

...YOUR FREE LOCAL NEWS

NOVEMBER 2026

FRAMLINGHAM **FOCUS**



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A NOTE FROM OUR EDITOR



Remembrance of course this month, which will be marked by a parade, the laying of wreaths and an Act of Remembrance. Members of the community are very welcome to attend.....lest we forget.....

Later in the month the community can gather once again for 'Christmas on the Hill' with carol singing, a light parade, stalls, food and of course Sant's grotto. Enjoy!

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

Dream as if you'll live forever. Live as if you'll die today.

James Dean



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The Four Fables

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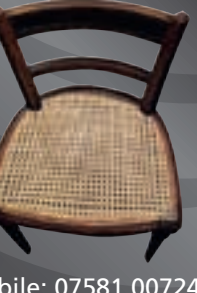


<https://www.facebook.com/TheFourFables>

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MID SUFFOLK LIGHT RAILWAY

Santa Specials

For a magical Christmas treat for children up to 10 years old, a trip on a Mid- Suffolk Light Railway Santa Special is not to be missed.

Steam trains run from Brockford Station to 'North Pole Halt', where each child has an individual visit to Santa at his Christmas Guards Van and receives a present. The Stations, Brockford and 'North Pole Halt' and the Museum and Tea Room will all be decorated in full 'Christmasy' style.

After their Santa visit passengers will find hot drinks and festive finger food available to buy in our Tea Room and there will be complimentary mulled wine for the over 18s at the Museum entrance.

Dates for the 6 days of Santa Specials are confirmed as **6th, 12th, 13th, 19th, 20th & 21st December**.

There will be 7 trains each day, first train at 10am, last train at 3pm. Passengers are asked to arrive 15 minutes before their booked departure time.

Bookings in advance only are now available via our web site [www.mslr.org.uk/Book Tickets](http://www.mslr.org.uk/Book%20Tickets). Tickets are £16per person (under ones are free). Early booking is recommended



PHOENIX SINGERS' JUBILEE!

2026 sees Phoenix Singers celebrating 50 years of music-making in and around Framlingham with a performance of the Mozart's ever popular Mass in C Minor, one of the most exciting works in the repertoire, combining forceful choral passages with soaring solos of operatic intensity, a fitting choice for the choir to showcase its renowned energy and choral brilliance.

Phoenix Singers will be joined by long time collaborators, Kingfisher Sinfonietta, and vocal soloists Christina Johnston and Katherine MacRae - soprano, Richard Edgar-Wilson - tenor, Rob Gildon – bass, and conducted by our newly appointed musical director, Tom Appleton.

The evening's programme also includes pieces by Bach, Pitoni and Purcell, reflecting the musical passions of the choir's founder, Malcolm Russell.

Join us for this joyous evening on **Saturday 12th December**, 7pm at Framlingham College Chapel

Celebrate with us at our Jubilee reception following the concert. For further details visit www.phoenixsingers.org.uk



FRAMLINGHAM TOWN COUNCIL NEWS

As the year draws towards its close, there is plenty happening in Framlingham, from Remembrance Sunday commemorations to Christmas celebrations. There are also opportunities to meet your councillors and get involved in caring for the town.

Remembrance Sunday – 8 November

Framlingham will come together on Sunday 8 November to remember and honour those who gave their lives in service to their country. This year's parade will follow a revised route, starting at the Castle and proceeding down Church Street into the churchyard. The downhill route is intended to make the walk more manageable for veterans and other participants who may find the uphill journey difficult, as well as members of the brass band playing while marching.

At the War Memorial, the names of the fallen will be read and wreaths laid before the congregation enters St Michael's Church for the Remembrance service. Afterwards, the parade will reassemble in the churchyard and continue down to Market Hill for speeches of thanks.

An Act of Remembrance will also take place on Armistice Day, **Wednesday 11 November**, at 11am at the War Memorial in St Michael's churchyard.

Everyone is warmly welcome to join us on either or both occasions as we come together in remembrance and reflection.

Meet Your Councillors – Saturday 14 November

Have a question, concern or idea about Framlingham? Our final Councillor Surgery of the year will take place on Market Hill on Saturday 14 November, from 10am to noon.

Council Chair Clive Eastwood and Councillor Sara Green will be there to listen and discuss the issues that matter to you. Anything requiring further investigation will be passed to the Council's office team.

There is no need to book—just stop by for a chat.



Christmas on the Hill – Friday 27 November

Join us for Christmas on the Hill on Friday 27 November, from 4pm to 8pm, as the town comes together to celebrate the start of the festive season.

The celebrations will begin at the Castle, where the Primary School Choir will perform carols and Christmas songs to get everyone into the festive spirit. Then it will be time to welcome a very special guest - Santa! A light parade will follow him down to Market Hill, bringing the celebrations into the heart of the town. On Market Hill, visitors can browse a variety of stalls, enjoy food and drinks, and take part in activities for the whole family.

Whether you're looking for a few Christmas gifts or simply an opportunity to catch up with friends and neighbours, there will be plenty to enjoy.

Children will also have the chance to visit Santa in his grotto at Ruby Tiger and share their Christmas wishes. We're delighted to welcome back Bear Foot Soul, who will be compering and performing throughout the evening, helping to keep the festive atmosphere in full swing.

Please note that this year's Christmas lights switch-on will take place later in the evening, rather than immediately after the parade.

The full programme, including the switch-on time, will be published on the Town Council's website and social media channels nearer the event, so do keep an eye out for further details.

Wrap up warm, bring along your family and friends, and join us for an evening of music, lights and festive cheer. We look forward to celebrating with you!

Helping to Care for Framlingham

Our Community Self Help Scheme continues to grow, with volunteers giving their time to help keep Framlingham's shared spaces looking their best. At a recent session, 10 volunteers tackled overgrown hedging around the Pageant Field play area, while two members returned to the cemetery to complete work begun the previous month. Sunshine, enthusiasm and teamwork helped everyone achieve a great deal, and we are grateful to all who took part. New volunteers are always welcome. The group meets on the first Monday of each month, from 10am to noon, with the next sessions planned for **Monday 2 November and Monday 7 December**, weather permitting.

To get involved, please email towncouncil@framlingham.com.

Framlingham Flood Resilience

The Framlingham Flood Resilience Group met in October to review the flood mitigation measures currently in place and discuss further plans to help protect the town. The meeting provided an opportunity to share updates and consider how those involved can work together to improve local resilience. One particularly noticeable concern is the overgrown stretch of river beside the Co-op. We have been informed that the Environment Agency will shortly carry out clearance work, in line with its procedures and guidelines.

The group has also arranged a practice exercise in November to test the Town's Emergency Plan. This will give those involved an opportunity to work through their roles and responsibilities, check how information would be shared and assess how effectively the town would respond in an emergency.

The exercise will also help identify any gaps or improvements needed, so that the plan is as clear and practical as possible. By preparing together, we aim to strengthen coordination and ensure the town is better prepared should flooding or another emergency occur.



Fri 6th Nov at 7.15pm
 Sat 7th Nov at 5.00pm
 Sun 8th Nov at 6.00pm
 Mon 9th Nov at 2.00pm
 Tues 10th, Wed 11th &
 Thurs 12th Nov at 7.15pm

WICKER 15

Sat 7th Nov at 7.30pm
 Sun 8th Nov at 3.00pm

GEORGE MICHAEL: THE FAITH TOUR 12A

Mon 9th Nov at 7.15pm
 Tues 10th Nov at 2.00pm
 Sun 15th Nov at 6.30pm

THE UPRISING 15

Fri 13th Nov at 7.15pm
 Sun 15th Nov at 4.00pm
 Mon 16th Nov at 7.15pm
 Thurs 19th Nov at 2.00pm

WHALEFALL 15

Sat 14th Nov at 12.00pm
 Sun 15th Nov at 2.30pm
 Sat 21st Nov at 12.00pm
 Sun 22nd Nov at 2.30pm

FESTIVE FUN WITH PEPPA U

Thurs 19th Nov at 7.00pm
 Sun 22nd Nov at 4.30pm

GIANT - THE PLAY 15

Fri 20th Nov at 7.15pm
 Mon 23rd Nov at 1.00pm
 Tues 24th & Wed 25th Nov at 7.15pm
 Thurs 26th Nov at 2.00pm

I PLAY ROCKY 12A

Thurs 26th Nov at 7.00pm
 Sun 29th Nov at 3.00pm

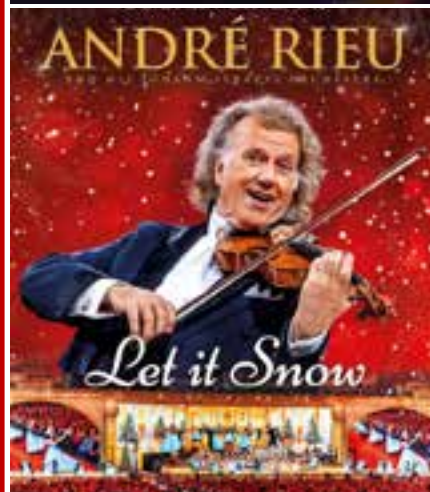
ANDREW LLOYD WEBBER'S STARLIGHT EXPRESS PG

Sat 5th Dec at 3.00pm

ANDRE RIEU'S 2026 CHRISTMAS CONCERT: LET IT SNOW PG

01728 830549

www.leistonfilmtheatre.co.uk



LIVE ENTERTAINMENT at LEISTON FILM THEATRE

Saturday 14th November, 7.30pm
THE COLDPLAY TRIBUTE

Friday 27th November, 7.30pm
DS:UK ... IN TRIBUTE TO DIRE STRAITS

Saturday 28th November, 7.30pm
HONEY AND THE BEAR

Sunday 6th December, 3.00pm
**LEISTON ROYAL BRITISH LEGION
CHRISTMAS CONCERT**

Friday 8th - Sunday 10th January 2027
PANTOMIME - SLEEPING BEAUTY

www.leistonfilmtheatre.co.uk

GREENER FRAM

Framlingham needs your voice

Have your say in a conversation about how **community-led renewable energy** in Framlingham and surrounding areas could work. Help guide the potential benefits for you and your local community.



Wednesday 11 November, 6pm - 8.30pm
 United Free Church, Albert Place, Framlingham IP13 9DX
 Get your free ticket here: www.tinyurl.com/chrzsrh

Scan to book or visit



Hosted in partnership with

GREENER FRAM
action for a positive future

 EASTSUFFOLK COUNCIL

 Community Energy England

 **Ashden**
Climate Solutions in Action

 Centre for Sustainable Energy

FRAM POWERS UP! INTERACTIVE WORKSHOP

The Centre For Sustainable Energy will run this workshop for Greener Fram as part of our new Fram Powers Up! project.

FRAM POWERS UP! INTERACTIVE WORKSHOP

Please come along and take part in this interactive workshop to share your thoughts on Community Energy in the Framlingham Parish area.

Community-led renewable energy projects have the power to create solutions that work for everyone – tackling climate change, energy security and rising energy costs, as well as investing in community projects.

It includes a free buffet, and everyone is welcome. If you have an opinion about renewables, we want to hear it. You don't need to know anything about this topic; we'll provide all the information in the workshop.

What will happen at the workshop?

- Learn about what community energy is
- Discuss potential opportunities for renewable energy (such as solar panels and wind turbines) that could be explored in the local area
- Start to think about how the local community could benefit from potential projects

Interested? Find out more and sign up for your free spot at the workshop here www.tinyurl.com/chrzsrh

Can't come to the workshop but would like to stay in touch about the project? Complete our contact form here <https://forms.cloud.microsoft/e/vfxCDVJTq>

GREENER FRAM - SEEKING CIO TRUSTEES

Greener Fram is changing its status to become a CIO charitable organisation. We are seeking least three volunteer Trustees to help guide the charity, meeting several times a year. This is an opportunity for people who care about Framlingham, the local environment and the future of our community. As a Trustee you would not need to be an expert, and CIO organisations keep financial accountability for members to a minimum (below £10). Enthusiasm and careful diligence is all that is needed. If you are interested in becoming a trustee for Greener Fram CIO please contact David at: info@greenerfram.org.uk

The new Greener Fram CIO would will have four aims:

- Promotion of Low Carbon Lifestyles and Resilience
- Environmental Protection and Practical Sustainability
- Advancement of Education in Sustainable Living
- Provision of Community Infrastructure and Resource Sharing

Trustees would have six main responsibilities to ensure the charity

- 1 is working for the benefit of the public.
- 2 follows their rules as well as the law.
- 3 makes decisions that benefit the charity and the people they are helping.
- 4 is acting with care and asking experts for advice when they need it.
- 5 is managing its resources well, whether this is money, people or property.
- 6 its actions are clear, and everyone knows what they are doing.

GREENER FRAM LOW CO2! SURVEYS



HOUSEHOLD SURVEY





BUSINESS SURVEY



COMMON GROUND THEATRE COMPANY
PRESENT THEIR TRADITIONAL XMAS COMEDY CAPER
TOURING TO VENUES ACROSS EAST ANGLIA

FATHER BROWN & THE CARNIVAL OF FEAR

BY PAT WHYMARK

THE XMAS TOUR
DEC 8 TO JAN 24

A PRIEST IN PERIL
A RECTOR ON THE
ROPES. BROWN
GETS A FRIGHT IN
THE FUNHOUSE

WWW.COMMONGROUNDTTC.CO.UK

Fear in the Funhouse. Terror in the Tunnel of Love, Shivers in the Shooting Gallery! On the trail of stolen artifacts, Brown faces a motley crew of churls and showgirls, led by Mozzarelli, the big cheese.

For those who fancy a bonkers, surreal and hilarious alternative to panto, book now for Common Ground Theatre Company's ever-popular Xmas spoof! "Madcap comedy gold", as The Stage put it. With their unique brand of music theatre, they've been described by Libby Purves as "One of the best things on the road in East Anglia right now...A proper treat."

This Xmas/New Year they return in full bonkers mode with their traditional festive comedy caper, which this year will be **FATHER BROWN & THE CARNIVAL OF FEAR!** A haul of recently unearthed Roman gold and silverware, the Hiddenham Hoard, has been stolen whilst in transit to the British Museum! Maud Fiveways of the Hiddenham archaeology society asks her old flame Father Brown for help, but his investigations are disrupted by the arrival of Mozzarelli's Carnival! How will he find the culprit before the precious Hoard is sold off on the black market?

Dick Mainwaring & Julian Harries star as Brown and Flambeau. Julian is known to East Anglian audiences from his many performances in the region. He has also made TV appearances in EastEnders, Detectorists, Father Brown & Mary & George.

Suitable for ages 8+. Venues include: Seckford Theatre, Woodbridge; John Peel Centre, Stowmarket; Harkstead Village Hall; Laxfield Village Hall; Aldeburgh Jubilee Hall; Diss Corn Hall. Full tour schedule on their website : www.commongroundtc.co.uk.

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FRAMLINGHAM SIR ROBERT HITCHAM'S CEVA PRIMARY SCHOOL

Community is at the heart of our school. We were delighted to welcome everyone back to a new term at SRH and have been busy with a huge range of experiences bringing learning, creativity and community together.

We hosted author and illustrator Sophy Henn, who led a truly inspirational assembly, where she shared how she creates her wonderful books. She showed the children that drawing can start with just a few simple shapes and quick ideas, then through demonstrations, she encouraged everyone to be creative, use their imagination and have confidence in their own artistic abilities. The children were captivated by her enthusiasm and left feeling excited to write, draw and create their own stories.

The residential trip in September gave our Year 6 a truly valuable opportunity to share an experience beyond the usual classroom setting. By spending this week together, pupils were able to strengthen their friendships, build confidence and develop a strong sense of community within their year group. It was a memorable experience for everyone involved and a positive way for pupils to learn, grow and work together.

At the heart of our curriculum is a love of literature, and this term began with the whole-school book, *Flower Block*. Its powerful message about the importance of community, kindness and friendship resonates throughout our school, encouraging us all to work together, support one another and create a caring environment in which everyone can thrive.

To celebrate 'European Languages Day', each class, from Nursery to Year 6, chose an artist from a European country. The children investigated information about the artists and created their own versions of their artwork. The day brought language, culture and creativity together in an inspiring way.

As part of our weekly 'Enrichment' programme, each class in Key Stage 2 will be involved in sessions on 'Civic Engagement' during the year.

The first class has learnt about Fairtrade, through a visit from Stephanie Bennell; carried out a litter pick at the Pageant Field and Framlingham Castle supported by Greener Fram, Framlingham Town Council and parents, with pickers kindly loaned by the 1st Framlingham Scout group— thank you! Making this a really well supported community event; visited Mills Meadow to share their learning with the residents; and had a visit from Greener Fram to develop their learning about water conservation. Through our Civic Engagement programme, the children are strengthening the connection between learning at school and the wider community.

It's so brilliant to see so many children using their scooters and bikes to travel to school. It is a great way to stay healthy and active, and it is important for the environment in reducing traffic and air pollution around the school. By choosing to walk, scoot, or cycle whenever possible, families can help keep our planet cleaner while enjoying fresh air and an active start to the school day.

Thank you to Framlingham Town Council and the East Suffolk Council who made a contribution towards expanding our bike/scooter rack area.



Kayaking on the residential trip (Year 6)



Sophy Henn Author visit

Join us at Old Hall Southwold this November for our fantastic two-day Christmas Makers Market, now firmly established as one of our favourite community events of the year!

With more than 55 talented makers gathered under the shelter of our Big Barn, it's the perfect place to start, and finish, your Christmas shopping. Browse an inspiring selection of handmade gifts and treats, including jewellery, ceramics, textiles, homeware, woodwork, fine art, candles, cosmetics, greetings cards, and delicious local produce.

There'll be live music throughout the weekend and lots for younger visitors to enjoy. Santa's Chief Elf will be helping little ones write and post their letters to the North Pole and, weather permitting, the much-loved Miniature Donkeys for Wellbeing will be paying us a visit. We also have some fantastic street food vendors joining us, alongside a bar serving a selection of suitably festive tipples.

Make a day of it by exploring our beautiful estuary walks, which are lovely at this time of year as the landscape takes on its autumn colours. Your four-legged friends are very welcome too, making it the perfect outing for the whole family.

With oodles of free parking, beautiful estuary views and a wonderfully festive atmosphere, Old Hall is the perfect place to soak up a little Christmas magic this November and support the brilliant independent makers and small businesses that make our region so special.

Entry £2.50 per adult. Children aged 16 and under go free.

OLD HALL SOUTHWOLD

Christmas Makers Market

Saturday 14th & Sunday 15th
November, 10am - 3pm

Live music | Street food | Kids corner | Bar

OVER 55 STALLHOLDERS UNDER THE COVER OF
OUR BIG BARN!

£2.50 Adults | 16 & Under FREE

OLD HALL SOUTHWOLD, HALESWORTH ROAD, REYDON, IP18 6SG



Christmas at Snape Maltings

A magical festive season with concerts, shopping and family events

Snape Maltings, Suffolk IP17 1SP brittenpearsarts.org



FILM @ FRAM

9th December 2026 - THE CHRISTOPHERS (2025) 15

Director: Steven Soderbergh. With Ian McKellen, Michaela Coel. Runtime: 100 mins

Julian Sklar (McKellen) was once a star of London's 1960s and 70s pop art explosion, but he hasn't painted in decades and has been broke for years. His two estranged children (James Corden and Jessica Gunning), desperate for an inheritance, hire Lori (Coel), an art restorer and former forger, to pose as a prospective assistant in order to access eight unfinished canvases Julian has buried deep in storage. The plan is to complete them, then return them to storage, where they are to be 'discovered' upon Julian's death.

"Terrifically exhilarating and funny, as bracing as a large vodka and tonic before lunch: fast, literate and funny with a key plot progression elliptically and unsentimentally managed." The Guardian

"Another solidly gripping film from the ever-prolific Soderbergh, this is a terrific two-hander, with Coel and McKellen on fine, fierce form." Empire



CASTLETON BRASS

On Saturday 3rd October Castleton Brass was pleased to make a return visit to 'Beyond the Wall' at Thornham Magna to play at their Apple Day. Band members were delighted to be able to help the charity which is near to where they rehearse at Stoke Ash.

The band has members coming from across Suffolk including Ipswich, Stowmarket, Needham Market, Bramford and Framlingham and is currently looking to recruit new members, in particular cornet and bass players, but all players are welcome.

The band rehearses on a Tuesday evening - 7.30pm to 9.30pm at the Suffolk Guide Centre, Mill Lane, Stoke Ash, IP23 7EL (just off the A140). Why not give them a try? You would be most welcome.

For further details email: info@castletonbrass.org.uk or visit their website www.castletonbrass.org.uk



LEISTON PRESS

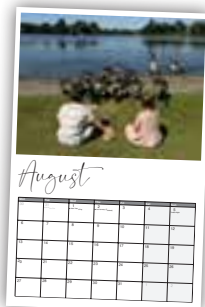
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Saxmundham.

Find your new favourites.

You may already know Saxmundham for Waitrose and Tesco or as a stop on the way to the coast. But a short walk from the supermarkets and the train station lies a growing community of independent shops, galleries, cafés and restaurants that can turn a practical trip into an afternoon worth remembering.

Around the High Street, Market Place and Fromus Square, new arrivals join established businesses, bringing fresh energy to the town. Whether you've been a local for decades, are newly finding your feet in Suffolk or are here on holiday, take time to get to know Saxmundham. Your next regular coffee stop, favourite shop or evening out could be waiting for you.



Saxmundham Christmas Fayre. This year it's on Saturday, December 5

Cafés, dining & drinks

As If Turkish Restaurant



Finding a great Turkish meal in Suffolk used to mean travelling to one of the big towns. Enter As If: a local standout serving up authentic charcoal-grilled meats, fresh fish, rich mezze and vibrant vegetarian dishes that easily stand toe-to-toe with the capital's best. Choose a few plates for the table and make lunch or dinner in the Market Place part of your visit. Takeaway is available for an evening at home.

www.asifturkishrestaurant.co.uk

The Bell Hotel



This historic High Street hotel has reasons to call in throughout the day. Stop in for a hearty breakfast, drop by for coffee and cake, meet up for cocktails made with locally sourced spirits or dine on a menu drawing on Suffolk producers. Its individually styled bedrooms make The Bell the perfect base for getting to know the town and coast.

@thebellhotel@saxmundham

www.thebellhotel@saxmundham.co.uk

socialbar cafe/wine bar



Specialty coffee, brunch and lunch bring people together by day; small-producer wines, cocktails, small plates and pizza give them reasons to return at night. Alongside live music, talks and poetry, socialbar's creative and cultural gatherings offer an easy way into the town's social life. Check out the programme and put something in the diary. Vegan & dog friendly.

@socialbar_

www.visit-socialbar.com

Spice Zone Indian Restaurant



With bold flavour right on the High Street, Spice Zone's menu has both classics, such as tandoori grills and biriyani, alongside more authentic regional specialities, such as the South Indian garlic bhuna or the Nepalese chicken. Dine in the stylish restaurant and bring your own alcoholic drink of choice, or enjoy the same delicious food at home with collection or delivery. Open seven days a week.

01728 441224

www.spicezone@saxmundham.co.uk

Keep exploring

And there's so much more to discover...

Leading the town's creative energy, The Art Station brings exhibitions and talks from internationally renowned artists alongside engaging community events. The George Farnham Gallery showcases the work of local creatives.

The town also boasts a pet shop, classic stationers, takeaways, barbershops, salons aplenty and a hand car wash.

In Fromus Square, boutique finds at The Store In the Cupboard join eateries like The Thai Saxmundham, Black Dog Deli and Willows' vegetarian box salads.

tap.social taproom



Just off the High Street, tap.social opens onto Fromus Square, with an ever-changing rotation on tap of craft beer, cider and low/no alcohol. With courtyard seating and Back Yard Pizza close at hand, socialbar's sister taproom is the perfect stop-off spot for a pint and bite to eat following an afternoon of exploring.

@tap.social_

www.saxmundhampizza.com

Shops & everyday services

There are many ways to shop that support local businesses and producers. Here are just a few on Saxmundham High Street...

Cotton Tree Interiors



Cotton Tree Interiors brings vast expertise to every project, offering a complete design and build service from initial concept, featuring luxurious fabrics and bespoke furniture, custom bathrooms and curated kitchens. Based just off the high street in the Market Place, the studio's portfolio includes The Bell Hotel, an opportunity to see local design talent in action.

@cottontreeinteriors
www.thecottontree.co.uk

Jeffery & Associates Opticians



Eyewear is a daily constant; selecting yours deserves personal attention. Independent since 1965, Jeffery & Associates believes in building lasting relationships with their patients, combining meticulous eye care with honest, individual guidance every step of the way - plus a curated range of frames to match your style.

www.jefferyopticians.co.uk

Ruby Tyger



Building on its success in Framlingham, Ruby Tyger brings a curated mix of effortless womenwear, accessories and homeware to Saxmundham's High Street. The collection features flattering cuts, cosy kniewear and thoughtful finishing touches for your wardrobe and living space - making it an easy addition to your weekend browse.

@rubitygerframlingham
www.rubitytyger.com

Fisher's Home Hardware



From a single fixing to paint for an entire room, Fisher's is a place to talk through the job and find exactly what you need. Family run for over 50 years, this independent hardware shop is packed with tools, plumbing and electrical essentials, gardening supplies and everyday household goods. Bring along your empty bottles for an Ecover refill while you're here.

www.fishershomehardware.com

Park and explore...

Saxmundham is served by the closest railway to the beautiful beaches of Aldeburgh and Thorpeness as well as the world-renowned Snape Maltings. If you're driving, Waitrose and Tesco accommodates two hours' parking each whether or not you're shopping there! Aside from the expansive supermarket car parks, public parking is available at the station car park next to the Market Place - free after 6pm.



www.visitsaxmundham.co.uk

Saxmundham Post Office



Turn multiple errands into a single, effortless trip. Conveniently placed at the heart of the High St, Saxmundham Post Office is a true one-stop shop where you can send packages, collect parcels (handling Royal Mail, Evri and DPD), and pick up prescriptions, plus browse a selection of greeting cards, gift wrap and small gifts.

www.postoffice.co.uk

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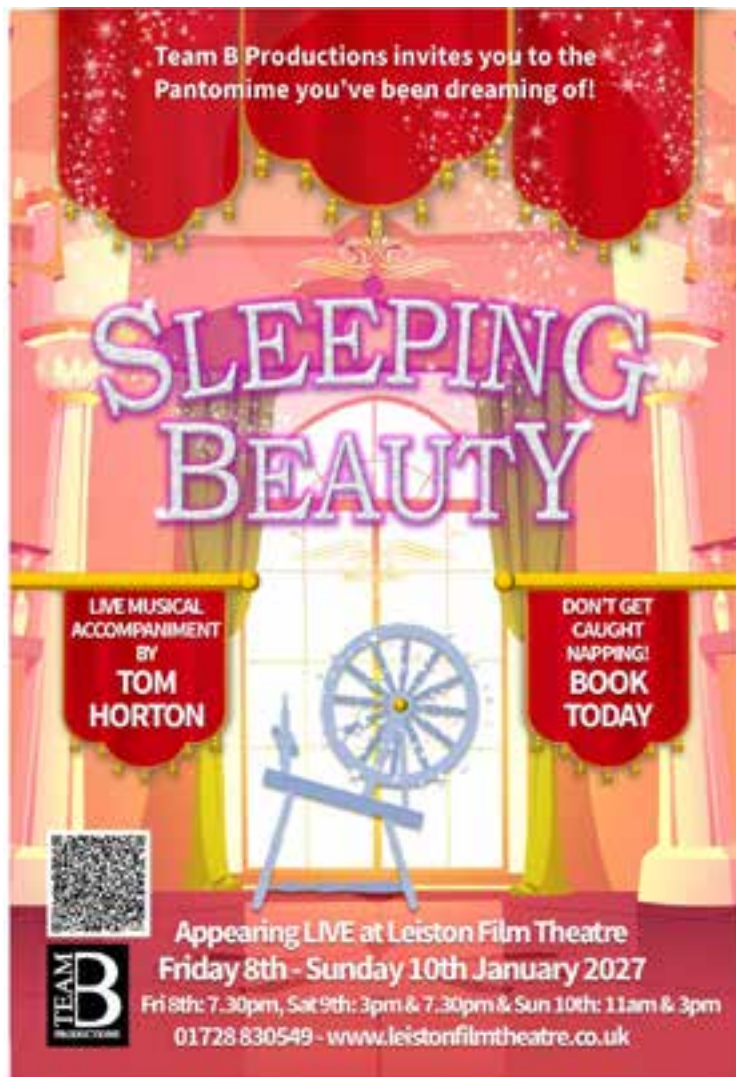
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saxmundhamwholefoodshop.org

YOU'RE PROMISED A PANTOMIME WORTH STAYING AWAKE FOR AT LEISTON FILM THEATRE THIS JANUARY!



Team B Productions invites you to the panto you've been dreaming of ... Sleeping Beauty, appearing live at the splendid Leiston Film Theatre between the 8th and 10th January 2027 and tickets are in big demand, with seats for some performances already limited.

As a baby, the beautiful Princess Aurora is cursed by the evil Carabosse, destined to perish on her 18th birthday, by pricking her finger on a spinning wheel. But when the good fairies intervene, the Princess falls under a sleeping spell and into a deep slumber and can only be awoken by true love's kiss.

Now it's up to a dashing Prince, the good Fairies, and the Princess' best friend Muddles to save the day. Will good triumph over evil, will true love's kiss be enough to break the spell and will they all live happily ever after?

The Pantomime has been written by Wayne Burns and Toby Young and is being brought to the stage under Wayne's 'Team B Productions' title - a group of experienced am-dram performers, who have enjoyed numerous sell-out successes, gaining a reputation and following for their polished performances.

Sleeping Beauty promises another traditional family Pantomime, bursting with colourful costumes, dazzling effects, toe-tapping tunes and sprinkled with magical mayhem!

The Pantomime sees renowned Suffolk musician Tom Horton returning as the Musical Director and the energetic students from the Chloe Kinrade School of Dance will be making a welcome return to the stage, as part of the Pantomime extravaganza.

Sleeping Beauty will be appearing live at the Leiston Film Theatre on Friday 8th (7.30pm), Saturday 9th (3pm & 7.30pm) and Sunday 10th (11am and 3pm) January 2027. Limited tickets are still available, priced £19.95, £19.50 and £17.95. Book your seats on 01728 830549 or at: www.leistonfilmtheatre.co.uk.

INTRODUCING THE PANTO PRINCESS FOR 2027

There are no words to express how excited Kelly Eagle was to be offered the role of Princess Aurora, in Sleeping Beauty. Kelly first contacted Team B back in 2024 to enquire about getting involved in their productions and after a brief audition process, patiently stood in the wings waiting to take to the stage in the 2026 production of Mother Goose. Since then, Kelly has appeared in Team B's recent comedy/drama, Mourning Campers and this year is their leading lady in Sleeping Beauty.

If you've ever thought about taking to the stage, or working in the wings as the vital stage support, now's the time to get in touch. Simply message Team B Productions via their Facebook page, or via the Leiston Film Theatre website at: www.leistonfilmtheatre.co.uk



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Magic of CHRISTMAS

A festive family treat of sparkling music and dance

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Book now brittenpearsarts.org



Suffolk sisters Harriet Ablitt and Ellena Bacon face an exciting challenge this autumn: to re-imagine a huge Christmas show for the Co-op Juniors Theatre Company at Snape Maltings Concert Hall.

For the group's 20th anniversary at the world-famous venue, drawing audiences from all over East Anglia, the sisters have taken the popular show to the next level.

"We've spent months selecting music with our musical directors to fit high-energy choreography in so many different styles. There's truly something for everyone," says Harriet Ablitt.

Her sister Ellena Bacon agrees, "With our talented young cast of almost 100, we've created a huge variety of musical moods and rhythms, making this perfect for the whole family."

Both sisters are professionally trained and have appeared across the UK in stage productions. It is their second Magic of Christmas show: "We've enhanced our stage set with the latest lighting technology, so this will be bigger, bolder with lots of surprises and so much fun!" smiles Ellena.

Tickets brittenpearsarts.org or call 01728 687110



PROJECT UPDATE

NOVEMBER 2026

It has been a busy summer with works continuing to progress well. We have reached a key milestone with the arrival of the first commercial trains, delivering materials directly to the Temporary Construction Area via the newly installed rail line, known as the Green Rail Route.

Each freight train prevents the equivalent of around 50 HGVs from having to travel on our roads. Between now and Christmas around 100,000 tonnes of material will be delivered by rail, removing the need for approximately 5,000 HGV journeys from local roads.

Added to this, our jetty – what we call our Marine Bulk Import Facility (MBIF) – will be operational in the New Year, at which point we can open up more deliveries by sea too.

Overall, 60% of our materials will be delivered by rail or sea. That means less HGVs on the roads and less impacts on local communities.

The Park and Ride capacity continues to increase at our southern car park near Wickham Market with more of our workers using the site to park their cars and access our sites on Sizewell C buses. Our contractor has now removed the temporary welfare building as they complete the access to the Southern Park and Ride site.

The A12 road improvements at Marlesford are also almost complete, improving community connection and safety for the community.

Whilst train movements have commenced, there are still investments being made to further upgrade the main and branch lines which are being carried out by Balfour Beatty Rail and Network Rail. From Saturday 24 October – Monday 2 November, there will be a nine-day blockade of the East Suffolk branch line to support rail upgrades. The works include:

- Complete renewal of Saxmundham rail junction
- Upgrade of signalling system between Westerfield and Halesworth
- Civils work around Bealings level Crossing that includes installing bases for signalling future equipment

Throughout the blockade, buses will replace trains between Lowestoft and Ipswich. A separate shuttle bus will operate for customers travelling to and from Beccles, these customers will need to change bus at Halesworth.

More information will be made available in the coming weeks on greateranglia.co.uk.



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 4 November 18:00, at the High Lodge, Darsham

Southern Transport Forum

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

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

NOMINATIONS INVITED FOR A SUFFOLK MEDAL

People are being invited to nominate the unsung heroes who have made a positive and lasting difference to life in the county for a Suffolk Medal. Suffolk Community Foundation is encouraging people to nominate a friend, neighbour, colleague or associate who they feel has carried out incredible work for the long-lasting benefit of the county and its residents.

The Foundation particularly wants to receive nominations for people from diverse backgrounds so that their achievements can be shared and celebrated. This could include community leaders, carers, educators, environmentalists, volunteers, advocates or charity workers.

"The Suffolk Medal is the highest honour that the county can give to an individual," said Hannah Bloom, chief executive of Suffolk Community Foundation, which coordinates the medal.

"It champions the inspirational people whose exceptional contributions have made a measurable and lasting difference to Suffolk."

"Coordinating the Suffolk Medal is always one of the highlights of our year – we thoroughly enjoy reading through the nominations and learning more about some of the unsung heroes who are working so hard to make a difference to our community."

"This year, we particularly want to attract a broad range of nominations for people from diverse backgrounds who really help our county to shine."

"These people make a huge difference but can often fly under the radar – and we want that to change."

"So please take a moment to nominate someone who you feel has created a legacy for the county so we can shine a light on Suffolk's humble heroes, celebrate their achievements and inspire others to follow in their footsteps."

Anyone is welcome to make a nomination.

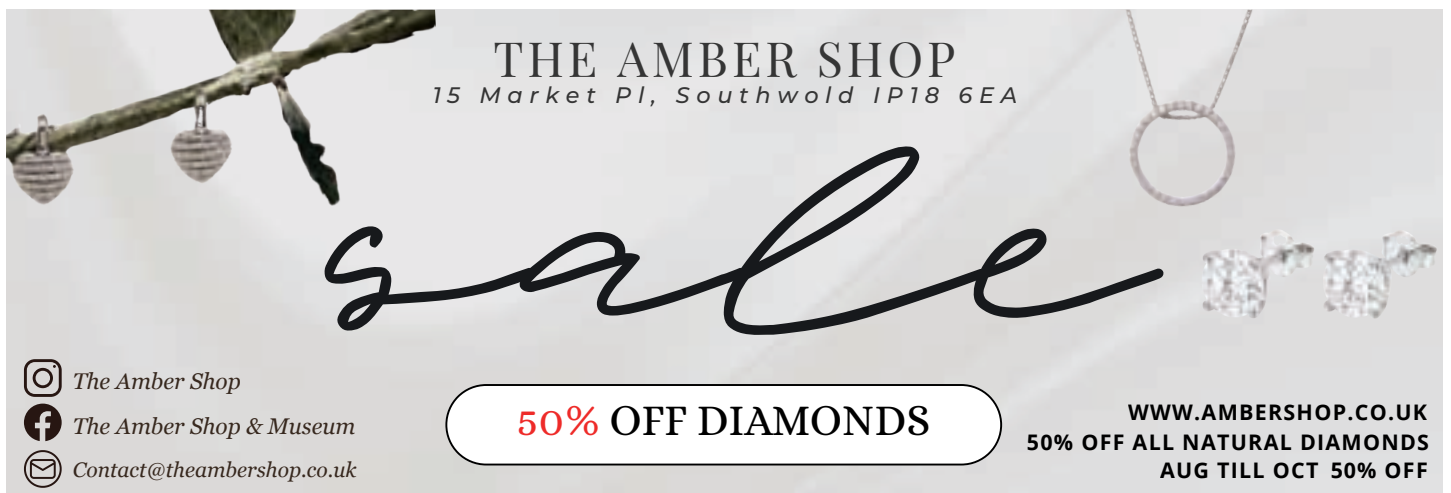
The person who is being nominated **must live in Suffolk or have made their contribution within the county and have had a sustained and significant impact on the whole county.**

An awards panel will meet in November to discuss the nominees, with the successful candidates presented with their medals during Suffolk Day on 21 June 2027.

To nominate, visit www.thesuffolkmedal.org



This year's winners: L – R: Oliver Paul, High Sheriff of Suffolk, Dr Soni Sushil's two sons, Libby Purves OBE, Michael Laskey, Liz Harsant, Mark Pendlington, HM Lord-Lieutenant of Suffolk and Cllr Donna Higgins, Mayor of Bury St Edmunds.



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BRITAIN IN THE 1930S

A photographic journey through an extraordinary decade of change by Steven Brindle & Maureen Hill.

Through more than 900 extraordinary black and white images, this remarkable book reveals a Britain on the cusp of enormous change – a world that would soon be transformed forever by the Second World War.



With photographs from every British county and city in the country, from Cornwall to Orkney and from Cardiff to Derry, this spectacular 616-page book captures a nation poised between tradition and modernity, revealing everyday life in unprecedented detail. Britain in the 1930s was a land of striking contrasts. Economic depression and mass unemployment devastated many industrial communities while elsewhere prosperity, suburban growth and consumer culture transformed daily life.



Through these astonishing photographs, Britain in the 1930s captures a decade in which old ways of life endured even as Britain embraced the modern age. The 1930s marked the golden age of the British seaside. Crowded beaches, bustling promenades, pleasure piers and elegant hotels welcomed millions seeking leisure and escape. Families enjoyed day trips to Brighton and Margate, while Blackpool and Morecambe became synonymous with summer holidays. Camping, walking and boating holidays grew in popularity, while lidos, dance halls and pavilion theatres reflected a new culture of recreation and entertainment.



These photographs capture moments of joy and relaxation during a decade often overshadowed by memories of economic hardship and the approach of war. Beyond the towns and cities, much of rural Britain appeared little changed from previous centuries.

Medieval market squares, village greens and ancient churches dominated the landscape, while agricultural shows, livestock markets and seasonal fairs continued to shape everyday life.

Traditional customs survived across the country, from hunts and village races to ancient celebrations and country shows.

The photographs reveal a world where horses and carts still shared roads with motorcars and where picturesque villages, market towns and centuries-old buildings remained at the heart of British identity.



A true reflection of JB Priestley's famous vision of 'three Englands' – the ancient country of cathedrals and villages, the industrial Britain created by the Victorians, and the new world of suburbs, cinemas and motorcars – Britain in the 1930s presents a nation in transition.



The archive images and detailed commentary that make up this book evoke a bygone age, capturing a turning point in Britain's national story.

It illuminates a momentous decade, one that was both a window on the past and signpost to the future.

The book is published on 5th November by Atlantic Publishing @ £50





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SUFFOLK ANIMAL RESCUE

Poor Piggy. Piggy the gentle tabby has lived outside, for the whole of his 15 years. His 'owner' moved away and someone else took on giving him a little food. Now they are moving away too. They all thought he was fine, living in an old box, outside in all weathers, the chill of 15 winters invading his skinny frame.

Suffolk Animal Rescue took this little sweet soul in, and he joined 200 other rescued felines, all hoping to find comfort and affection as autumn and winter nights begin to march in and bite.

SAR is a tiny but massively-effective animal welfare charity based near Debenham, Suffolk. Next year it celebrates 30 years of relentlessly rescuing animals, but founder Mrs Jayne Roberts says things have never been so bad. The charity is overwhelmed by cats and kittens, dogs, rabbits and even some wildlife... all needing rescue and veterinary treatment.

The veterinary bill for last month alone was £18,000.

SAR is unusual in that it concentrates on the feral cats and kittens.

Luckily the local community rallies to raise funds, including the parishioners at St Peter and St Paul's Church in Aldeburgh. And Debenham Veterinary Practice is generous and hugely supportive.

Jayne says: "We are incredibly grateful to everyone who supports us but we really need to find good homes for cats like Piggy.

"We are overwhelmed by the numbers of animals needing help. We have a huge waiting list. Crucially we need to get these cats and kittens out of our catteries and into cosy homes before winter bites."

Piggy is one of the lucky ones to get a place. He has had his thorough vet check already. Some of the roots of his teeth were exposed so he's been to the veterinary dentist! He will have to have one other operation on his thyroid and then he'll be fit and ready for his new home.

Jayne said: "He's such an adorable, sweet and lovely chap, I'd love him to be spoiled, to make up for all the struggles he has been through.

If you can offer this little Piggy that kind, special home, ideally as the only cat but not necessarily, please contact Suffolk Animal Rescue. We would be very grateful for donations, items to sell in our shop, and offers of any help. Please visit: <https://www.suffolkanimalrescue.org.uk/> Please call: 01728 860937 or email: suffolkar@hotmail.com



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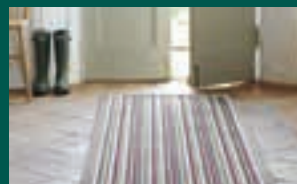
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GAME LOWESTOFT RETURNS

Taking place on Saturday **14 November** at East Point Pavilion, Lowestoft, NR33 0AP, this FREE gaming celebration - **GAME Lowestoft** - brings together tabletop and video gaming, industry workshops and a 'Super Smash Bros Ultimate Tournament' to Lowestoft.

Organised by First Light Festival CIC with funding and support from the East Suffolk Community Partnership Board, the event shines a spotlight on the region's growing presence in the UK's gaming and creative industries.



Throughout the afternoon, visitors of all ages can drop in to a packed programme of workshops and gaming sessions, including e-games from Norwich Gaming Festival, a self-led 'Create Your Own Loot Box' workshop from Wayward Adventurers, tabletop gaming with Skyward Fire, a content creation workshop with Dominic Sacco, and a prototyping workshop from Stray Dog Games.

The day builds to a headline 'Super Smash Bros Ultimate Tournament', with sign-ups open from 12 noon and play running from 4.30pm to 6.30pm, before the event wraps up at 6.45pm. Also joining the event will be Game Anglia, The Fort, gaming influencer Miyuki Panda and Epilogue Book Shop.

Dominic Sacco, writer, editor, speaker and founder of Esports News UK said, "I'm delighted to be a part of Game Lowestoft 2026! Having visited the inaugural event last year, it was lovely to see developers, traders and gamers gather for a host of activities, and I'm super excited to be running a content creation workshop at this year's show. I believe regional games events are the future and look forward to seeing Game Lowestoft go from strength to strength".

On **Friday 13 November**, schools are invited to a special day featuring workshops and activities from professionals working in the industry including education partners Access Creative College, East Norfolk 6th Form College, Norwich University of the Arts and University of Suffolk.

A workshop, 'Speaking Confidence: The Cheat Codes' by Jon Torrens, a self-confessed neurodivergent introvert show-off, will show students some simple techniques for writing great material and delivering it like a final boss.

Mr Garwood the STEM lead and Ambition Programme Coordinator at Beccles High School said, "We came to the previous one and it was superb".



In advance of the weekend BAFTA award winning Games Developer Fred Hoffman from Newfangled Games will be heading back to East Coast College where he studied to give an inspiring talk to the students on the power of saying yes to opportunity.

For more information and to book a place for your school,

email: faye@firstlightlowestoft.com



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We distribute the magazines door to door and to many varied outlets. The next issue will be published on Tuesday 1st December, copy deadline is 14th November - 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.

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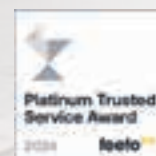
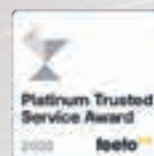
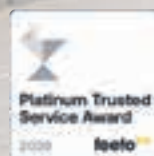
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