moving-to-universal-credit-from-other-benefits/.

To get in touch for advice on any issue:

Phone us on 0808 278 7866 (lines open 10-2 Mon-Fri)
Email us from our website: www.caes.org.uk/email-service

Also see our website www.caes.org.uk for details of our drop-in outreach sessions - in Bungay, Felixstowe, Framlingham, Halesworth, Kesgrave, Kessingland, Saxmundham, Southwold and Wickham Market - and ways to contact one of our offices - in Leiston, Woodbridge, Lowestoft, Beccles and Felixstowe. Our website also has a user-friendly self-help section where you can find answers to many issues. Do have a look.

DUNWICH MUSEUM & COMMUNITY HERITAGE CENTRE

Become a member of the Dunwich Community Heritage Centre! Support your local museum and community hall for £10 a year. Email us at membership@dunwichmuseum.org.uk

Dunwich Museum is open daily from 11.30 – 4.30. Visit us and learn about the city lost to the sea. Our special exhibition this year is on Pilgrimage and features some unique pilgrim badges. We run events and activities throughout the summer, so keep an eye out for our events and check our website for updates at www.dunwichmuseum.org.uk/events.

August 2nd – 5th, Dunwich Art Show: An art show featuring local artists and art will be held in the Dunwich Reading Room from the 2nd to the 5th of August. A private showing will be held on the evening of Friday the 2nd at 6pm, with the show opening to the public on the 3rd through the 5th, 11.30 – 4.30.

Wednesday Family Activities, 12 - 4pm: We will be running a program of drop-in family activities every Wednesday in August! Visit us for archaeology days, geology days, plant and herb activities, and more in the Dunwich Reading Room.



Saturday August 24th, 6 – 8pm: A Pilgrims Feast: An early evening feast of medieval inspired fare, with folk music by the Dunwich Drifters and a Chaucer's Canterbury Tales reading. Join us for a cosy supper with mead and wine. Tickets for sale at £15 per person.

Saturday September 21st, 7pm: Blake Morrison and the Hosepipe Band. Blake's Shingle Street collaboration with the band celebrated Suffolk landscapes and seascapes. Now he has widened his scope to encompass themes of elation, regret, nostalgia, sensuality and domestic mishap. There's a sense of passing time or 'timefulness' – of fading memories, missed chances and the coming of age - but his touch remains light throughout. This year's performance will feature poems from Blake's new pamphlet *Never the right time*. Readings will be accompanied by music composed and played by members of the Hosepipe Band. We are grateful to the National Lottery for their support and offer players a free Dunwich Museum pencil if they can show us proof of purchase.

LEISTON ALLOTMENT HOLDER & GARDENERS ASSOCIATION

August: The weather in August is often the same as in July - if July was wet, August is likely to be the same! Plan your garden for 'cool season' crops. Begin to collect seeds from your best plants for next year's garden.

Vegetables: Keep ahead with the regular autumn jobs such as hoeing, feeding and watering. If any dry spells, keep harvesting all your crops as they mature (i.e. beetroot, turnips, etc). Plant out any remaining spring cabbages, draw a little soil around the stems to help prevent wind damage. Clear away spent crops as soon as completed.

Fruit: Prune blackcurrants by removing branches that have fruited this year. Reduce side shoots on red and white currants by about two thirds. If strawberries have finished fruiting, remove straw and add a general fertilizer. Plant out your 'plant runners' in a prepared strawberry bed.

Flowers: Pinch out tops of chrysanthemums and take cuttings. Plant daffodils by the end of the month.

Dahlias: Keep spraying against pests, and feed with liquid fertilizer. Keep plants tied to 'supports' as they grow.

Roses: Remove blooms as they fade, stop feeding, but continue spraying if greenfly is still a problem.

Greenhouse: Continue as last month watering, feeding and tying in tomatoes and cucumbers as necessary. Tomatoes should be kept well-watered to help avoid blossom end rot. Remove side shoots from cordon tomatoes. If you have problems with slugs and snails, extra care needed if watering is done in the evening. As slugs and snails adore moist overnight conditions, organic pellets should help keep population down.

Roderick Linsell

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**August Events**

**Sun 4th - Mark Anthony
& Isaac**

Sun 11th - Ace Karaoke

Sat 24th Day - Steve & Greta

Sat 24th Night - Karaoke

Sun 25th - Cool Remedy



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DATES FOR YOUR DIARY

AUG 3 Knodishall Flower Show. Flowers, veg cooking, crafts, and children classes. Schedules can be picked up in the village shop. Come and see what other have achieved, this may inspire you for next year. Tea and cakes, side stalls, live music. 2pm at Knodishall Village Hall.

AUG 3 & 4 Wulfheodenas: Anglo-Saxon Living History. Step back over 1000 years in time and enjoy the sights, sounds and smells of Anglo-Saxon life at this evocative time of year as Wulfheodenas set up camp for a weekend full of living history. Walk through the Anglo-Saxon camp to see craftsmen hard at work, warriors dressed ready for battle and King Raedwald himself in his ceremonial regalia. Email: suttonhoo@nationaltrust.org.uk, phone: 01394 389700. 10am – 5pm at Sutton Hoo, Woodbridge, IP12 3DJ. Website: www.nationaltrust.org.uk/visit/suffolk/sutton-hoo/events/8cc3d870-9b31-4b1f-b192-52b241bdc224

AUG 4 Alde Valley Ramblers. Parham 6.2 mile walk. Meet at car park outside Parham village hall at 10am. TM30710 60503. For more information email: walks.aldevalleyramblers@gmail.com or visit our website.

AUG 10 A concert of Baroque music from the Wollaston Consort At Sibton Church (IP17 2NB). Julie Harmer (flute) and Peter

Clayton (harpsichord & organ). Tea will follow the performance. An afternoon of sparkling music by Handel, Blavet, JS & CPE Bach, and Loiellet. 15.30 – 17.00. Tickets Adults: £10, U18s: £5 will be on sale at the door, or from July 15th at the Weavers Tearoom Peasenhall, and the Peasenhall General Stores.

AUG 14 National Garden Scheme 2024 : The Red House, Aldeburgh. Explore the five-acre gardens surrounding the home of Benjamin Britten and Peter Pears. The tranquil garden maintains the mid-century domestic setting that reflects the period Britten and Pears were living at The Red House. Elements of its former life as a farm are still

present, and give the garden structure and character. £5. Email: boxoffice@brittenpearsarts.org, phone: 01728 451700. The Red House, Golf Lane, Aldeburgh, IP15 5PZ. 11am onwards. Website:

brittenpearsarts.org/events/national-garden-scheme-2024-the-red-house.

AUG 17 - 18 Thegns of Mercia: Anglo-Saxon living history. Step back over 1000 years in time to enjoy the sights, sounds and smells of Anglo-Saxon life as Thegns of Mercia visit Sutton Hoo for a weekend full of living history. With live demonstrations and displays of reproduction treasures. Email: suttonhoo@nationaltrust.org.uk, phone: 01394 389700.

Sutton Hoo, Woodbridge, IP12 3DJ. 10am – 5pm. Website: www.nationaltrust.org.uk/visit/suffolk/sutton-hoo/events/fbef24d0-7e7b-48cc-99c5-59ee5831b104

AUG 18 Alde Valley Ramblers. Leiston Theberton 6.8 Mile walk. Meet at Leiston Leisure Centre car park at 10am. TM45083 62055. For more information email: walks.aldevalleyramblers@gmail.com or visit our website.

AUG 24 Middleton -cum-Fordley Annual Village Fete. Comic Dog Show. Stalls and games for all the family. Refreshments. Entertainment by local band 'Silmor'. 2pm at the Recreation Ground, Fletchers Lane

AUG 30 Maze by Torchlight at Southwold Maize Maze. Includes use of play equipment (weather permitting). 6.30pm. Tickets available on website or on the night, £8.50 per person (under 2s free). In aid of Halesworth branch of Cancer Research UK. Cancer Research will have some stalls and traditional fete games. (We apologise but our stalls are cash only). Don't forget your torches.

SEP 1 Alde Valley Ramblers. Wickham Market 4.5 mile walk. Meet at bus stop in village off High Street at 10am. Parking at Percy Mason car park, off square IP13 0QS. For more information email: walks.aldevalleyramblers@gmail.com or visit our website.

WAKE UP TO THE NATIONAL GRID THREAT OR YOU'LL WAKE UP TO 1,200 HGVS A DAY



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before



after

FLIPSIDE 2024 - 'POWER'

FLIPSIDE



Toby Jones Headlines this year's FlipSide Festival

This year's FlipSide Festival, Suffolk's annual festival of literature and ideas, will be a day of conversation and debate around the theme of Power.

This year, FlipSide goes head to head with various forms of power, brilliantly assisted by half a dozen wonderful guests from the worlds of performance, music, comedy, biography, place writing and investigative journalism. Threaded throughout the day, readings from poems pursuing power will remind us of the potency of the pen to stir hearts and minds.

Whether it's about interrogating Sizewell with Will Atkins or taking the mickey out of politicians with Rosie Holt, inviting us to intrigue in the Stuart court with Lucy Hughes-

Hallett or investigating government betrayals with Amelia Gentleman, you'll find it all at FlipSide, alongside composing for change with Errollyn Wallen and acting the activist with award-winning actor Toby Jones; who joins us to consider the power and politics of performance and how drama can sometimes reveal truths hiding in plain sight.

This year the Festival will be at a venue new to FlipSide, the Old Theatre in the heart of Framlingham from 10am – 6pm on 28 September 2024. There are many things we can't affect in this world, but you do have the power to choose here. Just say yes to FlipSide 2024.

Tickets are £65 for the full day, £35 (£20 for concessions) for the morning or afternoon sessions only, and are available to buy online at <https://www.flipsideuk.org/>

About FlipSide

FlipSide is a charity originally founded in 2013 by Liz Calder, Louis Baum, Genevieve Christie and John Christie.

Previously the festival has taken place at Snape Maltings, Henham Barns and Sweffling with authors including Ian McEwan, Margaret



Toby Jones. Photo: Andrew Ogilvie Photography

Atwood, Michael Ondaatje, Benjamin Zephaniah and David Hare with Latin American artists including Milton Hatoum, Bernardo Carvalho and Bebel Gilberto. FlipSide's work in Lowestoft led to it creating First Light Festival with partner HemingwayDesign.

CLASSICS AT GLEMHAM TO RETURN



Classics at Glemham will once again be raising funds for St Elizabeth Hospice, when the event returns this September.

Taking place between 10.30am and 5pm on 1st September at Glemham Hall, the classic vehicle show and family fun day, will feature a substantial range of classic cars, supercars past and present, commercial vehicles, heritage steam vehicles, military vehicles, and motorcycles on display.

Classics at Glemham will also feature live music by 'The Silhouettes' - Shadows Tribute Band, and 'Secklow Brass'. Also, a vast array of food and bar / drink stalls, children's attractions including magic show and inflatable bouncy castles, auto jumble and trade stands.

The Classics at Glemham Team have been extremely busy making some substantial improvements to this year's event. A major improvement is catering, with this year's event set to see an amazing choice of food and drink traders, each offering their unique variety of delicious products, including cakery, Greek grill, hog roast, freshly made sweet & savoury crêpes, as well as much more.

St Elizabeth Hospice, independent Suffolk charity, are very proud to be returning as the official charity partner of Classics at Glemham 2024. With last year's Classics at Glemham donating a massive £10,850 for the hospice.

Celia Joseph, Community and Projects Manager St Elizabeth Hospice, said: "Everyone at the hospice is really looking forward to this year's Classics at Glemham, which is once again supporting the hospice.

"Last year's Classics at Glemham was a great success raising vital funds, as well as providing a thoroughly entertaining day for all the family, and a brilliant range of stunning vehicles on display in the glorious setting of Glemham Hall.

"Every penny raised for the hospice, by Classics at Glemham, will make a real

difference to our services and to the patients and families under our care throughout East Suffolk, Great Yarmouth and Waveney."

Chris Rycroft, Classics at Glemham, said: "The Classics at Glemham Team are so very proud to be supporting such a fantastically worthy cause for the third year in a row!

"The amazing work the hospice does for all the people requiring support in the area, makes us just so proud to put on an event like this, enabling us to raise such substantial donations to make a difference!"

Tickets are available to purchase from classicsglemham.littleboxoffice.com

Tickets cost £10 (including entry to the Hall's Gardens) and under 15s go free.

For more information about Classics at Glemham visit the main website classicsglemham.org.uk, or www.facebook.com/ClassicsGlemham for all the very latest announcements.

To find out more about St Elizabeth Hospice call 01473 723600 or visit www.stelizabethhospice.org.uk.



Fri 2nd & Sat 3rd Aug at 7.15pm
Sun 4th Aug at 6.00pm
Mon 5th & Tues 6th Aug at 7.15pm
Wed 7th Aug at 3.00pm
Thurs 8th Aug at 7.15pm

TWISTERS 12A

Mon 5th & Tues 6th Aug at 3.00pm
Wed 7th Aug at 6.00pm
Thurs 8th Aug at 3.00pm

INSIDE OUT 2 U

Fri 9th & Sat 10th Aug at 7.15pm
Sun 11th Aug at 6.00pm
Mon 12th & Tues 13th Aug at 7.15pm
Wed 14th Aug at 3.00pm
Thurs 15th Aug at 7.15pm

THELMA 12A

Fri 16th & Sat 17th Aug at 7.15pm
Sun 18th Aug at 6.00pm
Tues 20th - Thurs 22nd Aug at 7.15pm

DEADPOOL & WOLVERINE 15

Sat 24th & Sun 25th at 5.00pm
Tues 27th - Thurs 29th Aug at 3.00pm

HAROLD AND THE PURPLE CRAYON PG

Fri 30th Aug at 7.15pm
Sun 1st Sept at 6.00pm
Tues 3rd Sept at 7.15pm
Wed 4th Sept at 2.00pm

HORIZON: AN AMERICAN SAGA CHAPTER 1 15

Sat 31st Aug at 7.00pm
Sun 1st Sept at 3.00pm

ANDRÉ RIEU: POWER OF LOVE PG

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



National Cinema Day - Saturday 31st August - ALL SEATS ONLY £4.00!

Join us, as we celebrate National Cinema Day at Leiston Film Theatre, with a selection of fabulous family films, with all tickets priced at only £4.00!

DESPICABLE ME 4 (U) - 1.00pm

INSIDE OUT 2 (U) - 4.00pm



LEISTON FOOTBALL CLUB



Leiston Football Club head into the new season with hopes high, both on and off the pitch.

The Victory Road club begin their fixtures this month in a new campaign which will see the first team again striving to reach the National League (Step 2) division. Currently playing in the Southern League Premier Central Division (Step 3), for a 13th consecutive season, Leiston are one of Suffolk's highest-ranked sides and attractive opponents at Victory Road this season will include Kettering Town, Leamington, AFC Telford, as well as Suffolk rivals AFC Sudbury and Lowestoft Town.

"It's going to be another fantastic season of football for our first team – and our club," chairman of the Blues, Andy Crisp said.

"The standard is high, but we continue to compete well, and will be looking to be in the mix throughout. Luckily, we are blessed with some fantastic players and some fantastic sponsors, including Jordan Fencing, Flick & Son and Fishers, as well as many others. Running a club at our level, with first team trips to the midlands on a regular basis means we are very grateful to all those who help our community club."

However, Leiston isn't all about the first team. It is indeed a true community club, with an U23 team, U18 team and a plethora of youth sides, including this season for the first time at least one girls' team.

"We're very excited about the teams below the first team and especially our youth teams, including our girls team this season," Mr Crisp added. *"That's an exciting addition to our team line-ups. Our club is a community and we want our young people to aspire to be a big part of that, as well as become better footballers, and enjoy the friendship of being part of a team."*

A new 3G pitch is set to be installed at Victory Road in the coming year or so – a wonderful facility that will be available not just for Leiston Football Club use, but for community and local use as well. It's part of much of the exciting work going on at Victory Road.

Founded in 1880, Leiston Football Club is one of the oldest non-league clubs in the UK, but it heads into 2024 in as good a shape as it has ever been, with local support so crucial.

If you would like to be involved at Leiston Football Club, from becoming a match day volunteer through to sponsorship packages, that include match-day, ball and individual player sponsorship, contact Andy Crisp on 07769 904555



Leiston first-team captain, Seb Dunbar, will be leading the Blues in 2024/25. Photo: Dave Rees

or email acrisp5@aol.com and see how you as an individual or your business can enjoy being part of the Leiston FC experience.

ADMISSION PRICES: First team: £12 adults, concession (over 65) £9, student (with student card) £7, U16s £3, U5 free.
U23 team: Adults £5, concession (over 65) £3, student (with student card) £2, U16s free.
U18 team: Adults £4, concession (over 65) £2, U16s free.

For fixture information, news and teams, head over to www.leistonfc.co.uk or follow Leiston on X, Facebook and Instagram @leistonfc

NEWS FROM LEISTON-CUM-SIZEWELL TOWN COUNCIL

Sizewell C Progress

Councillors have been attending the second round of forums arranged by SZC, The Main Development Site Forum and the Northern Transport Forum. Information on SZC works and the Forums can be found at <https://www.eastsuffolk.gov.uk/planning/national-infrastructure-and-energy-projects/sizewell-c-nuclear-power-station/works-tracker-sizewell-c-forums-and-contact-details/>

Most months, a representative from SZC attends our full council meeting to update councillors and residents on progress both on site and at Associated

Development sites. Residents can ask them questions at the meeting. Check the online agenda on our website each month to see if they will be in attendance (address below).

Tuesday 13 August: Full Council Meeting

Members of the public are welcome to attend meetings and ask questions to any guest speakers, their County and District Councillors (if in attendance) and Town Councillors, before the formal meeting begins.

The Mayor, Cllr Lesley Hill and the town councillors would like to wish you all a

great summer holiday. In the meantime, if you need to contact us, here's how you can do so.

Get in touch with Leiston Town Council:

By calling: 01728 830388

By emailing: townclerk@leistontowncouncil.gov.uk

Visit our website: <http://www.leistontowncouncil.gov.uk>

Follow us on Facebook: <https://www.facebook.com>

ALDEBURGH CARNIVAL

We are relying on you to make the 80th Carnival the best so far! 17th – 19th August.

Our beautiful Carnival Queen Minnie, her attendants Emily and Bella, Aldeburgh's Mayor T-J Haworth-Culf, and the whole volunteer Carnival Committee really look forward to welcoming you to the town for Carnival weekend. So, parade, take part, volunteer, wear those shoulder pads with pride, or dress in neon! 'Anything 80' is the theme and we are relying on you to make the 80th Carnival the best so far, and most importantly let's have some fun!

Our Program will be available very shortly. Buying a programme helps the Carnival's funds and makes a great souvenir to remember your time here celebrating Aldeburgh's amazing 80th Carnival.

There will be a fabulous display by Steen Skybolt + Taylor Monoplanes, giant kites, crafts, food mini village, silent auction, now legendary Sunday 10K Mini-Marathon, the Carnival Procession with our beautiful Carnival Queen and her attendants, dancing in the street, the magical lantern procession and firework display on Monday and there will be music over the whole weekend. Lots of music. The Times has just chosen Aldeburgh as the top place in the UK to visit to relax and unwind to classical music. For this weekend, the Carnival wants to make sure there are loads of other kinds of music too. So, before you compete in the highly competitive and very special Duck Race on Moot Green at 4.30, make absolutely sure you don't miss the fabulous 'All Star Rock School' for a start on Saturday, playing at the Lifeboat Station between 12noon and 4pm. On Monday we are so happy to have the Essex Caledonia Pipe Band playing at the Moot Hall from 2.55pm and leading the Chinese Lantern Procession in the

evening. We also welcome back the wonderful Samba Band, taking part in the Carnival Procession and helping get the party going for dancing in the street from 6.30pm, followed up by the BEST 80s' disco music. Unbeatable lineup!

Our grateful thanks go to the amazingly generous sponsors we have this year. Without them the traditional elements of the Carnival weekend simply couldn't happen. We are very excited to have such an unbelievable number of prizes for the Silent Auction, all donated by local businesses and individuals. You can have a look at our website: www.aldeburghcarnival.com, to see the full details of what is on offer – keep looking though, as more and more offers could be added as carnival approaches! A very small selection of the varied goodies are: a festive Getaway cruise; dinners for four, dinners for two, breakfasts, lunches, cream teas, afternoon teas; an 18 hole round of golf, a wicker picnic hamper for humans; a 'not for humans' doggy hamper; painting lessons; gift vouchers and gift sets, fine wine and fine experiences. This year for the first time we have a 'Kiddies Korner' selection of lots, especially donated for children to enjoy. Something for everyone! The Silent Auction site will be

LIVE from Midnight on Saturday 13th July online at www.32auctions.com/AldeburghCarnival2024 up to 2.00pm on 18 August, when the auction goes 'live' on the seafront for one hour. Keep an eye on the bidding and increase your offer if it has been topped – otherwise you will lose the deal! Highest bid by 3.00pm on Sunday 18th August wins! Come and see us before then on the 17th and 18th August, where you can take a look at the various lots and sign up in person, on the Moot Green facing the sea.

From August 9th you can buy specially commissioned Carnival merchandise and lanterns from our pop-up shop at 114 High Street. By doing this, taking part in the Carnival Draw (from the draw table outside Riley and Riley from 3rd August), using the secure Carnival car park, donating your spare change and giving generously to the Carnival's contactless pay stations on the day or by the QR code you help to ensure that next year's carnival thrives, and we can continue to give to good local causes. As always, you can find us on the Carnival website: <https://www.aldeburghcarnival.com>, follow us on Instagram, on 'X' or Facebook and see us on Youtube. We look forward to seeing you soon!



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Contacts/Advertisers/Editorial:

Louise Gissing at Leiston Press, Unit 1b Masterlord Industrial Estate, Station Road, Leiston, IP16 4JD
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Reports, press releases; letters and other editorial contributions with news value are all welcome but are accepted on the understanding that there is no guarantee of inclusion and that they will be selected and edited at the editor's discretion.

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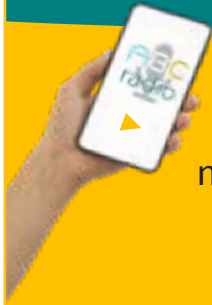
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Sizewell Sports & Social Club

Leiston's Family Bar & Restaurant



EVENT LIST



- **Friday 9th August** - Country Evening Doors Open 7pm, (7:30pm till 11pm) £7 Entry
- **Saturday 10th August** - Live band with Cool Remedy, Playing live, 3pm till 6pm. Free Entry. Food Served all day. 12pm till 8:30pm
- **Sunday 25th August** - Leiston's Family Fun Day 12pm till 5pm. Fun for all the family, Inflatables, Live music, Arena Acts & More! Children £7 Adult £2
- **Saturday 21st September** - Quiz Night, 8pm start, only £6 a team. Restaurant open from 5pm

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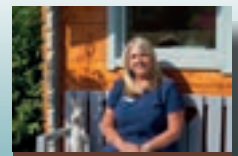
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