

...YOUR FREE LOCAL NEWS

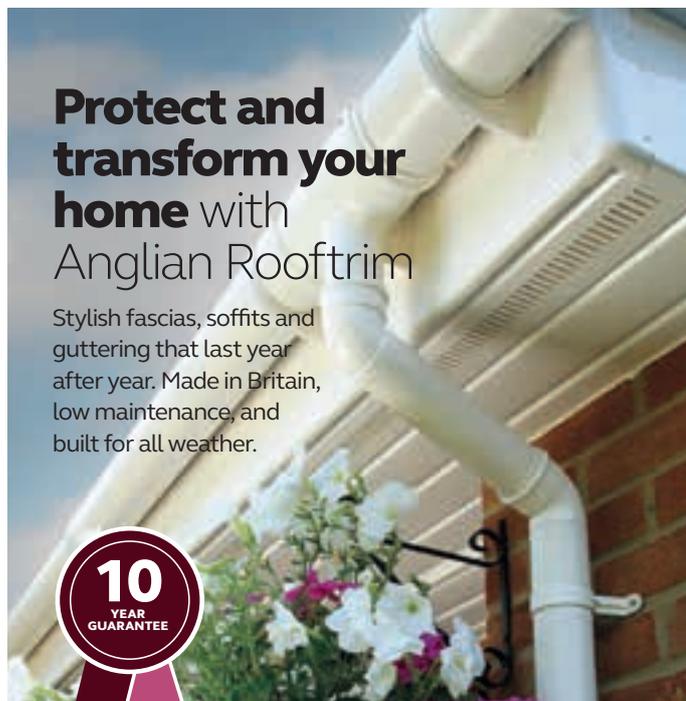
MARCH 2026

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A NOTE FROM OUR EDITOR



Louise Gissing

Once again a concert will be held to raise funds for Help2Ukraine (Suffolk), to provide fully equipped ambulances. Ukraine doesn't feature in the news as much as it used to but their people are still fighting and need our help. The concert will be based on a Come-and-Sing rehearsal and performance on Easter Monday. See page 5 for more details of this joyous event, supporting a great cause.

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

The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also.

Harriet Ann Jacobs

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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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SOUTHWOLD & REYDON SOCIETY

It's been a busy month for us with a bit of an amphibious theme as to what has been happening locally both on the land and on water.

Starting with the sea front - the state of the cliffs behind the beach huts continues to be a concern for locals and visitors alike and we fully support the Southwold Beach Hut Owners Association in their engagement with East Suffolk Council to try and get matters addressed and some improvements to the situation. We are following developments with interest and look forward to hearing the response.

Still on the subject of East Suffolk Council, the Council have published a draft "Statement of Community Involvement" which sets out to explain how and when people can be involved in local planning, including planning applications and neighbourhood plans. The statement also includes the principles East Suffolk Council say they will follow in engaging on a new local plan, which will set out where new homes, jobs and infrastructure will be located.

There's an opportunity to have your say and comment (which we will be doing) and we would encourage everyone else to do the same. You can view the full document and make a comment here to tell East Suffolk Council how you'd like to be involved in planning.

Returning to water, one of our committee members recently took part in an initial Blyth River Community Workshop run by the Four Rivers Recovery Project.

The project, which is managed by the Deben Climate Centre with funding from East Suffolk Council over three years is focused on each of our main rivers: the Deben, the Alde and Ore, the Waveney and the Blyth.

Following a series of scoping and training workshops, the project will create a district-wide citizen science river project and nature-based solutions to improve ecological conditions of our rivers. We expect that as the project develops there will be a number of interesting volunteering opportunities, such as monitoring water quality in the Blyth and its tributaries, tackling invasive species especially Himalayan Balsam, and tree planting. Watch this space!

And back to treading the boards (if not the decks) the Southwold Arts Festival is coming soon and the May Bank holiday weekend (1st-3rd May) will be crammed with arts events. You will be able to see the marvellous 'Dame Maureen Lipman and friends' West End show; Andrew Harrison's moving solo performance of the life of Henri Nouen; Chris Difford of Squeeze (no less) with The Derek Nash Band; fuse music and art at 'Once Upon A Tune', hear Chris Ingham's talk 'The Beatles and Me' or support our local stars of the future at the Young Musicians' Showcase. Tickets & information - www.southwoldartsfestival.co.uk

And before that, on April 28th, Southwold Arts Centre will be hosting the Society's AGM – more details to follow but a date in your diary for now.

Ian Benson

FUND-RAISING CONCERT FOR AMBULANCES FOR UKRAINE



In 2024 and 2025 Help2Ukraine (Suffolk) sent four ambulances, fully equipped with life-saving supplies to Lviv, as part of a convoy of eight. In 2026 we will do the same. There is an urgent need to continue to send ambulances to Ukraine. It is not about politics but life and death. It often feels as though there is nothing we can do to make the world a better place, but supporting this cause is something you can do to make a direct and positive difference.

Each year our successful fund-raising has included donations from private individuals, an auction, a cake & coffee morning, a dog show, mini-fete and sponsored walk. In 2026, in addition to having another dog show in May, this April we are holding a special concert.

The concert will be based on a Come-and-Sing rehearsal and performance of highlights from Handel's masterpiece Messiah. This will to be a joyous as well as a thought-provoking event, bringing together singers from choral societies across East Anglia alongside professional singers, instrumentalists and actors. There will be readings to help link the music, and to place it in the context of vulnerability and war, peace and reflection. It is neither a religious nor a political event but takes the spirit of Messiah and invites us all to make a difference.

St Edmund's Church, Southwold, Easter Monday 6 April 2026, with a rehearsal from 2 - 5pm and performance starting at 6pm.

£20 for singers, and £25 for the audience (£10, under-21s). There will be refreshments between rehearsal and concert, and in the interval.

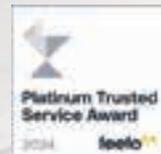
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OLD HOSPITAL NEWS

As I write on this grey winter day of low cloud and drizzly rain, I console myself by thinking of the Old Hospital gardens and the cheer they will soon bring. This year, I've planted pink daffodils and my favourite narcissus, Pheasant's Eye, which I hope will be blooming at the same time as the wall flowers and phacelia. Both self-seed in interesting new patterns each year and are pollinator-favourites. Phacelia, with its delicate pale green fern like leaves and fluffy blue flowers, deserves to be much better known. The Canteen uses it as a cut flower and everyone remarks upon it, assuming it is a rarity. In fact, it is the easiest flower to grow and one of the most beneficial to nature. On my to-do list is to packet up seeds for people to pick up at the café; even the smallest patch of garden can be turned into a bee haven. Robert Beevor of Hillside Farm, whose stall brings old-time vibrancy to Southwold on market days, introduced me to phacelia. He grows whole fields of it! Lest you haven't already heard, Robert won a coveted commendation in 2025 in an annual competition sponsored by the Norfolk FWAG, a progressive farming association that supports environmentally sensitive agriculture.

We held our AGM in January where our membership enthusiastically embraced a new name for SouthGen, which will also, I'm sure, be welcomed by our community. Henceforth, our charitable community benefit society will be called The Old Hospital (Southwold) Ltd or, for short, The Old Hospital. There will be no change in our mission: *'Creating opportunities for a fairer and brighter community.'*

We are continuing to expand our activities for children and young people. This Easter holiday, we will be syncing with the Library and Arts Centre, so as to avoid any conflicts, with an offer that focuses on exploration and the outdoors. We want to open children's eyes to the wonderful world that lies beyond the screen. Both Charlotte Clark and Sydney Barbrook will be posting advance news of activities on social media.

We continue to host a weekly group of young people from St Felix who work on the allotment. This latest group of a dozen or so 6th formers is absolutely brilliant. We would like to extend allotment volunteering to young people in our area involved in the Duke of Edinburgh scheme. If you know of any, have them contact sydney@southgen.co.uk.

Rosie Sykes will be returning to chef for our quarterly Supper Club on Friday, 24th of April. Rosie is a fabulous cook, with a much-deserved national reputation and a unique style based on the best of traditional British cooking. We love having her and she reciprocates the feeling – *"I always enjoy my visits to Southwold to work with The Canteen. What an enthusiastic and lovely bunch of people and we always have a super time and make some great food."* We suggest early bookings as places fill up quickly.

At the AGM, I gave a special thanks to our all-local senior café team: Millie Barbrook, who runs front of house with effortless efficiency; Donna Smith, Development Chef, who has transformed our cakes and desserts with mouth-watering new additions every week.

Barry Kift, our versatile Head Chef, is equally adept at whipping up a new batch of marmalade and producing a delicious stew like his Valentine's Day special of beef carbonade with truffled mash potatoes and kale.

We continue to receive enthusiastic comments about the planned community fitness centre at the Old Hospital. Below the surface, there is intense activity to deliver this much-needed and wanted new community facility. The best way to follow developments is to sign up for the newsletter on <https://www.oldhospitalhub.co.uk/>. One click will take you there.

Jessica Jeans, Chair, Old Hospital (Southwold)

THE CANTEEN
Spring Supper Club
with Rosie Sykes

Starter
 Pinneys of Orford smoked duck breast with pickled rhubarb & celeriac remoulade
 or
 St. Jude curd with herbs, pickled rhubarb & celeriac remoulade (v)
 with Hodmedods wholemeal four grain porridge loaf and Fen Farm butter

Main
 Provençal fish stew with rouille, saffron potatoes & spring salad with orange dressing
 or
 Fava bean casserole with rouille, roast carrots & spring salad with orange dressing (v)

Dessert
 Chocolate and olive oil cake with crème fraîche

Friday 24th April 6:30pm
Tickets £49 per person
 book with info@oldhospitalcanteen.co.uk

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ART AT THE CANTEEN

Ruth McCabe will be exhibiting at The Canteen, Southwold from 3rd March until 26th April 2026.

Ruth commenced her artistic journey in 1997, having previously worked as a Group Analyst. (IGA). Throughout her career in art, she has sought guidance from esteemed mentors and trainers, including:

- Julie Noad (Camberwell)
- Geoffrey Pimlott, Royal Watercolour Society
- Emily Ball
- Cheryl Taves, art coach, Canada.

Ruth's artistic expression has consistently been attuned to the environment, both external and internal. Her body of abstract watercolours has achieved remarkable success in national contemporary watercolour competitions, and been exhibited in The Mall Galleries and Bankside Gallery in London.

She invites viewers to establish a connection with her artwork through shared emotion and imaginative exploration. Her work embodies depth and power, evoking the many moods of this coast.

Since joining Sole Bay Swimmers, Ruth extended her collage work, initially in order to donate pieces for Southwold RNLI fund-raising.

These bright pieces focus on the exhilaration and camaraderie of sea swimming. Other work in collage reflects her longstanding affection for Blackshore: Southwold Harbour and understanding of the impact of climate change on coastal erosion, ever more evident each year.

Internationally, her work is collected in Australia, the United States, Germany, and the Netherlands.



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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**

SOUTHWOLD RAILWAY UPDATE

At our last meeting we agreed to create a museum in the café. This will take the form of a display cabinet, allowing us to put the artefacts we have accumulated on show. We also agreed to continue the work on our two ponds to make them more presentable. They are both full at the moment, due to the recent wet spell.

Work on our loco Blyth is progressing nicely, but we are reluctant to announce a steaming date, other than 2026!

Our site at Wenhaston station is looking good thanks to some recent groundwork and shed painting.

I am excited to tell you that we are starting a 'Young Members' programme for those aged 10 - 16years. This will give progressive training, initially on the miniature railway progressing to the 3'-0". We are planning some special dates during the school holidays to run this.

If you know someone who might be interested please contact us at mail@southwoldrailway.co.uk for a membership form.

Our regular workday is Wednesday so if you would like to join our merry band of volunteers please come along to Steamworks in Blyth Road. We also meet the first Saturday of the month to take on specific projects.

Bob Mole

BELL RINGING OPPORTUNITY

Can a person weighing no more than a medium sized sheep control and move a large metal ball weighing more than a large male grizzly bear? YES! Come and find out how this is done at St Edmund's Church (Southwold) bell handling session on 21st March between 10am and 12 noon.

No appointment required. Drop in when free.

As well as a hands-on experience under careful supervision, you will discover that there is more to bell ringing than just making a

noise! It is a unique, traditional, skilled team.

Children over 14 welcome to have a go but must be accompanied by an adult.

For further enquiries regarding stairs and access please contact 07908394649.

Julia Johnson



SOUTHWOLD MUSEUM & HISTORICAL SOCIETY

WINTER LECTURES

Tuesday, 17 March 2026 at 2.00pm



'Suffolk's Sistine Chapel: The Oxford Movement and St. Mary's Church, Huntingfield, in the mid-19th century'

Joshua Bennett is Fellow and Tutor in Modern History, Lady Margaret Hall, University of Oxford, and the author of *God and Progress: Religion and History in British Intellectual Culture, 1845-1914* (Oxford University Press, 2019)

Stella Peskett Millennium Hall

Mights Road, Southwold, IP18 6BE

Admission: Society Members £5 Non-Members £8

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



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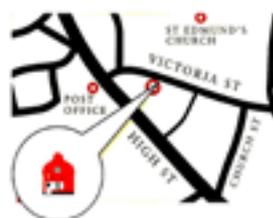
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or call 01502 725600 to find out more.



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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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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

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IN CONCERT 12A

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VIEW TO THE NORTH

Fifty shades of grey! It has been wet, windy, and cloudy; not conducive for astrophotography or drone flying. I did manage to get the smart scope out one evening and captured The Hidden Galaxy also known as Caldwell 5. It is difficult to see because it is obscured by dusty regions of the Milky Way galactic equator. The galaxy was discovered by William Frederick Denning in 1892 and would be visible to the naked eye were it not hidden behind the dust clouds. It is about 11 million light years away. The light started in the late Miocene epoch when ancestors of humans started to evolve.



When there have been some clear intervals it has been rather windy. At 400 feet, the drone experiences even more turbulence and I had several warnings to lower altitude and return to home. Before doing so I managed to take photographs above Town Farm Marsh. The sun was setting over the Blyth estuary and flooding can be seen in the distance. Buss Creek has more water than usual, a reflection of the amount of rain we have had recently.



The birds in the garden have been on strike and not using the feeders, there have been some goldfinches, and the local robins have become more vociferous. To me it is far preferable to hear them than the gulls which are very noisy at the moment. It is lovely to hear some song thrushes at the sea end of North Road; it has been too gloomy in the morning to photograph them. There have been shoveler at the model yacht pond and a few teal. The stormy conditions on the front have meant that the turnstones have relocated to the pond and one morning they were accompanied by a sanderling. Again, it was too dull to get a decent photo.

There have been few visible sunrises, but when the sun appears over the horizon and there are a few clouds on the sky, some lovely colours can be seen.



One of the consequences of the stormy east winds has been a scour out of the beach and the levels north of the pier are much lower than normal. Just north of the promenade, a line of old timbers has been revealed. It has been suggested that it may be part of a mediaeval fish trap.



I am hoping for better weather in the coming month, more conducive to photography.

Halcyon

THE BRAIN TUMOUR CHARITY LOTTERY

February: There were 247 entries, making a total prize fund of £123.50. 1st prize of £54.25 went to Margaret Simms. 2nd prize of £32.55 went to Alan Stutchbury and 3rd prize of £21.70 went to Bruce Pollard.

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

The lottery is regulated and licensed by East Suffolk Council LOT02110. The next draw will take place on Sunday 1st March 2026.

John Huggins

REYDON VILLAGE HALL NEWS

Treasurer Wanted!

Reydon Village Hall Management Committee is looking for a volunteer treasurer. The role includes monitoring income and expenditure; claiming gift aid; preparing reports and accounts; dealing with bills and the bank accounts; and the negotiation and coordination of contracts and licenses. The committee meets bi-monthly. To have a chat about the role or express your interest contact Charlotte 07715388916 frogclock@hotmail.com

Saturday 7th March @ 3pm: Jeffrey Holland in conversation with Robert Ross - Plus Afternoon Tea!

In tandem with the publication of his memoirs, SitCom legend Jeffrey Holland, best-loved as holiday camp comic Spike Dixon in 'Hi-De-Hi!', will be in conversation with Britain's Comedy Historian Robert Ross.

Jeffrey will be sharing memories of working on such classic shows as 'Dad's Army', 'Russ Abbot's Madhouse', 'Are You Being Served?', 'You Rang, M'Lord?' and 'Oh, Doctor Beeching!'; as well as reflecting on his comedy influences and favourites, including Arthur Askey, Peter Sellers, and the bowler-hatted genius who inspired his celebrated, sell-out solo show 'And This is My Friend Mr. Laurel'. It's laughter guaranteed!

The performance will be followed by a book signing of 'The First Rule of Comedy..!', published by The History Press.

Tickets are £12 including afternoon tea and are available from Southwold Library 01502 442817 or www.ticketsource.co.uk/southwoldlibrary

Friday 20th March: Free Community Coffee Morning & Lunch & Free Exercise Tasters for Village Halls Week

Tea/Coffee and Toast (Pastries when available) **9am - 2pm**.
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

Plus Free Exercise Tasters for Village Halls Week **9.15am - 2pm** (first come first served, max 20 per session, try as many as you like)

Friday 20th March

9.15 – 10am: Zumba by Laura Dawson; **10.30 - 11.15am:** Pilates by Helen Pybus; **12 - 12.45pm:** Yoga by Sarah Lewis; **1.15 - 2pm:** Exercise by Barbara Warren

To join in a taster wear casual fitness clothes & trainers. For pilates and yoga bring floor mats.

For more information contact Charlotte 07715388916 frogclock@hotmail.com



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DATES FOR YOUR DIARY

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

MAR 7 Ecotherapy East tree planting event in Foxtail Meadow, Bramfield. Come and see what we've been doing over the past 6 years, help plant some saplings and enjoy some fresh air and exercise. Drop in between 10 and 3pm and bring work gloves, trowel or spade and lunch if you're staying for longer. Families welcome but children must be accompanied at all times. Email/ RSVP: ecotherapyeast@gmail.com as we might need to book some car parking spaces at the village hall.

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 8 & 22 Halesworth Harmony rehearsal at The Cut. Come along for a free taster session. 10.30am – 12.30pm. For further details, email: halesworth.harmony@gmail.com.

MAR 11 Blyth Valley & Southwold Wildlife Group Botanical Tour of SWT Reserves. An illustrated talk by Steve Aylward. 7.30pm at Wenhaston Village Hall. Admission £5 inc. refreshments. (Under 25s free). Raffle.

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: £15 at the door (cashless payments accepted). Visit: www.tco.org.uk



MAR 21 Halesworth Branch of Cancer Research Big Breakfast. Stalls, Cakes, Raffle, Gift/Easter stall etc. 9.30am - 1pm at Holton Village Hall, IP19 8RZ

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. 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 - 1.5hours. 11am – 12.30pm. Email: minsmerer@rspb.org.uk, phone: 01728 648281

MAR 28 Halesworth Repair Cafe. 2 - 4pm @The Cut Arts Centre.

MAR 28 Wenhaston produce and craft market. Handmade cards, jewellery, jams, cakes, honey, handbags and much more. Tea, Coffee and Homemade Savouries and Cakes. Please park with care so as not to cause any obstruction especially along Narrow Way. For further details contact Carol at: cazmike@outlook.com. 10 to 12.30pm at Wenhaston Village Hall.

MAR 28 Spring River and Reedbed Ramble at Snape Maltings. Join RSPB Minsmere's expert guides as they help you to enjoy spring wildlife. Meet on the Quay at Snape Maltings IP17 1SP. 10am – 1pm. Email: minsmerer@rspb.org.uk, phone: 01728648281

MAR 31 Family Wildlife Walk at Snape Maltings. Join Minsmere's enthusiastic RSPB volunteers on a fun family stroll along reedbed and hedgerow in search of Snape's birds, butterflies and dragonflies, beetles and bugs for an active introduction to the wilder side of Snape. Meet on the Quay at Snape Maltings, IP17 1SP. 10am – 12.30pm. Email: minsmerer@rspb.org.uk, phone: 01728 648281

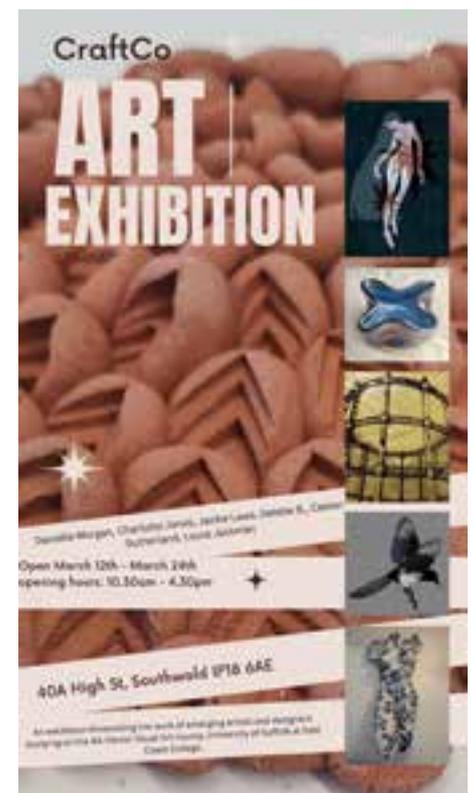
APR 11 Halesworth Ukulele Band Concert. 2 – 4.30pm at St Peter's Church, Holton. Refreshments available Raffle. Tickets £5 available from 01986 873575 or Halesworth Bookshop (cash only please)



POP-UP MINI- MUSEUM & CAFÉ

LAXFIELD VILLAGE HALL
The Link, Laxfield High Street
SATURDAY 28TH MARCH
10.30 - 3.30pm

Come and enjoy coffee and cake and view photos, local finds, small displays etc



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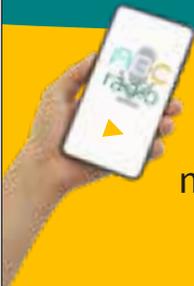
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CITIZENS ADVICE: HOW WE WORK

Citizens Advice has been providing advice nationally for more than 85 years.

The volunteers at Citizens Advice come from a variety of backgrounds and often have to provide advice on matters which they never previously encountered in their working careers or in their personal lives. The good news is that the advisers must undertake many hours of training before they are allowed to advise clients. The advisers have constant access to a knowledge base, resources and tools, similar to those accessible on the public website: <https://www.citizensadvice.org.uk/>

The further good news is that no adviser will provide advice to a client without first conferring with experienced supervisors. More complex or unusual issues may take a little longer for the advisers to be able to provide advice. This may include asking the clients for further information. Some clients find completing an official form difficult, possibly because of a concern about getting it right or because of disability. We can help. We can also assist with benefit checks.

We can, with the authority of the clients, make direct contact with creditors and service providers. We have specialist debt advisers who can advise and assist.

When an issue falls outside the range of the areas upon which we provide advice, such as income tax advice and pension advice, we try to direct the clients to an appropriate contact or resource. (For tax advice it is Tax Aid <https://taxaid.org.uk/tax-information> and for pensions it is Pension Wise <https://www.moneyhelper.org.uk/en/pensions-and-retirement/pension-wise>)

It can be extremely rewarding for advisers to be useful to people in the local community by providing advice which may explain a difficult situation or to provide a solution to a long-standing problem.

Don't be self-conscious about contacting Citizens Advice. The service is free, confidential and the advisers are keen to help. You can email, phone or pop into our offices or outreaches. Contact us: <https://citizensadviceeastssuffolk.org.uk/>
Email: advice@caes.org.uk

FRAMLINGHAM AND SAXMUNDHAM CATS PROTECTION

Spring is in the air, and we are now booking this year's fundraising events. However, we need more volunteers to help. We are seeking a Fundraising Team Leader - someone who is a great communicator, able to book events, and ensure we have sufficient volunteers to run them. We would welcome someone who could also suggest new and innovative fundraising ideas, too! Volunteer helpers with a few hours to spare to assist at the events, particularly in the Woodbridge area, are also needed. If you can help in any way, please call to have a chat. You can find out more about the roles we would like to fill on our website under the Volunteering section.

Cat adoptions have been brisk over recent months and a number of kittens have found new and loving homes. Inevitably, the quickest to home have been those with ginger, tabby or tortie coats. Meanwhile, those less colourful, with black or black and white fur, have been overlooked. There seem to be many reasons why people do not want a monochrome cat in their lives: superstition that black cats are unlucky; the thinking that black cats look and are aggressive; that it is hard to read their emotions; and last, but not least, the popular myth that they do not appear well in selfies! Every cat, whatever its fur colour, has its own characteristics. If you would like to share your home with a new feline friend, please look beyond its fur colour and arrange to meet some of them. See two perfect examples below.

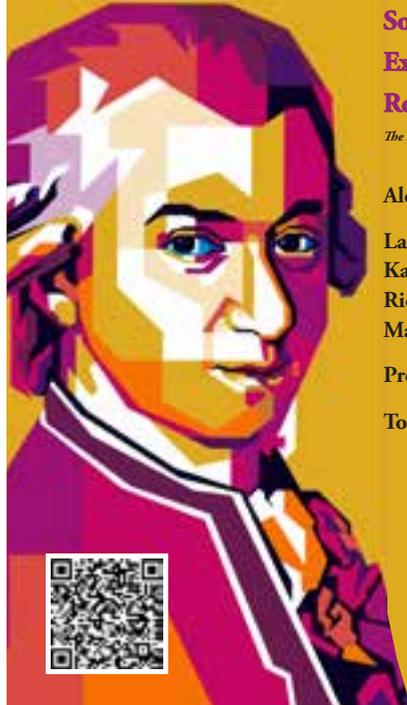
Cats Looking for a Home: Aspen and Juniper are both about eight months old and have sadly not had the best start to their young lives. They are now looking for a loving home together where they can continue to grow their confidence. They would be best in an adult-only home, without other pets.

They will need a garden to explore, away from busy roads. A home with people who have experience and understanding of timid cats would be ideal. They are gaining confidence every day. If you could give Aspen and Juniper the time and patience they need, please get in touch.

Website: www.cats.org.uk/framandsax, email: enquiries@framandsax.cats.org.uk, or telephone 01728 723499 for more information Also find us on Facebook and Instagram.



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



Aldeburgh Music Club
founded by Benjamin Britten in 1952
Aldeburgh Music Club is a Registered Charity No 1000990

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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OF PROFESSIONAL SERVICE

A Saxmundham-based chauffeur company is celebrating a major milestone this February, marking 10 years of providing professional, reliable and discreet transport services across East Suffolk and beyond.

Torrens Chauffeurs, established in 2016, has grown from a dedicated local operation into a trusted name supporting corporate and executive travel, airport transfers, regular private chauffeur services, weddings, special occasions and event transport coordination.

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.

For further information, please contact:
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SOUTHWOLD LIBRARY

Southwold Community Cinema

Wednesday, 25th March @ 3pm: The Life of Chuck (2024) 15 Drama / Fantasy. From childhood to adulthood, Charles 'Chuck' Krantz experiences the wonder of love, the heartbreak of loss, and the multitudes contained in all of us.

Wednesday, 29th April @ 3pm: The Choral (2025) 15 Drama. A choral society's male members enlist in World War I, leaving the demanding Dr Guthrie to recruit teenagers and experience the joy of singing.

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

Friday, 6th March, 2.15 - 3.30pm: Blyth Poets 'The isle is full of voices'. A poetry group meeting at Southwold Library. All welcome to read or just listen. We invite contributions of original work or well-loved poems. Refreshment break in The Canteen. Free event, no booking required. First Friday of every month.

Saturday 14th March 7pm @ Cardinal Newman Hall (Old Postal Sorting Office): Friends of Southwold Library Quiz Night! Teams of 4. £3 per person. Bring your own drinks & snacks. Raffle. Book (at the library) early to avoid disappointment, limited places.

Friday 20th & 27th March & 24th April @ 4.30pm: Chess Club. Free play every week for kids 7+ & adults. Beginners' teaching & assistance. Interested in other board/strategy games? Let us know & we can expand the group

Thursday 26th March @ 6.30pm: Southwold Library Reading Group. This month we are reading: 'Agent Sonya' by Ben Macintyre. Pick up a book at Southwold Library. Free event, no booking required.

Tuesday 31st March & 7th April @ 11am & 2pm: Easter Crafts. Make bunny, egg & chick themed crafts - different crafts both weeks. Free crafts - no need to book.

East Suffolk Warm Welcomes Activity Afternoons - weekdays from 2.15pm. Tuesdays: Card Games; Wednesdays: Crochet & Craft; First & third Thursday: Rummikub; Second Thursday: Scrabble; Fourth Thursday: Board Games; First Friday: Poetry; Second & fourth Friday: Mah-Jong. Ongoing jigsaw all other afternoons. Free Hot Drinks, Soup & Fruit All Day.

Tuesday to Friday, 10am - 1pm & 2 - 6pm; Saturday: 9.30am - 1pm & 2 - 5pm; Sunday: 11am - 4pm. Weigh your baby. No booking required

Wednesdays: 10am - 12noon: Need help with tech? A drop-in advice session where we can help you with things like; Setting up email and social media accounts; Online shopping (Amazon, eBay and more); Basic support with smartphones, tablets and computers; Travel plans using Google Maps and similar tools; Staying safe online and avoiding scams.

Sundays, 12.15 - 1pm: Lego Club! Open to kids (and adults) of all ages. This spring we're building: 'Wonderful Wildlife'. All donations of Lego welcome. Free event, no booking required. Adults: Would you like to help with Lego Club? Just ask staff.

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

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

Friends of Southwold Library 100 Club: Would you like to turn your £1 in £25 and support your library? For just £1 a month you could win £25 at our monthly draw. Southwold Library 100 Club is a fundraising club and money raised will be used to support the facilities and services supplied by the library. More members = More prizes!

Charlotte Clark

Executive Library Manager, Southwold Library

Tel: 01502 442817

Email: southwold.library@suffolklibraries.co.uk

RAEDWALD'S WARRANT

Anglo-Saxon King's royal warrant offered to individuals and local business backers of charity shipbuilding project.

The charity rebuilding the world-renowned Sutton Hoo ship in Woodbridge, is appealing to individuals and local businesses to join its sponsorship programme and offering in return an Anglo-Saxon royal warrant in the name of Raedwald, the 7th century king of East Anglia.

Historians believe Raedwald was buried in the ship, which then lay beneath a burial mound for 1,300 years until archaeologists unearthed it in 1939, shedding new light on Anglo-Saxon England.

The Sutton Hoo Ship's Company charity is nearing completion of an ambitious £1.5 million community project to rebuild the 90-foot vessel using authentic materials and reviving ancient boatbuilding skills.

The project has captured the imagination of local residents and the wider public. An estimated 100,000 people each year visit the Longshed. Local businesses and individuals sponsoring the ship's construction will receive a framed certificate and a 'Raedwald's Warrant' decal for display in their premises, Full details available on the Ship's Company's website: www.saxonship.org/gettng-involved/raedwalds-warrant/ or by emailing: corporatesponsorship@saxonship.org.

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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HAVE YOU EVER THOUGHT ABOUT FOSTERING IN SUFFOLK?

Across Suffolk, hundreds of children and young people need safe, nurturing homes where they can grow, thrive and feel secure. At the end of March 2024, there were 930 children in care in Suffolk, a number that has steadily increased over recent years, reflecting real and pressing need in our communities.

These children come into care for many reasons - from family breakdown, neglect, or abuse, to situations where their birth families can no longer provide the support they need. For many, foster carers are the lifeline that offers stability, encouragement and a sense of belonging at a time when they need it most. Yet there simply aren't enough foster carers.

There is a need for foster carers to support children of all ages, especially sibling groups, teenagers and parent and child arrangements. Nexus Fostering provides full training and dedicated support to help carers succeed in helping create positive outcomes. Becoming a foster carer isn't about having a perfect background - it's about offering patience, compassion, and a safe home. Carers can be single, rent their home, and you don't have to of had your own children before, what matters most is a commitment to making a positive impact on a child's life.

If you've ever thought about fostering, now is the time to act.

Every child deserves a home where they can feel valued, supported and safe and you could be the person who helps them get there.

Call: 0800 389 0143

Email: foster@nexusfostering.co.uk

Visit: www.nexusfostering.co.uk to find out more or start your journey today.



HELPING HOUSE MARTINS

'House martins' was a popular topic for the February meeting of our local Suffolk Wildlife Trust group, and Martin Tickler brought his expertise to explain how we can support the declining numbers of these charismatic birds. The reasons for the reduction of house martins are many and complex: the dangers of migration, habitat loss, lack of invertebrate food, and most particularly, changes in house building design. They are a summer visitor to the UK, arriving from Africa in late April, and leaving again in September. They choose sheltered spots, under the eaves of buildings, and their mud nests require a rough surface for secure attachment. Martin offered suggestions that can help. House martins need wet, sticky mud, and in droughts this can be a challenge, so in some places, an area of mud can be kept watered for the birds to use. The prevalent use of PVC fascias and soffits are unsuitable for nests, and Martin brought examples of nest cups made from sustainable material, that can be fixed in place under eaves.

House martins are quite sociable, and there are often numbers of nests close to each other, with birds repairing or adding to old sites. They will adapt an artificial nest if need be, adding mud to make the entrance smaller, hoping to keep unwanted visitors out. There are dangers. Sparrows are known to invade and evict resident birds and chicks.

Great spotted woodpeckers can rapidly destroy many nests, searching for food. Predators such as hobbies and sparrowhawks can snatch the unwary. In a good season, house martins will have two, and sometimes three, broods a year, with two to six chicks.

Both parents raise the young, helping them to fledge and juveniles can be seen feeding younger chicks, so it is very much a family affair.

It was an entertaining and informative talk, and for those wishing to learn more, House Martin Support Suffolk can be found at www.suffolkbirdgroup.org.

The details for our next meeting are a little different. We will be at Wenhaston Village Hall, IP19 9EQ, on Wednesday, March 11th at 7.30pm. Steve Aylward, from the SWT, will be taking us on a Botanical Tour of SWT reserves. The cost is £5, to include refreshments, under 25s free. Everyone is welcome.

Penny Mansfield

Email: swtblythvalley@gmail.com



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We are very pleased to say that we have passed two major milestones over the last few weeks. Firstly, we have been granted planning permission for our replica double-armed signal, which is erected in its original socket, which we discovered by onsite archaeology. And at the same time permission was granted for a Heritage Visitor Centre to be established at Blythburgh Station. We have long wished to provide better facilities for our visitors at the station, and to ensure that our staff's needs are looked after as well. The sectional building, obtained from Essex, will be clad in vertical timber, to represent the 'third goods shed' which was at the station between 1879 and 1908 (Blythburgh was such an important goods centre that there were, unusually, three goods sheds here in Victorian times). Inside the building will be a WC and washing facility, a small shop, and museum displays of our original artefacts and photos, to tell the story of our iconic and unusual railway. There will need to be a great deal of fundraising to complete this project. We have to provide a base, deliver the building to the site, comply with all Building Regulations, connect up all the services, and fit out. Although we hope to have the basic facility ready for the 2027 season, full completion is likely to take some considerable time.

In January, one of our volunteers bought a rare locomotive from a private owner in Essex, for the use of the railway charity. It is a 1957 Ruston and Hornsby diesel mechanical, which is - unusually - already to our three-foot gauge, and it is planned that this will provide a back-up for our battery-electric loco 'Helen', now we plan to start passenger services. Much engineering work needs to be done on the Ruston, with electric start and air brakes the most important. Also, in the context of the passenger services, and our planned extension, we are designing a second coach.

We are still working through the re-application (our first application having been turned down in 2025) for the track extension westwards from the station with all its added environmental conditions. Unfortunately, Suffolk County Council have recently granted a PROW (Public Right of Way) order on part of the original trackbed, which makes any railway re-instatement there difficult, if not impossible.

We have possible solutions and are working hard on finding a compromise with the local authorities: as a registered charity, we have a legal duty to restore the railway where it used to be. Volunteers re-started clearance at Walberswick Station in February: we hope that this year we can complete this project – to present this original Victorian station in a way that is interesting to the public.

It's not that long now to our first **2026 Open Day on Easter Monday** at Blythburgh Station (opposite the White Hart on the north side of the village). Opening is from 10.30 'til 15.45. It's free to enter and all Halesworth people are particularly welcome. Who knows – if all goes well, you may be one of the very first passengers to ride (over a very short distance!) on the railway since it closed in 1929.

You can join our Charity at the event for £10, and thus be part of this exciting project to restore an important part of the Blyth Valley's history.

James Hewett, Trustee



WISHLIST BIKERS

Our charity - Wishlistbikers.org was formed in 2019 and registered with the Charities Commission in 2020. We provide rides for sick and disabled people of all ages – the youngest being 4 and the oldest 107!

Our first trike was named after Geoffrey – a much-loved uncle who was an avid rider but gave up when diagnosed with Parkinson's disease. We could not find an organisation to provide a motorcycle experience suitable for him, so we started up ourselves! The current trike is named WILBa by the members to reflect the charity's name.

Initially we had 40 – 50 rides per year (except in lockdown) but in 2023 120 rides necessitated recruiting more drivers. In 2024 there were 100 rides with passengers from residential homes, day centres, a school and EACH as well as individuals.

Every passenger travels with a responsible adult to help with their care and to share the experience and each undergo a risk assessment at booking to determine any specific requirements or problems there might be during the ride and to discuss any mitigating risk i.e extra support with embarkation, use of extra harness support, medical emergencies for those with certain conditions such as epilepsy, diabetes, anxiety, behavioural problems etc. The trike accommodates two rear passengers plus the driver. Passengers have lap strap safety belts with additional harness available to attach to the roll bar for those too unsteady to support themselves safely. We also accommodate those requiring the use of a hoist.

Benefactors include numerous individuals, Rotary clubs of Lowestoft, East Suffolk Council, Adnams and the Moncrieff Trust. We are also sponsored by the specialist motorcyclist insurer Bikesure.

Pre-requisites for our drivers (we have six at the moment):
Enhanced DBS check: Advanced driving qualification from the Institute of Advanced Motorcyclists / RoSPA or internal training with an assessment by a specialist road training company:
Safeguarding and First Aid Training. We have four assistants (ground crew) who help with paperwork, transporting and fitting helmets. The pre-requisites are the same as those for drivers, except the rider training but they need extra training on risk assessments and embarkation. There are other members/ trustees who offer financial, I.T. and social media support and who fundraise.

Helmets are not a legal requirement of this trike but are a sensible precaution against flying insects and stones, wind and noise (i.e. some people on the autistic spectrum and certain chest conditions) and of course accidents. Helmets need replacing every five years and as we provide them we need two of every size!

The trike is a factory built Rewaco (German made), 1500cc with a Mitsubishi engine and is around 5 years old. The trike started life being used for guided tours in the Canary Islands so it has been sensibly ridden and well maintained. It is currently maintained by Waltons Garage in Oulton Broad as part of the charitable activities.

At the moment we have enough drivers but would welcome volunteers to drive to the meeting point, in their own car, with our helmets and other equipment, to set up the passengers and see them on their way. This might involve a single trip, or a half or full day if we are visiting a residential home or day centre. There is full training for this as well as completion of an enhanced DBS check.

For more information please visit our website: www.wishlistbikers.org

Keith Lightfoot,
Chairman, Wish List Bikers Charity
www.wishlistbikers.org



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