

...YOUR FREE LOCAL NEWS

MAY 2026

# SAXMUNDHAM NEWS



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# A NOTE FROM OUR EDITOR



If you're looking to occupy your young ones during half term a great option would be to join Nature Quest, which invites families to explore Fromus Green in a whole new way. A fun, nature-themed day discovering local wildlife and support biodiversity, while enjoying the outdoors. There will be something for all ages, including crafting, bug-hunting and species identification - plus a free Nature Quest kit to continue the experience at home! A great initiative from the Town Council.


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](mailto:lou@tidecollection.com)

## Quote of the Month

By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest.

## Confucius



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# FIRST LIGHT FESTIVAL

**FREE** midsummer multi-arts celebration  
20 - 21 June 2026, South Beach, Lowestoft



Suffolk's free festival returns to Lowestoft's South Beach for a weekend of unique experiences and performances celebrating the summer solstice...

## FREE MUSIC HIGHLIGHTS

DJ Jamz Supernova, Seth Lakeman, Another Taste, Polly Gibbons, Jason Singh, Lizzie Berchie, ShunTa, Cut Capers, N'Famady Kouyaté, Ashton Jones, Levi Fruits & Friends, Caswell, Like Optimists, Magnolia...

## + COMEDY, POETRY, SCIENCE, FAMILY ACTIVITIES

Patrick Grant, Simon Day, John Hegley, Luke Wright, Laurence Edwards, Inua Ellams, Ashley Hickson-Lovence, DanceEast, Natural History Museum, Gainsborough's House, Sunrise Yoga, Cabaret, Silent Disco, Wild Beach Camping, Campervan Glamping + more!

Explore the full line up at [firstlightlowestoft.com](https://firstlightlowestoft.com)



**Summer begins at Lowestoft's First Light Festival!** Taking place on South Beach - the UK's most easterly point and first place to see the sunrise - the free multi-arts festival returns on 20-21 June with an expansive line-up spanning music, comedy, spoken word, visual arts, workshops and more. This year's festival features over 200 free performances - New additions include a cabaret night at East Point Pavilion, a dedicated Vertical Space teen zone, and a glamping option for visitors. While the main beach programme remains free, ticketed events will run on Saturday evening after 9:30pm.

**Celebrate the Summer Solstice:** At the heart of First Light Festival is its iconic Dawn Celebration, held this year on the summer solstice itself (Sunday 21 June). Beginning at 4am, the programme opens with beach yoga followed by a live improvised performance from sound artist Jason Singh. Festivalgoers can then share a communal fish feast while watching the sunrise - marking a symbolic start to summer. A special highlight follows: a new co-commission between Aldeburgh Festival, Britten Pears Arts and First Light, with interdisciplinary artist Tendertwin creating a work inspired by Benjamin Britten in the 50th anniversary year of his death.

**Festival Highlights:** Across the weekend, the Sunlight Stage will host a diverse international music line-up, including BBC 6 Music's Jamz Supernova, Dutch disco collective Another Taste, soul artist Ashton Jones, neo-soul singer Lizzie Berchie, folk musician Seth Lakeman, Balkan-inspired group ShunTA and West African artist N'famady Kouyaté. The First Word Stage brings spoken word and comedy, featuring Luke Wright, Inua Ellams, Elf Lyons, Louise Exactly, Bradley Taylor and John Hegley.

Meanwhile, the Talks and Interstellar Ideas tent includes appearances from Patrick Grant, Chris Lintott, Ashley Hickson-Lovence, George McKay and Julian Barnwell, covering topics from music and literature to history and discovery. Visual arts remain a key part of the festival, with sculptor Laurence Edwards' *The Long Wait* returning to the beach for the summer. Other installations include Maddie Exton's *'Meet me at First Light'*, *Hotel Kittiwake*, *Leviathan*, and the *Noon to Moon* exhibition alongside the Easterly Artists showcase in Kensington Gardens.

**Family Fun:** Families highlights include social dance sessions ranging from Charleston to hip hop, interactive theatre, wellbeing sessions on the sand, and the new Vertical Space zone for young people, offering creative drop-ins, DJ sessions, gaming and sports. Camping options are also expanding, with wild beach camping, cliff-top campervan spots, and - for the first time - pre-bookable fully equipped VW campervans available.

**Sundown Events:** Saturday night's ticketed programme offers a variety of after-dark experiences: an after-party with Jamz Supernova, intimate jazz from Polly Gibbons, classical and acoustic performances at St Peter & St John Church, a debut cabaret show at East Point Pavilion, and the ever-popular Silent Disco. Blending culture, community and coastal beauty, First Light Festival continues to offer a unique way to welcome the summer - starting with the UK's first sunrise.

The festival will run from 12pm noon to sundown (9.30pm) on Saturday, and from 10am - 4pm on Sunday, with a Dawn sunrise programme from 3.30am on Sunday morning.

# SAXMUNDHAM TOWN COUNCIL

**Town Council in Action:** Spring has brought a renewed sense of activity across Saxmundham, with a range of projects continuing to move forward into the new season.

Environmental work remains a key focus. Following a strong community response for the Great British Spring Clean, efforts are continuing across the town, with the volunteer Green Team planting, tackling weeds, and caring for areas including the River Fromus and town centre. Plans are also progressing to introduce a rainwater harvesting system at the Town House, supporting a more sustainable approach to watering town centre hanging baskets.

Investment in local facilities is also ongoing. Recent improvements at Seaman Avenue and Chantry Road parks are now in place and ready to be enjoyed, and the Council continues to respond to requests for infrastructure such as bins to support a cleaner, more accessible town.

Looking ahead, work continues with consultants to explore options for the future of the Market Hall, with a focus on sensitive refurbishment. The Council is also engaging with major infrastructure examinations to ensure the town's interests are represented.

**Local Highlights:** Community spirit has been especially visible in recent weeks.

The Green Team's annual seed and plant swap saw its most successful year yet, helping residents connect, grow their own plants and support local biodiversity

The monthly Saturday Market continues to thrive, bringing people to the town centre and supporting independent businesses.

The Council has also recently welcomed a new intern, bringing fresh energy and ideas into its work.

There have also been ongoing local discussions around planning proposals for new town centre businesses.

While decisions rest with East Suffolk Council, the Town Council continues to represent community views and advocate for a balanced approach that supports both economic vitality and the character of the Conservation Area.

**Join in: Nature Quest: Fromus Green – Tuesday 26 May 10am-1pm:**

Nature Quest is bringing adventure to Saxmundham next half term, inviting families to explore Fromus Green in a whole new way. This fun, nature-themed day will help participants to discover local wildlife and support biodiversity, all while enjoying the outdoors. With activities including crafting, bug-hunting and species identification, there's something for all ages - plus families can pick up a free Nature Quest kit to continue the experience at home.

## Community Calendar

**Saxmundham Saturday Market: Saturday 9 May - 9am - 3pm in Fromus Square**

**Town Council Meeting: Monday 11 May 7pm at the Market Hall**

**Nature Quest: Tuesday 26 May 10am – 1pm in Fromus Green**

**Arts Fest: Saturday 13 June 2026**

**Sax Fest: Friday 7 – Sunday 9 August at the Memorial Field**

**Saxmundham Christmas Fayre: Saturday 5 December 3-7pm**

## Short updates and reminders

Preparations are underway for the annual audit as the Council moves into the new financial year. Transparency and good governance is essential when budgeting public money so the annual audit is a crucial date in our calendar.

Saxmundham's Annual Town Meeting is open to everyone who lives in Saxmundham and aims to give residents updates from the different levels of government, share news from across the community and offer an opportunity to raise matters which are important to them. The date and location of this year's meeting is set to be confirmed soon – keep up to date by visiting [www.saxmundham-tc.gov.uk](http://www.saxmundham-tc.gov.uk) or following us on social media. Details of upcoming meetings can be found on our website [www.saxmundham-tc.gov.uk](http://www.saxmundham-tc.gov.uk). Members of the public are welcome to attend all Town Council and Committee meetings, with a dedicated public forum at the start of each meeting.



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# WALK AND TALK

## Saxmundham to Aldeburgh - 16th May 2026

**Saxmundham Judo Club** are proud to be hosting their third annual community walk on the 16th May. This year we have decided on a joint fundraiser for 'The Legend on the Bench' charity and Saxmundham Veterans Breakfast Club (SVBC). Both have been making a big difference within the Suffolk Coastal area since we began supporting them with raising funds a few years ago.

'The Legend on the Bench' charity mission is combating mental health issues and preventing suicides by aspiring to place informative benches in every local park in the UK, giving 24/7 access to crisis support. Over 120 benches have been installed around the UK in under two years, significantly 25 are located in Suffolk.

Many more are planned this year.

18 months ago Saxmundham and Kelsale lead the way in our area with Leiston, Aldeburgh, Ufford and further afield - Hadleigh and Shotley Gate following. Last year Saxmundham's bench was actively used, and serves as a reminder that the benches work, and somebody is always listening. Please visit: [www.legend-on-the-bench.co.uk](http://www.legend-on-the-bench.co.uk)

**Saxmundham Veterans Breakfast Club (SVBC)** has really taken off since forming just over a year ago. The club meets regularly each month and provides a supportive and welcoming environment for veterans of the armed forces through a variety of activities and initiatives. Already in 2026, SVBC has held a veterans' breakfast at Carlton Meres holiday park, with over 50 attendees from around the area.

During March a train journey was organised to visit the Sutton Hoo Ship reconstruction in Woodbridge for a private tour and a pint (or two) at the Royal British Legion in Woodbridge, who hosted us as guests to finish a fabulous evening, before returning to Saxmundham by train. Please visit our Facebook group: Saxmundham Veterans Breakfast Club.

**Saxmundham Judo Club** is now incorporated into JB Judo, which is owned and run by Ben Caldwell who is current GB 60kg champion and European medallist. The club have recently returned to the market hall in Saxmundham after a period of many months away.

The club is actively looking for new members of all ages and welcomes beginners to a journey of self-belief, respect, courage and friendship. Please contact: [bjjudo.classforkids.io](mailto:bjjudo.classforkids.io)

**Keith Cartwright-Jones**

## SAXMUNDHAM W.I.

At our March meeting President Jo welcomed our speaker David Naylor, a volunteer from RSPB Minsmere. David leads guided walks at the reserve and conducts bird surveys and Water Vole surveys. David takes superb photographs to illustrate his talks.

The RSPB has over 2,000 employees, 10,000 volunteers and over 200 reserves.

RSPB Minsmere consists of circa 2,500 acres, including a variety of habitats which attract different species. Through careful conservation work many species have returned to this area.

The East Coast is on the migration path for many birds and lists of all birds can be seen at Minsmere, as a result of daily observations by staff, volunteers and visitors.



Climate change is also causing some rarer species to occasionally be seen in the area, including the Purple Heron and the Red Footed Falcon.

White-tailed Eagles are also regularly seen over the reserve, as a result of a reintroduction program on the Isle of Wight.

Minsmere Reserve has many hides to walk to, sit in and observe wildlife in reedbeds, on the grasslands, on the many meres and in the woodlands.

Guided walks can be booked and there are activities for children and families. There is a shop and cafe too in the attractive visitor centre, which is open from 9am until 5pm. (cafe opens at 9am). Find out more: [www.rspb.org.uk](http://www.rspb.org.uk)

## SAXMUNDHAM SCOUT GROUP



The Saxmundham Scout group has had a busy start to the year, the main event for Beavers and Cubs was the birthday celebration held at Jimmy's farm in March. Beavers celebrate 40 years and Cubs 110 years this year and the event was attended by the whole District.

We are still looking for new volunteers to join our group in all our sections.

If you would like to meet us on a trial basis email: [1stsaxmundham@suffolkscouts.org.uk](mailto:1stsaxmundham@suffolkscouts.org.uk)

We are excited to share we are launching a brand new Explorer Unit! This is an amazing opportunity for young people aged 14 - 17 to take on new challenges, build confidence and enjoy unforgettable adventures.

We are also looking for enthusiastic adult volunteers who can help us bring this new section to life.

The Explorer Unit will meet on Tuesday evenings, 7 - 8.30pm, running every two weeks to start with (TBC). If you know a young person or potential volunteer please get in contact: 07889 799415 [steve.burch@suffolkscouts.org.uk](mailto:steve.burch@suffolkscouts.org.uk)



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# NEWS FROM THE ART STATION

## Healing Generational Trauma Through Interactive Straw Art

Did you get in trouble at home for drawing on the walls? If so, you must visit The Art Station, where you will not only be encouraged to draw or write on walls, but you will also be rewarded with a corn dolly created by Kristina Tonev, a Suffolk-based artist who is currently inviting audiences to *'The Mother Lode exhibition'* part two, where they can immerse themselves in the straw installation.

*"You created a warm golden light that touched everyone"* - Clare Palmier, the founder and director of The Art Station

*"It was very powerful, had an ancient folk vibe, some kind of ceremonial but also intimate, domestic process ritual activity was taking place, artist hands created a fascinating focal point, it was absorbing, immersive, mysterious, and also had a grand scale. The material was evocative and the smell pricked something in the deep psyche, the oddness of straw in winter lent a surreal quality and the universal activity that people across the globe would know"* - Laurence Edwards, British Sculptor.

*"Turning straw into pure gold - not the shiny metal we adorn ourselves with, but something akin to magic. A woman quietly weaves straw into a golden thread, gently working, weaving, twisting the straw, echoing work & craft of centuries past, but here on a high street of an ordinary town, in the present, suggesting a future when we could return to craft, to work, with our hands, and minds, and bodies, turning simple materials into wonderful things (something that AI, technology and Robotics seeks to take from us)."* - Andrew Smith, Writer and Artist.

We cannot control the speed of change, but we can adapt and learn how to coexist in space by connecting, learning about our past, caring for nature, and fostering trust in diverse communities. This exhibition encourages children and young people to stay playful, while also allowing older generations to reconnect with their inner child and have fun in a safe, caring setting.

*'The Mother Lode'* is a series of solo exhibitions by artists who are also mothers, exploring motherhood as a profound creative force rather than a detour from artistic practice. Drawing on the term mother lode - the principal vein from which wealth is extracted - the project reclaims motherhood as a source of abundance and power.

Kristina Tonev (b. Lithuania), a Suffolk-based artist working in performance art, installation and painting with main focus on connection: connecting with people, nature and herself, both individually and collectively, here in Suffolk, England, where her heart has opened as an artist.

### Short facts about the artist:

- First Class BA(Hons) degree in Fine Art at the University of Suffolk
- The Art Station Graduate award 2025 Saxmundham
- Shortlisted in Saatchi London
- Published in Art and Women book 2025

### Most recent works:

- The Mother Lode part 2, interactive straw installation and durational performance art, selected for solo exhibition and curated by Tor Cooke, The Art Station, Saxmundham, 2026.
- 31 Days, durational painting of 31 paintings in 31 days, exhibited for 31 days in The W Gallery, Woodbridge, 2026.
- Weaving Time, durational performance art, selected for LAND exhibition, curated by Clare Palmier, The Art Station, Saxmundham, 2025.
- One-Way, straw labyrinth, art installation, University of Suffolk Degree Show, 2025.



Opening night. Photos: Andrew Smith, Saxmundham



Visit: [theartstation.uk](https://theartstation.uk)  
Email: [info@theartstation.uk](mailto:info@theartstation.uk)

48 High Street, Saxmundham, Suffolk  
IP17 1AB



Opening night. Photo (l): Poppy Jackson. Photo (r) Nikola Tonev

# MIDDLETON OPEN GARDENS

6th & 7th June 2026

Our ever-popular Open Gardens event offers an eclectic and exciting mix of gardens, some conventional and formal, others more informal or relaxed, including some new to our event. Approximately 18 gardens will be open (the total may vary from day to day).

In the pretty village of Middleton, there are gardens stretching down to the Minsmere River and others overlooking Middleton Moor. Some with views of the marshes and others across the fields; some with the Spire of Holy Trinity church seen piercing the sky in the distance. Many of the gardens have a story to tell, of both their creation and their development over the years.

Several of the gardeners cleverly borrow the beautiful surrounding Suffolk landscape to attract animals, insects, plants and birds. You will also find a herd of alpacas grazing quietly in fields within the village.

Displays by children of Middleton primary school will be exhibited in the church. The pub barn will also host an exhibition of Art, crafts and vintage clothes, and there will be a plant/flower stall. Refreshments will be available all day.

## Middleton Open Gardens

6<sup>th</sup> & 7<sup>th</sup> June

18 Gardens

11am  
to 5pm

Refreshments  
at the pavilion  
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(last entry 4.15pm)

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June 14<sup>th</sup>. 12 mid-day until 4pm

Free admission. Refreshment available

# BENHALL PRESCHOOL

Benhall Preschool has been praised by Ofsted for their warm, nurturing bonds, ensuring children have a strong sense of belonging and for consistently prioritising children's welfare and wellbeing. All children are safe, feel welcomed and are well supported. Ofsted inspectors highlighted that staff model inclusivity well and boost children's confidence by being calm and positive role models. Leaders have a clear and ambitious curriculum, with high expectations for every child. They know their community well and understand the needs of local families.

Myself and the team received positive feedback following our Ofsted inspection in November 2025, under the new inspection framework. The inspection gave us the opportunity to showcase the excellent care and support we all provide to our families and the consistent and good progress the children have made whilst in our care. The results gave us Strong Standards in 'Inclusion', 'Leadership and Governance' as well as 'Children's welfare and wellbeing' with 'an open and positive culture of safeguarding'.

Expected standards in Achievement, Behaviour, attitudes and establishing routines, Curriculum and teaching.

We are particularly proud that Ofsted recognised the care and consideration we give each child in our care and that each child 'receives the tailored support that meets their individual needs'. The parent support we received on the day was really overwhelming and thoroughly appreciated. The inspectors even received a phone call from Specialist Speech and Language to express 'that staff respond promptly to advice and work tirelessly to meet the needs of all children' and that they recommend us as a setting. Parents reported that they 'couldn't ask for a better childcare provider.' and 'cannot recommend Benhall enough.' Parents also commented that they 'can see how much thought we put into the activities, routines and learning and how well we know the children as individuals' with 'communication being brilliant between staff and parents'. Parents say that they 'feel completely confident in leaving their child, knowing they are safe, having fun,

learning and improving -

definitely their favourite place to go!'

Benhall Preschool is a charity, committee run Preschool and situated in the heart of the village and has been running for 45 years, successfully providing high quality childcare to the village and surrounding areas for children aged from 2 years. It runs from an open plan modular building with free flow learning between the indoor and outdoor areas and is fully inclusive. The environment, activities and learning are set up to ensure it meets the differing developmental needs of the children within the setting. A strong and experienced team are dedicated to providing the best possible care they can. Spaces available from September 2026. To arrange a visit please contact Zoe at [benhallpreschool@gmail.com](mailto:benhallpreschool@gmail.com) or alternatively phone on 01728605940. Website: [benhallpreschool.co.uk](http://benhallpreschool.co.uk) or visit the Facebook page. To read the full report visit :Find an Ofsted inspection report

**Zoe**  
**Benhall Preschool Manager**

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# PROJECT UPDATE

MAY 2026

The Friday Street Roundabout and Yoxford Roundabout are now open to traffic. This is a significant milestone for the Sizewell C infrastructure improvement works, making two notorious junctions on the A12 a lot safer.

Delivered as part of Sizewell C's commitment to strengthening regional infrastructure, the new roundabouts replace older junctions that had become increasingly congested and challenging to navigate at peak times. The redesigned layouts now provide safer access to the A1094 at Friday Street and the B1122 at Yoxford, reducing queuing and lowering the risk of accidents. Whilst traffic management in the area will reduce, works around the roundabout will continue as the now redundant parts of the A12 are removed and prepared for landscaping, and the construction of the two-village bypass that will eventually connect to the Friday Street Roundabout continues.

The Southern and Northern Park and Ride car parks are open and our workforce are being bussed from the locations onto site. At the Northern Park and Ride, there are now 280 spaces, and 80 spaces at the Southern Park and Ride.

The roundabout that links the Northern Park and Ride with the A12 and Willow Marsh Lane continues to be constructed and linked to the road network; we expect the works to be completed by early summer.

## A12 road improvements

We have recently completed the first of three signalised road crossings along the A12 in Yoxford. The next crossing will be constructed in Marlesford and is due to commence in May. Works will then proceed onto Little Glemham for the third signalised crossing. These works will require traffic management along the A12 and will be outlined on the **Sizewell C Works Tracker**.

In the wider road network, Sizewell C will be making general improvements on local roads, in particular on the B1122, B1125 and B1119. These works will improve safety accessibility and include high friction surfacing, new footways, vegetation management for improved visibility, signage, and village gateways. The first work to commence will be the B1122 footpath improvements starting in mid-April.

This work will involve traffic management during the day and some night time closures to maximise time and lessen disruption on the road network during the working day. We are also conducting these works in collaboration with other Nationally Significant Infrastructure Projects (NSIPs) in the area, in particular Scottish Power Renewables.



Scan the QR code for further details about the collaboration.

## FORUM

## SCHEDULE

### Forum timings

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

Northern Transport Forum    Wednesday 6 May    High Lodge Darsham

Southern Transport Forum    Wednesday 3 June    Stratford St. Andrew Riverside Centre

For more information and for more forum dates visit [sizewellc.com/community/forums](https://sizewellc.com/community/forums)

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



# SAXMUNDHAM HISTORY SOCIETY

In March Chairman Richard Wills Crisp welcomed members and visitors to meet our returning guest speaker, Chris Parfitt. Chris's talk was entitled *'Ethiopia - an Antique Land'*. Ethiopia is a rugged country situated in the Horn of Africa. Ethiopia is a multi-ethnic state with Christianity being the most widely spread faith, with over 70 other faiths. Chris was in a party of twelve travellers with several helpful local guides on his visit to Ethiopia. The first slide shown was of a skeleton named 'Lucy' estimated to be three and a quarter million years old, very famous when first discovered.

Chris showed lovely photos of the varying scenery, with contrasting examples of the old and modern farming ways. Ethiopia's best crop is coffee, a high delicacy. Many fruits and vegetables are grown, also sugar cane and lots of spices. The pictures of the market were so colourful, each product being set in separate zones around the large market space. Many locals used traditional raffia work and weaving to make items for their own use and also to sell to tourists. Worn out tyres were stripped and made into bowls; unusual recycling. Houses were made from stone, bamboo or wood depending on the area.

We were very interested in the amazing churches that were carved from huge pieces of rock. A large pit was dug around to expose the rock and the church was then carved inside and out. Often people had to go along tricky tunnels and steps to go inside. One 14th century Church was round and had a circular corridor on the outside, with doors to enter into the church space. The decorations were beautiful and there were depictions of Ethiopia's Patron Saint, Saint George. Chris finished this most informative talk with photos of some of the Ethiopian adults and children, their faces were so beautiful.

Saxmundham History Society meets in the URC, Chapel Road, Saxmundham. IP17 1BJ at 2.30pm. Our May meeting will feature the large collection of local postcards for browsing, and collected by Peter Drew.



## 'A FIELD NEAR KELSEALE'

Local author Simon Halliday has recently produced a second volume of poetry – *'A Field near Kelsale'* following *'A Suffolk Morning'*.

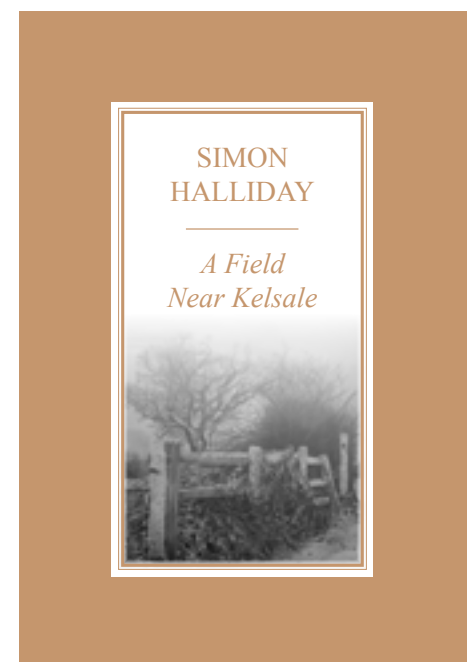
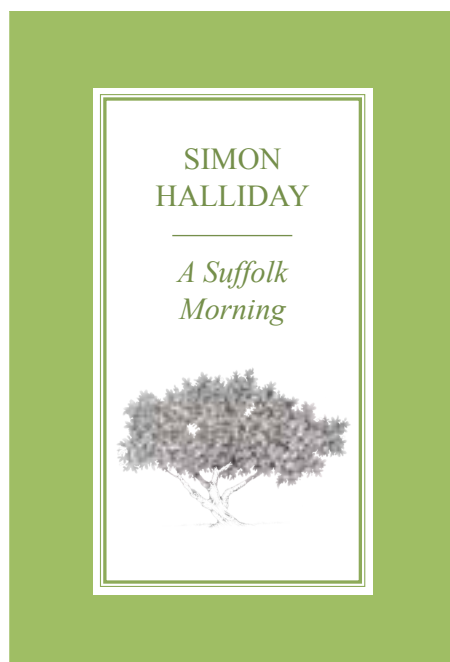
Most of the poems were completed in 2025 and set out to cover observations of nature and life in East Suffolk. However, the past is also revisited with incidents from the classroom as a boy and teacher, while in March Simon's project was somewhat hijacked by a diagnosis of myeloma. Simon was born in Ipswich, went to school in Lincoln and university in Liverpool before teaching geography in London and he played cricket for Suffolk. He now lives in Saxmundham.

*'A Suffolk Morning'* is a collection of poetry which covers perceptions of childhood, work, nature, sport and the human condition.

Simons books are available locally:

Aldeburgh Books; Beccles Books; Woodbridge Books; Halesworth Webster's Newsagent in Debenham;

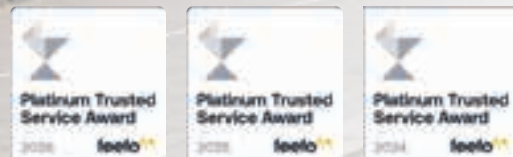
Clarke's (formerly Crisp's) in Saxmundham.





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# ALDE VALLEY SUFFOLK FAMILY HISTORY GROUP

## 'Apprenticeship Records' – Richard Holt - Monday 18th May in Saxmundham

Learn about the history of apprenticeship and the numerous sources available for family history research. Discover how these sources helped research a 'brick wall' ancestor.

Pharos Tutors say "The practice of apprenticing young men to learn a trade is first recorded in twelfth and thirteenth century London. It gradually spread to many other towns and cities and became subject to regulation. The Statute of Artificers 1563 required all tradesmen to serve an apprenticeship of at least seven years before they could trade. Provision for apprenticeship was also made under the Poor Laws. Parish overseers could bind children as young as six or seven to serve as apprentices until they were adults. Such bindings were supposed to ensure that children were taken care of at little cost to the parish."

Richard Holt is a professional genealogist and runs his own research business, 'Holt's Family History Research'. Prior to becoming a professional researcher, he worked in a number of schools as a teacher and senior leader. Richard also tutors for Pharos Tutors, teaching their Apprenticeship Records and Victorian Crime and Punishment courses. He is a Member of AGRA (the Association of Genealogists and Researchers in Archives) and currently serves on AGRA's Council.

The talk takes place on **Monday 18th May** 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 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://www.avsfhg.org.uk/join-us> (website under construction) and Zooming is free.

### Further programme:

**Mon 15 June: Pauper Ancestors - Clare O'Grady**

**Mon 20 July: What to do with Your Research - John Hanson**



# ALDEBURGH MUSIC CLUB

Aldeburgh Music Club present **FOLK SONGS FROM AROUND THE WORLD**

**Saturday 30th May 2026 at Orford Church**

Following their successful all-Mozart concert at Snape in March, **ALDEBURGH MUSIC CLUB CHOIR** turn to something completely different for their next concert.

At Orford Church on 30th May, the choir will be presenting an evening of **FOLK SONGS FROM AROUND THE WORLD**, in choral arrangements by a range of composers including Vaughan Williams, Bob Chilcott and John Rutter.

Also in the programme, Aldeburgh Music Club's Vice President, the mezzo soprano Diana Moore, will be singing a number of Benjamin Britten's folk song arrangements, accompanied at the piano by Jonathan Rutherford.

The concert begins at 7.30pm, and tickets are available from the Music Club's website, [www.aldeburghmusic.club](http://www.aldeburghmusic.club)

# NEWS FROM LEISTON ARMY CADETS

So Leiston Detachment ACF has carried on where last year left off. We had our First Company weekend in February, with a dozen Cadets away on a Testing weekend and a number passing their Star passes. Three cadets went off to the Brecon Beacons in the Easter Holidays for Adventurous Training, and new cadets went away for a 5-day camp in Lincolnshire.

Tuesday training nights cover training for the Testing weekends and Annual Camp in August. We have a new adult with us and are parading about 18 Cadets on an evening. We will always welcome more! So, if you are interested then attend the Detachment on a Tuesday night and register interest by visiting: ACF.com



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# BENHALL PRIMARY SCHOOL NEWS

Squirrels have really enjoyed learning their numbers facts such as number bonds to 10, doubles up to 10 as well as odd and even numbers. We have investigated why numbers go together as well as exploring patterns within the numbers. We have enjoyed planting our own magic beans and watching them grow and recording the changes in our bean dairies. We took them home to see who could grow the tallest beanstalk over the holidays.

Acorns have been busy learning to write letters in English, inspired by the beautiful story *'The Storm Whale'* by Benji Davies. In Maths, we've been exploring different types of measurements and learning how to estimate, compare and use them in practical ways.

Oaks have had a busy half term! In Science, we learned about habitats and classification, including some bird watching. In English, we wrote fantasy instructions inspired by *'Instructions'* by Neil Gaiman and created our own books with watercolour illustrations.

Woodlands have been learning about the importance of our oceans and the impact humans are having on the Great Barrier Reef. They've also been practising vital first-aid skills, including how to place someone in the recovery position.

We were delighted to come together as a school community for our Easter service at the beautiful Sternfield Church. It was a truly special occasion, filled with moments of reflection, celebration, and a strong sense of togetherness. A heartfelt thank you goes to our Ethos Group members, who did a fantastic job leading the service.

Their thoughtful readings, prayers, and reflections helped bring the meaning of Easter to life.

We have recently enjoyed two fantastic sporting events. Our pupils represented the school brilliantly in hockey, finishing an impressive 4th place at Harleston Magpies. Meanwhile, our swimming team achieved excellent results, with many of our younger pupils stepping up and performing exceptionally well.

Oaks' second session with the Prometheus Orchestra was fantastic! We worked on composition with percussion instruments considering dynamics, rhythm and pitch.

Pupils had a fantastic time in the Electrosnaps workshop, exploring how circuits work through hands-on investigation. It was wonderful to see such curiosity, teamwork and problem solving.

Congratulations to all the pupils who took part in our Poetry by Heart competition! Your heartfelt and powerful performances captivated the audience and gave the judges some incredibly tough decisions to make. A special well done to our winners - your passion and dedication truly shone through. We are so proud of everyone who participated!

We have loved welcoming families into school for our reading cafés, where we have enjoyed sharing wonderful stories and fostering a real love of reading together.

Our amazing PTA have been incredibly busy this month, organising a range of wonderful events for the children and community.

From creating lovely Mother's Day crafts, to coordinating the Easter egg hunt, and running a fun-filled disco- thank you for all you do for the children of our school.

Oaks have been thoroughly enjoying their recorder lessons with Mrs Gleeson. They have learnt a range of notes and have made great progress, particularly in developing their confidence.

Year 6 had a fantastic morning at the Art Station hedge planting! An excellent opportunity for our pupils to get hands-on with nature, learn about the environment and make a lasting impact on our local community.

What a fantastic World Book Day! Our pupils loved sharing stories with one another, listening to teachers read their favourite books and taking part in our exciting book swap. The creativity on display in our character plate competition was incredible too!

The children did a wonderful job serving their mums when Squirrels held a Mother's Day tea party. The mums had time to relax along with a song or two for entertainment.

Prospective parents are welcome to come for a visit. Paul Parslow-Williams or Daniel Millican are always keen to offer a personal tour of the school. Please call us to book an appointment on (01728) 602407



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Fri 1st May at 7.15pm  
 Sat 2nd May at 4.00pm & 7.15pm  
 Sun 3rd May at 12.00pm  
 Mon 4th & Tues 5th May at 7.15pm  
 Wed 6th May at 3.00pm & 7.15pm  
 Thurs 7th & Fri 8th May at 7.15pm  
 Sat 9th May at 4.00pm & 7.15pm  
 Sun 10th May at 6.00pm  
 Mon 11th & Tues 12th May at 7.15pm  
 Wed 13th May at 3.00pm & 7.15pm  
 Thurs 14th May at 7.15pm  
 Sat 23rd May at 7.30pm  
 Mon 25th May at 6.00pm

**MICHAEL** 12A

Sat 2nd & Sat 9th May at 1.00pm

**THE MAGIC FARAWAY TREE** U

Sun 10th May at 3.00pm

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

Fri 15th & Sat 16th May at 7.15pm  
 Sun 17th May at 6.00pm  
 Mon 18th May at 1.00pm & 7.15pm  
 Tues 19th May at 7.15pm  
 Wed 20th May at 2.00pm  
 Thurs 21st May at 7.15pm

**THE DEVIL WEARS PRADA 2** 12A

Sun 17th May at 3.00pm  
 Wed 27th May at 1.00pm

**GLENROTHAN** 12A

Fri 22nd May at 4.30pm & 7.15pm  
 Sat 23rd May at 2.00pm & 5.00pm  
 Sun 24th May at 3.00pm & 6.00pm  
 Mon 25th, Tues 26th, Wed 27th,  
 Thurs 28th & Fri 29th May at 3.00pm  
 Sat 30th May at 2.00pm & 5.00pm  
 Sun 31st May at 3.00pm & 6.00pm

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Tues 26th, Wed 27th &  
 Thurs 28th May at 7.15pm

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# COMMUNITY UPDATE FOR IP17GNS

There's plenty happening in our community, thanks to the continued generosity and enthusiasm of local residents. Here's the latest news and how you can get involved.

**Edgefield Dance Company – Movement/ Dance 'Taster' Class**  
**Thursday 21st May, 10.30 – 11.30am** for people with limited mobility, come join us and have fun with music that you'd want to move to. Free to attend

**Men's Breakfast Continues:** Although funding for the Men's Breakfast has come to an end, the impact it has made is simply too valuable to lose. This welcoming monthly gathering has provided companionship, conversation, and support for many - and we're delighted to say it will continue. We extend our sincere thanks to Suffolk County Council, East Suffolk Council, and East Suffolk Community Partnerships for their generous support in making the initiative possible. Their funding has made a meaningful difference to the lives of local men and the wider community. If you would like to help sustain this worthwhile initiative, donations are warmly welcomed.

**Friday Boogie Returns!** Dust off your dancing shoes - the ever-popular Friday Boogie is coming back! Known for its lively atmosphere and joyful spirit.

It's a wonderful opportunity to socialise, stay active, and have fun. **Every Friday (starting 5th June) at the Market Hall, 11:30 am - 12:30 pm.** We can't wait to welcome you back to the dance floor!

**A Plea for Donations:** To continue offering these valuable activities and services, we rely on the support of our community. If you are able to help, donations can be made in several ways:  
**Drop off contributions at designated donation points around town during their opening hours:** The Gannon Rooms; Suffolk Building Society; Saxmundham Pharmacy. **Set up a regular PayPal donation:** Scan QR code or visit [ip17gns.com](https://www.ip17gns.com). **Arrange a standing order:** Email [hello@ip17gns.com](mailto:hello@ip17gns.com) for details.

Every contribution, no matter the size, helps strengthen the support we provide across our community. Thank you for being part of such a caring and connected community.

**Donations welcome**

Your donations help IP17GNS charity support people in our local area.

Please donate shelf-stable foods, household products or toiletries or scan the QR code for PayPal donations. No chilled/frozen, out-of-date or opened goods, thanks.

**IP17GNS** Thank you for supporting your community!

## JOIN US - SUPPORT OUR COMMUNITY! WE ARE RECRUITING...



### GENERAL MANAGER – FLEXIBLE WORKING (28 HOURS PW) – £ COMPETITIVE

IP17GNS is keen to hire a manager who will be pivotal to our next phase of development. Our trustees, team of 35+ volunteer superstars and service delivery co-ordinator are now ready to meet the emerging needs of our community through an exciting range of targeted services. There's so much more we can and want to do and this is where you come in...

As well as helping deliver our day-to-day services, you will be responsible for a number of strategic goals:

- evolving new community support initiatives
- developing our volunteer base
- improving stakeholder engagement
- researching and leading on fundraising, and
- ensuring all our governance remains on track.

It's a challenging role which would benefit from knowledge and/or experience of the charity sector; good links to the area and an understanding of the challenges faced by our community. You should be a self-starter, a brilliant networker with proven ability to lead, manage and motivate. You will need excellent IT skills as well as being a natural communicator. It's a big job, but for the right person, the rewards will be immense!

For further details or to apply, please contact Jacqui Newvell, Managing Trustee, IP17GNS – email: [jacqui@ip17gns.com](mailto:jacqui@ip17gns.com) or call in when we are open. We are located at The Gannon Rooms, Station Approach, Saxmundham, Suffolk IP17 1BW. **The closing date to apply is Monday, 18 May 2026.**



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# FAMILY TENNIS DAY

Saturday 9th May 26 | 10:00 AM to 1:00 PM

**Saxmundham Sports Tennis Club**  
Carlton Park, North Entrance, Saxmundham, Suffolk IP17 1AT



**What's happening:**

- Free family coaching with Matt 10am-11am
- Free play on courts 11am to 11.30am
- Free beginners coaching 11.30am-12.30pm
- Refreshments provided
- Borrow raquets and balls

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Main Street, Leiston, IP16 4ES



## SKC CHURCH

My Mum was a stoical person, with a very high pain threshold. However, in 2013, she was diagnosed with inoperable mouth cancer and by the autumn she was told that she had just a few months to live and the likelihood was that at the end no pain control would be effective. Mum took the news with characteristic courage. Unbeknown to my brother and me, she started hoarding her opiate painkillers. I used to drive the 50 or so miles to her house at least once a week to see her and we had agreed that I visit on Monday afternoon. When I arrived, she was unconscious on the sofa surrounded by all the empty meds cartons but still breathing shallowly. She never came round but my brother and I kept a constant vigil until, in the dawn light of Thursday, Mum exhaled her last breath. She died peacefully. Although she could not say good-bye to us, we could to her and I am convinced that she could hear my prayers for her and our expressions of love. You might therefore think that I would be a supporter of assisted dying but I am in fact strongly opposed to it. I recognise that such an opinion is a highly personal matter and opinion surveys suggest that I am in the minority. The Bill that has been debated for over a year in Parliament will be timed out this month. Passed by a slimming majority in the Commons and talked out in the Lords, I do not lament its failure for at least three reasons:

Do we really want our medical professionals to be the people who end our lives rather than have a single-minded focus on healing, where possible? Such a development would irrevocably change our relationship to doctors. The precise conditions for allowing assisted dying are necessarily imperfect.

The Bill limited it to those with less than 6 months to live. However, famously, Abdelbaset al-Megrahi, the alleged Pan-Am Lockerbie bomber, was released from Scottish prison in August 2029 with less than three months to live, was transferred to his native Libya where he survived for 33 months. Any arbitrary life-expectancy is bedevilled with problems. And it doesn't deal with those whose quality of life is extremely limited but whose end is far off (e.g. those with advanced MND or dementia).

Finally, there is the matter of pressure. Faced with impaired living, with the prospect of life savings being gobbled up by care costs, many will come under pressure, however subtle, or put themselves under pressure, not to be a burden on their loved ones. I do not believe that there can be any safeguards to prevent such pressure and that alone, for me, is sufficient to oppose the principle.

While there are positive reasons to support legislation, the legal minefield surrounding what constitutes compassionate support for someone wanting to take their own life on the one hand and manslaughter on the other were helpfully clarified by a former DPP, by the name of Sir Keir Starmer, nearly 20 years ago. I hope that our elected representatives take stock of the failure of this Bill to pass and do not try to resurrect it in the new Parliamentary session. Instead, can we please fund palliative care properly.

My Mum had the courage to end her own life while she still had the necessary independence.

She did not want someone else to bear that burden and I greatly admire her for that. This is a very emotive topic for many people.

As a church we want to provide support to anyone affected by these issues. If you ever want a chat or someone to pray for you, please do get in touch.

**Rev. Nic Stuchfield**

Email: [nic@skc.church](mailto:nic@skc.church)



### SKC Services in May include:

3rd May: Informal Service at St John's, 9:30am; Holy Communion at Kelsale, 11am

5th May: Quiet Communion at St John's, 10:30am

10th May: Intergenerational Service at Kelsale, 9:30am; Holy Communion at St John's, 11am

17th May: Informal Service at St John's, 9:30am; Holy Communion at Kelsale, 11am; 1662 Holy Communion at Carlton, 3pm

24th May: Informal Service at St John's, 9:30am; Holy Communion at St John's, 11am; Pentecost Celebration at White House Farm IP17 1LS, 3pm

31st May: Benefice Holy Communion at St John's, 10am

Do come and join us. Please visit: [website at www.skc.church](http://www.skc.church).

# Hello Saxmundham



We are your local community radio station, broadcasting online to bring you a varied mix of music programmes, stories and information about what's on in our area.

## Have you discovered us yet?



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# SAXMUNDHAM CRICKET CLUB

Here we go – The 2026 cricket season starts here – with the winter ground prep. all done, a new score hut in place, great indoor net sessions throughout April, new players on board and current players - all eager to don those whites.

Anticipation and expectation in equal measure ahead of the season. New teams to play, new grounds to visit but always the same great cream teas at Carlton Park served by the legendary tea ladies.

The season starts on **Saturday 9th May** with a home game against Felixstowe & Corinthians III followed by another home game the following week against Kirby II, one of those teams Sax CC has never played before. With 10 teams in the division we have 18 games this season so plenty of opportunities for everyone to get their cricketing fix.

All details can be found on our website: [www.saxcricket.co.uk](http://www.saxcricket.co.uk).

If you wish to come and try your hand at some cricket we train every Wednesday evening (weather permitting) from 6.30pm at Carlton Park, Saxmundham. New members always welcome.

## Upcoming Fixtures

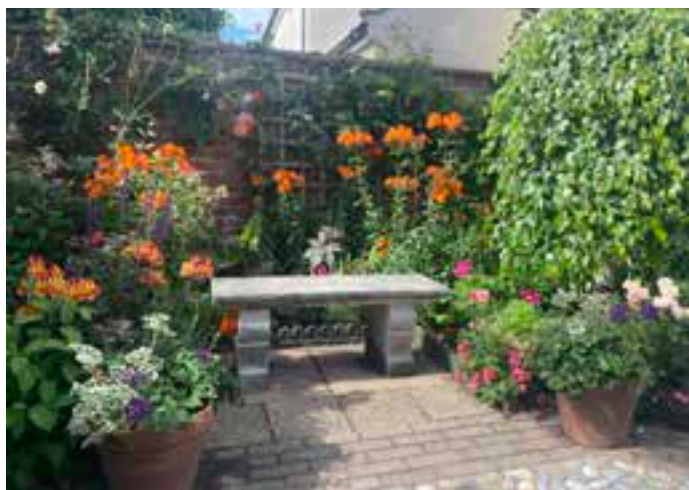
**9th May: Home v Felixstowe Cor III**

**16th May: Home v Kirby II**

**23rd May: Away v Dedham I**

# FRISTON OPEN GARDENS

This annual event is always a lovely day out starting at **11:30am on Sunday 21st June until 5:30pm**. Last entry **4:15pm** with tickets sold at **£7.50** each, children free entry.



Light lunches are served in the village hall from 11:30am with teas, coffees, and homemade cakes. There's even one secret garden serving a glass of fizz. Many gardens are not visible from the paths and footpaths so it's always a lovely afternoon. Public parking on the village green. Funds in aid of St Mary's Church Friston.



# DATES FOR YOUR DIARY

## **MAY 16 Experience Elgar's 'Dream of Gerontius'!**

Framlingham Phoenix Singers and Beccles Choral Society join forces and will be joined by The Lambeth Orchestra and acclaimed soloists. Experienced choral singers are welcome to join the choir for the term to perform this great choral work. 7.30pm at Snape Maltings. Visit :[www.phoenixsingers.org.uk](http://www.phoenixsingers.org.uk)

**MAY 29 Everyman Folk Club. John Kirkpatrick.** A leading interpreter of English folk music, playing with lusty vocals, presented with wit and humour. 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](mailto:everyman@wheatstone.co.uk)

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

Saxmundham News is your free local paper, 2000 copies are printed every month. We distribute the magazines door to door and to many varied outlets.

The next issue will be published on Monday 1st June, deadline 14th May - but the earlier the better to ensure inclusion.

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

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

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**LIVE WELL HUB LEISTON**

**Sizewell Creative art exhibition comes to Leiston!**

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

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

\*Evening and weekend visits available on request. Call **01728 808388** or email [livewellmanager@leistoncouncil.gov.uk](mailto:livewellmanager@leistoncouncil.gov.uk)

