

...YOUR FREE LOCAL NEWS

FEBRUARY 2025

SAXMUNDHAM NEWS



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Find out more www.suffolkenergyactionsolutions.co.uk

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A NOTE FROM OUR EDITOR



Well done to IP17 GNS for putting on the panto in Market Hall last month. I took my 3 year old granddaughter along and although she is a little young to follow it all she enjoyed it. There was much loud laughter and participation from the older children – lovely to see! We were given such a warm welcome, with free chocolates and drinks and a free raffle in the interval – a great effort from our Good Neighbour Scheme volunteers and the performers from Chaplins pantos.

As always do get it touch if you have anything you think would be of interest to our readers or if you would like to advertise your business or event.

We know from feedback we receive that people do engage with our publications and seek them out. I would love to hear from you, email me at: lou@tidecollection.com

Louise Gissing

QUOTE OF THE MONTH

A man is not old until regrets take the place of dreams.

John Barrymore

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INSIDE YOUR MAGAZINE...

SAXMUNDHAM TOWN COUNCIL 4 NEWS

- South Saxmundham Garden Neighbourhood, Neighbourhood Plan, Litter nuisance and a Call-out for Councillors!

ALDE VALLEY SUFFOLK FAMILY 9 HISTORY GROUP

- A Suffolk Pioneer – the story of Henry Adams Cupper, a farmer who travelled to the USA for a new life in 1877

SUFFOLK SMUGGLERS 11 SCOOTER CLUB

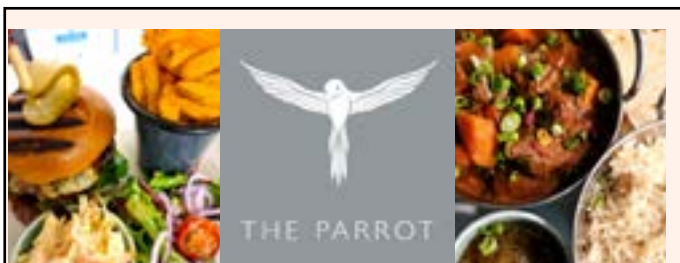
- Working hard setting up their annual rally and donating to local causes.

FROM YOUR 15 COUNTY COUNCILLOR

- An extraordinary Meeting called concerning the possible establishment of a Unitary Council for Suffolk

CITIZENS ADVICE EAST 21

- Useful advice to avoid Scams and the Use of Artificial Intelligence (AI)



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FROM SAXMUNDHAM TOWN COUNCIL

South Saxmundham Garden

Neighbourhood: Pigeon Investment, the intended developer of the South Saxmundham Garden Neighbourhood, has produced a draft masterplan framework for the proposed residential housing to the east of the A12 and for the proposed commercial zone to the west of the A12.

Our Neighbourhood Plan Steering Group (which comprises Town Councillors and residents) are working through the draft masterplan to ensure that any additional development gives rise to proportionate advantages to the town. The Steering Group highlighted the need to strengthen the requirements on connectivity to the existing town, through new or enhanced non-motor vehicle routes, and particularly the need for a walking/wheeling/cycling route through to the railway station. The Steering Group also repeated the hope that land forming part of the former Free School site, not required for the proposed new SEND facility, might be integrated in planning terms with the Garden Neighbourhood proposals, for example, the playing fields becoming the site of a public indoor sports centre. Once finalised, Pigeon Investment intend to share the masterplan framework with Saxmundham residents in a public exhibition to be held later this year.

Saxmundham Neighbourhood Plan:

The Steering Group is also working on modifications to the current Neighbourhood Plan. The modifications are necessary due to the recent

settlement boundary change which now includes the proposed Garden Neighbourhood residential site. A modified Neighbourhood Plan will not have the legal power to overturn the designated proposals for 800 dwellings, as set out in the Suffolk Coastal Local Plan but will give Saxmundham more leverage with East Suffolk Council and will set out a more sustainable approach to how the town could develop. Including the Garden Neighbourhood in the modified Neighbourhood Plan will also bring the advantage of an increased proportion of Community Infrastructure Levy allocated to Saxmundham to financially support the delivery of infrastructure improvements. The new Neighbourhood Plan will also give the Steering Group an opportunity to put in place policies which may mitigate the effects of the proposed converter stations should they be consented.

Call-out for Councillors! If you are passionate about Saxmundham and interested in making a difference, then being a Town Councillor could be the ideal role for you. Being an effective Councillor requires both commitment and hard work, but it is a rewarding and privileged form of public service.

You will be able to make a difference to the quality of other people's daily lives and prospects, and to improve your local area. You do not need any previous experience of being a Councillor, but you will need to be community minded and dedicated to working as part of a team

for the benefit of all residents.

The Town Clerk can provide information as to the usual timing of meetings, the type of work the Town Council does, and other relevant information about the role of a Councillor, so that you can understand the demands that will be placed on your time. To find out more, please email townclerk@saxmundham-tc.gov.uk or telephone 01728 604595.

Litter Nuisance

Litter is unsightly and, if it is not removed, an area can quickly look run-down, becoming unattractive and discouraging others from taking care, starting a spiral of decline. The Town Council is happy to support litter picking around town.

We can provide individuals with the necessary equipment, and we can support groups to organise community litter picks. Please contact the Town Clerk or call into the Town House in Station Approach. Overflowing or damaged litter and dog waste bins can be reported online or by telephone to East Suffolk Council.

Our Station Adopters identified that an excess of litter around the train station was caused by a two-fold problem. Unlidded bins resulted in litter being blown out on windy days, and the plastic bags were pecked open by seagulls. After years of campaigning, Greater Anglia finally listened to the Station Adopters and have provided several new lidded bins with wire cage protection.



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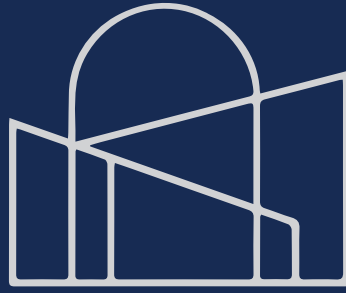
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U3A EAST SUFFOLK

Could Spring be on its way?

A few weeks into the New Year, older people looking for new interests and to make new friends might like to look at what u3a East Suffolk offers.

By joining this lively and active membership group there's the chance to broaden horizons, meet new people, have interesting conversations and challenge body and mind! Members enjoy walks, quizzes, dining out, visiting gardens or churches, discussing architecture, the arts

or current affairs. Other groups focus on geology, photography, playing ukulele and speaking other European languages.

Alongside approximately 150 interest groups, there is also a varied programme of talks held across East Suffolk.

In March, members can hear from award winning quilt artist, Sarah Impey, at 10.30am on the 6th at the Salvation Army Hall, Felixstowe.

On the 17th at Woodbridge Football Club at 10.30am the talk will be all about drought gardening.

And on the 13th at 2pm at Saxmundham's Fromus Centre, a talk entitled 'A Solo Walk across Africa', which is a change to the original schedule.

At Kesgrave War Memorial Community Centre on the afternoon of the 31st visitors can hear all about the life of an occasional auctioneer – 'To the Hammer Born'.

AN UPDATE FROM IP17GNS

Panto perfection!

Last month we kicked off 2025 with a live pantomime performance in Saxmundham's Market Hall. Due to a generous donation from an anonymous Saxmundham resident, we were able to offer tickets at a hugely subsidised price, making it an affordable, family-friendly event for local people. The sold-out performance was an excellent way to bring in the new year, banishing the January blues. One delighted attendee stated *"The show was most enjoyable and professionally done. Everyone thoroughly enjoyed themselves judging by the amount of laughing. A big thank you to all!"*

We are hoping to host more events like this in 2025, offering affordable entertainment and a chance to come together as a community.

Gannon and Eggs: Thanks to a funding boost from East Suffolk Council, IP17GNS are delighted to launch an initiative aimed at boosting men's wellbeing. Gannon and Eggs is a monthly men-only breakfast; providing an exclusive space for men to come together over a full English. It's free to attend and takes place at the Gannon Rooms on the last Sunday of every month from 9:30 - 11:00 am. Booking is essential – please call 07835064587.

Due to a shortage of male volunteers, we are seeking those who are handy in the kitchen to come along and help out. Phone the number above if you can help.

Warm Welcome

It has long been an ambition of ours to open at weekends and to host warm rooms for those struggling to heat their home during the winter.

This year we have been able to realise these ambitions and now offer a Warm Welcome on a Sunday from 11:00am 4:00pm from now until April.

Everyone is welcome to come along to the Gannon Rooms and enjoy activities, read a book, play a game or bring along a craft project. Warm soup, bread, drinks and snacks will be provided for free.

We are hoping to have a few other things available moving forward so, if anyone has Lego, magazines, newspapers and comics, unwanted arts and crafts they would like to donate they would be most welcome.

If you think you can help please telephone: 07835064587. Thank you.



Gather & Grow

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

Market Hall, Saxmundham
Thursdays
9:15-10:45 am

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

Adults must stay & be responsible for those in their care. Suggested £2 donation.

IP17GNS
CONNECTING OUR COMMUNITY



GANNON GAMES

Wednesdays
12:30 – 2:30 pm

The Gannon Rooms
Saxmundham

Open to everyone – An opportunity to meet and make new friends whilst playing an assortment of board games.
Refreshments provided.


With thanks to the Jette Lewis Partnership

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ALDE VALLEY SUFFOLK FAMILY HISTORY GROUP

An Ancestral Christmas – A talk by Liz Yule

Marking its final monthly meeting of 2024, Alde Valley Suffolk Family History Group (AVSFHG) welcomed to the Fromus Centre, Saxmundham, the very aptly named Liz Yule, who delivered (over Zoom) a highly entertaining and informative talk entitled 'An Ancestral Christmas'.

Having reminded us of her Suffolk roots, Liz, an experienced genealogist and Director Research at The Institute of Heraldic and Genealogical Studies, Canterbury, introduced her presentation with a thought-provoking quote from Hilary Mantel, which stressed the importance of viewing our ancestors' lives in context.

This provided a neat path into a real potpourri of fascinating insights into the social conditions, historical events and legislative enactments which have impacted the celebration of Christmas from medieval times until the present day. Although far too numerous to reproduce here, some of the key factors included:

- The legal obligation, before the Toleration Act of 1689, of all to attend church on every feast/Saints' Day during the festive period.
- The severe impact of the English Civil War and 'rule' by the Puritans during the Commonwealth period, when Christmas was completely outlawed. This even gave rise to national riots including, in 1647, the appropriately styled 'Plum Pudding Riots' in Canterbury, Kent.
- In Scotland, following the Restoration in 1660, a nearly 300 year delay until Christmas Day was again recognised as a national holiday in 1958.

Liz's fascinating talk was peppered with many other absorbing facts, some humorous, some less so, which drew gasps of surprise from the audience. Amongst these were:

- The tradition of killing wrens on the feast of St. Stephen (now better known as Boxing Day).
- The original association of robins, with their red breasts, with Valentine's Day, before they became a motif used on Christmas Cards.
- The use of the liturgical calendar (Church year) for the purpose of recording dates.
- The stress caused by the historic need to pay rents on 25th December, one of four quarter days which still shape modern life. The famous singer and entertainer Gracie Fields, once referred to this in an interview, describing Christmas Day as 'but a name and vivid starvation'.
- The derivation of many surnames from religious and secular events e.g. Easter, Lammass (meaning loaf mass), Winter and Summer.
- The regular occurrence of Christmas as a given name, for example Christmas Balls and Christmas Pye, both of whom were born on Christmas Day.

Liz rounded off her excellent talk with an interesting case study based on three variations of her own surname: Yule, Ewell and Hewell, demonstrating how easy it is to make incorrect conclusions about the origins of the names without exhaustive research.

Chris Broom

Monday 17th February: HENRY ADAMS CUPPER - A SUFFOLK PIONEER – Geoffrey Robinson

During the second half of the 19th century, a steady stream of emigrants left East Anglia to settle in the United States, Canada and Australasia. The collapse of the agricultural economy, brought about mainly by cheap imports, was one of the causes for this increasing flood of hopeful humanity. In the early 1870s, the rise of trade unionism affected agriculture, causing some farmers to question their future prospects.

Henry Adams Cupper, whose ancestors had farmed in Worlingworth and Framlingham, Suffolk, was one such farmer - youthful, and possessing a pioneering spirit. He took his young family on a dangerous journey of adventure in 1877, crossing the Atlantic and travelling to the furthest reaches of the U.S.A. to carve out a new life in the virgin territory of Oregon. This is his story. The talk takes place in person at the Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL (behind the library) and, for members only, on Zoom. Geoff will be speaking to us in person and the talk starts at 2.30pm. No need to book – just turn up – at £1 for members, £3 for visitors, including tea/coffee/biscuits. Good, free car-parking. Only members can take part in our meetings on Zoom, but it only costs £8 for a year's membership – see <https://avsfhg.org.uk/membership/> and Zooming is free.



The Cupper family in 1895. Photo courtesy of Hank Cupper

Further programme: all at 2.30pm at the Fromus Centre, Saxmundham: Monday 17th March: 'Life in the WRNS' - Manette Baillie; Monday 28th April: Annual General Meeting.

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/>



The **people**
behind the numbers

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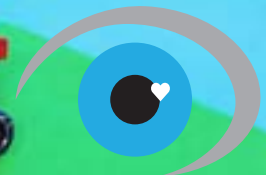
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SUFFOLK SMUGGLERS SCOOTER CLUB



Over a decade ago, a few mates started to meet up on their scooters.

Then one night in a pub (surprisingly enough) they spoke about setting up a club and the Suffolk Smugglers Scooter club was born!

It evolved quickly as more like-minded people joined the club, then came the idea to hold our own Scooter rally (also suggested in a pub or possibly a tattoo parlour).

With much appreciated help from the LTAA our rallies soon became popular bringing in scooterists from all over the country (we still have regulars riding in from Scotland each year!)

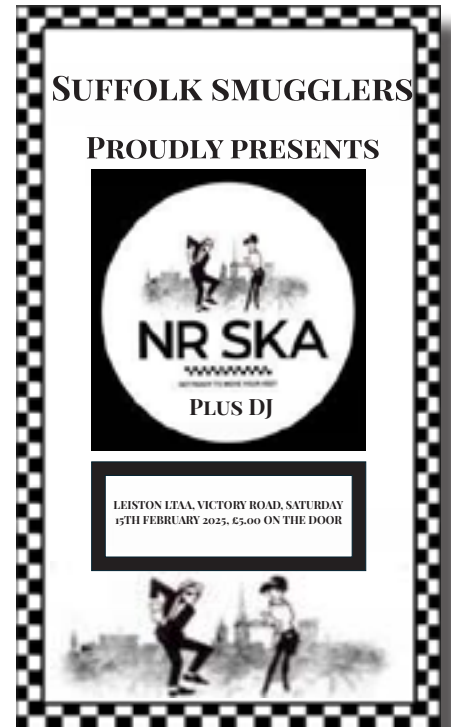
As our reputation built we began to make money and felt strongly that any profits should benefit the local community.

We have donated close to £10,000 over the years. In 2024 we gave £3,000 to good causes including buying equipment for Leiston Bowls Club, a donation to Sizewell Wardens Trust, training tracksuits for Leiston St Margaret's Juniors and a donation to the building of a children's playground in Saxmundham.

Lots of hard work goes into organising and setting up the rally every summer, but it is well worth it when we see local organisations benefiting from our donations.

We look forward to seeing you at the Sizewell club for our 2025 rally – 30th May – 2nd June, including five live bands (The Punktures, Wake up the Nation, The He-Hews, Kuiper & Ska Souls).

Plus DJs, local ride out, custom show & trophies, trade stands & food stalls and weekend camping.



What's On at
Leiston
Film Theatre

Wed 5th Feb at 7.00pm
 Sun 9th Feb at 3.00pm

MACBETH 12A

Fri 7th & Sat 8th Feb at 7.15pm
 Sun 9th Feb at 6.00pm
 Mon 10th & Tues 11th Feb at 7.15pm
 Wed 12th Feb at 3.00pm
 Thurs 13th Feb at 7.15pm

A COMPLETE UNKNOWN 15

Fri 14th & Sat 15th Feb at 7.15pm
 Sun 16th Feb at 6.00pm
 Mon 17th, Tues 18th, Wed 19th &
 Thurs 20th Feb at 3.00pm
 Fri 21st & Sat 22nd Feb at 7.15pm
 Sun 23rd Feb at 12.00pm
 Mon 24th & Tues 25th Feb at 7.15pm
 Wed 26th Feb at 3.00pm & 7.15pm
 Thurs 27th Feb at 7.15pm

**BRIDGET JONES: MAD
 ABOUT THE BOY** 15

Mon 17th - Fri 21st Feb at 3.00pm

SONIC THE HEDGEHOG 3 PG

Sun 23rd Feb at 7.30pm. ON STAGE

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Fri 28th Feb at 7.00pm
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NEWS FROM BENHALL PRIMARY SCHOOL

Oaks children have been learning about Volcanoes in geography and in connection with the class book, 'A pebble in my Pocket'.

They have been considering why people live near volcanos as well as following the journey of a pebble as it travels through time from the beginning of the earth. This has involved poetry and drama as well as report writing.

They also enjoyed a DT/art project creating a sugar bag Christmas figure. They are very proud of their creations, which have involved the use of different media, imagination and a lot of work!

In Woodlands, we have been inspired by Activism in Art! We learned that throughout history, art has been used to tell stories, celebrate identity and share an awareness of important causes. Inspired by artists such as Luba Lukova and Shepard Fairey, the children in Woodlands chose a topic that they believe is important and made their art pieces to spread an important message.

We also finished our class book, 'Cogheart' which many children stated was their favourite book so far.

We were delighted to welcome coaches from Northampton Saints into our school who led an excellent training session with our year 5 and 6 children early this month.

The children loved visiting the Ipswich Regent theatre to watch the pantomime. Thank you to the PTA who helped make this unforgettable outing possible with their generous contribution.

This year, we have gifted every child in the school a book for Christmas. Each book was selected by the class teacher because they believed that they would enjoy it.

Members of the school community enjoyed the Nine Lessons and Carols service at Benhall Church. A special thanks to the two amazing pupils who gave such wonderful readings

Prospective parents are welcome to come for a visit. Paul Parslow-Williams or Daniel Millican are always keen to offer a personal tour of the school. Please call us to book an appointment on (01728) 602407.



1ST LEISTON SCOUT GROUP

2024 has been a successful year for Scouting in both Leiston and Saxmundham with an increase in membership throughout all sections: Beavers; Cubs; Scouts. With this increase comes the need for volunteers to join our teams, weekly, monthly or whenever, you just have to be over 18 years of age.

Some companies allow employees to volunteer for 2 hours per week while still being paid!

Leiston have both Beaver and Cub sections with waiting lists. We urgently need volunteers to join our team. Scouts still have a few spaces.

Saxmundham Beavers and Scouts have spaces but the Cubs have a waiting list and volunteers are needed to join all teams. Saxmundham are also looking for two new Trustees to join the trustee group, this is due to new Charity Commission rules.

You do not necessarily have to have any connection with the Scout group just an interest in helping the group going forward.

For either group please contact myself with any questions or an informal chat.

Steve Burch GLV
07889 799415
steve.burch@suffolkscouts.org.uk



VISIT THE ALDEBURGH LIFEBOAT STATION

If you have watched a launch from our beach, whether a training exercise or a live 'shout', you may have wondered what happens behind the scenes. Did you know you can book a tour for a group to find out what happens when the pager sounds?

Our visit team is made up of volunteers from our boat crew, shore crew, launch authorities and fundraising guild. Between them they have hundreds of years of service and experience at RNLI Aldeburgh and have many fascinating stories to share. They will guide you around the station, visiting the boat house, equipment room, heritage corridor and tractor shed.

When you arrive, you will have a welcome presentation about the history of the lifeboat station and be shown an introductory film. The guides will then split you into groups of approximately 10 - 12 to give you an up-close tour. At each stage they will share information and stories from their own particular experience volunteering with Aldeburgh RNLI. The level of information will be tailored to your group in terms of age, interest and experience.

Boat House: Tour around the Atlantic 85 and learn some of the technical specifications of our new lifeboat

Equipment Room: See where the crew change, the protective clothing worn at sea and on the beach, and the lifejackets and helmets that keep our volunteers safe at sea

Heritage Corridor: Tour the past 199 years of Aldeburgh Lifeboat history, reading the press cuttings from the award-winning shouts and see the brass plaques thanking our many generous donors.

Tractor Shed: Visit the continuous track, amphibious launch tractor which has launched our lifeboats into the north sea for the past 30 years.

Tours last between 1 and 1 1/2 hours. They are suitable for groups of 4 - 40 for ages 5+. There is no fixed cost, but we appreciate a donation, as we are a volunteer led charity with no government funding.

To book a tour please email: linda_hall@rnli.org.uk, giving details of your preferred dates, group size, age of participants and any special interest.

We also open the lifeboat station over the summer for people to come and tour the station and chat to the crew. Follow us on social media (Facebook: @RNLIAldeburghLifeboat or Instagram @rnlialdeburgh) to keep up to date on our planned launches and to join us for our annual open day.

We hope to meet you all soon!



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FROM YOUR COUNTY COUNCILLOR...



An extraordinary meeting of Suffolk County Council was called at short notice, on 9th January. This is only the second extraordinary meeting that has been called in my time as a Councillor, the last being in 2016. And, equally extraordinary, both were on the subject of structural change in local government. Nothing came of the 2016 meeting, because Norfolk (who we were to be associated with) decided not to go ahead, and this killed the initiative stone dead. This time Norfolk County Council also met on 9th January, in the morning whilst we met in the afternoon. Thus, we knew that Norfolk had voted to proceed this time, and our decision a few hours later mirrored theirs.

Now what is it that has caused all this commotion and the need to take a decision at such short notice? Once again it is change in the structure and effectiveness of local government, this time probably leading to the establishment of a Unitary Council for Suffolk, with another for Norfolk, and the election of a Mayor covering both counties. I say probably, because here it is the Government which makes the decisions; our votes were to agree in principle and to participate in further talks.

The Government is relatively new, and full of ideas, some of which have backfired and others which have been greeted with hostility, not least the reform of planning laws to enable even more houses to be built without the impediment of local opposition slowing down or stopping these plans.

But in the case of local government reform, I believe the Government is doing the right thing.

It is just over fifty years since much of England's local government was last reformed by establishing a two-tier system of County and District Councils. This system has worked as well as it can, but contains many absurdities, not least in the collection of refuse. It is the responsibility of the District Council, in our case East Suffolk Council, to collect your household waste, but they then pass it over to the County Council who has the duty to dispose of it.

The County Council has the duty to treat weed growth, which we do twice every year, but when those weeds die it is the responsibility of the District Council to clear them up. The County Council is the Highways Authority; the District Council is the Planning Authority, and often co-operation between them is not all it should be.

Very frequently somebody will approach me with a problem, to which I have to reply that responsibility for a solution lies with the District, not County. But why should ordinary members of the public have to worry about such matters? They see their problem as a 'Council' problem, and it is of no matter to them which Council has the duty to sort it out. A Unitary Authority for Suffolk will resolve this confusion.

Although the County Council has expressed its interest to be involved in change, a decision about whether it will go ahead is expected around the end of January, after I have written this column, but perhaps before you read it!

It could mean the abolition of the four District Councils (East and West Suffolk, Mid Suffolk and Babergh) and our one Borough Council (Ipswich) covering Suffolk, as well as transforming the County Council into a single Unitary authority covering all of Suffolk. If this does happen, there will be public engagement beforehand, organised by national Government, to issue information and to understand what Suffolk's residents and businesses prefer.

The role of Town and Parish Councils will be unchanged, and the 'gap' between those Councils and the Unitary Authority will be filled by some kind of consultation mechanism. I can't predict what that will be, but there are a number of Unitaries already up and running in England, and I recommend a look via the internet at Wiltshire, which has enjoyed Unitary status for some time and has put in place its own systems to keep in touch with its 'grass roots'. Cornwall is another example, and the list of Unitary Councils grows each year.

The real prize for the Government, we think, is to have a directly elected Mayor of Norfolk and Suffolk. They see that Mayors can bring extra value to their areas through the high profile they project. And there have been successes: just consider Manchester, the West Midlands and the Tees Valley, but balance that against the lacklustre performance of the more local Mayor covering Cambridgeshire and Peterborough. We will need a highly dynamic individual to fight for the interests and future prosperity of our Counties, and to represent our views in a broader England-wide forum. If these reforms are given the go-ahead, a Mayor will be elected in May 2026 and to plan for that eventuality, there is a possibility that elections to the County Council, planned for 1st May this year, will be postponed, perhaps to that same time.

But all I have written remains speculation, and we await the Government's decision. No doubt I will write about this subject again soon. I know that by no means everybody supports change, of whatever type, but to be successful and popular a new Unitary Suffolk will need to provide its services at lower cost and greater efficiency than is done now – and Council Tax bills should be lower as a result. It is for these reasons that the likely changes have my support.

As ever, please feel free to contact me on any matter which is within the responsibilities of the County Council. My contact details are below.

Richard Smith, County Councillor for Blything Division
 richard.smith@suffolk.gov.uk
 07545 423817

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before



after



NEWS FROM SAXMUNDHAM ART STATION

Clare Palmier to receive British Citizen Award for the Arts

Saxmundham-based artist, Director of art charity Art Station and community leader Clare Palmier is set to receive the prestigious British Citizen Award for the Arts on Thursday, January 23rd at Palace of Westminster, London. This award recognises her outstanding contributions to the arts, and particularly her commitment to enriching the cultural landscape of the Suffolk Coastal region.

As a Founder and Director of The Art Station in Saxmundham, Clare has led Art Station in transforming the local arts scene into a vibrant centre for creativity, collaboration, and community engagement. Over the past eight years, The Art Station has hosted and curated exhibitions showcasing the work of contemporary artists from Suffolk, across the UK, and artists working internationally and offered a dynamic free Art and Learning programme: exhibitions, events, walks, talks, podcasts, tours and creative sessions for all ages.

Under Clare's leadership, The Art Station has:

- Organised the annual Saxmundham Arts Festival, bringing in record numbers of new visitors into the town, significantly benefitting the local economy
- Created studios and co-working spaces for local creatives

- Developed artist-led art and learning sessions for children and young people in partnership with local schools and community groups
- Provided paid work experience for six young people each year and supporting their transition into work; volunteering for all ages
- Increased community cohesion through local walks, establishing a riverside garden and a community photography group
- Appointed international artist Sarah Lucas as the organisation's first Patron in 2024

As an artist, over the last 10 years Clare has exhibited her work in galleries including:

- Suffolk Creatives exhibition, Christchurch Mansion, Ipswich (from January 25th 2025)
- For Folk Sake group exhibition, The Cut, Halesworth October 2024
- Solo exhibition at 303 projects Lowestoft 2023
- Big Women, curated by Sarah Lucas, Firstsite, 2023
- HERE launch show, Art Station, Saxmundham 2021
- Solo residency show, Asylum Studios, 2017
- Creekside open APT, 2015 (Award winner)

The British Citizen's Award for the Arts adds to Clare's reputation as an artist and cultural ambassador. Her work resonates deeply with the community, celebrating creativity and reinforcing the vital role of culture in our society.



About the British Citizen Award for the Arts

The British Citizen Award for the Arts recognises individuals who have made significant contributions to the arts and culture in the UK. The Awards aim to celebrate citizens who inspire others and foster community spirit through their creative pursuits. Nominations can be made by members of the public as well as organizations, allowing communities to acknowledge the accomplishments of those who have positively impacted their lives and environments.

A panel of judges, composed of experts and advocates in the arts sector, carefully evaluates the nominations. They consider the nominees' achievements, community engagement, and overall impact in the field. The selected recipients are celebrated during a formal presentation ceremony at Westminster Hall in London, highlighting their dedicated service to the arts and their local communities.

SAXMUNDHAM ADVENTURE PLAYGROUND

The Saxmundham Christmas Fayre was to be our large fundraising event of the year. A month before we were busy preparing for this day. Unfortunately, our stall was to be in the High Street and due to bad weather conditions, the whole High Street was cancelled. This was devastating news, Pam McIntyre and Kay Bott had made many craft items to sell on this particular day. We also had our Christmas Tombola. In previous years we have had about 150 prizes given to us for the Tombola but this year was outstanding, (229), all new unwanted gifts given by local residents. We wrapped each one in Christmas paper and everyone buying a ticket would win a prize. We now had the problem of selling these somehow before Christmas, as some prizes were food items.

The following Saturday 14th December found us outside Waitrose at 9am (weather still not good), stayed midday and although we did very well we still had many items to sell.

Wednesday 18th December we tried again, a good result but still had about 50 items left to sell. For the last time we set our stall up on Saturday 21st December at 9am, it was so cold we stayed until just after 11am but left with only 3 items to sell.

Many thanks to all those who gave and bought items, without your support we would not have achieved the grand total of £551.50, which was a fantastic result.

Many people will know that for some time now, fundraising for the Adventure Playground, Pam McIntyre tirelessly makes Christmas Wreaths and Craft Items. We cannot thank her enough, as just before Christmas she had raised £740 for the playground. We must also thank all those who support Pam in many ways, by buying or giving gifts for the Tombola.

What's next? Well at this point we are not sure, with many craft items still to sell, we hopefully will find a venue for a Pop-up Shop. We will have to wait and see.

Saxmundham Adventure Playground Committee

PROJECT UPDATE

FEBRUARY 2025

2025 is set to be a busy year for the project as we make progress on all of our associated developments. We will keep you informed throughout the year and our **Works Tracker** will be continuously updated. You can also check traffic management on the **Suffolk County Council website**.

The window to remove vegetation runs between October and February as it is the best time to avoid harm to wildlife. As we conduct our clearance work during

this period you may notice a lot of activity around our associated developments, particularly along the A12.

We work with the local authorities to ensure that this is carried out quickly and safely with appropriate safeguards and mitigations for wildlife and natural habitats.

In order to make sure that wildlife such as newts have left their winter nests, the next ecological work will take place in May where we will be removing vegetation roots.

We have also finalised the designs for our community road improvements, and meetings to discuss the construction programme are due to take place.

FORUM

SCHEDULE

All forum timings
18:30 - 20:30
(Arrival from 18:00)

Northern Transport Forum	Wednesday 5 February 2025	Darsham Village Hall
Southern Transport Forum	Wednesday 12 March 2025	Stratford St Andrew Riverside Centre
Community Forum	Thursday 27 March 2025	High Lodge, Darsham
Main Development Site Forum	Wednesday 2 April 2025	Leiston Town Athletic Association

For more information and for all 2025 forum dates visit [sizewellc.com/community/forums](https://www.sizewellc.com/community/forums)

READ THE FULL UPDATE BELOW



isu.pub/MjY2MDc



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SKC CHURCH

A Benefice comprising of St John's church, Saxmundham, St Mary & St Peter's church, Kelsale and St Peter's church, Carlton.

Where do you get your news? Depending on the age bracket you're in your answer may well vary between social media (highest in the 18 - 24 age bracket), news websites (highest in the 25 - 49 age bracket) and national TV news (highest in the 50 - 64 age bracket and those 65+) [statistics from YouGov].

I find the different sources fascinating. Each source of news will have its own bias and slant on what it reports (and importantly what it doesn't report) and how it reports it. Each source has arguments for and against it. For example, using social media for news can expose people to a wider range of news outlets than choosing one national TV broadcaster. On the other hand, using social media for news tends to expose people to a narrower range of news topics than traditional sources of news. One thing all sources of news have in common is that they are filled with negative stories.

Stories about conflict, disaster, and scandal dominate our feeds, screens, and papers.

This relentless negativity can bring us down and cause further anxiety amongst an already anxious society.

As a church we are people of hope and good news and seek to tell a better story. A couple of months ago we celebrated Christmas where, for love of us, God came to earth as part of a great rescue plan. In a couple of months, we will celebrate Easter where we see God's rescue plan coming to fruition through Jesus' death and resurrection. We believe that God loves us and we want to share that love unconditionally with our communities.

We seek to show God's love to our community through lots of different ways including our toddler group Busy Bees, the Sax Community Fridge, our café At the Crossroads, the Suffolk Coastal Debt Centre, and lots of other ways too.

We also gather together on a Sunday to remember God's love for us and remind ourselves of the Good News of Jesus.

Why not come along this month as a relief from the negative news in the media?

Why not come along and find out the good news about God who loves you?

We'd love to meet you!

With love,

Dave Preece

Rector Saxmundham with Kelsale cum Carlton

For more information see www.skc.church

Sunday 2nd February: 9:30am informal service in St Johns, Saxmundham, and 11:00am Holy Communion in St Mary and St Peters, Kelsale.

Tuesday 4th February: 10:30am reflective Holy Communion in St Johns, Saxmundham.

Sunday 9th February: 9:30am informal service in St Mary and St Peters, Kelsale, and 11:00am Holy Communion in St Johns, Saxmundham. Also 5:00pm Music with a Message in St Johns, Saxmundham

Sunday 16th February: 9:30am informal service in St Johns, Saxmundham, and 11:00am Holy Communion in St Mary and St Peters, Kelsale.

Sunday 23rd February: 9:30am informal service and 11:00am Holy Communion in St Johns, Saxmundham.

DATES FOR YOUR DIARY

FEB 5 Do you have a spare room that could be making you money? Sizewell Housing grants could be the key to making that space work for you. Come along to our drop-in session. No need to book, just turn up. 9.30am – 12.30pm at Aldeburgh library.

FEB 16 Back in The Day at the Marina Theatre, Lowestoft. Pop hits of the 80s, Britpop and alternative rock of the 90s, and Indie and R&B tunes of the 00s. An evening of non-stop nostalgia. 7.30pm at The Marina Theatre, Lowestoft. NR32 1HH. Tel: 01502 533200; Email: info@marinatheatre.co.uk

FEB '18 Pretty Vacant - The Story of Punk and New Wave. Joining the show as the Narrator is former Coronation Street star Kevin Kennedy. From the 1970s, to later movements in the '80s and '90s, with hits from The Sex Pistols, The Clash, Blondie, Ramones, Buzzcocks, The Pretenders, Joy Division, The Stranglers and many more! 7.30pm at Ipswich Regent Theatre, IP4 1HE

FEB 27 Saxmundham History Society meeting: 'Airship R 10' by Geoffrey Kay. Membership: £18 a year. 2.30pm @ URC, Chapel Road, Saxmundham, IP17 1BJ. Visitors £2. Tel: 01728 604608 for more information.





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ALL THAT LIVES MUST DIE

A gripping murder mystery, a love letter to the Suffolk Heritage Coast and an exploration of the healing power of nature, by Ivor Eisenstadt.

"'All That Lives Must Die' is a bright, entertaining thriller. It is intelligent, with a sensitivity to nature that makes beautiful Suffolk as clear and important as a character." - Leonard Whiting, Golden Globe winning actor and narrator.

A retired GP seeks solace from tragedy by spending time in his holiday lodge on the Suffolk Heritage Coast. He finds refuge in nature. He also finds suspicion, obsession and murder.

Dr Max Middleton suffers self-doubt, guilt and anxiety having misdiagnosed a child who dies and neglected his late wife Kathy's early signs of cancer.

He retires to a lodge on the idyllic Suffolk coast where he begins to recover. Then he discovers the body of his holiday-park neighbour Gertrude half-way down the site cliff.

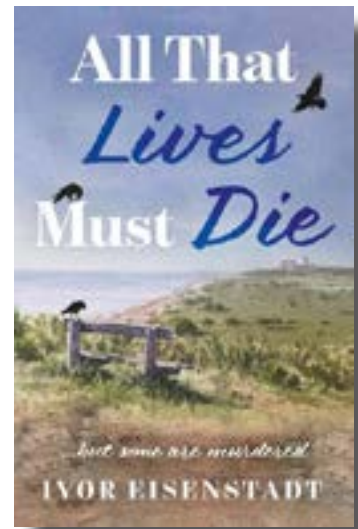
The police treat her death as accidental, but from her injuries Max suspects she's been pushed. He begins to investigate. He begins to obsess.

Max spends his time getting to know his neighbours, uncovering their secrets, finding their motives.

His obsession and anxiety are compounded as events unfold, but he finds comfort in nature, distraction in the rich birdlife and support from his fully fledged children Greg and Emma. Then everything changes. They are on the hunt for a serial killer, and time is running out.

Ivor Eisenstadt is a retired healthcare publisher. Having suffered from anxiety he is keen to share the healing power of nature through this gripping murder mystery novel set on the Suffolk Heritage Coast. It is a place he has loved since being introduced to it by his wife who grew up there, and where they own a holiday lodge, enjoy walking, bird watching and spending time with their family.

Ivor explains: *"I was a successful healthcare publisher who out of nowhere developed severe anxiety and found that spending time in nature had immense healing power when little else seemed to help. I was keen to share this experience with others and inspired to write 'All That Lives Must Die' as a vehicle for this while spending time enjoying walks, observing my neighbours and trying to make sense of things from my lodge on the idyllic Suffolk coast."*



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ANNUAL GRANT SCHEME OPPORTUNITIES

An annual grants scheme that sees more than £75,000 awarded to community projects across Essex and Suffolk has opened for applications.

Every year, the Suffolk & Essex Coast & Heaths National Landscape hands out more than £75,000 in grants to individuals, organisations such as schools and wildlife conservationists, and community groups to fund projects that help to conserve and enhance the special landscape.

The Suffolk & Essex Coast & Heaths National Landscape stretches from Kessingland in North Suffolk, down to the River Stour Estuary in North Essex, and is protected for its national importance and natural beauty.

There are four grant funds open for applications, each offering different levels of funding for varying purposes. Applications are welcomed from projects that represent the widest range of society possible and the funds support equality of opportunities to access grants.

Previous examples of projects funded include wildlife areas in primary schools, photography workshops for people with mental illness, species and habitat conservation projects such as swifts, spoonbill and woodland regeneration, enhancing nature reserves through accessible paths, mobility scooters and improving visitor experiences to natural and built heritage sites.

Whether you have a project that covers topics such as wildlife conservation, access and diversity, climate change, health and wellbeing, learning, the Suffolk & Essex Coast & Heaths National Landscape welcomes your application.

For more information about the various grants that are open and available, and the criteria and funding guidelines, please visit www.coastandheaths-NL.org.uk or contact Oka Last, National Landscape Grants Officer, on 01394 445225 or grants@suffolkandessex-NL.org.uk.

01502 533200; Email: info@marinatheatre.co.uk

CITIZENS ADVICE EAST



Scams and the Use of Artificial Intelligence (AI)

Scams are changing. Years ago, we thought of scammers as door-to-door salespeople pushing dodgy products or cold calls trying to sell us something we didn't need. Nowadays scams are multi-billion-pound businesses using sophisticated techniques, including Artificial Intelligence. They work on volume – meaning thousands of people with similar characteristics are targeted at the same time. Even if just a small percentage fall for the scam the criminals make millions.

Trading Standards estimates that UK individuals and businesses lose between £10 and £20 billion pounds to scammers every year – a staggering amount. For scams to succeed at scale criminals need our personal details. But how do they get these? Quite simply - from us. Have you ever had a call supposedly from your bank/utility company/a seller who want to confirm your details? Most of us have.

They don't necessarily mention money, so we don't worry. But according to Action Fraud we should worry.

Just by answering the phone at a certain time, and confirming who we are, we are helping criminals build our profile, so they can target us more efficiently in future.

Today's scammers also use Artificial Intelligence, a technology that enables computers to simulate human thinking or actions. It has been used for years in industry to increase efficiency but its use by criminals to clone voices means that we can no longer be sure who we are speaking to. We might be phoned by a loved one asking urgently for money. It sounds exactly like them - but is it? Or we might be phoned by a person who says they are from our bank investigating suspicious activity on our account. But is it our bank? Say nothing in these circumstances. Stay calm and put the phone down. Yes, that sounds harsh - but PUT IT DOWN. Now ring, or text, the person or institution you think just called you. But use a different method (don't ring on the same phone). Check if it was them or not, and if it was you can explain why you cut them off. They will understand - and applaud you.

The more aware we are about the type of scams 'out there' the more hope we have of foiling scammers.

The problem is that most of us are embarrassed to say we've been scammed ('how could it happen to me?'). But today all of us are targeted by scams and many of us fall for them. The more we talk about it the more we can raise awareness and protect others.

So...if you think you have been scammed: please TELL everyone you know. Knowing about your experience may save someone else a lot of money.

For further information on what to do if you have been scammed please see: Citizens Advice: <https://www.citizensadvice.org.uk/consumer/scams/what-to-do-if-youve-been-scammed/>

Or contact Citizens Advice Consumer Service on 0808 223 1133

For advice on this or any issue please email us from our website: www.caes.org.uk/email-service or phone us on 0808 278 7866 (lines open 10-2 Mon-Fri)

Our website www.caes.org.uk also gives details of our drop-in outreach sessions - in Bungay, Felixstowe, Framlingham, Halesworth, Kesgrave, Kessingland, Saxmundham, Southwold and Wickham Market - and ways to contact our offices - in Leiston, Woodbridge, Lowestoft, Beccles and Felixstowe.

CONFLICT AND CIRCLE 67

'Conflict', "a play for voices" is the story of Richard Clark, a Minsmere coastguard who lived in one of the cottages that are now the National Trust tea rooms at Dunwich Heath. Richard was very religious and believed implicitly in the ten commandments. Despite having been assured that as a coastguard he was in a reserved occupation, Richard was conscripted in 1854 to go to the Crimean war. His Quaker beliefs caused him to refuse to go to war on religious grounds, believing deeply in the commandment "Thou shalt not kill". As a result, he lost his job and pension, his family was thrown out of their home and he was incarcerated in a prison hulk. His predicament was raised in parliament by sympathisers including the prominent Quaker, John Bright MP, who was known as one of the greatest orators of his time. Richard was eventually released but it wasn't until 1916 and the introduction of conscription in the First World War that conscientious objection was recognised.

The genesis of the play was serendipitous; the National Trust operations manager at Dunwich Heath gave a talk at Westleton Village Hall (close to Dunwich) on the local wildlife which included an item on the history of the Heath with a list of the Minsmere coastguards. After the talk a member of the audience came up to the speaker and said "One of those coastguards was my great-great-great grandfather. We have a story about him - would you be interested?" It later transpired that another of his descendants had written a stage play about him in the seventies and it is this that formed the basis of the present "play for voices" that was adapted by Circle 67, the Bramfield-based theatre group.

During lockdown, we at Circle 67 performed around 40 plays in weekly Zoom meetings, the majority of them written by members of the group. It was this experience that encouraged us to treat 'Conflict' in a similar way. We first performed the play at Dunwich Heath in front of an audience that included several members of Richard's family and then recorded it in Bramfield Village Hall.

The first two photos are of the story's main characters - Richard and Isabella Clark. Maybe these were taken 20/30 years after the period covered in the play. The third is a photo of our performance at National Trust Dunwich to an invited audience of the protagonist's Family and some NT employees.



This issue was designed, printed & published by Leiston Press.

Saxmundham News is your free local paper, 2000 copies are printed every month. We distribute the magazines door to door and to many varied outlets.

The next issue will be published on Monday 3rd March, deadline 14th February - but the earlier the better to ensure inclusion.

Contacts/Advertisers/Editorial: Louise Gissing at Leiston Press, Unit 1b Masterlord Industrial Estate, Station Road, Leiston, IP16 4JD lou@tidecollection.com Tel 01728 833003

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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