

...YOUR FREE LOCAL NEWS

MARCH 2025

SAXMUNDHAM NEWS



PART OF THE **TIDE COLLECTION**

ALDEBURGH TIMES WOODBRIDGE TALK SOUTHWOLD ORGAN SAXMUNDHAM NEWS LEISTON OBSERVER HALESWORTH HOOT

SIBTON COUNTRY SUPPLIES LTD.
GARDEN MACHINERY

Pre-season deals available on
**Lawnmowers, Strimmers and all
 types of garden machinery**

Wild Bird Food also available

The Forge, Sibton IP17 2JH | Tel. 01728 660 349

With over 20 years experience in the **fire and first aid sectors**, we are committed to providing:



- Comprehensive fire management strategies
- Methodical life safety fire risk assessment
- Fire consultancy
- Fire training



Friendly, enjoyable, education, comprehensive and certificated training to organisations for compliance with the First Aid Regulations.

Areas covered: East Anglia,
 Cambridgeshire, Essex and
 Hertfordshire

FFA (Fire & First Aid) LTD

For more information contact Lisa on:
 Email - lisa.smith.ffa@gmail.com
 Mobile - 0777 1605463 (between 10:00 and 14:00)



ALDE FENCING

*Agricultural, Domestic, Commercial,
 Repairs & Gates*

For a free quotation please contact Adam on

01728 633144 | 07896 766719

adamblowers@btinternet.com

www.aldefencing.com

PEARCE & KEMP
 LIMITED

Tel: 01986 872130

enquiries@pearce-kemp.co.uk • www.pearce-kemp.co.uk

Unit 20, Halesworth Business Centre, Norwich Road, Halesworth IP19 8QJ

DOMESTIC • COMMERCIAL • INDUSTRIAL • STREET LIGHTING

- **REWIRING • LIGHTING • EXTRA SOCKETS • SHOWERS**
- **ECONOMY 7 HEATING • PORTABLE APPLIANCE TESTING**
- **INSPECTING & TESTING • DATA CABLING • EMERGENCY LIGHTING**
- **FIRE ALARM INSTALLATIONS • FREE ESTIMATES**
- **PART P INSTALLERS**



OVER 50 YEARS EXPERIENCE



**Roofing & Building
 Specialists
 Home Improvements
 Specialist**



- Specialising in external render & damp proofing systems
- Stone & Brick repairs, cleaning and re-pointing
- Roof repairs
- External painting
- Fascia and Gutters, Windows and Doors
- All minor to major building works undertaken
- Insurance back guarantee
- K - Rend approved contractor
- DOFF approved contractor

M: 07943 854 741 | T: 01502 440835

macrenovations.co.uk | dlmbungay@gmail.com



before



after

A NOTE FROM OUR EDITOR



Great news for the Saxmundham Community Fest. team as its future is assured for the next three years thanks to a grant from the Sizewell C Community Fund. If you haven't been before, put the dates in your diary (8th & 9th August). The Festival is a showcase of local musical talent, tribute acts, along with workshops and children's activities and more – and entry is free!

Do you have a story to tell? Please get in touch to share it with our readers or if you have an event coming up why not consider increasing your footfall by placing an advert in the Tide Collection? We know from the feedback we receive that

people do engage with our publications and seek them out. I would love to hear from
Email me at: lou@tidecollection.com

QUOTE OF THE MONTH

The time you enjoy wasting is not wasted time.

Bertrand Russell

TIDE COLLECTION
A COLLECTION OF 6 FREE MAGAZINES
DISTRIBUTION OF 12000 DELIVERED DOOR TO DOOR & TO MANY VARIED OUTLETS
CONTACT **LOUISE GISSING** FOR PRICES AND QUERIES
LOU@TIDECOLLECTION.COM
OR CALL 01728 833003

INSIDE YOUR MAGAZINE...

SAXMUNDHAM TOWN COUNCIL 5
- Sealink Converter Station – Have Your Say

SAXMUNDHAM 5
COMMUNITY FEST
- 2025 dates following major grant award

SAXMUNDHAM MUSEUM NEWS 7
- Gearing up for Opening On 1st April and Film Evenings announced

ALDE VALLEY SUFFOLK FAMILY HISTORY GROUP 17
- 102 year old Manette Baillie recalls her tales from WWII

BENHALL & STERNFIELD 19
HISTORY GROUP
- Were you or your family living in Saxmundham, Benhall or Sternfield between 1960 & 1970?

THE VAULT
CHERISHED CAR STORAGE & WORKSHOP
SUFFOLK, ENGLAND
+44(0) 1473 598836
HELLO@THEVAULTEUROPE.COM
THEVAULTEUROPE.COM
PROTECT • ENHANCE • LOVE

suffolk hideaways
coastal and country holiday retreats
4 Truman Lodge, Thorpeness

Letting your holiday home has never been easier
At Suffolk Hideaways our experienced local team is here to make sure the whole process of letting your holiday home is as simple as possible from day one.
Why not get in touch today for a chat or request a copy of our **Property Letting Guide?**

Competitive commission rate | Excellent occupancy levels
A Marketing or Marketing and Managed service
Professional photography | Peace-of-mind damage cover
No restrictions on the use of your property

suffolkhideaways.co.uk
01728 666 300
Office in Aldeburgh

Platinum Trusted Service Award 2025 feefo

What's On at
Leiston
Film Theatre

Thurs 6th Mar at 3.00pm & 7.15pm

CONCLAVE 12A

Fri 7th, Sat 8th & Tues 11th Mar at 7.15pm

ANORA 18

Sun 9th Mar at 6.00pm
 Wed 12th Mar at 7.15pm

A COMPLETE UNKNOWN 15

Thurs 13th Mar at 7.00pm

**A NIGHT WITH JANIS JOPLIN:
 THE MUSICAL** 12A

Fri 14th, Sat 15th & Tues 18th Mar at 7.15pm
 Wed 19th Mar at 3.00pm

SEPTEMBER 5 15

Wed 19th Mar at 7.00pm
 Sun 23rd Mar at 3.00pm

HANS ZIMMER & FRIENDS 12A

Fri 21st, Sat 22nd, Tues 25th &
 Wed 26th Mar at 7.15pm

**CAPTAIN AMERICA:
 BRAVE NEW WORLD** 12A

Wed 26th & Sun 30th Mar at 3.00pm

TWIGGY 12A

Fri 28th & Sat 29th Mar at 7.15pm
 Tues 1st Apr at 3.00pm & 7.15pm
 Wed 2nd Apr at 7.15pm

THE LAST SHOWGIRL 15

www.leistonfilmtheatre.co.uk

Confused by Laptops, Smart Phones or TVs



Laptops & Printers

- Need to upgrade to Windows 11?
- Want a new PC or MAC? Save money and buy refurbished?
- Printing problems?

Smart Phones & Smart TVs

- Need a new phone or TV?
- First time setup woes?
- How to transfer data to a new phone?

Wifi

- Keep losing signal?
- Want better coverage in the house or garden?

Text or call Anthony on 07494 764099, or email on yoxford.smart.help@gmail.com



LANDSCAPES

**PLANTING • PAVING • FENCING
 TURFING • GARDEN BRICKWORK
 CLEARANCE**

07523094218
joetout95@gmail.com

*Free
 Quotation*

TONY BROWN'S FUNERAL SERVICE

Est.1979

Proudly independent family run business

The Funeral Parlour, New Cut, Saxmundham, Suffolk, IP17 1EH
 T:01728 603108

E: office@tonybrownfuneralservices.co.uk
www.tonybrownfuneralservices.co.uk



Owners of The Greenwood Burial Ground, Farnham

**RIVERVIEW
 GARDENING**

Garden & Grounds Maintenance

**Providing all aspects of garden and grounds
 maintenance to both domestic and commercial
 customers, Ride-on lawnmower available**

Green waste removed

EXPERIENCED - QUALIFIED - INSURED

Call Oliver - 07779152936 - 01728561990
 Email - riverviewgardening@gmail.com

SAXMUNDHAM TOWN COUNCIL UPDATE

Sealink Converter Station – Have Your Say: Your opportunity to have your say during the Sea Link planning process is imminent. Only those registered as an Interested Party ('IP') will be able to engage therefore the Town Council encourages as many people as possible to register to have their voice heard as soon as the application is accepted by the Planning Inspectorate ('PINS') for examination.

Why do I need to register? The proposed Sea Link converter station is classed as a Nationally Significant Infrastructure Project ('NSIP'), therefore the planning application, and consultation of affected people, follows a specific route. If you would like to express your opinion on the proposals, you will need to register as an IP with PINS.

What happens next? Within the next two months it is expected that National Grid will submit their Sea Link application for a Development Consent Order ('DCO') to PINS. PINS then has up to 28 days to decide if the application meets the required standard. Once PINS have accepted the DCO application, they will engage only with people who have registered as an IP.

Registering as an interested party: Anyone can register as an IP with PINS by submitting a summary of their views on the application which is known as a Relevant Representation ('RR'). You can register directly with PINS on their website at national-infrastructure-consenting.planninginspectorate.gov.uk/projects/EN020026. The Town Council is also pleased to offer support by holding drop-in sessions at the Town House in Station Approach to help residents register as an IP. Dates and times will be publicised once the registration process is open.

Writing your Relevant Representation: The RR is a simple statement about one or several issues of the project that concern you (for example - noise, traffic, flooding, loss of ecological habitat, effect on listed buildings, loss of visual amenity) and a brief explanation for your concerns. RRs that simply state: 'it's in the wrong place', 'it's not needed', or 'there are alternative brownfield sites' will be rejected by PINS therefore it is important to direct PINS to examine the reasons why you think the proposed location may be the wrong site for the converter station. During the examination process, there will be opportunities to expand on your RR with a Written Representation ('WR') and, if you wish, you may attend the examination and speak. More information on this will be provided later.

When can you register? You can only register as an IP after National Grid submit the DCO and it is accepted by PINS. At this point, you will only have 28 days to submit your RR and thus become an IP. Therefore, keep an eye on the news, National Grid's Sealink website at nationalgrid.com/the-great-grid-upgrade/sea-link, and the Town Council's website at [saxmundham.org](https://www.saxmundham.org), our noticeboards around town, and our Facebook page to ensure you do not miss this window of opportunity.

Why this matters: PINS will decide the extent of the examination based on the RR's received from IPs. Therefore, the more concerns registered will result in a far wider examination of the Sea Link proposals.

If you need help or further information from the Town Council, please email townclerk@saxmundham-tc.gov.uk.

SAXMUNDHAM COMMUNITY FEST

The highly anticipated Saxmundham Community Fest will take place on Friday, August 8th, and Saturday, August 9th, at the Memorial Field on Rendham Road in Saxmundham. The festival promises an exciting mix of music, arts, and community engagement, made possible thanks to a £105,404 grant from the Sizewell C Community Fund.

The funding, allocated annually over a three-year period, will ensure the continuation of this much-loved event, which brings together the local community through a broad spectrum of music from talented local musicians, including folk, rock, and more. The festival will also feature workshops, children's activities, fringe events, and community organisations offering advice on education, finance, health, and wellbeing.

Festival Director Terry Barrow expressed his excitement for the 2025 event, saying:

"We are delighted to receive this grant, which is very much welcome. It will play a crucial role in developing the financial sustainability of the Saxmundham Community Fest. This support will allow us to continue activities that benefit the residents of Saxmundham and the surrounding towns and villages. Keeping this festival thriving and free is vital in bringing people together and celebrating the spirit of our community."

Following a successful 2024 festival the Saxmundham Community Fest is gearing up for an even bigger event in 2025. The annual event, which was cancelled in 2023 due to funding shortages, provided the operational team with valuable time to regroup and plan for the future. Now, with the generous support of the Sizewell C Community Fund, the team has the resources and stability needed to focus on delivering an unforgettable festival experience in 2025 and beyond.

The Sizewell C Community Fund is awarding up to £23m over 10 years to projects taking place in the East Suffolk Council area that reduce the impact of or build on the opportunities created by the construction of Sizewell C by providing a positive and sustainable legacy for the wider community.

Calling all local musicians! Applications are now open to perform at Saxmundham Community Fest 2025. This is your chance to showcase your talent and be part of an event that celebrates the vibrant music scene in the community. To apply, please contact mattsaxmusicfest@gmail.com.

For more information, updates, and how to get involved, contact Hayley Shave at hayley@saxmusicfest.co.uk or call on 07725 578439, you can also visit the website <https://www.saxcommunityfest.co.uk/> for further information.

DATES FOR YOUR DIARY

MAR 4, 11, 18 & 25 & APR 1 Art Talks- Everything Worth Saving with Art Historian John-Paul Stonard. In this series of eight lectures you will embark on a journey through the history of art, posing some of the most vital questions facing art today. 6.30pm – 7.30pm at Snape Maltings Concert Hall. IP17 1SP. Email: boxoffice@brittenpearsarts.org, phone: 01728 687110

MAR 9 Tallis Chamber Orchestra. A spring programme of music for string orchestra directed by David Alberman (violin). Fantasia upon One Note – Henry Purcell. Fantasia No. 6 – Henry Purcell. Concerto for String Orchestra – Grażyna Bacewicz. Variations on a Theme of Tchaikovsky – Anton Arensky. Lullaby – George Gershwin. 3pm at St Peter's Church, Westleton, IP17 3AQ. £15 at the door (cashless payments accepted).

MAR 16 Alde Valley Ramblers. Knodishall, Friston 6.2 mile walk. Park on grass, just off Mill Road, Coldfair Green TM433610 at 10am. For more information email: walks.aldevalleyramblers@gmail.com or visit our website.

MAR 17 Lunchtime Classical Concert Series. The highly successful Lunchtime Classics Concert Series in aid of Save the Children continues in March 2025, with the return of: Helen Stanley (Violin) Nadia Lasserson (Piano) and local Composer Alan Bullard (Piano) In a programme of Bach, Mozart, Smetana and Bullard. We welcome you all to Aldeburgh Parish Church at 12noon. Admission is free with a retiring collection for Save the Children.

MAR 27 Saxmundham History Society meeting: 'Morocco' by Chris Parfitt. Membership: £18 a year. 2.30pm @ URC, Chapel Road, Saxmundham, IP17 1BJ. Visitors £2. Tel: 01728 604608 for more information.

MAR 30 Alde Valley Ramblers. Yoxford circular 5.7 mile. Park along Old High Street, Yoxford, meet at entrance of village hall at 10.00 am. TM 394688. For more information email: walks.aldevalleyramblers@gmail.com or visit our website.

MAR 31 Spring Coffee Morning. Interesting stalls, as well as coffee/tea and biscuits. We are raising money for our Church and we look forward to seeing you. 10am to 12.30pm at The Riverside Centre, Stratford St Andrew IP17 1LJ.

**SAXMUNDHAM
HORTICULTURAL SOCIETY**



SPRING SHOW



SATURDAY, MARCH 29th 2025

FROMUS CENTRE
Street Farm Road, Saxmundham

DOORS OPEN 10.30am

FREE ADMISSION



When is a van not a van?

When HMRC decide it's a car. From 6 April 2025, the tax treatment of double cab pick-ups will undergo significant changes. These changes are set to impact both employers and employees who use these vehicles, as well as the self-employed who utilise these vehicles within their business.

Historically, double cab pick-ups have enjoyed favourable tax treatment, often being classified as vans and therefore qualifying for lower benefit-in-kind (BIK) rates and the ability to claim Annual Investment Allowance (AIA). However, from 6 April 2025, new classification rules apply and most of these vehicles will be taxed as a car. →

Changing Tax Implications

Benefit-in-Kind (BIK): The rules surrounding private use for cars are much stricter than for vans. For a vehicle classified

as a car, simply taking the vehicle home rather than keeping it on work premises could trigger a benefit. The BIK rates for cars are typically higher than those for vans, being based on the vehicle's list price and CO2 emissions, with rates reaching 37% of the list price for high-emission models. This change will result in higher tax liabilities for both employees who use these vehicles, and their employers.

Capital Allowances: Double cab pick-ups will no longer qualify for AIA or full-expensing. Instead, they will be subject to car capital allowance rates, qualifying for an 18% annual writing down allowance, or 6% for higher emission vehicles.

VAT Treatment: For the time being, the VAT rules remain unchanged. A double-cab pickup that previously qualified for VAT recovery will continue to do so.

To ease the transition, the government has introduced transitional rules. Employers who have purchased, leased, or ordered a double cab pick-up before 6 April 2025 can continue to apply the previous tax treatment until the

earlier of the vehicle's disposal, lease expiry, or 5 April 2029. This means that vehicles acquired before the deadline will retain their van classification for up to four more years, providing some relief to businesses and employees as they adjust to the new rules.

The upcoming changes to the tax treatment of double cab pick-ups represent a significant shift in how these vehicles are classified and taxed. Employers and employees should review their current vehicle fleets and consider the potential financial implications of these changes. By understanding the new rules and in particular the transitional arrangements, businesses can better prepare for the impact of these tax reforms.

By Liz Lockwood, Director, Ensors Accountants LLP

This information is given by way of general guidance only, and no action should be taken based solely on the information contained herein. No liability is accepted by the firm for any actions taken without seeking appropriate professional advice.

SAXMUNDHAM MUSEUM NEWS

Saxmundham Museum Gears up for Opening On 1st April

Saxmundham Museum will once again be opening its door for visitors for the new season on 1st April. During the closed season, a lot of work has been undertaken on general maintenance and tidying up the building in advance of opening. We have also created some exciting new displays. A 'live' audio visual presentation will greet visitors in the 'courtyard' area. Situated in Crisps' replica shop, it tells the story of life in the busy shop in days gone by. The model railway has also had a complete overhaul and there are new displays to commemorate VE / VJ Day of 80 years ago. Even the loo has been given a lick of paint.

Now open five mornings a week.....new Stewards required!

The Museum is hoping to extend its opening hours in 2025. "We hope to be open five mornings a week (Tuesday – Saturday) from the beginning of April" says Museum co-founder Richard Crisp. "Clearly this will mean we will be on the lookout for more stewards to help us."

If you, or anyone you know, are interested in joining our friendly team of volunteers, please email: stewards@samundhammuseum.org.uk or drop a note through our door at 49, High Street, Saxmundham. All we ask for is 3 hours a month of your time.

It really is a rewarding experience talking to visitors and full training will be given. We even provide complimentary tea and coffee.

Coffee Morning

We are holding a coffee morning at The Bell Hotel in Saxmundham on Monday 3rd March at 10.30am for both our existing stewards and anyone interested in joining our merry band, so please feel free to pop along.

Another Successful Quiz Night

Around 80 people attended The Museum's annual Quiz Night at The Market Hall in early February. After a testing few rounds of questions and in a close finish, the team from TMS were declared the winners.

More importantly, the evening raised some much needed funds for The Museum.

Peter Minta adds "The Quiz Night is always a popular event in our calendar and we were delighted so many of our friends and supporters came long to join in the fun."

Film Evenings Up and Running

Once again Peter and Sally are kindly organising The Museum's monthly film nights. Usually held on the last Thursday of the months, the programme for the Spring includes the following.

Thursday 27th March: Quartet (2012) starring Maggie Smith, Tom Courtney, Billy Connolly, Pauline Collins and Michael Gambon.

Thursday 24th April: Hidden Figures (2016) starring Octavia Spencer, Taraji P Henson and Janelle Monae
Thursday 29th May: Easy Virtue (2008) starring Jessica Beal, Colin Firth, Kristen Scott-Thomas and Ben Barnes

Entry is free but we do ask for a donation of £5 per head and please free to bring your own wine and nibbles. Seats must be reserved in advance, as we only have limited seating. Please email: peter_sommers@hotmail.com or call 01728 605744 for details.



AN UPDATE FROM IP17GNS

Since our move to much larger premises, the Gannon Rooms, IP17GNS have been forging ahead with new community activities including weekly games afternoons, warm welcome sessions and a Friday feel-good dance!

By hosting a variety of weekly face-to-face sessions, suitable for all ages from children to adults, we can support many more members of the community who are facing isolation or financial pressures.

Last month we launched 'Gannon and Eggs' which is a brand-new men's breakfast taking place once a month in the Gannon Rooms in Saxmundham. Acknowledging that men's mental health and wellbeing is talked about too little we set out to create a laid-back space where men can socialise. Men of all ages and backgrounds are welcome, and you don't need to come along to talk about your feelings, just ready for a hearty breakfast!

We're also keen to recruit more male volunteers to help run the sessions so if you are good in the kitchen or happy to pitch in with organising or hosting, please email volunteer@ip17gns.com

Gannon and Eggs is on the first Sunday of the month, 9:30 – 11:00 am and is free to attend. Please book in using the email address above or by calling 07835 064587.

RSPB Minsmere Nature Reserve
Wildlife - Shop - Café - Events - Family Activities






rspb.org.uk/days-out/reserves/minsmere


A1 Carpets ^{4U}
By Gary Burden

For the complete A1 Home Selection Service

Carpets, Vinyl & Luxury Vinyl Tiles
Professional, reliable and competitive
Save ££££'s - We will beat any genuine retailer quote!

Tel: 01728 604396 Mob: 07419 375720
www.a1carpets4u.co.uk

ALLVAC
SERVICE & REPAIR
KIRBY & DYSON SPECIALIST

HAVE YOUR VACUUM CLEANER
COLLECTED FULLY SERVICED AND
RETURNED AT YOUR CONVENIENCE FOR

£35
ALL MAKES AND MODELS

PAUL LAYTON
01379 871095 OR 07866 549642



Jules Chair Repairs
Cane, Rush & Seagrass



Mobile: 07581 007246
Email: juleschairrepairs@gmail.com
 @Jules-Chair-Repairs

Toby's Pet Shop

PET, EQUESTRIAN & LIVESTOCK - FEED, BEDDING & SUPPLIES

Nurturing Good Nutrition, Naturally

WE STOCK: Food for dogs, cats, horses, rabbits, guinea pigs, gerbils, mice, hamsters, rats, degus, chinchillas, fish, poultry, wild birds, caged birds and reptiles (including a large frozen range for dogs, cats and reptils).

Treats, chews, beds, bowls, coats, collars, leads, training equipment, harnesses, cages, carriers, toys, cat flaps and tag engraving.

Supplements, remedies, treatments, grooming products, feeders, bedding, hay, straw and shavings to name just a few. Horse rug and pet bed washing services.

FREE LOCAL DELIVERY (T&C's apply)

UNIT C2, CHARNWOOD INDUSTRIAL ESTATE, IP13 9PT
W3W: POODLE.CLUES.TWITCHES 01728 727409 / 724571

SAXMUNDHAM RUNNING AND FITNESS CLUB

Saxmundham Running & Fitness Club celebrates 20th anniversary milestone

In 2005, a group of like-minded individuals came together with the ambition of forming a new running and fitness club in Saxmundham as one of the sporting sections of the Saxmundham Sports and Recreational Club.

The Saxons formed in 2005



Gordon Merfield, a qualified athletics coach and 11 times British Triathlon Champion wanted to set up the club to offer running and exercise opportunities to adults of all ages and abilities from beginners to experienced athletes.

Speaking at the time, Gordon, now 86, explained his motivation for setting up the club: *"Running is known to be a good way of exercising, but not everyone wants to run on their own around the streets where they live. This initiative will give local people the opportunity to learn how to do it correctly and with other people, so it can become a social occasion as well as a sporting one."*

After a successful application to register the club with the Eastern Region Athletics Association, the club appointed Gordon as Chairperson and Club Coach along with other people who kindly volunteered their time.

The inaugural club session was held on the 6th of March 2005 and covered training and running techniques. Members were advised to obtain a pair of proper running shoes with Gordon's top tip to get a copy of Running World magazine where shoes could be bought for half the price of High Street stores!

In 2025, the Saxmundham Running and Fitness Club, known as the Saxons, are celebrating two decades in operation with an impressive membership of more than 75 runners who meet twice weekly at the Carlton Park sports ground.

Club nights are Tuesday and Thursdays, and a team of seven friendly and dedicated coaches, led by Head Coach James Wilson, voluntarily pass on their expertise to members who want to improve their running and fitness or achieve their goal of competing in some of the most significant races in the running calendar.

Above all, they remain true to the club's original ethos of providing the opportunity to exercise regardless of age and ability and to enjoy fitness.

A beginner's course which runs for 8 weeks starting in May, brings new faces to the club, keen to experience all the benefits of joining a running club.

In October, the Saxons host their annual Five Mile Race, a family-friendly event comprising a junior fun run and adult race, which this year takes place on Sunday 5th October 2025. Race director Sarah Vick, one of the original members of the club, expressed her delight that the race will be part of the Suffolk County Athletics Association Grand Prix Series, that attracts competitors from across Suffolk.

Gordon remains a regular figure at the club, and as Lifetime President his passion for running and the opportunities it brings to local people remains undiminished. He will be seen on race day proudly watching 250 competitors running past the club house at Carlton Park and presenting trophies to the winners.

For more information on the race and the Saxons please visit the website www.thesaxons.org.uk/saxons-5-mile-race

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/>

In 2025 the club has more than 75 members



REJUVENATE

THE SERVICES

- Hydro-Facials
- Microneedling
- Dermaplaning
- Bespoke Facials
- Dermalux LED Light Therapy
- Enzyme Facials
- Chemical Peels
- Profilo Injections
- Skin Boosters
- Vitamin Injections
- Massages
- Waxing (including intimate)
- Lash Lifts

07961447745
debbiereid@rejuvenate-suffolk.co.uk



Church Farm,
Yoxford Road, Sibton, Suffolk,
IP17 2LX



HELPING HAND

PROPERTY MAINTENANCE

FOR ANY JOB NO MATTER WHAT THE SIZE



General House Maintenance
Painting and Decorating
Sheds Built
Lawns cut

Floor and Wall Tiling
Concrete Bases Laid
Fencing and Patios
Garden Maintenance

You can get in touch via mobile, Email, Facebook Messenger, WhatsApp or text message

Mobile: 07368 914042 **Email: helpinghand726@yahoo.co.uk**

Facebook Page: Helping Hand Property Maintenance

FROM YOUR COUNTY COUNCILLOR...



What I speculated on, about the future of Local Government, in last month's column was largely confirmed by an announcement from the Deputy Prime Minister in the House of Commons on 5th February. As I write this more details are still awaited and I will return to the coming changes next month when, hopefully, more will be known. I am already receiving correspondence about both the principle of change and its ramifications but I know little more than the Government has chosen to put into the public realm. However, it is clear that the Government has decided that the County Council election in Suffolk, due on 1st May, is to be postponed for a year (which follows established precedent when new arrangements for local government have been implemented elsewhere in England) to allow adequate time for the necessary detailed business case to be compiled and submitted, as the first interim deadline is at the end of March, with the mass of detailed figures and arguments requiring to be submitted six months later.

On 13th February the County Council's budget for the financial year commencing 1st April was agreed at a meeting of all Councillors. Getting it through all the necessary stages and procedures has been my responsibility and it is a relief to see that more than seven months' work has now concluded. The planning for the 2026/27 budget starts again at the end of June...

The approved budget has not, for a change, this year included any really difficult or controversial decisions. Throughout Suffolk the County Council will spend just over £800 million net, with the largest part of the necessary funding coming from you and me in Council Tax charges. The Council's share of business rates and government grants make up almost all the rest.

Over 77 pence of every £1 that is spent from this budget pot goes on providing social care – such things as residential care for the elderly who cannot pay their own care home fees, sheltered accommodation for adults with disabilities, and careful safeguarding of vulnerable young people. The cost of this is over £300 million in Suffolk, and that cost has risen dramatically over recent years and continues to do so.

We hear from social care providers that their costs are rising by around ten per cent this year, due to a combination of inflation, the rise in the Minimum Wage rates and the imposed higher rates of Employers' National Insurance Contributions, made even more onerous by widening the salary range over which this is being levied.

We are sympathetic to their case, but the County Council simply does not have sufficient resources to meet these rising costs in full, and I wish the Chancellor of the Exchequer had taken more time to properly think through the effects of her tax rises. We cannot be expected to compensate care providers in full for the effects of a decision in which we had no say. However, we are doing all we can to help by being absolutely transparent about what we can afford to pay. This coming year the Council Tax share levied by the County Council will rise by 2.99% to help cover the rising costs of our general services, but the additional 'Social Care Precept' of 2% will be applied IN FULL to Suffolk's social care providers, and this combined with other available funds will constitute our price offer – but it will not come to a figure near the 10% increase requested.

Times are difficult in the wider economy and I know that, as do all fellow Councillors. At the County Council we need to ensure that our funds are applied in the most efficient way to ensure value-for-money for all us taxpayers. We try very hard to achieve that and are in the midst of a two-year programme to achieve £28 million worth of savings across the Council. This transformation work has proceeded well and produced the required savings in its first year, but pressure is being maintained to ensure the full target is met in the forthcoming year. Another programme has recently started to bolster this and increase our efficiency. It is known as 'Fit for the Future' and £5 million of additional savings are included in this coming year's budget. More will be squeezed out of the system over the next two years, but we do have to be careful that, with impending change in local government in Suffolk, we don't change systems which then need changing back to what they were!

As we hear from all quarters, Artificial Intelligence (AI) is proceeding apace, and its possibilities seem almost limitless. But many of our services depend on person-to-person contact and we must not lose this important feature and just become faceless bureaucrats lacking human concern. That will not happen, but we would be foolish not to explore deeply how AI systems can help us in the future, both near at hand and into future years.

The work to provide Sizewell C, although not yet financially consented, is underway on a large scale, and motorists will soon notice that work on many of the necessary road improvements will be commencing. Undoubtedly, we in this part of East Suffolk will bear the brunt of the coming disruption, especially when combined with SeaLink and LionLink offshore wind projects, which will be developed at the same time. Our lives will be affected for the next decade or so and the special and quiet style of life we are all accustomed to lead will be compromised, whether we are road or rail users, or both. Although we still await the Final Investment Decision on Sizewell C, now again delayed until after the Government's Spending Review which should be complete by June, I think it highly likely that the way Sizewell C will be funded is through our own pockets as taxpayers. There seems to be little we can do to stop that fait accompli.

Finally this month, I want to pay tribute to a tireless anti-nuclear campaigner, Pete Wilkinson of Peasenhall, who has died. He and I agreed on very little, but I always respected the sincerity of his views and the depth of his knowledge. Pete was a life-long campaigner and, back in the 1970s, co-founded Greenpeace in the UK.

I will miss knowing he is around, and listening to and learning from his views, and I send my sympathies on their loss to his wife and daughters.

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

PROJECT UPDATE

MARCH 2025

There has been good progress on the Sizewell C project in the first months of 2025.

We are also pleased to announce the launch of the new Sizewell C online works tracker. The navigation has been improved and you can now sign up for email updates each time the works tracker is updated. We will be extending this to an SMS service later in the year. You can also check traffic management on the Suffolk County Council website Causeway one.network.

We are continuing to remove vegetation where necessary, which is overseen by an ecological clerk of work to ensure we 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 have begun to implement the long term and necessary road closures that host our infrastructure projects. Notably, Willow Marsh Lane (A12 junction in Darsham) and Abbey Lane (Leiston) with diversions in place which you can find further details of on our works tracker.

As the designs and contractors are being agreed, we are beginning to firm up key dates of activity. Over the next month you will see enabling works to create the Yoxford roundabout which will improve safety at a busy junction, with construction commencing in March.

We have also made further progress on the park and ride sites that will provide buses for workers to access site, reducing the number of vehicles on local roads.

Rail works also continue at pace and we have had several deliveries of rail track ahead of track laying. This will allow the first trains to move down the Leiston branch line to bring materials to our site on Buckleswood Road.

FORUM

SCHEDULE

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

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
Northern Transport Forum	Wednesday 7 May 2025	Darsham Village Hall

For more information and for all 2025 forum dates visit sizewellc.com/community/forums

VISIT THE WORKS TRACKER SITE



Sizewell C
The power of good for Britain

BENTWATERS COLD WAR MUSEUM

Bentwaters Cold War Museum are holding another of their very successful Live Nights at the museum!

Travel back in time to the 1980s and experience this unique opportunity to see the Command Post manned and operational.

Our amazing staff at Bentwaters Cold War Museum will re-enact the scenarios alongside the Cold War re-enactment group 'Lazy Company' to bring the Operations Room back to life.

Tickets are limited so book your evening with us on Saturday 22nd March now to avoid disappointment. Only £10 pp.

Details on this link :

<https://bcwm.org.uk/product/live-night-2025-admission/>

It really is a great night with the aircraft lit up with floodlights, the American themed diner serving hot drinks and hot dogs and the museum to view at your leisure from 5.30 to 9.00.

See our website for more details. <https://www.bcwm.org.uk/>

Simon Gladas

Bentwaters Cold War Museum
Publicity and Liaison Officer
Trustee



**SIBTON NURSERY SCHOOL
ARE RECRUITING!**

- ROOM LEADER •
- NURSERY PRACTITIONER •
- NURSERY ASSISTANT •
- NURSERY APPRENTICE •

ALL POSITIONS ARE ALL YEAR ROUND

PLEASE ENQUIRE ON 01728 660200 OR SEND
YOUR CV TO SIBTON-NURSERY@HOTMAIL.COM

NEWS FROM SAXMUNDHAM PRIMARY SCHOOL

We were very excited to hear that our Eco Club's Christmas tree came first in the competition at the church! A lot of hard work went into their entry and it was a very original design that sums up everything that Eco Club is about. Well done to the pupils, Mrs Eves and Mrs Hembling.



Hawthorn class has been learning about the ancient Maya civilisation. For their homework project, some children chose to create a model of Chichen Itza, whilst others chose to create fact sheets, annotated pictures or powerpoint presentations. We were all so impressed with how much time and effort the children put into their projects. We hope you enjoy looking at some of the photos!



In December our year six pupils had another STEM session. We have been working with EDF, who deliver exciting sessions in school.

They also lend us equipment to do some DT activities. Each term, the children visit Sizewell to do a presentation about their lessons and to carry out some activities with children from other primary schools. It's been a fantastic partnership so far!

As part of the STEM visits, we have been doing different types of engineering projects. We were all very enthusiastic about it, but we found out that it can be difficult building different structures until you learn about all the different techniques. We also found out that the best shape to use as the base of a structure is a tetrahedron. We were given additional challenges of bridge building and making the tallest tower. This was extremely hard but rewarding. We all had to work in a team and come up with different techniques. We are really looking forward to learning more about hydraulics and pneumatics this term.

On Thursday 9th January, Mr Courtney (our brilliant brass teacher) and some of his friends came to school to play us some music in a special assembly. They were all very talented and we are very grateful that they had time to play spectacular music.

There were a lot of instruments, including trombone, trumpet, clarinet, flute, saxophone and drums. They played music where we had to guess the song.



Some of the pieces they played were: Star Wars, Harry Potter and Mario. It was amazing! It was really cool when the percussion player started making marching noises.

After the performance, everyone had their mouths open and lots of people were inspired by the music. We all loved it and it really made our day!

Your reporters this month were: Talia, Rosie, Zaira and Amirah.

January was another busy month, with lots of exciting enrichment activities.

On Tuesday 21st January, the whole school was treated to an assembly by Cotswold Archaeology. We learnt all about the process of archaeology, what tools are needed, and what this can teach us about the past! Lilac, Hawthorn and Holly classes were also lucky enough to take part in a workshop where they got to handle a range of artefacts. It was really interesting and we are looking forward to hearing of any exciting finds!

Early Years and Key Stage One were visited by the fire brigade. It was very exciting for our youngest pupils to see a fire engine on the playground, listen to the sound of the siren and even get to try out the hose!

Pupils in year one have been making Tudor houses as part of their history project on the Great Fire of London, so this was a fantastic opportunity for them to recreate the fire on Pudding Lane in our own school playground.

This week, we have been taking part in fire safety workshops.

We learnt how to make a call to the fire brigade with the correct information and spot potential dangers in the home. Our favourite activity was when we got to try on the helmets and stop, drop and roll!

Finally, some of our KS2 pupils have been working with the composer, Amy Bryce, in preparation for the Celebration of Schools Music event at Snape Maltings.

Along with other schools, the children have been coming up with ideas to inspire this year's finale song. We can't wait to hear the final result!

NEWS FROM BENHALL PRIMARY SCHOOL

Pupils in 'Squirrels' have been learning about and exploring old toys. The children saw a range of toys, including a Jack-in-the-Box. They have been learning about Chinese New Year and how it is celebrated around the world.

Acorns have been exploring A Man on the Moon and using their imaginations to create their own aliens. They practiced using adjectives to describe them before looking at Earth from space. Inspired by this perspective, they wrote poems about their aliens visiting our planet.

The children in 'Oaks' are thoroughly enjoying 'The Iron Man' book, and they have been writing diary entries inspired by it. In science, they have been researching and exploring how sound is made, which has been both educational and fun.

'Woodlands' have been delving into the Nowhere Emporium in guided reading. In science, they identified the key roles of blood by creating their own 'blood'.

They used marshmallows to represent white blood cells, paper to represent platelets, oil to represent plasma and red food colouring to show red blood cells.

Pupils have been trying incredibly hard to improve their arithmetic skills.

'Acorns' travelled to Hartismere High School on Friday 24th to take part in a multi-skills festival. The pupils participated in a range of activities focusing on working as a team, improving their accuracy and throwing and catching.

'Oaks' were invited to the Art Station in Saxmundham. They planted trees and helped build a bug hotel which will be moved to the park. A massive thank you to the Art Station for inviting us down.

The PTA held another successful bingo night at the Golden Key in Snape. Thank you to the PTA for organising the event and for all who came out and supported the school.

Thank you to Miss Woodroffe who led another successful bird watch with the children on Friday 24th January. Although it was very windy, they saw a blackbird, chaffinch, coal tit, blue tits, house sparrows, robins & woodpigeons.

We have really enjoyed welcoming the team from 'Open the Book' into school and learning about Epiphany and how the wise men arrived in Bethlehem.

We want to keep families and the local community more in the know of what we are getting up to in school. We now have active Facebook, Instagram, Bluesky and X accounts. Please ensure that you are following the accounts for regular updates.

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.

Pupils in Acorns who participated at the Multi-Skills event at Hartismere



THE ART STATION MATCH FUNDING APPEAL

The Art Station to launch Big Give Match Funding appeal – help us raise £20,000 for local community art and culture.

The Art Station is thrilled to announce its selection for 'The Big Give Arts for Impact Match-Funding Campaign'. This unique opportunity means that every £1 raised between March 18 – 25, 2025 will be doubled, allowing The Art Station to transform £10,000 in community donations into an incredible £20,000 to support its free Arts and Learning programme in Suffolk. With this funding, The Art Station will continue to deliver a diverse programme of creative projects designed to benefit people of all ages, backgrounds, and abilities.

"Art has the power to uplift, connect, and inspire," says Clare Palmier, Founder and Director of The Art Station.

"Every pound raised will help us bring free creative opportunities to people of all ages, and offer vital arts programmes that boost mental health and community cohesion."

With match-funding from The Big Give, The Art Station will expand and sustain key projects such as:

Public Exhibitions & Events – Bringing high-quality, contemporary art to Saxmundham and boosting footfall to local businesses.

Creative Workshops for Local Schools – Engaging students across Suffolk in hands-on, interactive art sessions that build confidence, creativity, and critical thinking.

Emerging Artists & Professional Development – Providing mentoring, workspace and exhibition opportunities for the next generation of artists in our region.

Arts for Well-being (Older & Vulnerable Residents) – Using art as a tool for mental health support, social connection, and combatting isolation, especially among older adults. Here's how everyone can get involved:

Donate – Every £1 you give turns into £2! Even small donations make a big impact. Sponsor an Experience – Businesses can contribute auction prizes, services, or sponsorship.

Spread the Word – Share our campaign with your networks, post on social media, or feature us in newsletters and blogs.

Help with Media & Publicity – If you run a website, blog, or podcast, The Art Station would love to hear from you

Tor Cooke,
Programme Manager
E: Tor@theartstation.uK



**07930
337182**

YOUR LOCAL SECURITY SPECIALISTS



At Crane Fire and Security we offer Intruder alarms, Fire alarms, Emergency lights, CCTV, Fire extinguishers and any Electrical work

- Over 12 years in the industry
- New wireless intruder alarms to BS EN 50131 Grade 2 will come with an app for remote access and notifications
- Take over services from your current maintenance provider at no extra costs
- Intruder alarm routine maintenance visits starting at £70
- SSAIB accredited for all your insurance needs
- Also we offer any electrical work you require



**PROTECTING YOUR HOME & BUSINESS
CALL FOR A FREE NO OBLIGATION SITE SURVEY & QUOTATION
WWW.CRANEFIREANDSECURITY.CO.UK**



At the heart of your community

Steak frites
8oz rump steak,
seasoned fries,
peppercorn sauce
£17

Sunday Lunch
Roast Beef Sirloin
Roast chicken
Lentil and cashew
nutroast
£17.95

Tuesday - Saturday 12pm-2.30pm 6pm-9pm
Sunday 12pm-5pm

Check our
website for
Quiz Nights
and
Bingo Nights

01728 830221
www.aldringhamparrot.com
parrotandpunchbowl@hotmail.com




Parrot Puncher
Pub Quiz

“No comparison - hands down better care and competence. 5 years faultlessly. BN, Ipswich”



**Marshall & Lilley
Opticians
LEISTON**

**T 01728 833114
E marshall.lilley@btconnect.com**

ALDE VALLEY SUFFOLK FAMILY HISTORY GROUP

Life in the Wrens – Manette Baillie

Manette Baillie, now aged 102 and living in Benhall, was only 17 when Britain declared war on 3rd September 1939. Initially she joined the Land Army but had to return to London after six months because her sister was having a baby. A year later she decided to join the Women's Royal Navy Service, called the Wrens.

This is an in-person talk where Manette Baillie will recount her story serving in WWII, from her enlistment, two years overseas service and final demobilisation in the UK after the war ended.

The talk takes place on 17th March in person at the Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL, (behind the library). 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.



Manette Baillie

Future programme: All at 2.30pm at the Fromus Centre, Saxmundham:

Mon 17 March: 'Life in the WRNS' - Manette Baillie

Mon 28 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/>

Incorporating social context into your family tree - Dr Penny Walters

On Monday 20th January the Alde Valley Suffolk Family History Group had at least forty-five members and visitors attend both in person and online a talk by Dr. Penny Walters, who has been a university lecturer for thirty years.

Penny was adopted and following the birth of her first child she became interested in genealogy. The talk was entitled 'Incorporating social context into your family tree'.

Social history is about the lives of ordinary people and the effect local, national and world events have on their lives and the lives of their families.

We can look back, make assumptions and interpret how lives were affected. Economic and social factors are agents of historical change.

Researching social structures and interaction of different groups in society help us.

Recently we can consider all the effects Covid and lockdown had on family, local and national groups, the changes it all brought about.

The daily life of our ancestors: the customs, traditions, work, business and trade plus food can lead us to further research. What did people do all day?

The Census gives a snapshot of who was in the house, the neighbours, where they lived and the work they did, plus their ages, also where they were born. Social history tells us of a flu epidemic, wars, strikes and rationing, and we can research into the effect these had on people. Penny suggests you make a timeline of your relatives' dates and insert the events that took place.

You can dig deeper by looking into records in newspapers, letters, diaries, photographs, local history books, books generally, archives and maps. Visits to where your ancestors came from – look in churchyards, cemeteries may help.

DNA may give leads. Studying the events around when your relatives were alive and the social issues of that time would have influenced their lives and their decisions.

Penny's website has a full list of her forthcoming presentations: <https://www.searchmypast.co.uk/>

Penny has two books: 'Ethical Dilemmas in Genealogy' 2019 and 'The Psychology of Searching' 2020.

Jenny Mann

U3A EAST SUFFOLK

East Suffolk u3a group invites all older people – primarily those retired or semi-retired – to join their thriving members-run organisation. For those wanting to keep fit and active, u3a offers walking, sport and physical activity groups.

For those wanting to learn and share, there are geology, photography, foreign languages, architecture and history study groups as well as dining opportunities and outside visits.

Alongside those interest groups, u3a runs a programme of local talks.

At 10.30am on 17th March at Woodbridge FC the topic is drought gardening. On the 13th at 2pm at Saxmundham's Fromus Centre, there's a talk entitled 'A Solo Walk across Africa'.

At Kesgrave War Memorial Community Centre on the afternoon of the 31st the topic is the life of an occasional auctioneer.

In April subjects include a lighthearted talk about the weather forecast, the importance of reading to children, and by contrast the negative and positive aspects of silence!

New members are welcome. Full up to date information is available on the u3a website: www.u3aeastsuffolk.org.uk. For more information, please see the website or call the secretary on 0300 123 3913.

ALDEBURGH MUSIC CLUB

Founded by Benjamin Britten in 1952

Aldeburgh Music Club presents
ETERNAL LIGHT

A concert at Orford Church, Saturday 29th March 2025

Aldeburgh Music Club's first concert of 2025 takes place at St. Bartholomew's Church, Orford, on Saturday 29th March at 7.00pm. Under the title ETERNAL LIGHT, the concert by Aldeburgh Music Club Choir includes a performance of Joseph Haydn's 'Nelson' Mass and Morten Lauridsen's Lux Aeterna.

Haydn wrote his 'Mass for Troubled Times', perhaps his greatest single composition, in 1798, but it was only two years later when Lord Nelson, who had defeated Napoleon at the Battle of the Nile in the year of its composition, is believed to have met the composer and attended a performance, that the work acquired the title 'Nelson' Mass. It remains one of Haydn's most popular works.

Morten Lauridsen, who was born in the Pacific Northwest of the USA in 1943, is a prolific composer of choral music, and was awarded the National Medal of Arts in 2007. Amongst his many works is O Magnum Mysterium, which Aldeburgh Music Club performed at their Christmas 2024 concert. Lux Aeterna is now considered a classic, a beautiful and serene cycle of lyrical movements inspired by Gregorian chant as well as Medieval and Renaissance music.

The professional soloists for the Mass, all based in the East region, will be Laura Morgan (soprano), Ashley Harries (counter tenor), Richard Edgar-Wilson (tenor) and Matthew Crowe (bass), and the performance will be accompanied by the Prometheus Chamber Orchestra, and conducted by Tom Appleton. Lux Aeterna will be accompanied by Jonathan Rutherford on the piano.

In addition to the two choral works, the concert will include a performance of Benjamin Britten's Canticle II: Abraham and Isaac, performed by Ashley Harries and Richard Edgar-Wilson, accompanied by Jonathan Rutherford. Abraham and Isaac was written by Britten in the same year that he founded Aldeburgh Music Club, following representations that there were insufficient opportunities for amateur music making in the town.

LIVING WITH DEMENTIA

Following the publication in 2020 of 'Slow Puncture, Living well with Dementia', we are delighted to say that the book is now available as an audio download or CD.

Ulverscroft are the UK's biggest publishers of large print/audio books and so Peter Berry and Deb Bunt were thrilled that the publishing company undertook the work involved to create an audio book.

Willow Nash and Luke Francis are the two voice actors who read the book, and both do a jolly good job at attempting the Suffolk accent.

It's worth noting that the hard copy is on its 6th reprint (also available as a kindle book) but for those who prefer to listen to books, rather than to read them, you can download it or borrow the CD from the library.

'Slow Puncture' has been included by The Reading Agency on their 2024 Reading Well for Dementia list as a key piece of reading. As part of its inclusion into The Reading Agency's list, Peter and Deb went to the House of Commons last year to share details of the book with MPs and those involved in the world of publishing/dementia.



Aldeburgh Music Club
founded by Benjamin Britten in 1952
www.aldeburghmusic.club

Saturday 29 March 2025 7.00pm
St Bartholomew's Church, Orford

ETERNAL LIGHT

Joseph Haydn Nelson Mass
Benjamin Britten Abraham and Isaac
Morten Lauridsen Lux Aeterna

Aldeburgh Music Club Choir

Laura Morgan *soprano*

Ashley Harries *counter tenor*

Richard Edgar-Wilson *tenor*

Matthew Crowe *bass*

Jonathan Rutherford *piano*

Prometheus Chamber Orchestra

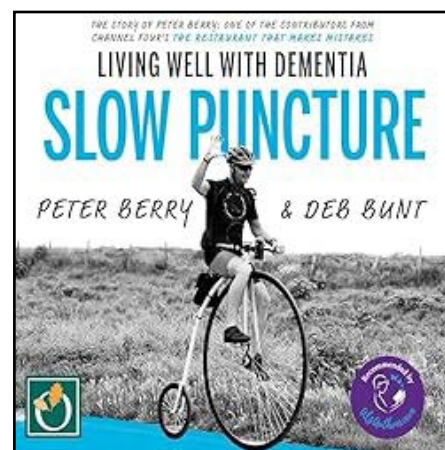
Conductor Tom Appleton

Tickets £20 (half price under 18)

Tickets available online at www.aldeburghmusic.club,
via the QR code, and at the door



Aldeburgh Music Club has been going ever since and is now one of the most highly respected choral groups in the region. Tickets are £20, half price for those under 18, and can be obtained by going online to www.aldeburghmusic.club. For more information, please contact David Edwards dwe450@gmail.com. Registered Office: Oak Cottage, Chapel Road, Grundisburgh, Woodbridge, Suffolk, England, IP13 6XL.



BENHALL & STERNFIELD HISTORY GROUP

It's a classic dilemma for every History Group: lots of photographs and films but no names for the people in them. You may well have the same problem with family photos passed down to you. If only there was someone who had the answer? You may have the answer!

Were you or your family living in Saxmundham, Benhall or Sternfield between 1960 & 1970?

Did you attend the Saxmundham Carnival, the Suffolk Show, Benhall Flower Show, Sternfield Bazaar?



Ted Ayden and his performing dog at Sternfield Vicarage

Were you a past Miss Benhall perhaps? Entered into the children's Fancy Dress at the Flower Show? Attended Benhall or Sternfield Churches?

You may be in over 600 colour photos which will be on display at our Exhibition. Please come and help us to identify the people in our images.

All the details you need are on the poster below.



Miss Benhall 1965



Saxmundham Carnival 1961



Sunday School prize giving 1966

WE NEED YOUR HELP

1960s
1970s

Were you or your family in Saxmundham, Benhall or Sternfield 1960s-1970s?

Then you may be in over 600 colour photos on display at our Exhibition! Please come and help us identify the people in our photos.

Saturday 24th May 2025

10 – 4 pm

Benhall Club, Benhall Green IP17 1HE

1970s
1960s

Refreshments will be available
BENHALL & STERNFIELD HISTORY GROUP
benhallsternfieldhistory@gmail.com



Hello Saxmundham

We are your local community radio station, broadcasting online to bring you a varied mix of music programmes, stories and information about what's on in our area.

Have you discovered us yet?

Listen online at: www.abcradio.co.uk via the app and on Alexa



EMMA K FRAMING

Bespoke framing solutions
Oils, Water Colours, Needlework,
Prints, Maps, Photos.
Established 2001.

2 High Street, Saxmundham, Suffolk IP17 1DD
 01728 605606 emmakframing.com

ALAN ROSS

REMOVALS & STORAGE

Any distance - Part & Full Loads

Storage Facilities Available
 Uniformed Staff

DON'T RISK DOING IT YOURSELF... LET US TAKE THE STRAIN!

DARSHAM 01728 668900
 Web: www.alanrossremovals.co.uk Email: sales@alanrossremovals.co.uk
 UNITS 1 & 2, STATION WORKS, MAIN ROAD, DARSHAM

JOHN BRIDGES

GARDEN LANDSCAPER

PATIOS | RAISED BEDS | FENCING
 PERGOLAS | TURF LAYING

30 yrs experience


01728 832972 | 07787163249
bridgesjac@gmail.com

VICTOR'S

BARBER SHOP

48b Thoroughfare, Halesworth IP19 8AR
 Telephone: 01986 899846

 Find us on Facebook: Victor Barbershop



norwichsunblinds

Buy 2 Get 1 Free

on in-house blinds

01953 544041
www.norwichsunblinds.co.uk
 T&Cs apply

SAXMUNDHAM LIBRARY ACTIVITIES

Writing Group: Ever wanted to try writing? Come and join our writing group to get going on a biography, poetry, fiction, fact or anything else you would like to try. A self-run, friendly group of enthusiastic writers that would love to see more, new and old faces! Take turns in leading the group, leading to a wide selection of writing tasks and ideas. We share our short stories and welcome feedback from members. Meeting from 1 to 3pm. All abilities and genres welcome. (12th & 26th March, 9th & 23rd April, 14th & 28th May).

Books, Banter & Biscuits: Discover the joy of reading with other like-minded, enthusiastic readers and book addicts. Lively discussions for the mind, meeting monthly on the first Wednesday of each month, 2pm - 4pm (5th March, 2nd April, 7th May). We are currently reading 'Prophet Sony' by Paul Lynch.

Friday readers book group, 1.30pm: Read the chosen book, discuss and handout next book. Currently reading 'The House on Cold Hill' by Peter James. Last Friday each month. (28th March, 25th April, 30th May).

Dementia and long-term health condition support group: For those living with conditions, carers, family and professionals. All are welcome for chat, tea and biscuits. Third Friday of each month 11am - 12.30pm (21st March, 18th April, 16th May).

Family history drop-in sessions, 2.30 - 4.30pm: Our experienced volunteer can help you trace your family, learn how to search and take DNA tests. Second Tuesday of each month. (11th March, 8th April, 13th May).

Knit & Natter, 2.30 - 4.30pm: A friendly, welcoming group. Suitable for all abilities, bring your art or craft projects. First and third Tuesday of each month. (4th & 18th March, 1st & 15th April, 6th & 20th May).

Lego group Sessions, 11am - 12.30pm: First and third Saturday of each month. (1st & 15th March, 5th & 19th April, 3rd & 17th May).

Mah Jong, 2 - 4pm: Would you like to learn? Can you play already? Please come along and learn the game with our experienced volunteers. First and third Friday of each month. (7th & 21st March, 4th & 18th April, 2nd & 16th May).

NHS Hearing Aid Clinic, 1 - 3pm: For repairs, tubing and batteries. All hearing aid repairs/consumables will require an appointment by phoning 01473 286060. Third Wednesday of alternate months. (19th March, 21st May, 16th July. NO Session February, April, June)

Suffolk Constabulary Community Policing Team drop-in & Crime Prevention Information, 10.30am 12noon: Speak to the community policing team. Fourth Tuesday of each month. (25th March, 22nd April, 27th May)

Tuesdays & Fridays, 9.30 - 10am: Baby Bounce/Tot Rock. Free sessions for parent/carer and baby/toddler with gentle songs and rhymes. NO Sessions during school holidays.

Wednesdays, 10am - 12 noon: Citizens Advice. Free advice and support on issues like housing, benefits, money, debt, immigration, relationships, and employment. Tel: 08082787866; Email: advice@caes.org.uk; Visit: <https://www.citizensadviceeastsoffolk.org.uk>

Wednesdays, 10am - 4pm: East Suffolk Council drop in & Digital Assistance: Council Tax, Housing, Benefits, Environment, Leisure, Planning, Waste, etc). Visit: <https://www.eastsuffolk.gov.uk/>

Thursdays, 10am - 12noon: Top Time. Something different every week for adults, lots of chatter with tea and biscuits. £1 per person. Talks, craft, games, quiz, bingo, play reading, sing-a-longs, health and activity sessions, etc.

Home Library Service: A service for those unable to leave their own home. Let us know if you, or someone you know would like this service. First Tuesday of each month.

Cakes wanted: We will be running a cake/bake sale to celebrate Suffolk Libraries Day and raise some money for the charity. Any donations of cakes or savoury bakes appreciated. Friday 21st, Saturday 22nd, Sunday 23rd March. (please drop cakes / savouries off, morning, Friday 21st March)

Easter raffle donations wanted: Saxmundham Library Friends Group Easter Raffle will soon be up and running and we need your lovely donations please (by 10th March).

Warm Space: Free hot and cold drinks and biscuits. All donations of items or cash are very much appreciated.

Also Duplo, Stickle Bricks, Wooden Train and Blocks, Colouring Sheets, Board Games and Jigsaws available.

Liz Gleave
Saxmundham Library Manager
01728 652440
liz.gleave@SuffolkLibraries.co.uk

JUST FOLLOW THE SIGNS..

The pop-up SMILE Cafe can be found every Wednesday in the Sax Fromus Centre (Street Farm Road)

On foot / bike, there is a quick footpath down the side of the Saxmundham library or by car.

Free onsite parking by the entrance (with security CCTV coverage).

We welcome those with physical disabilities and mental health issues and their carers / support workers.

www.smile-cafe.org.uk



SKC CHURCH

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

What brings you hope?

For me, Spring feels like the season of hope. The cold winter has passed, green shoots of new growth appear in nature, and the days begin to lengthen bringing light to our lives once more. We often associate spring with new life: flowers, birds, and lambs to name a few examples.

I don't need to write at length about the darkness that we have all experienced recently. However, spring is here and with spring comes the promise of Easter. As a Church we journey through a reflective Lent towards the joyful celebration that is Easter.

Lent is traditionally a time for reflection and self-discipline. People often fast (give-up) something for the period of Lent: the 40 days between Ash Wednesday on 5th March and Easter Sunday on 20th April*. It helps us focus on what is important, reflects the 40 days of fasting that Jesus undertook, and helps us think about what Easter is all about. I wonder if this Lent you might consider giving something up, or taking something up? You could always try out coming to Church!

At the end of Lent comes the jubilant celebration for Easter, the central message of hope in our lives. We believe that Jesus died on the cross to save us from all the wrong we do and all the darkness in the world but then rose again on the third day. His resurrection brings us the certain hope that death is defeated and that we can be in relationship with God again.

Jesus' death and resurrection give us hope as we think about new life with God. The signs of spring around us remind us of the new life that Jesus brings as we celebrate Easter.

Why not join us this Easter as we celebrate hope and new life through Jesus?

There's actually 46 days in Lent but traditionally people didn't fast on Sundays which makes 40 days of fasting and 6 days of feasting in Lent.

We'd love to meet you!

For more information see www.skchurch.org

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

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

Wednesday 5th March: 2pm Ash Wednesday Service (marks the start of Lent)

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

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

With love,

Dave Preece

Rector Saxmundham with Kelsale cum Carlton

SAXMUNDHAM SPORTS BOWLS CLUB

Why not give bowls a try? Your bowls club needs! It doesn't matter if you are a complete novice, or a seasoned bowler, Saxmundham bowls club will be pleased to welcome you, for competitive or social bowling. The club has sets of bowls to borrow on the day.

All ages are welcome - it's definitely not just an old persons' game!!

Family Open Day on Sunday, April 6th, 2025.

10am to 4pm

Fun games for children and refreshments available so come and have a go!

Any enquiries to Chairman, John Witney: 01728 605530 or Secretary Janis Mackie: 07724893265

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 Tuesday 1st April, deadline 14th March - 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.

PATMORE WATER SOFTENERS



**Non
Electric**

**Boiler
Friendly**

**10 Year
Guarantee**

*6 South Entrance
Saxmundham
IP17 1DQ*

Ipswich

Braintree

01728 633007

01473 713600

01376 334949

www.patmorewatersofteners.co.uk



Hamilton Smith

ESTABLISHED | INDEPENDENT | EFFECTIVE

Call us for a free property valuation

Tel: 01728 833007

LEISTON PRESS

PRINTING | SIGNAGE | PUBLISHING

01728 833003 | leistonpress.com
lee@leistonpress.com




A FAMILY RUN BUSINESS WITH A WEALTH OF PRINTING KNOWLEDGE

Whether you're searching for printed stationery, shop signage, vehicle graphics or bespoke promotional materials we can help.




We are committed to offering great customer service. We'll work with you to produce products and promotional materials to suit your needs and budget.



 **NATIONWIDE DELIVERY**

 **FAST RESPONSIVE QUOTES**

 **PART OF A CARBON CAPTURE SCHEME**

 **SAME DAY TURNAROUND AVAILABLE**



16m² of native woodland was created in the production of this magazine

