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MARCH 2026

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A NOTE FROM OUR EDITOR



A big name will be making an appearance at Leiston Football Club in April – Bruce Grobbelaar. I’m of an age where I remember him playing for Liverpool. Charismatic and funny – I’m sure he will make a very entertaining speaker and the evening is bound to be a sell-out, so book your tickets now!

Please drop me a line to boost your business by advertising with us, in any or all of our six titles, or if you have any news or events you would like to share with our readers.

Email: lou@tidecollection.com

Quote of the month

Close friends contribute to our personal growth. They also contribute to our personal pleasure, making the music sound sweeter, the wine taste richer, the laughter ring louder because they are there.

Judith Viorst

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When:- Monday afternoons

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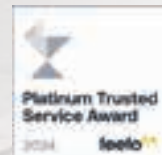
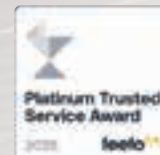
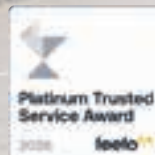
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FROM LEISTON-CUM SIZEWELL TOWN COUNCIL

We know about the potholes! We are doing everything we can to raise the matter of potholes with Suffolk County Council Highways. Please help us by reporting potholes directly. <https://www.suffolk.gov.uk/roads-and-transport/roads-pavements-and-verges/potholes/report-a-pothole>

Planning Matters: East Suffolk Council is the Planning Authority for all planning applications relating to Leiston. Applications are published on their Planning Public Access system, which allows residents to view, track and comment on local planning applications.

How to access and make comment:

Access the Portal: Visit East Suffolk Council's website and search for Planning Public Access.

Search Applications: Look up current or past applications using keywords, reference numbers or postcodes.

Review Documents: View submitted plans, maps and supporting documents.

Submit Comments: Use the 'Comment on this application' link on the relevant application page.

Registration: While viewing is open to all, registering an account allows you to save searches, track applications and receive email notifications.

Timeframe: Consultations usually last 21 days, although this can vary.

Key Considerations When Commenting

Content Matters: Planning decisions are based on material planning considerations (such as traffic impact, design and environmental issues), not simply the number of objections received.

Public Record: Comments are published online. Your name and address will be visible, although email addresses and telephone numbers are withheld.

Validity: Only comments that include a full name and postal address can be considered.

Online vs Offline: Letters can be submitted, but using the online portal ensures your comments are processed quickly and efficiently.

Leiston-cum-Sizevell Town Council is notified of all applications and responds as a statutory consultee. Planning matters are considered at the Planning Committee, held on the fourth Tuesday of every month at 6.30pm at the Leiston Community Centre. Where timescales do not allow, applications may be considered at Full Council. Agendas are published on our website, and our submitted comments can be viewed via the Public Access portal once lodged. Residents are welcome to attend meetings and make representations. However, we strongly advise residents to always submit comments directly via Public Access to ensure your views are formally registered with the determining planning authority.

Neighbourhood Watch: Council was pleased to hear more at November's Full Council meeting about joining or setting up a Neighbourhood Watch scheme - working together towards 'A Better Place to Live.'

This is something we all value: making new friends, caring for the environment, supporting neighbours, reducing isolation and loneliness, and working together to reduce both the fear of crime and opportunities for crime. As a result of the presentation, we are delighted that a new scheme has been registered for Haylings Road. You can search for a Neighbourhood Watch scheme where you live using the search facility on the website. If you cannot find a local scheme to join, you can set up a new one by clicking 'Start a New Scheme.'

For enquiries: enquiries@suffolknwa.co.uk

Website: www.suffolknwa.co.uk

Date for your Diary – 1st August 2026: We are delighted to announce that Cinema in the Park will take place on 1st August 2026 at Victory Road Recreation ground, a collaboration with the Long Shop Museum, Leiston Film Theatre, Leiston Events Group, and Sizewell C. Further details will follow next month, but for now please mark the date in your diary - it promises to be a wonderful family event for everyone to enjoy.

Leiston Events Group: We wish Sonny Cracknell and the Leiston Events Group every success in 2026. Reinvigorated and full of enthusiasm, the group is planning an exciting programme of events for the coming year. Community events only happen with the support of volunteers. If you can spare some time to help Sonny and the team, they would be delighted to hear from you.

Council Meetings

A reminder that Full Council meets on the second Tuesday of each month at the Leiston Community Centre from 6.45pm. Agendas are posted on the noticeboard outside the Council Offices and published online at: www.leistontowncouncil.gov.uk

For further information on any of the above, or to find out more about getting involved with the work of the Town Council, please contact the Town Council Offices on 01728 830388 or email office@leistontowncouncil.gov.uk.

We look forward to hearing from you.

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THE
LONG SHOP
MUSEUM

NEW
DISPLAYS
FOR 2026

OPEN FROM
SATURDAY 14TH MARCH

A GREAT DAY OUT!

Visit The Long Shop Museum and explore the Victorian industrial history of Suffolk. Discover the stories and achievements of the people who turned Leiston, the coastal market town, into a Victorian engineering powerhouse!

For more information, visit our website:
www.longshopmuseum.co.uk
Main Street, Leiston, IP16 4ES

HANNAH SNELL, FEMALE SOLDIER 1750

A one woman play by Georgina Lock – 7 pm, 21st March at Leiston Long Shop. Running time 45 minutes, followed by 15 minute Q&A

I write and perform solo shows in the characters of under-represented women from history. One of the most exciting and transgressive is the eighteenth century female soldier Hannah Snell. Sometimes (see below) I look a little bit like her.

Hannah Snell (1723- 1793) disguised as a man, joined the marines and fought the French in India in 1749. This is proved by her army pension, granted by the Duke of Cumberland, when she stopped his carriage in Hyde Park. The prints from her book, which she dictated to a journalist, and sold for a shilling in bookshops, are kept by the National Portrait Gallery, London and the Huntingdon Library, San Marino, California.

If Hannah's transgressive chutzpah isn't remarkable enough for an eighteenth-century working-class woman, this female soldier also performed on stage, solo to full houses throughout July and August 1750. In Autumn 1750, she took her act to audiences in Bath and Bristol. Eighteenth century theatre goes wanted novelty, and Hannah was the novelty of the year. Then it becomes hard to be sure of what she did. There is talk of her being a boxer. Reports of marriage to a rich man conflict with accounts of her peddling ribbons and laces, her arrest for theft and a stay in Bridewell prison. What Hannah had always wanted to do was run a pub. There is no trace of that but her birthplace in Friar Street, Worcester is marked by a blue plaque.

Hannah is linked to Leiston Long Shop and Garrett and Sons through Vera (Jack) Holme (1881-1969). Jack or Jacko was an actress and male impersonator who in 1915, joined the Scottish Hospital Transport Unit and drove military ambulances in Serbia. In 1917, as a member of the Actresses Franchise League, Jacko represented Hannah Snell in Cicely Hamilton's 'A Pageant of Great Women' at the Scala Theatre (now a cinema) in Islington. Jacko was also the Suffragette Pankhursts' official chauffeur. Linked to the Pankhursts are suffragists Elizabeth Garrett Anderson and Millicent Fawcett, nieces of Richard Garrett III and cousins of Richard Garrett IV.

Tickets (£10): <https://buytickets.at/thelongshopmuseum/2073936>

Georgina Lock



LIVE WELL HUB LEISTON

With spring fast approaching, The Live Well Hub has lots of new activities, all aimed at and boosting both the mental and physical health of the local community.

Following the huge success of DWP-Introduction to Construction course, we are delighted to report that 8 of the 20 attendees of the last courses have already been offered employment with Carmichael UK and HW Martin!

Also, a further course has been planned next starting 2nd March 2026, if anyone would like to attend contact your local job centre or you can self-refer with QR code (right). This course has been generously funded by Suffolk County Council. (Over 19s only).



Families Together Suffolk - March 5th, 12noon – 1.30pm: One-off afternoon coffee catch-up for parents of SEND children - to scope the needs and support required for families in the local area, an opportunity to meet other families and to help shape the SEND support available in our area. Both Parents and children welcome to attend.

Future Female Society - Happiness brunch: Friday 20th March from 9.30am - 1.30pm. ALL Females welcome. Please come join us for lunch, yoga and other activities to boost mental health and wellbeing. Females getting together empower each other to be the best version of themselves

Social Prescribing Day: March 26th, 9am- 12noon: In collaboration with Connect for Health we are celebrating social prescribing to increase awareness of what social prescribers and other local support services can offer. Everyone is welcome to come and learn what social prescribing is all about!

Combat2Coffee will be present at the Hub, 10am - 12noon on the third Friday of each month offering a warm welcome to veterans and their families.

On the third Monday of each month 'Way to Go' are offering Guided Walks, 10 – 11.30am followed by a guided cycle ride 1.30 - 3pm. Both will be followed by refreshments served at The Live Well Hub.

New Age Kurling: Tuesdays, 10.30am – 12noon. Free to attend, everyone welcome to join or pop along to have a go.



Headway Open Day - Tuesday March 24th ,11.30am - 2.30pm: An opportunity to learn more about how people affected by brain injury and neurological conditions can be supported.

Follow The Live Well Hub-Leiston on Facebook for more news. We are sited at Waterloo Centre, off Waterloo Avenue, IP16 4HF. For more info. Tel: 01728 808 388 or 07955 437 070. Email: livewell@leistoncouncil.gov.uk or livewellmanager@leistoncouncil.gov.uk. or to enquire about hiring space at The Live Well Hub

Sizewell Creative art exhibition comes to Leiston!



A vibrant showcase of artwork created by the Sizewell C workforce.

VENUE
The Live Well Hub, Waterloo Avenue,
Leiston, Suffolk, IP16 4HF

OPENING
Monday 23 February 2026

VISITING HOURS
Mondays, Wednesdays and Fridays 9am–5pm*

*Evening and weekend visits available on request. Call **01728 808388** or email livewellmanager@leistoncouncil.gov.uk

Community artists wanted!

We're inviting local creatives to submit work to be included in this touring exhibition.

For community submissions, please contact us via email at SizewellCreative@sizewellc.com



Aldeburgh Museum
MOOT HALL
REGISTERED CHARITY 1166357

VOLUNTEERS WANTED

We are in need of volunteers to help with our small heritage museum. We don't just need help with 'front of house' but behind the scenes also. It really doesn't matter how much time you can spare or what you can offer; we'd still love to hear from you. We are a friendly team of all ages and abilities and can't wait for you to join us.

- To keep the museum open and flourishing we need help with:
- Front of House
 - Assisting with our activity programme



The museum will open daily 1-4pm from 30th March until 31st October. There will be activities for children during the Easter School Holidays – please check our website for information.

E: Enquiries@aldeburghmuseum.org.uk
P: 01728 567767
www.aldeburghmuseum.org.uk/help

The Engineers Arms
Leiston 01728 635883



March

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Sunday 22nd Ace Karaoke



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Friday 10th - Sunday 12th April 2026

Fri 10th - 2pm & 6pm | Sat 11th - 11am & 3pm | Sun 12th - 11:00am

Box Office Open Tuesdays & Thursdays 10am to 12pm
Tel: 01728 454022 or Email: manager@aldeburghjubileehall.co.uk
Tickets | <https://aldeburghjubileehall.co.uk/whats-on>

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



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1 Leiston Road, Aldeburgh IP15 5PP
07495 918642

LEISTON FOOTBALL CLUB

LIVERPOOL LEGEND HEADING TO LEISTON

Bruce Grobbelaar, the charismatic former Liverpool goalkeeper will be guest speaker at Leiston Football Club's upcoming Sporting Dinner, on **Thursday, April 9**. The original eccentric genius between the sticks, Grobbelaar will be best remembered for the wobbly-legged penalty heroics that brought Liverpool the 1984 European Cup final. Other than the European triumph in Rome, there was just the small matter of his other 627 runouts for the Reds in a glittering 14-year career in which he established himself as one of the club's greatest-ever goalkeepers and helped secure six First Division titles, three FA Cups and three League Cups. It was just shy of five years after making his debut in August 1981 when Grobbelaar missed his next match – a remarkable run of 310 consecutive games keeping goal for Liverpool.

The evening is set to be a sell-out, so get your tickets early. Tables of eight are available. Tickets are £47.50 each and include a three-course meal, complimentary drink, courtesy of Fishers Gin, raffle and auction of sporting memorabilia, including a silent auction to win a signed Tyson Fury boxing glove, kindly donated by Mr Steve Jordan, of Jordan Fencing.

Book your tickets by either calling Leiston chairman Andy Crisp on 07769 904555 or email Andy at acrisp5@aol.com.

TEENAGE STAR RONNIE DELIGHTING BLUES FANS

There's little doubt if Leiston fans had to pick a player who has made a big impression in a short space of time at the Flannery Stadium this season, then Ronnie Blois would be right up there. The 19-year-old striker, who joined the Blues from Dereham in the summer, has already won over the fans at Victory Road as he makes what has been a big move for him up to Step 3.

Goals, effort and a willingness to work hard up front has seen him become a Blues favourite already.

So, how is he taking to life at Leiston? *"I'll be honest, it has taken a while getting used to the levels and getting used to the group, but slowly after a few games you get up to speed. I'm enjoying it now,"* he said.

"I had no clue at all what the level was going to be, but I'll be honest I've impressed myself a little bit. I'm enjoying it and just want to get better."

Playing up front has seen Blois face some big centre-halves in a league that is renowned for its physicality. So, how does he find it?

"I'm not huge, but I'm quite big and can handle the physical side of things," he said.

"But we play quite a bit of football, so I don't always need the physicality. I've got a few goals, well, a few tap-ins, which is nice to do in a new team. It settles you down. They are the little goals I thrive off. They all count and I know how important it is to be in and around the six-yard box."

It was Blues player/coach Ryan Jarvis who had a big input in Blois coming to Leiston. Chris Wigger has known Blois as well and monitored his early progress. Something the young striker acknowledges.

"Yes, I've known player/coach Ryan Jarvis a long time. He and the manager, Chris Wigger, have put faith in me. I think they know I'm going to make mistakes. I'm young, but I'm trying to do as much as I can."

"I'm in the team and have kept my place, which I think I have earned."

For information on all things Leiston FC, head over to www.leistonfc.co.uk or follow Leiston FC on X, Facebook, WhatsApp, TikTok and Instagram.

There was a special presentation in the Leiston clubhouse after a recent game against Royston Town, as first-team shirt sponsor and stand sponsor, Mr Paul Gray, of Flick & Son estate agency, received a framed shirt from first team manager.

On the photo below is **Chris Wigger, Captain (on the left), and Seb Dunbar, (right), thanking Paul for all his support for the Club. Photo: Toby Barker**



LEISTON FOOTBALL CLUB PRESENTS
A SPORTING DINNER
 With special guest and Liverpool goalkeeper legend
BRUCE GROBBELAAR
 THURSDAY, APRIL 9, 6pm for 6:30pm
 PLUS: Comedian IAN RICHARDS

Three-course meal, welcome drink, courtesy of Fishers' Gin. Also, an auction and raffle.

TICKETS: £47.50

In the first instance contact Leiston chairman, Andy Crisp on 07769 904555 or e-mail acrisp5@aol.com



FIRST TEAM HOME FIXTURES IN MARCH

Saturday 7th STRATFORD TOWN (Southern League) 3pm

Saturday 21st WORCESTER CITY (Southern League) 3pm

Saturday 28th BANBURY UNITED (Southern League) 3pm

What's On at
Leiston
 Film Theatre

Fri 6th Mar at 4.30pm
 Sat 7th Mar at 2.00pm & 4.30pm
 Sun 8th Mar at 11.30am

GOAT PG

Sun 8th Mar at 2.00pm

OTHELLO 15

Fri 6th, Mon 9th, Tues 10th, Wed 11th &
 Thurs 12th Mar at 7.15pm

COLD STORAGE 15

Sat 7th Mar at 7.00pm

**JAMES ACASTER
 CINEMAGOERS WELCOME** 15

Wed 11th Mar at 2.00pm
 Sun 15th Mar at 3.00pm

H IS FOR HAWK 12A

Fri 13th & Sat 14th Mar at 7.15pm
 Sun 15th Mar at 6.00pm
 Mon 16th Mar at 1.00pm & 7.15pm
 Tues 17th & Wed 18th Mar at 7.15pm
 Thurs 19th Mar at 2.00pm & 7.15pm
 Fri 20th Mar at 7.15pm
 Sun 22nd Mar at 3.00pm
 Mon 23rd Mar at 1.00pm & 7.15pm
 Tues 24th & Wed 25th Mar at 7.15pm
 Thurs 26th Mar at 2.00pm & 7.15pm

MOTHER'S PRIDE 12A

Sat 21st Mar at 7.30pm. LIVE ON STAGE

**THE STADIUM
 ROCK EXPERIENCE**

Wed 25th Mar at 3.00pm
 Sun 29th Mar at 6.00pm

**EPiC: ELVIS PRESELY
 IN CONCERT** 12A

From Fri 27th Mar ...

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

AT THE HOP

Leiston gets ready to swing with an evening of glamour, glitz and rocking hits!

Get ready for an unforgettable evening of musical nostalgia and high-energy entertainment as the fabulous Jukebox Jems bring their critically acclaimed new show, AT THE HOP, to the Leiston Film Theatre.

Step back in time and relive the magic of the 1950s and 1960s in this electrifying musical theatre celebration, packed with timeless hits and dazzling performances. AT THE HOP invites audiences to "Rock Around the Clock," "Twist and Shout," and so much more in a spectacular journey through the golden age of pop.

The Jukebox Jems are a dynamic three-piece vocal harmony group and this show promises powerhouse vocals, breathtaking harmonies, and glamorous retro costumes, capturing the spirit of Rock 'n' Roll, the Swinging Sixties, Motown magic, and not forgetting the Summer of Love.

Whether you're a teenager at heart or reliving cherished memories, AT THE HOP is the ultimate feel-good night out and a true celebration of the music that defined a generation, bringing the hits of yesterday to life today!

AT THE HOP appears live at the Leiston Film Theatre on Sunday 3rd May at 7.30pm. Tickets are now available from the venue box office on 01728 830549 and via the Leiston Film Theatre website at: www.leistonfilmtheatre.co.uk



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THE BAND OF THE ROYAL BRITISH LEGION, LEISTON

The Band, proudly licensed under the banner of The Royal British Legion, is thrilled to announce the success of their public collections held over the Christmas season in Leiston and Aldeburgh:

Aldeburgh High Street Saturday 6th December 2025: **£383.49**
 Leiston Old Post Office Square Wednesday 24th December: **£85.95**. Total raised: **£469.44**

The band would like to extend its heartfelt thanks to everyone who contributed to the collection. As part of their commitment to supporting The Royal British Legion, 10% of all collections will be donated to the Royal British Legion Poppy Appeal. (£46.94). The remainder of the funds raised will directly support the band's continued efforts to nurture and develop new and existing players. These funds help cover the costs of instruments, music, uniforms and essential expenses such as the rental fee for our band room and instrument upkeep.

The Band is dedicated to fostering local talent and providing musical opportunities for all. Our main band practices are held on Mondays and Thursdays from 8pm to 9.30pm, with a dedicated Training Band practice on Thursday evenings from 7pm to 7.45pm.

Whether you're an experienced brass player or drummer, an ex-player looking to return to your passion, or someone new to music and interested in learning, we welcome you to join us!

Please visit: www.leistonband.org or email: secretary@leistonband.org.

Thank you again for your continued support!

Nikki Glennon-Bird
 Band Secretary



HEADWAY SUFFOLK'S LEISTON OPEN DAY

LEARN ABOUT US AND BRAIN INJURY

EVERYONE WELCOME

March 24, 2026
 11:30 AM to 2:30 PM
 The Lion Walk Hub,
 Waterloo Avenue, Leiston

Watch a recorded play and experience an escape room refreshments available

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THORPENESS
 COUNTRY CLUB

New
Seaside Sweethearts
 Package

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For further details visit
www.thorpenesscountryclub.co.uk/weddings

*Terms and Conditions apply.

Credit: Images By Anna

Aldeburgh Music Club presents
AN EVENING WITH MOZART

Snape Maltings Concert Hall
 Saturday 28 March 2026 at 7.30pm



Solemn Vespers K339
Exsultate, jubilate K165
Requiem in D minor K626
The New Novello Choral Edition

Aldeburgh Music Club Choir

Laura Morgan *soprano*
 Katherine Nicholson *contralto*
 Richard Edgar-Wilson *tenor*
 Matthew Crowe *bass*

Prometheus Orchestra

Tom Appleton *conductor*



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

Snape Maltings Concert Hall, Saturday 28 March at 7.30pm

Aldeburgh Music Club will be returning to Snape Maltings Concert Hall for their Spring concert on **Saturday 28th March**. Following their sell-out performance of Messiah last November, the choir are returning with an all-Mozart programme, to celebrate the composer's 270th birthday.

The concert includes three of Mozart's major works, completed at three key stages in his short life. Accompanied by the **PROMETHEUS ORCHESTRA** the choir will perform the Solemn Vespers, K339, that Mozart wrote in 1780 at the age of 24. This will be followed by one of the composer's most popular works, written when he was just 17, Exsultate, jubilate, K165, well known to many for having been sung by Kiri te Kanawa at the wedding of the then Prince Charles and Lady Diana Spencer. The concert ends with the Requiem in D minor, K626, which Mozart was working on when he died at the early age of 35. The version sung at this concert will be the completion by Duncan Druce.

Aldeburgh Music Club Choir will be joined by soloists Laura Morgan (soprano), Katherine Nicholson (contralto), Richard Edgar-Wilson (tenor) and Matthew Crowe (bass). The performance will be conducted by the choir's Music Director, Tom Appleton.

The performance is being dedicated to the memory of the late Sir Humphrey Burton CBE, the Club's President Emeritus.

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ALDE VALLEY SUFFOLK FAMILY HISTORY GROUP

'My Family and the Royal Family' – Jane Evans

In a change to the previously advertised event 'Members' Brick Walls', our next talk will be the story of the relationship between Jane Evans' family and the Royals: Jane's grandmother cooked for King Edward VII; her great uncle was at the Delhi Durbar in 1911; and her mother received a Coronation Medal in 1953. This is their story.

The talk takes place on **Monday 16th March** 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 in person. The talk starts at 2.30pm. No need to book - just turn up - free for members and £5 for visitors, including tea/coffee/biscuits. Good, free car-parking. Only members can take part in our meetings on Zoom, but it only costs £10 for a year's membership – see <https://avsfhg.org.uk/membership/> (website under construction) and Zooming is free.

Where there's a Will – A talk by Ian Waller

Alde Valley Suffolk Family History Group opened the New Year on Monday 19 January 2026 when Ian Waller presented his talk 'Where there's a Will' to an audience gathered in the Fromus Centre, Saxmundham as well as those members who joined remotely from their homes on Zoom.

Ian is a retired professional genealogist with considerable experience in English research. He currently serves as the vice chairman and education officer of the Family History Federation and is a Fellow of the Society of Genealogists.

There were many interesting facts imparted during Ian's talk and feedback from members suggested that they had found it very useful. At the conclusion a variety of questions were raised which Ian was able to answer.

Further programme:

Mon 20 April: Annual General Meeting

Mon 18 May: Apprenticeship Records by Richard Holt

Mon 15 June: Pauper Ancestors by Clare O'Grady

SEEKING GEORGE EWART EVANS' INTERVIEWEES' DESCENDANTS

When Leiston author Robert Ashton was researching his book 'Where are the Fellows who Cut the Hay?' he met a number of people whose grandparents appeared in 'Ask the Fellows who Cut the Hay', the book George Ewart Evans wrote in 1956 while living at Blaxhall.

Now he is hoping to meet more with a connection to Evans at the launch of the paperback edition of his book in Framlingham on **Sunday 29 March**.

"We'll be showing two rare films, one written and narrated by George Ewart Evans in 1980, and the other even older, showing folk singing and step dancing in Blaxhall Ship" explained Robert Ashton. *"We hope that people with that connection, who may never have seen the films before, will come along and see who they recognise on the screen."*

Robert will also be in conversation on stage with Nick Corke, CEO of Framlingham charity 'Hour Community.'

A proportion of the income from books sold on the day will be donated to the charity, as will any money left over once venue and film hire costs have been covered.

Tickets cost just £5 and can be bought here: <https://www.tickettailor.com/events/leistonbookfestivalcic/2040462>

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Over the past decade, the company has delivered thousands of journeys safely and professionally, building long-standing relationships with corporate clients, private customers and some of Suffolk's most prestigious venues.

Founder Mike said: "Reaching 10 years in business is something we are incredibly proud of. Our success has always been built on reliability, professionalism and personal service. We are truly grateful to our loyal clients and hardworking drivers who have supported us throughout the years."

Looking ahead, the company remains committed to delivering dependable, high-quality chauffeur services across East Suffolk and beyond.

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ALDE VALLEY RAMBLERS

Alde Valley Ramblers is a very friendly and sociable group, part of the Ramblers Association whose mission is to open the way for everyone to enjoy the simple pleasures of walking and who will step up to protect the places we all love to wander. Our group is based in the part of East Suffolk lying between the Rivers Blyth and Deben but we do occasionally walk in areas further afield. Our membership stands at about 120 which makes us rather small as Ramblers groups go but we are edged between the larger groups of Ipswich and Waveney. There are usually on average about 15 to 20 walkers, led by a member who will have reced the walk beforehand and noted any possible problems or hazards. We provide regular guided walks in the beautiful Suffolk Coastal area and these take place on a Sunday every two weeks starting at 10am.

There are a few mid-week walks in the summer with a possible picnic and a Christmas lunch, which was held last year at The Lighthouse restaurant in Aldeburgh.

There is an annual membership fee to join the Ramblers Association and have access to walks around the country (£45 p.a single or £61 p.a. joint). Non-members are very welcome to come on a few of our walks and there is no fee for joining a walk on a trial basis. Well behaved dogs are welcome unless specifically stated. Please visit: www.aldevalleyramblers.org.uk for details of the walks including the name and contact details of the walk leaders who will answer any questions you may have.

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Church Road, Leiston

CRAFT FAIR

**Saturday
7th March
10am - 2pm**

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HELPING SAVE LIVES IN TOBY'S MEMORY

More than 210 young people aged between 14 and 35 have been screened for undetected heart conditions during a very special memorial event held at the Pear Tree Centre. The screening took place in memory of much-loved footballer Toby Chenery during February. Over two days, 211 young people had an electrocardiogram, with 11 then referred on to a GP or hospital for further investigation – potentially saving their lives.

The event was organised by Toby's family in partnership with CRY (Cardiac Risk in the Young). The screenings were paid for with a portion of a staggering £49,433 raised in Toby's memory after the 23-year-old passed away suddenly in his sleep last February. Sadly, Toby suffered with an undiagnosed heart condition and had been asymptomatic his whole life.

The event at the Pear Tree Centre was the first in a series of screenings that Toby's family are funding to detect similar conditions in other young people. They said: *"It was a very emotional weekend for us all as none of it would have happened if we hadn't lost our beautiful boy almost a year ago. Toby was a kind, caring and generous soul and the legacy we've been able to create is a tribute to him in every way."*

"We'd like to say thank you to everyone who has donated – we appreciate every single penny. We'd also like to thank the Pear Tree Centre for letting us use the building. It couldn't have been more perfect and gave a lot of people the opportunity to visit the centre who had never been before."

During the weekend, Toby's family also raised more than £550 by selling CRY wristbands and collecting donations, all of which will help pay for future screenings. To make a donation, visit www.c-r-y.org.uk/toby-chenery. Toby's memorial page is available by searching for 'Toby's CRY page – forever 23' on Facebook.

The Pear Tree Fund offers vital information, advice and holistic support to people with life-changing illnesses or who have been bereaved. Please visit www.peartreefund.org for more information or call 01986 899655 if you'd like to discuss holding a similar event at the centre.



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ROSE & SWEET WILLIAM CLUB

The Rose and Sweet William Club is pleased to report that they have been in receipt of a Grant from the Sizewell C Community Fund. A sum of £10,500 has been agreed to be spent over a three-year period. The Club is a Social Club for the Over 60s, meeting at the Leiston Community centre each week on a Tuesday afternoon. The club is run by volunteers with a varied diary of activities each month. There is a yearly subscription which supports any refreshments on offer together with costs for some games taken weekly.

The Sizewell C Community Fund Grant will help the Club with their transport costs for the next three years which is a huge boost to the Club's general funds.

The Club relies heavily on the Coastal Accessible Transport Service (CATS) with up to sixteen extra members able to come along to the Club due to this arrangement.

Without this service some of our members would not be able to leave their homes or socialise with anyone each week. With this Grant we are able to continue to use CATS for our transport needs.

Our aim is also to provide outings for our members using both CATS and Belle Coaches to venues further afield i.e. The Olive Centre in Lowestoft, local Garden Centres.

The Sizewell C Community Fund is awarding up to £23m over 10 years to projects taking place in the East Suffolk Council area that reduce the impact of or build on the opportunities created by the construction of Sizewell C by providing a positive and sustainable legacy for the wider community.

For more information or to apply for a grant, visit www.sizewellcfund.org.uk or call 01473 602 602.

Anne Bayley / Julie Cook

If you wish to know further details about our club, please ring 07938501994

LEISTON ALLOTMENT HOLDERS & GARDENERS ASSOCIATION

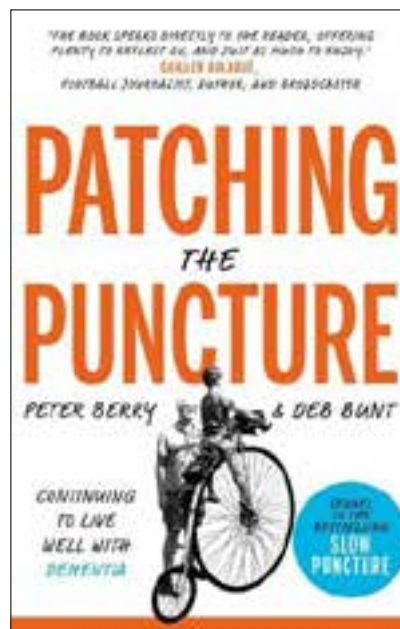
March is the 'start' point of the gardening year. Frost may still be possible, so make ready with 'plastic' and glass as protection. **Vegetables:** If not already done, it's not too late to sow broad beans, peas, beetroot, plus any salad crops which may need cloche protection. **Potatoes:** Plant early varieties at the end of the month, unless soil or plot is waterlogged. **Fruit:** Complete pruning of currants and gooseberries and feed with potash to encourage fruit to set. Train new 'shoots' of blackberry and loganberries onto wire supports. **Flowers:** Towards the end of the month prune roses, unless any frost is forecast.

If in doubt, delay until the end of the month. **Gladioli:** Plant corms around the middle of the month about 6" deep and approx 8" apart. **Snowdrops:** These are best if left undisturbed for four years or so. If they appear overcrowded, lift a clump with a fork, separate and replant at the same depth. **Greenhouse:** Sow tomatoes for planting in unheated greenhouse. Tomatoes need extra space to help prevent plants becoming spindly. Prepare bed for planting – if in a cool greenhouse – next month.

Roderick Linsell

'PATCHING THE PUNCTURE'

In February, Saxmundham locals Peter Berry and Deb Bunt published the sequel to their bestselling memoir 'Slow Puncture', which told the inspirational story of Suffolk local Peter who was diagnosed with early-onset Alzheimer's at the age of fifty. Five years on, Peter and Deb have teamed up again to write Patching the Puncture which continues Peter's story, living with Alzheimer's and defying expectations. He still rides his penny farthing and shares, with candour and humour, the reality of life with dementia. The sequel offers insight into Peter's evolving world, recounting cycling adventures, public speaking engagements and the growing influence of Peter's story, demonstrating how to take the positive out of a life-changing situation.



His good friend Deb Bunt, the author of their books, reflects on her own journey of self-discovery and the profound impact of their friendship. Some highlights of the book include Peter flying a light airplane over the south coast, Deb and Peter talking to 200 Suffolk-based doctors and medical staff about delivering a dementia diagnosis and dealing with the review processes, Peter's abseil down the Orbital Tower in London and Peter completing a 100 mile cycle on his penny farthing in one day! *Slow Puncture* was included within the Reading Well for Dementia booklist, part of The Reading Agency. Peter and Deb have recently won the 2025 UK Health Radio Awards in the category of the Wendy Mitchell Dementia Support award.

PROJECT UPDATE

MARCH 2026

We thank you for your patience during the recent weekend A12 closures

These have enabled important works on drainage and kerb alignments for the roundabouts that are being constructed along the A12.

We are on schedule to open them in early April, and whilst the works will not be fully complete, this will improve the traffic flow and the safety of the roads at these important junctions. Once the full work on the structure of the roundabouts is complete, the community will start to see traffic management in the immediate areas reduced. Later in the year landscaping and planting of flora will begin.

Both the Southern Park and Ride (Wickham Market) and Northern Park and Ride (Darsham) will be opening in phases with full openings due in late summer.

The roundabout that links the A12 to the Darsham Park and Ride is being linked to the A12 in phases. The bottom of the roundabout will be connected at the end of February and fully operational by the end of March. The access road to the Park and Ride at Wickham Market is due to open in March. Sizewell C workers are being allocated parking space, which will alleviate local roads.

Our bus fleet is increasing and will be transporting workers to and from the Park and Rides, using the A12 and B1122.

Improvements to the Saxmundham to Leiston rail line continue, with construction of the branch line to the Temporary Construction Area continuing at pace.

Level crossing improvements and construction will require small road closures, you can see these on the Sizewell C Works Tracker. Engineering trains will start running along the line from early March.

During March the temporary Main Bulk Import Facility (MBIF) will continue to be constructed. The MBIF will extend approximately 500 metres from the Main

Construction Site into the North Sea, supporting our strategy to deliver 60% of construction materials by rail and sea. A jack-up barge has arrived to facilitate marine works for the jetty. Whilst construction on the beach end is carried out, there will be weekday beach closures at the northern end of the construction site. The closures will be lifted from 06:00 Saturday to 22:00 Sunday. The footpath will fully reopen once construction progresses into the North Sea. We anticipate this work will be complete by the end of March 2026 and will keep you informed of progress.

Thank you for your patience as we work towards the completion of many of the road schemes and as always if you need to speak to us, please contact us via the **FREEPHONE 0800 197 6102***.

FORUM

SCHEDULE

Forum timings

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

Southern Transport Forum

Wed 4 March

Stratford St Andrew
Riverside Centre

Community Forum

Thurs 19 March

Sizewell Sports
and Social Club

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

*Calls to 0800 numbers are free from UK landlines. Call costs from mobile and international numbers may vary.

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DATES FOR YOUR DIARY

MONDAYS. Chat and warm space hub. Coffee/tea/biscuits/cake/fruit. 10.30 - 11.30am at The Fairfield Centre, Aldeburgh IP15 5JS. All Welcome!

TUESDAYS SEND Coffee Morning. Coffee/tea/biscuits/cake/fruit. Chat and support group. 10.30 - 11.30am at The Fairfield Centre, Aldeburgh IP15 5JS. All Welcome! March 10th hosted by Families Together Suffolk.

MAR 1, 11 & 16 Discover RSPB Minsmere in Spring. Savour the spectacle of spring at Minsmere with guides, going on a tour of the reserve in search of breeding and migrant birds, spring flowers and early insects. The walk will finish at the cafe with a hot drink. 10am – 12.30pm. Ticket price includes a hot drink plus reserve entry. Email: minsmerer@rspb.org.uk; Phone: 01728 648281

MAR 7 & 23 Minsmere Safari. Our guides will treat you like a VIP as they take you on an exclusive tour in our 4x4 vehicles, introducing you to some of Minsmere's special wildlife, habitats and hidden history. Excellent photographic opportunities. Four people maximum per vehicle. All ticket prices include reserve entry fees and a hot drink in the cafe. Email: minsmerer@rspb.org.uk, phone: 01728 648281.

MAR 7 & APR 1 Seasonally-themed Crafts at RSPB Minsmere. A selection of craft activities available, including paper flowers and cards. The craft activities are free but normal entrance fees apply. No booking required. 10am to 12.30pm and 1.30pm to 3pm but you may have to wait at busy times. Email: minsmerer@rspb.org.uk; Phone: 01728648281

MAR 10 SWT Alde Valley Group talk: 'Flora and Fauna of Namibia' by Roger Pinkney. 7.30pm at the United Reform Church, Leiston. £4 entrance fee (cash please). Free raffle

MAR 14 French Dance. French social dance with not one but TWO live bands - Bof! and Corbeau. 7.30pm to 11pm at Saxmundham market Hall. If you are not a dancer come along and listen to their music. Please bring your own refreshments. Tickets £10 paid in advance or £12 on the door. More info Lin 07919188549 or Monica.frenchdancer2006@yahoo.co.uk

MAR 15 Tallis Chamber Orchestra. The orchestra will be directed by violin soloist David Alberman. Symphony No. 4 in F major - William Boyce; Nocturne in B major - Antonín Dvořák; Violin Concerto in A minor BWV 1041 - Johann Sebastian Bach; A Downland Suite - John Ireland; Divertimento for String Orchestra - Béla Bartók. 3pm at St Peter's Church, Westleton, IP17 3AQ. Admission by programme, £15 at the door (cashless payments accepted). Visit: www.tco.org.uk

MAR 25 Free Health Walk at RSPB Minsmere. Meet like-minded people on a lovely walk around Minsmere. Access to the reserve will be free. Depending on the weather and walkers' abilities and preferences, we will take a coastal, woodland or reedbed route. No dogs are allowed, except assistance dogs kept on a short lead. Part of the One Life Suffolk health walks programme. Grade: 2 or 3. 1.5 - 2 miles / 1 - 1.5 hours. 11am – 12.30pm. Email: minsmerer@rspb.org.uk, phone: 01728 648281

MAR 26 Saxmundham History Society meeting. 'Ethiopia - An Antique Land' by Christopher Parfitt. 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.

MAR 27 Everyman Folk Club. George Sansome & Matt Quinn. George (Granny's Attic) and Matt (The Dovetail Trio) perform folk songs from the British Isles, accompanied skilfully on guitar and mandolin. Tickets £10 in advance or £12 on the door. 7.30pm at The Riverside Centre, Gt Glemham Road, Stratford St Andrew. IP17 1LL. Email: everyman@wheatstone.co.uk

MAR 28 Spring River and Reedbed Ramble at Snape Maltings. Join RSPB Minsmere's expert guides as they help you to enjoy spring wildlife. Many wading birds, ducks, geese and swans are to be found on the River Alde whilst the reedbeds and adjacent woodland hold raptors, warblers and other resident species. Meet on the Quay at Snape Maltings, IP17 1SP, 10am – 1pm. Email: minsmerer@rspb.org.uk, phone: 01728648281

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It is important to worm your pet regularly even if your pet appears perfectly healthy. Worms are not always obvious but can cause internal damage and general ill health. There are different types of worms such as Tapeworm, Roundworm, Lungworm, Hookworm and Heartworm.

Roundworm and tapeworm inhabit your pet's intestines, affecting food absorption and can cause gut inflammation, bleeding, weight loss and diarrhoea. There are two species of roundworm which can affect dogs - *toxocara canis* and *toxascaris leonina*. Both are long, white and spaghetti-like in appearance and absorb nutrients from the infected intestine. Many puppies and kittens are born infected with roundworms because they cross the placenta and are in the milk, this can make them very poorly.

Roundworm larvae will initially infect a dog's intestinal tract, but can burrow their way into other bodily tissues and organs. As *toxocara canis* larvae mature, they will move onto the lungs to develop and then up to the airways before being coughed up and swallowed again, re-entering the intestine to complete their lifecycle. *Toxascaris leonina* do not move around the body and have a far simpler lifecycle. Roundworms can also infect people and can potentially cause serious health problems, especially in children.

Tapeworms live in the small intestine, attaching on to its wall with six tiny rows of teeth to absorb nutrients as food is digested. They are long - 6 inches or more in length - and flat in appearance. Sometimes you may see a segment, which look like small grains of rice on your pet's fur at the back end. Tapeworms can cause a failure to thrive in young animals and the symptoms are vomiting and diarrhoea. Tapeworm eggs may be eaten by intermediate hosts such as fleas and small rodents.

Lungworms are common in dogs. Lungworms are swallowed as tiny larvae, which can be found in grass, slugs and snails. The lungworm larvae migrate to the right side of the heart where they develop into adult worms. In the heart they produce eggs which hatch into larvae and migrate to the lungs causing coughing.

The larvae are then coughed up and swallowed and passed out in the faeces, starting the life cycle again. Lungworms can cause life-threatening clotting problems and heart failure.

Hookworms are not common in the UK but they are present in Europe. They are short, blood sucking parasites with teeth and can be fatal in young puppies, due to the amount of nutrients they strip from the dog. Hookworms have a very similar lifecycle to the *toxocara canis* roundworm, moving about the body and into the lungs to mature before re-entering the intestine.

Heartworms are small thread-like worms, the larvae of which are deposited by the feeding mosquito and then larvae migrate to the chambers of the heart or into the vessels of the lungs. Once in the heart, the worms can affect blood flow throughout the body.

Heartworm infection can affect many different organs such as the heart, lungs, kidneys and liver. The symptoms of heartworm vary but include getting tired easily, in an active animal or showing shortness of breath or coughing. Early in the disease, dogs are often asymptomatic. Signs are often progressive over weeks to months and, untreated, heartworm infection can be fatal.

It is advised you worm your pets at least every 3 months for adults, and puppies and kittens should be wormed every two weeks until six weeks of age and then monthly until 6 months old.

LEISTON TOWN COUNCIL
SUFFOLK

LTAA Proudly Presents
Leiston Community Arts & Crafts
Easter Craft Fair

SUNDAY 22nd MARCH 2026
10am - 2:30pm
LTAA
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- Prize draw
- Light bites
- Tea & coffee
- Cakes by Lady B's Kitchen Creations

FREE ADMISSION / FREE PARKING

A MADRIGAL HISTORY TOUR

A brief survey of madrigals from the 16th century to the present day

Sunday March 15th 2026 at St John's church, Snape

For this light-hearted concert Nota Bene's musical director, Janette Ruocco, has curated a one-hour programme that sheds light on the journey of the popular vocal musical form of the madrigal from its origins in early 16th century Italy to the present day.

During the Renaissance period, the popularity of the madrigal owes much to the ways in which Italian composers explored the expressive relationship between text and music, often using stringent harmonies to express anguish which we still find striking today.

The Italian madrigal became the most popular form of secular polyphony by the second half of the 16th century and served as a model for madrigals in other vernacular languages throughout Europe – most notably from 1588 in England, with what is known as the Elizabethan Madrigal School, which flourished from 1588-1602.

The concert includes some madrigals by 20th century composers, for instance the American composer William Hawley who uses the 16th Italian composer Monteverdi style as a model, and John Rutter who has a more English style but infuses his pieces with some 20th century jazz.

The concert concludes with two fun recent takes on the madrigal form, but you'll have to come along to the concert to find out what they are!

Janette Ruocco
janette.ruocco@gmail.com

SAXMUNDHAM CRICKET CLUB

As the season edges nearer and England do their best to win the T20 World Cup, hopefully the weather will change and we will finally see some sun.

There's nothing better in the summer than a hot lazy Saturday watching or playing cricket, the smell of fresh cut grass and the sound of leather on willow.

The best part is the interval between innings when we get to sample the days homemade cream teas - among the best in Suffolk!

New players are more than welcome and with net sessions starting soon this would be an ideal opportunity to meet us and prepare for the new season – join us at Framlingham College on the following dates (all from 7 – 8pm).

Wednesdays, 1st April; Thursday, 9th April; Wednesday 15th April; Tuesday 21st April & Tuesday 28th April

Cost: £5 per session

For more details contact Gary 07891691431 or Niraj 07960219653

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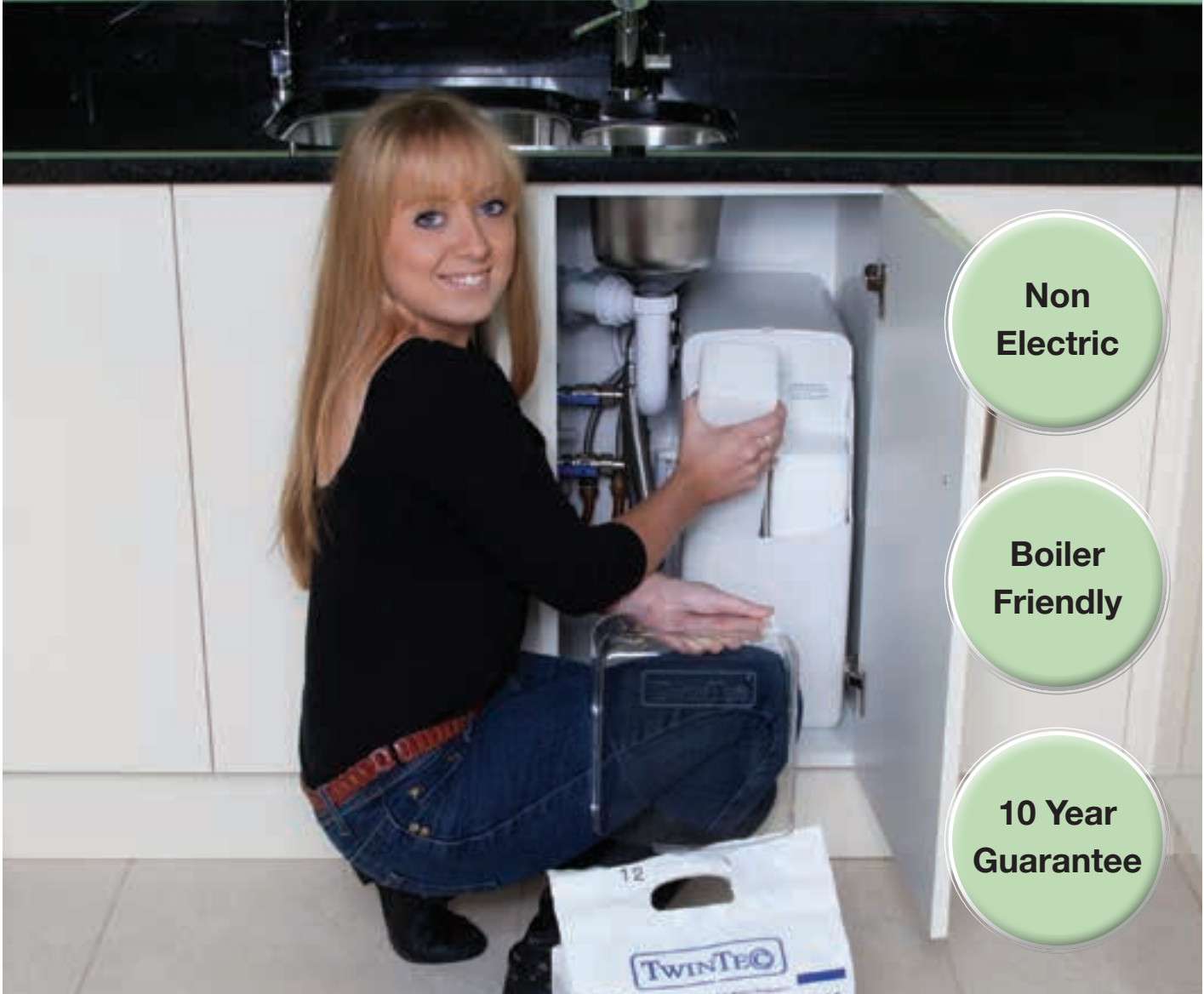
Wednesday 1st April, copy deadline is 14th March - but the earlier the better to ensure inclusion.

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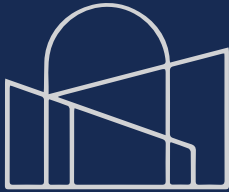
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TIER 1 SZC HYDRAULIC ENGINEERING FIRM - STARTING TO RELOCATE THEIR SENIOR TEAM:

- 10 bedrooms
- 3rd March 26 - 19th February 27
- Budget £40 per room per night
 - Uninterrupted occupancy
- Can be split across 2 / 3 / 4 / 5 bed properties

If you have suitable accommodation near Sizewell and would like to discuss, please get in touch.

TIER 2 RAILWAY ENGINEERING COMPANY - SEEKING TO CLUSTER SENIOR TEAM OF ENGINEERS IN PROPERTIES:

- 12 Bedrooms
- 15th March 26 - 15th August 26 (with option to renew for further 6 months)
 - Budget £40 per room per night
 - Uninterrupted occupancy
- Ideally 3x 4 bed (Leiston or up to 15min drive to site)

If you have suitable accommodation near Sizewell and would like to discuss, please get in touch.

OUTAGE - STRONG DEMAND COMING THROUGH FOR UPCOMING OUTAGE (17TH MAY 2026 TO 10TH JULY 2026)

- 54 nights
- Budget circa £50 per room per night
 - Uninterrupted occupancy
 - Mostly 2 / 3 / 4 bed properties required

If you have suitable accommodation near Sizewell and would like to discuss, please get in touch.

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