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A NOTE FROM OUR EDITOR



We are very pleased to welcome a new regular columnist this month – Brlan from Melton has decided to honour us with his words of wisdom on life as he sees it. Enjoy this legend's 'Suffolk' take on the world!

Thank you to Caroline Tillett for our lovely cover photo this month

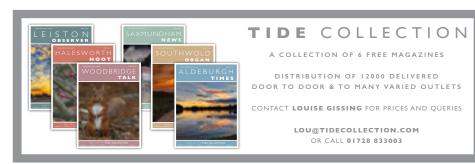
Please get in touch if you have anything to share with our readers or if you have an event coming up why not consider increasing your footfall by placing an advert in the Tide Collection? We know from the feedback we receive that people really engage

with our publications and seek them out. I would love to hear from you, email me at: lou@tidecollection.com

QUOTE OF THE MONTH

Comedy can be a cathartic way to deal with personal trauma.

Robin Williams



INSIDE YOUR MAGAZINE...

LEISTON-CUM-SIZEWELL COUNCIL

- Annual Meetings summaries

ROY CASTLE LUNG CANCER FOUNDATION FUNDRAISER

- Coral Stebbings and her 'Tappers' raise over £1300!

LEISTON FOOTBALL CLUB

- The Blues sign Bermuda international Willie Clemons

LEISTON AND SIZEWELL'S WARTIME MEMORIES

- The Engelandvaarders - 'Brothers in Arms' who escaped to England in WW2

ALDE VALLEY SUFFOLK FAMILY HISTORY GROUP

- The Garrett Family, Transported Convicts & Members' Research







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Southwold & Aldeburgh Summer Theatre season



See How They Run! By Philip King

Aldeburgh - 21st to 26th July Southwold - 30th July to 9th August Classic West End Farce as V.E. day Vicars chase a

GASLIGHT by Patrick Hamilton

German POW - and their trousers).

Aldeburgh - 28th July to 9th August Southwold - 13th to 16th August Murder, Mystery, and Manipulation in the original Psychological Thriller

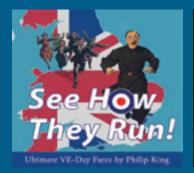
Things We Do For Love by Alon Ayckbourn

Aldeburgh - 11th to 16th August Southwold - 20th to 30th August

Comic, Cruel, Ayokbourn at his best, in a darkly toxic love-triangle - a "Private Lives" for modern times.

While The Sun Shines by Terence Rattigan Aldeburgh - 19th to 30th August

Southwold - 3rd to 6th September A sparkling, 1943 Romeon with the plot of a perfect force. lieve, hope and laughter, even in the dancest of filmes









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LEISTON TOWN COUNCIL NEWS

Civic Year 2025-2026 Annual Council Meeting - 27th May 2025

We are pleased to announce that Cllr Lesley Hill will continue as Mayor and Chair of the Council for the Civic Year 2025-2026. Cllr Nicky Corbett will continue as Deputy Mayor and Vice Chair. Both will be supported this year by 13 standing members:

Cllrs Bing Boast, Tony Cooper, Andrew Crisp, David Dix, Susan Geater, Trevor Hawkins, John Last BEM, David Morsley, Paul Motion, Selena Levermore, Adrian Swift & Patricia Trimmer. Following an uncontested election, Cllr Colette Warner also joins the Council.

Annual Town Meeting – 27th May 2025

The Town Meeting, held after the Annual Council Meeting, was attended by residents, community organisations and councillors. We were delighted to welcome Jenny Riddell-Carpenter, Labour MP for Suffolk Coastal. Jenny Riddell opened the meeting by reflecting on her priorities since being elected, including education, the environment, and adult social care, as well as her ongoing work with Sizewell C.

Flt Lt Stuart Smith (RAF Cadets - 1379 Leiston Squadron) gave an informative presentation on the revitalisation of the Leiston Air Cadets. The squadron has grown to 41 members and has become a highly respected youth organisation, offering leadership, aviation, cyber and citizenship training. Recent highlights include: STEM training; The Duke of Edinburgh Award programme; Music collaboration with the Royal British Legion Band Leiston; Regional partnerships. The squadron has achieved high safety standards, strong community ties, and proudly supports civic events with the appointment of a Mayor's Cadet. Their focus remains on maintaining quality while developing future leaders.

Verbal reports were also received from: Leiston and District Philatelic Society; East Suffolk Travel Association (ESTA) Leiston Book Festival; Suffolk County Council Floods Team; Suffolk Community Foundation (Sizewell C Fund); Royal British Legion Band Leiston; Angela Skelcher, Wartime Memories Project.

For more information and additional reports from local organisations, please visit: www.leistontowncouncil.gov.uk to view the 2025 - 2026 Annual Report.

The Mayor, Cllr Lesley Hill, extends thanks to everyone who attended and contributed to the Annual Report.

Town Council Website

We are pleased to launch our refreshed website and hope you will find information easier to access: www. leistontowncouncil.gov.uk

Apology

We would like to apologise for omitting photo credits for last month's VE Day 80 event. Photos were kindly provided by John Heald.

Diary Dates

Just a reminder: Full Council meets on the second Tuesday of every month at the Community Centre from 6.45pm. Agendas are posted on the noticeboard outside the Council Offices and published online at: www.leistontowncouncil.gov.uk. For further information, please contact the Council Offices: 01728 830388; office@leistontowncouncil.gov.uk

We look forward to hearing from you.

LEISTON ARMY CADETS

So, the Cadets have been busy, with VE Day 80 Event on the Beach at Sizewell.

This was the first time that the new Detachment Standard was paraded, which had kindly been purchased by the Forces Support Network at Sizewell C.

We had Cadets on a Fieldcraft Weekend training at Thetford and more Cadets on their Bronze DofE, Duke of Edinburgh's expedition this month.

A number of our Cadets assisted at the Suffolk Show as well. There is never a dull moment. If you are between ages 12 and 18 and are interested in joining us please visit: armycadets.com to register.

This would not be possible without adult volunteers so please get in touch if you think you can help.

Adam Hume

Email: Adamhume66@gmail.com







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our town a better place





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ROY CASTLE LUNG CANCER FOUNDATION FUNDRAISER

Coral Stebbing's Adult Tap Classes in Leiston and Martlesham have just taken part in the Roy Castle Lung Cancer Foundation fund raising event raising over £1,300!

The late Roy Castle was a famous tap dancer who died of lung cancer and in his memory his wife Fiona set up the Lung Cancer Foundation, recognising his contribution to the world of entertainment and in particular, tap dancing.

He was a household name in the '70s and '80s, hosting the popular TV programme 'Record Breakers'. Roy holds many tap record breaking titles.

Many dance schools across the country wanted to take part and learnt a Tap Dance routine sent to them online. Coral's tap dancers practised during class time, coming together at the end of May when they rehearsed and filmed the routine, submitted the Final Cut to 'Time to Tap' and discovered they were very high up in the country's league table for fundraising with a final total of over £1,300 on the Just Giving Page (which is still live).

Coral's Tap dancers come from Leiston, Felixstowe, Ipswich, Halesworth, Woodbridge, Eyke, Theberton, Kesgrave and surrounding villages. Ages ranging from 30 - 80yrs.





Melton's famous resident, Brian, shares his stories, views and observations on everyday life with his very own column, exclusive to The Tide Collection magazines.

For me, July is a funny ol month. There's nothing I like more than so we hed a drink while we were waiting and then hed to get on sitting owt in the garden enjoying the wonderful Suffolk sunshine the plane at this thing called a gate. Now why do they call it a with a bag a Frazzles and a bottle of Ghost Ship. Lovely. I never have understood why so many folk want to head orf on a holiday to foreign parts, when they spend most of the time moaning about how hot it is and fighting for a sunbed.

The gal Rosemary next door last year suggested that I could go away to Spain with her for my first ever jaunt abroad . I wernt convinced that was a good idea, but she said it would do me good to get away, so I decided I'd give it a go and I hev to say,

> Fust of all, we hed to get through Stanstead Airport a ruddy great greenhouse with people, bags, kids and planes everywhere. Checking me bag in was easy, as I wernt taking a lot with me - just sum shorts and short sleeved shuts and a pair of rubber sandals that Mother hed bort for me years ago. I never fort I'd wear them and nearly give them to that lot who come round and take your old bits away. Good job I dint.

that as the holidee got closer, I did get a bit excited.

I hed a bit of trouble in security with that scanner thing. That kept beepin, so I hed to take me belt orf and then my trowsers nearly fell down.

We then hed to wait to get on the plane for ages,

gate, when it's a door? That dunt make no sense to me.

That was my fust time on a plane and the airplane lady cud tell I was nervus and even give me a bag in case I was sick.

When it finally took orf, it shot down the runway and as it went up I'm sure I could hear evry nut and bolt straining to get in the air.

Once we were up above the clowds, the gal Rosemary hed a glass of wine and I hed one of them posh beers - it must be a posh beer, because that cost a ruddy fortune and I dint like it either. In fact, that went right through me, so I hed to use the smallest loo I hed ever sin and wen I flushed it, I'd never sin anything like it - it was a good job I was standing up too, else that might hev bin me lot!

I hev to say that the holiday was right nice and I wud probably go away agen another time. But for me, there's no place like home, with my own bed and food I know and can eat and like I sed, the blue Suffolk skies.

I just hope we hev plenty of sunny days in July and August.

You can hear Brian from Melton chatting with Mark Murphy every Saturday morning on Suffolk Sound Radio and listen out for the new Brian from Melton podcast, coming soon to Alde and Blyth Community Radio (www.abcradio.co.uk).

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LEISTON FOOTBALL CLUB

BERMUDA INTERNATIONAL JOINS LEISTON

Leiston have signed Bermuda international Willie Clemons for the season ahead. Clemons, 30, is an attacking player who has played for his country more than 30 times. He's been on Leiston's radar for some time and, at last, the Blues have got their man

"I'm happy to finally get it sorted," Clemons said. "I've been familiar with the club for a while now. I almost came here a couple of years ago but ended up at Braintree. But Leiston is a good club, I've always admired it from afar. I can't wait to get going.

"The ground is looking good, the pitch at Leiston has always been one of the best to play on. I'm looking forward to it."

Clemons was at Felixstowe & Walton last season and won promotion to the National League with Braintree before that. So, what can the Victory Road fans expect from him?

"I would hope to say they can expect a good bit of quality from me, a bit of excitement, something to put a smile on your face with obviously plenty of wins and trophies."

Willie Clemons, like all Leiston players, are available for sponsorship for the upcoming season.

For more details contact Andy Crisp on acrisp5@aol.com. Sponsorship package includes shout outs on social media, website and matchday programme coverage.



New Blue: Bermuda international, Willie Clemons, has signed for Leiston. Photo: Leiston FC

"Steve has been, and continues to be, a wonderful sponsor to our Club," Mr Crisp said.

"We are so fortunate to have many superb supporters and sponsors helping us to strive to be the successful community club we are. It was nice to be able to present Steve with this shirt which we hope will adorn a wall in his room or office, and we look forward to his continued support.



Steve Jordan, of Jordan Fencing, centre, receives a framed Leiston FC shirt, from chairman Andy Crisp, left and Keith Swain. Photo: Leiston FC

PRE-SEASON SCHEDULE ANNOUNCED

Leiston have announced their pre-season schedule, with the opening game being on Wednesday, July 9, away at Harleston. There are three exciting home clashes in July, with an Ipswich Town U21 side, Aveley and Billericay Town all coming to the Watson & Hillhouse Stadium.

FULL LIST:

July 9: Harleston Town, The Nest, Norwich NR10 3AQ, 7.30pm July 12: IPSWICH TOWN U21S, Watson & Hillhouse Stadium, IP16 4DQ, 2pm.

July 16: Mulbarton Rovers, The Adobe Arena NR14 8AE, 7.45pm

July 19: AVELEY, Watson & Hillhouse Stadium, IP16 4DQ, 3pm

July 22: Gorleston, The Nest, Norwich NR10 3AQ, 7.30pm July 26: BILLERICAY TOWN, Watson & Hillhouse Stadium, IP16 4DQ, 3pm

July 29: Wroxham, Trafford Park, NR12 8SJ, 7.30pm

ALWAYS WELCOME TO JOIN THE BLUES

Founded in 1880 Leiston Football Club is one of the oldest and most established non-league clubs in the UK.

If you would like to be involved at Leiston Football Club, from becoming a match day volunteer through to bespoke sponsorship packages for the 25/26 season, that include Matchday, ball and individual player sponsorship, contact Andy Crisp on 07769 904555 or email acrisp5@aol.com and see how you as an individual or your business can enjoy being part of the Leiston FC experience. For information on the club, news and teams, head over to www.leistonfc.co.uk

Or follow Leiston on X, Facebook and Instagram @leistonfc

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HOW TO TRAIN YOUR DRAGON PG

Mon 7th, Tues 8th & Thurs 10th July at 7.15pm

THE PHOENICIAN SCHEME 15

Fri 11th, Sat 12th, Mon 14th & Tues 15th July at 7.15pm Wed 16th July at 3.00pm & 7.15pm Thurs 17th July at 7.15pm

F1: THE MOVIE 12A

Sun 13th July at 7.30pm. LIVE ON STAGE

THE BOOTLEG SHADOWS

Fri 18th July at 7.15pm Sat 19th July at 4.00pm & 7.15pm Sun 20th July at 6.00pm Mon 21st & Tues 22nd July at 7.15pm Wed 23rd July at 4.00pm & 7.15pm Thurs 24th July at 7.15pm

JURASSIC WORLD: REBIRTH 12A

Fri 25th July at 7.15pm Sat 26th July at 4.00pm & 7.15pm Sun 27th July at 6.00pm Mon 28th & Tues 29th July at 7.15pm Wed 30th July at 4.00pm & 7.15pm Thurs 31st July at 7.15pm

SUPERMAN 12A

Mon 28th, Tues 29th & Thurs 31st July at 3.00pm

ELIO PG

Fri 15th Aug at 7.30pm. LIVE ON STAGE

COUNTERFEIT QUO

Sat 30th Aug at 7.00pm Sun 31st Aug at 23rd May at 3.00pm

ANDRÉ RIEU'S 2025 MAASTRICHT CONCERT WALTZ THE NIGHT AWAY PG

From Fri 12th Sept

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LEISTON AND SIZEWELL'S WARTIME MEMORIES

Drop In and Chat! Thursday July 10th, 2.30 - 4pm, Leiston Library, Old Post Office Square: Would you like to tell us about a family member who served in World War I or II, or lived through the war, or your own memories? Come along and find out what the project is about, ask me questions, bring an old photo or two. There'll be help on getting started with writing your memories as well. Everyone welcome! www.leiston.info/VE80 or email: history@leiston.info

The Engelandvaarders - 'Brothers in Arms'

'In memory of the thirty two young Dutchmen who tried to escape to England by kayak during World War II to join the allied forces. Eight of them reached the English coast. Only three survived the war'.

The memorial at Sizewell, with these words on a kayak paddle that is broken, was dedicated by Henri Peteri to his fellow kayakers, his brothers in arms. He reached the beach, and freedom, on September 21st, 1941, one of only 8 who survived the 100 mile crossing from Holland. With him was Willem, his brother and like many Engelandvaarders, they both joined the Allied forces afterwards. Willem, however, was taken POW by the Germans when his gunboat was torpedoed in the Channel.

Photo: Angela Skelcher

When he commissioned the bronze sculpture by artist Ron Vissenberg, Henri was the last living survivor and he saw the finished work before he died in 2007. The three paddles were moulded from those used in the perilous 56 hour crossing.

The men and women who attempted escape are known as Engelandvaarders - 'voyagers to England'.

A few, about 3%, were women. The Dutch National Archives has pieced together records of 2,150 Engelandvaarders, of whom only about 10% attempted crossing by sea.

There were many different overland routes that were attempted as the war continued, but these were also dangerous due to the likelihood of discovery and arrest. The Museum Engelandvaarders, dedicated to all of them, is in Noordwijk, just north of The Hague in Holland. Sources and more information: www.bbc.co.uk/news/uk-england-suffolk-57205877 www.museum.nl/en/museum-engelandvaarders

Angela Skelcher



Jaap van Hamel and Rudi van Daalen Wetters left Katwijk (in south Holland) on June 19th 1941. HMS Eglinton picked them up on June 24th and brought them to Lowestoft.

(credit: CC By-SA-3.0 nl). https://en.wikipedia.org/wiki/Engelandvaarder









GARDEN PARTY







We will be serving tea and coffee with cake (inc gluten free) all made in the hospital kitchen. Live music too. Do come. Bring a friend





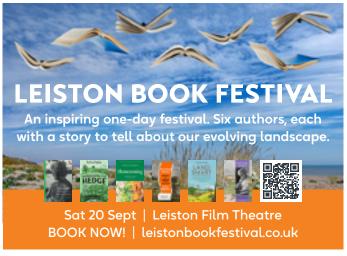
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ALDE VALLEY SUFFOLK FAMILY HISTORY GROUP

'The Garrett Family' - Fraser Hale

In this talk Fraser Hale will be taking us on an illustrated stroll through the lives of the Garrett family, from their roots in Woodbridge, through the early years of growth in Leiston, and then along two diverging boughs; the later Leiston branch, who were manufacturers of agricultural machinery, steam engines and trolleybuses, and the stout and fruitful Aldeburgh branch, who played a significant role in the town's development and were prominent figures in various fields.

Fraser came to the heritage sector after a 35 year career in engineering. As well as his engineering qualifications, he holds a BA (Hons) in History and was the curator at Woodbridge Tide Mill for five years before joining the Long Shop Museum in Leiston as Operations Manager in late 2020. He graduated to Museum Director in early 2023.

The talk takes place on Monday 21st July at 2.30pm, in person at the Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL (behind the library) and, for members only, on Zoom. 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.



Elizabeth Garrett Anderson

In May members of the the Alde Valley Suffolk Family History Group gave short talks about their researches into some of their forebears. First up was Charles Turner, who spoke about his collection of family medals. These included his Grandfather's medals from WW2. He was the 1st Radio Officer on SS Benlomond which was torpedoed in 1942 with only one survivor, Poon Linn - who survived on a life raft for 133 days! Charles' father served in the Royal Naval Patrol Service as a Radar Operator on HMT Indian Star during WW2. His First Cousin once removed also served in the Royal Navy and was fortunate to serve on ships that never fired in anger. Lastly Charles spoke about his 3x Great Grandfather who fought in the Peninsula War. He served from 1809-1816 completing his 7 years service. He received the Military General Service Medal with 9 bars for the battles he fought in. The medal was issued in 1848. He had to have survived his service and then apply for the medal in 1847 in order to receive it.



Charles' Grandfather Norman Reade

Charles was followed by two sisters, Jenny Mann and Pat Carter, who spoke about 'The Uncle We Never Knew'.

"Our Grandparents James William Chambers and Hilda Gertrude Songer married in 1918 and they lived in Wolsey Cottages, Hog Hill, Yoxford.

"Their first son William Robert was born in November 1919. Billy's siblings were Jonas, James (Jimmy - our father), Amy, Peter and John.

"We knew that Billy had died in WW2, a great shock to the family and especially to his mother. We saw family photos but wanted to look into what had happened to our uncle. It was possible to find his war record showing that Billy, aged 17, joined the Royal Marines at Deal on 16th March 1937 and then moved to Chatham, Devon. Eventually, on 7th May 1938, having been described as a 'very good character' with 'superb ability', Billy joined HMS Cornwall. On 17th January 1939 Billy moved to HMS Repulse. By 17th September 1940 Billy had been made a temporary corporal and spent two months at the Royal Marines Reservists Depot. On 19th January 1941 Billy, described as a Noncommissioned Officer, was on HMS Prince of Wales. In October the ship was travelling via South Africa and Ceylon (now Sri Lanka) to the Far East, arriving in Singapore on 2nd December 1941. On 10th December 1941 the Prince of Wales set off with HMS Repulse to intercept the Japanese invasion fleet in the South China Sea. The Battleship HMS Prince of Wales and HMS Repulse were both sunk by the Japanese Navy on that day, three days after Pearl Harbour. Some crew were able to get onto HMS Express; 20 Officers, 280 Sailors and 27 Marines lost their lives. Our Uncle Billy stayed onboard and largely due to his "efforts and ability, coolness and example" the supply of ammunition to the guns continued, as mentioned in his citation for bravery. Also Billy continued closing down magazines and shell rooms in a final effort to keep the ship afloat. Sadly, the ship turned over and sank, taking all those brave men.

"Our Grandparents received Billy's citation and medals: The 1939 - 1945 Star including an oak leaf to represent "Mentioned in Dispatches" for his bravery. They also received the Atlantic Star and the Pacific Star. Corporal W.R.Chambers' name is on the Roll of Honour in Yoxford Church and is also remembered with honour on the Plymouth Naval Memorial.

Lastly Maureen Botwright stepped forward to tell us about her search for information about her grandfather, her dad's father Walter, which is ongoing!

PROJECT UPDATE

JULY 2025

Work across all Sizewell C sites continues to progress at pace.

You may have seen recent media coverage regarding funding of the Sizewell C. On Tuesday 10 June, the UK government gave the go-ahead for Sizewell C. This is the first British-owned nuclear power station to be announced in over three decades, with the government as a majority shareholder alongside EDF.

The Chancellor confirmed £14.2 billion of investment will be allocated to the project. It is the first nuclear power station in the UK to be funded through a Regulated Asset Base (RAB) model. Under the model, consumers are protected through independent regulation, strict cost controls, and transparent oversight - so families benefit from secure, low-carbon energy without the risk of cost overruns.

We are aware there are several key summer events coming up. We are in direct contact with Latitude and will work around their peak traffic times and remove our HGVs. For the Ed Sheeran concerts, we are working with Suffolk County Council to ensure disruption at Darsham Station does not affect travel. We will also not have any HGV movements during the Aldeburgh Carnival. The closure of Willow Marsh Lane will require cyclists on the Dunwich Dynamo to take the official diversion so we will actively communicate this on social media. GPS maps have been updated so riders can follow the designated route.

We have now installed average speed cameras along the B1122 and B1125 to further enhance road safety for the 30mph speed limit. We are also upgrading the temporary Sizewell C A-frame signs along the A14, A12 and local roads to permanent signs on posts. Further speed restrictions along the A12 are being implemented, including south of Yoxford, to ensure road safety as HGVs and construction vehicles manoeuvre on the sites. Further speed restrictions will be implemented in due course on the A12 at Darsham and the Friday Street turning.

Pre-construction works are progressing well and the roads, roundabouts and park rides will start construction this summer. The main site and temporary construction area are also preparing for construction, along with the temporary sea defence works along the beach.

Preparation for the Friday Street Roundabout is ongoing, with a works compound being established, and the vegetation and tree clearance along the A12 is almost complete. Site preparation along the two-village bypass route around Farnham and Stratford St Andrew is also ongoing, and Yoxford Roundabout is being prepared for construction.

There are now monthly email updates available on subscription, if you would like to subscribe, please create an account at szcworkstracker.co.uk/my-account

FORUM SCHEDULE

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

Main Development	Wednesday	Leiston Town
Site Forum	2 July 2025	Athletic Association
Northern Transport Forum	Wednesday 6 August 2025	Darsham Village Hall
Southern	Wednesday	Stratford st Andrew
Transport Forum	3 September 2025	Riverside centre

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



CITIZENS ADVICE EAST

Summer Secrets: little known ways to get your money back

We hope you are enjoying the summer, and your holiday journeys and purchases have been trouble-free. If something's gone wrong - you've had a cancelled booking, a delayed journey or the children's paddling pool you ordered came with a tear down one side – look at our website for what to do next. Go to https://www.caes.org.uk, and click on 'Consumer'.

The first step is always to make a complaint to the retailer using the process on their website.

Always complain in writing, and keep a copy, so you have a record. But what if the retailer refuses a refund, or doesn't reply? Don't despair. There's two little known ways to get your money back. To use the first (Chargeback) you must have paid with a credit, debit card, charge card or PayPal.

To use the second (Section 75) you must have paid with a credit card.

'Chargeback' is where your bank asks for money back from the retailer's bank. It can be for any amount. To claim you must contact your bank in writing (or go into a branch) and tell them you want to make a claim through Chargeback.

They will tell you what you need to provide – this will include proof that you have paid for the item or service, and that you've tried to get your money back from the retailer. You usually have 120 days to get your claim in.

For more details on how to use Chargeback see: https://www.moneysavingexpert.com/reclaim/visa-mastercard-chargeback/

Section 75 only applies if you paid by credit card.

Section 75 is stronger than Chargeback as it makes the credit card provider legally responsible, with the retailer, if something goes wrong (under Section 75 of the Consumer Credit Act). You must have spent over £100 and under £30,000 to use it. Again, tell your credit card provider you want to claim under Section 75; they will tell you the process to follow.

See our website for additional information on both schemes: https://www.citizensadvice.org.uk/consumer/somethings-gone-wrong-with-a-purchase/getting-your-money-back-if-you-paid-by-card-or-paypal/

If you need help with a consumer problem you can contact the Citizens Advice Consumer helpline on 0808 223 1133.









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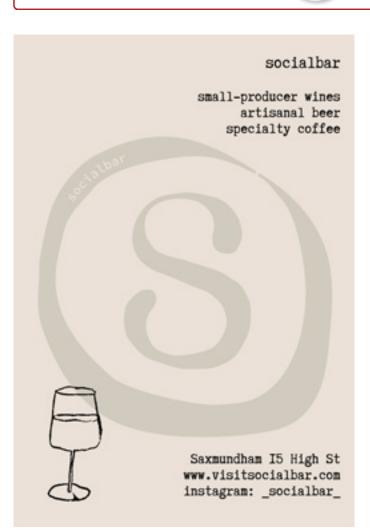
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DATES FOR YOUR DIARY

JUL 6 Alde Valley Ramblers. Bredfield, Hasketon, Boulge -'The Fitzgerald Walk', 5.3 mile circular walk passing the site of Bredfield House where the poet Edward Fitzgerald was born and Boulge Church. Meet at Bredfield Village Hall at 10am. TM268531. For more details email: walks.aldevalleyramblers@gmail.com or

visit our website.

JUL 12 Sunset Anglo-Saxon Myth and Magic Tour at Sutton Hoo. Discover how the Anglo-Saxons viewed the world around them and about those who were laid to rest in the Royal Burial Ground. Warm up afterwards with hot drinks in the King's River Café. 7.30 – 9pm. Visit: www.nationaltrust.org.uk

JUL 13 Halesworth Harmony concert to support WaterAid at The Cut in Halesworth, IP19 8BY. Tickets £10 from The Cut Box Office: www.thecut.org.uk, tel: 0300 303 3211, email: boxoffice@ thecut.org.uk

JUL 19 The Friends of St Peter's
Sibton present 'Folk in Ruins'. Music
by Syzewell Gap, Silmor and MaryJane & Keith Tyrrell; Miraiker's World
of Puppets - including Punch & Judy
and circus skills; face painting and
more. Food and drink from Ollie's Bar
and Cheryl's Suffolk Catering; Sibton
Abbey Ruins tours. Tickets (cash only):
adults £20, U16s free, from Weavers
Tearoom,General Stores, Peasenhall, on
the day and Eventbrite. 2 - 6pm at the
Sibton Abbey Ruins. Entry from 1.30pm.

JUL 19 & 20 'Folk in Ruins'. Sibton's Folk history. Discover the memorials and uncover the stories behind the stones of some of those who have gone before and now rest in Sibton Churchyard, an exhibition and records about some unexpectedly famous people, and those who made their home in Sibton. Refreshments at the church are available throughout both days. Ticket (cash only): Adults £5, U16s free. Tickets are available in advance from Weavers Tearoom and the General Store at Peasenhall. There is limited ticket availability on Eventbrite. 10.30am -4pm at Sibton Church.

JUL 20 Alde Valley Ramblers. Holton pits, Mells, Wenhaston, a 7.5 mile circular walk. Meet at Holton Pits, parking off Southwold Road B1123 HOLTON at 10am TM404772. For more details email: walks.aldevalleyramblers@gmail.com or visit our website.

JUL 20 The Breakfast Club with live jazz. Start your Sunday morning on a smooth note with the soulful tunes of Snape Maltings' resident jazz band. Savour a laid-back ambience while indulging in our new Breakfast Club Menu, complemented by a delightful selection of cocktails and mocktails. 9am – 12noon at Snape Maltings. IP17 1SP Email: info@snapemaltings.co.uk, phone: 01728 688303

JUL 23 – AUG 23 Theatre in the
Forest at Sutton Hoo: Hamlet. Hamlet
as you've never seen it before, with
Red Rose Chain's imaginative take
on Shakespeare's greatest play! With
spooky ghosts, poisonous treachery, and
heartbreaking love, Hamlet promises
to be the must see show of the year!
Tuesdays – Saturdays at 7.30pm. Visit:
www.redrosechain.com

JUL 26 & 27 Festival of Archaeology: Wargaming the Age of the Anglo-Saxons at Sutton Hoo. An exciting weekend of Anglo-Saxon era war games with miniature model soldiers. Feeling creative? Paint your own miniature model Anglo-Saxon thegn to take home! Command either a warband of 5th to 7th century Anglo-Saxons or a warband of their mortal enemies in furious table-top battle. Enjoy the spectacle of hundreds of beautifully painted model Anglo-Saxon warriors and their enemies as they line up for mortal combat across the wargames table. All of the games will enable visitor participation. 10am -4.30pm at National Trust Sutton Hoo, Tranmer House, Woodbridge, Suffolk, IP12 3DJ. Visit: www.nationaltrust.org.uk

AUG 3 Alde Valley Ramblers.
Blythburgh, an 8.3 mile circular walk.
Parking for Blythburgh Church off
Church Road from A12 Blythburgh. Meet
at 10am TM450752. For more details
email: walks.aldevalleyramblers@gmail.
com or visit our website.

LEISTON ALLOTMENT HOLDER & GARDENERS ASSOCIATION

July can be the warmest – but also the wettest – month of summer.

Vegetables: Complete planting leeks, late brussel sprouts, winter cabbage and spring broccoli. Lift and store onions once weeds have been destroyed. Dig and add manure.

Roses: Remove dead blooms as they appear. Feed bushes, after first blooms, with a rose fertilizer, hoe into soil carefully. Continue spraying against greenfly and mildew.

SAXMUNDHAM NEWS

Dahlias: Continue tying in young stems to their supports and feed with a liquid fertilizer once a fortnight. Keep removing faded blooms. Disbud for better blooms and longer stems. Dahlias need plenty of water.

Sweet peas: Feed with a liquid fertilizer. Pinch out any side shoots.

Irises: Dig up and divide bearded irises. Replant after three years, leave 'tops' above soil.

Greenhouse: Tomatoes should be slowly bearing a few fruits for picking every day. Support by tying them to their canes. Remove sideshoots regularly and feed every 10 days. Damp down borders, paths, etc. at least once a day if warm weather continues. Remove all plant debris and other rubbish, and clean all containers before storage or to be used.

Tip for the month: Never walk past a weed – pull it out before it is big enough to seed.....

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FROM LEISTON VETS

Keeping Your Home & Pet Flea Free

Fleas: It is a myth that indoor pets cannot get fleas, as fleas can be carried on clothes and other pets. Fleas can live in all manner of places including cracks in floorboards and along skirting boards. Fleas can be a year-round potential threat. Fleas feed off blood from your pets, which can cause discomfort to your animal and can cause flea allergic dermatitis and anaemia. Fleas can spread and live within your home if not treated and eliminated quickly. The flea life cycle consists of eggs, larvae, pupae and the adult flea. The life cycle is complete in 12 days to 4 weeks depending on temperature and humidity conditions. Only approximately 5% of a flea infestation is made up of adult fleas on your pet, whereas 95% are in your home as eggs, larvae and pupae. To eradicate fleas you need to treat all your pets and to treat the home with a household flea spray. Regularly wash all toys, bedding and fabrics (at 60 degrees if possible) in the home to help eradicate fleas.

Fleas are also carriers of tapeworm which can infect dogs and cats if fleas are accidentally ingested. The flea stage is necessary to the life cycle and reproduction of the tapeworm Dipylidium caninum, which thrives in the small intestines of dogs and cats. If your pet does contract tapeworm, it is really important you treat your pet or pets with wormer as well as treating the flea problem.

Many pets are also susceptible to a range of skin conditions, which can include infections and allergies that can cause hair loss, poor coat condition, dandruff, itching and inflammation of the skin. If you notice a change in your pet's skin or their behaviour, your vet can help to identify the cause and provide any relevant medication.

Ticks: Ticks carry a number of diseases which could affect the health of your pets. Humans can also be affected by

Ticks can carry diseases such as Lyme disease, Babesiosis, Anaplasmosis and Rickettsiosis. Ticks are found across the UK in both town and countryside. Ticks can be very small and can go unnoticed and are mostly active from March to October but they can also be active on mild winter days. There are four stages to a tick's 2 year life-cycle: egg, larva, nymph and adult. Larvae, nymphs and adults spend most of the time on the ground protected by leaf litter, leaving this protection only to find a meal. Ticks feed on the blood of other animals including humans.

Flea, tick and worm treatments are available in various forms including spot on liquids that are applied directly to your pet's skin and tablets taken orally. Your vet will be happy to help to find the right flea and tick treatment, taking into account their weight and lifestyle. If flea treatments are used irregularly or at an incorrect dosage then resistance can sometimes develop. It's important to follow the instructions carefully.





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'NELL MANGEL VERSUS THE ROBINSONS' REUNITE

Those of us who were around in the eighties may remember that the pop charts were punctuated by songs from soap stars, in particular, the Australian soaps. In Gateshead, industrial Chemist Martin Walker and guitar teacher Zoe-Anne Wadey bore this in mind when choosing a name for their band, which was based on a plots line from the 'olds' in Neighbours.

'Nell Mangel versus the Robinsons' was an independent band, recording five short albums at the Deckham Music Collective Sound Room, in those days called demo tapes. They also provided two tracks on the collective vinyl LP, Young Blood. In 1990, Martin moved to America but Zoe kept the band going for a few years and eventually ended up here in Suffolk. This summer, the Sound Room has been running a project, and as a result of this has asked 'Nell Mangel versus the Robinsons' to play a handful of gigs in Newcastle this summer.

After 35 years, Martin and Zoe are looking forward to playing together again at last. They will be rehearsing here in Suffolk, and on Sunday 13th of July will perform a one-off gig at the Lion Inn, Theberton at 1.30pm. The band performed sometimes as a duo, and sometimes as a larger ensemble, often using reggae and African rhythms and covering a range of musical genres.

Their repertoire includes quirky numbers such as "Who's that fat girl in the mirror where my reflection should be", "I'm glad that I'm not going out with you" and "We don't smoke and we don't drink but we eat lots of cake and we don't feel guilty".

You can listen to all five albums on reverbnation.com.

There are also a few tracks and some live recordings on YouTube. Better still, do come along on July 13th to the Lion at Theberton!



LEISTON TOWN BOWLS CLUB

Season 2025 has started steady but solid. Fynn league played 6 won 3 4th, Bob Wright P8, W3 6th, Saxmundham 1P3 W1, Woodbridge P4 W3, 2nd, two games in hand only 5 PTs behind. Another 6 players in their first year all playing well.

The club is in positive mood as things are progressing in all areas, our sights set high in all competitions! The weather is starting to improve, bringing warm evenings, shirt sleeve order in some matches.

We continue to play host to Suffolk County matches - Under 25s this year and we have had their trials day and first match.

We are also hosting the Senior Cup Final - Borough Of Eye V Laxfield, each host day giving opportunity to raise funds, thanks to Ann D and her team, bringing much needed finance to help maintain our facilities.

We have matches most evenings and spectators are welcome, we are always happy to see a new face and potential new member - the bigger the club the more success!

See you on the green.

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FRAMLINGHAM AND SAXMUNDHAM CATS PROTECTION

Cats Protection is calling for cat breeding to be regulated across the UK. Since 2021, cat breeding has been regulated in Scotland, but the rest of the UK has no restrictions. This leads to cats being sold underage that are subsequently weak, prone to illness, and, in the worst cases, may die. Cats can also currently be bred with extreme features, which can negatively impact their welfare and cause suffering. People are increasingly wanting to own pedigree cats that have been intentionally bred with extreme traits. Breeds with features that are harmful to their welfare include Scottish Fold, Munchkin and 'Bully' cats. Although some may think these cats look 'cute', they can suffer a lifetime of pain. Cats Protection has produced a petition with two aims. Firstly, that cat breeding be regulated, and secondly, that the commercial breeding of certain cat breeds with harmful, extreme traits be banned. You can help by signing the Cats Protection Petition here: action.cats.org. uk/page/138248/petition/1

Find out more about the breeds with harmful extreme traits here: www.cats. org.uk/extreme-traits

Date for your diary: Saturday, 19 July, at Saxmundham Market Hall – 10am to 2pm: Framlingham & Saxmundham branch fundraising event and celebration of our 35th Anniversary! Please come along to meet the team and help raise funds for the cats in our care.

Cat Looking for a Home: Lily is a beautiful, friendly 11-year-old girl. She is lively and enjoys having space to run around and play. She also loves a lap to jump onto and enjoys a fuss and a brush. Lily has tested positive for FIV, but she has no other health issues. She will be best suited to an adult-only, indoor home (she has mostly lived indoors), but access to an enclosed outside space would be fine, too.

Please let us know if you could offer Lily the special home she needs.

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



THE 81ST ALDEBURGH CARNIVAL

Can you help?

As communicated earlier this year, the 81st Aldeburgh Carnival will be held on Monday 18th August 2025 and the theme will be: **Celebrating Summertime.** So come and join us for a day or a few days of fun whilst raising money for local charities. We would like to ask for your support - we need volunteers!

Either in the days and weeks leading up to Carnival or during the Carnival weekend. We have a large team of committee members but there is so, so much to do that we need as many people as possible to manage all of the different tasks, so we would be super happy to hear from you. You can contact me directly at angela@clareti.com, or contact us via Aldeburgh Carnival website.

Carnival can only be a success if we have more volunteers to shake buckets, operate contactless pads, man the car parking and many more jobs, which all enable us to collect valuable funds for our local charities, so please, do get in touch if you have any free time to spare.

Aldeburgh Carnival committee wishes you all a happy and successful 2025 Carnival weekend!

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

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We distribute the magazines door to door and to many varied outlets.

Friday 1st August, copy deadline is 14th July - 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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