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OCTOBER 2026

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A NOTE FROM OUR EDITOR



Hour Place , the health and wellbeing hub, on Fairfield Road, looks like a very welcoming space for the community, offering all sorts of support and help to anyone who needs it - a great initiative - why not pop into their cafe for a coffee and a chat? You will receive a very warm welcome I'm sure.

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

Progress is impossible without change, and those who cannot change their minds cannot change anything.

George Bernard Shaw



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FROM FRAMLINGHAM



Framlingham: A Town Shaped by Its Community: From planning and road safety to heritage, volunteers and the everyday work of caring for shared spaces, recent weeks have shown the many ways in which Framlingham residents are helping to shape the town's future. Framlingham is a town with a strong sense of place: proud of its historic setting, attentive to the needs of its residents and sustained by the people who give their time, ideas and energy to the community. Over recent weeks, that spirit has been visible in council meetings, public consultations, volunteer work parties and conversations. The Town Council's work is often a mixture of the long-term and the immediate. One day can involve considering a major planning application or preparing the next year's budget; the next can mean arranging a repair, responding to a footpath concern, helping to protect a historic feature or thanking volunteers for clearing weeds from the town's streets. All of these things matter, because together they influence how Framlingham looks, feels and functions.

Planning for the Future: This summer saw the consultation on the revised Framlingham Neighbourhood Plan, an important document that will help guide future planning decisions in and around the town once adopted. Residents were encouraged to look carefully at the proposals and share their views, through the consultation, drop-in sessions and informal conversations with councillors. A Neighbourhood Plan does not stop all change, nor is it intended to. Its purpose is to give the community a meaningful voice in how change happens: helping to set expectations around new development, local character, services and infrastructure. The responses received will help inform the next stages of this work and will be considered alongside the wider planning process.

The Cemetery has been another focus of both practical work and long-term planning. Following public consultation, councillors agreed that the current priority should be making the best possible use of the existing cemetery space, including creating an area for the scattering of ashes. The Council does not currently consider that there is sufficient support or justification for the substantial cost of purchasing land and developing a new cemetery.

However, this is not a permanent decision: suitable land opportunities will be kept under review, subject to favourable initial surveys, and the position will be reconsidered fully in 2030. Options such as memorial walls will also be explored, alongside any future changes to national rules on the reuse of historic graves.

Listening and Looking Ahead: Public participation is fundamental to local democracy, and the Town Council has continued to create opportunities for residents to raise issues, offer ideas and influence priorities. In early September, a further Town Meeting was held to gather views ahead of the annual budget-setting process. Although fewer people attended than the meeting held in April, those who came contributed thoughtful and constructive suggestions about the things they would like the Council to focus on over the coming year and beyond. Their comments have been recorded and will now feed into councillors' work as they prepare the budget for 2027–28. A Councillor surgery on the Market Hill provided another informal opportunity for people to speak directly with Councillors and the Town Clerk. These conversations are valuable. Not every concern needs a formal agenda item, and not every good idea starts in a committee room. Often, it begins with a short conversation about what is working well, what needs attention and what could make a practical difference.

Caring for Framlingham's Heritage and Environment:

Framlingham's historic character is one of its greatest strengths, and recent news has included a particularly welcome development. After almost five years of waiting, confirmation has been received that work to rebuild the church wall in Church Street is due to begin in mid-September. The wall forms part of the setting of St Michael's Church, a Grade I listed building and a much-loved feature of the street. Its careful restoration will help preserve the appearance and heritage of this prominent part of the town. To allow the work to take place safely, the relevant section of Church Street needs to be kept clear of parked vehicles during the construction period. The Council thanks residents and visitors for their patience while this important project is completed.

Volunteering Makes a Difference:

Community self-help continues to make a visible difference across Framlingham. At the latest Town Tidy, volunteers met at the top of Fore Street and cleared weeds from pavements along Fore Street and Castle Street. With a strong turnout, the group also tidied the entrance to St Michael's Church and its adjoining path and removed several small self-seeded trees at the Cemetery. Earlier in the summer, volunteers helped clean the railings along Riverside, wire-brushing them in preparation for repainting. The Council has contacted the Co-op management team to request that the railings are painted, helping to improve the appearance of this important entrance to the store and the town centre. These may seem like modest tasks, but they have a real impact. They make streets and public spaces feel cared for, bring people together and show what can be achieved when residents work alongside the Council. Town Tidies take place on the first Monday of each month, and new volunteers are always welcome.

TOWN COUNCIL

A Shared Responsibility: The Town Council was also pleased to welcome Cllr Adrian Cave following his co-option at the September Full Council meeting. Fresh voices and new ideas are vital to local government, and we look forward to working with him for the benefit of the town. Framlingham's future will not be shaped by one decision, one meeting or one organisation. It will be shaped by the accumulated efforts of residents, volunteers, businesses, community groups, officers and councillors: by the people who attend a meeting, report a concern, respond to a consultation, help tidy a street, contribute a thoughtful idea or simply take pride in their surroundings. The Town Council remains committed to listening, communicating clearly and working with the community on the issues that matter. Whether the subject is planning, heritage, road safety, public spaces or the services that support everyday life, local voices continue to be at the heart of Framlingham's next chapter.

Coming Up

Remembrance Day Parade and Service: On **Sunday 8 November**, the annual Remembrance Day Parade and Service will take place at St Michael's Church. Please note that the parade route will be slightly different this year. To accommodate the band taking part, the parade will assemble at the Castle before proceeding down Church Street to St Michael's Church. Following the service, the parade will continue to Market Hill as usual for the speeches, before formally falling out.

We hope that residents will join us in paying tribute to those who have served and sacrificed.

Christmas Lights Switch-On: Our much-loved Christmas Lights Switch-On will take place on **Friday 27 November** on Market Hill. There is lots being planned for what promises to be a wonderful festive evening for all the family. Further details will be shared in next month's magazine and through our social-media channels. Please save the date and join us as we begin the Christmas season together.

To find out more about Town Council meetings, consultations, volunteering opportunities and local updates, visit the Framlingham Town Council website or contact the Town Council office at towncouncil@framlingham.com.



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HOUR COMMUNITY

Local People Making a Lasting Difference

Hour Community's story is a wonderful example of what can happen when local people recognise a need and decide to do something about it. Its roots go back to 2010, when Nick Corke and 25 other like-minded residents formed the Rotary Club of Framlingham. One of their first ambitions was to establish a community project that would provide practical help to local people. Hour Community began operating in 2011, initially helping residents with small jobs around the home. Nobody could have predicted how much the organisation would grow or how many lives it would touch.

The name reflects a simple but powerful idea: if each of us can "give an hour" of our time - or the equivalent of an hour's salary - we can make a meaningful difference to somebody in need. That community-minded principle remains at the heart of the charity today. Hour Community became a registered charity in 2016 and has continued to develop its services in response to local needs.

Its volunteers provide medical transport, helping people reach important appointments when limited public transport might otherwise prevent them from attending. They also carry out small practical jobs for older residents.

The charity's work goes far beyond practical assistance. Its befriending service and the Forget Me Not Club supports people experiencing loneliness, isolation, and living with memory loss. The Worry Tree Café offers friendship, information and support to those facing mental-health challenges. Hour Shed gives people a welcoming place to meet, talk, share skills and work on creative projects. Trishaw rides offer older residents a chance to enjoy fresh air, conversation and renewed connection with their surroundings.

Hour Community's latest chapter is Hour Place, its health and wellbeing community hub on Fairfield Road - a welcoming home for the charity and its services, providing space for classes, clubs, events, support groups and other activities promoting healthier, happier and better-connected lives.

At the centre of this new hub is the Hour Place Community Café, and everyone is warmly invited to visit. The café is open every Monday, Wednesday and Friday from 10am until 1pm at Hour Place, Fairfield Road, Framlingham, IP13 9LE.

Whether you are new to the area, would like to meet more people, want to find out about local support or simply fancy a cuppa and a friendly chat, you will be very welcome. Come by yourself, bring a friend or introduce a neighbour - there is no need to wait for a special occasion: the café is a relaxed community space.

Hour Community has grown from a modest plan to help with a few odd jobs into a charity offering an impressive range of essential services. Yet its purpose remains refreshingly simple: neighbours giving their time, skills and care to support other neighbours.

Why not join us at the café one morning and become part of the next chapter in Hour Community's story? Bring a copy of your October Framlingham Focus to the café a get 50p off a coffee and Cake



Presents J.S. Bach's CHRISTMAS ORATORIO

at Snape Maltings Concert Hall

Saturday 28th November at 7pm

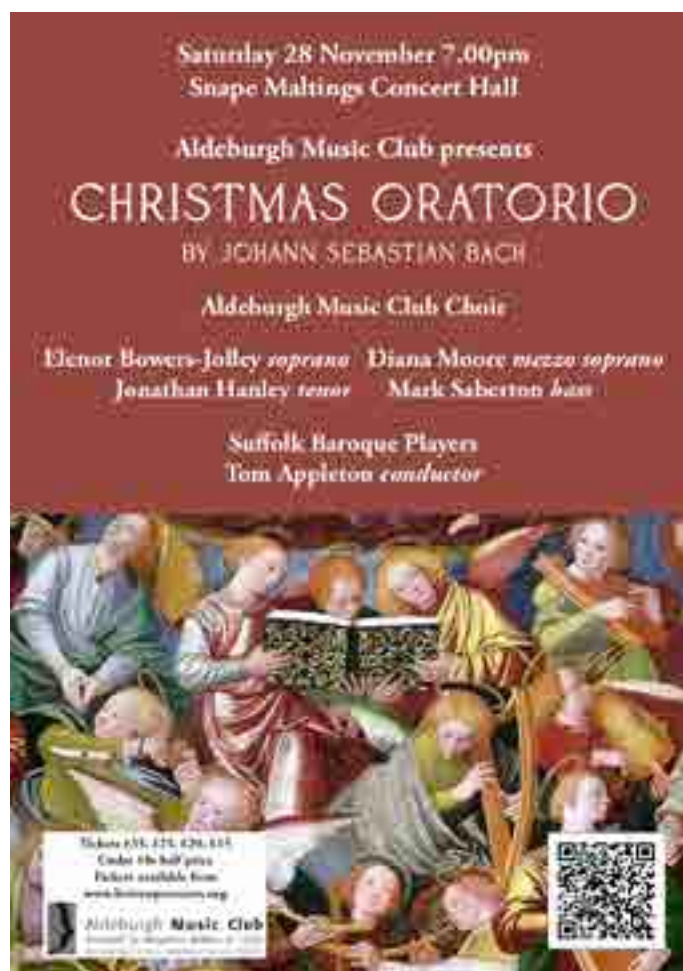
Following their sell-out performance of Messiah at Snape Maltings Concert Hall last year, **ALDEBURGH MUSIC CLUB** return to Snape on 28th November with another great choral masterwork for Christmas, J.S. Bach's **CHRISTMAS ORATORIO**.

Written in 1734, the Oratorio tells the story of Christmas - the birth of Jesus in a manger, the announcement of the birth by the Angels, the visit of the shepherds, and the arrival of the Wise Men with their gifts of gold, frankincense and myrrh.

Telling this eternal story, the choir will be accompanied by the Suffolk Baroque Players, and conducted by their musical director, Tom Appleton, with a great line up of professional soloists - Elenor Bowers-Jolley (soprano), Diana Moore (mezzo soprano), Jonathan Hanley (tenor) and Mark Saberton (bass).

Tickets for the concert, which starts at 7pm, are available from Snape Maltings Box Office, or online at: www.brittenpearsarts.org.

Tickets for under-18s are half price.



Hello!

We'd like to say hello to everyone in our local community. We're delighted to serve you with a fantastic range of everyday essentials, as well as food-to-go options, from freshly squeezed orange juice and great-tasting coffee to much more. We look forward to welcoming you in store soon.



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FLIPSIDE FESTIVAL

Booker Prize-winning novelist Samantha Harvey, celebrated travel writer Colin Thubron and writer and biographer Sara Wheeler are among the writers coming to Framlingham on **Saturday 3 October** for the 2026 FlipSide Festival.

Taking place at the historic Old Theatre from 10am to 6pm, this year's festival, Travels in Time and Space, explores journeys, migration, language, memory and the ways books carry us through place and time.

From the origins of language to the experience of migration; from landscapes that inspire fiction to journeys across continents and into inner worlds, FlipSide 2026 will bring an exceptional range of perspectives to Suffolk.

The programme features:

- Laura Spinney, science writer and author of *Proto: How One Ancient Language went Global*, exploring the origins and movement of language in *Words in Motion*.
- Colin Thubron, travel writer, novelist and past president of the Royal Society of Literature, discussing the relationship between place, fiction and fact in *Passage to Page*. His latest novel, *Passage*, was published in August 2026.
- Colin Grant, historian and Fellow of the Royal Society of Literature, on *What We Leave We Carry*, his oral history of migration to Britain, published this year.
- Samantha Harvey, whose novel *Orbital* won the 2024 Booker Prize, in conversation with Dan Franklin, FlipSide trustee and former publishing director of Jonathan Cape, about *Other Worlds*, from outer space to the landscapes of the inner life.
- Sara Wheeler, travel writer and biographer, whose *Jan Morris: A Life* was published this year, in conversation with novelist and biographer Lucy Hughes-Hallett about the life and writing of Jan Morris.
- Blake Morrison and Ian Patterson, two leading poets, critics and memoirists in conversation about the connections between reading, writing and the lives we make through books.

The day will be introduced and hosted by FlipSide's curator Gareth Evans.

Chris Maloney, Chair of FlipSide Trustees, said: "We've brought together writers who come at the idea of travel from completely different directions – from language and migration to fiction, memory and outer space.

"It's an extraordinary group of people to have together for one day in Framlingham. The programme takes the idea of a journey well beyond just moving from place to place."

Tickets, including full-day, half-day and low-price options, are now on sale. Full programme and booking information: <https://www.flipsideuk.org/>



FLIPSIDE
Suffolk's day-long festival of literature and ideas

TRAVELS IN TIME AND SPACE

■■■ with ■■■

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SAMANTHA HARVEY
BLAKE MORRISON
IAN PATTERSON
LAURA SPINNEY
COLIN THUBRON
SARA WHEELER**

Saturday 3 Oct 2026, 10am–6pm
The Old Theatre, 10 Church St, Framlingham IP13 9BH

[flipsideuk.org](https://www.flipsideuk.org)



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Mon 5th & Tues 6th Oct at 7.00pm
Wed 7th Oct at 2.00pm
Thurs 8th Oct at 7.00pm

**DE GAULLE:
LIBERTE** 15

Wed 7th Oct at 7.15pm
Sun 11th Oct at 3.00pm
Wed 14th Oct at 7.15pm
Sun 17th Oct at 3.00pm

PRACTICAL MAGIC 2 12A

Fri 9th Oct at 7.15pm
Sun 11th Oct at 6.00pm

RUNNER 15

Mon 12th Oct at 2.00pm
Sun 18th Oct at 3.00pm
Wed 21st Oct at 7.15pm

SENSE AND SENSIBILITY PG

Mon 12th & Tues 13th Oct at 7.15pm
Wed 14th Oct at 2.00pm
Thurs 15th Oct at 7.15pm

BAD APPLES 15

Fri 16th & Sat 17th Oct at 7.15pm
Sun 18th Oct at 6.00pm
Mon 19th & Tues 20th Oct at 7.15pm
Wed 21st Oct at 3.00pm
Thurs 22nd Oct at 7.15pm

HEART OF THE BEAST 12A

Fri 23rd, Sat 24th, Tues 27th &
Thurs 29th Oct at 7.15pm

DIGGER 15

Sat 24th Oct at 1.00pm & 3.00pm
Sun 25th Oct at 3.00pm
Mon 26th - Thurs 29th Oct at 2.00pm

**SHAUN THE SHEEP: THE
BEAST OF MOSSY BOTTOM** U

Mon 26th - Fri 30th Oct at 11.30am

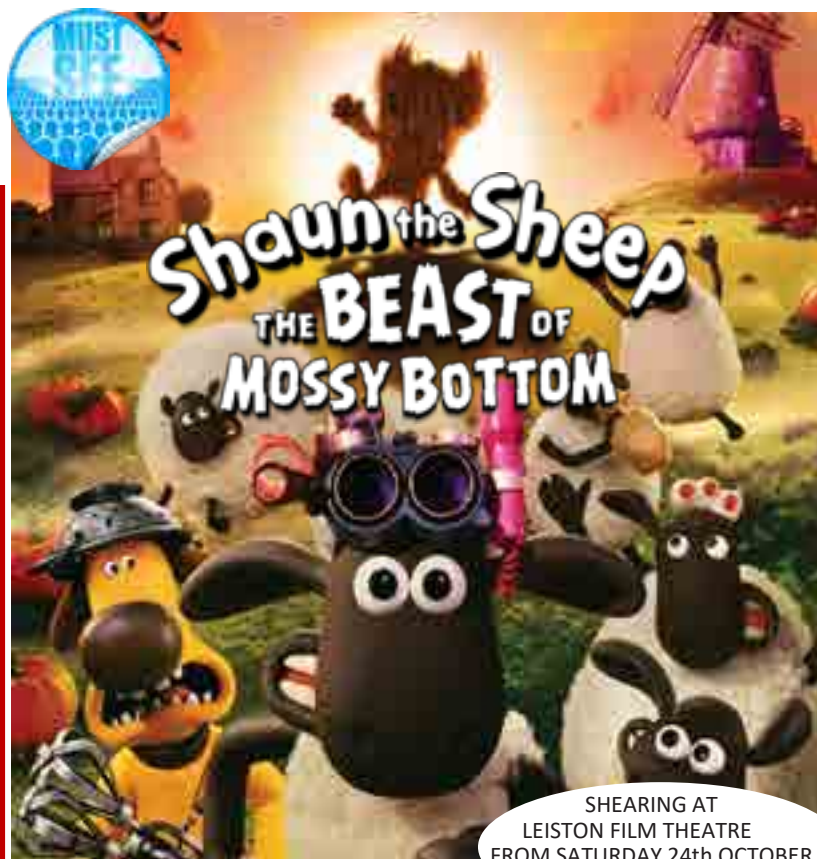
**DISNEY JUNIOR
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Friday 27th November, 7.30pm
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Saturday 28th November, 7.30pm
HONEY AND THE BEAR

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PANTOMIME - SLEEPING BEAUTY

Saturday 16th January 2027, 7.30pm
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GREENER FRAM NEWS

POWER STATION FILM

Inspiring film on how one street turned every rooftop into a solar "power station"

Friday 16 October
6.30pm - 8.30pm at the
Unitarian Meeting House

GREENER FRAM
action for a positive future

Free tickets here

Power Station Film

**We're kicking off the launch of our new project FRAM POWERS UP!
 with the screening of the film Power Station**

**This film is a testament to the power of community and really makes you think -
 that when we all come together, anything is possible. If these guys can do it, so can we.**

ABOUT THE FILM

Working to turn a street and local schools solar, Power Station is a scalable in-your-face prototype of community led power. Two artists set out to kickstart a people powered energy revolution.

Directed by co-directors Hilary Powell and Dan Edelstyn, **POWER STATION** charts their turbulent journey, from pitching the idea to their neighbours and raising finance by sleeping on the roof, growing thousands of sunflowers for a Sun Festival and launching a bid for a Christmas number one. The project started in 2022 and the film was launched in 2025

See **POWER STATION** at the Unitarian Meeting House on Friday 16 October at 6.30pm. Entry is free but be sure to secure a seat with a ticket using the QR code above.

IF YOU CAN'T MAKE THE FILM - see us the next morning on Market Hill - Saturday 17th Oct

ABOUT FRAM POWERS UP!

Fram Powers Up! is a community-driven clean energy project created to help us tackle rising fossil-fuel costs and build long-term resilience together. We are starting from the top - literally - by focusing on rooftops first, exploring how solar and other clean-energy technologies can turn the homes and buildings of Framlingham into local power hubs.

At its heart, this initiative will support the people of Framlingham through a community benefit fund, practical advice on lowering energy bills, and guidance on making homes warmer and more efficient. Every step we take, from roof to doorstep, brings us closer to a more sustainable future and a smaller carbon footprint for us all.

Find out how you share in our power-full new future - how might it work and workshops you can take part in.

If you'd like to help us change the energy landscape of Fram - plug in today by contacting David at: info@greenerfram.org.uk

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OCT 1 - NOV 1

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by Pat Whyman

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FILM @ FRAM

November 11th: Rebuilding (2025) PG
Director: Max Walker-Silverman
With Josh O'Connor
Runtime: 96 mins

After losing the old family ranch to a wildfire, a cowboy, Dusty (O'Connor), winds up in a small FEMA camp in the vast American West.

The last of a long line of ranchers, he's stranded between the legacy of his land and the changes to it. But he begins to reconnect with his young daughter, Callie Rose, and his ex-wife, Ruby, and ultimately the neighbourhood around him.

Together they find an unlikely community - and maybe even hope, beauty, and a future in this wild place.

"Alfonso Herrera Salcedo's gorgeous cinematography and an Americana-tinged guitar score from Jake Xerxes Fussell and James Elkington give the piece a finely tuned western-movie sensibility."

"A quiet film that manages to retain a sense of hope and redemption at its heart while largely keeping platitudes at bay, this is a relatively small but no less worthwhile addition to O'Connor's impressive CV."

- **Radio Times**

"It's a definitive 'we the people' movie

filled with gorgeous vistas, crepuscular landscapes, authentic people and a deeply moving sense of everything that's best about the US at a time when it needs it most."

- **The Times**



SUFFOLK COUNTY MUSIC SERVICE

Suffolk County Music Service has enjoyed a flying start to the new academic year, with staff working hard to welcome hundreds of young musicians back to lessons and ensembles across the county.

September is always one of the busiest times of the year, and the Music Service team has been busy processing instrument hires, arranging lessons and supporting schools as children return to making music. From first-time beginners picking up an instrument to experienced young performers continuing their musical journey, the excitement for the new term is already evident. The start of the new term follows an exceptional summer for Suffolk's County Music Groups, with two ensembles returning from highly successful European tours with the Suffolk Youth Orchestra wowing Sweden and Suffolk Youth Wind Band delighting Spain.

Our young musicians represented Suffolk with professionalism, enthusiasm and outstanding musical talent, gaining invaluable experiences through performances and cultural activities.

The performances culminated in the County Music Groups' Gala Concert on Sunday 6 September at the renowned Snape Maltings, which brought together young performers and supporters for an inspiring showcase of music-making. Attendees praised the quality of the performances, the commitment of the young musicians and the high standard achieved across all the ensembles.

Benjamin Chadwick, Head of Suffolk County Music Service, said: *"The dedication shown by our young people and staff has been remarkable."*

"The European tours and Gala Concert demonstrated not only the exceptional musical talent we have in Suffolk, but also the confidence, teamwork and resilience that music helps to develop. We are incredibly proud of every young person who took part and are delighted to begin the new academic year on such a positive note."

With lessons underway and ensembles preparing for another exciting year of performances and opportunities, Suffolk County Music Service is looking forward to a successful and musical year ahead. Places are still available in two of our County Music Groups:

Suffolk Youth Wind Band
 Suffolk Young Strings.

Please visit our website: www.suffolkcountymusicservice.co.uk/ take-part, where you can learn more about our County Music Groups and the wide range of activities we offer your children and young people at various locations across Suffolk.

Follow us on our social media pages for more updates and find out how you can join in!

FRAMLINGHAM SIR ROBERT HITCHAM'S CEVA PRIMARY SCHOOL

Pupil Voice and Responsibility in School

We are at the beginning of a new school year, where pupils will be with new teachers and in new year groups. It is at this point that they also look at taking an active part in representing our school through various pupil teams.

Pupil Voice is an important part of school life. It gives children the opportunity to take responsibility, contribute to school improvement and understand that their ideas matter. Across our school, a range of pupil leadership roles help children to develop confidence, communicate with others and make a positive difference to daily life. These roles also support the wider school community by encouraging children to think carefully about safety, wellbeing, learning and the environment.

One of the most visible groups in the school is the **Junior Road Safety Officers**. They actively campaign for keeping children safe (and ducks! - you may have seen their posters!), around the town. Their work has included promoting road safety messages to pupils and helping the school community to think about safe behaviour when travelling around the local area. Their efforts last year were recognised with a Gold Award at the Suffolk Junior Road Safety Awards, which reflects the commitment they have shown in this role.



Junior Road Safety Officers
at the SCC Awards

Class Ambassadors also play an important part in supporting pupil voice. They greet visitors to the classrooms to share their learning, answering questions with confidence and clarity. This role helps children to represent their class in a respectful and informed way. It also provides a valuable opportunity for visitors to hear directly from pupils about the curriculum, classroom routines and day-to-day learning experiences.

The Worship Team contributes to the spiritual life of the school by helping to support collective worship. Their responsibilities include leading the assembly, saying prayers, preparing for the assembly and monitoring assemblies led by adults. This group helps to ensure that collective worship is well organised and meaningful for all pupils.

Last year, members of the Worship Team also sang at Christmas time at Mills Meadow, showing how pupil leadership can extend beyond the classroom and into the wider community.

The Eco-Council work actively to promote eco awareness in school. Its members remind others to recycle, close doors and turn off lights when the room is empty. These small but important actions help pupils to understand how everyday habits can support sustainability. The Eco-Council has also met with Greener Fram, strengthening links with the local community and broadening pupils' understanding of environmental responsibility. In addition, the group decorated the Christmas Tree at St. Michael's for the Tree festival, contributing to a community event that celebrated both creativity and shared responsibility.



Eco Council with decorated tree at Church festival Dec 2025

The School Council provides another strong example of pupil representation. Members discuss and share ideas within the class and then take these views and suggestions to the staff leader for discussion. This role teaches children how to listen, discuss issues and speak on behalf of others. Some School Council members met with Framlingham Business Association last year, which gave them the opportunity to engage with members of the local community and contribute to wider conversations about school and town life. The eco-council and school council ran a book and toy sale to raise funds for Children in Need. This joint activity showed how pupil groups can work together towards a shared goal while supporting charitable or school-based priorities.

Playleaders support other pupils at lunchtime by leading activities and games. They do a fantastic job caring for others. Their role encourages positive play, inclusion and responsibility during the midday break. By organising games and helping pupils to join in, Playleaders contribute to a calmer and more enjoyable lunchtime experience. Their work also supports older pupils in developing leadership skills and a sense of duty towards younger children.

House Captains and Vice Captains lead the 4 houses in Key Stage 2. They are responsible for collecting house points, leading house assemblies, leading their house through in-school competitions such as singing, poetry, stem challenges, in-house sports events and on sports day. These roles give pupils the chance to encourage teamwork, celebrate achievement and build a sense of belonging within the school.

House Captains and Vice Captains act as role models for others and help to create healthy competition in a positive and organised way.



New this year will be **Sport's leads** who will discuss what they would like in terms of sport's opportunities and liaise within their group and with their classes, providing an important link between pupils and staff. By gathering views and sharing ideas, the Sport's Leads will help to shape provision in response to pupil interest and need.

Each of these groups is led by a staff member. This ensures that pupils are well supported in their roles and that leadership responsibilities are carried out safely and effectively.

Staff guidance also helps pupils to reflect on their responsibilities, work collaboratively and carry out their duties with confidence. Through these pupil leadership roles, children learn that they can contribute meaningfully to school life, represent others and take pride in helping their school community to thrive.

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CITIZENS ADVICE EAST

Mediation: a better option than going to court

When a couple decide to divorce or separate, they invariably ask: What are the best arrangements for our children (if any), and how will we divide our money and property? If a couple can't agree, they may feel going to court is their only option. Court proceedings are costly, time-consuming, and can strain relationships between ex-partners. This in turn can have negative impacts on children. Using mediation is often a better option. Mediation is not relationship counselling; it focuses on helping both parties agree on child arrangements and dividing money and property. Mediators are impartial professionals with knowledge of family law and court considerations.

Using mediation to help make child arrangements: When a couple split up, they must decide where their children will live, when each parent sees them, and how to pay for their expenses. The two parties can speak with the Mediator jointly or separately, in person or by phone or video. A Mediator can also talk to any children about what they want, if agreed by both parties and the children themselves.

When agreements are reached, the Mediator draws up a document that summarises what has been agreed. This serves as a record for both parties. They need do nothing further. However, to make the agreement legally enforceable, they can instruct a solicitor to draft a 'Consent Order'. This document is then submitted to the court, where it will be reviewed and, if approved, made legally binding. For more details see <https://www.gov.uk/looking-after-children-divorce>

Using mediation to help with dividing money and property: When divorcing or ending a civil partnership, both sides will need to agree on how to split their finances. Their assets may include pensions, property, savings, and investments, held jointly or separately. Unmarried couples with children need to arrange child maintenance. A useful resource in deciding about dividing money and property is Money Helper's 'Divorce and Money Calculator'. This gives both parties an overview of their financial situation: what they have, what they owe, and how they might split assets and finances. <https://www.moneyhelper.org.uk/en/family-and-care/divorce-and-separation/divorce-and-money-calculator?source=mas#>

As with child arrangements, the Mediator will talk to both parties and draw up a document showing what they have agreed. They may use this to draft a Consent Order and apply to the court to make their agreement legally binding. For more details see: <https://www.gov.uk/money-property-when-relationship-ends>

Finding a family mediator: To find a local accredited family Mediator see: <https://www.familymediationcouncil.org.uk/find-local-mediator/>

Charges for mediation depend on the time needed and individual circumstances but will be a small sliver compared to the thousands charged if a divorce goes to court. These two websites give useful information on charges, including the government's voucher scheme.

<https://www.moneyhelper.org.uk/en/blog/life-events/how-much-does-a-divorce-cost> <https://www.gov.uk/guidance/family-mediation-voucher-scheme>

Website: www.caes.org.uk/email-service. Tel: 0808 278 7866 (lines open 10-2 Mon-Fri). Our website also gives details of our drop-in outreach sessions.

DATES FOR YOUR DIARY

OCT 8 Little Hoo-ligans - Sutton Hoo's outdoor toddler group. Trails, crafts, games and songs for 2 to 4-year-olds and their parents/guardians. No need to book, just turn up. Email: suttonhoo@nationaltrust.org.uk, phone: 01394 389700. 10.30am – 12noon at National Trust Sutton Hoo. IP12 3DJ

OCT 10 Fressingfield Sounds present the Piatti String Quartet. The Piattis will bring to Chapel Hall Arts a programme of works by Mendelssohn, Purcell, Dvořák and British composer Edmund Finnis. Tickets £25, £5 for 25 years and under. Chapel Hall Arts, Fressingfield, Suffolk IP21 5QD, 7.30pm. Visit: www.fressingfieldsounds.org.uk or phone 07900 350117.

OCT 11 Alde Valley Ramblers. Orford, Gedgrave 7.3 mile walk. Meet at Market Hill Square off B1084 Front Street at 10am. Free parking on the streets nearby or at Orford Quay car park paying. TM421499. Visit our website at www.aldevalleyramblers.org.uk.

OCT 25 Alde Valley Ramblers. Wenhasdon five commons walk 5.2 mile walk. Meet at Wenhasdon Village Hall, Narrow Way off The Street, Wenhasdon at 10am TM425754. Visit our website at www.aldevalleyramblers.org.uk.

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Tickets £10 - Light buffet included.

Tickets on sale at:

Community Market 3rd October and
Church Coffee morning 17th October
or phone Elaine **01986 798531**
or email info@laxfieldmuseum.org.uk

OCT 30 Finds Fridays Object Handling at Sutton Hoo. Take a closer look at real archaeological finds and replicas of some of the famous Sutton Hoo objects. 10.45am – 1.15pm at National Trust Sutton Hoo, Tranmer House, Woodbridge IP12 3DJ. Email: suttonhoo@nationaltrust.org.uk, phone: 01394389700

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Next year sees the start of celebrations for Cats Protection's 100th Anniversary and to celebrate this milestone, one of our volunteers, Kim is taking on a huge challenge, running 100 km in 100 days, which she started on 1 September 2026.

Kim is a dedicated fosterer, microchip secretary, and fundraising volunteer for the Framlingham & Saxmundham branch.

Every penny raised by her will go directly to helping our local cats and kittens receive the care, safety, and love they deserve. If you can spare a donation, big or small, you'll be supporting cats who need us more than ever. Find out more and donate here: <https://www.justgiving.com/page/kim100kmin100days>



Kim with her cat Figgy

Dates for your diary: Stock up on Christmas cards and gifts at our festive events:

Saturday, 7 November: Fram & Sax Christmas Fair, Reydon Village Hall, 10am-1pm

Saturday, 14 November: Fram & Sax Christmas Fair, Fromus Centre, Saxmundham 10am-12noon

Tuesday, 17 November: Leading Lives Coffee Morning, Fromus Centre, Saxmundham 10am-12noon

Cats Looking for Homes: Black and black and white cats are often the hardest to home, even though they are every bit as adorable as their more colourful cousins.

Underneath their sleek coats, they are just as cheeky, lovable, affectionate, playful, and full of fun. These are just a few of the gorgeous monochrome cats currently looking for new homes.

Please don't overlook them! You can see them and all our cats and kittens here: <https://www.cats.org.uk/framlingham-saxmundham#adopt-all>

Website: www.cats.org.uk/framandsax, email: enquiries@framandsax.cats.org.uk, or telephone 01728 723499 for more information about the many ways you can support us. Also find us on Facebook and Instagram.



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PROJECT UPDATE

OCTOBER 2026

We have awarded contracts for the main construction works to deliver the Two Village Bypass to family-owned Suffolk company Breheny Civil Engineering, and the contract for the Sizewell Link Road to Kier. Construction of the roads remains on schedule.

As part of our commitment to bring 60 per cent of our materials to site by train and sea, the new rail line that bypasses Leiston is now operational, with new level crossings at Buckleswood Road and Abbey Road in Leiston. The first commercial trains are now starting to arrive at site overnight to avoid disrupting the daytime passenger service, delivering materials and aggregates. We will be changing the weekly traffic management update to include train times and movements, Sizewell C related traffic

management, road closures and rail movements – sign up on the Sizewell C Works Tracker.

On Sizewell Beach, construction has begun to install support piles that will hold the Marine Bulk Import Facility (MBIF) structure in place in the seabed. Onshore, the temporary sea defence wall (783 metres) is now complete, and we are preparing to begin construction of the rock armour flood defences at the southern end of the site that will enhance protection for both Sizewell B and the Sizewell C site.

The Park and Ride work capacity continues to increase at the Wickham Market and Darsham sites, with more of our workers parking their cars and accessing our sites on Sizewell C buses. The roundabout at the park and ride in Darsham is complete, with the required traffic management now lifted at peak times and all local roads are open to all traffic.



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:

Community Forum

Thursday 22 October 18:00, at the Sizewell Visitors Centre

Northern Transport Forum

Wednesday 4 November 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.



WOODBIDGE & MELTON SOCIETY

Talk: *'Protect and Survive: Cold War Archaeology of East Anglia'* By Dr Rik Hoggett

The next Woodbridge & Melton Society talk will be Dr Rik Hoggett, heritage consultant, describing the extent and impact of the secret activities in this area during the Cold War at The Quay Church, Woodbridge, on **Wednesday 7th Oct 2026**, at 7:30pm. Entry for members of the Society is Free, Non-members are very welcome, just £5 on the door. Bring your friends along.

East Anglia was home to a disproportionately large part of Britain's infrastructure for a potential nuclear war. It included V-bomber bases, one of the country's two nuclear bomb stores, Thor missile sites, Royal Observer Corps bunkers and much more.

This talk examines the archaeological evidence for the Cold War in East Anglia, with a particular emphasis on south-east Suffolk, and places it into its national context.

Dr Richard Hoggett is a freelance heritage consultant, lecturer and writer with over 25 years' experience in the academic, commercial and local authority heritage sectors. He speaks regularly on a wide range of archaeological and historical subjects to groups and societies across the eastern region, is an elected Fellow of the Society of Antiquaries of London and a Member of the Chartered Institute for Archaeologists.

More details: WoodbridgeAndMeltonSociety.org.uk

Cliff Hoppitt

www.woodbridgeandmeltonociety.org.uk

Orford Ness



BAWDSEY RADAR MUSEUM

The Block continues to open on Thursdays and Sundays until the end of October. We then have a rest over the winter period. 2026 has been a really busy year with very high visitor numbers.

We hope to again be offering conducted tours of the former RAF Bawdsey site and Bawdsey Manor over the winter period. Details and booking availability will appear on our website as and when confirmed.

There will also be a fundraising general knowledge quiz on **Friday 13th November** starting at 7.30pm at Newbourne Village Hall. Teams of up to 6 people would be very welcome. Again, further details will appear on our website nearer the time.

Finally, series 2 of the acclaimed podcast series *'Echoes of Bawdsey'* is now available on the website and from wherever you stream your podcasts.

New volunteers will always be welcome at the Museum. If you are interested in finding out more, then please contact the number below or see our website.

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

For more information contact info@bawdseyradar.org.uk or phone 07821 162879.

THE IRIS PROTOCOL

My name is Joe Love, a filmmaker and recent Film graduate. I grew up in Ipswich and attended Suffolk One before going on to study Film at Solent University.

I recently wrote and directed *'The Iris Protocol'*, an independent short film which was partly filmed at Bentwaters Park near Woodbridge. The film has already received recognition at my university's film awards, where it won Best Film and Best Producing, and it has now been selected to screen as part of the Suffolk Shorts – EAST x EAST Festival. I'll also be taking part in a Q&A following the screening on **22 October at the Riverside, Woodbridge**, giving audiences the opportunity to hear more about the film and its production.

'The Iris Protocol' is a dark post-apocalyptic drama following 17-year-old Iris, who has spent years living underground with her father following an unexplained catastrophe.

What initially appears to be a story about survival gradually becomes something much darker, exploring themes of control, trust and conformity.

A significant portion of the film was shot at the former RAF Bentwaters site, making Suffolk an important part of the film both behind and in front of the camera and as someone who grew up in Ipswich, it's particularly exciting for me to now have a film I wrote and directed returning to the Suffolk area to be screened as part of a local festival.



U3A EAST SUFFOLK

East Suffolk's u3a members know how to bring yet more colour into their lives. The older members of the community – anyone retired or semi-retired with time on their hands – can join this vibrant organisation and enjoy a wide range of activities.

For some u3a provides the opportunity to find new interests, to meet new challenges or to make new friends. For others it is all about lifelong learning in the company of other with similar goals. Members enjoy walks, quizzes, dining out, visiting gardens or churches, discussing architecture, the arts, current affairs and much more.

Alongside approximately 150 different local activity groups, there is a varied programme of monthly talks held at venues in Kesgrave, Felixstowe, Woodbridge and Saxmundham. In October the schedule includes talks on wildlife photography, Felixstowe Men's Shed, auctioning and valuation and 40 years as a forensic biologist.

Please visit: www.u3aeastsuffolk.org.uk. There is the occasional need to cancel or reschedule, so please check before setting out. New members are welcome, with the expectation that they will contribute to the success of the group.

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

Framlingham Focus is your free local paper, 2000 copies are printed every month.

We distribute the magazines door to door and to many varied outlets. The next issue will be published on Monday 2nd November, copy deadline is 14th October - but the earlier the better to ensure inclusion. Contacts/Advertisers/Editorial: Louise Gissing at Leiston Press, Unit 1b Masterlord Industrial Estate, Station Road, Leiston, IP16 4JD

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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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