

...YOUR FREE LOCAL NEWS

NOVEMBER 2025

SAXMUNDHAM **NEWS**



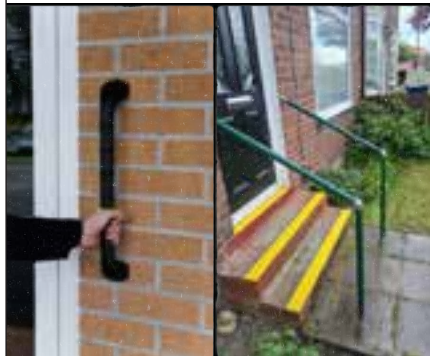
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A NOTE FROM OUR EDITOR



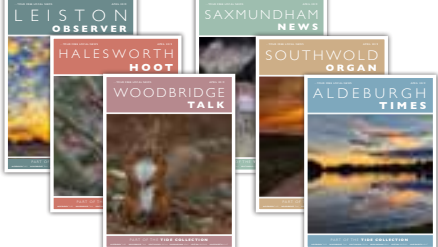
A huge 'Well Done' to Saxmundham Town Council for being awarded joint 'Council of the Year' in recognition of them going above and beyond expectations. With Sealink and Sizewell C they have an awful lot to deal with and are clearly doing a great job for our town. Congratulations to all concerned.

Please get in touch if you have anything to share with our readers or if you have a festive 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

When you are grateful - when you can see what you have - you unlock blessings to flow in your life.

Suze Orman



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Saxmundham & Benhall Primary

Are you a professional that struggles to talk Mental Health/Domestic Abuse with your clients?

You're Not Alone — But It's Time to Change That

Talking about mental health or domestic abuse can feel awkward, uncertain, or even risky. But in today's world, it's more important than ever to support your customers with empathy, understanding, and confidence.

✦ We Can Help You:

- ♥ Break the stigma in your interactions
- ♥ Train your team in safe, respectful mental health/domestic abuse conversations
- ♥ Build trust and loyalty with your clients
- ♥ Know what to say — and when to listen
- ♥ You don't need to be a therapist. Just a human who cares

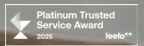
Start creating a safer, more supportive space for everyone you work with

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On Monday, 20th October 2025 from 8 am - 11 am
Venue: Riduna Park, Melton, Woodbridge. (Map of venue will be sent on sign-up)
by emailing sarah.lawrance@nhs.net

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FRIDAY STREET FARM

FREE
EVENT

OUR ANNUAL

Food & Drink Event

RETURNS TO FRIDAY STREET

SAT 15TH NOVEMBER
10AM - 4PM



Welcoming a wide variety of our producers & suppliers
and giving you the opportunity to try before you buy!

The event is free to attend and the Farm Shop & Kitchen
restaurant will be open as usual on the day.

SHOP 8:30AM-5:30PM, KITCHEN 8:30AM-4PM
01728 602783 WWW.FRIDAYSTREETFARM.CO.UK

SAXMUNDHAM TOWN COUNCIL



Town Council in Action - Current work in progress, driven by what matters to you

New Play Park ready to enjoy!

Exciting news for local children! Saxmundham Town Council is delighted to announce that the brand-new play equipment at Seaman Avenue Park has been installed and is ready for families to enjoy. This significant investment, shaped by community input, creates an inclusive space encouraging healthy movement, active play, and time outdoors. It's a lasting investment in our young people that will serve families for years to come.

Part of the Town Council's Annual Delivery Plan to Enhance Community Facilities, the project was funded through the Community Infrastructure Levy (CIL) and other reserves. Seaman Avenue and Chantry Road are the only play parks directly managed by the Town Council.

Cllr John Findlay, Chair of Saxmundham Town Council, said:

"It's fantastic to see this project completed. The new equipment is a wonderful addition for local children and families, shaped by ideas from those who will be using it."

Come along and enjoy the park - and take a stroll along the nearby Wildlife Walk to make the most of Saxmundham's green spaces.

Saxmundham Town Council Named 'Council of the Year'

The Town Council has been named joint winner of the prestigious 'Council of the Year' award at the 2025 Suffolk Community Awards. The accolade recognises councils that deliver high-quality services, maintain strong two-way communication with the community, build effective partnerships, and consistently go above and beyond expectations. This recognition highlights the Town Council's commitment to innovation, collaboration, and lasting community impact, notably in its community-led, nature-focused response to the Sea Link proposal; Empowering Nature - Protecting Saxmundham. The judges commented that the Town Council "goes far beyond statutory obligations." And "has forged strong partnerships, positioning Saxmundham as a proactive force in shaping a sustainable future."

Community Calendar - Opportunities to join in

Saxmundham Saturday Market: Saturday 8th November, 9am - 3pm at Fromus Square.

Remembrance Parade and Service: Sunday 9th November. Parade: 2:15 pm leaving from Market Place. Service: 3:00 pm at St John's Church.

Town Council Meeting: Monday 10th November 7pm at the Fromus Centre.

Remembrance Wreath Laying Ceremony: Tuesday 11th November 10:45 am at Fromus Square.

Saxmundham Christmas Fayre: Saturday 6th December, 3 - 7pm in the High Street. Festive market, grotto, entertainment, late-night shopping – fun for all the family in the town centre.

Town Council Meeting: Monday 8th December, 7pm at the Fromus Square.

Short updates and reminders

£250 prize money from our Council of the Year award will fund Green Micro-Grants for small local biodiversity projects. Application details coming soon.

Tickets for the Saxmundham Christmas Fayre Santa's Grotto are on sale! The Council is covering 70% of the cost and providing some free tickets to make festive magic accessible for all children.

Following residents' requests, a new litter bin has been installed on Beech Road, and approval has been granted for another on Long Avenue, a popular dog-walking route.

Stay in touch with Saxmundham Town Council

For more information relating to anything mentioned in this update, please visit our website at www.saxmundham.org.uk or contact us directly at townclerk@saxmundham-tc.gov.uk or 01728 604595.

We welcome your ideas, feedback, and questions - your voice helps shape our community!



MAGIC OF CHRISTMAS

Prancing reindeer, rocking Santas, a moving nativity scene, toe-tapping music and dynamic dancing are set to delight audiences at Snape Maltings Concert Hall from December 5th in a new show, Magic of Christmas. The award-winning Co-op Juniors Theatre Company returns to the world-famous venue with a brand new festive spectacular of music and dance for the whole family, with affordable prices and a discount for children. Directors Harriet and Ellena Bacon are taking the company of almost 100 performers and the audience on a magical musical journey.

"We're tapping into the spirit of Christmas," they said. "There are lots of surprises in store, many magical moments and stunning staging. We're so excited to share it with audiences, as we connect with families to celebrate Christmas with our young performers."

The huge stage set has animated projection and thousands of twinkling lights, together with hundreds of specially created costumes. As the largest youth musical theatre production in the UK, it's become a must-see for audiences across East Anglia, with seats from just £15.

Selecting the right mix of musical styles is a challenge for the creative team. Musical director Nicholas Sheehan works with composer and arranger Emily Bennett, five choreographers and artistic director Oliver Brett to bring together a breath-taking selection of musical delights.

Producing the hundreds of costumes needed for so many performers requires an experienced team, led by Jeannie Ingram and Cilla Tricker. They have costumed literally thousands of performers for Christmas and summer musical shows over more than two decades.

Says Jeannie Ingram, *"The look and feel of the costumes has to reflect the mood of the music and the choreography, so we start in September as soon as the cast begin rehearsals."*

Tickets for Magic of Christmas are £28, £21 & £15. Discounts for seniors, children under 16 and groups. Book 01728 687110 or online at brittenpearsarts.org. Select the What's On tab and search for Magic of Christmas.



**Seats
from
£15**

Co-op Juniors Theatre Company
presents

Magic of

CHRISTMAS

**A dazzling music and
dance spectacular**

*A festive
family treat*

**Eat, drink, shop and
enjoy the show**

Includes
Free parking

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Snape Maltings Concert Hall

Two shows daily - 5, 7, 12, 13 & 14 December 2025

Book now brittenpearsarts.org

MADE IN BENHALL 2025

Now that the evenings are drawing in, and everyone's thoughts are turning to the forthcoming festive season, an event worth noting in your diary is the annual 'Made in Benhall' maker's market. For the third consecutive year it will be held at Benhall Club, which, this year, will be open between 10am and 2pm on Sunday 7th December, where you will be able to meet the wide range of talented villagers who have been busy in their workshops and studios to create eye-catching and unique items for sale. Many readers will already know that this is the ideal time and place to find special and individual Christmas presents which have all been produced locally by highly skilled artists, craftspeople and makers.

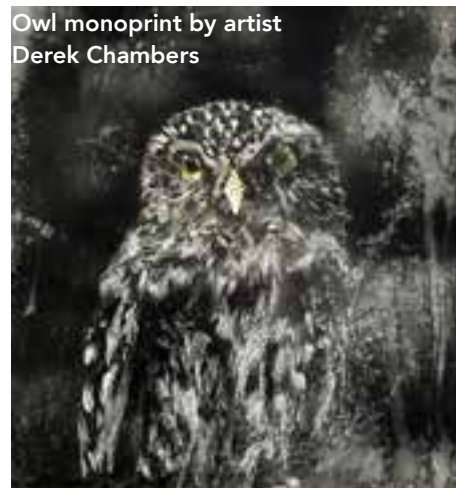
Whether you are looking for a practical item, something beautifully decorative, a piece of fine art or a locally authored book, you'll find all these and more under one roof, and at very affordable prices.

Whether you are a regular visitor to this unmissable event, or whether you'll be going along for the first time, the 'Made in Benhall' makers will give you a warm welcome and enjoy talking to you about their high quality and carefully crafted wares.

All of the makers will be donating part of their profits to the homelessness charity Emmaus Suffolk, so you'll be supporting this worthwhile charity as well as having a thoroughly enjoyable outing.

Entry to this perennially well supported and popular event is free, there is ample parking and easy access, and there will be a range of seasonal refreshments available to purchase from the bar. There are so many reasons to head down to Benhall Club for Made in Benhall and enjoy this golden opportunity to get into the Christmas spirit: remember to make a note in your diary.

Owl monoprint by artist
Derek Chambers



Ceramic baubles by Hannah Berredge

NATIONAL AWARD FOR GREENSNAPE

Derek and Lesley Walduck have been named 2025 winners of the David Wood National Landscape Award in recognition for their inspirational work leading the GreenSnape Community Group. The annual award is presented to an individual, organisation or community group that has made an outstanding contribution to the Suffolk & Essex Coast & Heaths National Landscape.

GreenSnape Community Group was founded in 2017 to protect and enhance the environment in and around Snape for the benefit of people and wildlife. Inspired by Derek and Lesley, the group membership has grown to 115 people of all ages in a village of 650 residents, while raising thousands in donations and grants for transformative projects carried out by volunteers. The range of achievements by GreenSnape, led by Derek and Lesley, include landscape scale projects to restore and enhance Snape Common, Priory Wood, the village green and verges, while also organising conservation work parties, events, talks and visits each year. Derek and Lesley Walduck said:

"We're very honoured to receive such a prestigious award and also very grateful to National Landscape for their support over the years, especially with a number of generous grants. We're very proud of our GreenSnape committee and volunteers for all their hard work and commitment."

"We have a great community in Snape with many supportive groups that we enjoy working with, in particular, Snape Parish Council, the Churchyard team and Snape School."

"It's important at a time when our area is so much under threat from energy infrastructure that we all do what we can to help our beleaguered environment at a local level."

The award is named after David Wood, who served as Chairman of the Suffolk & Essex Coast & Heaths National Landscape for more than 20 years and was instrumental in securing the historic extension of the National Landscape to include the Stour Estuary in Essex in 2020.

You can find out more about David Wood National Landscape Award at coastandheaths-NL.org.uk/awards.



THE WHOLEFOOD SHOP

History

Bernard Fisher & Hazel Collins met in Johnson, Burton & Theobald's Ironmongers (JB's) in Norwich where they both worked in the 1930s. They married in December 1945 and the following year bought a premises at auction in Saxmundham where they established their own ironmongery business. They went on to have 3 children and the family lived over the shop until 1956 when they moved to a bungalow in Knodishall with a garden. In 1965 they moved back to a new house in Saxmundham where the couple remained for the rest of their lives. On retirement after nearly 40 years, they sold the business to the then employees, Gary Smith & John Firman, and Gary is still running the business to this day. The oldest child, John, having been to school locally and college in London, worked in the computer industry for a while. He then developed an interest in organic wholefoods and for a few years baked yeasted & sourdough wholemeal bread for wholefood shops in Dublin.

Having, with his siblings, recently sold the freehold they had inherited he felt in a position to consider opening his own shop, something he had thought about for many years. He found that the hairdressers were moving out of a shop he thought might be suitable. He knew the couple who had owned it but thought it had been sold a few years ago. A chance meeting in the Tosier chocolate factory a few days later revealed that it hadn't sold and they were looking for a tenant.

The deal was agreed and with the help of Renee, daughter of a former fellow Town Councillor whose family he had known for many years, he set about preparing and stocking The Wholefood Shop at 6 High Street which opened on 29th September.

Ethos

We stock a range of mainly organic wholefoods including sourdough bread and locally made bean-to-bar chocolate. The emphasis is on local, where appropriate but we do have a selection of traditional produce from other parts of the world. If we haven't got it just ask and we'll try to get it in. Please drop in anytime even just for a chat or to sample some of the foods & drinks on offer.



John Fisher & assistant Renee outside the new Wholefood Shop



6 High Street, Saxmundham

Pop in for a browse -or just to say hello.

Monday - Saturday, 10 am - 4 pm



Bernard & Hazel Fisher outside their shop in 1946

FROM YOUR COUNTY COUNCILLOR...



*The air is loud with death
The dark air spurts with fire,
The explosions ceaseless are.
Timelessly now, some minutes past,
These dead strode time with vigorous life,
Till the shrapnel called "An end!"*

From Dead man's dump by Isaac Rosenberg (1890 - 1918)

Remembrance-tide is with us once again as the year inexorably continues its progress. 2025 has seen the 80th anniversary of the ending of the Second World War in Europe (May) and against Japan (August).

Proper ceremonies have marked these significant anniversaries, honoured with the presence of the last few who fought, who will not be with us for much longer.

Those who fought in the First World War are now a vanished, but precious memory. The last fighter pilot who fought in the Battle of Britain in 1940 died earlier this year and our physical connection with these surviving servicemen hangs by a thread, until it is severed completely.

They were a brave generation, who did their duty. Most did not particularly look to be heroic but rather just to do a necessary job to preserve our freedoms and way of life.

To be awarded a medal of bravery, the action itself has to be witnessed by someone else. That means, of course, that many courageous acts were not recognised because either they were not seen by others or those who did witness them did not survive to tell of the deed.

Often those who survived the horrors of war were not eager to talk about their experiences and had packed away these memories into an un-accessed part of their brain.

But they all revered their colleagues who were killed, because they knew it could so easily have been them if fate had so chosen. They honoured their dead friends and colleagues in their own, often under-stated way.

We that experienced none of their, sometimes daily, horrors, owe it to all those who died and all those who fought and survived, often with physical and mental injuries, to spend a little time each year contemplating what they did and being humbly grateful that they did what they did - for our forefathers and for us.

I wear my poppy with pride and thankfulness. I am proud to lay wreaths in tribute.

This year I will lay a wreath on the Dunwich war memorial, followed by another at the Westleton war memorial, then come back to lay wreaths in Kelsale church and at our memorial in Fromus Square - the latter on Armistice Day itself, the eleventh day of the eleventh months at 11am.

I am proud to do this on behalf of the County Council, alongside numerous other wreaths representing local organisations and individual tributes from family members who still remember the contribution made by a lost relative.

The fact that these horrible events took place between 80 and 110 years ago is no reason to forget. They set us a shining example, followed by so many others who fought, were injured or killed, in conflicts since 1945. This period of remembrance embraces them all.

I have twice visited the National Memorial Arboretum in Staffordshire, which is so beautifully maintained and run by the Royal British Legion. Among the hundreds of separate memorials within its spacious grounds, the centrepiece is the national memorial to all who have been killed in conflicts since 1945.

It is humbling to note that only in 1966 were no members of the Armed Forces killed. The list of names shows year-by-year those who gave their lives and it is truly humbling. Our local war memorials do the same thing, but on a local level, and their list of names makes poignant reading.

The nation recites the famous poem relating to all the dead, but it relates particularly to those who made the ultimate sacrifice between 1914 and 1918:

*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

And, particularly because so many local men of the Suffolk Regiment were taken prisoner by the Japanese at the fall of Singapore in 1942, and because they suffered so grievously in ways beyond ordinary human imagination, the inscription on the Kohima Memorial is so very powerful and full of poignant reflection:

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

A short time each year remembering such pain and sacrifice is right and necessary.

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

Richard Smith

richard.smith@suffolk.gov.uk 07545 423817



Hello Saxmundham

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

Have you discovered us yet?

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



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Wildlife - Shop - Café - Events - Family Activities

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



CHRISTMAS MARKET
AT HIGH LODGE LEISURE
SATURDAY 15TH NOVEMBER
10AM - 3PM
FREE ENTRY
A ROBIN & ROSE EVENT

Ensors

part of **AZETS**

Mandatory identity checks are coming to Companies House

If you're a company director or hold significant control over a business, there's an important new requirement you need to prepare for. Earlier this year, Companies House introduced a voluntary identity verification process. Now, as part of the wider reform under the Economic Crime and Corporate Transparency Act 2023, the process is about to become mandatory.

Starting from 18 November 2025, anyone looking to set up a company or become a director will need to verify their identity before they can be appointed. If you're already listed as a Director, you'll be asked to complete verification when you file your next confirmation statement after the deadline – filing ahead of the 18 November 2025 deadline may give you more flexibility.

If you're a person with significant control (PSC) but not a Director, the deadlines are staggered over a 12 month window from 18 November 2025 depending on your birth month. PSC's are advised to check their individual deadline on the Companies House website.

It might sound like a big change, but the good news is that the process is designed to be simple and quick. Most people will be able to verify online using their smartphone by just taking a photo of your face and your ID, and facial recognition software does the rest. If you'd rather not go digital, you can head to a participating post office or an Authorised Corporate Service Provider (ACSP) and verify in person.

Once you're verified, Companies House will issue you an 11-digit personal verification code. This code will be your key for future filings, so do keep it safe!

The move is all about improving transparency and trust in the UK's corporate register. With up to 7 million

people expected to go through the process over the next year, it's a significant step forward in making company information more reliable and secure.

Now is the time to prepare, so go to www.gov.uk/guidance/verify-your-identity-for-companies-house to start the process. Make sure everyone in your organisation who needs to verify is informed and ready to act. Leaving it too late could mean you're unable to file documents on time and associated late filing penalties.

For further information, speak to your adviser or contact us.

The information contained herein is given by way of general guidance only, is correct and applicable only at the time of delivery and no action should be taken solely on the basis of the information contained herein. Ensors Accountants LLP will be pleased to provide further guidance on the issues, and how they might affect you. No liability is accepted by the firm for any actions taken without seeking appropriate professional advice.

SAXMUNDHAM HISTORY SOCIETY

Following a welcome by Richard Wills Crisp, we began our brief A.G.M. with reports from chairman, secretary and treasurer. New programme cards were given out in exchange for the renewed subscription.

Our speaker was Geoffrey Robinson, who came to tell us about Worlingworth's Parish Fire Engine. Geoffrey began with very early methods of fighting fires, ie. buckets of water. Houses were made of flammable materials and were built quite close together allowing fires to spread, as in the Great Fire of London in 1666.

A property developer in London began selling fire insurance which came with access to a private fire brigade. By the 17th century a fire engine was invented that was able to pump water through a hose from a large box. Of course, the fire engine was nothing like today's version.

An English man, Richard Newsham, in 1721 and 1725 soon produced an early fire engine which pumped water successfully. It was narrow, made of wood, with wheels to move it, pistons and also handles which were moved up and down to pump the water.

In 1750 John Major bought a Newsham fire pump to protect his home at Worlingworth Hall and villagers' homes too. By 1927 the fire engine was out of service and placed in the church as the property of the parish.

By 2023 it was decided specialist help was needed to renovate it and it was decided to contact BBC's Repair Shop, who accepted the challenge. Geoffrey told us how he went on to the programme to talk about the renovation and everyone in Worlingworth was delighted to get the restored machine back again. The hose sprays water as high as the top of the church... .."wow" and "amazing" what a transformation.

On 27th November we have a talk on 'Roman Suffolk.'

Jenny Mann



Worlingworth's Parish Fire Engine

Aldeburgh Music Club presents
MESSIAH
By George Frideric Handel
Saturday 29 November 7pm
Snape Maltings Concert Hall

Aldeburgh Music Club Choir
Elenor Bowers-Jolley soprano
Diana Moore mezzo soprano
Jonathan Hanley tenor
Rob Gildon baritone
Suffolk Baroque Players
Tom Appleton conductor

Tickets: £35, £25, £20, £15 Under 18s half price
 Book at www.brittenpearsarts.org

Aldeburgh Music Club
 Founded by Benjamin Britten in 1952

ALDEBURGH MUSIC CLUB presents **HANDEL'S MESSIAH**

Snape Maltings Concert Hall. Saturday 29th November 2025 at 7.00pm

Aldeburgh Music Club – founded by Benjamin Britten in 1952 - return to Britten's Snape Maltings Concert Hall on November 29th with one of the greatest choral works of all time – Handel's MESSIAH.

First performed in 1742, Messiah has since become one of the best loved of all choral works, especially in its retelling of the Christmas story, a perfect start to the festive season. Amongst the many famous choruses are 'For unto us a child is born, Glory to God', and of course the Hallelujah chorus, in which the audience traditionally stand and are invited to join in.

Aldeburgh Music Club Choir will be accompanied by the Suffolk Baroque Players, led by Kathryn Parry, and be joined by a brilliant quartet of locally-based professional soloists – Elenor Bowers-Jolley (soprano), Diana Moore (mezzo soprano), Jonathan Hanley (tenor) and Rob Gildon (baritone). The performance will be conducted by the Club's Director of Music, Tom Appleton.

The performance starts at 7.00pm, and tickets, priced at £35, £25, £20 and £15, are available from the Snape Maltings Box Office or online at www.brittenpearsarts.org. People under the age of 18 can get in at half price. For further information regarding the Club or this concert, please contact David Edwards dwe450@gmail.com

PROJECT UPDATE

NOVEMBER 2025

Welcome to the latest round up of construction activity at Sizewell C.

Sizewell C is now working in multiple areas across East Suffolk whilst we build infrastructure such as park and ride facilities and rail extensions to transport our workers and freight. We are very sorry for the impact this work is having on local journeys. Our teams are working hard to get the new infrastructure built as quickly and safely as possible but we acknowledge that some work, such as the major works to build a new road to by pass two villages on the A12, will take up to two years before it is finished.

As our work ramps up we have introduced a weekly summary of road diversions and closures that can be found on the **Sizewell C Works Tracker** - Track SZC Projects & Get Alerts for New Activities. The update will be added to the Sizewell C social media feeds, our SMS and email alerts.

The traffic lights on the A12 at Marlesford will be lifted and moved off the carriageway by the time of publication. We are reviewing the cones along the A12 and will reduce the number required as much as possible, the lay-by works are due to be completed in early December, however we are making good

progress and hope to complete the work earlier than projected. As we progress the roundabouts at Friday Street and Yoxford, careful traffic management will still be required.

We are working hard to reduce HGV and Sizewell C related traffic, we are reducing the number of office-based workers coming into Leiston as we relocate staff to the Orwell Logistics Park site where 300 desks are available. The office at Orwell will also become the default base for external meetings. We are also opening the Northern Park and Ride in phases with the first partial opening from early November, with a bus service running from the Park and Ride to site. Bus services are also now running from Saxmundham train station as we continue to promote the use of train and public transport.

As part of our commitment to bring 60 per cent of our materials by sea and rail, we are prioritising the construction of the new rail line that will take our materials to our temporary construction area, with the aim to have trains running in the first half of 2026. The works will involve building level crossings across Buckleswood Road and the B1122 (Abbey Road) in Leiston, we have built a temporary diversion road to ensure that traffic disruption is minimised.

FORUM SCHEDULE

Forum timings
2025 | 18:30 - 20:30
(Arrival from 18:00)
2026 | 18:00 - 20:00
(Arrival from 17:45)

Northern Transport Forum	Wednesday 5 November 2025	Darsham Village Hall
Southern Transport Forum	Wednesday 3 December 2025	Stratford St Andrew Riverside Centre
Main Development Site Forum	Wednesday 14 January 2026	Leiston Town Athletic Association
Community Forum	Thursday 19 March 2026	Woodbridge Rugby Club

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

VISIT THE WORKS TRACKER SITE



Sizewell C
The power of good for Britain

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.

The mornins are hooly dark now and I dunt know about you, but I hate gettin up on these dark days and hevin to put the lights on. Last year, I bort meself one of them led head torches - the one with an elastic strap round yer hed and if I hev to get up in the night for a wee, I use that instead of putting the lights on, as the lights are so bright, that wake me up and can't get back to sleep.

I got a new washin machine last month. It's a good quality one and me mate Ticket plumbed it in for me, as he used to be a plumber before he got the sack. Anyway, I call it the nagger, because when that finish spinnin, that start beepin and if you dunt get the washing owt straight away, that carry on naggin until you do!

The gal Rosemary next door ram as many clothes into hers as she can and I'm surprised that int brook yet. I always say that you should leave plenty of room for the washing powder to do its job and agrivate the fibers. And where hev all my socks gorn? I know I put them in the machine together, but I now hev a stack of odd socks!

The gal Rosemary and me are gorn to see the Christmas show at Snape this year and I hope I'll come owt feeling

festive, because I got right cheesed off when I see all the Christmas bits and pieces owt in the shops in September! We know when Christmas is. It's the same day every year. They int moved it, so why do they need to start getting the kiddies excited so early? When I was a little ol boy, the Christmas adverts dint come on the telly until December.

I want to finish this month with a wud about letterboxes. Not the posh ones that go on the wall, but the ones that are part of the door. A month or so ago, I hed to put a new letterbox in my door and I hed a duddy job getting it in. When the Avon lady posted her book through the door, the flap was so sharp, she cut he fingers - not bad, but enough for her to cuss a few wuds. She knocked on the door and I giv her a couple of waterproof plasters and she say that mine int the only sharp one about, so if you live in Melton, can you kindly check your letterbox? Thank you.

Do you have a question for Brian, or do you have a dilemma you need some advice with? Email your question or problem to: lou@tidecollection.com



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A TRIBUTE TO MADDIE

Last April Maddie King, 21, died in Ipswich Hospital of a rare neurological disease. She was a really cheerful member of the Front of House and Phlebotomy Teams at Saxmundham Health and the news was understandably devastating for all her family and work friends.

All the staff wanted to remember her as the laughing, happy person she was and we decided to commission a bench for staff to sit on at lunchtime - when it is fine.

This was no ordinary bench however but one that was designed and crafted by George Cooper, a local artist known for his bespoke animal sculptures in metal which are exhibited in galleries around Suffolk as shown on George's Instagram: @g_c.sculptures.

The sheet steel was donated by Colin Brown at 'Purely Metal' and George designed and constructed this bench using some unique oak wood.

Maddie would have loved the fact that this bench is 'one of a kind', so different and yet really special - just like her.

We will always remember her sunny disposition and happy smiling face.

Much loved Maddie (right)



Front of House team-member Mandy and Dispenser Lynnette



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LEISURE FACILITIES – THE FUTURE

By Councillor Sarah Whitelock

Changes at Leisure Centres

You will be seeing some significant changes at your local leisure centre soon - Green led East Suffolk Council has ambitious plans to upgrade and decarbonise three of the district's leisure centres and has secured £4.8m to do the necessary work.

To help residents improve their health and to achieve our goal of becoming carbon neutral by 2030, we are adding £2m to a hard-won government grant of £2.8m for the necessary improvements.

Leisure centres are currently the single largest contributor to the Council's greenhouse gas emissions, accounting for around 42% of the total, so tackling emissions from the buildings is crucial to meeting overall carbon reduction targets. We also want to secure the financial future of leisure centres by reducing their running costs. Put simply, swimming pools are eye watering expensive to heat, so good insulation and reduced energy bills are needed to make them financially sustainable. At a time when leisure centres all over the country are being closed due to high maintenance and operating costs, this investment is essential for the planet and residents.

Everyone benefits from physical activity



Upgrades to Leiston, Waterlane in Lowestoft and Deben in Woodbridge will focus on replacing outdated gas boilers with cutting-edge air source heat pump systems for heating and CO2 heat pumps for hot water, significantly cutting energy use and emissions. The Council is also planning solar panel installations at all three sites to help offset increased electricity use from electric-only systems and is exploring a potential project for solar panel car ports at Leiston to further reduce energy bills.

Deben Leisure Centre will benefit from a new roof (the current roof was installed in the 1980s) and ageing equipment due for renewal will also be replaced across all sites.

Work is currently in the planning stage and will begin over the next two years. While there will be some inconvenience, the long-term benefits to the community are huge.

Encouraging Participation

Fewer than two-thirds of adults and less than half of children and young people meet the Chief Medical Officer's guidelines for physical activity (Sport England 2022). Tempting residents into leisure centres with modern facilities and very low cost, or free, opportunities, such as Feel Good Suffolk, The Big Sister Project and swimming lessons, are vital in encouraging the first positive steps towards investing in one's own health and wellbeing. It's not just about mental and physical health, it's also about community cohesion and personal development.

Meeting the Demand for new Leisure Options

The power of leisure activities is huge but planning proposals for new facilities can be contentious. For example, the previous Conservative administration promised a big increase in artificial grass surface ('3G') pitches which are popular with teams who can use them 24/7, but opposition to them can be significant.

If clubs follow planning legislation when applying, we are legally required to approve 3G pitches. However, if local clubs want to receive Council managed grants (mainly the Community Infrastructure Levy) they now have to meet stringent demands on business planning, projected use and capturing micro plastics.

Offering enthusiastic team members a local venue and preventing long and repeated car journeys has to come into the planning equation, as does the value of increasing opportunities for young people to play team sports.

Swimming lessons are vital for children



Access to the outdoors has become so restricted to young people that these new facilities are becoming vitally important in finding rewarding and healthy ways for them to spend their spare time.

A Personal Perspective

Soon after becoming a councillor for East Suffolk I attended a national course for newbies. On the first day the course facilitator (and a council leader) apologised for not being as cheerful as she should be. She fought back the tears as she explained that the previous evening her cabinet had reluctantly decided to close the only remaining public swimming pool in her borough. She described the anger and disappointment of residents because previous administrations had not invested sufficiently in leisure facilities. As a long-term advocate of regular activity to maintain physical and mental health, I vowed not to let that happen in East Suffolk. The plans we are making now will secure the future for our leisure centres for a decade.



Sarah Whitelock, Cabinet Member for Communities, Culture, Leisure and Tourism

If you have any questions or comment on this article, please contact Sarah via info@eastsuffolk.greenparty.org.uk

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SKC CHURCH

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'November' comes from the Latin for 'ninth month' which it used to be when the Romans had ten fixed months in the year (January and February were added later). In Finnish, the month is named 'marraskuu' which means "death month" because by November the plants of summer have gone and the land seems dead. It's a much more descriptive name than using the number. The Finnish months have the word 'kuu' which means moon. If we were to choose a new name for the month in English, we could do worse than Remembermoon because it's a month of remembering.

1st November is All Saints' Day (or All Hallows, which is why 31st October is All Hallows' Eve – Halloween). This is the day the church remembers the 'saints' throughout the centuries of Christian history. These aren't just the famous ones, with miraculous backstories, who you see in stained glass windows, but everyone who counted themselves as a follower of Jesus.

2nd November is All Souls' Day – also called the Commemoration of the Faithful Departed. This may sound rather like the same people who are remembered on All Saints, but All Souls is about remembering those people as well as our loved ones. Each year we hold a special service where we remember all whom we love who have died. This year it is at 6pm in Kelsale Church and all are welcome to come.

On 5th November we remember, remember the plot to destroy parliament in the Gunpowder Plot. I was always fascinated with the story as a child, probably because of Guy Fawkes' gruesome end...

11th November is Armistice Day with the nearest Sunday being Remembrance Sunday when we remember those killed in wars past and present. This year on Sunday 9th November we will host the town's Remembrance Service in St John's, Saxmundham at 3pm.

The Christian faith emphasises remembering because it is above all a historical faith – we believe that certain things actually happened and that those past happenings have consequences for our present and our future. Jesus' resurrection is not just a nice concept, or a theological parable: it's a historical event – it has a when, a where, and a who.

November though can be a tough month as the days shorten, the weather deteriorates, and the land 'dies.' Remembering can become a burden, and it's more important than usual to take care of each other, and of ourselves.

Then at the end of the month, the tone changes from remembering to preparation as we celebrate Christ as ruler over the universe, and Advent begins. December in Latin is 'tenth month,' but in Finnish it's 'joulukuu,' which means 'Christmas month.' It's when we remember that darkness and death don't have the last word: God arrived at a when, in a where, and as a who – Jesus born at Bethlehem – to bring light and life for all.

With love,

Dave Preece

Rector Saxmundham with Kelsale cum Carlton

For more information see www.skc.church

Sunday 2nd November: 9:30am informal service in St Johns, Saxmundham, and **11:00am** Holy Communion in St Mary and St Peters, Kelsale. 6pm All Souls' Service in Kelsale Church.

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

Sunday 9th November: 9:30am informal service in St Mary and St Peters, Kelsale, and **11:00am** Holy Communion in St Johns, Saxmundham. 3pm Remembrance Service in St Johns, Saxmundham

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

Sunday 23rd November: 9:30am informal service and 11:00am Holy Communion both in St Johns, Saxmundham. **4pm** Sunday Mayhem in St Johns, Saxmundham.

Sunday 30th November: 10:00am Benefice Service (everyone together) with Holy Communion in Kelsale Church

AN UPDATE FROM IP17GNS

As winter approaches, we're appealing for donations of food and funds to help us support local people through the colder months. Every tin, packet, or pound makes a real difference - keeping our food bank and Social Supermarket shelves stocked and our services running for those who need them most. Donations can be made at The Gannon Rooms or via our charity Paypal link – found at ip17gns.com

Reverse Advent Calendar – Give a Little Joy This Christmas.

As we head into November, IP17GNS is getting ahead of the Christmas rush by launching its annual Reverse Advent Calendar - a simple, meaningful way to share the spirit of the season. Each day, add an item such as tinned food, toiletries, or festive treats to a box, then gift it to our food bank in time for Christmas. Your kindness will help make January a little easier for local families.

Filled boxes can be dropped off at The Gannon Rooms – see ip17gns.com for opening hours. Together, we can turn small daily acts into something wonderful.

Gather & Grow is Back! With the closure of Market Gather & Grow, has now made a welcome return in a new location! Join us on Thursdays during term time at the Gannon Rooms. **Thursdays (term time) 9:15 – 10:45 am, The Gannon Rooms Saxmundham.**

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Professor Emerita Dame Celia Hoyles, DBE PhD FIMA
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SAXMUNDHAM W.I.

Our September speaker was Simon Hooton who gave a presentation about ways to bring more wildlife into your garden. Using beautiful photos Simon led us through the various types of flora and fauna and spoke about the importance of offering water for creatures to drink. Using an onscreen quiz we went through what wildlife need to survive: water, food, sun, soil etc.

A small pond, even a bowl of water can provide a home for newts or dragonflies. Pond plants such as iris or marigold can give homes for insects. We were shown several beautiful photos of insects. A pile of old logs can house Stag Beetles. Many nectar plants are a must for bees. All insects are so necessary for pollination. It's so lovely to watch bees going into Foxgloves or to see the Hummingbird Hawk Moth seeking nectar.

We are urged to do more for wildlife in our gardens at a time when so many other habitats are being lost.

A group of members had fun at Thorpeness Golf Club on the Mini Golf course. It was a joy to see the model House in the Clouds windmill and one skilled player scored a hole-in-one!

Jenny Mann

Cosy up this Christmas

Our Winter Garden is back for the festive season. From 15th December until 5th January, we invite you to bundle up and enjoy winter warmers and seasonal plates with friends and family under canvas.

Fancy hiring the Winter Garden for your Christmas party or event? Get in touch via our website.

To view menus and make a reservation, visit our website.

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With over 55 makers in attendance our **FREE TO ENTER** market is the perfect place to start (and finish!) your Christmas shopping.

You'll find an incredible selection of stalls under the cover of our Big Barn featuring designers and makers across a huge variety of mediums: jewellery, ceramics, homeware, textiles, woodwork, fine art, cakes, cosmetics, greetings cards, fashion, glassware, candles and so much more!

We've recruited some brilliant local musicians to help you bop whilst you shop, and weather permitting, we'll have a very special visit from the beautiful mini donks from the Miniature Donkeys for Wellbeing charity.

In Kids Corner we'll be offering festive facepainting, and Wendy the Elf will be helping the wee ones write and post their letters to the big man.

The team from Churros and Chorizo will be bringing along their street food trailer serving a delicious Spanish inspired menu of burgers and churros, and our lovely cafe will be open as usual serving breakfasts, lunches, and great coffee.

With oodles of free onsite parking, the best of our region's designers and makers in attendance, AND free entry, come and show your support for local, small businesses and make Old Hall your first stop for Christmas shopping this year!



Common Ground Theatre Company present their annual dose of Xmas Bonkers-ness! This classic comedy mystery is peppered with Common Ground's trademark sparkling wit, ingenious staging and hilarious songs. Suitable for ages 8+. Holmes has booked Watson a two week stay at a health spa, high in the Sproughton Mountains, near Ipswich. But something is amiss at Queasy Pines Sanatorium. Having no contact with the outside world except phone, post, telegram and carrier pigeon, Watson must investigate the mysterious goings-on and the strange one-legged director, Professor Eintrouser. Touring East Anglia from 10th December '25 to 18th Jan '26 - Seckford Theatre, Woodbridge (12 - 13 Dec), Hadleigh Old School (15 - 17 Dec), John Peel Centre, Stowmarket (18 - 21 Dec), Laxfield Village Hall (23 Dec), St Marys Hall, Walton (27 - 29 Dec), Aldeburgh Jubilee Hall (1 - 3 Jan), Headgate Theatre, Colchester (5 - 7 Jan), Diss Corn Hall (8 Jan), Gallery Studio Theatre, Ipswich (9 - 17 Jan). To book, visit: www.commcommongrounctc.co.uk

CHRISTMAS CELEBRATIONS AT THE LONG SHOP MUSEUM

Saturday 13th and Sunday 14th December

This year, we are hosting the official Leiston Town Christmas lights switch on (Saturday 13th December). Join us for a festive weekend with a variety of different events and activities happening at the museum on both Saturday 13th and Sunday 14th including live music, Santa's Grotto, a craft market, FREE craft activities for young people and much more! More details coming soon...



Fri 7th & Sat 8th Nov at 7.15pm
Sun 9th Nov at 6.00pm
Mon 10th, Tues 11th & Wed 12th Nov at 7.15pm
Thurs 13th Nov at 3.00pm
Sun 16th & Wed 19th Nov at 7.15pm

SPRINGSTEEN: DELIVER ME FROM NOWHERE 15

Thurs 13th Nov at 7.15pm
Sun 16th Nov at 3.00pm

JOHN CLEESE PACKS IT IN 12A

Fri 14th Nov at 1.00pm
Sat 15th Nov at 7.15pm
Sun 16th Nov at 5.00pm
Mon 17th & Tues 18th Nov at 7.15pm
Wed 19th Nov at 3.00pm
Thurs 20th Nov at 7.15pm

THE CHORAL 12A

Fri 21st Nov at 7.15pm
Sat 22nd Nov at 4.00pm & 7.15pm
Sun 23rd Nov at 3.00pm & 6.00pm
Mon 25th - Thurs 27th Nov at 2.00pm & 7.15pm
Fri 28th Nov at 7.15pm
Sat 29th Nov at 12.00pm
Sun 30th Nov at 3.00pm & 6.00pm
Mon 31st Nov - Thurs 4th Dec at 2.00pm & 7.15pm

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ALDE VALLEY SUFFOLK FAMILY HISTORY GROUP

'My two husbands, and the effect of war on young men' - Manette Baillie.

Manette Baillie, now aged 103, was only 17 when Britain declared war on 3rd September 1939. She will tell us about her two husbands, Tom Derek Bowden, and Adam Reid Baillie and the effect of war on these young men.

The talk takes place on Monday 17th November at 2.30pm, in person at the Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL. No need to book - but do get there early, we anticipate a large turnout!

£3 including tea/coffee/biscuits. Good, free car-parking. The speaker will be present in person, and the talk will NOT be on Zoom.

Further Programme: All at 2.30pm at the Fromus Centre, Saxmundham:

Mon 15 Dec: *'Tracing Your Non-Conformist Ancestors'* – Liz Yule

Mon 19 Jan: *'Where there's a Will'* – Ian Waller

Mon 16 Feb: *'Army Records'* – Graham Brady.



Manette Baillie

NEWS FROM BENHALL PRIMARY SCHOOL

It has been lovely to welcome back the school community after the summer break.

Squirrels have settled in well, quickly adapting to school routines and exploring both indoor and outdoor spaces. They have also begun their phonics journey and especially enjoy lunch and playtimes with their friendly, supportive buddies, who are helping them feel happy and confident at school.

Acorn Class have loved exploring Winter Sleep, inspiring their own stories about seasonal change and hibernation. In Art, they've been experimenting with spirals, patterns, and shapes in different materials.

In Oaks, pupils have been diving into the Stone Age with a special archaeology workshop, even sieving artefacts! They imagined life in the past and wrote postcards using ideas from their English book.

Woodlands have had a brilliant start to the term, showing great teamwork in football and netball and getting hooked on the unfolding mystery in their guided reading book, *'Brightstorm'*.

A big thank you to Miss Nicholas, who gave so much of her time over the summer to refresh and improve our EYFS area.

A huge well done to our footballers who represented us brilliantly at Hartismere this month. In a challenging tournament, they showed great determination and teamwork, securing a respectable 7th place finish.

We're proud of their effort, spirit, and the way they played together throughout the day!



Thank you to all the families who attended our harvest festival and for your kind donations. We greatly appreciate your continued support in making these gatherings meaningful. A special thanks to the Ethos members for leading the service.

Oaks had an incredible Archaeology and Stone Age Day with Karen from the Archaeology Education Outreach Team! Pupils enjoyed a fantastic day of hands-on learning and discovery - a huge thank you to Karen for bringing history to life for us!

A big thank you to Phil from Greenpeace for visiting our school this month. Our pupils really enjoyed learning more about climate change and, most importantly, discussing the small everyday changes we can make to help protect our planet, giving our pupils plenty to think about and practical ideas they can take forward.

We welcomed a special guest from Woodbridge Tide Mill this month. The pupils enjoyed learning about the Mill's history and hearing about the work that continues there today. A great opportunity to connect classroom learning with local heritage.

This month we enjoyed a fantastic assembly with Rocksteady. The whole school joined in with singing and music-making and even some of the teachers tried out the instruments! It was a lively, fun experience!

We got into the Christmas spirit early! It was wonderful to have families helping out with Cauliflower Cards. The children really enjoyed choosing designs and creating their own cards. An opportunity for families and pupils to share in some early seasonal fun.

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

SAXMUNDHAM PRIMARY SCHOOL NEWS

Welcome back to Autumn term at Saxmundham Primary School! Pupil voice is really important at our school and we are very excited to announce the beginning of three new pupil led groups. Firstly, we have our school council. Each year, pupils can put themselves forward to represent their classmates and share their views. This is a really important job. Each class votes for two school councillors who attend meetings and offer suggestions for how to make school even better. So far, we have discussed the importance of playtime equipment to make sure everyone is happy, how to help look out for the younger pupils and how to improve the quiet area outside. We will soon be meeting with the head of the kitchen at school to share our ideas about school lunches.

Next up, we have a new Junior Road Safety Team. Pupils from years 4 - 6 had the opportunity to apply for the role of a junior road safety officer. They had to explain why they thought they would be good for the role and share any top tips. Instead of the usual four road safety officers that you get in most schools, we have a team of ten people! The team will be helping to spread the message of road safety in our school community, teaching the younger pupils how to stay safe when crossing the road and organising competitions. We may even share some of our top tips in this magazine!

Finally, we have an eco/science club made up of pupils from key stage two. These children will also be helping to raise awareness of the environment, as well as exploring how much fun science can be. This month they have been looking at how to create a special 'cube bubble!'

On the subject of science, pupils in year six were lucky enough to be visited by Tolga from Sizewell. He discussed the different types of engineers and the interesting jobs they got to do. They then created paper planes using their own engineering minds! The children were able to ask questions about how to become a scientist and what the job was like.

On Friday 19th September, we were invited to the opening of the new waiting room at Saxmundham Train Station. In the summer months, children in key stage two were asked to help create the artwork that has now been turned into a beautiful installation.

The choir performed two songs and the school council were on hand to help hand out cakes and represent our school. This was a fantastic community event to be a part of and we're sure you will agree that the waiting room looks great and we are very lucky to have it!

Children in year one and two have had an exciting week learning how to carve pumpkins. They have learnt some super new vocabulary, such as 'pulp' and 'scoop' and will be writing their own instructions to teach other people! It's great to see some of our younger pupils getting stuck into their learning and sharing their ideas with others.

Next month we look forward to sharing details about the year six residential and an exciting singing workshop...



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