

...YOUR FREE LOCAL NEWS

AUGUST 2025

# LEISTON OBSERVER



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ALDEBURGH TIMES

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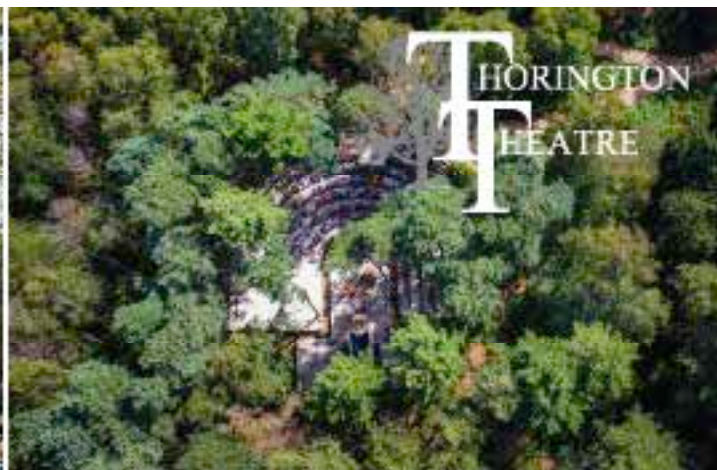
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## A NOTE FROM OUR EDITOR



Leiston Book Festival returns in September, building on the success of the inaugural festival last year so get your tickets now. Leiston Film theatre will host six well known authors who write about nature and the environment. You will receive a warm welcome I'm sure.

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](mailto:lou@tidecollection.com)

### QUOTE OF THE MONTH

I am following Nature without being able to grasp her, I perhaps owe having become a painter to flowers.

**Claude Monet**

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**CRAFT CAMP**

Every Friday during the school Summer holidays  
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@ The Long Shop Museum

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Our Opening is on 6th August from 10am till 4pm.  
All welcome.

## Summer at the Museum



- Our favourite Storyteller is back in Town  
20<sup>th</sup>, 21<sup>st</sup> AUGUST  
11:30, 12:30, 13:30, 14:30  
outside the Moot Hall  
FREE
- Hands On Activities for children every Thursday afternoon in AUGUST
- **SMUGGLERS WALKS**  
13<sup>th</sup> and 25<sup>th</sup> August  
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[www.aldeburghmuseum.org.uk](http://www.aldeburghmuseum.org.uk)



## The Railway Inn

*Recently purchased from Adams - opened in April.*

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# LEISTON-CUM-SIZEWELL TOWN COUNCIL

**Anti-social behaviour:** We are disappointed to report that the skatepark in Victory Park Recreation Ground has been targeted with graffiti. Not only does this damage a valued community facility that young people had requested, but the cost of removal is a cost to local taxpayers at the expense of making other recreational improvements in the town. We ask everyone to help keep our community spaces clean, safe, and welcoming for all users. If you see anything suspicious, please report it to the local police.

On a brighter note, our play equipment across the town has recently been professionally washed and is ready to enjoy over the summer holidays! We've been supported by the Sizewell C Community Fund.

**We are pleased to announce two successful outcomes from the Sizewell C Community Fund:**

A new accessible footpath at Haylings Pond will be developed to improve access for all. Thank you to the Bailiffs for their help and support in making this application.

Further development of the Live Well Hub Leiston - for when life gets complicated - will be supported to continue its vital community work.

**A reminder:** 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. <https://www.suffolkecf.org.uk/sizewell-c/>

**Planning Applications:** A reminder that residents can view and comment on planning applications via East Suffolk Council's Public Access system. Your local Town Council responds to applications in the parish at its planning committee meetings held every fourth Tuesday of the month at 6.30pm at Leiston Community Centre, King Georges Ave, and at Full Council meetings held every second Tuesday at 6.45pm. Public are welcome to attend and make representation. The final decision on planning applications is made by the local planning authority (East Suffolk Council).

We also wish to clarify that Discharges of Requirements related to Sizewell C are determined by the local planning authority (East Suffolk Council); the Town Council is not a consultee in this process but does note and monitor Discharges for any exceptions that might deem a response.

**Neighbourhood Plan Engagement Event, 28th June 2025**

Finally, thank you to everyone who attended our recent Neighbourhood Plan review meeting, especially those that took time out on a very hot day! If you haven't yet had your say, the surveys will remain open until the end of August (available on our website or from the office).

The information boards can be viewed at the Town Council offices during opening hours. Thank you for your continued support and engagement.

## 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](http://www.leistontowncouncil.gov.uk)

For further information, please contact the Council Offices:  
Tel: 01728 830388  
Email: [office@leistontowncouncil.gov.uk](mailto:office@leistontowncouncil.gov.uk)

We look forward to hearing from you.

## VJ DAY 80 COMMEMORATION

**16th August 2025 at the Long Shop Museum**

**10.00: Standard Bearers muster for rehearsal**

**10.15: The Royal British Legion Band (Leiston) play a set of music**

**10.45: Parade form up – Long Shop Car Park**  
Parade will be stood at ease for Wreath Laying

**10.50: Wreath Laying Ceremony:**  
Leiston Town Council  
Friends of the Suffolk Regiment  
TRBL Leiston Branch  
1379 (Leiston) RAF Air Cadets

**10.57: Exhortation:**  
*They shall grow not old as we that are left grow old  
Age shall not weary them nor the years condemn  
At the going down of the sun and in the morning  
We will remember them*

Response: *We will remember them*

**11.00: The Last Post**

**Two Minutes Silence**

**Reveille**

**Words from The Kohima Memorial:**

*When you go home, tell them of us and say,  
For your tomorrow we gave our today*

**Prayers** – led by the Revd Richard Finch

**National Anthem**

Parade will be called to attention  
Standard Bearers Carry Standards  
First Verse will be played

Parade dismiss  
The Royal British Legion Band (Leiston) will play a set of music

**Note:** Wreath Layers to muster by south west corner of building. Enter building by south west corner steps to lay wreath. Exit by East Door following wreath laying

# BRIGHT FUTURES START THIS SUMMER



Full Time Enrolment  
starts 21 August\*

Campuses in  
Halesworth, Leiston,  
Ipswich and Otley



**Visit [www.suffolk.ac.uk/enrol](http://www.suffolk.ac.uk/enrol)**  
for dates, times and more information

\* Please view the website for  
campus-specific times and dates.



# LEISTON BOOK FESTIVAL

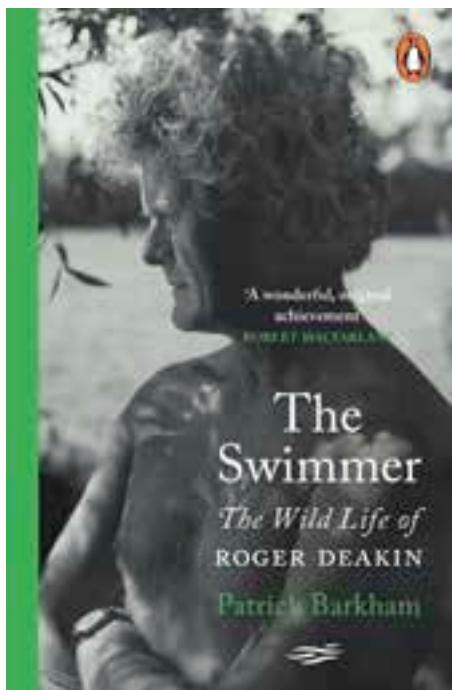
The 2025 Leiston Book Festival will take place on Saturday 20 September, building on the success of the inaugural festival in 2024. As before, the venue will be the splendid Leiston Film Theatre. And again, the festival will be devoted to writing about nature and the environment, making it unique among literary festivals. Each of the six authors on the programme writes from a different perspective about our changing landscape. Together they form a day-long event that will inform, inspire and perhaps encourage you to see the world a little differently.

## Festival line-up

**Patrick Barkham, *The Swimmer: the wild life of Roger Deakin*:** Patrick is natural history writer for the Guardian and is one of a generation of authors who have revitalized nature-writing in Britain.

His books include *The Butterfly Isles*, *Coastlines* and *Badgerlands*.

His work has been short-listed for the Ondaatje Prize and the Wainwright Prize. His new book is a creative biography of the late Roger Deakin, writer, film-maker and environmentalist. The story is told primarily in the words of the subject himself, with support from a chorus of friends, family, colleagues, lovers and neighbours.



## **Richard Negus, *Words from the Hedge: a hedge-layer's view of the countryside*:**

Richard is passionate about the human skill and effort that go into the creation and nurturing of hedgerows, emblems of the British countryside that are often taken for granted. Well-known for his 'Letter from the Country' on BBC Radio Suffolk, in this book he brings to life the biodiversity that hedgerows foster and introduces the men and women who deal with the everyday complexities of modern farming, conservation and countryside stewardship.



**Melissa Harrison, *Homecoming: a guided journal to bring you back to nature*:** Melissa's novel *At Hawthorn Time* was longlisted for the Bailey's Women's Prize for Fiction. *All Among the Barley*, set in East Anglia in 1933, offers what the Guardian described as "an in-the-bone connection with the natural world". Melissa's book *The Stubborn Light of Things* is based on the monthly nature notebook she contributes to *The Times*. This, her latest book has been described as "a simple, friendly and – above all – accessible nature journal for anyone who wants to observe more of the world around them".

## **Patrick Galbraith, *Uncommon Ground: rethinking our relationship with the countryside*:**

Patrick appeared at the book festival in 2024 discussing his book *In Search of One Last Song*, about Britain's disappearing birds and the people trying to save them. It is regarded as one of the most important books on the countryside of recent years. The *Sunday Times* calls *Uncommon Ground* "a curious-minded and subtle intervention in the politics of the countryside". Patrick writes for the *Observer*, the *Spectator*, *The Times* and the *Daily Telegraph*.

He is a columnist for *Country Life* and *The Critic* and runs the literary magazine *Boundless*.

## **Tom Heap, *Land Smart: how to give people and nature the space to thrive*:**

Tom is well-known as a presenter on BBC's *Countryfile*, Radio 4's *Rare Earth* and *The Climate Show* on Sky News. In *Land Smart* he journeys through the British countryside, speaking with farmers, researchers, conservationists and even logistics experts who are developing innovative approaches to land use. Their work offers hope for a future where both people and the planet can flourish.

## **Ian Collins, *Blythe Spirit: the remarkable life of Ronald Blythe*:**

At the memorial service for Ronald Blythe, who died in January 2023 at the age of 100, it was said he ensured that the enduring beauty of Suffolk and the tenacity of its people were immortalized through his prose. Drawing on unparalleled access to letters, notebooks, published works, drafts and conversations over many decades, his close friend Ian Collins tells the full story of Ronald Blythe's life for the first time.



The result is a sensitive, revelatory portrait which celebrates a fascinating, complex man and casts new light on one of our greatest writers.

The Leiston Book Festival taps into the creativity and innovation for which the Suffolk coast is celebrated, bringing together inspiring writers and enthusiastic readers for a day of exploration, debate and discovery. Tickets are only £30 and include full access to all six author sessions. For more information visit [www.leistonbookfestival.co.uk](http://www.leistonbookfestival.co.uk)



September 7<sup>th</sup> to 14<sup>th</sup>

Enquiries: [awake@skc.church](mailto:awake@skc.church) For more information, please visit [www.skc.church/awake](http://www.skc.church/awake) or the "At the Crossroads café in Saxmundham.



in association with



Day	Date	Event	Venue
Sunday	Sep. 7 <sup>th</sup>	<a href="#">Sunday Services</a> with Guest Speakers from Through Faith Missions  <a href="#">An Evening with JB Gill</a>  Tickets (£5) only available online. Use this QR code.	9:30am - St Johns church, Sax' 11am - Kelsale Parish church  Doors Open at 6:30pm St Johns church, Sax'
Monday	Sep. 8 <sup>th</sup>	<a href="#">Grill the Vicar (come and ask any question)</a>	7-8pm - At the Crossroads, Sax'
Tuesday	Sep. 9 <sup>th</sup>	<a href="#">Drawing Together in Christ</a> (Acrylic on Canvas: all materials supplied)	9am-1pm - St Johns church, Sax'
Wednesday	Sep. 10 <sup>th</sup>	<a href="#">Walk the Coast</a> Bring packed lunch / refreshments  <a href="#">Games in the Park</a>	Thorpeness to Aldeburgh (10am - gather by the Meare)  4-6pm - The Memorial Field
Thursday	Sep. 11 <sup>th</sup>	<a href="#">Drawing Together in Christ (as on Tuesday)</a>  <a href="#">Worship and Prayers for Healing</a>	9am - 1pm - St Johns church, Sax'  6:30pm - Kelsale Parish Church
Friday	Sep. 12 <sup>th</sup>	<a href="#">New Creations</a> Renewed: tips for successful charity shopping  <a href="#">Silent Disco: ages 5-8</a>  <a href="#">Silent Disco: ages 9-11</a>  <a href="#">LOVE ACTUALLY - Flower Demonstration</a>	2-4pm - At the Crossroads, Sax'  4-5:30pm - St Johns church, Sax'  6-7:30pm - St Johns church, Sax'  6:30pm - Sax' Market Hall
Saturday	Sep. 13 <sup>th</sup>	<a href="#">Need someone to pray? Music and Prayer for you</a>  <a href="#">Family Fun Tennis</a> all ages and experience welcome  <a href="#">Film &amp; Food Fun:</a> "Luck" [PG] & Hog-Roast & "Gran Torino" [15]	10am-noon - Leiston Bandstand  2pm - Saxmundham Tennis Club  From 4pm at The Fromus Centre
Sunday	Sep. 14 <sup>th</sup>	<a href="#">Celebration Service - EVERYONE WELCOME</a>	10am - St Johns church, Sax'

Singer, Dancer and TV Host

**JB Gill**

Is visiting Saxmundham!

Sunday 7<sup>th</sup> September 2025, 6:30pm  
St Johns Church, Saxmundham. IP17 1ES

An evening where JB talks about  
his Life, Career and Faith

SKC Church with Through Faith Mission  
September 6<sup>th</sup> - 14<sup>th</sup> 2025

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# LEISTON FOOTBALL CLUB

## The new football season gets underway at Leiston FC this month.

The Blues first team will be playing in the Southern League Premier Central Division once more and are one of four Suffolk sides who play at this, the highest level of non-league football in the county.

For the town of Leiston, having a team play at such a high level is a tremendous feat. Towns and cities the size of Worcester, Stratford, Kettering, Halesowen and Stourbridge will all be among the league visitors to Leiston this season, as well as local derbies with AFC Sudbury, Bury Town and Needham Market. It should all make for another exciting nine months or so, at Victory Road.

Meanwhile, the Blues U23s will compete in the Thurlow Nunn Division One North. The Blues put out a young side in this division and again come up against some very established teams, including Haverhill Borough, Haverhill Rovers, Framlingham, Harwich & Parkeston and Diss Town.

Leiston U18s will partake in the Thurlow Nunn Youth League, Central Division, while the Club's many Saturday and Sunday youth teams will also play throughout the season.

## Joao's Special Message

### Leiston have signed exciting Portuguese winger, Joao Rangel.

Joao put pen to paper in June and joins Chris Wigger's squad after joining from Lowestoft Town. He admits he can't wait to get going.

*"I'm really happy to be joining Leiston," Rangel said. "It's a club with great ambition and I'm looking forward to being part of the journey. The fans can expect energy, creativity and someone who loves to attack and make things happen on the pitch."*

*"I want to contribute as much as I can with goals and assist and improve personally in every game."*

Rangel was born in Lisbon and began his youth career at Norwich City, playing up to under-16s. After that he signed a two-year scholarship with Barnsley, then moved abroad and played in Portugal for Academica de Coimbra and Nogueirense FC. Returning to England he has played at Steps three and four and internationally represented Portugal at U15 level. Recently he played for international side Timor-Leste in the AFC Asian qualifiers against the Maldives.

So, back at Leiston, what is he looking forward to most?

*"I'm very much looking forward to working with the staff and my team-mates and meeting the Leiston fans. I'm excited to be part of this group."*

Speaking of his new signing, boss Chris Wigger said: *"Joao is a player I've followed for quite some time now. He first signed for Gorleston when he came back to Norfolk from Portugal, then Wroxham and finally Lowestoft Town."*

*"He's now had a decent season playing for Lowestoft, proved he's quite capable of holding his own at this level. He's blessed with incredible pace, and we are going to be looking for him to build on his fine performances for Lowestoft last year."*

## 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](mailto: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](http://www.leistonfc.co.uk). Or follow Leiston on X, Facebook and Instagram @leistonfc



New Blue: Joao Rangel. The Portuguese winger has joined Leiston. Photo: Leiston FC



**The Engineers Arms**  
Leiston 01728 635883



## August Events

**Sat 2nd - Ace Karaoke**

**Sun 3rd - Mark Ant & Issac**

**Sat 23rd Day - Steve & Greta**

**Sat 23rd Night - Karaoke**

**Sun 24th - Cool Remedy**



**Find us on Facebook**



**CARDLAMP OPEN - JOIN US TODAY!**

**DANCE WITH US AT SAS!**

At Leiston, the Cardlamp Open is a social event where you can meet new people and enjoy a night of dancing. The event is held at the Leiston Sports Centre and is open to all. The Cardlamp Open is a social event where you can meet new people and enjoy a night of dancing. The event is held at the Leiston Sports Centre and is open to all.

For more information, please contact the Leiston Sports Centre on 01728 635883.

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# ALDEBURGH COMEDY WEEKEND!

## Aldeburgh Hosts Inaugural Comedy Weekend with a Star-Studded Celebration of Laughter

In a world that feels heavy with headlines, a good laugh isn't just welcome, it has never felt more vital.

That's the thinking behind comedy producer Paul Schlesinger and writer Jon Canter, teaming up to launch the very first *Aldeburgh Comedy Weekend*, a fresh and funny new gathering taking place from 17th to 19th October at Aldeburgh Jubilee Hall.

Brimming with wit, warmth and mischief across three joy-packed days, audiences can expect a lively mix of stand-up, satire, improv' and theatre, with some of the sharpest names in British comedy heading to the Suffolk coast.

Legendary impressionist Rory Bremner makes his Aldeburgh debut with a brand-new show, *'Making An Impression'*, mixing quickfire voices, political punchlines and personal reflection in equal measure with special guest host Helen Atkinson Wood, known for her roles in *Blackadder* and *QI*.



Rory Bremner

Jon Canter's acclaimed novel *A Short Gentleman*, serialised on BBC Radio 4, gets its stage premiere too, as a one-man tragicomedy starring Michael Fenton Stevens (*The Crown*, *Outnumbered*, *Ghosts*).

Set in Aldeburgh, this wickedly funny tale of a pompous barrister's downfall promises to be one of the weekend's highlights on the Suffolk coast.



The new bar & foyer

The Olivier Award-winning *'Showstopper! The Improvised Musical'* also takes to the Jubilee Hall stage in a glorious, entirely unscripted show.

Built on audience suggestions it is bursting with comic and musical brilliance.

And in a very special event, the first ever *'Lunchtime Achievement Award for Services to Comedy'* will be presented to national treasure Alison Steadman.

With a 50-year career spanning *Abigail's Party*, *Gavin and Stacey* and *Pride and Prejudice*, Steadman will be celebrated on stage in conversation with comedian and broadcaster Clive Anderson.

Packed with something for every comedy taste along with a generous dose of star quality, the *Aldeburgh Comedy Weekend* promises to be a brilliant new fixture in the town's cultural calendar and a timely reminder of comedy's power to bring us together.

Tickets are available now via [www.aldeburghjubileehall.co.uk](http://www.aldeburghjubileehall.co.uk)



Alison Steadman



Michael Fenton Stevens



Clive Anderson

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# SUFFOLK DOG DAY 2025

Sponsored by Gladwells Pet & Country Store and Skinners, the popular event which celebrates man's best friend Suffolk Dog Day 2025 will take place on 31 August.

Suffolk Dog Day 2025 will feature a range of fun dog classes, dog agility and scurry activities, as well as over 50 stalls full of doggy goodies, Crafts' style competitions, children's entertainment and plenty of food and drink stalls for attendees to enjoy. As ever it will be a day sure to get tails wagging in approval, while also raising vital funds for St Elizabeth Hospice.

James Fox-Golding, Events and Challenges Manager at St Elizabeth Hospice: *"We're thrilled to announce the return of Suffolk Dog Day for 2025."*

*"It's a much-loved event in the Suffolk calendar, and we can't wait for August to arrive, bringing together supporters and the local community to celebrate our shared love for dogs."*

All ticket proceeds and donations from Suffolk Dog Day will go to St Elizabeth Hospice, which every year provides support to over 4,000 patients & families living with life-limiting illnesses in East & Mid-Suffolk, Great Yarmouth and Waveney.

Annually these services cost around £12 million to deliver, with 70% of these funds being generated by the local community's support of the hospice's income streams, for example retail shops, events – such as Suffolk Dog Day, individual fundraising as well as gifts in Wills and donations.

Please visit [www.stelizabethhospice.org.uk/get-involved/events/all-events-challenges/suffolk-dog-day/](http://www.stelizabethhospice.org.uk/get-involved/events/all-events-challenges/suffolk-dog-day/)

To find out more about St Elizabeth Hospice call 01473 727776 or visit [www.stelizabethhospice.org.uk](http://www.stelizabethhospice.org.uk).



## BRIAN from MELTON

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.

Cor-to-heck! It's been some duddy warm of late. I've been loods of time in the garden shade and trying to keep cool. Me plants hev bin droopin in the heat and the grass is slowly turning to straw, but the weeds keep agorn and are good and green! It won't be long afore them ol warsps start appearing again and I int looking forward to it one bit. Between them and them dutty ol flies, they're a ruddy nuisance and I hate em. A couple of summers ago, I sat in the garden, minding my own bizzness on a hot ol day, tucking into a corn beef sandwich with a dollop of browen sauce when a warsp



flew up my best linen shorts and stung me right on me groin. Blast I dint harf shriek out and it dint half hurt anaul. Thankfully, the gal Rosemary next door got me some ice to put over the sting and some vinegar to ease the pain and reduce the swelling. That was a rum ol dew, and I dint know that vinegar helped with warsp stings, but that do. The neighbour Marcus and his misses hev been spending more money on them solar garden lights. They got hundreds and wen you look over the fence, that look like Yarmouth luminations.

They even got lights on the patio, lights on the fence and either side of the garden path - it look like the runway at Stanstead! I spect I'll be gorn down to Aldeburgh Carnival in a few weeks and I usually like to sit up on the beach and watch the world go by and everyone getting chased by the seagulls. Some of them are groot-ol buds and will grab your sausage if they see it sticking out of the bag. I love watching the Carnival lantern parade at night and seeing the sky light up with all them fireworks, sitting on my fold up chair and listening to everyone gorn "ew" and "arr" as the fireworks go up and then pop. That take a lot of hard work to put the Carnival on and I say well dun to all them that do their bit to keep it gorn. I always hull a tenner in the firework bucket to show my appreciation and spect you do the same.

This year, I'm gorn down there with me mate Ticket on the bus. He reckon that's the easiest way, so I hope his right and we don't end up lorst up the back of beyond.

You can hear Brian from Melton chatting with Mark Murphy every Saturday morning at 8.20am on Alde and Blyth Community Radio and listen out for the new Brian from Melton podcast, coming soon to: [www.abcradio.co.uk](http://www.abcradio.co.uk).

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# ALDE VALLEY SUFFOLK FAMILY HISTORY GROUP

We recently welcomed (online), Janet Few, an experienced social historian who lectures and is author of books including the handbook, *'Family Historian Enquire Within'*. Janet is President of the Family History Federation and is passionate about encouraging young people to become interested in the past.

Janet's talk was about *'Husbandry, Housewifery and Home Working - Women's Lives on the Farm'*. Using illustrations, Janet told us about women's work in the farmhouse, including butter and cheese making, made for family use with surplus sold at market. Butter was made in the spring when milk was more creamy and was mainly used in baking. Cheese could be made all year round.

Before tea was affordable for most people, ale or beer were the main drinks, again made by the farmer's wife, the ingredients being sourced from the farm. Bread formed a staple food until potatoes became more commonly grown. The farmer's wife would have a small hand mill to grind her own grain, hence the term *'daily grind'*. Bread ovens were heated up with wood and when at the right temperature, ash was scraped out and the loaf was put in and baked with other items as the oven cooled.

The loaf would be gritty on the base so it was sliced horizontally, hence the *"upper crust"* being the best piece.

Pickling, potting and preserving were important, to use up fruits and vegetables. Chickens were kept for their eggs, mainly used in baking and to sell for pin money. Spinning, weaving and dyeing of wool was another skill women learnt. The only source of water would be from a pond, a well, or a spring - otherwise it required a walk to the village pump.

Cottage industries enabled women to work at home, so called *'piece work'*. Glovers, buttoners, stockingers, lace makers, and straw plaiters were very common. One member commented at the end of Janet's talk that there were several plaiters known in Benhall and hat makers in Saxmundham.

Janet gave us a lot of interesting information about the lives of women; often their occupation was not even recorded on census forms. Janet's helpful handout can be downloaded from her website: <https://thehistoryinterpreter.com/talks-and-presentations/handouts/>

**Jenny Mann**

## Further programme:

**Monday 15th September:** Transported convicts - Kelly Cornwell. 2.30pm @ Fromus Centre, Saxmundham.

**Saturday 27th September:** Family and Local History Open Day @ Long Shop Museum, Leiston.

**Monday 20th October:** Great Ashfield House, Suffolk - Dave Steward. 2.30pm @ Fromus Centre, Saxmundham.



## LEISTON TOWN BOWLS

A steady season so far but the new beginnings slowly taking shape, the new bowlers settling in.

Whilst our less accomplished bowlers in the Bob Wright are struggling, still bottom, (two results were only one shot defeats), progress in other leagues is positive. Although all hold position of 4th, progress from last month is positive.

Fynn league won 4 lost 4, Saxmundham league - steady progress. In the Woodbridge league again 4th but two games in hand over leaders but only 4 pts behind which will be interesting at end of the season.

Success in the Percy Dunnett shield shows we are getting back to where we belong.

We have been proud to play host for Suffolk County Under 25s and Area B finals. Being blessed with good weather for them all has helped us swell our coffers.

Our first 2 wood triples Tournament for two years, played on a Sunday for a change, also proved successful in all ways, making over £600 which again helps swell our finances.

To top that our Chairman Brian Short's block came out victors beating our Secretary's block in the final.

Behind any successful venture is always the team of managers, workers and volunteers. We are lucky to have a very committed team led by Ann that makes cakes, rolls, quiches etc. The finance made there helps maintain the facilities.

Ann welcomes contributions from members' wives and partners of cakes or support in kitchen, which is always needed.

Mick continues to produce our top-class green again with volunteer help, but at all times assistance to support the care of the green and surroundings is very welcome and help to get the score boards, cots etc out before all games and put them away at the end reduces the pressure on Mick.

Leiston Town Bowls Club is once again beginning to become a source to be reckoned with. Come and join us, get involved, become a part of this great club!

**Ditcher**

# THE 81ST ALDEBURGH CARNIVAL – ALMOST HERE!

The 81st Aldeburgh Carnival, theme – ‘Celebrating Summertime’ is upon us already and we are more than excited! Come and join us for a day or a few days of fun filled adventure, and raise money for local charities at the same time.

As communicated our 2025 Carnival Queen is Rosie Smith and Rosie’s attendants are Seren Foxon-Payne who is 9 years old and Florence Anderton who is 10 years old. The girls are super excited to have been chosen and plans are well underway for their dresses and carriage.

## What’s Happening at Aldeburgh Carnival 2025:

**August 16th : Music Saturday    August 17th : Sports Sunday**  
**Monday August 18th :Carnival**

Please buy a programme to learn more about what is going on each day, this supports our fund raising too! Programmes are available at many of the business in the High Street. We still desperately need volunteers to help us with all sorts of activities and we would like to ask for your support to be a volunteer either in the days leading up to Carnival or during the Carnival weekend. As you may be aware we have a large team of committee members but there is so much to do that we cannot get enough people to manage all of the different chores, so if you have an hour to spare or more, either during the day or in the evening we would be super happy to hear from you.

You can contact me directly at [angela@clareti.com](mailto:angela@clareti.com), or contact us via [www.aldeburghcarnival.com](http://www.aldeburghcarnival.com) or go to [www.carnivalvolunteers.ivolunteer.com](http://www.carnivalvolunteers.ivolunteer.com) and select a job to sign up for. The committee members are all volunteers and Carnival can only be a success if we have more volunteers focussed on the weekend to shake buckets, operate contactless pads, man the car parking and many more jobs - all to enable us to collect valuable funds for our local charities, so please, do get in touch if you have any free time to spare on any day over the entire weekend or during the run up to Carnival.

Aldeburgh Carnival committee wishes us all a happy and successful 2025 Carnival weekend.



## Southwold & Aldeburgh Summer Theatre Season 2025

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### See How They Run!

Aldeburgh - 21st to 26th July  
Southwold - 30th July to 9th August  
Ultimate madcap farce by Philip King

### GASLIGHT

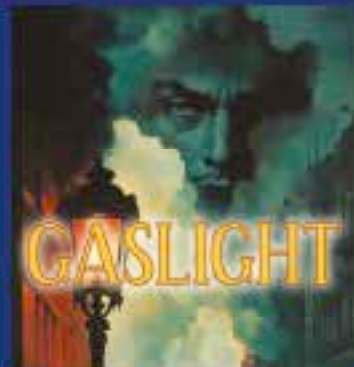
Aldeburgh - 28th July to 9th August  
Southwold - 13th to 16th August  
By Patrick Hamilton. The original Psychological Thriller

### Things We Do For Love

Aldeburgh - 11th to 16th August  
Southwold - 20th to 30th August  
Comic, cruel, classic by Alan Ayckbourn.

### While The Sun Shines

Aldeburgh - 19th to 30th August  
Southwold - 3rd to 6th September  
Hit West End WWII Romcom by Terence Rattigan



Tickets £16 or £22. Evenings 7:30pm. Matinees 4pm (Thurs & Sat)  
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## DATES FOR YOUR DIARY

**AUG 10 Annual Animal Service at St Andrew's Church, Aldringham.** Bring your pets along and your Teddy Bears too. All creatures great and small are welcome. A collection will be taken for Suffolk Wildlife Trust. 3pm at Aldringham Church, Church Lane, IP16 4QT.

**AUG 23 Middleton Fete with comic dog show.** Live music from Silmor, BBQ, beer tent, teas, boules, stalls and games and more. Free admission, plenty of car parking. 2pm on the playing field.

**AUG 26 Lunchtime Classical Concert Series.** Helen Stanley (violin) and Nadia Lasserson (Piano) together with local young musicians - Tom Hodgkinson (Guitar), Theodor Nisbet (Bass) and Anneka Vetter (Soprano).

To include works by Schubert & Mozart. Admission is free - with a retiring collection for Save the Children. 12 noon Aldeburgh Parish Church.

**AUG 30 The Wollaston Consort at Sibton Church (IP17 2NB.)** Julie Harmer (flute) and Peter Clayton (harpsichord & organ). An afternoon of sparkling music by Blavet, Quantz, Buxtehude and Sweelinck. 3.30pm. Stay for tea, served at 4.30. Tickets: Adults £15, U18s £5. On sale at the door, or from July 15th onwards at the Weavers Tearoom Peasenhall, and the Peasenhall General Stores and on Eventbrite. There is ample free parking on the church's car park at IP17 2LX.

## FROM LEISTON VETS

### Pets in summer heat

As temperatures rise for summer it is important to remember to keep your pets safe to enjoy the summer sun. Dogs can suffer heatstroke within minutes, which can be fatal. Unlike humans, dogs can't sweat through their skin and so they rely on panting and releasing heat through their paw pads and nose to regulate their body temperature and keep cool. Signs of heat stroke include collapse, excessive panting, salivating and sometimes vomiting. If you suspect your pet is suffering from heat stroke move them to a cool, shaded place, preferably with a draught, thoroughly wet the coat with cool water, cover with a wet towel, and contact your vet immediately.

### A few ways to keep your pet safe and prevent heatstroke:

- Make sure your dog has access to cold water at all times. Carry water and a bowl with you on walks.
- On hot days, walk your dog during the cooler parts of the day, in the early morning and late evening. If it is a hot day, it is advisable to do shorter walks on the lead only.
- Keep your pets in the shade in the summer between 11am and 3pm.
- Wetting the coat in the morning will ensure a cooler body temperature throughout the day.
- Watch your pet for signs of over-heating, including heavy panting and loss of energy. If you recognise these signs when on a walk, stop and find a shady spot and give your dog water.

It is important to remember that cars can become overheated very quickly. Even if it does not feel that warm outside, your car can reach an unbearable 47°C even if it is only 22°C outside. This is why it is advised to NEVER leave your pet alone in a car, even with the windows open.

Be particularly careful with short nosed breeds (such as bull breeds, boxers, pugs), older dogs, and those that are overweight. These dogs can get heatstroke simply by running around. Pale-coloured skins are vulnerable to sunburn, particularly on their ears, noses and sparsely haired areas. Sun damage can lead to skin cancer. Sunlight can also make existing skin conditions worse, particularly if your dog has allergies.

You can apply a non-toxic waterproof human sunblock or one specifically made for pets. Paw pads can burn on hot pavements. As a general rule, if it's too hot for your hand it's too hot for their paws.

If your dog swims or paddles in the sea to keep cool, remember to rinse the salt water and sand from your dog's coat after swimming to avoid drying out and irritating their skin. Make sure they do not drink any salt water. Only allow your pet to swim in a safe place.

In the summer your pet's coat needs to be groomed/clipped short especially for longhaired breeds, to get rid of matts and tangles. A tangle-free coat will protect your pet's delicate skin and help to keep them cool.

Rabbits and small furies with matted unkempt coats run the risk of flystrike which is where blowflies lay their eggs, which hatch and become maggots. Elderly cats and rabbits with urine soiling around the tail area are big targets for flystrike.

Frozen doggy treats are always well received and cooling bandanas are another excellent way to help keep your pet cool.

Enjoy the summer and should you need any advice please phone us at Leiston Vets 01728 833566



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# PROJECT UPDATE

## AUGUST 2025

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

Last month, Sizewell C announced plans to build a new post-16 college for its host town in Suffolk – a move that could transform higher education access in the area and ensure a long-term skills legacy for the region. The Further Education (FE) college will be delivered in partnership with Suffolk New College and will be an extension of their current local provision, known as 'On the Coast'. It will be a permanent high-quality post-16 education facility for Leiston, which will deliver comprehensive, multi-site education and training. Further details regarding location and planning requirements will be outlined shortly. For further information visit [sizewellc.com/news](https://sizewellc.com/news).

Construction of the northern section of the temporary sea defence has started with the first sheet piles being installed. The works will take place within the Sizewell C fence line and the public footpath will remain open. We apologise for any noise disturbance which we will endeavour to keep to a minimum. Works will soon commence on installing a temporary outfall on the beach. This work will be for a short duration and within a fenced compound.

Site preparation, including construction compounds and welfare facilities, ecology and archaeology mitigations, continues at our Northern Park and Ride

In Darsham. Construction of the roundabout next to the A12 and Willow Marsh Lane has started. To aid road safety for all road users a 30 mph speed limit on the A12 is planned between the A144 and the Darsham level crossing.

Similarly in Wickham Market work will conclude this summer. As areas become clear of archaeology work, construction will begin in a phased manner.

From the week commencing 7th July, track works will start along the Leiston branch line. Work will include lifting and removing of old track and ballast. Once this phase is complete, there will new track and ballast laying.

The works will be carried out by engineering trains and specialist tracklaying plant including along the track, initially in the section to the west of Leiston. The work can be noisy and create dust, however we will have dust suppression in place to minimise the impact. Working hours will be from approximately 07:00 to 19:00.

Our forums are a way for local people to hear about key issues related to the construction of Sizewell C. All forums run from 18:30 to 20:30 (arrival from 18:00).

These monthly updates are now available on subscription, if you would like to further subscribe, please create an account on the Sizewell C works tracker website via the QR code below.

### FORUM SCHEDULE

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

Northern Transport Forum	Wednesday 6 August 2025	Darsham Village Hall
Southern Transport Forum	Wednesday 3 September 2025	Stratford St Andrew Riverside Centre
Main Development Site Forum	Wednesday 8 October 2025	Leiston Town Athletic Association

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

VISIT THE WORKS TRACKER SITE





# CITIZENS ADVICE EAST

## Eligible for PIP or UC? Apply before the rules change

There has been a great deal of talk recently about proposed changes to government disability and health benefits, specifically to Personal Independence Payment (PIP) and the health component of Universal Credit (UC).

While some proposals were knocked down in June 2025, the government still has plans to improve the efficiency, fairness, and targeting of these benefits.

## What are these benefits? When might they change?

**Personal Independence Payment (PIP)** is a government benefit for people with a long-term illness or disability. It is designed for people of working age to help with the extra costs associated with daily tasks (like dressing, cooking, washing, and managing medication) and/or with mobility (walking, moving about safely). PIP is not means-tested, which means you can apply whatever your income, savings, or employment status.

The government are planning changes to the rules for claiming PIP. We don't know exactly what these are yet (and will tell you when we do) but they won't come into effect until 2026. This means....if you think you may be eligible for PIP you should apply this year as fewer people will qualify when the rules change. First though, check your eligibility, and read how DWP assessors make their decisions (see helpful websites below). And if you find long application forms daunting, ask Citizens Advice for help.

**Universal Credit, health element.** Universal Credit (UC) is a means tested benefit for people of working age and their families who have low incomes and few savings.

You can be employed, self-employed, or not working but you must meet the low income and savings criteria. The **health component of Universal Credit** gives people with disabilities or long-term health conditions additional money.

The amount is tailored to the severity of the condition. Claimants have a 'Work Capability Assessment' (WCA) determining whether they must look for work/more work or not, and how much they get.

The government are planning changes to the amount of Universal Credit people can receive, and how the health element of UC is assessed. It is likely that the **rules for the WCA** will be tightened. However, changes will not happen before April 2026. This means...if you don't get any benefits and you're on a low income with few savings you should make a claim for UC soon. You might get more money if you apply before the rules change. Again, Citizens Advice can help you claim. Have a look at these useful websites before making a new application for PIP or UC:

**PIP:** <https://www.citizensadvice.org.uk/benefits/sick-or-disabled-people-and-carers/pip/>

<https://www.citizensadvice.org.uk/benefits/sick-or-disabled-people-and-carers/pip/help-with-your-claim/how-decisions-are-made/>

**UC:** <https://www.citizensadvice.org.uk/benefits/universal-credit/claiming/start-a-universal-credit-claim/>

<https://www.citizensadvice.org.uk/benefits/universal-credit/if-youre-sick-or-disabled/getting-universal-credit-if-youre-sick-or-disabled/>

For further advice on this or any other issue please email Citizens Advice East Suffolk from our website:

[www.caes.org.uk/email-service](https://www.caes.org.uk/email-service) or phone us on **0808 278 7866** (lines open 10-2 Mon-Fri).

Our website [www.caes.org.uk](https://www.caes.org.uk) also gives details of our **drop-in outreach sessions** and how to make an **appointment** at one of our offices.

# LEISTON ALLOTMENT HOLDER & GARDENERS ASSOCIATION

August is the harvest month, when you can enjoy the reward for all your hard work.

**Vegetables:** Time to harvest second early potatoes. Begin to lift onions for winter storage. If runner beans have reached the top of the canes, pinch out the growing 'tip' to help avoid getting tangled. Continue sowing salad crops, and "keep the hoe going".

**Fruit:** Protect all ripening from the birds. Finish summer pruning of apples and pears. Prune blackcurrants by removing any branches that have fruited this year. On red/white currants, reduce side shoots by about two thirds.

**Flowers:** Complete disbudding chrysanthemums of outdoor flowering varieties by the middle of the month to ensure blooming, in dry weather water once a week and keep well supported.

**Hedges:** Time for a final cut to evergreen hedges to enable them to be in good shape until next spring arrives.

**Greenhouse:** Cucumbers, tomatoes, and peppers should all be growing well. Keep them all well watered and feed them about every ten days. Sow cucumber seed thinly, as overcrowded seedlings become weak quickly and are more likely to get disease.

Remove male flowers as soon as they are seen. For cucumbers and tomatoes to flourish you need a humid atmosphere.

When the sun gets hot you may have to open ridge vents as well as opening windows.

**Roderick Linsell**

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# SUFFOLK COUNTY MUSIC SERVICE

## Exciting times continue at Suffolk County Music Service!

A busy summer continues across Suffolk for the County Music Service.

We are just back from an enjoyable and successful two days at Suffolk Show – where visitors to our stand were able to play on our vast Jnsory Sessions and take guitar lessons – all were aimed at children with disabilities, in particular the guitar sessions were for children with hearing iting to learn about our tutor's method of teaching using live images of the sound levels.

## Upcoming events

**4th August: Prom Concert at Snape Maltings**

**15th – 17th August: Folk East, at Sotterley Estate nr Beccles**

**7th September: Gala Concert, Sunday at Snape Maltings**

Please visit our website [www.suffolkcountymusicservice.co.uk/take-part](http://www.suffolkcountymusicservice.co.uk/take-part), where you can learn more about the wide range of activities we offer your children and young people at different locations across the county.

Follow us on our social media pages for more updates and find out how you can join in! [www.suffolkcountymusicservice.co.uk](http://www.suffolkcountymusicservice.co.uk)



Javanese Gamelan at Suffolk Show, Trinity Park Ipswich



WCET Fest at Trinity Park, Ipswich



Suffolk Youth Orchestra at Snape Maltings



## Norfolk & Suffolk Aviation Museum

# Family Fun Day At The Museum

## Saturday

# 9th Aug 2025

Open from 1000 to 1600



Come along and enjoy a great family day out at the Museum. With Mike Kendall and his Dancers in the main hangar, there is plenty to see and do. Enjoy some family time together with flight simulators to fly, open cockpits to sit in and with the NAAFI café open, this could be a relaxing day for all.

We are wheelchair and dog friendly.



Museum has: 60+ Aircraft on Display 1,000s of Artefacts Shop onsite Picnic tables ++ Soft Drinks, Coffee, Tea & Snacks from the NAAFI Café

**Admission = Adults £10, Children (aged 5 - 17) £5, under 5 free Family £20 (2 adults and up to 3 children)**

Find us located at: The Street, Flixton, Bungay, NR35 1NZ  
Tel: 01986 896644 Email: [nsam.flixton@gmail.com](mailto:nsam.flixton@gmail.com)



## Norfolk & Suffolk Aviation Museum

# Veterans Day @ NASAM

## Saturday

# 30th Aug 2025

Open from 1000 to 1600

Enjoy a great day out for the whole family. Lots to do and see, including open cockpits, flight simulators, NAAFI refreshments, weapons and uniforms. Enjoy the sounds and sights of the 40s with the Mike Kendall music and his dancers.

Also, subject to weather and operational commitments on the day, enjoy the sound and sight of a RAF BBMF Spitfire as it performs a flypast @ NASAM



Museum has: 60+ Aircraft on Display 1,000s of Artefacts Shop onsite Picnic tables ++ Soft Drinks, Coffee, Tea & Snacks from the NAAFI Café

**Admission = Adults £10, Children (aged 5 - 17) £5, under 5 free Family £20 (2 adults and up to 3 children)**

Find us located at: The Street, Flixton, Bungay, NR35 1NZ  
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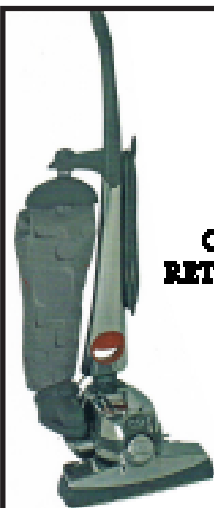
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Film Theatre**

Mon 4th &amp; Tues 5th Aug at 7.15pm

Wed 6th Aug at 3.00pm

Thurs 7th Aug at 7.15pm

**FOUR LETTERS OF LOVE** 12A

Wed 6th Aug at 7.15pm

**THE BALLAD OF WALLIS ISLAND** 12A

Fri 8th &amp; Sat 9th Aug at 7.15pm

Sun 10th Aug at 6.00pm

**SUPERMAN** 12A

Mon 11th - Thurs 14th Aug at 3.00pm

**SMURFS** U

Tues 12th &amp; Thurs 14th Aug at 7.15pm

**F1: THE MOVIE** 12A

Wed 13th Aug at 7.15pm

**SIX - THE MUSICAL LIVE!** 12A

Fri 15th Aug at 7.30pm. LIVE ON STAGE

**COUNTERFEIT QUO**

Sat 16th Aug at 7.15pm

Sun 17th Aug at 6.00pm

Tues 19th - Thurs 21st Aug at 7.15pm

**THE NAKED GUN** 15

Sat 30th Aug at 7.00pm

Sun 31st Aug at 3.00pm

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

Wed 3rd Sept at 7.15pm

Sun 7th Sept at 6.00pm

**JAWS 50th ANNIVERSARY** 12A

Sat 6th Sept at 7.30pm. LIVE ON STAGE

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# SAXFEST 2025!

Excitement is building as SaxFest 2025 returns to the Memorial Field in Saxmundham for another unforgettable weekend of live music, local talent, and festival fun.

Taking place on **Friday 8th and Saturday 9th August**, the **FREE TO ATTEND** festival kicks off at 12 noon each day and promises a packed line-up of tribute acts and local bands. Friday night will see **ABBA Chique** take to the stage, while Saturday evening features the hugely popular **Queen UK** tribute band. Throughout the weekend, festival goers can also enjoy performances from fantastic local acts including **Smokin' Sons of Stratford**, **Painting the Silence**, **The Guitar Project**, **Physic Pimps**, and many more.

On the **Saturday 9th August**, Saxmundham **Market** will also be joining forces with Saxfest with an exciting collaboration with Saxmundham Town Council to host a '**Pop-Up Market Experience**' at Seaman Avenue play park, the gateway to the festival site. A colourful array of artisan goods, handmade crafts, and street food will welcome visitors heading to and from the main event, reflecting the creativity and energy of the festival.

Interested stallholders are encouraged to apply, especially those with something imaginative or festival-friendly to offer. To register or find out more, email: [bookings@saxmundham-tc.gov.uk](mailto:bookings@saxmundham-tc.gov.uk).

## Important info for attendees:

**Wristbands:** Hold on to yours, there will be prize draws throughout the weekend

**ID:** If you look under 25, please bring valid proof of age

**Parking:** General parking is available, but disabled parking is very limited and must be requested in advance by emailing [admin@saxmusicfest.co.uk](mailto:admin@saxmusicfest.co.uk)

**Site Rules:** No glass or alcohol is permitted on site, refreshments will be available inside the festival grounds

**No Dogs:** Except for registered assistance dogs

ID on entry may be requested. ID at bar Under 25 policy applies. With a strong community spirit, great music, and a relaxed summer vibe, SaxFest is set to be one of the highlights of the local calendar. Whether you're coming for the tribute acts, supporting local talent, or just soaking up the atmosphere, it's a weekend not to miss.



**FRIDAY 8TH & SATURDAY 9TH AUGUST 2025**

**FRIDAY 8TH AUGUST** GATES OPEN AT 12.00PM

**ABBA CHIQUE** 9.40PM

**KEEPER OF CALVES** 8.30PM

**PSYCHIC PIMPS** 7.30PM **PROJECT 6** 6.30PM

**RANDOM BLUES COMPANY** 5.30PM

**BODAS** 3.50PM **PAINTING THE SILENCE** 4.35PM

**RONAN WILLIAMS** 3.00PM **MALACHY** 2.15PM

**AMY A** 12.45PM **JENNA** 1.30PM

**SATURDAY 9TH AUGUST** GATES OPEN AT 12.00PM

**UK QUEEN** 9.25PM

**RENO AND ROME** 8.15PM

**SMOKIN SONS OF STRATFORD** 7.15PM

**TEMPUS FRAYED** 6.15PM **HOPE AHEAD** 5.15PM

**MIDLIFE MAYHEM** 4.15PM **SAAMBOOMBA** 3.25PM

**SOUND STREET** 2.45PM **GUITAR PROJECT** 1.50PM

**CHLOE SPINKS** 1.00PM **HOMER J** 12.20PM

# College on the Coast

**Sizewell C**  
The power of good for Britain

## A NEW LEISTON EDUCATION CAMPUS

In July we held an event at Leiston and Saxmundham United Church to talk about College on the Coast, the new Further Education facility which is being built by Sizewell C in partnership with Suffolk New College.



You can learn more about the project and the opportunities it will bring at [sizewellc.com](https://sizewellc.com) or by visiting the **Sizewell C Information Office, 48-50 High Street**, Leiston IP16 4EW. We are planning to submit a planning application in September and will hold a further consultation then.



# FRAMLINGHAM AND SAXMUNDHAM CATS PROTECTION

Once again, the kitten season came at full force. Most of our foster cabin space has been occupied by abandoned and unwanted litters. We all love a cute, sweet little kitten but there are finite resources and homes for them. We must break the cycle of even more being born by encouraging responsible cat ownership and ensuring that beloved cats are neutered. This can and should be done, from the age of four months.

For owners experiencing financial difficulties, we can help by providing neutering vouchers. Please do not hesitate to contact us.

It was great to see the many visitors to our stalls at the Woodbridge Regatta and the Southwold Street Festival. Thank you all for your support. We look forward to seeing you at the **Framlingham Country Show on 16th & 17th August.**

**QUIZ TIME:** If you enjoy stretching your brain cells, get ready for our special Framlingham & Saxmundham branch Quiz Night. Join us at Woodbridge Community Centre on Friday, 26 September 2025 at 7pm. Tickets: £5 each and teams of up to six people. Please email with the subject heading QUIZ to: [fundraising@framandsax.cats.org.uk](mailto:fundraising@framandsax.cats.org.uk)

**Feeling energetic?** Get your walking boots ready for the Big Summer Roam walking challenge! Choose your own target distance to complete wherever in the month of August, all for cats.

Sign up and receive an exclusive Cats Protection bum bag to sport in style while you roam. You can even direct your registration fee and fundraising to help cats right the Framlingham & Saxmundham branch: [cats.org.uk/bigsummerroam](http://cats.org.uk/bigsummerroam)

**Cats Looking for a Home:** These delightful young cats are Ada and Chloe who are extremely friendly and sweet, bonded sisters of about 11 months old.

They both love a fuss and cuddles. This adorable pair will need a home where they can be together with access to the outside and away from busy roads.

If you can offer these sweet sisters a home, please let us know or see more about them on our website.

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

Also find us on Facebook, Instagram and YouTube.



## Hello Leiston



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.

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via the app and on Alexa



## Dunwich With a Twist!

Saturday 9th August from 2.30 — 4.30pm



The Dunwich Drifters Folk Band including Dunwich Songs & Dunwich Voices

Enjoy a glass of elderflower apple or mint with a twist! suggested £10 donation — Entry behind the Museum

There will be chairs or bring picnic rugs and cushions on the field behind the museum

**Saturday 23rd August**  
2pm to 10pm

The First Annual Huntingfield

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## U3A EAST SUFFOLK

People in later life looking to discover new interests, meet new people and live life to the full, should hot foot it to Kesgrave War Memorial Community Centre on the morning of Friday 5th September.

From 10.30am to 12.30pm East Suffolk u3a will be showcasing its activities with stalls representing dozens of different interest groups.

East Suffolk u3a, a members-run organisation, has more than 2,000 members locally and is all about helping older people to keep fit, make new friends and develop skills. u3a offers walking, sport and physical activity groups. For those wanting to learn and share knowledge, there are geology, photography, foreign languages, arts, architecture and history study groups as well as dining opportunities and outside visits.

In every setting there's the chance to meet new people to share conversation, experience and ideas. New members are welcome, with the expectation that they will contribute to the overall success of the group. Membership gives access to all the u3a's activities, subject to availability.

For more information, please see [www.u3aeastsuffolk.org.uk](http://www.u3aeastsuffolk.org.uk) or call the secretary on 0300 123 3913.




**Open Air Theatre**

The Pantaloonas are bringing their signature blend of humour and energy to our pub gardens with performances of Shakespeare's greatest tragedy, *Hamlet*.

The Ship - Wednesday 13th August  
The Westleton Crown - Wednesday 10th September

**Outdoor Dining**

Pull up a chair in our garden and make the most of the sunshine. Grace your way through seasonal plates and bar snacks, or stay a little longer for sundowners during golden hour. Outdoor tables are now bookable via our website.

For information on upcoming events, menus and more, head over to our websites below

[shipanddunwich.co.uk](http://shipanddunwich.co.uk)    [westletoncrown.co.uk](http://westletoncrown.co.uk)





# THE RETURN OF AKENFIELD

**Leading Costume Maker Constance Mackenzie to join the creative team on the AKENFIELD stage production.**

SHAKE is delighted to announce that the international costume maker, Constance Mackenzie has joined the creative team for the new stage production of Akenfield.

Best known as the senior costumer maker on *Wolf Hall: The Mirror and the Light*, and as a daily costume maker on *Downton Abbey 2*, Constance was inspired to learn her craft as a teenager on reenactments at Kentwell Hall in West Suffolk.

*"I fell in love with making period costumes at Kentwell Hall, when I was very young, so I'm excited to be making costumes for the first stage production of Ronald Blythe's iconic book about Suffolk,"* said Mackenzie from her studio near Rickinghall.

*"In Akenfield, the villagers' memories stretch from the first world war up to the late 1960s, so it's an exciting challenge for a costumer maker."*

Mackenzie worked her way up as a freelancer collaborating on many films for Disney, the BBC, Warner Bros and Sky, before becoming Senior Maker on large TV projects such as *Lord of the Rings*, *The Rings of Power*.

Months working at the Globe Theatre in London, the Mercury Theatre in Colchester, and making costumes for principals and chorus at Glyndebourne Touring Opera in Sussex have given Constance an enviable expertise in her craft.

She now teaches when she has time, for instance at the Los Angeles Costume College, and she writes about specialist areas of historical costumes.

*"My greatest passion is 16th C ruffs. If there's such a thing as a Ruff-Geek, that must be me!"* she says with a grin.

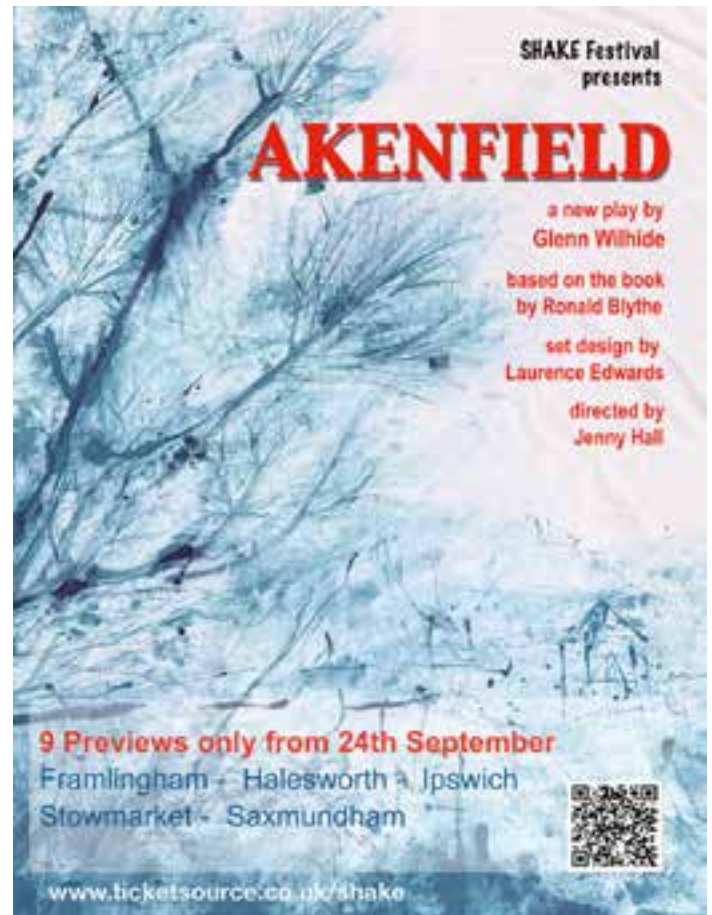
The new play of *Akenfield* has been adapted by Glenn Wilhide from Ronald Blythe's iconic *Akenfield*; *Portrait of an English Village*.

Taking its lead from the 1975 film which was performed by non-professional local people, the stage play of *Akenfield* is being cast from within the Suffolk community.

*"Casting is nearly complete!"* says director Jenny Hall. *"We're still searching for the lead actor, but we're assembling a wonderful cast!"*

Produced by Hall and Liz Cook via the Benhall-based theatre company SHAKE Festival, the new play will initially be performed as 9 previews in Framlingham, Halesworth, Ipswich, Stowmarket and Saxmundham. Tickets for Ipswich performances will be available via Eastern Angles. All other Tickets are on sale at [www.ticketsource.co.uk/shake](http://www.ticketsource.co.uk/shake)

YouTube and IG: @StanceyMackenzie  
SHAKE Festival CIC



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# LLOYDS TOUR OF BRITAIN MEN

Britain's biggest professional cycle race and the UK's largest free-to-spectate live sporting event will return to Suffolk this September, as the opening stages of the race take place in the region on Tuesday 2nd and Wednesday 3rd September.

East Suffolk will host the first stage of the race, with the return of the world's top male cyclists to the district for a third consecutive year, as Woodbridge and Southwold play host to the stage one start and finish.

A day later the second stage of the race will start and finish in Stowmarket, hosted by Mid Suffolk District Council and neighbouring Babergh District Council, as two stages of the Lloyds Tour of Britain Men take place in the county for the first time.

The announcement follows the success of this year's Lloyds Tour of Britain Women in June, which saw an action-packed edition of the race only decided in the final sprint to the line in Glasgow, as Kiwi rider Ally Wollaston claimed victory.

Cllr Sarah Whitelock, East Suffolk Council's cabinet member for Communities, Culture, Leisure and Tourism, said: *"We are excited to welcome the Lloyds Tour of Britain Men back to East Suffolk for the third consecutive year, and to be hosting the opening stage. This is the UK's largest free-to-spectate live sporting event and directly benefits local businesses and communities. The Tour, and the community activities which accompany it, also helps to promote the physical and mental health benefits of cycling to all ages and abilities and showcases East Suffolk as a cycle friendly destination to a national audience."*

Having hosted the final stage of the 2024 Lloyds Tour of Britain Men, East Suffolk will now host the start of racing in September 2025, marking the first time since 2012 that the overall race has begun in Suffolk, and a debut for Woodbridge as a host venue for the event.

Southwold has never hosted the Lloyds Tour of Britain Men, but has twice seen the women's race visit, most recently in 2018 when Jolien D'hoore won a stage finishing on North Parade in the town.

The exact stage route for the opening leg of the Lloyds Tour of Britain Men may have been published by the time this goes to print but will include passing through Wickham Market, Aldeburgh, Saxmundham, Framlingham, Halesworth, Bungay, and Beccles.

For the second stage, Stowmarket will host the Lloyds Tour of Britain Men for the first time, though like Southwold has hosted a finish of the women's race, also won by Jolien D'hoore in 2019.

The route of stage two will include Debenham and Eye in Mid Suffolk, and Sudbury and Hadleigh in Babergh.

Cllr John Ward, leader of Babergh District Council said: *"This is fantastic opportunity for us to showcase Babergh's beautiful landscapes, towns and villages to an international audience."*

*"We're also committed to providing opportunities to get involved in sports and physical activity and by hosting this international event showcasing prominent cyclists we hope to inspire the next generation of budding athletes right here in Suffolk."*

Commenting on the announcement of the opening stages, Jonathan Day, Managing Director of British Cycling Events, said; *"Having finished the Lloyds Tour of Britain Women with some great racing and a fantastic festival of cycling in Glasgow, our attention is now on September and the return of the men's event. We are delighted to begin our announcements with the news that East Suffolk will host the opening stage, and two new venues – Woodbridge and Southwold – will appear on the Lloyds Tour of Britain Men map. Then moving onto stage 2 and a huge thanks to our partners at Babergh and Mid Suffolk, which will see Stowmarket become the third new venue for the men's race, ensuring a fantastic opening two days in the beautiful Suffolk countryside."*

*"Over the coming weeks we look forward to sharing more exciting details about this year's race with fans and building up to what will be another incredible edition of the Lloyds Tour of Britain."*

Further announcements about the host venues of the other four stages, as well as the participating teams for the Lloyds Tour of Britain will be made over the coming weeks.



# SAXMUNDHAM VETERANS' BREAKFAST CLUB

The Saxmundham Veterans' Breakfast Club (SVBC) held its inaugural breakfast hosted at The Bell Hotel.

SVBC as a concept was born of idea by Keef Cartwright-Jones and Saxmundham Judo Club. As reported in an earlier edition, funds were raised by the Club to subsidise the veterans' breakfast annually for five years. Other events in the future are in the planning stages.

Veterans of Tri services in the town and local community, including a Septuagenarian Sub Mariner, Royal Marine, Royal Artillery, Royal Anglian, REME, WRNs, USAF and RAF were all in attendance. If you are, or know a local veteran who would be interested in the the SVBC you are invited to contact:

Chair: Keef Cartwright-Jones on [judokeef@gmail.com](mailto:judokeef@gmail.com)  
Secretary: Jane Anderson on [jane22august@gmail.com](mailto:jane22august@gmail.com)



## RNLI ALDEBURGH

This month on Aldeburgh beach you can get close to your two local lifeboats, Atlantic 85 Ralph, and D-class Susan Scott. All events are free and everyone is welcome.

**Monday 18 August, approximately 11am, Demonstration Launch:** RNLI Aldeburgh are proud to be a part of Aldeburgh Carnival again this year, with a demonstration launch planned for approximately 11am. As with all planned launches, this is subject to weather and operational requirements. Commentary from the crew will explain the process of launching the lifeboats, will talk through some of the manoeuvres happening close to the beach to give you a good view of what normally happens out at sea and will then explain how to recover the lifeboats (and our local volunteer crew!) safely back to shore.

**Saturday 23 August, 10am – 4pm, Street Fair and Open Day**

The Aldeburgh Lifeboat Fundraising Guild will have lots of interesting stalls for you to browse in the morning, and the lifeboat operational staff will show you around our town's two lifeboats, D-class Susan Scott and Atlantic 85, Ralph throughout the day.

**Saturday 30 August, 2.30pm, Naming Ceremony:** Everyone is welcome on the beach for the Naming Ceremony and Service of Dedication of the lifeboat B-949 Ralph. This is an outdoor event, so please check the weather forecast and dress appropriately. Flat shoes are advised due to uneven surfaces.

There is no parking at the lifeboat station. Parking has been arranged at Queen's Field, Park Road, Aldeburgh IP15 5HY, which is approximately a 10 minute walk to the lifeboat station. Parking ///what3words: Arranges. Applauded. Collects.

Follow us on social media (Facebook: @RNLIAldeburghLifeboat or Instagram @rnlialdeburgh) for updates on these events, to keep up to date on planned training launches and to learn more about your local lifeboat station.

Aldeburgh lifeboat station has been operating since 1826 and has been part of the RNLI since 1852. Since formation, their lifeboats have launched 1,267 times and saved 693 lives. Aldeburgh lifeboat station has two boats on service: Atlantic 85 lifeboat, Ralph, and D class inshore lifeboat, Susan Scott.

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[lou@tidecollection.com](mailto:lou@tidecollection.com) Tel 01728 833003

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