

...YOUR FREE LOCAL NEWS

AUGUST 2026

SAXMUNDHAM NEWS



PART OF THE **TIDE COLLECTION**

ALDEBURGH TIMES WOODBRIDGE TALK SOUTHWOLD ORGAN SAXMUNDHAM NEWS LEISTON OBSERVER FRAMLINGHAM FOCUS



Fri 7th Aug at 6pm
Sat 8th & Sun 9th Aug at 3pm

MOANA PG

PLEASE NOTE - THE SCREENING ON SUN
9th AUG IS THE SING-A-LONG VERSION

Sat 8th Aug at 6pm
Sun 16th Aug at 3pm

ANDRÉ RIEU'S 2026 MAASTRICHT CONCERT

Fri 14th Aug at 7pm
Sat 15th at 5pm
Tues 18th - Thurs 20th Aug at 7pm

THE ODYSSEY 15

Fri 21st Aug at 12pm
Sat 22nd & Sun 23rd Aug at 3pm
Mon 24th - Thurs 27th Aug at 12pm

PAW PATROL: THE DINO MOVIE U

Fri 21st Aug at 7.15pm
Sat 22nd & Sun 23rd Aug at 6pm
Mon 24th - Thurs 27th Aug at 7.15pm

SPIDER-MAN: BRAND NEW DAY 12A

Fri 28th Aug at 7.15pm
Sat 29th & Sun 30th Aug at 6pm
Mon 31st Aug, Tues 1st &
Thurs 3rd Sept at 7.15pm

THE END OF OAK STREET 12A

Fri 4th & Sat 5th Sept at 7.15pm
Sun 6th Sept at 3pm
Mon 7th Sept at 1pm
Tues 8th Sept at 7.15pm
Wed 9th Sept at 3pm
Thurs 10th Sept at 7.15pm

HOLY DAYS 12A

Sun 6th Sept at 6pm

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2026 SUMMER CONCERT

ANDRÉ RIEU

AND HIS JOHANN STRAUSS ORCHESTRA

Saturday 8th August at 6.00pm

Sunday 16th August at 3.00pm

ON SCREEN IN AUGUST - André Rieu's 2026 Summer Concert: Viva Maastricht. This year, André Rieu celebrates a spectacular milestone — the 20th anniversary of his iconic summer concerts on the magnificent Vrijthof square. Captured live in his beloved hometown, this brand-new cinema event marks two decades of music and unforgettable magical summer nights. Joined by his world-renowned Johann Strauss Orchestra and a vibrant ensemble of artists, André brings the spirit, culture, and warmth of his hometown to life in a dazzling new concert filled with emotion and wonder. From timeless waltzes to soul-stirring classics, this landmark anniversary concert promises an evening of passion, joy, and togetherness.

A NOTE FROM OUR EDITOR



The wonder that is Manette Baillie, of Benhall will be celebrating her 104th birthday on 22nd August with a fundraising afternoon tea. This lady seems to have packed more into the last few years than many do in a lifetime – with a drive round Silverstone in a Ferrari, a sky dive, giving talks and generally being very active in various organisations – I can't wait to see what she does next!

A very happy birthday Manette and I hope lots of money is raised for breast cancer research at your afternoon tea!

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

Age is an issue of mind over matter. If you don't mind, it doesn't matter.

Mark Twain



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INSIDE YOUR MAGAZINE...

- SAXMUNDHAM TOWN COUNCIL** 5
_ Keeping Saxmundham clean, tackling anti-social behaviour & events in August
- ONE STOP SHOP HEALTH HUB** 5
_ Have your say on this campaign for Saxmundham
- KAY GODDARD – A TRIBUTE** 11
_ A life-long love of dance passed on to multi generations of local aspiring performers
- CIRCUS THEMED YOXFAYRE** 13
_ Yoxfayre returns lots of entertainment and a flower show
- ALDE VALLEY SUFFOLK FAMILY HISTORY GROUP** 15
_ Save the date – 12th September – Family & Local History Open Day



Alde Valley Academy

OPEN EVENING

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SAXMUNDHAM TOWN COUNCIL NEWS

Much of the Town Council's work happens long before a project becomes visible. Behind the scenes, councillors and staff are coordinating improvements to the Memorial Field footpath, planning our autumn programme of markets and community events, developing funding opportunities for future projects, and working with local partners to improve public spaces across the town.

Keeping Saxmundham clean and welcoming remains one of our highest priorities. We know many residents have raised concerns about litter and the appearance of parts of the town centre, and we continue to work with East Suffolk Council and other partners to push for improvements.

We're also working closely with Suffolk Police, who have advised that reports of anti-social behaviour typically increase during the summer months as more people spend time in parks and public spaces. The police are grateful to residents who voluntarily clear broken glass and litter, but stress that reporting anti-social behaviour is just as important. Every report helps identify patterns, direct patrols and target resources where they are needed most.

If you witness anti-social behaviour, or come across damage or litter that appears to have resulted from it, please report it to Suffolk Police:

<https://www.suffolk.police.uk/ro/report/asb/asb-v3/report-antisocial-behaviour/>

Our Green Team and Blue Spaces volunteers continue to make a huge difference across the town, caring for parks, planting areas and the River Fromus. Their dedication helps keep Saxmundham looking its best while creating more space for nature to thrive. If you'd like to join them, we'd love to hear from you. Email environment@saxmundham-tc.gov.uk.

Dates for your Diary

- **Saxmundham Wednesday Market:** Every Wednesday in Fromus Square
- **Social Shakespeare Group:** Tuesday 4th August, 10.30am – 12noon at Saxmundham Library
- **Monthly Artisan Market:** Saturday 8th August & Saturday 12th September, 9am - 3pm in Fromus Square
- **SaxFest:** Friday 7th to Sunday 9th August at the Memorial Field
- **Saxmundham Town Council Meeting:** Monday 14th September @ 7pm in the Market Hall
- **Saxmundham Christmas Fayre:** Saturday 5th December, 3 - 7pm in the Town Centre

For the latest news, project updates and community events, visit www.saxmundham-tc.gov.uk and www.visitsaxmundham.co.uk



Green Team



Mayflower Avenue Park

HAVE YOUR SAY!

Dear Residents,

Our local healthcare infrastructure in the Fromus Valley area is under immense pressure. We have a vital opportunity to secure a modern, 'one-stop-shop' doctors' surgery and neighbourhood health hub in Saxmundham, but we urgently need your help to make it a reality.

Our MP, Jenny Riddell-Carpenter, has launched a major campaign to secure NHS funding and planning approvals for this project. To win this fight, we must prove overwhelming community demand.

Here is exactly what you need to do today:

Complete the Campaign Form: Visit the official campaign page at jennyforsuffolkcoastal.org/saxonestopshop and fill out the online feedback form.

Share Your Views: Use the form to highlight how this hub will improve your access to GPs, pharmacies, and specialists without long travel times.

Tell Your Neighbours: Forward this email, post the link on village social media groups, and encourage your friends and family in the Fromus Valley parishes to sign.

If you or someone you know cannot access the online form, please contact your local parish council or the MP's office for assistance with a physical copy or phone submission.

Every single form completed brings us closer to securing the healthcare facilities our community deserves. Please take two minutes to complete it today. Thank you for your support.

For more information please view:

<https://youtu.be/xTeTUhN07f0>

Ken Bate

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

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10th to 15th August **SHOW and TELL**
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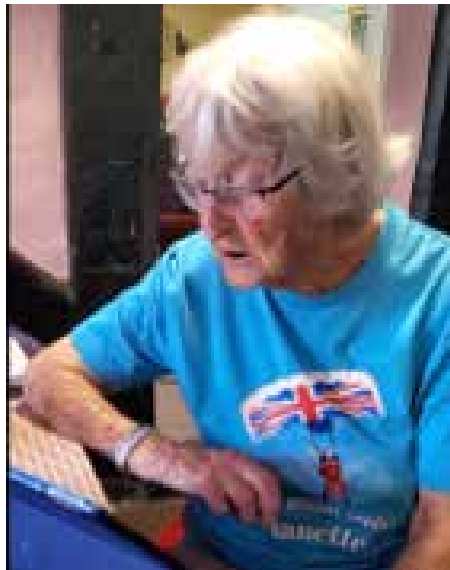
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MANETTE BAILLIE'S 104TH BIRTHDAY CELEBRATION

On 22nd August 2026 Manette Baillie will be 104 years old. Can you believe it? Neither can we!

When Manette said she wanted to drive round Silverstone in a Ferrari for her 100th birthday, local residents arranged it and were there, with tears in their eyes, to celebrate with her. She made it onto local and BBC news but what pleased Manette the most was that she clocked 130 mph round the Silverstone circuit!



Manette reading out a personal message from HRH Prince William & HRH Princess Catherine re sky diving for charity on her 102nd birthday.

Manette's 101st birthday was a quiet affair which started with champagne and a few friends round for a garden party. Not so quiet after all then?



Manette's 101st Birthday

For her 102nd birthday (thinking it might be her last) she wanted to do something special for her three favourite charities so decided on a record-breaking sky dive to raise funds for the Air Ambulance, Benhall Club & Motor Neurone Disease research.

She became Britain's oldest sky diver & 'oldie flying angel of the year'.



Residents of Benhall & Sternfield couldn't allow Manette's 103rd birthday to be a quiet affair, so arranged a surprise curry night in Saxmundham.

You might think, in between these celebrations, that Manette was sitting quietly at home watching TV but you would be so wrong. She takes part in every event in Benhall & Sternfield and most recently celebrated Armed Forces Day, as she served with the Wrens in WWII. She has been guest speaker for her local history group, of which she is still a member, and last year gave two talks at the Fromus Centre, Saxmundham to packed audiences. At the Saxmundham Arts Festival in June, Manette volunteered to be a 'model' for photographers learning about studio portraiture with Richard Allensby-Pratt of Photoshed (www.theartstation.uk). She so enjoyed the experience that she has volunteered to do it all again! To what does she attribute her longevity and joy of life? Being surrounded by friends and family. So, on that note, please come and celebrate with Manette at an Afternoon Tea (details below)



Benhall & Sternfield villagers supporting Manette on her sky dive. Photo: David Burns

LEISTON BOOK FESTIVAL

The 2026 Leiston Book Festival on **Saturday 19th September** promises to be a day of adventure and exploration, taking you beneath the grounds, up in the air and out into the countryside. Your day will begin right here in East Suffolk, with Jacky Collis Harvey talking about her book *Thoughtlands* in which she walks familiar local lanes with almost forgotten local writers.

Other authors include Deborah Tomkins, Matt Gaw, Robert Ashton and Louis de Bernieres, who will reflect on everyday life with the warmth and eccentricity for which he is known. His latest book *Smelling of Rooks* will be published a few days before the festival.

The festival, in its third year, takes place in the town's Edwardian film theatre, which has 240 seats. Last year's festival sold out, with people travelling from as far away as California and London to attend. Tickets cost £35.00 for all six sessions: <https://www.leistonbookfestival.co.uk/>

Robert Ashton (right)





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LEISTON BOOK FESTIVAL

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Sat 19 Sept - Leiston Film Theatre
For more info and tickets scan the QR code or visit leistonbookfestival.co.uk



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SAXMUNDHAM RAILWAY STATION ADOPTERS

Ginny and I (Steve) have been touched by the words of appreciation and encouragement we have received from local residents and travellers alike, for our work on the garden areas, platform and road-side planters at Saxmundham Station. We, and former colleagues, have been working hard over the past 3 years to improve the look of the station area for the benefit of residents and visitors to our town.

We are delighted with the results and now hope to focus on a continued programme of seasonal planting, garden bed maintenance and improvement.

The wildlife area has been slowly nurtured and managed to encourage the establishment of natural 'wild plants', with managed 'grazing' areas, long-grass cover and spot establishment of cultivated species with particular benefits to our natural wildlife.



Currently, we only have two adopters, who are unpaid volunteers, in our team and would like to increase our numbers to four. If you have some spare time and, maybe, an interest in gardening and railways then please get in touch.

Also, any spare garden tools or compost is always welcome. Please do not leave it at the station but contact us first.

Not only are we encouraged by the success of the plantings but also by the significant reduction in vandalism at the station, particularly in the waiting room, which has been transformed into a pleasant light and attractive area. Our work goes on.



Sometimes it seems never ending, like the necessity of daily regular watering in the hot periods of May and early July, and the tidying after the storms in June. However, the satisfaction of volunteering with others to create a more pleasing and welcoming atmosphere at the station, and the added mental well-being, is worth all the effort.

We hope to continue these monthly updates and look forward to comments and, of course, any offers of additional help that you may be able to provide.

Our work is supported by the East Suffolk Lines Community Rail Partnership.

Station Adopters

Steve Flowerday (steve_suffolk@hotmail.com)

Ginny Edwards



Steve & Ginny

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KAY GODDARD – A TRIBUTE

The local dance and theatre community mourn the loss of Kathleen Iris Page, affectionately known to generations of pupils as Kay Goddard, whose remarkable life inspired a lifelong love of dance, theatre and performance in thousands of young people across Suffolk and beyond.

Beginning her teaching career shortly after the end of the Second World War, Kay built one of the region's most respected and enduring dance schools. With unwavering dedication, she travelled each week to teach in Halesworth, Saxmundham, Framlingham, Leiston, Diss and Woodbridge, sharing her passion for ballet, tap, modern, jazz and musical theatre with generations of aspiring dancers.

Kay's career was one of extraordinary commitment. She continued teaching until the age of 85, retiring after an incredible 68 years devoted to dance education. In that time she became far more than a dance teacher; she was a mentor, role model, confidante and friend to countless young people and their families.

Her influence extended far beyond East Anglia. Many of Kay's former pupils went on to perform professionally on Broadway, in London's West End, on television, in summer seasons and aboard international cruise ships. Others achieved distinction as soloists with The Royal Ballet, while many followed in her footsteps as dance teachers, passing on the values and love of dance she instilled in them.

Yet professional success was never how Kay measured achievement. She believed every child deserved the chance to discover confidence, discipline, creativity and joy through dance. Whether a pupil dreamed of the world's greatest stages or simply danced for the love of it, Kay encouraged each one with equal warmth, patience and enthusiasm. Her classes created lasting friendships, treasured memories and a sense of belonging that endured long after the final curtain call.

Known for her wonderful sense of humour, captivating storytelling and infectious enthusiasm, Kay had the rare gift of making every student feel seen, valued and capable of more than they imagined. Her warmth, kindness and high standards earned the respect and affection of generations of families, many of whom entrusted not only their children but later their grandchildren to her care.

Kay's legacy is measured not only by the remarkable careers she helped launch, but by the thousands of lives she enriched. Her influence continues every time a former pupil steps into a dance studio, teaches a class, takes to the stage or remembers with affection the lessons she taught both in dance and in life.

She leaves behind a community of grateful students, colleagues, families and friends who will forever cherish the memories she created and the opportunities she gave so generously. We mourn her passing deeply, and her life remains one of dedication, generosity, artistry and service. Her contribution to dance education will not be forgotten.

Donations in Kay's memory, if desired, may be made to the Royal Ballet Benevolent Fund, a charity close to her heart, helping to support those within the dance profession she loved throughout her life.

Kathleen Iris Page – Kay Goddard – leaves a legacy that will continue to dance through the lives of generations to come.

"Kay always believed that every child could shine. Her gift was not simply teaching dance - it was helping people discover confidence, discipline and joy. We were incredibly fortunate to have known her, and her legacy will live on in every life she touched."

Coral Stebbings





SUMMER ADVENTURES AWAIT

Enter an enchanting woodland adventure playground on the Helmingham Estate.
Created for children aged 3 and above.



Explore four themed play areas packed with climbing challenges, tunnels, rope bridges, slides and ziplines. Discover the realms of Flint the Badger, Eira the Owl, Atlas the Stag and Vex the Vixen, with adventure around every corner.

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CIRCUS THEMED YOXFAYRE

**Yoxfayre returns to Yoxford on Saturday September 5th,
11am – 3.30pm**

**Locations: Yoxford & Peasenhall School playing field, Yoxford
Village Hall and St Peter's Church, Yoxford**

There will be plenty for everyone to enjoy at this circus-themed event, from face painting, a fancy-dress competition and children's games as well as a Punch & Judy show, dog show, flower show in the church and the ever-popular tombola and raffle. Other stalls will include plants, books, bric-a-brac and produce and no village fête is complete without a BBQ or a spread of delicious homemade cakes to have with a cup of tea. It is hoped that there will be organ trials in the church offering the chance for members of the public to have a go.



This programme of events is subject to amendment and additions and updated information will be sent out nearer the time. This year's beneficiaries of the money raised by Yoxfayre will be the church organ fund and the village hall.

Yoxford resident, the artist John Craig has again designed the borders for all Yoxfayre's printed material.

Last year's revival of Yoxfayre, which had been a very popular village event in the past, was a resounding success and raised £5,500, which was split between the Townland Trust, Yoxford & Peasenhall Primary School and restoration of the church organ.



There was a flower festival in the church and local sculptor Laurence Edwards, a Yoxford resident, kindly donated a small statue which was auctioned off.

11am: YOXFAYRE opens

FLOWER FESTIVAL opens

11.30am: DOG SHOW (Registration by Village Hall 10.45 - 11.30pm)

12noon: CHILDREN'S FANCY DRESS PARADE (Circus themed - starting at St Peter's Church)

2pm: CHILDREN'S CONCERT (In St Peter's Church)

3.30pm: YOXFAYRE closes

ALL THE FUN OF THE FAIR

Children's toy stall - games - face painting - Punch & Judy - barbecue - tea/coffee and homemade cakes - bar
PRIZES GALORE

Raffle - tombola

AMAZING STALLS

Bric-a-Brac - plants and produce stall - pre-loved clothes - cake
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BRING CASH

SAXMUNDHAM ADVENTURE PLAYGROUND

On **Saturday 15th August**, 10am – 12.30pm we will be holding a Fundraising Garden Fete at 39 Fairfield Road Saxmundham.

We will be in the front garden with many stalls selling Books, Jewellery, Bric a Brac, Tombola, Toys and Craft Items and not forgetting Tea/Coffee and Cake.

We are always trying to improve the playground which obviously needs funding. Cash Only.

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Playground Committee

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ALDE VALLEY SUFFOLK FAMILY HISTORY GROUP

CLARE O'GRADY – 'PAUPERS'

Chris Broom, Chairman of the Alde Valley Suffolk Family History Group, welcomed members and guests to our June talk at the Fromus Centre, Saxmundham. Clare O'Grady Msc, QG, gave an excellent presentation to help us find out about Pauper Ancestors.

Poor relief in 1536 was the legal responsibility of each parish, and in 1597/8 parish householders had to pay a poor rate levy. Poor Law Unions were also created, so information could be found in their records and also those of the parishes. The poor could claim relief because of illness, unemployment or old age, and their names were recorded in the vestry (church) minutes, in overseers' accounts, or in a poor book. Extra information was also recorded. Clare showed examples of these records that she had found. Outdoor Relief was given during the 17th and 18th centuries, consisting of money, food, clothing and other goods, allowing people to stay in their own homes. The able-bodied worked on road maintenance, boundaries, ditches, etc. and women looked after the sick.

People were only allowed to claim relief in their home parish, and to stop people moving around to claim in several parishes the 1601 Settlement Act came in so people had to be legally settled and had to comply with certain conditions. Parish officials examined newcomers under oath and gave a certificate, copies of which may still be found in the records of larger parishes. Settlement examination records can be found in Union records after 1834.

In 1834 compulsory indoor relief in workhouses was created with boards of guardians overseeing them. Entry into a workhouse was voluntary and the able-bodied were set to work. The Overseer would seek to find them work outside the workhouse. Records pre 1834 can be found in the parish chest. Incorrect behaviour saw the miscreants fed only bread and water back at the workhouse. Workhouses were inspected regularly. Paupers could leave the workhouse if they had housing and work to go to.

Poor children in a parish from the age of seven were often bound as apprentices to nearby farmers or tradesmen, the agreement being recorded in the Vestry minute books, Overseers accounts or parish registers. Licences for sailors and also vagrants were held in the parish chest. Vagrants were divided into "idle and disorderly", "rogues and vagabonds" or "incorrigible rogues" and information for these may also be found in JP records and Quarter Sessions records.

Clare showed us that there are several places to seek information to add to that found in the census. Local history groups or museums may have information about workhouses in their area, and perhaps you might see an actual parish chest in a church, although the records may be held elsewhere.

Jenny Mann



The Plomesgate Workhouse at Framlingham Castle

Photo: Peter Higginbotham / workhouses.org.uk.

Further Programme:

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

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

Mon 19 Oct: Members' Stories

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

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

FAMILY & LOCAL HISTORY OPEN DAY
 Saturday 12th September 2026 11:00-16:00
 Fromus Centre, Saxmundham IP17 1AL
 Free entry, free parking

- Free advice on researching your family history
- How to use DNA to aid your research
- Dating of old family photographs
- Exhibitions by Local Museums & History Groups:

Aldeburgh & District Local History Society, Benfild & Storrfield History Group, Dunwich Museum, Friden History Group, Martlesham Heath Aviation Society, Parham Airfield Museum, Saxmundham History Society, Suffolk Family History Society & Yoxford History Group

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National Trust logo and other partner logos.

BENHALL PRIMARY SCHOOL NEWS

Squirrels have enjoyed learning about The Rainbow Fish and have made some lovely cupcakes as part of their activities. In maths, they have been building their understanding of one more and one less, developing early number skills with confidence.

In Acorns, the children have been exploring Flora and Fauna, creating observational drawings of bugs before taking inspiration from Eric Carle to produce their own colourful artwork. In Science, the children have been making connections between different scientific ideas, developing their understanding through practical investigations and thoughtful discussions.

Oaks have enjoyed exploring The Secret of Platform 13 in guided reading, fully engaging with the mystery and developing their comprehension skills. In maths, they have been focusing on shape, building confidence in recognising and describing different properties.

Woodlands pupils have been exploring the potential impacts of the Sizewell development on local residents and businesses, showing thoughtful awareness of both opportunities and challenges. In science, they have been learning about evolution and natural selection, developing a clear understanding of how living things adapt and change over time.

Thank you to all the families who came out and supported the pupils on Sports Day. We were treated to some thrilling races! Congrats to Red Team who were the overall winners.

We were delighted to welcome Peter and his helicopter, who spoke to the children about the importance of water safety.



He explained the hidden dangers of open water, the meaning of different beach flags, and what to do if someone gets into difficulty in the water. It was an informative session that shared valuable advice on staying safe around water.

We had a fantastic whole-school trip to Pipers Vale, where pupils enjoyed a range of gymnastics activities and had an amazing time developing their skills and confidence.



This month, we were proud to showcase artwork created by our pupils to celebrate the 100th birthday of David Attenborough. Thank you to Benhall & Sternfield Parish Council for funding the display panels, to Derek Chambers for selecting, installing and framing the artwork, and to Manette Baillie, whose coffee mornings funded book vouchers for the winning artists and contributed towards new art supplies for the school.

We had an amazing day at Aldeburgh Yacht Club! Pupils enjoyed sailing in the morning and rowing in the afternoon, developing their teamwork, resilience and confidence while out on the water.



Pupils enjoyed a fantastic day at Thomas Mills, taking part in a range of exciting activities. They used mime to act out a treasure map adventure, investigated how to separate microplastics from sand, designed paper skyscrapers, practised their long jump skills and learnt the names and translations of woodland animals in German.

Oaks completed their final session with the Prometheus Orchestra. Pupils thoroughly enjoyed working with this talented group of musicians and learnt so much throughout the programme. They especially enjoyed listening to the beautiful sounds of the clarinet, cello, oboe and French horn.

Pupils enjoyed a special collective worship led by the talented Honey and the Bear. They loved listening to the music and learning more about the musicians behind it, making it a truly inspiring experience for all.

Oaks enjoyed a fantastic afternoon with Cimone from the Leiston Education Partnership. Pupils experimented with making indicators from red cabbage and used them to test different substances. They also created their own lava lamps using oil, water, food colouring and a vitamin C tablet, bringing their science learning to life.

Oaks had the most relaxing morning with Yoga Jo! An amazing session which included meditating and massage. Thank you to the art station for allowing us to use their beautiful, shady garden!

We were delighted to receive copies of Sammi on Site, kindly donated as part of Jackson Civil Engineering's work with Sizewell C. The storybook, aimed at children aged 5 - 8, helps inspire curiosity about the built environment and introduces young readers to engineering.

The whole school took part in a STEM Day, completing a range of engaging activities. Some pupils have also been selected to represent the school at a future STEM event, where they will showcase their learning.

Prospective parents are welcome to come for a visit. Tel: (01728) 602407

RUNNING IN THE FAMILY - THE SAXONS 5 MILE RACE

This year's 5 mile race at the Saxmundham Running & Fitness Club will be a family affair - the current Race Director, Tina Church - has three sons and a daughter who have all been part of the club, along with other relatives. Tina's son-in-law, James Wilson, is Head Coach at the club and even his son Harley, aged 5, now takes part in the junior fun run on race day.



Race Director Tina Church (front row, second from left) with some of the Saxons at Sizewell Parkrun

Registration is now open for the 2026 race, which takes place on **Sunday, 4th October**.

Tina first got involved with the Saxons in 2012, supporting her eldest son Jake when he joined the club. Jake's older sister Shannen, who is now married to Head Coach James, was also a member.

"I joined because Jake needed an adult to accompany him as he was only 15 at the time," Tina says. "It soon took over from football, and as time has gone on the club has just become more and more a part of our family."

As well as acting as Race Director this year, Tina is also the club's Secretary and a member of its coaching team. Her youngest son Kyle will play a key part on race day:

"Kyle will be Sign Co-ordinator, Car Park Marshal, lead bike and anything else I can put his way!" Tina says.



James and Kyle have both represented Suffolk in inter-county championships, as has Tina's second son, Aiden. It would be hard to imagine the Saxons without the extended Church family!

The Saxons 5 Mile Race takes place at the Saxmundham Running & Fitness Club, Carlton Park, Saxmundham, IP17 1AT. The adult race is open to runners aged 15 and over and is a chip timed, multi-terrain run on sports field, footpaths and off-road, fully marshalled and sign posted. There will be winners' prizes and every finisher will receive a memento.

The Junior Fun Run starts at 10.15 am and is one lap of the field (1km) for ages 8 and under, or two laps of the field (2km) for ages 9 - 14. Entry for the Junior Fun Run is £3 – registration and payment will be cash only on the day. All finishers in the junior fun runs will receive medals.

The Saxons would like to thank all the 2026 race sponsors including My Mortgage Planner, Marshall and Lilley Opticians, Fairweather Law, Flick & Son, The Poacher's Pocket, Fuller Fencing Ltd, Stay in Suffolk, Christies Care, Footsure Podiatry, Wag & Bone, Deben Physio and Reydon Garage Services.

Harry Taylor, Landlord of the Poachers Pocket said: *"We are delighted to once again be sponsoring this fantastic local event. As a local pub we feel it's important to give back to the community who support us so loyally! This race, that literally goes past our doorstep, is the perfect opportunity to do just that. We wish all participants the best of luck and hope to see a few of your faces after the finish line!"*

Demi Winton from Christies Care said: *"Christies Care is proud to sponsor the Saxons 5 Mile Race; a brilliant local event that brings people in Saxmundham together and celebrates everything that's special about our community. As a family run homecare provider, many of our clients, carers and office staff live locally, so supporting events like this really matters to us. We see firsthand how staying active, connected and involved locally can make a huge difference to people's wellbeing. I'm also training for the race myself, which makes it even more meaningful to be supporting an event that promotes health, togetherness, and community spirit right here on our doorstep."*

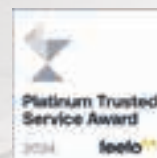
For more information on The Saxons 5 Mile Race visit <https://thesaxons.org.uk/5-mile-race/>





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FROM JENNY RIDDELL-CARPENTER, MP



Access to good healthcare close to home is something we all rely on, but for too many people in East Suffolk it still feels increasingly out of reach. That is why I have launched a new campaign calling for Saxmundham to be included in the Government's Neighbourhood Health Centre programme.

For more than 20 years, Dr John Havard and the team at Saxmundham Health Centre have been working on an ambitious but practical vision for a 'one stop shop' for healthcare in the town.

This would bring together GP services, diagnostics, dentistry, mental health support, childcare and wider family services all under one roof. Importantly, this is not just an idea on paper - detailed plans have already been developed and are ready to progress.

The Government has committed to delivering 250 Neighbourhood Health Centres across England, with the aim of shifting care out of hospitals and into local communities. This is a welcome and important ambition, particularly for rural areas where distance and transport remain real barriers to accessing care.

However, NHS Norfolk and Suffolk Integrated Care Board's initial list of locations does not include a single site in rural East Suffolk. For many residents across Saxmundham, Woodbridge and the surrounding villages, that simply does not reflect the reality of everyday life.

Journeys to Ipswich or further afield can take over an hour, and public transport is often limited or indirect.

If the principle of Neighbourhood Health Centres is to bring care closer to where people live, then rural communities must be part of that plan from the start. I am therefore asking residents to support the campaign for Saxmundham to be designated as a Neighbourhood Health Centre site. Every signature helps strengthen the case and shows the strength of feeling locally that our area should not be left behind.

Contact:

jenny.riddellcarpenter.mp@parliament.uk
01394 330260
www.jennyforsuffolkcoastal.org

SAXMUNDHAM W I

President Jo welcomed members in June to meet Marianne Brame with a large array of silver and gemstones to show us. Marianne uses silver to make beautiful jewellery and she told us about the exquisite work of silversmiths in Thailand.

Marianne was able to give examples of all she was speaking about to pass round for us to look at and handle and she spoke about organic gemstones, like jet which is fossilised wood. Some of the best jet comes from Whitby, U.K. Amber is fossilised tree resin and Marianne had a beautiful necklace with various shades of colour, beautiful to look at and to touch.

Marianne moved on to pearls; they are the result of irritants, such as parasites, or a piece of shell, entering molluscs, such as oysters. Semi-precious stones form over millions of years, under pressure and heat can make them change colour.

We meet in the URC, Chapel Road, Saxmundham. On **September 17th** at 2.30pm Steve Everett will speak to us about Minsmere RSPB and the Deer Rut. Visitors welcome.



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PROJECT UPDATE

AUGUST 2026

We are committed to bringing 60 per cent of construction materials by sea and rail. The Marine Bulk Import Facility (MBIF) is being built in the Sizewell C harbour to accommodate deliveries by sea during construction.

The structure will extend 500 metres from the beach into the North Sea. We have now reached the sea and the landing stage is already established in the harbour. Public rights of way are open, with marshals ensuring safety of beach users and our workers.

Friday Street and Yoxford Roundabout construction is now complete. Road safety improvement works along the A12 continue in Marlesford, which includes a new pathway and signalised crossing. The western arm of the works is now complete, we have switched the traffic management requirements to the other side of the road as we build new footways along the eastern section of the A12.

The Park and Ride work capacity has now increased at the Wickham Market site with more of our workers using the site to park their cars and access our sites on

Sizewell C buses. The roundabout at the park and ride in Darsham continues to progress, with the required traffic management now lifted at peak times. We are sorry that the opening of Willow Marsh Lane has been delayed by a few weeks due to technical issues, we anticipate the road reopening by mid-August. During August the A12 will be closed at nights between The Street, Darsham and Westleton Road (10 August to 14 August, 21:00 – 06:00 and 17 August 21:00 – 06:00) to enable road improvements including resurfacing and construction of a new pedestrian crossing. Details of the works can be found on the Sizewell C Works Tracker.

The rail link works continue at pace with all track installed on the temporary rail line around Leiston, and trains beginning to run in and out of the temporary construction area. Throughout August the B1122, Station Road in Leiston will be closed to enable Cadent Gas to install new gas mains ahead of the installation of new level crossing gates. Traffic management is also required on the B1122 as the Sizewell Link Road roundabout to the site plaza is constructed.

Along the B1122, Pretty Road has now been closed throughout the construction of the Sizewell Link Road, Hawthorn Road will also shortly be closed and Fordely Road will also be closed in the late summer.



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:

Northern Transport Forum

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

Southern Transport Forum

Wednesday 2 September 18:00,
at the Stratford St Andrew Riverside Centre

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.



Sizewell C

SAXMUNDHAM SPORTS CRICKET CLUB

As we move to the halfway point of the season the summer heat hasn't relented and unfortunately the green grass has turned to brown but with it the cricket has really heated up and so have the results, we won 3 of the last 4 league games, and now hold a solid 4th place in the league.

Game 7 saw a home match to local rivals Nacton. Batting first, Ray and Gary set about the bowling with a 3rd highest opening wicket partnership of 198 before Gary was out c&b 77. Ray batted on and carried his bat for 112 no. Nacton struggled against the bowling of Richard Battle (4/46) and were all out for 172. Game 8 was another home game against another local rival, Melton, St Audreys, (bowling first). Some tight bowling by Mark (4/27) and Tom (3/54) kept Melton down to 157. In response Saxmundham made light work of the run chase with Suranga making 59no and Gary 44. Game 9 saw a quick reverse match against Nacton. Batting first saw Saxmundham set an impressive target of 278/6 with Ray and Isuru setting a 2nd highest partnership of 214, Ray scoring 109no and Isuru 96. Nacton were quickly skittled for 54 with Tom taking 5/23. During this match long serving club member and vice-captain Roshan took his 100th wicket for the club. Game 10 saw a return to Carlton Park and a tough game against Colchester Cavaliers III. Batting, Saxmundham got off to a great start with Ray (70) and Gary (37) setting an opening partnership of 123. Finishing on 181/7 the total felt a little light. Colchester got off to a slow start but with a long batting line up were always in the game and reached the total with 7 balls to spare.

August fixtures:

5th August: Away v Halesworth Pumas (T20)

8th August: Home v Dedham

15th August: Away v West Bergholt III

22nd August: Away v Harwich & Dovercourt

29th August: Home v Brightlingsea II

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Jill and I have just returned from a holiday to Germany, culminating in three days spent in Nuremberg. Whilst in that beautifully-restored city, the heart of which suffered 91% damage or devastation in one night in January 1945 courtesy of the RAF, we had the chance to reflect on the 1930s and today. We visited the 'Zeppelin Field', the site of the Nazi party's annual rallies from 1933 to 1938, only stopped by the outbreak of war, where each year up to one million people would come to hear the Führer's powerful oratory. We visited the art tunnels, construction of which began in 1935 to prepare for the protection of art and artefacts during the war the Nazis planned to start. And we visited Court Room 600 where the famous War trials took place in late 1945. As we spoke to Nurembergers, we found widespread recognition of the evil the Nazis (and Germany more widely) perpetrated on the world but also great anxiety about the rise of Alternativ für Deutschland (the AFD, the far-right party polling second across the country).

And, of course, I couldn't help thinking about the fractured nature of political discourse here in the UK. It is not yet that bad here but what can we do to ensure it doesn't become so? We can seek to support those experiencing poverty and exclusion and offer them not just support but to overcome their life challenges. We can work to increase dialogue between and within communities to foster mutual understanding and respect. And we can speak out about the problems of our society and the world about us. At its best, the Church seeks to do all these things, driven as we are by the doctrine of love of our neighbour that Jesus teaches us again and again. Come and join us in our mission to transform society.

Rev. Nic Stuchfield

Email: nic@skc.church

SKC Services in August include:

2nd August: Informal Service at St John's, 9:30am; Holy Communion at Kelsale, 11am

4th August: Quiet Communion at St John's, 10:30am

9th August: SaxFest Service – details soon

16th August: Informal Service at St John's, 9:30am; Holy Communion at Kelsale, 11am; 1662 Holy Communion at Carlton, 3pm

23rd August: Informal Service at St John's, 9:30am; Holy Communion at St John's, 11am

31st August: enefice Holy Communion at Kelsale, 10am

Do come and join us. If you would like more information go to our website at www.skc.church.



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but the earlier the better to ensure inclusion

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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.

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