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JULY 2026

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A NOTE FROM OUR EDITOR



The World Cup brings sport very much into the limelight and it's a priority at Sir Robert Hitcham's Primary School, who recently received the Sports Gold Award for what they provide for the children. Whether you're sporty or not, participating is essential for learning important life skills such as resilience, teamwork and fairness. I'm sure the pupils will enjoy a summer of outdoor activity!


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

Today you are you! That is truer than true! There is no-one alive you-er than you!

Dr. Seuss



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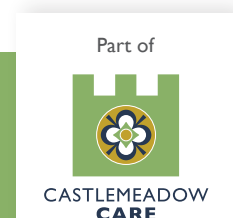
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**Full review available on carehome.co.uk*



FROM FRAMLINGHAM TOWN COUNCIL

Your Town, Your Future: Have Your Say on Framlingham's Neighbourhood Plan

What Is the Neighbourhood Plan? The Neighbourhood Plan is one of the most important documents a community can produce. It sets out a clear vision and policies to guide how Framlingham develops and grows - covering everything from housing and green spaces to local services and infrastructure. Getting it right means it truly reflects what residents want for their town, not just today but for years to come.

Framlingham Neighbourhood Plan

HAVE YOUR SAY
COMMENT ON THE DRAFT PLAN



Drop-in exhibition

**Thursday,
2nd July 2026,
3pm-8pm,
at United Free Church,
4 Albert Place,
Framlingham IP13 9DX**

Read the Plan

From 2nd July to 31st August read a physical copy of the Neighbourhood Plan at Framlingham Town Council, Framlingham Library, or online at www.tinyurl.com/FramTC



Consultation closes for comments on 31st August 2026

Where We Are Now: At its meeting in June Framlingham Town Council formally approved the draft revision of the Neighbourhood Plan - a significant milestone that marks the beginning of the public consultation process. Leaflets are now being delivered to every household across Framlingham and are available to pick up in various locations across the town, outlining how residents can have their say and providing full details of the consultation events and process.

How to Get Involved: The consultation launches with a public event at the United Free Church on **Thursday 2nd July**, between 3pm and 8pm. This is a relaxed, open-door occasion where residents can view the draft plan, speak directly with representatives, and share their thoughts in person. Following the launch event, the Neighbourhood Plan consultation will remain open for a further six weeks, during which the plan will be available to view online and at the library and Town Council Offices.

Why Your Voice Matters: The strength of a Neighbourhood Plan lies in how well it reflects the community it serves. The more residents who engage, the more representative and robust the final document will be - giving it greater weight when planning decisions are made in the future. The Council encourages everyone - whether you have strong views on housing, open spaces, transport, or simply care about the character of the town - to come along, ask questions, and make your voice heard. We will also be seeking your views on parking issues and potential solutions and continue to welcome feedback on future burial provision in the town. We encourage you to join us on the 2nd to share your thoughts on these three important matters for Framlingham.

A Town Full of Life This Summer: Of course, the Neighbourhood Plan is not the only thing keeping the Council busy this summer! We are delighted to share that the wonderful Waffle Women - familiar faces to anyone who has spotted their iconic bright pink Tuk Tuk on the Tuesday market - will be setting up at Pageant Field every Sunday from 28th June through to the end of August, 10am until 3pm. Whether you fancy a coffee while the little ones let off steam, or simply a sweet treat on a sunny afternoon, do come along and show your support for this fantastic local business. Not only this but we have the following fantastic events to look forward to over the coming months:

3rd – 8th August: Framlingham Tennis Tournament and Framlingham College
22nd and 23rd August: The Framlingham Country Show - We Love Dogs/Festival of Food
29th and 30th August: Framlingham College Summer Festival
18th July – 28th August: Great British Summer and Framlingham Castle
29th – 31st August: Knights Tournament at Framlingham Castle

And yes - we know it is only July - but preparations for the Christmas Light Switch On, on Friday 27th November are already well underway! Events like these are only made possible by the incredible generosity of our volunteers, and we would love to hear from anyone who would like to help make this year's event one to remember. Please get in touch with the Clerk at townclerk@framlingham.com.

Thank You to Our Community: None of what this Council achieves would be possible without the people of Framlingham - our volunteers, our residents, and everyone who gives their time and energy to making this such a wonderful place to live. From litter picking and gardening to organising local initiatives and supporting community events, your contributions make a real and lasting difference. Thank you.

Don't forget to look out for your Neighbourhood Plan leaflet through the letterbox and keep an eye on the Town Council website and social media pages for further updates.

For more information, visit: www.framlinghamtown.gov.uk

What's On at
Leiston Film Theatre



Fri 10th July at 4pm & 7pm
 Sat 11th July at 1pm, 4pm & 7pm
 Sun 12th July at 12pm & 3pm
 Mon 13th - Thurs 16th July at 5pm & 7.30pm
 Fri 17th July at 4pm
 Sat 18th July at 1pm & 4pm
 Sun 19th July at 3pm
 Mon 20th - Thurs 23rd July at 4pm
 Mon 27th & Wed 29th July at 12pm
 Tues 28th & Thurs 30th July at 3pm

TOY STORY 5 PG

Sun 12th July at 6pm

**HANDA OPERA
VERDI'S AIDA** U

Fri 17th & Sat 18th July at 7.15pm
 Sun 19th July at 6pm
 Mon 20th - Thurs 23rd July at 7.15pm

SUPERGIRL 12A

Fri 24th July at 12pm & 3pm
 Sat 25th & Sun 26th July at 3pm
 Mon 27th & Wed 29th July at 3pm
 Tues 28th & Thurs 30th July at 12pm

**MINIONS &
MONSTERS**

PG



Fri 24th & Sat 25th July at 7.15pm
 Sun 26th July at 6pm

DISCLOSURE DAY 12A

Mon 27th - Thurs 30th July at 7.15pm

500 MILES 12A

Fri 31st July - Sun 9th Aug

MOANA PG

Fri 31st July at 7.15pm

MICHAEL 12A

Sun 2nd Aug at 4.45pm

**TOP HAT
THE MUSICAL** PG

Sun 2nd Aug at 7.30pm

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

www.leistonfilmtheatre.co.uk



**THE TOYS ARE BACK IN TOWN!
ON SCREEN 10th - 23rd JULY**



17th - 23rd JULY



**ON STAGE SOON
COMEDY-DRAMA**

Leiston Film Theatre, 25th-27th Sept
www.leistonfilmtheatre.co.uk

NEWS FROM SIR ROBERT HITCHAM PRIMARY SCHOOL

Sport at our School: Sport plays a vital role in the life of Framlingham Sir Robert Hitcham's Primary School. We are fortunate to have two large playgrounds, a big gym hall, as well as a wonderful school field. These large spaces enable all children to be active regardless of weather and gives the opportunity to offer a wide range of physical activities. Over the past year, we have proudly achieved the Sports Gold Award, recognising our sporting achievements and successes. Sport brings the whole school together through events such as Sports Day, inter-house competitions, lunchtime and after-school clubs, creating excitement, pride and a strong sense of belonging. These shared experiences help make our school a positive and inclusive environment.

Developing Key Life Skills: Sport is also a powerful tool for learning important life skills. Through team games, pupils develop communication, cooperation and teamwork while learning fairness, respect and resilience. These experiences build confidence and determination that benefit children far beyond their school years.

Inclusion and Participation for All: One of the greatest strengths of sport is its ability to include every child. Activities are adapted to suit different abilities, ensuring all pupils feel valued and able to contribute. From traditional team sports such as football and netball to creative activities including dance and gymnastics, every child can succeed.

What Are We Doing in School? Classes enjoy two PE lessons each week, covering athletics, dance, gymnastics, football, cricket, hockey, tennis, swimming, rounders, basketball and orienteering. Lessons are inclusive, engaging and enjoyable, helping every child develop skills and a love of being active. We also offer active lunchtime clubs, including our own version of the World Cup, won this year by Argentina. Our Year 6 Play Leaders are excellent role models, organising games and encouraging younger pupils to stay active while having fun.

In addition, classes take part in the Daily Mile on the playgrounds or sports field, with the furthest-running class awarded the Daily Mile Trophy each term.

Our after-school programme includes clubs run by external providers, such as Tennis (Framlingham College) and Basketball and Multi-Sports (Premier Education), alongside staff-led athletics, netball, cricket and football clubs. This term, Athletics Club has attracted 50 KS2 pupils, which has been wonderful to see. We recognise the positive impact these clubs have on our children.

Recently, pupils took part in a Street and Hip-Hop Dance workshop. It was a delight to see them so enthusiastic and inspired while learning new routines, many of which they continued practising during lunchtimes and playtimes. At the end of each academic year, we celebrate sport with a whole-school Sports Day featuring a carousel of activities across mixed-age groups. Children enjoy interacting with different year groups and celebrating their place within our school community.

Sports Day and Competitions: Sports Day is a special opportunity to celebrate teamwork, resilience, stamina, sportsmanship and a love of sport. KS2 pupils represent one of our four Houses and compete in track and field events including sprints, hurdles, long-distance races, relays, vortex throw, shot put and long jump. The morning concludes with the ever-popular parent and toddler races. KS1 and Reception take part in track and field events, including sprints, hurdles and novelty races such as egg-and-spoon and sack races. Nursery pupils eagerly join in their own sprint, hurdle and novelty races, often featuring buckets and spades. The day is filled with encouragement, fun and healthy competition, culminating in the winning House lifting the Sports Day Trophy. Throughout the year, we also run inter-house competitions. A particular highlight is the Year 5 and 6 Swimming Gala at Framlingham College. This year, width races were introduced to support less confident swimmers and ensure everyone could participate. Pupils showed tremendous resilience and determination, with every race contributing points towards the House Trophy.

Inter-School Events: We thoroughly enjoy taking part in inter-school competitions organised by the High Suffolk Sports Partnership, which include cross-country, hockey, tag rugby, netball, swimming, tennis and athletics. We are always proud of how well our pupils represent the school and the enjoyment they gain from participating. They approach every event with enthusiasm, confidence and sporting talent.

Achieving the Sports Gold Award has been a tremendous accomplishment for our school and reflects the enthusiasm, participation, sportsmanship, resilience and teamwork demonstrated by our pupils. We are fortunate to have excellent facilities and such amazing pupils, supportive staff and families who help foster a love of sport throughout our school.



GREENER FRAM

Framlingham Climate Day

Saturday 30th May was a resounding success, bringing residents together for a day of information, creativity and community action. Local efforts and ideas on how to respond positively to climate change were highlighted and the growing enthusiasm for practical action in the town was celebrated.

In the morning a lively Rabble Chorus 'flash mob' group in Market Hill drew attention to the town and the importance of climate action with upbeat lyrics such as:

"There once was a town called Framlingham, that called on every woman and man, to make a sustainability plan... Look forward, on we go!...

Show the world how much we care, reduce, recycle and repair!..."

In the afternoon, more than 75 people attended a screening of the People's Emergency Briefing film, which explored the latest evidence of how climate change is affecting the UK, including extreme weather, nature, the economy, food and fuel security. The screening was followed by a thoughtful discussion about the challenges facing Framlingham and the opportunities for residents to make a difference, both individually and collectively. Overall, the day was widely seen as an inspiring success and a strong reflection of Framlingham's community spirit. All those who attended have been sent a copy of the report with all their comments, responses and ideas. This, and the song lyrics can be found on the news page of our website: www.framlingham.org.uk

Greener Fram also hosted a market stall to promote our Low CO2 Fram? project, and to encourage community involvement.

Residents were invited to take part in two surveys - one for households and one for local businesses. The surveys are designed to showcase and build on the positive steps already being taken in Framlingham to reduce emissions and live more sustainably.

Please join in our project to celebrate Framlingham's residents' and businesses' efforts to reduce emissions by completing one or both surveys. Scanning the QR codes below will take you straight there:



A NEW CULTURAL CHAPTER....

Framlingham Arts aims to strengthen the town's cultural identity, expand creative opportunities for young people and enhance the wellbeing of residents through shared artistic experiences. Restoring The Old Theatre building is central to that vision, unlocking it's potential as a vibrant hub for performance, learning, and community connection.



A summer community project has been organised to raise funds towards the refurbishment.

Summer 2026 Production – A Community Project - A Midsummer Night's Dream
Performances on 30 & 31 July and 1 August 2026
Venue: The Old Theatre, Church Street
Director: Peter Hamilton Dyer (RSC/ Globe)

This joyful staging of Shakespeare's classic comedy will showcase the imagination, talent, and collaborative spirit that Framlingham is known for. The entire cast and backstage team are local volunteers, bringing the town together in a shared creative achievement.

We're no longer seeking volunteers, but we are inviting the community to support this project by:

- Booking tickets to enjoy the show
- Becoming a sponsor to help secure the future of The Old Theatre and Framlingham's cultural life

All details can be found on the Fram Arts Upcoming Events page: www.framarts.org/upcomin.

Framlingham Arts invites the whole community to get involved in this exciting new chapter - helping to shape a cultural legacy that will benefit the town for generations.

MID SUFFOLK LIGHT RAILWAY

Suffolk's award winning only standard gauge heritage railway mid-summer programme - Vintage trains and added attractions most Sundays.

5th July: Steam Railway & East Anglian Practical Classics Day: The East Anglian Practical Classics Group have been visiting us for nearly 10 years now. We will be pleased to see them again with an extraordinary collection of around 20 vehicles from yesteryear, even though some, at least, represent the move from rail to road transport in the middle of last century. With the motor show of course all the Middy facilities will be open and steam trains will be running throughout the day to the end of the extension opened last year. First train 11am, then every 35 to 40 minutes.

12th July: Steam Railway Day. A day to enjoy all the Middy has to offer with steam train rides on our genuine Great Eastern Railway coaches, all well over 100 years old, pulled by a vintage steam locomotive, 110 year old Peckett saddle tank no.1370 'May'. Trains run from 11am to the new station 'Aspall Halt' where visitors can admire the Suffolk countryside the railway was built to serve. Middy volunteers will be in action to provide the vintage train rides and all the railways facilities will be available, including the Museum, Restoration Shed visits, Tea Room and the Middy Real Ale Bar.

19th July: Steam Railway & Suffolk Craft Fair Day. The original purpose of the Middy was to bring coal in and transport, usually agricultural, products out to the wider world. Until transport improved Mid-Suffolk mainly looked after its own needs making and/or creating answers to whatever was required to satisfy local requirements. The Craft Fair will bring to the Middy purveyors of locally produced products and examples of skills of yesteryear plus, of course rides in our steam hauled vintage trains. Living history!

26th July: Steam Railway & Vintage Motorcycle Clubs Day. The annual visit by owners of some exhibition, but still running, early motorbikes, many of which are contemporaneous with the running of the actual Mid-Suffolk Light Railway during the first half of the 20th Century. Examples from Ipswich, Norwich and Kings Lynn sections of the club are promised this day.

A great opportunity to see the evolution of 2-wheeled motor transport, (optimum viewing time midday) and take in the atmosphere of a rural railway of the period. And you can ride the trains as often as you like during your visit. Railway Museum, shop, tearoom and real ale bar all open.

Standard entry prices apply for all July dates: Adults: £15; Children under 16: £8; Families (2+2) £38; Concessions/ over 65: £12. Free parking and as many train rides as you like during the day. For more programme information visit: www.mslr.org.uk



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DO YOU TAKE SOIL FOR GRANTED?

Join local author Robert Ashton in Framlingham on **Saturday 18 July** at 14:30 and find out why it's time we took our soil more seriously. He'll be talking about his latest book *Down to Earth* in which he explores our evolving relationship with the ground beneath our feet. You'll hear how he met farmers, gardeners, archaeologists, a gravedigger and even naturists in his quest to learn more about those whose lives take them close to the land.

You'll also see some old farming films, including the 1970 classic *'What Ever Happened to the Countryside'*, which warns of the dangers of intensive farming, the 1942 film *'Crown of the Year'*, which shows how even marginal land was brought into wheat production in the last war and the 1934 classic *'The Farm Factory'* which was filmed near Leiston. Robert will then talk about his book, before we break for questions and a general discussion about how we can all treat the land a little more kindly.

The event, which is raising funds for rural mental health charity *'You Are Not Alone'* (www.yanahelp.org), which provides practical mental health help for farmers here in Suffolk.

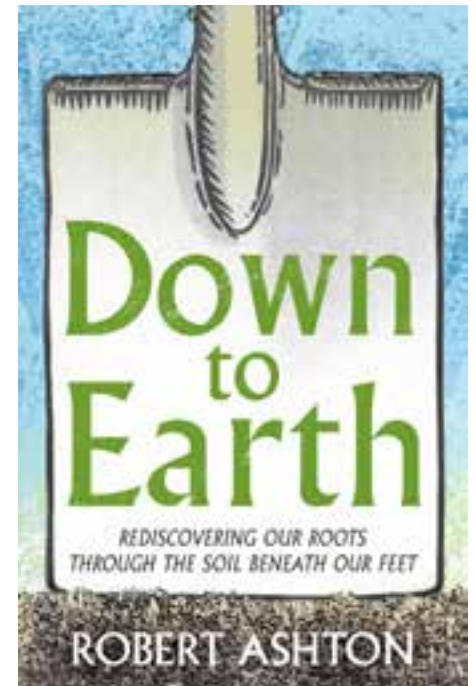
It has been sponsored by Dennington Hall Farms, Atkins Dellow, Foxhall Risk Management, Tuckwells and Ernest Doe. Tickets cost from £8.50 and can be ordered online here: <https://www.tickettailor.com/events/leistonbookfestivalcic/2163242>

Professor Jules Pretty OBE, President of Essex Wildlife Trust said of Robert's new book: *"It all starts and ends here. The soil, the earth. Where there are cultural roots, flinty axes, badgers and bodies, the very roots of nature. Robert Ashton brings us another fine and wise book that looks forward, back and down. Here is great attentiveness to nature and culture."*



Nigel Newman, of British Naturism said: *"Naturism can be a spiritual experience: vulnerable, naked and in touch with mother earth. This book will help you understand why."*

Intrigued? Why not buy a ticket and come along? All profits from the event will go to the charity *'You Are Not Alone'*. www.yanahelp.org



FRAMLINGHAM AND SAXMUNDHAM CATS PROTECTION

Unwanted litters continue to arrive in our care. As I write, a family of six, five week old kittens, has just been found and brought to safety and a heavily pregnant female has come into foster care. We have other litters already in care and will almost certainly have more to come. If you feel you could help with a donation, of money or food, or a gift from our Amazon Wishlist, please see our website for details.



If you have a young cat, please make sure it is neutered. Whether male or female, speak to your vet.

Neutering is recommended at around 16 weeks of age and is the most effective way to prevent accidental litters and it reduces roaming, curbs fighting, and helps keep cats safer and healthier overall. Please help us reduce the number of unwanted kittens. For owners on benefits or a low household income, the branch may be able to help with the cost of neutering.

Date for your diary: Come and visit our fundraising stall at the Woodbridge Regatta, Ferry Quay IP12 1BW on **Sunday 19th July**

Save the date: Friday, 25 September 2026. After the huge success of last year's fundraising Quiz Night, we have another at the Fromus Centre in Saxmundham. Teams of up to six people. Tickets £5 per person. Email: fundraising@framandsax.cats.org.uk

Cats / Kittens Looking for Homes: Many of the kittens mentioned above will be looking for their new start in life shortly. Please visit: www.cats.org.uk/framandsax; Email: enquiries@framandsax.cats.org.uk; Tel: 01728 723499 or follow us on social media.

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Photography: Jim Lees

<p>20th to 25th July</p> <h3>The Importance of Being Earnest</h3> <p>Wilde's ultimate Romcom of Errors. ACT tribute production to Jill Freud & Company</p>	<p>10th to 15th August</p> <h3>SHOW and TELL</h3> <p>Dark-comedy Gold by 'National Treasure' Alan Ayckbourn</p>
<p>27th July to 8th August</p> <h3>Love from a Stranger</h3> <p>Classic Agatha Christie mystery thriller adapted by Louise Page</p>	<p>18th to 29th August</p> <h3>Tons of Money</h3> <p>The Best of British roaring-twenties Farce by Will Evans & Arthur Valentine</p>

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www.actco.uk @aldeburghclassicaltheatre

PHOENIX SINGERS

Phoenix Singers Framlingham are thrilled to announce the appointment of their new Music Director, Tom Appleton. Following an extensive search, the choir is delighted to welcome an exceptional leader to guide them into their next artistic chapter. Tom joins Phoenix Singers with a wealth of distinguished experience and will continue his prestigious role as Director of the Aldeburgh Music Club (AMC). His experience with AMC and commitment to music education and community music-making will bring fresh ideas and expertise to Phoenix Singers.

"We are absolutely delighted to have Tom on board for our Autumn 2026 season and beyond, including our special 50th Anniversary Concert in December 2026." said Penny Cook, Chair of Phoenix Singers. *"His remarkable work with AMC speaks for itself. He brings profound musicality, infectious enthusiasm, and a vision that perfectly aligns with our choir's dedication to choral excellence. Our singers and audiences alike have a spectacular season to look forward to".*

The Autumn 2026 series will mark Tom's official conducting debut with Phoenix Singers. Rehearsals begin in September 2026, focusing on a dynamic repertoire and Tom's signature artistic approach.

Speaking on his appointment, Tom shared: *"I am incredibly honoured to join Phoenix Singers, an ensemble renowned for its passion and rich choral heritage. Balancing this new role alongside my work at AMC allows for wonderful creative synergy. I cannot wait to get into the rehearsal room this autumn and collaborate with these talented musicians to create unforgettable experiences for our audiences."*

Full details of the Autumn 2026 concert schedule and ticket information will be released soon. Please visit www.phoenixsingers.org.uk.

Saturday 16th May saw the culmination of months of meticulous planning in a performance of Elgar's 'The Dream of Gerontius' at Snape Maltings.

The team of Beccles Choral Society, Framlingham Phoenix Singers and the Lambeth orchestra and soloists, conducted by Geoff Lavery, produced a committed and emotional performance. A work of huge range, the joint choirs committed fully to the demon's chorus, with vigour and confidence, whilst by contrast angelical choruses and heartfelt pleas on behalf of Gerontius were sung with care and genuine feeling. Lambeth Orchestra - with an expansive wind and brass department and a well-fortified percussion section supporting shimmering strings - produced colour and passion that brought Elgar's music vividly to life. The soloists, Chris Webb, Andrew Henley and Diana Moore were sublime, rendering the characters fully and with style and emotion.

If you would like to join Framlingham's Phoenix Singers our new season begins in September when we will be preparing Mozart's Mass in C minor as part of the choir's 50th anniversary.

FILM FESTIVAL

Sunrise Film Festival, East Anglia's weekend-long film festival, has officially unveiled the programme for its highly anticipated fifth edition. Running from **Thursday 20 – Sunday 23 August**, the festival returns to its home at the Marina Theatre in Lowestoft, expanding into a town-wide celebration of diverse stories, underrepresented filmmakers, and immersive community experiences.

As a BIFA (British Independent Film Awards) and Grierson qualifying festival, Sunrise has solidified its status as a major force in the UK film industry. Made possible with the support of the BFI Film Audience Network (FAN), awarding funds from the National Lottery, this year's festival is set to bring world-class independent cinema to wider audiences than ever before.

The 2026 edition marks a historic milestone for Sunrise, which received a staggering 1,136 submissions from East Anglia, the wider UK, and around the world, equating to just over 305 hours of viewing. From this highly competitive pool, volunteer curators built a bold, enlightening programme featuring 263 films. The lineup boasts 37 world premieres and spans 34 countries, striking a masterful balance between homegrown talent and global perspectives, 31 Local Films showcasing the distinct creative voices of East Anglia, 97 films from across the UK, and 122 International Films representing Ireland, the United States, France, Canada, and beyond. Programmed across 52 screenings, including relaxed screenings, family-friendly outdoor cinema, curated shorts, feature films, music videos, and virtual reality experiences. Find out more at sunrisefilmfestival.co.uk.



DATES FOR YOUR DIARY

JUL 3 FOWLplayEvents and Woodbridge Town Council Open Mic Night. Calling all 11 - 21 year old singers, comedians, actors, musicians, poets, storytellers - please bring your act to our Open Mic night! This is a free event and refreshments will be provided. 7 - 10pm at Woodbridge library. For further information and application forms, please contact the library.

JUL 4 Sunset Anglo-Saxon Myth and Magic Tour at Sutton Hoo. Join their guides as they take you on a journey through time at sunset. Discover how the Anglo-Saxons viewed the world around them through their rune poetry and find out more about those who were laid to rest in the Royal Burial Ground. Hot drinks in the King's River Café (included in ticket price). 7.30 - 9pm at National Trust Sutton Hoo, Tranmer House, Woodbridge. IP12 3DJ. Email: suttonhoo@nationaltrust.org.uk, phone: 01394 389700

JUL 8 Sizewell Creative presents: KING ARTHUR REIMAGINED: Voicing the land. A vibrant mythic celebration with Purcell's vibrant music at its heart, in a theatrical production featuring Norwich Baroque, conducted by Tim Brown, movement provided by Vanhulle Dance Theatre, and with special performances of Gecko Theatre's acclaimed outdoor show, From Here On. 2pm & 7pm Snape Maltings Concert Hall.

JUL 9 Little Hoo-ligans - Sutton Hoo's outdoor toddler group. Enjoy outdoor activities including trails, crafts, games and songs at this monthly group for 2 to 4-year-olds and their parents/guardians. No need to book, just turn up. Email: suttonhoo@nationaltrust.org.uk, phone: 01394 389700. 10.30am - 12noon at National Trust Sutton Hoo. IP12 3DJ

JUL 22 Free Health Walk at RSPB Minsmere. Meet like-minded people on a lovely walk around Minsmere. No dogs except assistance dogs kept on a short lead. Led by RSPB volunteers t as part of the One Life Suffolk health walks programme. 11am - 12.30pm. Email: minsmere@rspb.org.uk, phone: 01728 648281

22 - 24 Shakespeare and The Spoken Word. Three days of dynamic workshops with Peter Hamilton Dyer. Peter is an RSC and Shakespeare's Globe actor, appearing in the West End and on Broadway. £750. 10am - 5pm at The Old Theatre, 10 Church St., Framlingham IP13 9DD. Email: peterhamiltondyer@gmail.com, phone: 07939917837.

JUL 25 Wenhaston Produce and Craft Market. Handmade cards, jewellery, handbags, perfumes, Dexter Beef, homemade jams, cakes, fresh bread, savoury pies, plants and much, much more. Tea, Coffee and Homemade Savouries and Cakes in the café. New stallholders welcome. Please park with due care and attention scause any obstruction. Eail:Carol at: caz-mike@outlook.com. 10am to 12.30pm at Wenhaston Village Hall

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TILLEY & GRACE OPENS THE DOOR TO ITS WAREHOUSE HQ



"Starting a business later in life without a background in retail was certainly a leap of faith, but our focus on personal customer service has been the secret to our success. Opening our warehouse doors is our way of saying thank you, while also listening directly to our customers so we can continue delivering an unrivalled shopping experience to our loyal customers."

Saturday 4th July & Sunday 5th July, 10.30 am - 3 pm @ 38 Yew Tree Courtyard, Framlingham Road, Earl Soham IP13 7SG. Free parking on-site. www.tilleyandgrace.co.uk

On **Saturday 4th July and Sunday 5th July**, Tilley & Grace is doing something they've never done before. The family-run Suffolk boutique is opening its warehouse in Earl Soham to the public for a two-day shopping event.



Founder and CEO Sally Hicks started Tilley & Grace when she was in her late fifties with no prior retail experience. She now runs Tilley & Grace with her two daughters and employs 35 women across Norfolk and Suffolk in its Head Office and four stores in Aldeburgh, Holt, Southwold, and Woodbridge.

During the event, everything is for sale. There'll be end-of-line pieces, samples, wholesale-only stock that's never been in store, and brand-new products. Selected items will be available at special event pricing, and every purchase made at the event will earn double Pink Points.



Alongside the exclusive discounts, T&G are using the weekend to hear directly from their customers. Shoppers will have the chance to directly influence the future of the brand, providing feedback on the ideal in-store and online experience, and on what they really want to see on the rails.

BURSARIES SUPPORT LOCAL TALENT

Young people who seek to pursue a career in the performing arts sometimes face huge challenges. Not only is there fierce competition for places in recognised colleges, but the costs of travel, living and accommodation on top of tuition fees and associated expenses can represent a daunting obstacle to prospective students and their parents.

FESPA bursaries are designed to provide financial support and encouragement to deserving students of the performing arts who either live in the area or have strong local connections and who have already obtained a place at a recognised institution. Each student is required to submit an application form and CV and specifically to explain how the bursary would be of help. References also have to be supplied.

If you are hoping to start a specific performing arts course in the autumn this year, now is the time to submit an application.

In a bid to help home-grown talent fulfil its potential, the local charity, Friends of East Suffolk Performing Arts (FESPA) awards one-off bursaries of up to £1500 to a few carefully selected students each year.

In the last sixteen years, FESPA has awarded bursaries worth more than £75,000 to students of acting, dancing, music and stage management.

You can let FESPA know later if and when you receive a definite offer of a place. The closing date for completed applications is midnight on **Friday July 31 2026**.

To ask for full details and to obtain an application form, please email James Rand at fespabursaries@gmail.com

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WILD GARDEN STUDIO

Our gardens are places to socialise in, spend time in and garden in, however they play a much larger role in reversing the decline in biodiversity and curtailing the effects of climate change. The benefits gardens bring underpins the approach of the recently launched Wild Garden Studio who design and create gardens with a difference.

"It's time we change our approach to gardens, so we create spaces which ground us, calm us and invite us in, allowing us to spend time with friends and family while also becoming hotspots for nature and having a positive effect on the planet." says Jonathan Mitchell who directs Wild Garden Studio. *"We achieve this by working closely with clients to understand their needs and wants from their garden and creatively including the latest research in ecology to create spaces which are elegantly different"*.

Jonathan launched the new venture to run alongside the successful landscaping company Teasels Landscapes who for the last 15 years has built and maintained award winning gardens across Suffolk and Norfolk. Joined by Katy Haywood Smith, a young, creative garden designer whose passion for nature heavily influences the flowing, naturalistic style of her work, together they hope to inspire people to connect with nature through their garden while still experiencing all the other benefits gardens bring.

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'ART IN RUINS II'

Come and visit Sibton Church, and the Sibton Abbey Ruins between July 18th & 19th, 10.30am - 4pm.



With local artists and craftspeople displaying their work for sale at Sibton Church, the event 'Art in Ruins' which took place in 2024 was a great success. Nicholas Levett-Scrivener has kindly given permission for visits to the wonderful scenery of the Sibton Abbey Ruins to inspire new work. The Friends of St Peter's Sibton are hosting the display 'Art in Ruins II' at Sibton Church with more art and craft for sale again as well as demonstrations this year. Also available will be information on the amazing amount of artwork contained in the church itself. There will be refreshments all day at the church and parking is free.

Tickets: (Cash only) £5pp. A £15 group ticket for four people is available if there is at least one U16 included in the group.

Artists and the public will also be able to visit Sibton Abbey Ruins with beautiful landscape scenery for photography, drawing or paintings.

There will be guided tours available as always on these occasions. (To allow artists to bring equipment, parking will be available at the site)

Artists and craftspeople, if you haven't applied to exhibit there as yet, there is still space but it is filling quickly! This is a chance for you to exhibit your work and display items for sale in the spacious medieval nave and north aisle of Sibton Church beneath its highly decorated Tudor hammerbeam ceiling. Apply to Friends@sibtonstpeter.com for details around setting up time, terms & conditions or visit the website: <https://www.sibtonstpeter.com>



ALDE VALLEY SUFFOLK FAMILY HISTORY GROUP

In a change to our previously advertised programme, the July meeting of the Alde Valley Suffolk Family History Group will be a talk by Janet Few entitled 'Presenting and preserving the past'.

As family historians, we are the current custodians of family memory. With each generation that passes, some of that information leeches away. We owe it to those who follow to halt that erosion and preserve as much as possible of our family heritage. Family anecdotes and memories, photographs and our own reminiscences are part of that legacy, as well as the stories behind heirlooms and artefacts of family significance. These may not be items of monetary worth but their value in our shared past can be incalculable.

This talk does not focus on scientific preservation and conservation techniques but on the importance of being a custodian of memory, with a duty to hand that down, giving suggestions as to how that might be achieved.

Dr. Janet Few is a British historian, genealogist, and author specialising in 17th-century social history. Best known for her educational books, living history interpretations as 'Mistress Agnes' and award-winning historical fiction, she is the president of the Family History Federation.

The talk takes place on **Monday 20th July** at 2.30pm, in person at the Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL and, for members only, on Zoom.

No need to book - just turn up - free for members and £5 for visitors, including tea/coffee/biscuits. Good, free car-parking. Membership only costs £10 for a year - see <https://www.avsfhg.org.uk/join-us?section=register> - and Zooming is free.

Further Programme:

No meeting in August

Sat 12 Sept: Family & Local History Open Day, Fromus Centre, Saxmundham

Mon 21 Sept: 'Hands Across the Sea' - Helen Baggott

Mon 19 Oct: Members' Stories

Mon 16 Nov: 'Epidemic Diseases and our Ancestors' - Janet Few

Mon 14 Dec: '200 Years of Farming History' - Ashley Cooper

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CITIZENS ADVICE EAST

Train with us to be a Citizens Advice volunteer!

We are always looking for people to join us. We asked a recent volunteer to describe her experience of the training, and the Citizens Advice team.

"I had listened to a friend talking about being a volunteer at Citizens Advice and his enthusiasm was infectious.

"However, he is a retired lawyer so it made sense for CA to have snapped him up.

"Pushing the JOIN US button on the Citizens East Suffolk website was easy. Then the fear set in when the online form to apply appeared. As I filled in the form I became increasingly dubious about my credentials. I had owned and run a shop for 20 years.

My computer skills were limited and I had no idea how to sign my completed form online, so I printed it off, signed it with a pen and posted it in a post box.

"I heard nothing so after a month I emailed the CAES CEO just for confirmation of my rejection. It turned out that my form had never reached her. Lesson one - everything is now digital.

"After an interview I was allocated what my sons laughingly called 'a handler'. She was an essential part of the training. Almost all the rest of the training is online. On first sight it is frankly terrifying and almost overwhelming. I am not a natural with a laptop. Cut and paste for me involves scissors and glue. The trainer takes you through every step and encourages you just to keep going. You do have to commit though and there is a lot of information to read. It also takes a while to get used to the enormous amount of capital letters and to remember what they all stand for. AA it turns out is Attendance Allowance, not a vehicle recovery service or a support group for recovering alcoholics. You do not have to know everything.

Laws on Welfare, Housing and Immigration change all the time.

Lesson Two – the Citizens Advice 'Advisernet' provides most of the answers if you know which button to push.

"While you are ploughing through the internet training you also spend days at the offices.

"I went to Woodbridge and the outreach at Saxmundham library every week and saw how being a volunteer adviser actually works. The CA volunteers, supervisors and trainers are a fantastic team. They are full of enthusiasm and are endlessly supportive throughout the whole process. Everyone smiles and strives in equal measure to provide a wonderful service. It is genuinely rewarding and worth the hard work needed to qualify for the rota."

If you would like to volunteer with us please email us through our website: www.caes.org.uk/email-service. For advice on any issue you can also email us. Or tel: 0808 278 7866 (10-2 Mon-Fri). Our website gives details of our drop-in outreach sessions and how to make an appointment at one of our offices.

THE LEAGUE OF FRIENDS OF ALDEBURGH AND DISTRICT COMMUNITY HOSPITAL

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GARDEN PARTY

In the hospital grounds

Sunday 19th July 2026 3pm – 5pm

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Free entry. Just turn up.

All welcome.

RAFFLE

Join or renew your membership.

The League of Friends of Aldeburgh and District Community Hospital is inviting the local community to a summer Garden Party on **Sunday, 19th July 2026**.

The event will take place from **3pm to 5pm** right in the hospital grounds. Attendees can look forward to a relaxing afternoon featuring live music and a free-to-enter raffle. Refreshments, including tea, coffee, and a selection of cakes (with gluten-free options available), will be served—all freshly prepared on-site in the hospital kitchen.

The Garden Party is free to enter, and no prior booking is required; Just turn up and bring a friend along. In addition to the festivities, the event will offer a wonderful opportunity for supporters to either join the charity or renew their existing membership.

All are welcome to attend and support the vital work of the League of Friends.

The League of Friends works to raise vital funds for specialised equipment, capital projects, and community health initiatives that enhance care and support for patients and staff at the hospital and in the community generally.



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SUFFOLK COUNTY MUSIC SERVICE

County Music Groups - Applications Open!

We are currently accepting applications to join Suffolk's premier youth music groups for the next season of quality music-making from September onwards. Suitable for brass, percussion, string and woodwind players, our County Music Group programme offers a varied range of activities throughout the year with Suffolk Youth Orchestra, Suffolk Youth Wind Band and Suffolk Young Strings.



This includes rehearsal days, an Easter residential rehearsal course, concert tours (this year to Spain and Sweden) and performances at venues such as The Apex in Bury St Edmunds and Snape Maltings Concert Hall. Visit our website for how to apply: <https://suffolkcountymusicservice.co.uk/take-part/county-music-groups/>

We're looking forward to other events that we have coming up and hope to see you soon!

South Suffolk Youth Jazz, St Margaret's Church, Soane St next to Christchurch Park, part of Ipswich Music Day on **Sunday 5th July**

Suffolk Youth Orchestra Prom Concert, **Tuesday 4 August** at Snape Maltings

Folk East, 21 - 23 August at Sotterley Estate nr Beccles. This is an especially exciting collaboration with the FolkEast organisers, as we'll be offering violin decorating workshops each morning of the festival (paint and brushes supplied, and of course enough decommissioned violins too!) followed by a playing session in the afternoon. Details can be found on our website.

County Music Groups Gala Concert, **Sunday 6 September** at Snape Maltings

Please visit our website www.suffolkcountymusicservice.co.uk/take-part, where you can learn more about the wide range of activities we offer your children and young people at various locations across the county. Follow us on our social media pages for more updates and find out how you can join in!

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HUBFEST 2026!

Let's hope that Saturday 1st of August is firmly engraved in your minds or on your calendar. This is an annual event not to be missed. It will sneak up upon us before we know it. Bigger and better than before, Hubfest is the Glastonbury of Huntingfield but without the mud and in the absence of a cowshed.

We are so fortunate to have some amazing bands and artists lined up. We have a mix of genres for even the most discerning music taste. Starting off and opening the event at 1pm on stage 1 will be the hugely talented **Matt and Jon**, playing an acoustic mix of well-known covers, with their duelling guitars and haunting harmonies. Arrive as early as you can, so not to miss one of the best performances of the day.

2.10pm to 2.45pm on stage 2 the **Halesworth Ukulele Band** will be performing those toe tapping rhythms. In bright Hawaiian shirts and demeanour to match they will play a set of popular and well known songs, accompanied by Chris Turner on bass and Andrew Hyde on lead electric ukelele.

On at **2.45pm** on Stage 1 we are lucky to have the exceptional talent of **Steve J Curtis**, a local professional singer songwriter, playing a mix of blues, country and Americana.

At **3.45pm** on stage 2 we have a four-piece band, called '**Ain't Bitter and Twisted**' comprising of double bass, guitar, violin and vocals playing an eclectic mix of 'twisted' folk, along with a bit of country and pop. They are joining us all the way from down south.

At **4.30pm**, often described as Suffolk's Finest Rocking Blues Band, **The Blyth River Blues Band** are a classic Chicago-style Rockin' Blues band playing the music of B.B. King, John Lee Hooker, Howling Wolf, Z.Z. Top, Peter Green's Fleetwood Mac, and many more, to an exhilarating and professional standard.

At **6.15pm** the **Zig Zag Box Cars**, a four-piece band, of drums, rhythm and bass guitar and vocals, will play well known 60s, 70s and maybe some 80s, popular covers. A recently formed band (in the last two years), going from strength to strength.

At **8.00pm** our headlining and final band, **The Annex** who burst out of nowhere in 2024 to take East Anglia's previously undiscovered electro-art rock scene by storm.

With pumping bass riffs by Richard Bassett and Ju Brooks welded to hypnotic beats, vocalist/lyricist Ben Sharratt nails the melodrama and jeopardy of Halesworth market town life.

In addition we have a number of food stalls catering for all preferences and tastes, along with craft and similar stalls. Of course, the Huntingfield Arms will be providing a bar.

The event runs from **1pm to 9pm** and tickets can be obtained at a discounted price of £9 from the Huntingfield Arms in advance or £10 on the gate on the day. Free parking in the field, curtesy of Heveningham Hall. Any queries: huntingfieldhubfest@gmail.com

The Hubfest team: David, Peter and Jeannette



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We distribute the magazines door to door and to many varied outlets. The next issue will be published on Monday 3rd August, copy deadline is 14th July - 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

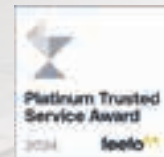
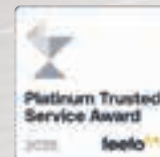
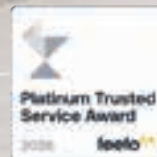
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PROJECT UPDATE

JULY 2026

As we enter the summer, we are finalising work to complete the construction phase of Yoxford and Friday Street roundabouts at the end of July.

Traffic cones and compounds will be removed at Yoxford, and the roundabout will be handed over to Suffolk County Council Highways. At Friday Street, traffic management will be significantly reduced, however access to the construction of the two-village bypass for Stratford St Andrew and Farnham will continue. Grass seed will now be sown ahead of further planting in the autumn.

Along the B1122 corridor the required smaller road closures are being implemented. Pretty Road is now closed for the duration of the Sizewell Link Road construction. Further down the B1122, the Moat Road junction remains closed, however Abbey Lane has now reopened and Buckleswood Road is due to be fully opened without traffic management in mid-July.

Road safety improvement works along the A12 continue in Marlesford. A temporary speed limit is in place to ensure the safety of all road users as the pedestrian crossing is installed, pavement and road junctions improvements and upgrades are all carried out. These works are due to be completed in the late summer.

Work at our Park and Ride sites continue, with further capacity being increased at the Wickham Market site with the access roads now complete. The roundabout at the park and ride in Darsham continues to progress, with the required traffic management now lifted at peak times. Willow Marsh Lane has now been reopened to traffic, pedestrians, and cyclists.

The rail link work continues at pace, with all the tracks laid for the temporary rail line around Leiston installed and trains beginning to run in and out of the temporary construction area. Over the coming months level crossing gates will be installed or upgraded along both the Saxmundham to Leiston, and Ipswich to Lowestoft branch lines, specifically at Melton and Darsham. This will require road closures and traffic management throughout installation.



All our works and planned road works can be accessed on our Works Tracker. Please sign up to receive bespoke alerts via email or SMS.

Thank you for patience during these works. To find out more about the progress of the works, the next round of community forums are:

Main Development Site Forum

Wednesday 8 July 18:00, at the Leiston Town Athletic Association (LTAA)

Northern Transport Forum

Wednesday 5 August 18:00, at the High Lodge, Darsham

For more information and for more forum dates visit sizewell.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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