

...YOUR FREE LOCAL NEWS

NOVEMBER 2025

SOUTHWOLD ORGAN



PART OF THE **TIDE COLLECTION**

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



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

WICKED FOR GOOD PG

Sat 29th Nov at 7.30pm. LIVE ON STAGE

FOLK AT THE THEATRE MERRY HELL

Sun 7th Dec at 7.30pm. LIVE ON STAGE

WE THREE KINGS OF ROCK 'N' ROLL



High Street, Leiston, Suffolk. IP16 4BZ
 Tel: 01728 830549, or visit:
www.leistonfilmtheatre.co.uk



Christmas at Snape Maltings

Highlights include

**Thursday 20 November
 Christmas Shopping Day**

**Friday 5 – Sunday 14 December
 Co-op Juniors: Magic of
 Christmas**

**Saturday 6 December
 Father Christmas sails
 into Snape Quay**

**Sunday 7 & Saturday 13 December
 Breakfast with Father
 Christmas**

**Saturday 20 December
 Christmas Farmers' Market**

**Saturday 20 December
 Sing Christmas!**

**Sunday 21 December
 The Snowman with Live
 Orchestra**

brittenpearsarts.org

A NOTE FROM OUR EDITOR



In this job I am generally working a month ahead so much as I hate mentioning Christmas this early (I'm writing this in October), it is a necessity especially when members of our community have gone to the trouble of organising Southwold's spectacular 'Light up Southwold' event, with stalls, street food and entertainment, not to mention local shops and cafés embracing the theme with Panto costumes for staff. I'm sure this will be a fantastic event, bringing people together and supporting local businesses! 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? I would love to hear from you, email me at: lou@tidecollection.com

Thank you to Sara Hall for our cover photo this month, taken a few weeks ago.

Quote of the month

Scar tissue is stronger than regular tissue. Realize the strength, move on.

Henry Rollins



TIDE COLLECTION

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OR CALL **01728 833003**

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2026 New Year's Day Concert

CONCORDIA

John Witchell, conductor
Nathan Williamson, piano

Suffolk-based choir Concordia perform a diverse programme to celebrate the New Year, with styles ranging from the classics to the present day.

Thursday 1st January 2026 3pm to 4pm

St. Edmund's Church
Southwold

Tickets from £10 to £20
16s and under FREE!
Book online at southwoldmusictrust.co.uk
Or call the box office on 0333 666 4466



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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

CHANGE OF MAYOR IN SOUTHWOLD

Southwold Town Council would like to share that Councillor Simon Flunder has recently stepped down as the Town Mayor. The Council would like to thank him warmly for all that he has done for Southwold during his time as the Chair/ Mayor. His energy, enthusiasm and dedication to the town have been greatly appreciated by councillors, residents and local organisations alike and we are delighted that Simon is staying on as a councillor.

At a recent Town Council meeting, Councillor Paula Goldsmith was elected as Mayor of Southwold for the remainder of the term of office, through to May 2026.

Everyone at the Town Council offers their congratulations to Paula and looks forward to supporting her in her new role as she continues to work hard for the people of Southwold.



LIGHT UP SOUTHWOLD!

Southwold will come alive on Saturday 29th November for the annual Christmas Lights Switch On. The event has been a Southwold institution for many years and the lights have been restored to their previous glory by a local voluntary group, 'Light Up Southwold', with the support of the whole community.

It all kicks off with a street market from 2pm. There'll be lots of local craft stalls selling wonderful Christmas gifts and delicious street food stalls. And please remember to support the fantastic Southwold shops and cafes too. Many of them will be spilling out onto the pavement showing off their pantomime themed fancy dress and selling hot drinks and food. There will also be a chance to meet some delightful donkeys from East Suffolk Donkey Sanctuary.

Free entertainment starts in the Market Place at 2pm with carols from the St Felix School Choirs and more Christmas songs from Daisy & Charlotte. Then there'll be pantomime on stage, as well as in the shops (Oh no there won't!), followed by the Wrentham Band. Santa will arrive at the town hall from the North Pole at 5pm to turn on the lights and make Southwold a winter wonderland..

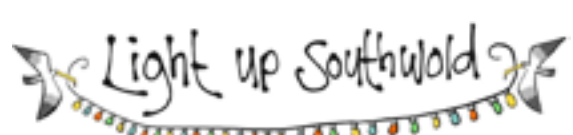
Santa will then be in his grotto in the Adnams Tour Centre from 5:30 to meet the children. The grotto is free, but donations will be much appreciated, and there's no need to book, just turn up and queue. The entertainment in the Market Place finishes with dancing from the 1940s GI Jivers.



Jim Craddock, one of the organising team said "We've been fundraising and organising all year and we think this year will be the best we've had. The event is all about bringing people together to enjoy this wonderful time of year and it's the people who make this special. We couldn't do it without everyone's support, the generosity of local businesses and Southwold Town Council and the enthusiastic participation of residents and visitors".

If you'd like to support us with donation then please donate here: <https://www.justgiving.com/crowdfunding/lightupsouthwold> or follow our QR code.





Southwold Christmas Lights Switch On 2025

Saturday 29th November 5pm

Santa's Grotto in the Adnams Tour Centre from 5:30

Stalls, Street Food & Outside Bars in the High Street from 2:00

Live Entertainment in the Market Square

- 2:30 St Felix School Choirs
- 3:00 Daisy & Charlotte Sing Xmas
- 3:30 Southwold & Reydon Panto
- 4:00 Welcome
- 4:15 Wrentham Band
- 4:45 Carol Singing
- 5:00 Lights Switch On
- 5:30 1940s GI Jivers
- 6:00 Finish






Light Up Southwold Just Giving 

Hello Southwold



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



Open Space
THEATRE COMPANY presents



Vincent in Brixton

by NICHOLAS WRIGHT

TOURING
NOVEMBER
2025

Further information
01986 872481
www.openspacetheatre.org

Wed	5 Nov	Wingfield Barns	01379 384505	wingfieldbarns.com
Thur	6 Nov	Southwold Arts Centre	01502 722572	southwoldartscentre.co.uk
Fri	7 Nov	Laxfield Village Hall	01986 872481	
Sat	8 Nov	The Cut, Halesworth	0300 3033 211	thecut.org.uk
Wed	12 Nov	Diss Corn Hall	01379 652241	thecornhall.co.uk
Fri	14 Nov	Fisher Theatre, Bungay	01986 897130	fishertheatre.org

Tickets £12.50. All performances start at 7.30pm.

THE YOUNG and naive Vincent van Gogh finds himself lodging in a house full of secrets in a theatre production destined for Halesworth and Southwold and four other local venues in November.

'*Vincent in Brixton*', by Nicholas Wright, was premiered at the National Theatre and the local production is by Open Space Theatre Company, which has brought a series of classic plays to the area over the past 17 years.

It is 1873 and the young Dutchman rents a room in a suburb of London while he is being trained for a career as an art dealer.

Slowly, he becomes aware of the secrets which lie beneath the surface of everyday life in this house.

Wright's play traces the transforming effects of love, sex and youthful adventure on Van Gogh's still unfound talent as a painter.

It is scheduled for Southwold Arts Centre on Thursday, November 6 and The Cut, Halesworth on Saturday November 8. Further performances are at Wingfield, Laxfield, Diss and Bungay November 5 – 14.

Further information 01986 872481 or www.openspacetheatre.org.uk

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.

shipatdunwich.co.uk

01728 648219

St James's St, Dunwich, Saxmundham IP17 3DT



SOUTHWOLD & REYDON SOCIETY

The Committee meets every month to discuss local issues of interest and concern to the Community. If you have anything to bring to The Society's attention, please email: admin@sandrsoc.org.uk.

The King Charles III England Coast Path will be the longest managed coastal path in the world, and when complete will cover 2700 miles around England's shores. Nearly 1900 miles is already open and fully accessible to the public, but the section between Southwold and Pakefield has not been approved yet, delayed because of objections by the Landowner.

The Society has written to local MP, Jenny Riddell Carpenter but is waiting for a reply.

Despite a successful season for holiday lettings in Southwold and Reydon, Southwold High Street has seen yet another reduction in footfall this year.

The Society notes with sadness the recent closure of Squires, the traditional sweet shop and tearoom, which has been a well-known fixture on the High Street for over 40 years.

With high business rates and rents and National Insurance contributions for employers to pay for their staff it's hardly surprising that independent traders are finding it tough.

Sadly, vacant spaces are too often filled either by charity shops or chain stores who are apparently the only retailers that can afford to be on the High Street, all of which reduces Southwold's appeal to visitors looking for independent shops.

Extra help with business rates is something that could perhaps be done at a local level to encourage small businesses to open on the High Street.

And the Rats! Measures have been taken by East Suffolk Council to reduce the rat population along the cliffs, with some success. However, Felixstowe and Lowestoft, both sharing the same problems have benefitted, it seems, from funding to tackle the vermin and re-landscape their cliffs. Southwold - it would appear - is unlikely to qualify for this support. The Society will continue to follow this up with East Suffolk Council.

The Society is delighted to hear that The Southwold Arts Centre is reporting a very successful year so far, together with the Summer Theatre. Managed entirely by volunteers, this is a valuable asset for the Community and should be congratulated. The Arts Centre is looking for a couple of Trustees and some more volunteers, so if you would like to be part of this success story, please contact them at: info@southwoldartscentre.co.uk or phone: 01502 722572. Thank you.

Laurence Vulliamy, Committee Member

YOU SPOKE, THE OLD HOSPITAL LISTENED

The Old Hospital is delighted to announce plans for a new community fitness and wellbeing centre, opening in 2026 - and we need your input to shape it. A community consultation survey is now open until November 10th, giving everyone the chance to influence what the centre will offer. Your voice matters whether you're a regular gym-goer, someone interested in gentle movement classes, or you've never set foot in a fitness facility before.

Take the survey:

Visit our website <https://www.oldhospitalhub.co.uk> or scan the QR code (right).



A Centre Designed by the Community, for the Community

"Everyone's voice is equally important in shaping this centre," explained Sydney Barbrook, The Old Hospital's General Manager. "We want to create a space that truly serves our whole community - whether you're looking for cardio machines and weight training, group exercise classes, support with mobility challenges, postnatal exercise, or anything in between. This survey helps us understand what Southwold and Reydon actually need."

Responding to Community Need

Over the summer, residents made their voices heard loud and clear on social media: Southwold and Reydon need local fitness facilities. With hundreds of new homes being built in Reydon, the population is growing, but the nearest gym remains a 30 minute drive away. As one resident put it, spending an hour in the car to reach a gym defeats the purpose of reducing stress and improving fitness - not to mention adding petrol costs on top of membership fees. With Sizewell-related traffic expected to increase as worker accommodation comes on stream, the value of facilities you can walk or cycle to becomes even more apparent. Barclays' decision to close its local branches freed up The Studio space, while the GFA space became available when its occupancy agreement ends in July 2026. These spaces combined provide the perfect opportunity to answer the community's call.

The Old Hospital's Vision

Like all facilities at The Old Hospital, the fitness and wellbeing centre will be an attractive, welcoming, and calming space. The goal is to create somewhere that benefits people of all ages and backgrounds. The specific equipment, classes, services, and support offered will be shaped by what you tell us you need. Please complete the survey by November 10th.

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

Supported by

Snape Maltings Concert Hall

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

Book now brittenpearsarts.org

COMING UP AT SOUTHWOLD ARTS CENTRE



THE ELO ENCOUNTER - THE BLUE SKY TOUR

In an all live show featuring soaring strings, striking vocal harmonies and playing all the much loved songs from ELO's hit-filled library including Evil Woman, Telephone Line and Don't Bring Me Down. The ELO Encounter promises a night filled with rock & roll

Saturday 22 November
7:30pm
Tickets - £20



STAND UP IN SOUTHWOLD with RUSSELL KANE

The most Prestigious Line-Up Yet – LIVE at Southwold Arts Centre
Russell is a force of nature on stage and screen. He recently wowed crowds headlining at Latitude, Reading, and Leeds – and now he's coming to Southwold Arts Centre!

Friday 28 November
7pm
Tickets - £25
Age guidance: 16+



Join Santa & his team for fantastically festive treat of a show. So take a journey to the North Pole where you will meet the manic team of Elves that keep the Workshop running! Also there be a special appearance from Rudolph and of course Santa will be there making sure all goes to plan.

Our Santamime is suitable for all ages, there is something for everyone, plus there will be a photo opportunity with Santa & a gift for every child!

Tuesday 23 & Wednesday 24 December

@ 12.30 & 3.30pm . Tickets - £14.

THE ROY ORBISON EXPERIENCE

The Roy Orbison Experience, the UK's newest and most authentic tribute to the music of Roy Orbison, one of America's most famous voices. The Roy Orbison Experience is a celebration of the music of Roy Orbison, fronted by the incredible voice of Oliver Harris - dedicated to faithfully replicating the iconic sound, it is guaranteed to be an experience that audiences and fans of Roy will not want to miss. .

Saturday 29 November
7:30pm
Tickets - £20

THE PAUL MCCARTNEY EXPERIENCE

An evening of music, written by Sir Paul McCartney and spanning over 70 years. Featuring songs from an enormous back-catalogue, the band perform hit after hit, including those from his time with The Beatles, Wings and solo career.

A full light and video show enhance the performances of Live and Let Die, Another Day, Yesterday and many many more.

Saturday 6 December
7:30pm
Tickets - £20

**Blyth Valley & Southwold
Wildlife Group**

The Trouble Without Wasps

Illustrated talk by

Ian Bedford

7.30pm
Thurs 13th November



Aldeburgh Music Club presents

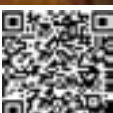
MESSIAH

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 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



WHAT'S ON AT THE SAIL LOFT?

Winter 2025/26:

Welcome to The Sail Loft, here you will find all the exciting things that we have going on over the next few months.

Introducing our new **Diners Loyalty Card**. Simply collect 8 stamps for every 2 courses you enjoy with us & receive a free meal on your next visit (T&Cs apply)

Steak Night*: Every Friday evening, starting 5th September – Pan seared minute steak, fries, dressed rocket salad & a brandy & peppercorn sauce for £21.95 inc glass of house wine or pint of draught

Wine Evening: Thursday 16th October – booking essential.
(Wine supplied by Jeroboam wines)

2 for £15 Menu*: Starts November 3rd. Enjoy 2 courses from our pre-set menu for just £15, available Monday-Friday, between 12pm-3pm

Lunch Club: 1st Thursday of every month, starting Thursday November 6th (Spanish Basque) – A different themed 2-course lunch with coffee, talk from our chef about the dishes & a full recipe card £22.95

Quiz & Curry Night: 1st Thursday of every month, starting Thursday 6th November – Come & join us for a tasty curry & test your knowledge with our in house quiz master £12.99PP (winning team to win bottle of wine)

Food focus of the month: Come & join us each month where you'll find a different food focus as we go through each season

*** NOT AVAILABLE DURING SCHOOL HOLIDAYS**

FOOD FOCUS OF THE MONTH

October

"Holy Shiitake!"
(Mushrooms)

November

"Oh my Gourd"
(Pumpkins etc)

December

"Seasonings
greetings"
(Festive treats)

January

"Veganuary"
(Vegan focus)



01502 725713 • www.sailloftsouthwold.uk
53 Ferry Road, Southwold IP18 6HQ



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



OLD HALL CAFE & WALKS Christmas Makers Market



FREE ENTRY

**Saturday 15th & Sunday 16th November
10am - 3pm**

**OVER 55 STALLHOLDERS UNDER THE COVER OF
OUR BIG BARN!**

**Live music | Face painting | Street food |
Mulled wine | Kids corner**

OLD HALL CAFE & WALKS, HALESWORTH ROAD, REYDON, IP18 6SG

**Join us at Old Hall Southwold this November
and kickstart your festive season with a visit to our
fantastic two-day Christmas Makers Market
on Saturday 15th and Sunday 16th November!**

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.

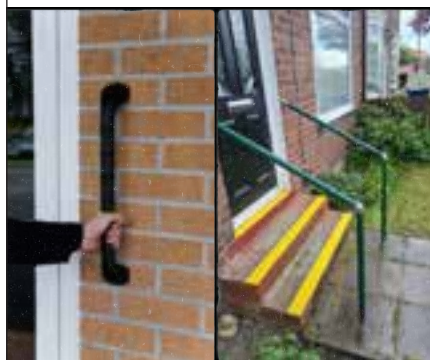
The team from Churros and Chorizo will be bringing along their street food trailer serving a delicious Spanish inspired menu of burgers and churros, and our lovely cafe will be open as usual serving breakfasts, lunches, and great coffee.

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!

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homestartinsuffolk.org

01473 621104

volunteer@homestartinsuffolk.org

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T&Cs apply, please visit: www.norwichsunblinds.co.uk

VIEW TO THE NORTH

There are still some swallows passing south and a few house martins have been seen with them. I used to see lots when I visited Darsham and it has always been a mystery to me why there are not more in the Southwold area.

I have commented before that one of my favourite birds is the wheatear. I saw none in the spring as they make their way north and it has only been in the last few days that there have been some passing south but they seem to be very low on numbers this year, I am not sure why.

The marsh harriers seem to have disappeared; I assume that their feeding frenzy has diminished after their young have flown the nest.

Although a new owl box has been put up along North Road, the barn owls have also been absent for yet another month. I was lucky with the resident kestrel which posed for me outside the front of the house on the power line, it was certainly giving me the eye. I must have disrupted its quest for prey.

One or two teal have been seen at the model yacht pond, the numbers should grow soon and we will be able to hear their characteristic piping calls. Gadwall and shoveler should also arrive in the coming weeks.

A little egret is often by the ponds catching small fish, the 'marigold' fellow feet always make me smile. There are still a few warblers in the reeds next to the ponds, sedge, reed and chiffchaff.

There have been some good days for flying the drone, clear air and light wind. One morning I decided to fly as the mist was lifting and obtained several atmospheric shots.

This time of year, there are often spectacular sun rises; they are particularly photogenic when there are a few clouds in the sky. One morning some dark grey clouds were backlit and provide an unusual backdrop to the beach huts. Next time I write I expect they will have been moved to their winter accommodation in the car park.

As the nights get longer it will be easier to get some shots of galaxies and nebula, I am hoping for some cloud free opportunities. There is a comet within sight, C/2025 A6 Lemmon (no idea how it was named). I did get one image of it using the smart telescope, but I am hoping for better. The problem is that it is most visible in the very early hours.

Halcyon



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£7000 RAISED FOR HELP2UKRAINE

Southwold's Erika Clegg DL has completed her 60-mile Sandlings Walk, raising around £7,000 for the charity Help2Ukraine. The money will help send lifesaving ambulances, fully equipped with medical supplies, to the Ukrainian frontline.

Over three days Erika walked from Ipswich to Southwold along the Sandlings Way, joined at different points by her dog, her son and a group of local women. The journey, which was themed 'Peace, Hope and Solidarity', brought changing scenery and some testing weather courtesy of Storm Amy.

Day One, 'Peace', took Erika and her dog Biggles from Ipswich to Butley through the county town outskirts towards fields, woodlands and saltmarsh bursting with autumn wildlife. Day Two, 'Hope', was spent with her son Will crossing forest and heathland towards Thorpeness: the morning was sunny, the afternoon brought the biggest impact from the storm.

The final day, 'Solidarity', brought together women from across Suffolk walking from Thorpeness to Southwold, in step with the women of Ukraine who continue to carry the weight of war and family.

"There were moments when the Ukraine flag that I was carrying wrapped itself round my face or caught in trees," said Erika. "It felt strangely fitting to be struggling against the wind and honoured the Ukrainians' resilience."

As the group reached Southwold, supporters joined the walkers along the prom and a small crowd gathered to welcome them home. *"The atmosphere at the finish was extraordinary. Children were running up to their mums, husbands and partners were looking proud, and some generous people handed me an extra cash donation."* said Erika. *"It was heartwarming to see so many people there to support the cause."*

John Nickell-Lean, who leads Help2Ukraine's ambulance initiative, added:

"Erika's walk has been a remarkable act of solidarity. Every pound raised goes directly towards getting another ambulance to the front line, vehicles that make an immediate, tangible difference to saving lives."

Help2Ukraine sources ex-NHS ambulances through a trusted medical network, each one refitted and stocked with around £250,000 of supplies before being driven to the Ukrainian border. Donations remain open and continue to rise.

"This walk was three days out of a busy life but it will help people living through years of hardship," Erika said. "It was an honour to walk in support of Ukraine."

To donate: <https://www.gofundme.com/f/help2ukraine-suffolk-ambulances-for-ukraine>



NEW ART EXHIBITION AT THE CANTEEN

We have a new exhibition of Wooden Relief Sculptures by Colchester-based artist Liam Hennessy. The exhibition is running until January 4th 2026.

Invitation to Local Artists - Open Art Exhibition at The Canteen!

We are inviting emerging Suffolk and Norfolk artists to submit a piece of artwork to be included in our Open Exhibition in 2026! This is a wonderful opportunity for emerging artists to showcase their artwork and get seen by a wider audience. We would like to provide a platform to celebrate artistic creativity and talent within our local area. We are inviting seven pieces of artwork to be included in the Open Exhibition, which will run from **12th January – 1st March 2026**.

The Open Exhibition will be held in The Canteen, which is part of The Old Hospital Community Hub in Southwold.

How to apply?

Please email info@oldhospitalcanteen.co.uk with the following required information: an image of your submission, medium used, size specification and price. We would love to hear a bit about yourself too! Submissions must be ready to hang on the wall, and be able to fit the spaces available:

Maximum width ranging from 45cm-80cm and maximum height 70cm.

The submission deadline is the 30th November 2025.

Artists will be contacted by 14th December 2025 if their submission has been selected. Artworks will be available to purchase, with a 30% commission on any sales made. Thank you and we hope to hear from you soon!

Winter Supper Club with Rosie Sykes - Friday 19th December, 6:30pm

Eat the seasons at our Supper Clubs in March, June, September and December. Each curated menu is celebration of the bountiful fruits, vegetables and flavours of each season. Tickets are £49 per person, inclusive of a welcome drink and three-course meal. Spaces are limited. To book your ticket, please email info@oldhospitalcanteen.co.uk. We have a no-dog policy at this event.

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

Promoted by East Suffolk Green Party, Unit 1, The Silo, Pirnhow Street, Bungay, Suffolk. NR35 2RU

SOUTHWOLD LIBRARY

Southwold Literary Festival

Friday 7th - Sunday 9th November @ Southwold Arts Centre.

Inspired by the success of *'Slaughter in Southwold'* Southwold Library, Southwold Arts Centre and Southwold Books launched *'Southwold Literary Festival'* in November 2023. The 2025 Festival features an amazing mix of fiction and non-fiction authors speaking about a fascinating range of subjects. Tickets are £7 a talk, £7 Friday Day Ticket, £30 Saturday Day Ticket, £18 for a Sunday Day Ticket or £55 for the whole weekend and can be booked at Southwold Library, either in person, by phone 01502 722519 or by visiting www.ticketsource.co.uk/southwoldlibrary or at Southwold Arts Centre, either in person, by phone 01502 722572 or by visiting www.southwoldartscentre.co.uk.

Friday 7th November: 5.30pm: Alison Weir: Legend of historical fiction

Saturday 8th November:

10am: Richard Negus: Suffolk conservationist & hedge layer
11.30am: Neil Lanham: The James Herriot of antiques
2pm: Jasper Fforde: Wildly inventive, genre-bending novels
3.30pm: Sarah Perry: 'The Essex Serpent' author on dying, family & love
5pm: Robert Ross: Biographer of Monty Python's Terry Jones

Sunday 9th November:

10am: Robert Ashton: Storyteller of vanished rural traditions
11.30am: Sophie Hannah: Poirot writer & Queen of the thriller
2pm: Wendy Holden: Author of 'The Teacher of Auschwitz'

Orwell in Southwold: a guided walk with local author Ronald Binns - Saturday 15th November @ 11am from Southwold Library. Join Ronald Binns on a tour of George Orwell's Southwold. Learn about his long association with the town and how Southwold and its people entered into his writing. Ronald Binns is the author of *'Orwell in Southwold'*. £5 per person. Approx. 75 minutes. Limited number. Book at the library or www.ticketsource.co.uk/southwoldlibrary

Friends of Southwold Library Quiz Night! Saturday 15th November, 7pm @ Cardinal Newman Hall (Old Postal Sorting Office). Teams of 4 - £3 per person. Bring your own drinks & snacks. Raffle. Book at the library.

The History of Southwold Cannons: A talk with Peter Kent - Monday 17th November @ 11am. Peter Kent is the author of the well-researched and beautifully presented new book *'The History of Southwold Cannons'*. Come and hear about all the cannons (not just Gun Hill) and their history. Peter will be signing copies of his books. Free talk, no need to book.

The Lowestoft Longshore Men Sing Sea Shanties - Sunday 23rd November, 5pm. Tickets £7. Book at the library or online www.ticketsource.co.uk/southwoldlibrary

Southwold Community Cinema

Mr Burton (2025) 12A – Wednesday 5th November @ 3pm. The story of the wild schoolboy Rich Jenkins, son of a boozy miner and an English teacher who recognised his talent, Philip Burton.

Black Bag (2025) 15 – Wednesday 3rd December @ 3pm. When his beloved wife, Kathryn, is suspected of betraying the nation, intelligence agent George Woodhouse faces the ultimate test - loyalty to his marriage or his country.

Tickets - £5 including refreshments. Book a ticket at southwoldartscentre.co.uk or visit the box office tel: 01502 722572 Southwold Arts Centre, Cumberland Road, Southwold IP18 6JP

Wednesdays: 10am - 12noon: Let us help you Get Connected. Need help with tech? A drop-in advice session.

2.15 – 4pm: Crochet & Craft Club. A friendly group for all crafters as well as those who crochet Hot drinks supplied. £2 each.

Sundays, 12.15 - 1pm: Lego Club. Open to kids (and adults). This autumn we're building: Vast Vehicles. Donations of Lego welcome. Free. Would you like to help with Lego Club? Just ask staff.

Sundays & Tuesdays, 10.30 - 11am: Baby Bounce & Tot Rock. Instruments, clapping, jogging and action rhymes. For babies & toddlers of all ages. Free event, no booking required.

Thursday 6th November @ 3.30pm: Kids, Come & Read to Ash the PAT Dog. The Read2Dogs scheme provided by PAT helps to improve literacy skills and wellbeing in young people. Come and read to Ash & enjoy his calm company.

Friday 7th November, 2.15 - 3.30pm Blyth Poets 'The isle is full of voices' - A poetry group meeting. All welcome to read or just listen. Refreshment break. Free event, no booking required. First Friday of every month.

Thursday 13th November @ 2.15pm: Scrabble Club. All Equipment Supplied. Refreshment break. Free event, no booking required. Second Thursday of every month.

Friday, 14th & 28th November, 2.15 - 4.15pm: Mah-jong Group. Can you play mah-jong? Do you want to learn? £1 per person. Second and fourth Friday of the month.

Thursday, 27th November @ 6.30pm: Southwold Library Reading Group. This month we are reading: *'Shy Creatures'* by Clare Chambers. Pick up a book at the library. Free event, no booking required.

Friends of Southwold Library 100 Club: For just £1 a month you could win £25 at our monthly draw.

Southwold Library Jigsaw Swap Shop: Come and help yourself to a jigsaw completely free! You can take one and return it, take one and return a different one or just take one (we have plenty). Come and check out what we have available.

Charlotte Clark
Executive Library Manager
Southwold Library
Tel: 01502 722519
Email: southwold.library@suffolklibraries.co.uk

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



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WORLINGHAM AND CARLTON MARSHES

The Blyth Valley and Southwold SWT Wildlife group welcomed Vicky Eyles, the Suffolk Wildlife Trust Wilder Community Officer, who gave us an update on Worlingham and Carlton Marshes. Many of you may have visited Carlton Marshes, now such a successful reserve, with its varied fen, marsh, tree and wetland areas, and its good access, play and café facilities.

The land was in agricultural use until the 1970s, so there was much to do to restore it to a more natural state. The Trust has continued to buy areas of land there, when possible, with the aim of creating a wildlife corridor along the River Waveney, making links with Castle and Worlingham Marshes, allowing the flora and fauna to move and flourish more easily.

Peto's Marsh was a recent major purchase, with match funding from the Heritage Fund, and it is now a magnet for overwintering wildfowl, and a spring breeding ground for diverse species. Other smaller areas continue to be added to the reserve.

Worlingham Marsh is very different. It has always been a wild area, and so the Trust has been able to enhance what is already there.

There is limited public access to the Marsh while improvements to habitat are carried out but greater access will be possible in the future. We watched and enjoyed some fascinating footage from trail cams, a taste of what we will find there.

Vicky also spoke about the wide range of Outreach work she is involved in, from visiting schools, to setting up volunteer work teams, surveys, local events, community wildlife gardens, and discovery walks.

Local farmers are often interested in, and support, Trust initiatives, and she offers guidance and resources, such as relevant books, and the loan of trail cams. These can give wonderful footage of fox or badger families, for example, which can encourage landowners to enjoy what their land supports.

It was fascinating to learn so much about two of our nearest reserves, and we left with the feeling that we will visit more often and explore further.

Our next meeting is on Thursday, November 13th, at 7.30 at the Southwold Arts Centre, IP18 6JP. Ian Bedford will talk about 'The Trouble Without Wasps'.

The cost is £5 to include refreshments. Under 25s are free and all are welcome.

Penny Mansfield

Email: swtblythvalley@gmail.com



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Professor Emerita Dame Celia Hoyles, DBE PhD FIMA
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DATES FOR YOUR DIARY

NOV 6 Bigger than Hollywood – the Real ‘Big X’. Simon Pearson tells the story of Roger Bushell - aka ‘Big X’, the man who masterminded the ‘Great Escape’. Bushell was a Cambridge-educated criminal barrister and the fastest skier in Europe before he was shot down in his Spitfire over Dunkirk in 1940. A talented linguist who spoke fluent French and German, he turned Stalag Luft III into an unlikely outpost of British Intelligence and organised the digging of the famed tunnels Tom, Dick and Harry. 6 – 7pm at Butley Priory, The Clumps, Butley. IP12 3NR. Visit: orfordmuseum.org.uk

NOV 9 Halesworth Harmony singing day with Sian Croose. No experience necessary and everything taught by ear. 10.30am – 4pm at the Cut in Halesworth. £20 for non-members. For further details, email: halesworth.harmony@gmail.com

NOV 14 Woodbridge Museum Talk: ‘Capture & Escape in WW2’ by Jane Bradburn. In the summer of 1941 local men who had joined the 67th (Suffolk) Medium Regiment R.A.T.A. left England. The entire regiment was captured at Tobruk and Jane’s talk provides a picture of how these local men survived their experiences of war. 2.30pm at Woodbridge Museum. All welcome.

NOV 15 Christmas Fair at St Peter’s Church, Holton. 10 am until 1 pm at Holton & Blyford Village Hall. Refreshments, Stalls, Raffle

NOV 19 Aldeburgh and District Local History Society (ADLHS) Lecture: ‘Orford’s Atlantic Wall Breakers’ by John Ogden. The little-known story of how 12 square miles of local countryside, including Orford and Snape, were used as a top-secret testing ground for the specialised tanks that proved crucial to the success of the D-Day landings. 6pm at the Old Generator Station, Kings Field.

NOV 21 Might you be bereaved, divorced, or separated? If so, come for a relaxed and informal time at St Edmund’s church, Southwold at 10.30am. Lisa and Anne will be there to welcome you with tea, coffee and biscuits and gentle chat. For more information contact Lisa Nickell-lean, tel: 07958967858

NOV 22 Halesworth Branch of Cancer Research Xmas Fair. Light lunches and delicious desserts served from 11.30am. Tea/coffee and mince pies from 10.30am. Stalls: Raffle, Tombola, Cakes, Christmas stall, Books, Bric - brac, etc. 10.30am - 2pm at Holton Village Hall. IP19 8RZ. For more information tel. Dawn Davis: 01986 873640.

NOV 22 Aldeburgh Yacht Club Christmas Gift Fair. Discover nearly 30 individual retailers with something for everyone. Find little luxuries and treats for stocking fillers. Indulge in glamorous party fashion. Enjoy mouth-watering treats from local producers. Add twinkle and style with decorative accessories. 10am – 3pm at Aldeburgh Yacht Club, Slaughden Road, IP15 5NA.

NOV 23 Halesworth Harmony rehearsal at The Cut in Halesworth. Free taster session For further details, email: halesworth.harmony@gmail.com. 10.30am - 12.30pm.

NOV 28 Everman Folk Club. ‘Narthen’. As well as four magnificent voices, Jo Freya, Fi Fraser, Sarah Matthews and Doug Eunson are an ‘orchestra of sound’. Their songs and tunes range from the tradition to the present day, reflecting their individual personalities and tastes. Always a huge amount of warmth and humour from this excellent quartet. Tickets £10 in advance or £12 on the door. 7.30pm at The Riverside Centre, Gt Glemham Road, Stratford St Andrew. IP17 1LL. Email: everman@wheatstone.co.uk

NOV 29 Wenhasston Produce & Craft Market. Handmade cards, jewellery, homemade jams, cakes, honey, handbags and much, much more. Tea, Coffee and Homemade Savouries and Cakes. New stallholders welcome, Please park so as not to cause any obstruction. Contact Carol at: caz-mike@outlook.com. 10am to 12.30pm at Wenhasston Village Hall.

NOV 30 Halesworth Harmony rehearsal at The Hub in Huntingfield. Come along for a free taster session - no experience is necessary, everything is taught by ear, and you’ll receive a warm welcome. For further details, email: halesworth.harmony@gmail.com. 10.30am - 12.30pm.

DEC 7 Christmas Wreath Workshop. All materials provided just bring secateurs. Refreshments included. 3 – 5pm at Reydon Community Sports Pavilion. £35. Contact no 07470973357. Email: wrightnicola63@gmail.com.



SOUTHWOLD MUSEUM & HISTORICAL SOCIETY

WINTER LECTURES

Tuesday, 2 December 2025 at 2.00pm



‘Suffolk’s Coastal Monasteries: Leiston Abbey, Butley Priory and other Monastic Sites’

Dr Richard Hoggett is a freelance heritage consultant, lecturer and writer with over 25 years’ experience in the academic, commercial and local authority heritage sectors. His annual lectures to the society have become something of a tradition, and in this lecture he will share the results of his recent research into Suffolk’s monastic houses.

Stella Peskett Millennium Hall

Mights Road, Southwold, IP18 6BE

Admission: Society Members £5 Non-Members £8

Details of the full programme are available on
www.southwoldmuseum.org

CITIZENS ADVICE EAST

Volunteer & Job opportunities with CAES

Are you a student wanting to build your CV? Or leaving college or uni' and looking for a job? If the answer is 'yes' we need you, and we think we have a lot to offer too. One staff member, now 24, agrees: "I wasn't sure what I wanted to do after uni'. I knew Citizens Advice was well respected, so I applied to train as a volunteer adviser. This was March 2023. My trainee cohort were friendly and welcoming. When we went to the office the advisers and supervisors were welcoming too - how they dealt with client issues was impressive. I also met several of the managers early on and I remember thinking how closely their values matched my own.

"Quite soon after qualifying as a volunteer adviser I was told of job opportunities. I applied and was successful. My first role involved working with the Probation Service providing support and guidance to vulnerable people on probation."

"It taught me a lot about the justice system but also about the incredibly tough lives many people have and the range of issues they need help with. I also worked on a housing research project for CA's Research and Campaigns team. Again, I learned a lot about housing but also about how to run a campaign. Over the last two years I've had a chance to work on many other projects. I've also developed the skills to support and supervise volunteers.

"What can Citizens Advice offer people my age? Well, based on my experience, it gives you the skills needed for any public facing job. Teaching for example, or the health service, counselling, charity work, law, politics, journalism. Time spent as a volunteer adviser is therefore great for a CV.

"There are also opportunities for paid work in CA itself. You train as a volunteer, do some general advising and then, if you like the fast pace and want the challenge, you can apply for a paid job when opportunities arise.

"CA is a great organisation for giving young people responsibilities early on.

"Does CA need more young people as volunteers and staff? Yes, I think it does, for several reasons. People in their late teens or twenties don't tend to come to CA for advice, not because they haven't got problems, just because they don't think it's for them. We need ways to reach that group. Having more young people as face-to-face advisers would show we're here for them.

"CA needs more young people for other things too. Take social media – we use it and understand it. And we're not fazed by rapid changes in technology or digital systems. We grew up with them. Teams work best when with a range of skills and perspectives – we have skills that weren't needed in the past but are now."

If you'd like to know more please get in touch. Visit: www.caes.org.uk/email-service or phone: 0808 278 7866 (lines open 10 - 2 Mon-Fri) . caes.org.uk gives details of our drop-in outreach sessions.

THE BRAIN TUMOUR CHARITY

The local monthly lottery for The Brain Tumour Charity took place on Wednesday 1st October, with Fred & Kate Assmann being present to adjudicate. There were 217 entries, making a total prize fund of £108.50. 1st prize of £54.25 with ticket number 188 went to Sandra Watson. 2nd prize of £32.55 with ticket number 23 went to Chris & Kerry Ricks and 3rd prize of £21.70 with ticket number 142 went to Jan Barlow.

Congratulations to each of them.

If you would like a monthly flutter, whilst supporting The Brain Tumour Charity, please email John Huggins: thebtclottery@btinternet.com or call him: 07873 376168.

The lottery is regulated and licensed by East Suffolk Council LOT02110. The next draw will take place on Saturday 1st November 2025.

Every penny raised goes to The Brain Tumour Charity and I'm pleased to say my family and friends have raised over £64,500 from our various events since losing our 8 year old family member Sophie.

Our next fundraising event won't be until the new year.

John Huggins

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

Reports, press releases; letters and other editorial contributions with news value are all welcome but are accepted on the understanding that there is no guarantee of inclusion and that they will be selected and edited at the editor's discretion.

PATMORE WATER SOFTENERS



The image shows a woman with blonde hair, wearing a black top and blue jeans, kneeling on a tiled floor next to a white Patmore water softener. The softener is installed under a kitchen sink. A bag of TwinTeo Block Salt is on the floor next to her. The background is a light green wall.

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