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DECEMBER 2025

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A NOTE FROM OUR EDITOR



As always Leiston came together to remember the 'fallen' on Remembrance Sunday. The Town Council has added the names of Mr Alfred Robert Berry and Mr R E Manning to the War Memorial ensuring their sacrifice is permanently honoured. Lest we forget...

Residents are sure to gather again for the Christmas Lights switch on, on 13th December. There will be plenty of entertainment and activities at the Long Shop!

As 2025 comes to a close, I would like to take this opportunity to thank all the contributors to the Leiston Observer and our loyal advertisers, without whom there would be no Tide Collection. So get in touch if you wish to advertise – the more adverts we get the more pages and content we can add!

Quote of the month: Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

Leo Buscaglia

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pedal TO ZERO
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Pedal to Zero

Leiston's Community Cycle Scheme

This cycle scheme allows you to hire a bike on demand at a low cost. This service helps increase active travel, reduce car reliance and achieve Leiston's sustainable ambitions. Download the app now to start hiring!

Pick up a bike from:

- 1 Weirbus Centre
- 2 Leiston Town Council
- 3 East of England Co-op
- 4 Leiston Community Centre
- 5 Leiston Leisure Centre

Use this code to get your first 30 minutes of bike hire free - valid for up to 3 uses per person.

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Scan the QR code to download the AppBike app to view the scheme, create a membership and start hiring!

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CHRISTMAS CELEBRATIONS



THE LONG SHOP MUSEUM

SATURDAY 13TH DECEMBER

10am - 4:30pm FREE ENTRY



This year, we are hosting the official Leiston Town Christmas Lights Switch on event! Join us for live music and performances, FREE festive craft activities for young people, Santa's Sitting Room, a Christmas Craft Market, the Christmas tree lights switch on and much more! More details coming soon...

Come and meet Father Christmas at the Long Shop Museum as he relaxes before the long night of deliveries on the 24th December. Tell him what's on your Christmas list, and collect a special parcel from Santa himself!

SCAN FOR TICKETS OR BOOK ONLINE ON OUR WEBSITE:
www.longshopmuseum.co.uk



SUNDAY 14TH DECEMBER

Join us at the Museum for a morning of Festive Celebrations and meet two very special reindeer! Included in the ticket is the chance to meet the reindeer, a festive brunch served in the Community Hub, a photo opportunity with Santa's Sleigh, and festive craft activities.



LEISTON-CUM-SIZEWELL TOWN COUNCIL

Christmas in Leiston 2025: The Long Shop Museum will host this year's official Leiston Town Christmas Lights Switch-On on Saturday 13th December. Join in a festive weekend of events and activities in and around the Museum - a wonderful way to celebrate the season with family and friends. (Details left hand page)

Millennium Wood; Where is Millennium Wood? It's a small triangular woodland behind the Council Allotments on Haylings Road. The Tru7 Group, a contractor working on the Sizewell C Project, has kindly offered to help the Town Council clear old sheds and rubbish so the woodland can be reinstated for the community's benefit. We are looking for volunteers this spring to help cut back undergrowth, open up the canopy, install nesting boxes, and assist with the ongoing maintenance of this lovely green space. If you'd like to get involved, please get in touch - we would love to hear from you!

Leiston's Cycling and Walking Strategy: As the year draws to a close, we are delighted to see progress on the Leiston Cycling and Walking Strategy. The Suffolk County Council Public Rights of Way Team has started improvements to Route 8 (Leisure Centre to Alde Valley Academy), with more work planned for next year.

Meanwhile, the Town Council is proud to support Net Zero Leiston's 'Pedal to Zero' initiative - a cycle hire scheme helping residents and visitors travel sustainably around the town. Electric and pedal bikes are available for hire at: The Waterloo Centre; Leiston Community Centre; East of England Co-op; Leiston Leisure Centre; Outside the Town Council Office. Find out more and start pedalling: <https://www.netzeroleiston.info/current-pilot-schemes/leiston-cycle-scheme/>

Remembrance 2025: Leiston came together on Sunday 9th November 2025 to mark Remembrance Sunday, with a parade and service honouring those who gave their lives in service to their country. As is tradition, the parade was led by the Royal British Legion Band Leiston, which holds the Freedom of the Town in recognition of its more than 100 years of service to the community. They were joined by the Leiston Air Cadets, Army Cadets, Guides, and Scouts. As custodian of the War Memorial in St Margaret's Church, the Town Council has added the names of Mr Alfred Robert Berry and Mr R E Manning, ensuring their sacrifice is permanently honoured alongside their comrades. People gathered on Market Square on the 11th November at 11am to mark the 2 minutes silence. (Photos on page 11).

Tyne McCalla Memorial Garde: The Town Council would like to thank Groundwork East for leading a Mental Health Project in the Tyne McCalla Memorial Garden, adjacent to the Waterloo Centre. Thanks to the hard work of volunteers, the garden has been beautifully restored and replanted, creating a welcoming and reflective space for residents and the McCalla family to visit.



Council Meetings: Full Council meets every second Tuesday of the month at Leiston Community Centre from 6.45pm. Agendas are posted on the noticeboard outside the Council Offices and online at: www.leistontowncouncil.gov.uk. For further information please contact the Town Council Offices on 01728 830388 or email office@leistontowncouncil.gov.uk. We wish everyone a peaceful and joyful festive season.

ALDEBURGH AND DISTRICT LOCAL HISTORY SOCIETY (ADLHS)

Discover History, Mystery, and Local Stories at the ADLHS Lectures 2025/6!

Aldeburgh and District Local History Society (ADLHS) explores the local history of the area covered by Aldeburgh, Thorpeness, Leiston, Snape, Iken, and Sudbourne.

Join us for a fascinating series of evening lectures. Most talks take place at the Old Generator Station in Aldeburgh with a special ticketed event in December at the Jubilee Hall.

Each month, expert speakers bring Suffolk's rich past to life. In October Geoffrey Robinson explored "*Sudden Deaths in Suffolk 1800-1850*," revealing the secrets of rural coroner's inquests and in November John Ogden told the dramatic story of "*Orford's Atlantic Wall Breakers*" and the local impact of WWII military testing.

Lectures to look forward to:

December 17th: James Thellusson presents "*Dickens, Aldeburgh and the will that changed the world*" - a tale of legal intrigue and family fortune. (Ticketed event at Jubilee Hall; advance purchase required.)

January 21st: Members Evening - enjoy short talks by society friends and members which will include Aldeburgh's MPs pre-1832 and Queen Mary's religious persecutions in the Town.

February 18th: Sally Sibley will talk about the latest discoveries from Sutton Hoo, following Time Team's recent excavations.

March 18th: Dr Tom Johnson will talk on "*Households and Everyday Life in Fifteenth-Century Walberswick*".

All lectures start at 6pm. Don't miss this chance to connect with local history in your community.

The Engineers Arms
Leiston 01728 635883



December Events

**Saturday 6th
Ace Karaoke**

**Saturday 20th
Cool Remedy**

**Sunday 21st
Christmas Raffle 3pm
followed by Ace Karaoke**



Find us on Facebook

Christmas with Aldeburgh Museum.

This year 2025, marks 80 years since the end of WW2. Earlier this year, Aldeburgh marked VE Day with vintage music, beacon lighting, church services and a parade by 1379 Squadron Air Training Corps.

As a final homage to this 80 year anniversary, Aldeburgh Museum's fifth 'People and Place' Christmas exhibition will be 'Aldeburgh at War' 1939-1945.

On display will be photographs and war time artefacts from the Museum's collection as well as some 'on loan'.

Held in the Aldeburgh Gallery in the High Street the exhibition is FREE and will run from Sunday 28th December until Thursday 2nd January. Please check our website and social media for opening times; www.aldeburghmuseum.org.uk

There will also be the opportunity to purchase an Exhibition book, available for sale both at the Exhibition and in the Museum, which gives a glimpse into the War years here and what happened to the town and some of its buildings.

Visit and discover what happened in/around Aldeburgh in WW2. The Museum is open weekends and selected days between Christmas and New Year between 1-4pm. See website for details.



The Railway Inn

Recently purchased from Adnams- opened in April.

Traditional pub with a warm welcome!

Located at the top of the town as you come into Aldeburgh, just a 5 minute walk to the beach.



- Live music every weekend - check our FB and Instagram pages to see whats on this month
- Great choice of lagers, ales, spirits and cocktails
- Dogs welcome
- Disabled access + facilities
- Pool table, dart board, cards and games available!

Our opening times:

Mon - Thurs 12-11 | Fri + Sat 12-12

Sun 12-10:30

[therailwayinnaldeburgh](https://www.facebook.com/therailwayinnaldeburgh) [therailwayinn_aldeburgh](https://www.instagram.com/therailwayinn_aldeburgh)

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LEISTON LIVE WELL HUB



The onset of winter can be challenging for many people; it's not just the long dark hours and the cold and damp. We need to use more energy with heating and lighting our homes and then Christmas looms with more demands on your purse.

The Live Well Hub Leiston offers a wide range of services to help and support you; perhaps you are struggling with some practical issues like housing, finance or family? The Social Prescribers from Connect4Health can offer a wide range of support – come into the Live Well Hub and we can do a referral for you.

You might want to join one of the seated exercise or yoga classes and stay for tea and biscuits afterwards, the ideal combination of flexibility and sociability!

Do you or someone in your family have disabilities? Advisors from the Disability Advice Service have a drop-in session once a month.

Want to stop smoking? Visit a Counsellor from Feel Good Suffolk, who can help you find the best way to cut down or stop smoking and provide on-going support. Inspire, the Youth Employment Service, offer courses in developing self-confidence, team building, volunteering as well as help in CV writing and job interviews.

The service is free and available to anyone between 16 and 25 years old. Calling all veterans, (partners and families): On the third Friday of each month Combat2Coffee hold a coffee morning at the Live Well Hub. You can just sit and chat with other Veterans or find out what support is available.

Domestic abuse can take many forms; physical, emotional or psychological and it can happen to anyone. Anglia Care Trust is here to help you.

At The Live Well Hub we can also signpost to local and national organisations that can offer support for a wide variety of issues from bereavement, illness, mental health, well-being and much more.

You are always welcome to come in, have a cuppa and see what is on offer. We open Monday to Friday, from 9am to 4pm and you can follow us on Facebook for updates and information.

Lastly, please come and celebrate Christmas with us at The Hub on December 18th 10.30am – 12noon. If you are able to, we would welcome your donations to our Christmas appeal supporting our local food banks, donations to be left under our tree.

Contact The Live Well Hub on 01728 808388, 07955 437070 or email: livewell-manager@leistoncouncil.gov.uk

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Sat 13th Dec, 4.30pm & 8pm

ALDEBURGH JUBILEE HALL
Thurs 1st to Sat 3rd Jan, 4pm
(& 7.30pm on 2nd & 3rd)
All dates & venues on the website

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CITIZENS ADVICE EAST

Beat the scammers and have a Happy Christmas!

Christmas is coming and the geese are getting fat and so, too, are the scammers and fraudsters who prey on online shoppers.

As a basic rule NEVER fall for an offer which is "too good to be true". If it is, it isn't! For example, a holiday that is much cheaper than you would expect. And use a credit card when shopping online, it gives added protection.

If you are contacted unexpectedly, then be wary. It might be a scam. If you suspect you are not dealing with a real company, then check it out. Real companies will offer a postal address. Don't click any links – search for the company on another website and check the phone number. If you're about to spend a lot of money, it's best to use the Companies House website to be sure the company you're buying from is real and still trading.

Always be suspicious if you are asked to transfer money quickly, such as being pressed to act now because the offer will only be open for a short time, or items are limited in number. Being asked to pay in an unusual way is another warning sign – for example by iTunes vouchers or through a money transfer service like MoneyGram, Western Union or with a crypto currency such as Bitcoin. If in any doubt, do not buy.

If you are asked to give personal information such as passwords or PINs you should back away. Reputable companies and businesses do not ask for these.

And if you are called by someone suggesting you should apply for a grant or benefit, such as a Warm Home Discount or Winter Fuel Payment, hang up. These benefits are automatically credited to the accounts of those who qualify.

All too often people purchase something or sign up for something and almost immediately realise that they may well have fallen for a scam. Do not be embarrassed. Scamming is a modern crime and there is no shame in falling victim to it. But do take immediate action.

If you have lost money, contact the police on 101 and contact your bank immediately. If for any reason you think your account may be vulnerable, contact your bank. If you fear your computer has been compromised change your passwords, contact your bank and update your anti-virus software. It is better to be safe than sorry. If you are contacted by the scammer ignore them, but keep a record of what has happened, Citizens Advice has online advice on how to stop nuisance calls and texts. Citizens Advice offers advice and help in spotting and dealing with scams online, by phone, by email and at its offices and outreach sessions.

Contact us for advice on this or any issue using our website: www.caes.org.uk/email-service or phone us on 0808 278 7866 (lines open 10 - 2 Mon-Fri). Our website www.caes.org.uk also gives details of our drop-in outreach sessions and how to make an appointment at one of our offices.



CELEBRATE WITH US THIS New Year's Eve

This year, we're doing things a little differently!
We have two celebrations:

Aussie Celebration

12 noon - 4pm

An Aussie-style afternoon with a BBQ menu, live DJ, magician and fireworks streamed from Australia, making it ideal for a family celebration!

*Tickets £29 per adult and
£10 per child (up to age 15)*

Traditional UK Celebration

7pm - midnight

Join us for a glass of fizz and Gourmet Buffet evening celebration, complete with live DJ throughout the evening.

Tickets £49 per person.

Booking essential, visit www.crowntwooodbridge.co.uk/christmas or pop in and chat with a member of our folk!

THORPENESS COUNTRY CLUB

Christmas Party Nights

Friday 5 th December	Friday 12 th December
Saturday 6 th December	Saturday 20 th December

Includes a welcome drink on arrival, our two-course celebration menu, a DJ playing well-loved songs from throughout the decades and a photobooth.

£55 per person

CELEBRATE WITH US THIS NEW YEAR'S EVE

Ticket includes a welcome glass of fizz, canapés, four-course dinner, live music, Champagne toast and fireworks display on the lawn at midnight.

£95 per person

To book your party or New Year's Eve today, visit www.thorpcnesscountryclub.co.uk or call 01728 452176.

LEISTON FOOTBALL CLUB

Blues winger scores international goal on debut

Blues flying winger, Joao Rangel, has enjoyed a whirlwind start to his time with Leiston. The 24-year-old Timor-Leste international hit the ground running at the Flannery Stadium, notching goals and adding assists for the Blues. And then captured his first international goal for his country in an Asia Cup qualifier against the Philippines recently.

Lots happening then in his world. Joao admits he's loving it. It's given him a taste for more. *"I'm happy with how it's gone so far, I've got goals, assists and now one international goal, so it's been a very positive start,"* he said.

"But I'm aiming for more. I want to keep improving and hopefully finish the season with strong numbers to help the team push higher up the table."

"Of course, my first goal for Timor-Leste was a massive moment for me and my family, something I'll never forget. It was a good test for me as the players I was up against were playing professionally in top divisions in Europe. For me to perform well and grab a goal in that environment is something I'm proud of."

"It's definitely motivated me to keep pushing and improving, and to bring that same level and mindset into my performances here at Leiston."

So, what does he feel Leiston can achieve this campaign? Joao says he's confident the Blues can finish in a strong position.

"We've got the quality in the squad to push for something this season, I'm sure of that," he said. *"If we stay consistent and keep believing, there's no reason why we can't be right up there challenging for the play-offs, most definitely."*

100 up for blues players

It's been a flurry of 100-up appearances for Blues players in recent months. It was Adam Mills who was the first to achieve this feat back at the start of the campaign.

Heading into the new season on 99 appearances for the Blues, he was quick to notch 100 on the opening day against Halesowen Town. After Adam, it was Wyatt Hill's turn. The Blues defender was next to clock up his century, before up popped Ryan Jarvis with his 100th game for Leiston just a few games later. Hot-shot marksman Ben Fowkes was next – all this happening in the first two months of the new campaign, as he completed 100 appearances for Leiston. And finally, not to be left out, it was Eddie Jackson's turn to grab a century of appearances. Eddie, the latest entrant to the '100 Club', gained his honour in the 1-1 draw at Stourbridge back in October. However, all the current Blues squad still have a long way to go to catch the skipper, Seb Dunbar. Seb is heading towards a staggering 450 appearances for the Blues – quite some feat. He made his debut for Leiston back in August 2012 and has been part of all the big moments at Victory Road in the last 13 years or so.

First Team home fixtures - December

Tuesday, 9th: Needham Market (Suffolk Premier Cup) 7.45pm

Saturday, 27th: Needham Market (Southern League) 3pm

The Leiston experience... how to get involved

At the Flannery Stadium, there are always opportunities to volunteer and get involved at Leiston Football Club.

Step 3 is just three Steps below the actual Football League 2, and the professional game. That's the standard of football at the Club.

It's a high level of non-league football, some of the best in the country. Visitors to Leiston include the likes of Worcester City, Harborough Town, Kettering Town, Stamford, Stourbridge and local derbies against AFC Sudbury, Bury Town and Needham Market.

Founded in 1880 Leiston Football Club is one of the oldest and most established non-league clubs in the UK. If you would like to be involved at Leiston Football Club, from becoming a match day volunteer through to bespoke sponsorship packages for the 25/26 season, that include Matchday, ball and individual player sponsorship, contact Andy Crisp on 07769 904555 or e-mail acrisp5@aol.com and see how you as an individual or your business can enjoy being part of the Leiston FC experience. More companies and individuals are getting on board, and we are truly grateful for their support and sponsorship. For information on the club, news and teams, head over to www.leistonfc.co.uk or follow Leiston on X, Facebook, WhatsApp, TikTok and Instagram.

Michael Bacon



Photo: Ben Cunningham

Joao Rangel. Scored for his country Timor-Leste, in an Asia qualifier against the Philippines recently.



Leiston U11 girls' team, rocking the club's new pink second strip!

THE ROYAL BRITISH LEGION POPPY APPEAL 2025

Once again the RBL Poppy Appeal has been well supported by those in Leiston and Sizewell. The Primary School had a special box with poppy themed goods as well as the traditional poppies. The children raised the incredible sum of £261.11. Well done! The Leiston Co-op Store once again was happy to help the Appeal by giving us space and the volunteers were happy to help. Just over £3,000 was donated in cash and on the cash machine. Thank you to the Management and staff of the store for their help and support.

A new volunteer joined our team of house to house collectors, Our display in the Leiston Co-operative Funeral Service was very colourful. A group of volunteers collect boxes from the town's businesses and shops and another group helps to count the money. Once again I am very grateful to the lady who helps to write the thank you cards for the other volunteers. My most grateful 'Thank You' to all those who have helped with the 2025 Appeal.

Several volunteers received awards for their service to the RBL Poppy Appeal. For 5 years' service a Certificate of Appreciation was given to Emily Oxborrow, Terri Roper, Brian and Jean Smith; for 15 years' service a Commemorative Badge to Keith Cook, Jacqui Hall, Graham Hawes, Anthony and Susan Hawkes; for 20 years' service a Commemorative Badge to Pat Carter; for 25 years' service a Commemorative Badge to Neil Goodchild, David and Mary Morsley. And for 30 years' service a Long Service Medal to David Bailey. A Corporate Certificate was awarded to the Leiston Army Cadets for their help with the Appeal.

The first Saturday of the Appeal the RAF Air Cadets were helping in the Co-op and the second Saturday the Army Cadets were there. The public love to see them helping and are always eager to talk to them.

£7299.51 has been banked to date!

Pat Carter,
Poppy Appeal Organiser for
Leiston and Sizewell





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(England & Wales)

LEISTON REMEMBERS

*'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.'*

- From 'For the Fallen' by Laurence Binyon



*'When You Go Home, Tell Them Of Us And Say,
For Your Tomorrow, We Gave Our Today.'*

- part of the Kohima Epitaph, commemorating the sacrifices made by soldiers during World War II.



Local, family run business The KBB Centre on why we should SHOP LOCAL and SUPPORT INDEPENDENT.

The KBB Centre is a family run business based in Ipswich. Owned and managed by brothers Roger and Patrick Peck. They have a long standing history in Ipswich with their family having been in the kitchen and bathroom industry in Suffolk since the mid 70's.

In the early 1970's Roger and Patrick's late father, Alan Peck, started a home improvement business in Ipswich called Star Lines. It had a very catchy advertising jingle, with many locals singing 'Let's go down to Star Lines' to the tune of Mike Oldfield's 'In Dulce Jubilo'. People still remember it to this day. Star Lines was ahead of its time back then, being the first Kitchen and Bathroom showroom in Ipswich. Both Roger and Patrick worked at Star Lines during their youth, and although they went on to do other things in the industry throughout the years, they came back to their roots and established KBB in 2003 and over the last 20 years they have built up the business with hard work, long hours, determination and an eye for detail.

Carrying on their family tradition the brothers strive to encourage people to shop local and support their independent businesses. They say "The kitchen and bathroom industry has changed immensely since the Star Lines days. There is now so much competition from chain stores and online shopping. When you buy online or from a lot of large chains or faceless superstores, you're just a statistic; an order which has to be fulfilled and you will most likely be forgotten. When you buy from a small business, such as ourselves, your purchase – no matter how big or small – means a great deal. You will also receive a more personal, caring service and get more value for your money. We like to build a relationship with our customers and give advice and recommendations when needed. Large organisations with an abundance of customers often don't care about the customer, as long as a sale has been made and their statistics look good. However, we rely on word of mouth. We understand that we need to provide the best service possible in order to be recommended to others.



"We believe buying locally from local people is so important. Our service is from people who really care and have been in the local industry for many years. It makes a huge difference to where and how you shop. It's tough being a small business owner. We live and breathe for our business. It's a big jump from being an employee to an employer to try to make a better life for yourself and your family. We urge people to support their local independents. Small businesses do not have a huge marketing budget and every little bit of help counts from sharing social media posts, leaving positive reviews and recommending them to anyone you can. It all means a great deal to small business owners"



The KBB Centre

LARGE KITCHEN, BATHROOM & BEDROOM SHOWROOM

AN INDEPENDENT, FAMILY RUN BUSINESS.

With 2 floors and over 6000 square ft of kitchen, bathrooms and bedrooms on display The KBB Centre is one of the largest INDEPENDENT kitchen and bathroom showrooms in East Anglia. Owned and run by brothers Roger and Patrick Peck, with more than 60 years' experience in the industry, the brothers recognise that buying a new kitchen, bathroom or bedroom is a big investment and customer service is central to everything they do, with many customers staying loyal for years to come. They pride themselves on their long-standing history in the town, their extensive knowledge of the industry, their personal customer service and their belief that the best sort of advertising is recommendation.

A ONE STOP SHOP

The KBB Centre can do as much, or as little, of your installation as you require. From 'Supply only' to complete project management. Having in house installers, electricians, plasterers, painters and plumbers, we can take the hassle out of your home projects. Let us do the work for you.



Kitchens



Bathrooms



Bedrooms



Office

SHOP LOCAL

Support your local independent businesses – they work a whole lot harder than the big chains to serve you and they do it with love and pride in the service they provide.



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is so sharp
that I forget
I’m wearing
glasses.”



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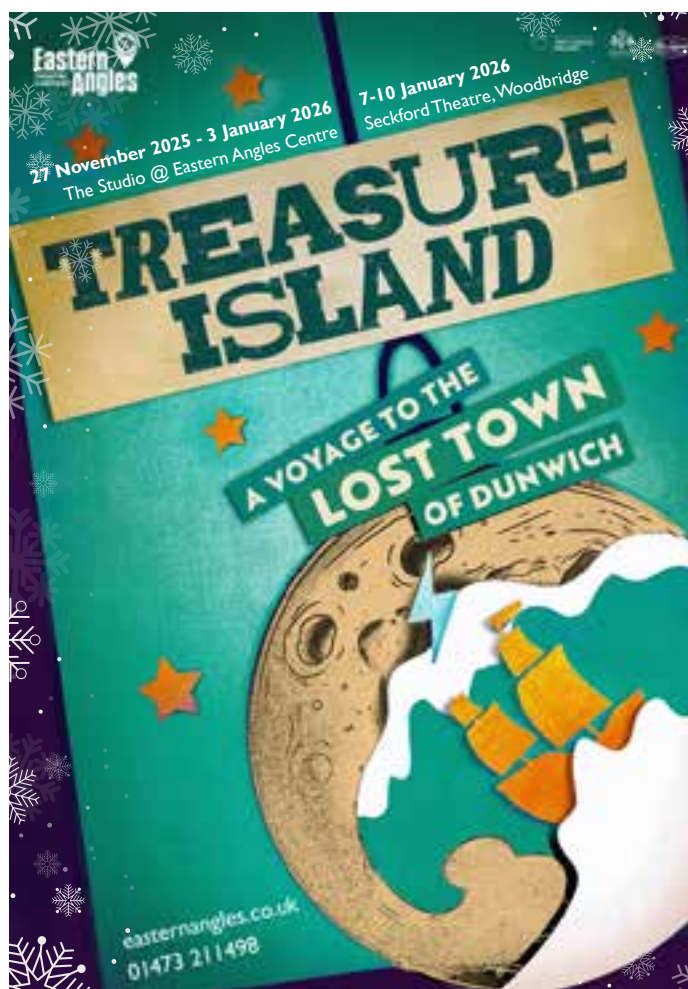
Eastern Angles voyage to the lost town of Dunwich in their Christmas production of Treasure Island

Eastern Angles is inviting audiences on a festive journey to the lost town of Dunwich this Christmas as they present a bold new version of Robert Louis Stevenson's adventure story Treasure Island. Playing in Ipswich and Woodbridge, tickets are now on sale for this Suffolk take on a beloved classic.

Treasure Island's timeless tale of pirates, lost treasure maps, mutiny and heroism comes to Suffolk in this brand-new adaptation inspired by the lost town of Dunwich. Complete with all the trimmings of Eastern Angles Christmas Productions – innovative stage, storytelling, song, music, puppetry and a cast of fabulous actors – this coming-of-age story promises to captivate both adults and children alike.

The show will be directed by Kirsty Tallent, speaking about the production she said: "I couldn't be more excited to steer this ship – Treasure Island is one of my all-time favourites, and we're giving it the full Eastern Angles treatment! Think cannon battles, sea shanties and a whole lot of pirating, maybe a few noggins of rum! It's going to be a treasure chest of fun for the whole family."

Treasure Island is on at the Studio Theatre at the Eastern Angles Centre in Ipswich from 27th November 2025 - 3rd January 2026 and Seckford Theatre in Woodbridge 7th - 10th January 2026, with BSL interpreted performances at both venues. To book please visit: easternangles.co.uk or phone the Eastern Angles Box Office on 01473 211498



LIBRARY NEWS

The popular 'Tonic: Singing for Health' sessions which piloted at Leiston Library in January have now relaunched at the library. 'Tonic: Singing for Health' is part of Suffolk Community Libraries' Creative Health strategy to offer culture and creativity opportunities which can also lead to improvements in wellbeing and social change. The Singing for Health sessions are run in partnership with Cohere Arts, providing free singing workshops for anyone who may be living with health challenges. Led by a Singing for Health specialist, each workshop will include breathing exercises, gentle vocal warm-ups and a range of songs, old and new. The first phase of the new sessions run every Wednesday morning from 10.30am to 12noon until 17 December with sessions then returning in January following the festive break. You don't have to be an experienced singer and can choose which songs to join in with. All activities are optional and it's fine to join in as much or as little as you want to. Guide dogs and companions are welcome to come along too. More than 35 people from the Leiston area took part in the weekly seated singing sessions at the start of the year. Feedback from the sessions shows that participants reported a 9% improvement in self-perceived health and wellbeing, citing positive impacts in physical health, mood, feelings of connection and accomplishment.

Mrs M lost her husband and had been feeling low and isolated. A regular volunteer in the Leiston community previously, she had not been feeling able to engage with volunteering activities since the bereavement. Having sung in her school and church choirs as a young person, she was interested in trying out the Tonic sessions. She told us that attending Tonic has improved her mood dramatically:

"It has just made me feel happier, the physical act of singing and being part of that soaring noise. The laughing when we pull funny faces. Two weeks ago, [Francis] got us sticking our tongues out and putting them in different places, like the dentist asks us to do, and there was a lot of laughter. He's brilliant."

Tonic: Singing for Health is made possible with support from Suffolk's advice, guidance and emotional support service (SAGES) and funding from Sizewell C Community Fund. The previous sessions were funded by Suffolk's advice, guidance and emotional support service (SAGES) and the Community Partnership, East Suffolk Council.

You can read more about the Spring 2025 sessions in our impact report.

Chrissie Meikle, Suffolk Community Libraries Senior Creative Health Producer, said:

"We are delighted we can relaunch these sessions at Leiston Library. We had some wonderful feedback from pilot projects earlier this year, so it's great to be back!"

Cohere Arts, in partnership with Suffolk Community Libraries, has been awarded funding from Sizewell C to enable the sessions to continue until July 2026. Anyone interested in registering for the sessions can fill out this online form.

James Powell

Communications Manager

Suffolk Community Libraries, Suffolk County Council

LEISTON ALLOTMENT HOLDERS & GARDENERS ASSOCIATION -DECEMBER

Garden work can be difficult this month, although cold spells which begin early in the month usually only last no more than a couple of weeks. If not done already, plan your seed order from a new catalogue. Continue with your digging and if possible complete the digging of your beds and borders. Keep collecting all fallen leaves and compost them.

Fruit: Spray your fruit trees and bushes with a winter tar oil. Prune new fruit bushes. Feed all trees with sulphate of potash.

Shrubs: Prune winter flowering shrubs once their blooms are over, mulch and feed with general fertilizer. Protect autumn planted evergreen shrubs against easterly winds.

Flowers: Check gladioli stored corms for disease and discard any that are not looking healthy.

Lawns: In dry spells lightly rake and remove any dead leaves, applying a moss killer if necessary. Clean and overhaul mowers and other lawn equipment and put them away, well-oiled, in a dry place until next spring.

Greenhouse: Vent on sunny days. Wash pots and seed trays but watch out for slugs, control them with pellets if necessary. Take cuttings of fuchsias and pelargoniums, as well as many other plants. Bring primulas inside if not already done. Take care and eliminate draughts.

Allotment Association members - please be advised: The shop in Valley Road will close from Saturday 13 December at 12noon and will re-open on Saturday 17 January 2026 at 10am. This short break will give the Shop Manager and his loyal volunteers a welcome break!

Note: There will be no garden notes for January 2026. Gardens need a break – as well as gardeners! Hopefully February news as usual.

Happy Christmas!

Roderick Linsell



Fri 5th, Mon 8th & Tues 9th Dec at 7.15pm
Wed 10th Dec at 2.00pm
Thurs 11th Dec at 7.15pm
Fri 19th & Sat 20th Dec at 7.15pm
Sun 21st Dec at 6.00pm

WICKED FOR GOOD PG

Fri 5th Dec at 2.00pm
Sat 6th Dec at 7.30pm
Tues 9th Dec at 2.00pm
Wed 10th Dec at 7.15pm

NUREMBERG 15

Sun 7th Dec at 7.30pm. LIVE ON STAGE

WE THREE KINGS OF ROCK 'N' ROLL

Fri 12th, Mon 15th, Tues 16th Dec at 7.15pm
Wed 17th Dec at 2.00pm
Thurs 18th Dec at 7.15pm

WAKE UP DEAD MAN A KNIVES OUT MYSTERY 12A

Sat 13th Dec at 7.30pm. LIVE ON STAGE

JIVE TALKIN' BEE GEES TRIBUTE

Sun 14th Dec at 3.00pm
Wed 17th Dec at 7.15pm

BLUE MOON 15

Sun 21st Dec at 3.00pm

THE CHORAL 12A

Mon 22nd, Tues 23rd & Wed 23rd Dec at 11.30am

THE MAGIC REINDEER SAVING SANTA'S SLEIGH U

Mon 22nd, Tues 23rd & Wed 23rd Dec at 2.00pm

A PAW PATROL CHRISTMAS U

Fri 26th, Sat 27th & Sun 28th Dec at 3.00pm

ZOOTROPOLIS 2 PG

Fri 9th - Sun 11th Jan. LIVE ON STAGE
FINAL FEW TICKETS STILL AVAILABLE

MOTHER GOOSE PANTOMIME

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www.leistonfilmtheatre.co.uk



PANTO TICKETS IN BIG DEMAND - Oh yes they are!

Management at Leiston Film Theatre are urging panto-goers to buy their tickets before it's too late, as the venue makes final preparations, ahead of their next traditional family pantomime at the Leiston Film Theatre in January. Mother Goose appears live on stage at the 111-year-old venue on Friday 9th, Saturday 10th and Sunday 11th January, with demand for tickets so high, that a fifth and final additional performance has now been scheduled for Sunday 11th January at 11.00am. The extra show was added after the venue was inundated with requests for another performance, as eager panto fans couldn't secure enough tickets for the other daytime performances.

Film Theatre manager and Pantomime director, Wayne Burns, is thrilled in adding another show. *"We are all truly thankful for the public's constant support each year and believe that, if they want more, we should give them more! I think this is one of the most fun packed, novel and possibly barmy Pantomimes we've ever staged, with bucket loads of silliness and jokes – and not forgetting a ten-foot goose! Everyone cannot wait to bring our brilliant script to life and perform for such appreciative crowds"* he said.

In this fun-packed panto, Mother Goose is behind with the rent and in danger of losing her farm. Thankfully, there's a twist of fate, when a magical goose that lays golden eggs arrives, turning their family fortunes upside down. But when the devious Demon Dark-Heart arrives, will Mother Goose be tempted to give up her wealth - and her gorgeous goose, in return for youth and beauty?

The Pantomime has been written by Wayne Burns and is being brought to the stage under his 'Team B Productions' title - a group of experienced am-dram performers, whose previous sell-out successes have included shows at Leiston Film Theatre and at the Spa Pavilion Theatre in Felixstowe.

Work is also underway on a brand-new comedy-drama, to be staged at Leiston Film Theatre in September 2026. Inspired by the iconic sit-com, Hi-de-Hi and set in a Suffolk holiday camp in the 1980s, Mourning Campers follows the drama on stage and behind the scenes at Archer's Holiday Camp. Tickets are scheduled to be available from Monday 12th January 2026.

The Pantomime sees renowned Suffolk musician Tom Horton returning as the Musical Director and the energetic students from the Chloe Kinrade School of Dance will be making a welcome return to the stage, as part of the Pantomime egg-stravaganza!

Mother Goose will be appearing live at the Leiston Film Theatre on Friday 9th (7.30pm), Saturday 10th (3.00pm and 7.30pm) and Sunday 11th (11.00am and 3.00pm) January 2026. Limited tickets available; £18.95, £18.50 and £16.95. Tel: 01728 830549; Visit: www.leistonfilmtheatre.co.uk.

ALDE VALLEY SUFFOLK FAMILY HISTORY GROUP

Tracing Your Non-Conformist Ancestors – Liz Yule. This talk will look at the legislation which affected how our nonconformist ancestors worshipped, what records can be found, and how to spot an ancestor who worshipped away from the Established Church. Liz is a native of East Anglia but now lives in Canterbury, and nonconformity has been a particular area of interest within her own ancestry, but also because both of her parents-in-law served as United Reformed Church ministers.

This hybrid talk takes place on Monday 15th December at 2.30pm, in person at the Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL (behind the library) and, for members only, on Zoom. The speaker will be talking to us on Zoom. The talk starts at 2.30pm. No need to book – just turn up — at £1 for members, £3 for visitors, including tea/coffee/biscuits. Good, free car-parking. Only members can take part in our meetings on Zoom, but it only costs £8 for a year's membership – see <https://avsfhg.org.uk/membership/> (website under construction) and Zooming is free.



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

Cor to heck - I dunt believe that Christmas is almost here agen - where hev the year gorn? It only seem five minutes since I put the tinsel back in the lorft.

When I wuz just a little ol boy, we hed to make do with a stocking filled with fruit and nuts and if I wuz lucky, I got a clockwork toy or a new hat, scarf and gloves that mother would hev knitted me. The hats never did fit propley and the scarf wuz too long, but they ment the world to me.

I expect we'll get lumbered with the same ol squit on the telly agen this year. Me and mother used to like to watch the The Two Ronnies and Morecambe and Wise and mother hed a sorft spot for Mike Yarwood. He always used to make her laugh with his impersonations.

I will be getting the tree out of the lorft on the fust of December like I always do. I hed that tree since Woolworths closed in Ipswich and that still stand straight, as long as

I put a bit of wood under one of the feet.

I still hev the same fairy too. Mother got that from one of her catalogs back in the day. That nearly fell in the open fire once when the dorg jogged the tree with it's tail. The fairy fell into the coal bucket and got dutty, so mother give it a good scrub in the sink and after that one of the eyes wuz wonky. If you give it a good shake, sometimes the eye go back to how it should be.

The only new thing I bort was a set of the led lights, cuz the old ones popped and I dint hev any spare bulbs. The new lights are hooly bright, but not as bright as the ones on the neighbours house. It light up like Blackpool alloomination, but the kiddies like to see them and to be fair, they are so bright, that save me hevvin to put my lights on in the living room.

I hope you all hev a nice Christmas and remember, it's not abowt what you get, but who you spend it with. The presents will break, but the memories will last forever.

Season's Greetings

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DATES FOR YOUR DIARY

DEC 4 Saxmundham History Society meeting. 'The Fisherman's Mission' by Andy Malcolm. We meet on the fourth Thursday of the month at 2.30pm in the URC, Chapel Road, Saxmundham. IP17 1BJ. Visitors £3. Annual membership £18. Enquiries to Jenny 01728 604608

DEC 5 Christmas Coffee Morning. Raffle and Tombola, also Christmas Cards and Gifts. Cakes and lots of tea, coffee and good company! Raising funds for St Margaret's Church, Leiston. 10am – 12noon at Leiston Community Centre (King Georges Avenue.)

DEC 6 Christmas Fayre. Refreshments, Cakes, Gifts, Raffle and lots of stalls. 12noon to 3pm at the Dolphin Inn, Thorpeness. Free admission.

DEC 7 Made in Benhall. Are you looking for a unique and locally made Christmas gift? If so, come along to Made in Benhall to meet a wide range of local artists, crafters and makers. There is always a hugely diverse range of high quality products on sale at very affordable prices. Entry is free. 10am – 2pm at Benhall Club.

DEC 9 Suffolk Wildlife Trust Alde Valley Group Quiz night. Teams of 4. Prizes for the winning team. £5 entry per person, includes raffle ticket and seasonal nibbles. 7.15pm for 7.30pm start at the United Reform Church, Leiston. Telephone Steve or Zena on 01728 831231 to book your table

DEC 13 Framlingham's Phoenix Singers. The programme includes Mozart's beautiful mature works 'Ave Verum' and 'Vespers', Parry's well loved 'Blest Pair of Sirens' and Fletcher's joyous festive work 'Ring out Wild Bells', as well as carols for audience. 7pm at Framlingham College Chapel. For tickets and full details visit www.phoenixsingers.org.uk

DEC 14 The Goldcrest Ensemble. An uplifting winter programme of music which includes Bach, Debussy and Fauré with Duke Dobing on flute, Raphael Hurwitz on viola, Miriam Keogh on harp and violinist Mike Dolan will start. 3pm. at Snape Church. IP171QW. Doors open at 2.30. Entry by donation. Refreshments will be served.

FRAMLINGHAM AND SAXMUNDHAM CATS PROTECTION

We are approaching the end of another busy year. Our fosterers have been caring for a large number of felines. Adoptions have been steady, and we have found homes for many kittens and several mature cats, too but it look as though we shall be caring for more kittens into the new year; the kitten season seems now to be extended! Our Trap, Neuter and Return (TNR) programme is ongoing, and the youngest ferals we trap are often brought into our care so they can be socialised and rehomed.

Fundraisers have been doing sterling work. We send our thanks to everyone who has supported us this year in so many ways - from donating cat food, money, gifts for sales and knitted goods. We thank all our dedicated volunteers and, of course, those who have adopted cats and kittens. From everyone in the branch, we wish you a very Merry Christmas and a Happy New Year.

Date for your diary: Please come along to support us and stock up on your Christmas cards, calendars and gifts on: Sunday 7th December at the Woodbridge Christmas Street Fare.

Cat Looking for a Home: Heidi gave birth to her four kittens under a shed in a garden. She is estimated to be about 3 years old. She was an extremely attentive mother to her kittens and is always very gentle. Heidi is still a little wary, but she has become much more confident since coming into care. She now enjoys a head scratch, being stroked, and even being brushed! She will need a quiet home where she can continue to grow her confidence. Heidi will be best without young children, other cats or dogs.

Please contact us, or see her on our website, if you could give Heidi the loving home she needs.

See our website: www.cats.org.uk/framandsax, email: enquiries@framandsax.cats.org.uk, or telephone 01728 723499 for more information.



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PROJECT UPDATE

DECEMBER 2025

Thank you for your patience this year whilst we build Suffolk's new power station. We know our work is causing disruption at this stage of the project and we apologise for this whilst our teams work as swiftly as possible to build new roads and make improvements to Suffolk's rail line. We look forward to meeting with you next year to discuss our plans and invite you to attend our public forums, the next ones are listed below. You can also subscribe for updates of our works online too through the **Sizewell C Works Tracker**.

VISIT THE WORKS
TRACKER SITE



Main Development Site Forum	Wednesday 14 January 2026	Leiston Town Athletic Association
Northern Transport Forum	Wednesday 4 February 2026	High Lodge Darsham
Southern Transport Forum	Wednesday 4 March 2026	Stratford St Andrew Riverside Centre
Community Forum	Thursday 19 March 2026	Woodbridge Rugby Club
Main Development Site Forum	Wednesday 15 April 2026	Leiston Town Athletic Association
Northern Transport Forum	Wednesday 6 May 2026	High Lodge Darsham
Southern Transport Forum	Wednesday 3 June 2026	Stratford St Andrew Riverside Centre
Main Development Site Forum	Wednesday 8 July 2026	Leiston Town Athletic Association
Northern Transport Forum	Wednesday 5 August 2026	High Lodge Darsham
Southern Transport Forum	Wednesday 2 September 2026	Stratford St Andrew Riverside Centre
Main Development Site Forum	Wednesday 7 October 2026	Leiston Town Athletic Association
Community Forum	Thursday 22 October 2026	Sizewell Visitors Centre
Northern Transport Forum	Wednesday 4 November 2026	High Lodge Darsham
Southern Transport Forum	Wednesday 2 December 2026	Stratford St Andrew Riverside Centre



All forum timings: 18:00-20:00 (arrival from 17:45)
To find out more about our upcoming forums
visit sizewellc.com/community/forums

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RNLI ALDEBURGH 2025 ROUND UP



After 2024's intense training to transition successfully to the Atlantic 85 lifeboat, this year was a year of consolidation, bringing crew members up to the required seamanship standards for their roles on both our lifeboats - Ralph our Atlantic 85 and Susan Scott our D class.

To date our Atlantic 85 lifeboat, Ralph has launched 44 times on exercise and 10 times on Service Calls (shouts), assisted 12 people and saved one life. We have 16 Boat Crew for Ralph, four Helms, 10 crew trained to Tier 2 level and two trainees. This year, we lost two crew members - one who moved away and the other is on maternity leave. A new crew member has recently joined, and, at the time of writing, we are awaiting paperwork for two more crew to start their training.

Our D-class lifeboat, Susan Scott, has launched 19 times on exercise, three times on Service Calls and aided three people. For our inshore D-class lifeboat, Susan Scott, we have 11 Boat Crew - three helms, five qualified to Tier 2 level and three trainees.

We were tasked on one additional occasion, but the 'shout' was cancelled before launch. Our 'shouts' have been a mixture of motor and sailing vessels, swimmers, a kayak and a kite surfer.

We have 20 Shore Crew, six of who qualified this year. This includes six drivers for the Talus amphibious tractor, to launch and recover our Atlantic 85; and nine drivers of our smaller tracked Bobcat to launch and recover our D-class lifeboat, and regular grading of the beach.

Some of our tractor drivers also drive our L200 pickup to take Susan Scott to Aldeburgh Yacht Club where we launch and recover for exercises and service calls in the Rivers Alde and Ore. We have five Head Launchers, two of which qualified this year. We have seven Launch Authorities – one who has just qualified and is the first female LA at Aldeburgh. Many of our crew have more than one role, giving us more flexibility to meet our operational needs. We train at least once a week and the RNLI requirement is that lifeboats go afloat at least twice in a calendar month.

This year, our visits and water safety team have interacted with 4,000 people at events, youth groups, and lifeboat station tours. We are recruiting people across a range of roles, who ideally live and work locally, so please get in touch.

We would like to take the opportunity to thank you all for your ongoing support and look forward to meeting you on the beach!

Jo Litt and Bryn Owen

JANE AUSTEN COMES TO ALDEBURGH!

Tuesday 16th December 2025 is the 250th anniversary of Jane Austen's birth. Join the celebrations with a day of talks, readings and music at the Jubilee Hall, interspersed with film, art, poetry, hot chocolate, Bath buns and dogs in bonnets in locations around the town.

Did you know that Jane Austen had a literary crush on Aldeburgh poet, George Crabbe? Or that she wrote the songs of the day into a Songbook? And whatever happened to Mr. Wickham after he got married?

Programme of Events - 10.30am and 2pm. Free, open to all.

Jubilee Hall: 10.30: Doors open, Welcome, What's On; **10.45:** Kate Drayton: Jane Austen at the Seaside; **11.30:** Selected Readings from the novels arranged by David Quilter. Audience members are invited to join in; **12.45:** Dr. Nicholas Clark, Librarian at The Red House, on Benjamin Britten's preparatory work for an opera based on Mansfield Park; **1.30:** Will Fergusson - Songs from The Jane Austen Songbook; **2.30:** Doors open; **3.00:** Being Mr. Wickham (£20) written by and starring Adrian Lukis, the original Mr. Wickham from the 1995 BBC adaptation of Pride and Prejudice.

Book tickets at <https://aldeburghjubileehall.co.uk> or 01728 454 022; 4.00: 30-minute Q & A with Adrian Lukis included in the ticket price

Aldeburgh Gallery: 2 – 3: After Austen: Austen inspired poetry from local poets - free refreshments

Aldeburgh Beach Lookout: Regency inspired art by local artists and cartoonists

The Suffolk: 4.30: Regency tea (£10). Book at the-suffolk.co.uk or 07831 601 411

Aldeburgh Cinema: 7.30: Sense and Sensibility (1995) adapted by and starring Emma Thompson. Book at aldeburghcinema.co.uk or 01728 454884. There will be a charge for hot chocolate by Tosier.

For further details please contact: Bridget Overton: bridget.c.overton@btinternet.com or Kate Drayton: marshfieldkate@icloud.com or

U3A EAST SUFFOLK

Brightening the dull days for older people

East Suffolk's u3a members know how to brighten these dull days.

The older members of the community – anyone retired or semi-retired with time on their hands – can join this vibrant organisation and enjoy a wide range of activities. For some u3a provides the opportunity to find new interests, face new challenges or make new friends. For others it is all about lifelong learning in the company of others with similar goals.

Members enjoy walks, quizzes, dining out, visiting gardens or churches, discussing architecture, the arts, current affairs and much more. Alongside approximately 150 different local activities, there is a varied programme of talks held at different venues in East Suffolk. In November there was a talk about SERV: the 'bloodrunners' who transport supplies to NHS hospitals, hospices and vulnerable patients.

Then there's Rob Spray talking about the sea, Mike Wabe exploring the way Father Christmas is seen in different countries and Andy Relf talking about the development of medical instruments.

Meetings are held monthly in Kesgrave, Felixstowe, Woodbridge and Saxmundham. Full up to date information is available on the u3a website: www.u3aeastsuffolk.org.uk.

New members are welcome in East Suffolk u3a, with the expectation that they will contribute to the success of the group.

Membership is on an annual basis and gives members access to all the u3a's many activities, subject to availability.

For more information about u3a please see the website or call the secretary on 0300 123 3913.

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

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

Monday 5th January, copy deadline is 14th December - but the earlier the better to ensure inclusion.

Contacts/advertisers/Editorial:

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

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

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