

...YOUR FREE LOCAL NEWS

JULY 2026

LEISTON OBSERVER



PART OF THE **TIDE COLLECTION**

ALDEBURGH TIMES

WOODBRIDGE TALK

SOUTHWOLD ORGAN

SAXMUNDHAM NEWS

LEISTON OBSERVER

FRAMLINGHAM FOCUS



attwells
Solicitors

Legal Services for Woodbridge and the Surrounding Areas



At Attwells Solicitors, we provide expert support in conveyancing, Wills, Lasting Powers of Attorney and Probate, helping you make confident decisions at every stage of life.

We offer clear, practical advice with a friendly, personal approach. Whether you are moving home, planning ahead, administering an estate or updating your Will, our experienced team is here to guide you every step of the way.

With the opening of our Woodbridge office, we are proud to serve clients across Woodbridge and the surrounding areas with trusted, accessible legal support.



Call now on 01394 334500



attwells.com

Why Choose Attwells Solicitors?



Plain-English Advice

We avoid complicated terminology when communicating with you and adapt our service to suit your needs.



Same Day Call Back

Don't you hate it when your Solicitor never calls you back? We commit to returning your call on the same day if you call before 3pm. We will also provide you with regular updates on the progress of your matter.



Trusted Advisor

We promise to support you in achieving the best possible outcome and therefore if we can't help we will always recommend someone who can.

A NOTE FROM OUR EDITOR



The council has welcomed a new Mayor – Nicky Corbett, who takes over from Lesley Hill. Nicky previously served as Deputy Mayor and has a wealth of experience as she serves on several committees and is very committed to her community, having lived in Leiston all her life. I'm sure Nicky will do an excellent job with the many changes Leiston is experiencing at present and I wish her well.

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

tidecollection.com

Quote of the month

Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.

Buddha

INSIDE YOUR MAGAZINE...


COUNCIL NEWS 4
- *New Mayor, Big Green Week, Meet your Town Councillors*

LEISTON FUN DAY 5
- *Fun for all the family – brought to you by Leiston's hardworking events group*

MARMALADE AT THE READY 7
- *Leiston to host free open-air Screening of Paddington in Peru*

LEISTON FOOTBALL CLUB 9
- *Blues' star Joao Rangel honoured to represent his country*

CITIZENS ADVICE EAST 17
- *Train with us to be a Citizens Advice volunteer!*



TIDE COLLECTION
A COLLECTION OF 6 FREE MAGAZINES

DISTRIBUTION OF 12000 DELIVERED
DOOR TO DOOR & TO MANY VARIED OUTLETS

CONTACT **LOUISE GISSING** FOR PRICES AND QUERIES

LOU@TIDECOLLECTION.COM
OR CALL 01728 833003

Nathan Hunt Tree Services



Fully qualified and insured arborist and Professional Tree Inspector

All aspects of tree work covered
Tree Surveys • Arboricultural Reports
Crown reductions • Land Clearance
Tree Planting • Stump Removal
Felling • Firewood

Call Nathan on
07900 734124
Nathan.khan15@gmail.com

Sapphire, Aldeburgh

Platinum Trusted Service Award 2020 

suffolk hideaways

coastal and country holiday retreats



Thinking of letting your holiday home?

We know choosing an agency to let your property can be a big decision, let us make it easy for you.

A friendly and local team | Excellent occupancy levels
A Marketing or Managed service | Multi-channel marketing
Peace-of-mind damage cover | Professional photography
No restrictions on use of your property

To find out more please phone, visit our website or pop into our office in **Aldeburgh** for a chat.

01728 666 300 | suffolkhideaways.co.uk   

LEISTON-CUM-SIZEWELL TOWN COUNCIL

Leiston-cum-Sizewell Town Council is pleased to announce the appointment of a new Mayor, marking the beginning of an important new chapter for the town.

Following a week in which the community bid a heartfelt farewell to long-serving Mayor and Councillor Lesley Hill, the Council has elected Cllr Nicky Corbett as the new Mayor. Cllr Hill's dedication and many years of service to Leiston have been widely recognised, and the Council extends its sincere thanks for her outstanding contribution to the town.

As the Council looks ahead, it also continues to build on its strong tradition of service and community involvement. Following Cllr Hill's resignation from the Council, a vacancy has arisen, providing an opportunity for another resident to play an active role in shaping Leiston's future. A by-election will be held ensuring the community continues to have a voice in its representation - please check the Town Council website for the latest information.

Previously serving as Deputy Mayor, Cllr Corbett brings a wealth of experience and a deep-rooted connection to the community. She currently chairs the Highways, Energy and Infrastructure Committee and serves on several other committees, including Open Spaces, Personnel and Planning. She also represents the Council on the Sizewell C Main Development Site Forum, the Northern Transport Forum, and the Community Forum.

The new Mayor brings strong leadership, extensive local knowledge and a commitment to ensuring that community values remain at the heart of decision-making. Her appointment comes at a pivotal time for Leiston, as the town prepares for significant developments that will shape its future.

At the same time, Leiston is celebrating its strong and proactive community spirit through participation in the town's first **Great Big Green Week** (6th – 14th June 2026). Organised by Cllrs Selena Levermore and Jo Atherton, in partnership with Net Zero Leiston and local organisations, this was Leiston's first dedicated programme as part of the UK's largest celebration of community action to tackle climate change and protect nature.



Throughout the week, a variety of inclusive events took place across the town, including: These activities highlighted the town's commitment to sustainability while bringing people together to celebrate and care for their local environment.

The Town Council would like to extend its sincere thanks to Net Zero Leiston, local organisations, volunteers and everyone who took part in organising and supporting Leiston's first Great Big Green Week. Their enthusiasm, creativity and commitment helped make the week a great success, demonstrating the positive impact that can be achieved when the community works together towards a more sustainable future. More information about the events and how residents can help make Leiston more sustainable can be found at: www.netzeroleiston.info/leiston-great-big-green-week.

Speaking following her election, Mayor Nicky Corbett, said:

"I am delighted and honoured to be elected by my fellow councillors as the Mayor of Leiston. I was born in the town, and I have lived here all my life. My husband Richard has also proudly called Leiston home for the past 55 years.

"These are exciting times for Leiston, with town centre regeneration on the horizon, a new town centre road scheme being delivered through the Development Consent Order for Sizewell C, and a brand-new engineering college is set to strengthen our position at the heart of skills development in the energy sector. However, these are also challenging times, and it is vital that we ensure progress is delivered in a way that benefits our residents.

"I look forward to working closely with fellow councillors, the Town Clerk and her team, as well as our partners and stakeholders, to bring the community together and ensure Leiston continues to thrive. From local clubs and businesses to major industry partners, everyone has a role to play in shaping a bright and sustainable future for our town."

The Town Council is confident that, under this new leadership and with strong community initiatives such as Great Big Green Week, Leiston-cum-Sizewell will continue to build on its strong community spirit while embracing the opportunities and positive changes ahead.

Meet Your Town Councillors: Residents will soon have the opportunity to meet members of the Town Council to discuss local improvements, concerns, community activities and any support they may need. The first of these informal sessions will take place on **Saturday 25th July** at the White Horse Hotel, Leiston. Further dates are planned for:

- Saturday 17th October 2026
- Saturday 9th January 2027
- Saturday 3rd April 2027

For more information, please visit the Town Council website or Facebook page.

Allotment Update: After six years of planning and perseverance, new allotment tap boxes have now been installed to help protect water taps from frost damage.

The Town Council would like to extend its thanks to the allotment holder who volunteered their time and skills to make these protective boxes. Community support such as this helps make a real difference.

LEISTON FAMILY FUN DAY

**FREE
ENTRY**



SATURDAY 18TH JULY 2026
12 Midday till 7pm

**FAMILY
ATTRACTIONS**

**ARENA
DISPLAYS**

**BAR &
FOOD**

**FACE
PAINTING**

**& MUCH
MORE**

**LIVE
MUSIC**

**VARIOUS
STALLS**



Victory Road Recreation Ground
Leiston, Suffolk, IP16 4DQ



**LEISTON
BUSINESS
ASSOCIATION**
BUSINESS TOGETHER IN LEISTON

EVENT SPONSORS



Marshall & Lilley
Opticians
01728 833114
Mon - Fri: 9:00 AM - 5:00 PM



**Leiston-cum-Sizewell
Town Council**





LEISTON CINEMA IN THE PARK

JOIN US TO CELEBRATE 50 YEARS
SINCE LEISTON TOWN COUNCIL
SAVED OUR FILM THEATRE

18:00 GATES

19:30 FILM STARTS

21:10 FIREWORKS

SCREENING OF
**PADDINGTON
IN PERU**

LOTS OF
**FAMILY
ATTRACTIONS**

PLENTY OF
**FOOD, DRINK
& FIREWORKS**



WHEN

**SATURDAY
1ST AUGUST
2026**

WHERE

**VICTORY
ROAD
RECREATION
GROUND**

TICKETS

**FREE
ADMISSION**



MARMALADE AT THE READY

Leiston to host free open-air Screening of Paddington in Peru

- Showing marks 50 years since the Town Council saved Leiston Film Theatre
- Film being shown at Victory Road Recreational Ground on Saturday 1 August
- Event supported by Sizewell C, Leiston Film Theatre, Leiston-cum-Sizewell Town Council, Long Shop Museum, and Leiston Events Group

Get the marmalade sandwiches ready - Leiston is gearing up to host a free open-air screening of Paddington in Peru this summer.

Delivered in partnership with Sizewell C, The Long Shop Museum and Leiston Events Group, the event will celebrate 50 years since the Town Council saved the much-loved Leiston Film Theatre.

Taking place at Victory Road Recreational Ground on **Saturday 1 August**, the event promises a bear-y special evening, complete with food and drink stalls and a fireworks finale to round off the celebrations.



Wayne Burns, General Manager of Leiston Film Theatre, said: "I am so pleased that our community can gather together to celebrate the fact that our town is home to Suffolk's oldest cinema. The Town Council made a bold move in 1976 when they effectively saved the town's cinema, not only securing the venue's continuation, but also as a major asset for Leiston. It's not always been easy, but the Film Theatre remains, thanks to the Town Council's ongoing commitment and belief in its cultural importance."

Paddington in Peru was selected by the community through a vote on Leiston Film Theatre's Facebook page.

The much-loved bear triumphed over strong competition from Disney's live-action Lilo and Stitch, and A Minecraft Movie.



Marjorie Barnes, Head of Public Relations at Sizewell C, said: "We are incredibly proud to sponsor this special event and to play a part in celebrating such an important milestone for Leiston.

"The Film Theatre holds a unique place in the town's history, and it will be wonderful to see the community come together to celebrate its legacy in such a memorable way. Events like this create lasting memories for families and bring people closer together, and we're honoured to support an evening that showcases the very best of community spirit."

Originally opened as the Leiston Picture House in October 1914, Leiston Film Theatre has been a cornerstone of the town's cultural life for 111 years. After a decline in cinema attendance in the 1970s, the venue was saved from closure in 1976 by the Town Council, which has since invested in carefully updating the building to meet the expectations of today's audiences.

Today, the cinema continues to bring people together, standing as both a historic landmark and a thriving community asset at the heart of Leiston.

Nicky Corbett, Mayor of Leiston, said: "Leiston-cum-Sizewell Town Council is justifiably proud to be responsible for the continued longevity of our fantastic Leiston Film Theatre. Thanks to the foresight of our predecessors back in 1976, the venue continues to be our Council's jewel in the crown. This celebration will no doubt be an outstanding success and it's great to see how joint working between our sponsors Sizewell C, the Town Council and the Leiston Events Group has resulted in such a tremendous, family event for our town. We can all look forward to an exciting evening. Marmalade sandwiches are optional, of course."

Gates open at 18:00, with the film starting at 19:30. Fireworks will begin shortly after the film ends.

HOME GUARD

LEISTON

Situated at the end of Victory Road, Leiston Home Guard, is a family friendly members social club, that for the month of August is opening its doors to non members.

The public can come and enjoy a drink from the well stocked bar offering lagers, bitters and Guinness along with a large selection of spirits, soft drinks and bar snacks.

While there you can enjoy a game of snooker or pool on the full size tables or play darts on either of the competition boards, with the club having teams in the local darts, pool and crib leagues. New players are very welcome.

Maybe you would rather relax and watch some live sport on the two large screen TV's in the comfort of the fully air conditioned bar.

Perhaps live music is more your thing, in that case, the club regularly has bands and solo artists performing and hosts karaoke sessions for the singers amongst you.

With many more events for all ages throughout the year there really is something for everyone. Whether its your first time or you've visited before and your calling in for a quiet drink, meeting friends or making new ones you will always find a warm welcome a friendly face and a relaxed atmosphere so why not stop by pop up to the bar and let the staff know you've read about us and enjoy good company and make the homeguard your new local.



Leiston Home Guard Social Club

23 Victory Road
Leiston, IP16 4DQ

Find us on Facebook

Opening Hours
 Mon 7pm - 11pm
 Tues 11am - 3pm, 7pm - 11pm
 Wed & Thurs - Closed
 Fri & Sat 11am - 12am
 Sun 12pm - 5pm, 7pm - 11pm



LEISTON FOOTBALL CLUB

JOAO LOOKING AHEAD TO NEW SEASON

Leiston's Timor-Leste international Joao Rangel admits the trust and support he has received at Leiston made it an enjoyable first season for him at the Flannery Stadium. And he tells Blues fans, "There is more to come" as the new campaign hones into view.

The attacking winger, who joined the Blues from Lowestoft a year ago, scored twice in the first three games for Chris Wigger's side, against Halesowen Town and Banbury United last campaign. It helped him settle in nicely to kick on from there. "I feel like I've settled in really well early on," Rangel said.

"The players made me very welcome and made it easy for me to fit into the group. Chris Wigger put a lot of faith in me this season, giving me the opportunity to play consistently and for 90 minutes, which as a player, is important. I'm grateful for the trust from the staff and the support from everyone around the club."

Rangel ended up with eight goals overall, from 42 appearances in his first full season at the Flannery Stadium. However, he missed games in October 2025 and March this year as he headed off to play for Timor-Leste in the Asian Cup Qualifiers. The Blues playmaker made his debut away against the Philippines and scored a debut goal in first half stoppage time, although Timor-Leste went on to lose the game in the second half, 3-1.

He then played against the Maldives in their last group match, losing 2-1, before scoring again when Timor-Leste beat Brunei 3-0 last month in a Hyundai Cup clash.

"Representing your country is one of the best feelings you can have as a player and it's something really hard to describe," Joao added.

"It's always an honour to wear the badge and I'm really looking forward to going away with the team this summer."

On looking ahead to a new season, Joao is keen to improve individually and help the Blues finish higher in the table this season.

He said: *"The main goal is just to help the team as much as possible, to push for the play-offs and improve on what we achieved last season. Personally, I just want to keep developing my game, stay consistent and contribute wherever I can for the team."*

Joao will be back in pre-season at the end of June with Leiston.

For information on all things Leiston FC, head over to www.leistonfc.co.uk or follow Leiston FC on X, Facebook, WhatsApp, TikTok and Instagram. Season tickets for the new season, as well as sponsorship packages, including are popular Matchday Experience packages, are now available. Contact chairman, Andy Crisp on 07769 904555

All smiles: JOAO Rangel pictured with Leiston fans and the Timor-Leste flag.



Creating moments of joy every day



HIGHFIELD HOUSE
CARE HOME
HALESWORTH

*"I have always found the staff to be amazing, so caring and kind, nothing is too much trouble. They look after my dad and all his quirky ways with kindness. I feel so lucky that we found this fabulous care home and would 100% recommend the care there to anyone."**



At Highfield House, we help every resident thrive within our vibrant, nurturing and happy extended family community. Set in landscaped gardens, our aim is to feel like your new home, not a care home.

We provide the highest level of care for every resident:

-  Respite or Short-Term Care
-  Residential Care
-  Residential Dementia Care

BOOK A VISIT:

Call 01986 872125 or email highfieldhouse@castlemeadowcare.co.uk

View some wonderful short videos from our residents:

Scan here with your phone camera



Highfield House, London Road, Halesworth, Suffolk, NP19 8LP

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



LIVE WELL HUB LEISTON

June 2026 has been another busy month; our regular Service Providers continue to offer a wide range of support to people in East Suffolk. These services include different forms of exercise, counselling, diabetes prevention, Pulmonary rehab, Headway, alongside some fun activities like walking and cycling – not forgetting the New Age Kurling and 'I made This-Animation' after school club for SEND children.

We have also hosted some one-off events such as our successful second Happiness Brunch in partnership with the Future Female Society. These are fun and informative and a great opportunity to make connections and chat. This month we also hosted Net Zero Leiston's bike doctor who was kept busy all day helping to get 10 bikes belonging to local people safe and ready for summer cycling. He is back at the Live Well Hub on Monday 21st July 10am - 2pm, hopefully working alongside 'Way to Go' which offers bike-ability sessions throughout the summer holidays. Follow us on Facebook for further details.

During July come 'Check Your Numbers' at the Live Well Hub, a minor MOT for those interested and also an opportunity to see for yourself if more assistance is required from a GP or other local health care provider.

Our fantastic exhibition from Sizewell Creative will move on to Snape Maltings shortly. At the Live Well Hub we are excited to welcome in its place a new exhibition of further works by Sizewell Creatives. Please come along and see it from the second week of July.



Councillor J Atherton and artist J Wilson viewing the current exhibition

Our book case is now stocked and open. Hub visitors are welcome to take away a book - free to read and share with a friend or relative. This project has been made possible through collaboration with The National Literacy Trust with a view to improving literacy levels in our local area.

The Live Well Hub will continue to support the local community however we can. We are always open to suggestions either from our users or service providers as to what the community needs and how we can do it better!

Leiston Armed Forces Community Coffee Mornings are held at the Waterloo Centre (every third Friday of the month), from 10am - 12noon:

- 17th July
- 21st August
- 18th September
- 16th October
- 20th November
- 18th December

Find us:

The Live Well Hub is in the Waterloo Centre, off Waterloo Avenue, IP16 4HF (the site of the old Middle School).

You can contact us by: Tel: 01728 808 388 or email: livewellmanager@leistontowncouncil.gov.uk, should you have any questions about any services or activities on offer or if you would like to enquire about hiring space at The Live Well Hub.

DO YOU KNOW YOUR NUMBERS?

A FREE HEALTH CHECK MACHINE IS COMING TO THE LIVE WELL HUB!

- Check your health in **5 minutes**, independently and privately
- Instant results:** blood pressure, body mass index, heart rate, body fat percentage & more
- Track progress & take **small steps towards better health**
- Tailored signposting** to available support

19 JUNE - 3 JULY 2026

Live Well Hub, Waterloo Avenue, Leiston, IP16 4HF

Limited time only- don't miss out!

I.C.KING LTD

Painters and Decorators

www.ickingltd.co.uk

5 The Green, Chediston,
Halesworth, Suffolk, IP19 0BB
Tel: 01986 785281 Mob: 07944 647553
Email: ickingltd@gmail.com



HUBBARD

Domestic Appliance Repairs

Supply
✓
Install
✓
Repair
✓

- Ovens
- Dishwashers
- Washing Machines
- Fridges
- Freezers
- Tumble Dryers
- Cooker Hoods
- Microwaves

- Bosch
- LG
- Hotpoint
- Samsung
- Beko
- Hisense
- AEG
- AND MANY MORE!

Telephone: 01394 799997 | 07728 403921
Email: admin@hubbarddar.co.uk | Website: www.hubbardappliance-repairs.co.uk
Visit Our Showroom: 4 Beach Station Road, Felixstowe, IP11 2DR

ALDE FENCING

Agricultural, Domestic, Commercial, Repairs & Gates

For a free quotation please contact Adam on

01728 633144 | 07896 766719
adamblowers@btinternet.com
www.aldefencing.com

PEARCE & KEMP LIMITED

Tel: 01986 872130
enquiries@pearce-kemp.co.uk • www.pearce-kemp.co.uk
Unit 20, Halesworth Business Centre, Norwich Road, Halesworth IP19 8QJ

DOMESTIC • COMMERCIAL • INDUSTRIAL • STREET LIGHTING

**REWIRING • LIGHTING • EXTRA SOCKETS • SHOWERS
ECONOMY 7 HEATING • PORTABLE APPLIANCE TESTING
INSPECTING & TESTING • DATA CABLING • EMERGENCY LIGHTING
FIRE ALARM INSTALLATIONS • FREE ESTIMATES
PART P INSTALLERS**

OVER 50 YEARS EXPERIENCE



MICKFIELD Timber Products Ltd

Garden Rooms, Timber Buildings & Outdoor Living



Garden Rooms • Cartlodes • Gazebos & Pergolas
Decking Kits • Pet Housing
Built in Suffolk. Made to last.
Bespoke / Standard Design & Builds



01449 711598 | mickfieldtimberproducts.co.uk

'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



Dynamic DENTAL STUDIO
HALESWORTH

Your Smile. Our Reward.



Our Services

- ✓ General Dentistry
- ✓ T-scan Bite Analysis
- ✓ Clear Aligners
- ✓ Dental Implants
- ✓ Tooth Whitening
- ✓ Cryotherapy
- ✓ Smile Makeovers
- ✓ Hygienist Appointments
- ✓ 2D and 3D Imaging
- ✓ Patient Care Co-ordinator
- ✓ Facial Aesthetics
- ✓ Body Sculpting

Contact Us :

- ☎ 01986 873001
- ✉ PCO@dynamic-dental.co.uk
- 📍 Dynamic Dental Studio, The old creamery, Halesworth, IP198SW
- 🌐 www.dynamic-dental.co.uk

Opening hours

Monday	8.30am - *7pm
Tuesday	8.30am - 5pm
Wednesday	8.30am - 5pm
Thursday	8.30am - *7pm
Friday	8.30am - 2pm
Saturday	Closed

*Hygienist appointments available after 5pm with Rita Hendley




Contemporary
PILATES
with Chantel

MOVE SMARTER. LIVE STRONGER. START HERE.



This is **Pilates, evolved.**

Classical methods meet 10 years experience as a specialist Personal Trainer.

Build strength, improve posture and gain resilience for daily life.

All ages and abilities welcome.

TUESDAY 7.00pm
Saxmundham & live via Zoom

THURSDAY 9.30am & 7.00pm
Leiston



To book please scan the QR code, or visit www.chantelfitness.co.uk

NEW FARM SHOP FOR DARSHAM

The Crickmore Family from Fen Farm Dairy are set to open their third farm shop in early June, in Darsham, Suffolk. Their third-generation farm, which is 14 miles down the road in Bungay, is well known for their brie-style Baron Bigod cheese, their cultured Bungay Butter and their fresh raw milk, which draws customers in from around the UK.

“When the opportunity arose to buy an old agricultural building just off the A12, we couldn’t resist” explained Jonny and Dulcie.

“The surrounding Suffolk coastline is our home. We spent our childhoods exploring these towns and villages and climbing trees in the local woods.

“It’s always been a dream of ours to bring a slice of the farm a little closer to this coast - to share our products with the local community and holidaymakers.”

Customers at the new shop, which is based next door to the 2 Magpies Bakery on Hinton Road, can expect to find all of the produce which is handmade at their farm plus a selection of other East Anglian produce made by friends of Jonny and Dulcie, who share their passion for real food.

“There will also be plenty of grab-and-go lunch and dinner options, for those on holiday wanting a quick and easy (but delicious) meal” said Jonny.



Fen Farm Dairy

Visit our new
FARM SHOP



Raw Milk | Fresh Coffee | Cheese | Local Produce

Mon to Sat: 8am to 6pm
Sunday: 10am to 4pm

Hinton Road, Darsham,
Suffolk, IP17 3QS

fenfarmdairy.co.uk

MIDDLETON PAVILION GRAND OPENING

Our village fitness and play equipment was finally installed in May and we had a Village Grand Opening with a Social Sports Day.

Lots of fun for all! The pavilion is available to hire now – see the advert (right) for details.



You can hire the Middleton Pavilion



Space to Relax, Party, Play, Learn, Exercise or Socialise: Your Choice

Situated at the Middleton Recreation Ground with toilets and fully equiped kitchen. Open April to October

middletonpavilion@gmail.com

Middleton Pavilion, Suffolk

scan for booking form





THE LEAGUE OF FRIENDS OF ALDEBURGH AND DISTRICT COMMUNITY HOSPITAL

(Charity Number 247890)



invites you to a



GARDEN PARTY

In the hospital grounds

Sunday 19th July 2026 3pm – 5pm

We will be serving tea and coffee with cake (inc gluten free) all made in the hospital kitchen. Live music too. Do come. Bring a friend.

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.

01473 200566
0800 6965575
07951 252811



You're in the right place.

Whether it's a slipped tile, a stubborn leak, or a full re-roof, our local Suffolk team gives honest advice, free written quotes, and 24-hour emergency call-outs, every day of the year.

FLAT ROOFS | FASCIA & GUTTERING WORK
ROOF REPAIRS | ALL ROOFING SERVICES

24/7 CALL OUT FOR EMERGENCY LEAKS

www.stormproofroofing.co.uk
stormproofroofers007@gmail.com



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 through our website: www.caes.org.uk/email-service. For advice on any issue you can also email us. Or tel: 0808 278 7866 (lines open 10-2 Mon-Fri)

BURSARIES SUPPORT YOUNG 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.

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.

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.

In the last sixteen years, FESPA has awarded bursaries worth more than £75,000 to students of acting, dancing, music and stage management. If you are hoping to start a specific performing arts course in the autumn this year, now is the time to submit an application.

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 fespa_bursaries@gmail.com

BAWDSEY MUSEUM

Activities continue at the block this month. The Museum is open every Thursday, Sunday and Bank Holiday Mondays.

Amateur radio station GB2BRS will be operational on certain days over the summer, including 19th July. Come and say hello to the world or perhaps listen to the Universe!



Over the school summer holidays we will be again running our Spy Trail. Learn how to become a spy and how to communicate covertly. The virtual reality Climb the Radar Tower will also be available on 26th July.

Further details of all our activities may be found on our website: www.bawdseyradar.org.uk

LEISTON PRESS

PRINTING | SIGNAGE | PUBLISHING

01728 833003 leistonpress.com
lee@leistonpress.com

**A FAMILY RUN BUSINESS
WITH A WEALTH OF
SIGNAGE KNOWLEDGE**

Who knew there were so many different sign and display options for your business?

At Leiston Press, we specialise in signage, from design to print, and provide them all for you!

Getting your business noticed and standing out from the crowd is essential in the marketplace, and signs and displays can help you achieve this.



NATIONWIDE DELIVERY

FAST RESPONSIVE QUOTES

PART OF A CARBON CAPTURE SCHEME

SAME DAY TURNAROUND AVAILABLE

Aldeburgh Summer Theatre

Aldeburgh Jubilee Hall,
entrance opposite
Lifeboat Station,
or via Crabbe Street
IP15 5BP

<p>20th to 25th July</p> <h2 style="font-family: serif;">The Importance of Being Earnest</h2> <p>Wilde's ultimate Romcom of Errors. ACT tribute production to Jill Freud & Company</p>	<p>10th to 15th August</p> <h2 style="font-family: serif;">SHOW and TELL</h2> <p>Dark-comedy Gold by 'National Treasure' Alan Ayckbourn</p>
<p>27th July to 8th August</p> <h2 style="font-family: serif;">Love From a Stranger</h2> <p>Classic Agatha Christie mystery thriller adapted by Louise Page</p>	<p>18th to 29th August</p> <h2 style="font-family: serif;">Tons of Money</h2> <p>The Best of British roaring-twenties Farce by Will Evans & Arthur Valentine</p>

Evenings 7:30pm (Mon to Sat). Matinees (Thurs & Sat) 4pm Tickets £18 or £24

ALDEBURGH JUBILEE HALL

TO BOOK: 01728 343344 (without fees).
www.ticketsource.co.uk/
[southwoldandaldeburghtheatre](http://southwoldandaldeburghtheatre.com) (fees apply)
www.actco.uk @aldeburghclassictheatre

Stay in Suffolk

Suffolk Holiday Let Management & Marketing



office@stayinsuffolk.com | 01728 885262

From coastal cottages to countryside retreats, Stay in Suffolk manages over 300 carefully selected holiday homes across Suffolk

Property management services for owners

Thinking of letting your Suffolk property? Our experienced local team provides a complete holiday letting and management service

Interested in letting for Sizewell?

Our exclusive platform, sizewellaccommodation.com sees hundreds of visitors each week looking to stay whilst working at Sizewell Power Stations

Only 5% commission for the first 3 months *

*plus VAT. Exclusions apply, contact us for details

Find out more at www.stayinsuffolk.com

FUNDING BOOST FOR YOUNG PEOPLE IN EAST SUFFOLK

£123k funding boost supports young people, skills and community projects across East Suffolk

Community investments to the value of £123,294.07 from Nuclear Restoration Services (NRS) at Sizewell A are helping young people access education, employment and training, strengthening local organisations and supporting grassroots community activity across East Suffolk.

Focused on targeted employability support, investment in local heritage and small scale community projects, the socio-economic funding is creating opportunities, improving accessibility and delivering lasting benefits for communities across the region.

Alan Walker, Sizewell A Site Director, commented: *“Supporting our local communities is a core part of what we do at Sizewell A. This funding is helping young people build brighter futures while also strengthening key local organisations and community groups. It’s about making a meaningful difference now and creating lasting opportunities for the future.”*

NRS is part of the Nuclear Decommissioning Authority group which invests around £15million each year in projects that enable permanent and sustainable change in its site communities.

The Enhanced Youth Employment Service (YES) has been awarded £190,000 over two years, including £95,000 from the 2025/26 financial year budget, to support young people aged 16 to 24 across East Suffolk into education, employment or training. The programme provides personalised, wrap-around support both face to face and online, ensuring every young person receives dedicated, tailored guidance regardless of their circumstances. Each year, around 300 young people benefit from the service, with approximately half achieving sustained positive long-term outcomes.

The Long Shop Museum received £82,200 over three years, including £25,400 from the 2025/26 financial year budget, to fund a Museum Director role, helping the organisation transition into a digital-hybrid model.

This investment is increasing audience reach, improving accessibility and strengthening the museum’s network of community support services and activities.

Through its Good Neighbour funding, Sizewell A has supported multiple applications, delivering targeted benefits at a grassroots level.

In 2025/26, funding supported Leiston Youth Football Club with £1,995.07 for winter-proof kit and Tunstall Juniors Netball Club with £899 for matchday kit. These smaller grants are helping local clubs and organisations continue to provide inclusive opportunities for young people to take part in sport, creativity and community life.

Marianne Fellowes, Chair of the Sizewell SSG said: *“These projects clearly demonstrate the impact of targeted local investment. From helping young people into education and employment to strengthening local organisations and community groups, this funding is making a real difference across East Suffolk. The Sizewell SSG is pleased to see this continued commitment to our communities.”*

Find out more about the NRS socio-economic scheme at: <https://www.gov.uk/government/collections/nrs-working-with-our-communities>



DATES FOR YOUR DIARY

JUL 5 SWT Wildlife Open Garden. Beautiful large garden, with recently created wildflower meadow and prairie style planting. Established wall garden, orchard, pond and moat with 2 bridges. (please note pond and moat unfenced). Refreshments available to purchase. Free entry. Card or cash (preferred) donations. No dogs. What 3 words: workroom. cattle.swanky. 11am – 4pm @ Wolseyhouse Farm, Hog Hill Lane, Strickland Manor Hill, Yoxford IP17 3JF

7 JUL Fantastic Flowers at RSPB Minsmere. Join RSPB’s flower expert, Steve, to discover some of the fantastic flowers found at Minsmere. The walk will be mainly along the coast, Email: minsmerer@rspb.org.uk, phone: 01728 648281. 10am – 12noon at Minsmere IP17 3BY

JUL 8 Sizewell Creative presents: KING ARTHUR REIMAGINED: Voicing the land. A vibrant mythic celebration, with Purcell’s vibrant music at its heart, 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 22 Free Health Walk at RSPB Minsmere. Meet like-minded people on a lovely walk around Minsmere. We will take a coastal, woodland or reedbed route. No dogs are allowed, except assistance dogs on a short lead. These walks are run as part of the One Life Suffolk health walks programme. 11am – 12.30pm. Email: minsmerer@rspb.org.uk, phone: 01728 648281

The Railway Inn

A true freehouse at the heart of the Aldeburgh community.

Traditional pub with a warm welcome!
 Located at the top of the town as you come into Aldeburgh, just a 5 minute walk to the beach.



- Live music every weekend - check our FB and Instagram pages to see whats on this month
- Great choice of lagers, ales, spirits and cocktails
 - Dogs welcome
 - Disabled access + facilities
- Pool table, dart board, cards and games available!
- Rooms and Food coming soon!

Our opening times:

Mon - Thurs 12-11 | Fri + Sat 12-12
Sun 12-10:30

therailwayinnaldeburgh therailwayinn_aldeburgh

1 Leiston Road, Aldeburgh IP15 5PP
07495 918642

The Engineers Arms

Leiston

01728 635883



July

Sun 12th
Tim Staff

Sun 19th
Karaoke



Find us on Facebook

THE
**LONG SHOP
 MUSEUM**

STEAMPUNK SHENANIGANS

Steampunk at The Long Shop Museum!
 An awesome abundance of splendid shenanigans!
 Join us for a display of magic, music, science and
 tea-duelling: dance, devices, shopping and
 fabulous fashion.

SUNDAY 19TH JULY 10AM - 4PM

Adults: £8; Concs: £6; 5-16 y/o: £3; UNDER 5's: Free

Main Street, Leiston IP16 4ES
www.longshopmuseum.co.uk

TROLLEYBUS CENTENARY WEEKEND



**An extravaganza of vintage vehicles;
 trolleybuses, motor buses, vans, and cars!**
Refreshments available.

10am - 3pm,
SAT 11TH & SUN 12TH JULY 2026

www.longshopmuseum.co.uk
The Long Shop Museum IP16 4ES



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



Hello Leiston



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?



Listen online at: www.abcradio.co.uk



via the app and on Alexa



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. After the success of last year's 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.

Email: enquiries@framandsax.cats.org.uk; Tel: 01728 723499 or follow us on social media and can be seen on our website and our social media pages.

Website: www.cats.org.uk/framandsax; Email: enquiries@framandsax.cats.org.uk; Tel: 01728 723499.



The
CROWN
WOODBIDGE

**YOUR
Saturday
NIGHT, SORTED.**



**Two courses and a drink
for £24.50 per person***
Available 5.30pm to 8.30pm
**Exclusions may apply.*

**Book your table via our website
www.thecrownatwoodbridge.co.uk**

*Seafood
Grill*

**LUNCH BY
THE SEA
FOR £23**

Two courses from our set menu*

Available midday - 5pm Monday to Friday. All welcome!
**Book your table via our website
www.brudenellhotel.co.uk/dine**
**Please note our Let's Lunch menu changes regularly*

Brudenell
Aldeburgh **The Parade, Aldeburgh,
Suffolk, IP15 5BU**

FROM JENNY RIDDELL-CARPENTER, MP



I have been continuing my campaign for better rail services across Suffolk Coastal, particularly on the East Suffolk Line between Lowestoft and Ipswich, where residents have repeatedly raised concerns about frequency and the need for earlier morning and later evening services.

This work has included bringing together key partners to focus on practical solutions. Recently, I hosted a roundtable in parliament with Greater Anglia, Network Rail and local authorities to look at how we can improve services and ensure our communities benefit from stronger, more reliable rail links. I will also be hosting a further roundtable later this month to continue that work and maintain pressure on delivering improvements for local passengers.

One of the ongoing issues I have been raising is the impact of a new evening service between Lowestoft and Beccles which does not currently extend into communities across Suffolk Coastal.

I have been told this is due to freight paths being used for Sizewell C construction materials during evening and overnight slots.

While I strongly support the principle of getting freight off our roads and reducing HGV movements through our towns and villages, I am concerned that this arrangement is limiting the opportunity to provide better passenger services for local people.

I have raised this directly with Sizewell C, Network Rail, Greater Anglia and local partners, and also with the Rail Minister, Lord Hendy. Following our meeting, he has written to me confirming that he shares these concerns and has asked Sizewell C, Greater Anglia and Network Rail to look again at whether freight services can be adjusted to allow improvements to the passenger timetable.

If that is not possible, I will continue pressing for alternative solutions, including the potential for an evening bus service funded through Sizewell C to ensure local communities are not left without transport options.

Better rail services would make a real difference to daily life in our area - supporting workers, students, local businesses and the wider visitor economy.

I will continue working with partners and using the July roundtable to push for clear answers and practical improvements for residents across Suffolk Coastal.

As always, my team and I are here to help with any local issues you may be facing. If there is something we can support you with, please do get in touch.

Contact:

jenny.riddellcarpenter.mp@parliament.uk

01394 330260

www.jennyforsuffolkcoastal.org

LEISTON ALLOTMENT HOLDERS & GARDENERS ASSOCIATION JULY

Everything should be growing and cropping well at this time of year. Although the weather can be lovely there is always a risk of nasty winds, so it pays to make sure everything is secure – runner beans in particular can take a hammering.

Vegetables: July is a busy month for planting out winter cabbage, broccoli, sprouts, cauliflower and lettuce - these are just a few of many. A big problem is the cabbage white butterfly. Even with precautions (like covering with netting), you will still find a butterfly inside. Chemicals can help, but I don't like to use them - I usually pick the caterpillars off by hand and dispose of them with the help of the birds! Shallots should be ready to harvest. Leave them on top of the ground for 24 hours in the sun to 'finish', but if rain is forecast, put them under cover.

Fruit: Remove netting from strawberry beds where plants have finished fruiting. Remove straw and cut off foliage where appropriate and discard any plants that are 3 years old. Prune apples and pears. Cut down fruited raspberry canes to almost ground level and remove any weak or surplus new shoots.

Bulbs: This is the best month for lifting and storing bulbs such as tulips, hyacinths, daffodils, and many others which may require dividing or replanting.

Lift tulips and bedding hyacinths. Daffodils grown for cutting need lifting every 2 to 3 years. Plant autumn bulbs this month.

Dahlias: Tie young stems to their supports with raffia or string. By the middle of this month, most should be about 2 feet high, feed once every 14 days with a liquid fertilizer when the soil is damp, if dry, water soil first. To obtain long stems with good flowers, disbud a proportion of the stems.

Roses: As soon as the first flush of blooms is over, feed with a rose fertilizer. Scatter a handful to a square yard over the surface but not round the stem of the rose. Keep a 6 inch circle around the base free of fertilizer. Hoe into the soil. Spray with an insecticide if greenfly is a problem.

Greenhouse: Watering in the evening is always best as it gives the ground more chance to absorb the moisture. Watering in the morning may cause scorched plants.

Lawns: If brown patches start to appear on the grass, it is too late to restore its green appearance. Patience is needed before considering patching or re-seeding – it's a chore for later.

Roderick Linsell



1ST CUT
TREE AND FORESTRY SERVICES

EXPERTS IN ARBORICULTURE

Crown Reductions - to reduce risk of branch failure and improve light
 Safe Tree Removals - using modern rigging techniques / mobile cranes & mewsps
 Site Clearances - for development projects / re-landscaping

Fruit Tree Pruning • Hedge Cutting
 Stump Grinding Services • Ready to Burn Firewood
 NPTC Qualified Staff • Public/employers Liability Insurance
 Free Advice & a Free Quotation

01986 798977 george@1stcuttreeservices.co.uk
www.1stcuttreeservices.co.uk
PROFESSIONAL • RELIABLE • FULLY INSURED

RIVERVIEW GARDENING
 Garden & Grounds Maintenance

Providing all aspects of garden and grounds maintenance to both domestic and commercial customers, Ride-on lawnmower available

Green waste removed

EXPERIENCED - QUALIFIED - INSURED

Call Oliver - 07779152936 - 01728561990
 Email - riverviewgardening@gmail.com

SIBTON COUNTRY SUPPLIES LTD.
GARDEN MACHINERY

New Season Deals

Deals available on Lawnmowers, Strimmers and all types of garden machinery

Wild Bird Food also available

The Forge, Sibton IP17 2JH | Tel. 01728 660 349

Harris Handyman Services

Do you need a handyman?

- Painting & Decorating • Window & Gutter Cleaning •
- Garden Maintenance (one off or regular) •
- Pressure Washing Services • Odd Jobs • Fully Insured •

07727 401 820
harrishandyman16@gmail.com

TONY BROWN'S FUNERAL SERVICE
Est. 1979

Proudly independent family run business

The Funeral Parlour, New Cut, Saxmundham, Suffolk, IP17 1EH
 T: 01728 603108
 E: office@tonybrownsfuneralservices.co.uk
www.tonybrownsfuneralservices.co.uk



Owners of The Greenwood Burial Ground, Farnham

RSPB Minsmere Nature Reserve
 Wildlife - Shop - Café - Events - Family Activities






[rspb.org.uk/days-out/reserves/minsmere](https://www.rspb.org.uk/days-out/reserves/minsmere)

ALLVAC
SERVICE & REPAIR
 KIRBY & DYSON SPECIALIST

HAVE YOUR VACUUM CLEANER COLLECTED FULLY SERVICED AND RETURNED AT YOUR CONVENIENCE FOR

£35

ALL MAKES AND MODELS

PAUL LAYTON
 01379 871095 OR 07866 549642



A1 Carpets 4U
By Gary Burden

For the complete A1 Home Selection Service

Carpets, Vinyl & Luxury Vinyl Tiles
 Professional, reliable and competitive
 Save ££££'s - We will beat any genuine retailer quote!

Tel: 01728 604396 Mob: 07419 375720
www.a1carpets4u.co.uk

SUFFOLK COUNTY MUSIC SERVICE

Suffolk County Music Service is progressing a range of environmentally friendly improvements at its Martlesham base to boost energy efficiency. Recent upgrades include a new heating system powered by air-source heat pumps, with a mix of infra-red panels and air conditioning units providing year-round comfort. Work is also underway on a new insulated roof with solar panels, and two EV charging points will soon be installed in the car park through Suffolk County Council's Plug in Suffolk scheme.

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 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; 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!
Tel: 01473 264203
Email: county.musicservice@suffolk.gov.uk
Visit: www.suffolkcountymusicservice.co.uk



Wedding Stationery

SAVE THE DATE CARDS | INVITATIONS | RSVP CARDS | MENU CARDS
ORDER OF SERVICE | PLACE CARDS | TABLE NAMES/NUMBERS
TABLE PLAN | FAVOUR TAGS | FAVOUR LABELS | THANK YOU CARDS
01728 833003 | WWW.LEISTONPRESS.COM



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**



**WHAT COULD
 POSSIBLY GO WRONG?**

**MORNING
 CAMPERS**

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



MODERN DAY MAGICK

Witchy emporium casts a spell over paranormal researchers

Two 'ghost' writers have paid a visit to a local esoteric shop to chat about all things spooky and spiritual. The paranormal researchers called in at The Magickal Emporium in Halesworth Market Place to talk about their latest projects and hear what the shop owner had to say about modern-day magick.

Ann Green is Chief Reporter at Psychic News magazine, the world's longest-running spiritual magazine. She recently brought out a book about the ghosts of Halesworth and is still collecting local stories. John West also writes for Psychic News, has written books on the paranormal, works in film and podcast productions and is now a researcher for the hit spooky series Uncanny, hosted by the UK's 'Go-to Ghost Guy', Danny Robins.

The pair talked to Heather Taylor about her shop that stocks all things magickal including herbs, crystals, tarot sets, books and more. It also hosts events from gong baths to psychic development and tarot reading.

Heather, who goes by the title 'The Witch of Suffolk', opened The Magickal Emporium just over a year ago as a community hub that offers a peek into the witches' way of life in the present day. She set out to create "a sanctuary, a warm and welcoming space for all to experience and enjoy, no matter their background, their faith or stage in their life's journey."

Recently it was one of the venues for the popular Ink Festival, hosting a play titled 'The River Witch'.

Heather aims to encourage more gatherings and to enable people to share their own otherworldly experiences without fear of judgement. She also hopes to help change the negative image that witches have held for centuries, which in the past has cost the lives of potentially innocent women and men.

Heather said: "We are dispelling myths, educating and teaching about folklore and our craft. We encourage people to ask any questions they might have. We're always happy to talk about what we do, how we use our herbs for uplifting teas and wellbeing and for magick."

"We are women and men that have come together to remember and work with the changing of the seasons. We honour all life, there's certainly nothing evil about us!"



Heather Taylor - 'The Witch of Suffolk'

After Ann and John enjoyed a refreshing herbal brew and talked about their work and future projects, Heather added: "Having Ann Green and John West here was an absolute pleasure."

"Ann's book 'The Haunted History of Halesworth' is a best seller in the shop, people love to know the local history of the paranormal!"

"We are so pleased to be stocking two of John's books, especially the recent one 'Britain's Haunted Land', signed by John himself. He has just published a new book called 'The Poltergeist Casebook', which we will soon have in stock. John has agreed to come back later this year to give a talk."



John West & Ann Green

Ann continues to collect local ghost stories and tales of the paranormal, particularly focusing on the villages of Wissett, Rumburgh and the Saints.

If you have a genuinely spooky tale please email her at annandco@btinternet.com.

John's website is at <http://www.johnwestmedia.com/john-west---writer.html>

The Magickal Emporium is at 1 Market Place, Halesworth IP19 8BA.

LEISTON PRESS
PRINTING Signage PUBLISHING



WWW.LEISTONPRESS.COM



ANNIE@LEISTONPRESS.COM



01728 833003

PERSONALISED CLOTHING AT LEISTON PRESS

Professional, promotional and completely personalised to your business and brand, wear your message loud and proud with printed clothing.

We can do one colour vinyl, full colour vinyl or embroidery. Supply your own clothing or ask us to get this for you, with our quick turnaround and great prices we can help!



DELIVERY TO ANYWHERE IN THE UK



QUICK RESPONSE QUOTES

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 sizewellc.com/community/forums

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



LEISTON TOWN BOWLS

I missed last month's report, weather playing havoc in more ways than one, it's the story of the season so far, our league positions demonstrating the point.

Only in the Bob Wright are we struggling at the bottom but we have only played 4 to the others' 5/6. In Saxmundham 1 Team A are joint top, in Sax 2 Team B are 4th with a game in hand and only 4 points behind. In the Woodbridge 1 again, 1 game in hand and only 2 points off the top, with the Fynn league B section we are 2nd, 2 points of the top with a game in hand.

Its business as usual with bowls, the season starts, then comes the rain but the LTAA Bowls are ready for it all, it's the league positions at end of season that count.

Health issues continue to play their part, two stalwarts Mick and Brian suffered setbacks, both hospitalised. Mick was soon out and on the mend.

With Brian it's taking a bit longer - get well soon both! It's a double whammy as both are leaders on the green and garden maintenance as well as first choice players. Well done Les and Craig in carrying on the good work to ensure our green is tip-top

Our second tournament - the three wood pairs on September 3rd will help the club's finances. All bowlers are welcome, drinks and refreshments will be available, draw prizes always welcome, (we have good draws!)

Whilst a few members failed to return, others have joined the club, some after years of not playing but are showing the skills are still there. It's quite clear our glass is half full not half empty - by the end of the season the glasses will be full. Keep bowling, see you on the green .

Ditcher

SAXMUNDHAM SPORTS CRICKET CLUB

Some you win, some you lose....

At the time of writing we are a third of the way through the season - 6 games played - 3 wins, 3 losses. On the whole the weather has been kind with only 1 game affected and that was a 25 over game.

Our second game of the season saw Kirby II visit and a close encounter. Batting first, which Sax have done in all 6 of their opening games, Ray and Gary shared a useful opening partnership of 92 when Gary fell 5 short of his 50. Wickets fell steadily and Sax ended on 161, Ray scoring 42. Sax also looked to be in command until Kirby's captain came into bat at number 8, scoring 52no to see Kirby home by 1 wkt.

The first away game at Dedham, on the hottest day of the year so far, Sax wickets fell regularly with only Gary scoring 57 and a Sax total of 142 not proving enough with Dedham knocking off the runs in 27 overs.

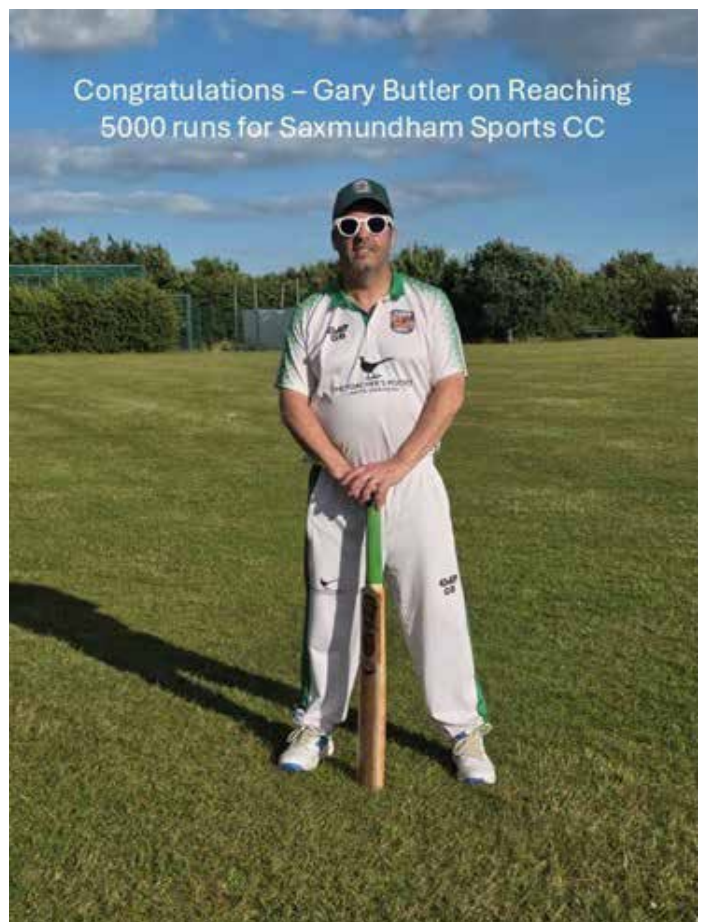
The next home game against West Bergholt III saw a better batting performance, including a 101 partnership between Ray and Isuru with Sax finishing on 206/6. Despite 3 good scores from the West Bergholt batsmen, Sax were always in control and won by 12 runs.

June 6th saw a rain affected game reduced to 25 overs. A good start of 69, Isuru for 35. Gary batted on until the 22nd over and was stumped for 50, Sax ending on 134. Harwich III, travelling with a very strong side, which included a number of 1st team players, reached the target without loss in 17 overs.

The long trip to Brightlingsea saw another good opening partnership of 76 between Ray and Gary before Gary was out for 40. Enter Suranga for a quick 51, Ray finishing on 37 and a quick 16 from Mark at the end saw Sax finish on 191 all out. With some tight bowling (wides aside) Brightlingsea never challenged and finished on 59 all out, Gary 3/4, Suranga 2/1 Rosh 2/11.

During this period club stalwart Gary Butler reached 5000 runs for the club. Congratulations, and may many more come your way.

Our thanks go to our sponsors The Poachers Pocket and BMC Automotive.



ALDEBURGH YACHT CLUB NEWS

In our last update we mentioned Matilda Nicholls, a club member from Aldeburgh, who is in the British Sailing Team and her campaign to compete at the Olympics in Los Angeles in 2028. We are thrilled - and very proud - to report that she won the Silver Medal in the ILCA 6 Women's European Championship held in Kastela, Croatia in May. This is a huge milestone and we hope to report on her other achievements over the summer.



We hosted 14 young people from South London to participate in a week-long programme in association with the BigKid Foundation. All went out sailing, took a powerboat trip to Orfordness and saw and learnt about the River Alde at first hand. Members of the Club raised a remarkable £16,000 to support the foundation and the programme which now takes place annually.



Year 6 pupils from 13 of the local primary schools joined in our schools programme, supported by the Aldeburgh Yacht Club Schools Sailing Trust. These partnerships are a huge part of our commitment to being an open and inclusive club.

We had sunny weather and light to moderate breezes for most of May before things turned in early June. We held Flying Fifteen and Wayfarer Open Meetings with over 20 competing boats and staged our Spring Regatta over two days. A number of our cruisers headed north on an East Coast journey.

July and August are the busiest months at the club.

Our RYA training programme runs for 5 weeks from mid-July. This caters for all levels and is delivered by our resident instructor and a cadre of 40 part-time qualified instructors. The majority of students on these courses are non-members and use of our training boats is included as part of the package. The programme caters for adults and children. This really is the best way to learn to sail, make friends and become involved on the water with the opportunity to then join in our regattas in August. There are still training places available but we recommend people book quickly: please email via training@aldeburghyc.org.uk. Sailors can then go on to join our RYA Pathway programme that runs throughout the year and join in our many other races and events on the water. We are always keen to show visitors and potential members around the club and to introduce our team. Anyone interested should get in touch via clubmanager@aldeburghyc.org.uk and visit our website www.aldeburghyc.org.uk.



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

Leiston Observer 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 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
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.

PATMORE WATER SOFTENERS



Non
Electric

Boiler
Friendly

10 Year
Guarantee

*6 South Entrance
Saxmundham
IP17 1DQ*

Ipswich

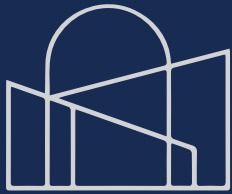
Braintree

01728 633007

01473 713600

01376 334949

www.patmorewatersofteners.co.uk



SIZEWELL LETTINGS

— SERVICED ACCOMMODATION —

WE PROVIDE LONG-TERM SERVICED ACCOMMODATION TO SENIOR ENGINEERING FIRMS



LET & FULLY MANAGED

Bruisyard Road, Rendham, IP17 2AH
6 Bedrooms / 5 Bathrooms.

ASKING RENT:
£7,300 Per calendar month



LET & FULLY MANAGED

Eastward Ho, Leiston, IP16 4AY
4 Bedrooms / 3 Bathrooms.

ASKING RENT:
£4,866 Per calendar month



LET & FULLY MANAGED

Westward Ho, Leiston, IP16 4HU
3 Bedrooms / 3 Bathrooms.

ASKING RENT:
£5,475 Per calendar month

WE NEED MORE PROPERTIES – CALL US NOW.

Engineering firms are seeking quality accommodation throughout Leiston, Saxmundham, Aldeburgh and the surrounding area.

Email: hello@sizewelllettings.com Website: sizewelllettings.com Phone: 01728 677888



Hamilton Smith

ESTABLISHED | INDEPENDENT | EFFECTIVE



HUBBARDS CLOSE, SAXMUNDHAM £375,000



MILL ROAD, FRISTON £320,000



NEAVE PLACE, LEISTON £200,000



CARR AVENUE, LEISTON £220,000



Call for a free property valuation Tel: 01728 833007

