# HALESWORTH HOOT



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#### A NOTE FROM OUR EDITOR



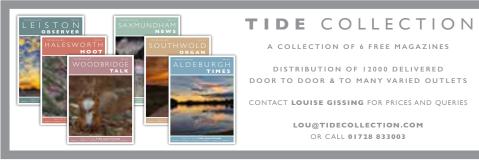
The Cut are getting off to a great start this year with some familiar names making an appearance – Tom Robinson, Andy Fairweather-Low and more, in a series of curated gigs by original artists. I'm sure these will be popular so be sure to get your tickets before they sell out. I don't know who does the cooking at The Cut but when I drop my magazines in the food smells delicious – I must stop by and try something one day!

Drop me a line if you would like to boost your business in the new year by advertising in the Halesworth Hoot or any of our other five titles. My email is: lou@tidecollection.com

#### Quote of the month

January, month of empty pockets! let us endure this evil month, anxious as a theatrical producer's forehead.

#### Sidonie Gabrielle Colette



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- Work continues on four sites along the railway









# Gour New Local TRAVEL EXPERTS

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### THE CUT SESSIONS

**Curated Gigs - Original Artists** 

Season 2: Tom Robinson; Andy Fairweather Low; Solana; Soft Machine

The Cut, Halesworth's arts centre, today announced Season 2 of The Cut Sessions, the new music series of curated gigs by original artists, for winter/spring 2026. After the sellout success of the first season last year, which featured Eddi Reader, Dr Feelgood and Claire Martin, The Cut is presenting four great concerts in January to March 2026.

Season 2 opens with **TOM ROBINSON** with **Adam Philips** on Friday 23 January. Music legend and BBC Radio 6 DJ, Tom Robinson presents 'Then & Now: 50 Years of Adventures in the Music Industry' including classic hits 'War Baby', 'Up Against The Wall', '2-4-6-8 Motorway' and 'Glad to be Gay'.



The season continues with **ANDY FAIRWEATHER LOW** and the **Low Riders** on Thursday 5 February.

Lead singer in the 60s band Amen Corner, the invisible bluesman has worked with Bob Dylan, Eric Clapton, Elton John, Van Morison and Kate Bush.



His only gig in East Anglia this year - a rare chance not to be missed.

The season continues with **SOLANA** on Saturday 7 March. Bristol's finest, the brilliant five-piece band led by local favourite Tamsin Elliot, encompasses folk, jazz and experimental grooves. Their rich and inventive sonic tapestry is anchored by a deep respect for European world-music traditions.

The final gig of Season 2 is **SOFT MACHINE** on Saturday 28 March. One of the greatest UK avant/jazz-rock bands of all time, now led by John Etheridge. From their earliest psychedelic performances sharing stages with, Syd Barrett's Pink Floyd and the Jimi Hendrix Experience, they became Europe's leading jazz-fusion band.



Aafke Groenewald, Manager of The Cut said:

"We are so excited to be presenting these four world-class gigs here at The Cut, complimenting the rest of our eclectic programme. Get your tickets early!"

Nick Dodds, programmer of the Cut Sessions said:

"I am so pleased by the support for our new music seasons, with sell-out audiences coming from far and wide to see original artists in the intimate setting of The Cut.

"It confirms our belief that there is demand for great music in this part of Suffolk and the more support we get the more artists want to play here."







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## ARE YOU READY TO ROCK?

Rock fans are in for a treat in March, when the awesome 'Stadium Rock Experience' heads to Leiston Film Theatre.

The aim of this fabulous live show is to bring a stadium rock experience to smaller venues, delivering the excitement and spectacle associated with arena rock, with the highest standard of musicianship and the most popular hit songs from the biggest mainstream rock acts. The show features the music of Bon Jovi, Bryan Adams, Queen, Status Quo, Elton John, Guns N Roses, Whitesnake, AC/DC, Tina Turner, Aerosmith, Kiss, Journey and Van Halen, in a fast-paced show, that will keep everyone rocking, from the very first song, right through to the finale.

The show is presented by the 'Trigger Rock Band', a six-piece band of rock musicians whose energetic performances use staging, visuals, effects and lighting, to create an exciting audio and visual sensation. Early booking is definitely advised for this unmissable show.

The Stadium Rock Experience appears LIVE at Leiston Film Theatre on Saturday 21st March at 7.30pm.

Tickets are priced at £19.50 for adults, £19.00 for concessions and are now available from the Leiston Film Theatre box office on 01728 830549 and via the venue website at: www. leistonfilmtheatre.co.uk



# HALESWORTH BRANCH OF CANCER RESEARCH

Despite a rather wet Saturday our Christmas Fair on November 22nd was very well attended and there was a lovely atmosphere in the hall. We are grateful to everyone who came along and supported our event and we were delighted that with your help we raised an amazing £2749.48 for the incredible work carried out by Cancer Research UK. We hope you all had a nice time and managed to find a Christmas gift or two.

Well done to the two lucky winners of:

The bonus ball 'Gin Hamper' won by P. Fitch, bonus ball 35.

The grocery hamper generously supplied by Market Fields won by G Spindler.

Congratulations to everyone who won a prize on our big raffle.

We have to say a huge thank you to the following businesses who supplied the food for our meals:

Halesworth Co-op; Cleveleys; Halesworth Spar; Tesco; Market Fields, Holton.

Thank you very much to the businesses who provided a raffle prize:

**Adnams** who supplied two vouchers - one for a brewery tour and one for the lighthouse tour;

Mr and Mrs Stephenson, Woodside Farm; Allen's Butcher's, Halesworth; Tulula's Fish and Chips Halesworth, Gecko Shoes Halesworth.

Thank you to everyone who donated the rest of the wonderful raffle prizes, also to everyone who baked for the cake stall or made a dessert and to Felicity and the ladies for the lovely table decorations and anyone else who contributed in anyway.

We also have to mention the menfolk who help set up and our lovely volunteers - we couldn't do it without you all, thank you.

As we approach 2026 here are our event dates which you might like to put in your diaries. All on Saturdays at Holton Village Hall:

February 14th: Jumble Sale March 21st: Big Breakfast May 16th: Spring Fair October 17th: Jumble Sale November 21st: Xmas Fair

Other events:

Thursday 2nd July - Wednesday 8th July: I-Chameleon

**Friday 28th August:** Maize Maze by Torchlight

To everyone who comes along to our events, we are extremely grateful for your support. Without you all we couldn't raise the vital funds for the ground breaking research that is now without question saving lives.

Thank you.

The Committee and Volunteers wish you all A Healthy Peaceful New Year.

**Dawn Davis** 01986 873640.



Committee members Sue and Debbie's Christmas gift stall.

#### HOME START IN SUFFOLK

#### Michelle's story

Michelle started volunteering with Home-Start Suffolk in 2020 and continues to do so now. She has offered support to families in the Waveney area and has been awarded a High Sheriff of Suffolk award for volunteering.

"Being a parent is the hardest job in the world. As well as being the most wonderful and magical experience, it can feel lonely, confusing and guilt ridden too! It always looks like everyone has it together and no one else feels like you do. However quite often they are or have been in the same place.

"I enjoy helping people and leaning on my own experiences to help others, ensuring they feel they are not the only ones who have been through tough times.

"Everyone at Home-Start Suffolk is fantastic. We have a coordinator that supports us as volunteers and they regularly check in. They're always there at the end of the phone or email.

"You learn so much being a volunteer. We're constantly offered courses that deepen our knowledge around potential family situations and we're invited to peer support where we meet other volunteers.

"It's nice meeting different families too. The families I have supported are different to my friends and my children haven't got children yet, so it's nice to be supporting others.

"You can really make a difference to people and going forwards, you can move onto supporting another family knowing you did your job in improving their lives.

"The families know how long they will have a volunteer working with them and they know when and why you will finish supporting them. Normally families are more confident, they are more themselves, they are not alone and they feel more empowered and confident.

"Volunteering has also made me more confident and competent. I think you spend half your life thinking you're faking it, when actually when you speak to other people you realise you have made it through and you're not faking it.

"It's a good feeling to know people listen to you, trust you, befriend you. It's quite empowering.

"If you can remember those uncomfortable feelings you experienced when you had young children and you have a few hours spare each week and you want to help people through their struggles, you should volunteer too. You can make a real difference."

If Michelle's story has inspired you to find out more about volunteering with Home-Start Suffolk, please visit www. homestartinsuffolk.org.





# NEWS FROM HALESWORTH & DISTRICT U3A

We kickstart the new year at Halesworth and District u3a, on Tuesday 20
January at 2pm at the Cut Art Centre,
Halesworth. Graham Murchie, co-chair of the Bawdsey Radar Trust, will present his talk The Eyes of the Few – History of Radar at Bawdsey.

Bawdsey, near Felixstowe on the Suffolk coast, is home to the world's first operational radar station, which started operating in September 1937 and became a blueprint for other stations that were vital in winning the Battle of Britain.

This promises to be a fascinating talk about the events, people and technologies which led to it becoming the first operational radar centre.

Now a museum, the Bawdsey Radar Trust, who looks after the Grade II listed site, will also touch on its continued role over the years.

Please come along and enjoy what promises to be an absorbing talk about this iconic Suffolk landmark.

The talk is free to current Halesworth and District u3a members and for non-members, tickets are available at £4 in advance, or on the door at the Cut.

Why not come early, meet up with your friends, and enjoy a relaxing lunch in the Cut café.

Halesworth U3a Walking Group recently walked a 4 mile circular route on a beautiful sunny day, on some very muddy field paths from Westhall, thenenjoyed a fabulous lunch at the Racehorse community pub.

Photo: Judith Condon



#### FREE TREES FOR ALL

Organised by Halesworth Town Council, we gave away over 70 trees to 50 people at the entrance to Co-operative store. That's 20 more people and 30 more trees than last year, which was our first year of doing this.

All sapling trees were either grown from seed by Lisa, provided by the Suffolk Tree Wardens or Rachel from Kaliwoods. Rowan seed Lisa collected from Roman way, Oak acorns Rachel collected and grew from Kaliwood - these seeds have a local footprint as well as being harbingers of resilience to climate change.

The town - and all of us - need more trees in our gardens and open spaces. To clean and cool our air, to add to our biodiversity, to mitigate climate change, to help prevent flooding, to provide habitat and food for wildlife. All living organisms will benefit, along with our human mental and physical wellbeing. Yes, we shall plant more trees!

The trees were all native species such as oak, hawthorn, maple, hornbeam, dogwood. Crab apple (a small tree) and Hornbeam (could be tree or hedge) were the most popular. We are recording and mapping our increase in tree cover in a new dataset we are incorporating with our heritage tree. So, if you're planting new trees, let us know.

Our dream is to make a halo of trees all around Halesworth, to be our natural air cooler.

If you'd like to get involved in our project, let us know.

Https://kaliwood.wordpress.com/halesworth-heritage-trees-2025/



#### CITIZENS ADVICE EAST

Good news for private tenants: The proposed changes to private tenancies that we wrote about last year have now become law. On 1st May 2026 most of the new rules about tenancies will come into force.

The Renters' Rights Act 2025: We know from our clients that whilst most landlords provide a good service, the private rented sector can be the most expensive, poorest quality and most insecure type of housing. The aim of the new Act is to give tenants more security and enable them to challenge bad practice without fear of eviction. Benefits for landlords include more straightforward regulation and clearer and expanded grounds for possession.

We list here some of the main changes.

On 1st May the Act will immediately:

End all section 21 'no fault' evictions. Landlords will have to prove that the tenancy agreement has been broken or that they need the property for themselves to live in or to sell.

Limit rent in advance when you start a tenancy to one month's rent. At present there is no limit to rent in advance.

Give tenants two months' notice of a rent increase and only allow one rent increase in any year. The new rent is only allowed to rise to the market rate for the area.

Give tenants the right to appeal against excessive rent increases.

Strengthen tenants' rights to keep a pet in their property.

Abolish fixed-term assured tenancies and replace them with tenancies that can be ended at any time after notice has been served by the landlord or tenant.

Enable tenants to move out after giving two months' notice. They will not have to wait until the end of a fixed term.

The Act also providessafeguards for landlords:

Gives landlords robust grounds for possession where the tenant is at fault

(e.g. has significant arrears, damages the property).

Landlords can give notice using the relevant grounds at any point in the tenancy.

Allows landlords to take a property back if they want to move into it themselves or sell it. But they must give tenants four months' notice to move out, and they cannot re-let it for 12 months.

There are some other changes in the Act that will be introduced by the government at a later date.

For more information, please see: https://www.gov.uk/government/publications/guide-to-the-renters-rights-act/guide-to-the-renters-rights-act. Or, from the housing charity, Shelter: https://england.shelter.org.uk/housing\_advice/private\_renting/renters\_rights\_act\_changes\_for\_private\_renters
Visit: www.caes.org.uk/email-service or phone us on 0808 278 7866 (lines open 10 - 2 Mon-Fri).



### WHAT'S ON AT THE SAIL LOFT? Winter 2026:

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&C's 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

Fortune Thursdays\*: Feeling lucky? Roll the dice, land a six & your food bill is on us!

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

**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

**January** "Veganuary" (Vegan focus) February
"Rooting for you"
(Focusing on Root veg)

March Wild Garlic **April**Spring Lamb

**May** Asparagus

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## HALESWORTH DEMENTIA CARERS FUND

As we approach the end of the year we can look back and see what amazing things the HDCF have been able to do for all those suffering with dementia, their families and carers. We are always trying to find new ways to help and improve our activities and one example is the new seated yoga session.

We have also been able to offer full day respite care at the new Patrick Stead Day Centre, where our brilliant staff have made such a huge impact on those suffering with dementia.

Of course, none of this would be possible if we didn't have such incredible support in the community. We are truly grateful to all who have made our work possible.

We would like to thank all those at the Patrick Stead Day Centre, the local Care agencies - First Choice, Prestige, Christies and Wallfinch, the Pear Tree Centre, The Angel Hotel, Halesworth Volunteers, the Halesworth Co-op, all our wonderful volunteers and group leaders, all those who have run fund-raising events for us and every one of you who have helped, supported and donated to us. Without all of you we could not achieve so much.

As the New Year comes in we shall continue to do all we can through our activities, respite care, training programmes etc, and look forward to doing so much more to help those suffering from dementia and their families.

If you would like to know more about what we do, how we can help, or how to become a volunteer or donor then please contact us via:

Email: info@halesworthdementia.co.uk

Tel: 07990 199632.

Website: www.halesworthdementia.co.uk.

Facebook page

On behalf of Halesworth Volunteer Centre I would like to wish every one of you a very happy and healthy New Year.

John Wood

#### DATES FOR YOUR DIARY

JAN 8 Blyth Valley & Southwold Wildlife Group: The Fascination of Fungi Illustrated talk by Tony Brown. 7.30pm at Southwold Arts Centre, IP18 6JP. Admission £5 inc. refreshments. Under 25s free. Raffle Everyone welcome.

JAN 9 Free Community Coffee Morning & Lunch. Tea/Coffee and Toast (Pastries when available) 9 - 11am. Soup & Bread 11am - 12.30pm (plus takeaway soup - bring your own container). Reydon Village Hall Management Committee in conjunction with Reydon & Southwold Community Fridge & Pantry.

JAN 18 & 25 Halesworth Harmony rehearsal at The Cut. Come along for a free taster session - no experience is necessary, everything is taught by ear, and you'll receive a warm welcome. 10.30am - 12.30pm. For further details, email: halesworth.harmony@gmail.com.

### PHOENIX SINGERS

#### Experience Elgar's 'Dream of Gerontius' at Snape Maltings!

This term Framlingham Phoenix Singers and Beccles Choral Society join forces to prepare for a joint concert at Snape Maltings presenting Elgar's spiritual epic, 'The Dream of Gerontius'. The two choirs will be joined by The Lambeth Orchestra and acclaimed soloists. The date for your diary is Saturday 16th May, at 7.30pm. Tickets are on sale now.

Experienced choral singers are welcome to join the choir for the term to perform this great choral work. Our first rehearsal of the term is Wednesday 7th January 2026. Rehearsals are held at Sir Robert Hitcham's Primary School in Framlingham, from 7.30 to 9.30pm. For more details visit www.phoenixsingers.org.uk

#### **Esther Mower**

On behalf of Phoenix Singers



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# PROJECT UPDATE

#### **JANUARY 2026**

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

Sizewell C has reached key milestones as we work to improve the local road infrastructure and build our park and rides in 2025.

In 2026, we will continue to work at pace to deliver the improvements. Unfortunately, this will lead to disruption, specifically during the first quarter of 2026 with several weekend closures along the A12, B1122 and B1125 as we aim to get works achieved ahead of the busy summer period for visitors to the county. This year, we look forward to the Friday Street and Yoxford roundabouts being connected to the A12 and opened to traffic. During the first quarter of 2026 there will be weekend road closures as we construct and connect the new roundabouts to the A12 and neighbouring roads. We will advertise the closures and diversions well in advance.

We issue weekly traffic management and short time road closures every Friday for the week ahead, and we add this to our social media channels. The Sizewell C Works Tracker and One Network Causeway one.network are guides to works in the area, and the new subscription service through our Works Tracker will also help with transport plans around the county.

# FORUM SCHEDULE

#### Forum timings

2026 | 18:00 - 20:00 (Arrival from 17:45)

Main Development	Wednesday	Leiston Town
Site Forum	14 January 2026	Athletic Association
Northern Transport Forum	Wednesday 4 February 2026	High Lodge Darsham
Southern	Wednesday	Stratford St Andrew
Transport Forum	4 March 2026	Riverside Centre
Community Forum	Thursday 19 March 2026	Woodbridge Rugby Club



# HALESWORTH ANGEL BOWLS CLUB CELEBRATES

Let me tell you first about the substantial grant to the club from the Pargiter Trust. It was through The Suffolk Community Foundation that we made the connection with the trust. The trust was set up in 2005.

The founder, The Honourable Isobel Cooper-Heyman was a passionate campaigner to ensure older people have the support they need to maintain independence and live healthy, happy lives.

To fulfil its mission the trust wants to help older people to stay active through sports, arts, recreation, social clubs and volunteering. Thus, the objects of the Trust are compatible with those of the Halesworth Angel Bowls Club. Bowling is more than a game. It develops character where challenges are solved together with team work, respect and camaraderie.

Being a low impact sport players can continue well into their 80s.

At the beginning of December we proved this by celebrating the 90th birthday of Ted Barham. What a lovely occasion that was and how generous of Ted to invite 40 members to join him.

He stands out as a role model for many men.

Sadly, he lost his wife Syvie, who was also an accomplished bowler, this year

#### Ben Cardwell



## JANUARY AT HALESWORTH LIBRARY

The new year brings a change at Halesworth library as we look forward to welcoming Laura Bridgland, who is taking up the role of library manager. Laura has worked at Bungay and Southwold libraries as well as providing relief cover at Halesworth from time to time. Laura will be joining us in mid-January, and staff and Friends of the library look forward to working with her in making Halesworth library a welcoming space for all the community.

There will be sessions of Sociable Sundays on Sunday 11th and 22nd January - meet new people and enjoy good conversation over a cuppa and a cake in the welcoming space of the library. Drop in any time between 10.30 -12.30pm. The Board Games Café returns after it's Christmas break. Many games to choose from - old and new ones - or bring along your own favourites. No need for special skills or knowledge. Join us, and have a relaxing afternoon, meet new friends, enjoy tea and cake! Suggested £1 donation to the Friends of Halesworth Library (organisers of the event). These events are hosted and run by volunteers from the Friends of Halesworth Library.

We also hope to hold a Book Talk on Thursday 15th January so keep an eye out for posters and flyers.

Don't forget our regular activities and drop-ins! Every Tuesday 10 - 11.30am there is a free Rhyme Time & Play session to sing fun songs followed by free play with our toys. Every Wednesday at 10am our Time Out sociable group for older people meet for tea and biscuits. The Knit & Natter group meet alternate Tuesdays 2 - 4pm, staff can provide dates. Lego Club is on every Saturday 11am – 12noon and Family Board Games Club every Sunday 10.30 -11.30am. You can find advice drop-ins from East Suffolk Council Customer services every Tuesday 10am - 4pm and Citizens Advice have a drop-in every other Tuesday 10am -12noon, please ask a member of staff for future dates.

As the weather cools and the nights draw in, don't forget that all members of the community are welcome to stop by for a hot drink. The library will also be offering a Kindness Rack (donations of winter clothing much appreciated!).

Please remember the library will be closed on the 24th, 25th and 26th of December and the opening hours on 27th December will be from 9am - 2.30pm. We will also be closed on 1st January 2026.

The Friends of Halesworth Library has secured a grant from East Suffolk Council which enables the library to provide a warm space this winter and provide hot and cold drinks, soup, snacks and hygiene products, along with scarves and blankets. Please speak to reception staff or library volunteers to take advantage of this service.

#### Catherine Draper



SAXMUNDHAM **NEWS** 

SOUTHWOLD ORGAN

WOODBRIDGE TALK

# HALESWORTH TO SOUTHWOLD NARROW GAUGE RAILWAY CHARITY

Our railway charity volunteers usually take a few weeks off over Christmas: they had been working very hard, every week, all year and they deserved some family time! Before that, however, work continued on four sites along the railway. At Blythburgh Station, apart from the usual winter maintenance, the team continued with the heritage timber fencing to the north of the station - the plan is to link up the boundary fence to an existing, in-situ, original fence post which has somehow survived the 95 years since closure. They also completed the work on the platform track at the limit of our current planning permission. At the workshop, another wagon underframe is being re-gauged from its original 2'6" to 3', so it can form another part of our heritage train, and the new staff facility is decorated, lighted and heated.

At The Folly on Halesworth Millennium Green, Chairman Ken took photos of the trackbed towards the east, as it's one of our charitable remits to record the state of the civil engineering along the line. He also re-started clearance at Walberswick Station, as part of HSNGR's plan, agreed with the owners WCLC, to improve the presentation of this important historical site.

We were very kindly invited to St Mary's Church in Halesworth for the annual Christmas Tree Festival and were pleased to join many other Halesworth-based groups and charities for this festive occasion. Our working volunteers have enjoyed their Christmas Dinner each year at the White Hart in Halesworth, but now that is closed, we went to the Hunstman

and Hounds in Spexhall and had an extremely good meal and a great deal of chat (most of which was inevitably about the railway!)

We now have all the dates decided for 2026 Open Days at Blythburgh Station: these are Monday April 6th, Sunday May 17th, and Sunday July 26th, added to the already-announced Sunday September 13th (which is also our Model Railway Show). There will be lots to see, with our usual free entry and free refreshments! We hope that Hoot readers will put those dates into their diaries. 2026 is looking to become an important year in the evolution of the HSNGR, so come along – and join in, if you wish.

#### James Hewett, Trustee.









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

Halesworth Hoot is your free local paper, 2000 copies are printed every month.

We distribute the magazines door to door and to many varied outlets. The next issue will be published on Monday 2nd February, copy deadline is 14th January - 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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Mon 12th - Thurs 15th Jan at 7.15pm

**ANACONDA 12A** 

Fri 16th Jan at 7.00pm Sat 17th Jan at 6.00pm Sun 18th Jan at 2.00pm

**AVATAR: FIRE AND ASH 12A** 

Sun 18th Jan at 6.00pm Sun 25th Jan at 3.00pm

#### **BECOMING VICTORIA WOOD 15**

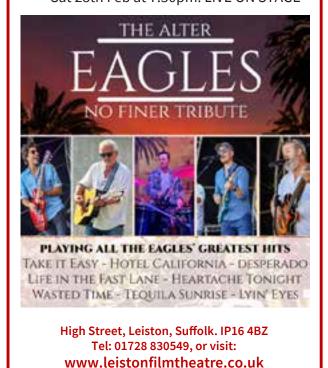
Mon 19th & Tues 20th Jan at 7.15pm Wed 21st Jan at 2.00pm & 7.15pm Thurs 22nd Jan at 7.15pm Sun 25th Jan at 3.00pm Wed 28th Jan at 7.15pm

**SONG SUNG BLUE 12A** 

Fri 23rd & Sat 24th Jan at 7.15pm Mon 26th Jan at 1.00pm Tues 27th Jan at 7.15pm Wed 28th Jan at 2.00pm Thurs 29th Jan at 7.15pm

**HAMNET** 12A

Sat 28th Feb at 7.30pm. LIVE ON STAGE





# Jodie Louise Footcare

Saxmundham practice

Corns/Callus • Nail trimming Diabetic footcare • Verrucas Ingrown toenails • Athletes foot Nail reconstruction • Cryotherapy Thickened and fungal nails Laser treatment for fungal nails



**Jodie Ellis** Owner and Foot Health Practitioner



Rebekah Lane Trainee Foot Health Practitioner

20 Market Place, Saxmundham, IP17 1AG. 07949682295 | Jodielouisefootcare@outlook.com www.jodielouisefootcare.co.uk

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