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OCTOBER 2026

SAXMUNDHAM NEWS



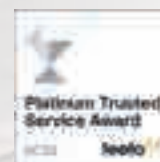
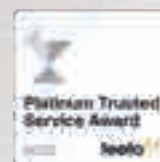
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A NOTE FROM OUR EDITOR



The council are inviting you to have your say in how Saxmundham develops in future by voting on whether the Modified Neighbourhood Plan should be adopted. There are more details on page 5 and a QR code to view the Plan in full, along with further news from your Town Council.

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Email: lou@tidecollection.com

Quote of the Month

Live so that when your children think of fairness, caring, and integrity, they think of you.

H. Jackson Brown, Jr.



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SAXMUNDHAM TOWN COUNCIL NEWS

Modified Neighbourhood Plan: There will be a referendum on **Thursday 29 October** with voting available at the Market Hall and Fromus Centre, depending on your postcode, asking residents whether the Modified Saxmundham Neighbourhood Plan should be adopted.

What is a Neighbourhood Plan? A Neighbourhood Plan is a community-led framework for shaping the future of Saxmundham. It sets out planning policies that can help influence where new homes, businesses and other development are located, while protecting important places and identifying the infrastructure and facilities the community needs.

Why is it being modified? The parish boundary changed in 2023, so the existing plan does not cover the whole of the new Saxmundham parish. It will now reflect the new boundary. It also takes account of significant changes since the original plan was prepared, including proposed major energy and infrastructure projects in and around Saxmundham.

The Modified Plan has been through consultation and independent examination before reaching referendum.

What exactly am I voting on? The referendum is not a vote on any individual development or proposed infrastructure project. Instead, residents are being asked whether they want the Modified Saxmundham Neighbourhood Plan to become part of the planning framework used for decisions in the parish.

Saxmundham Walks - Guided Community Walks: Our first guided community walk has been proving popular, with bookings filling quickly. Led by two local residents with a passion for Saxmundham's history, the walk offers an easy-paced opportunity to explore the town and hear some of its stories.

Sunday 4th October 2026 @ 11:30 am. Free to attend, booking required. Contact community@saxmundham-tc.gov.uk to. We are looking for more local people with knowledge, stories or interests they could share through future community walks so get in touch!

Other events & activities

Saxmundham Saturday Markets: Saturdays 10th October & 14th November, 9 am - 3 pm in Fromus Square. Trader spaces are still available for these and the Christmas Fayre - search Saxmundham Market on Eventbrite for details.

Saxmundham Town Council Meeting: Monday 12th October 7pm in Market Hall

Community Litter Pick: Saturday 31st October from the Town House. We're teaming up with the Rapid Relief Team. Come along and meet other local volunteers. There's a tasty thank-you waiting for you – the Rapid Relief Team will be cooking burgers for everyone who takes part!

Family Bingo: Coming to the Market Hall this October. More details to follow

Saxmundham Christmas Fayre: Saturday 5th December 3 - 7pm in the town centre

Nature & Green Spaces: We continue to explore opportunities for greener spaces, community growing, biodiversity and better use of rainwater.

Policies in the Modified Saxmundham Neighbourhood Plan

The Modified Saxmundham Neighbourhood Plan is a planning policy document, drawn up by community volunteers and town councillors, to guide future development in the parish up to 2036.

If the Modified Plan is voted for and 'made', it will form part of the Local Plan for East Suffolk Council, who will use it to help to determine planning applications.

Saxmundham Town Council will also use the Plan to respond to planning applications.



DESIGN PRINCIPLES
- General design principles

LOCAL ECONOMY
- Expansion of existing businesses
- New businesses

COMMUNITY INFRASTRUCTURE
- New community facilities

TRANSPORT AND MOVEMENT
- Improving connectivity
- Public Rights of Way
- Parking provision

HOUSING
- Residential and mixed development
- Temporary and Mobile Home Development

HERITAGE AND THE NATURAL ENVIRONMENT
- Historic built forms and Conservation Area
- World-designated Heritage status
- Greenways, Views and landscape setting of Saxmundham
- Protection and enhancement of natural assets
- Community gardens and allotments
- Green Spaces

SOUTH SAXMUNDHAM GARDEN NEIGHBOURHOOD
Connecting the Garden Neighbourhood
Green infrastructure
Community facilities
Design of the Garden Neighbourhood

NATIONAL INFRASTRUCTURE AND ENERGY PROJECTS
Working with and supporting the industry
Energy infrastructure projects

Opportunity Zone: SAXMUNDHAM TOWN CENTRE
Town centre overarching strategy
Station area Opportunity Zone
Street Farm Road Opportunity Zone
Fromus Square Opportunity Zone

Opportunity Zone: FORMER FROMUS CENTRE AND COMMUNITY GARDEN
Former Fromus Centre site and Community Garden

VOTE on 29th October

LOOK OUT FOR YOUR NEIGHBOURHOOD POLLING CARD

Please note: all elections will be conducted in state photographic identification to vote at the polling station. Accepted forms of voter ID include UK passport and UK photo driving licence.



Read the full Saxmundham Neighbourhood Plan at www.tinyurl.com/saxplan, Saxmundham Library or The Town House.



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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.

Saturday 28 November 7.00pm
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BY JOHANN SEBASTIAN BACH

Aldeburgh Music Club Choir

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Jonathan Hanley tenor Mark Saberton bass

Suffolk Baroque Players
Tom Appleton conductor



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Under 18s half price
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www.brittenpearsarts.org
Aldeburgh Music Club



FROM SAXMUNDHAM HEALTH

Phoenix rises from... the water

The Saxmundham Health One Stop Shop is, at last, making solid progress after 25 years. The existing North Entrance site has now been rejected because of a small risk of flooding. However we have an even better site - high above the floodplain in Seaman Avenue off Rendham Road.

Why is it better? The Ambulance Trust decided not to re-locate to the North Entrance site in the end, but we want them as part of an Urgent Out of Hours Centre. If patients from far afield are to be attracted to Sax ahead of Ipswich or JPH A&E, then an emergency service environment is a real pull. We are hoping to be co-located with the Ambulance and have the Fire Station/Police over the road so this will be a blue light centre! The drone film (see front page of the website) explains the merits of the location for both local people and those from further away needing urgent attention out of hours. Please look at the video and register your approval with Jenny Riddell-Carpenter, our MP by clicking through. Jenny has been really supportive and this project is key to her aim of getting better services for rural people.

How might it look? We want the front to have more of an urgent feel while the rear is more relaxed and will hopefully have the NHS Nursery and non-medical services. The Cafe will have some confidential areas more suitable for informal meetings than clinical rooms. We are keen to also include some of the non-medical services that affect your health - social care, family support, housing, employment, debt advice and maybe others. We have not got room for a swimming pool but how about a gym? Nothing has been finalised but we wanted to share our aspirations and actively seek your input. Concept sketches will be available soon and posted onto the website.

Staffing changes: We welcome two new GP Partners in Dr Juliet Rhodes and Dr Zoe Wragg and hope Dr Dan Catmull will also join in October. Juliet comes from the Lake District while Zoe has been working in Ipswich. Dan came over from New Zealand - so bucking the trend of medical emigration. Prior to that he was a GP Partner in neighbouring Essex. Lillie from Dispensary, Lisa from Admin and Steph (Deputy Manager) have all just left, due to changes in circumstances or career paths and we wish them all good luck for their futures.

Eve & Billy have recently joined us in admin. Steph leaving means our mother and daughter teams are down from four to one. We are actively addressing this however here is a possible third generation recruit with the mother and daughter remaining (Mandy and Lauren)!



We have just ordered a new container to **store and recycle equipment** like sticks, frames, loo raises and wheelchairs. Look in your garage....

We have **Cambridge and UEA students** with us from 19th October 2026 - 27th November 2026 (Cambridge); 2nd December 2026 - 15th December 2026 (UEA)

Having a job is really important for general well-being and we should all be shocked by the 1m young NEETs in the country.

We wanted to do something locally to try to help. We have asked local employers to help by providing two weeks of gentle and sensitive work experience which we will support. We need them to try to engender the excitement they had when they first started out in work.

We now have a **children's bookshelf** in the waiting room with books donated by the National Literacy Trust. These new books can be borrowed or kept to try to encourage reading.

Saxmundham Health, Lambsale Meadow, Saxmundham IP17 1DY.

Tel: 01728 602022

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ALDEBURGH LIFEBOAT YOUTH ACTIVITY SCHEME

Charlie is the first recruit on Aldeburgh Lifeboat Station's Youth Activity Scheme, having joined in April 2026. This initiative gives local young people, aged 16 to 18, the opportunity to take part in the activities at Aldeburgh Lifeboat Station, generating an interest and aiding the transition to join the volunteer crew when they reach the age of 18. Under the scheme the youth volunteers can undertake a limited number of tasks in support of lifeboat operations. Charlie has been assisting and learning about the launch and recovery of Aldeburgh's Atlantic 85, Ralph and our inshore lifeboat, Susan Scott at Thursday evening and Sunday morning training exercises. Charlie has witnessed helicopter operations at a joint training exercise with HM Coastguard. He has spent a training session in the cab of the Talus, the amphibious tracked launch vehicle, to see the tractor driver's role up close. Charlie has learnt about the Personal Protective Equipment both afloat and on shore and assists with the post recovery checks done by the boat crew and shore crew. He has undertaken some of the shore crew training, including learning the nine knots of which the crew have to be proficient.

All being well, in June next year on Charlie's 18th birthday, he will join as volunteer and will commence his boat crew training having obtained the basics as a youth activity volunteer. If you are aged 16 – 18 and want to join the Youth Activity Scheme at Aldeburgh lifeboat station, please send your contact details to linda_hall@rnli.org.uk

If you are aged 18 – 70 and would like to join the Aldeburgh Lifeboat crew please visit: rnli.org/support-us/volunteer/volunteering-opportunities or pop to the beach on a Sunday morning (launch approximately 9am) and have a chat with the shore crew.

Jo Litt
Volunteer Press Officer



Charlie. Photo: Susie Potter

RNLI Carnival Day Beach collection

The Aldeburgh & District RNLI Guild wishes to thank all those who contributed most generously to the Aldeburgh Beach Collection on Monday 17th August 2026. The total amount raised was **£1197.99**. The organisers would like to thank all who helped and worked so hard to achieve this result.

Launching the Atlantic 85. Photo: Susie Potter



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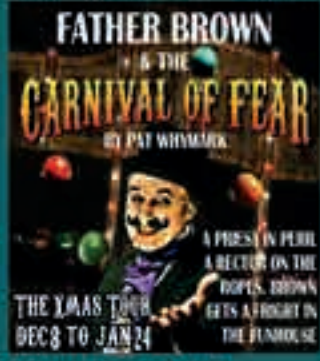

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WHAT'S ON AT SAXMUNDHAM LIBRARY

'The Low Carb Approach': For Type 2 Diabetes & Pre Diabetes and anyone else that is interested in this approach. FREE Chat & Support Group at Saxmundham Library. With Dr Chris Barclay. **2 - 3pm on Thursday October 29th, November 26th, December 17th.** Provided by Dr Chris Barclay & Saxmundham Health. Just turn up!

Regular Sessions & Services

Baby Bounce/Tot Rock Free sessions for parent/carer and baby/toddler with gentle songs and rhymes. Tuesdays & Fridays, 9.30 - 10am (term-time only)

Books, banter & biscuits! book group: Discover the joy of reading with other like-minded, enthusiastic readers and book addicts. Lively discussions for the mind. **First Wednesday of each month, 2 - 4pm on 7th October, 4th November, & 2nd December.** £1 per person includes refreshments.

Citizens advice: FREE advice on issues like housing, benefits, money, debt, immigration, relationships, and employment. **Wednesdays, 10am - 12noon.**

Creative writing group: Ever wanted to try writing? Come and join our self-run, friendly creative writing group and start a biography, poetry, fiction or anything you would like. Take turns leading the group with writing tasks & ideas. All abilities & genres welcome. £1 per person includes tea and biscuits. **Second and fourth Wednesday of each month, 1 - 3pm, 14th & 28th October, 11th & 25th November, 9th December**

Curious minds art group: Small art group, self-run, exploring a variety of art to support health and wellbeing. **2.30 - 4.30pm, Fridays 2nd & 16th October, 6th & 20th November & 4th & 18th December.**

NHS Hearing aid Maintenance & Repair Clinic: Hearing aid repair by appointment only. Batteries dispensed, no appointment needed. Pre-order consumables (tubes, domes, filters, etc) by 2pm the day before. Hearing Advisory Service: 01473 286060; suffolkinfo@hhas.org.uk. **18th November.**

Forget Me Not - dementia & long-term health Support Group: For those living with conditions, carers, family and professionals - all welcome for chat, tea & biscuits. **11am - 12.30pm, 16th October, 20th November & 18th December.**

East Suffolk Council drop-in & digital assistance: Council Tax, Housing, Benefits, Environment, Leisure, Planning, Waste etc). **Wednesdays, 10am - 4pm.**

Family history drop-in sessions: Our experienced volunteer can help you trace your family, learn how to search and take DNA tests. **2.30 - 4.30pm on the second Tuesday of each month 13th October, 10th November, & 8th December.**

Friday Readers' Book Group: Read the chosen book, discuss and hand out next book. £1 per person, (includes refreshments). **30th October & 27th November.**

Knit & Natter A friendly, welcoming group. Suitable for all abilities, bring your art or craft projects. **2.30 - 4.30pm on the first & third Tuesday of each month, 6th & 20th October, 3rd & 17th November, 1st & 15th December.** £1 per person (including refreshments).

LEGO Group Sessions: Suitable for ages 3 to 103. We NEED a volunteer, would you like to help? **11am - 12.30pm on the first & third Saturday of each month.**

Mah Jong: Would you like to learn? If you are interested, please come along and learn the game with our experienced volunteers. Can you play already? Now welcoming new players. £1 suggested donation per person (including refreshments). **2 - 4pm on the first & third Friday of each month. 2nd & 16th October, 6th & 20th November & 4th December.**

Suffolk Constabulary Community Policing Team Drop-in & Crime Prevention Information: Speak to the community policing team. **10.30am - 12noon on the fourth Tuesday of each month.**

Social Shakespeare group: Join us for play reading, engaging discussions, writing tutorials, laughs and much more - with tea and biscuits provided! £1 suggested donation to Friends of Saxmundham Library. **10.30am - 12noon once a month**

TopTime: Something different every week for adults, lots of chatter with tea and biscuits. £1 per person. Talks, craft, games, quiz, bingo, play reading, sing-a-longs, health and activity sessions, etc. £1. **Thursdays, 10am - 12noon.**

Home Library Service: A service for those unable to leave their own home. Let us know if you, or someone you know would like this service (long or short term).

Liz Gleave

Saxmundham Library Manager

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LEISTON & SAXMUNDHAM SCOUTS

Saxmundham lost their Scout leader due to ill health so we are looking to fill this vacancy as at the present time the Scouts have transferred to the Leiston troop. We also need Cub assistant volunteers and also a trustee to join the group Trustee board to complete our governance with the Charity commission. This can be anyone not involved with the Scout group.

The Leiston group is now running four sections with the opening, last term, of our Explorer Scout section for 14 to 18 year olds which is open to any young people living in the area. They meet on a Tuesday evening at Leiston Scout hut.

Our Beaver and Cub sections are also looking for extra volunteers to help or take on a leader role, just send us an email for any further information. Through the Sizewell C contractor forum we were able to have our Scout hall painted and some minor repairs completed by the CMT Group, our thanks go to them for this work.

We also received a grant from Sizewell C, so we now have a lovely new box trailer to enable us to transport all our equipment to camps and other activities.

We would like to say a big thank you to Persimmon Homes who have made a £2000 donation to the group from their Community fund, a cheque was presented to us at their show house on Abbey road.

Activities coming up: County Thorpeness Meare day for Scouts; Link camp for Cubs and Scouts; Cub District cooking competition; Jamboree on the Air (International radio contact) for all sections. So plenty to look forward to! For any further information please contact: **Steve.burch@suffolkscouts.org.uk 07889799415**
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Credit: Images By Anna

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'ONCE UPON A TIME IN SUFFOLK'

Suffolk folklore comes to life as *Once Upon a Time in Suffolk* hits the cinemascreens - by John West

Suffolk has long been regarded as one of England's most mysterious counties, where history, folklore and superstition are woven into the landscape. From the phantom hound Black Shuck to the Green Children of Woolpit, its legends provided the inspiration for *'Once Upon a Time in Suffolk'*, an anthology created by Julien Mery, Matthew McGuchan and Nick Woolgar of FILM Suffolk.

The project began in spring 2023 with an open call for short-film scripts. More than 100 submissions were received and assessed by a panel of producers, filmmakers and script specialists.

Following development, directors and cinematographers joined the project, with everyone working voluntarily around their professional and personal commitments.

A successful crowdfunding campaign enabled principal photography to begin in summer 2024. Filming took place across Suffolk, supported by hundreds of local people who contributed as cast, crew, location owners, service providers and supporters. Two years of post-production followed, encompassing editing, sound, music, visual effects and additional photography.

The resulting anthology brings together several very different tales.

'Crossing the Earth' follows a grieving boy who believes a local sculpture can heal his fractured family, with Yoxford providing the main setting. In *'The Painters'*, a young John Constable encounters the fairy-tale princess Rapunzel, against the backdrop of Dedham. *'Mawhini'* sees a property developer confront a sinister cult protecting an ancient scarecrow, with Offton providing the setting.

'Briar and Daughter' centres on a dangerous fairy bargain involving a child and was shot in Ipswich. In *'A Mid-Suffolk Night's Dream'*, mischievous fairies disrupt an amateur production of Shakespeare, with Great Finborough standing in for the action. *'Red'* offers a darkly comic twist on Little Red Riding Hood, with Lowestoft featuring prominently, while *'Widdershins'* takes a young girl into Suffolk's past to save her brother's future, journeying through Playford and Nacton Shore. Finally, *'Ethel'* explores the legend of the Wild Man of Orford, with locations around Woodbridge and Felixstowe.

'Once Upon a Time in Suffolk' received its world premiere at Abbeygate Cinema, Bury St Edmunds, on 4 September. Further screenings are being held across East Anglia. Details are available via linktr.ee/ouatis and FILM Suffolk's Facebook page. A streaming release is planned for 2027.





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SAXMUNDHAM PRIMARY SCHOOL NEWS

Welcome back to a new year at Saxmundham Primary School! We came back after the summer holidays to see that some very exciting work had taken place in our school playground. Firstly, our quiet area has been improved to include a brand new canopy. This means that we can make better use of the space all year round. Thanks to some generous donations from IP17 GNS, we have lots of games to play and puzzles to complete. There is also a brand new track that goes all the way around the field. We're really excited to use this for scooters, bikes and even space hoppers! We love looking for new ways to stay active and this track means we will be able to complete the daily mile whatever the weather.

We have already welcomed our first visitor of the year. Freddie, from Mahogany Opera came into an assembly to speak to us about a very exciting project happening in our local area.

Errollyn Wallen, an amazing female composer and the Master of the King's Music, has written a new opera called, *'The Christmas Miracle.'* We learnt a song and some children might get to take part in the performance.

We have started the process of electing our new school council representatives.

Each class will vote for two people who feel they would do a great job of sharing the concerns and ideas of their classmates.



The school council meets once a fortnight and helps to think of ways to make school a better place for everyone.

Our school choir has started practising for the Big Sing at Snape Maltings, which is one of our favourite events in the school year!

We also have lots of trips planned, including a beach trip, a London trip and the year 6 residential to Norfolk Lakes. We can't wait to share news of all our adventures this year.



A COMMUNITY UPDATE FROM IP17GNS

As the season changes, our thoughts are turning towards keeping warm through the colder months - something that can be a real challenge for some people in our community. We have reintroduced our Stay Warm Rail at our HQ in the Gannon Rooms. Anyone is welcome to pop in during our open hours and have a browse for something to help keep them warm. Everything on the rail has been donated, so you never quite know what you might find, but we generally have coats, warm jumpers, blankets, hats and scarves in a range of sizes. If you're having a clear-out, we'd also be very grateful if you would consider donating clean, good-quality warm items to us.

Beating the Winter Blues

Our popular Sunday warm room sessions, *'Beating the Winter Blues'*, will be returning as we move towards winter. These relaxed sessions offer a warm and welcoming space to spend some time with others, enjoy a cuppa and take part in activities. Keep an eye on our website and social media for dates and further details.

A big thank you to our volunteers

We simply couldn't do what we do without our wonderful volunteers. From helping with our activities and food support to keeping things running behind the scenes and welcoming people, our volunteers give their time, energy and skills to help make IP17 GNS what it is. This month, we're holding a special Volunteer Thank You event, including an afternoon tea, as a small way of showing our appreciation for everything they do. We really are incredibly grateful for every hour volunteered.

Looking ahead to Christmas

Christmas may still feel some way off, but it is one of the busiest times of year for us. We know that the festive period can be particularly difficult for people who are facing Christmas alone or managing on very limited funds.

We provide Christmas activities for families, Christmas dinners and deliveries for vulnerable people, alongside our usual range of support and activities — which are often under even more pressure at this time of year.

If you are able to make a donation to IP17 GNS, however large or small, we would be incredibly grateful. Your support helps us make sure that people in our community don't have to face the winter and festive period without support.



Become a supporter!

Scan the QR code to give once or set up a regular donation. Every gift makes a real difference for local families in Saxmundham.



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Suffolk Neighbourhood Watch Association



What's Neighbourhood Watch, you might ask..

It's about being ears and eyes to support the Police for a safer and stronger community: for ourselves, our family and our neighbourhood.

Here's how:

- A visible Watch is a deterrent to crime and anti-social behaviour. The Police tell us crime is 20% lower in Neighbourhood Watch areas! Members receive branded stickers and crime prevention advice, and each registered scheme has hi-viz street signs to boost visibility.
- Signing up via ourwatch.org.uk gets you official Alert email messages from Suffolk Constabulary. It's not social media. You can reply if you saw or heard anything regarding local incidents, crimes, appeals, etc. You can also help the police by disclosing whether you have CCTV or Video Door-Bell technology for the purpose of intelligence gathering.
- Under the tab Find your local NW, use the postcode search to join a local scheme. More members mean a greater partnership with the Police and a stronger, more aware community with confidence to report issues. If no scheme exists, create and submit a new one for your community. An expert volunteer gets in touch with you.
- For added value, members have the benefit of reduced-price security products, and many insurance companies offer lower premiums to members.

Membership is free of charge.

Share and join Neighbourhood Watch across Suffolk and Hampshire & Dorset. And learn and make the most of the resources.

What's not to like?

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ourwatch.org.uk

WORKING IN YOUR COMMUNITY

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>

For help with this or any issue please contact us through our website: www.caes.org.uk/email-service. You can also phone us on 0808 278 7866 (lines open 10-2 Mon-Fri). Our website also gives details of our drop-in outreach sessions and how to make an appointment at one of our offices.

A BIG THANK YOU!

Saxmundham Adventure Playground held a Garden Fete in August and the residents of Fairfield Road (the venue of the Fete) were asked if they had any Bric a Brac to contribute to the Fete. Much to our surprise we were overwhelmed with the response, not only Fairfield Road residents but a big thank you must go to all those who contributed and supported us on the day.

The total raised on the day was **£508** and as we still had unsold items we joined Saxmundham Saturday Market with our Bric a Brac Stall. We had a good morning and along with other items sold during the week we raised another £92.10 making the grand total £600.10, a great result. Thank you.

We are often asked why we need to keep fundraising; the answer is to pay for the Insurance, new play equipment and maintenance of the playground and to pay for unexpected damage.

In June someone came on the playground with a throwaway BBQ and placed it in the rubbish bin whilst still hot and the contents of the bin caught fire, the bin was completely destroyed, and the Fire Brigade were called to put it out. A new rubbish bin was needed. This was bought and installed at a cost of £253. This soon made a hole in our fundraising pot.

A further note, whilst enjoying the playground please make sure all your rubbish is placed in one of the three bins provided, this makes the weekly check so much easier if we don't have to keep picking up rubbish.

Thank you again

Adventure Playground Committee

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.



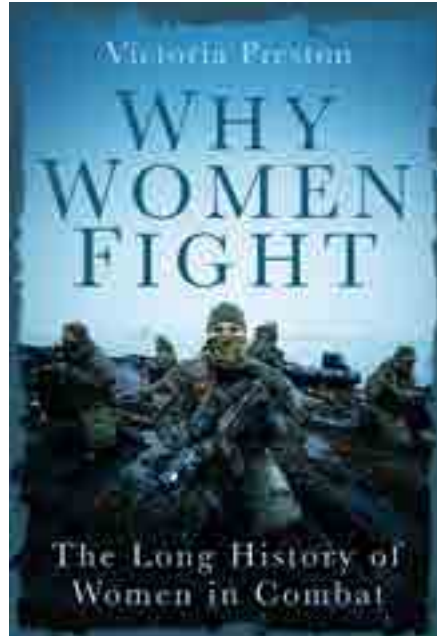
WHY WOMEN FIGHT – THE LONG HISTORY OF WOMEN IN COMBAT

I've been researching women in war for several years now and my new book 'Why Women Fight – The Long History of Women in Combat' was published by the History Press this summer. It tells of women throughout history, starting in ancient Babylon and concluding with the women fighting in Ukraine today, including some trained here in East Anglia.

I wanted to find out more about women from this region who served both on and off the battlefield. Some, like Diana Youngman (nee Gemmell), from Charsfield, served as a cryptanalyst at the top-secret Bletchley Park without any expectation of glory, only sharing her story decades later.

Diana's daughter Lulu recalled how her mother worked without thanks or feedback. "Neither was she allowed to discuss the task with others. She learned to work in silence and simply get on with the job."

She said it was a lonely and thankless business, but the women at Bletchley knew they were making an important contribution. That's what kept them at it."



Others, like Sue Ryder, who lived in Cavendish, was a volunteer with the Special Operations Executive (SOE) in WWII and a member of the First Aid Nursing Yeomanry, (known as the FANY). As the FANY were not constrained by rules which prevented military women from going behind enemy lines, several worked as wireless operators in occupied France and Poland, at enormous personal risk.

Next time you pass a Sue Ryder charity shop, think of her, and of Diana Youngman and the other valiant Suffolk women who helped keep us safe through Britain's darkest hours.

Victoria Preston

Victoria Preston will be discussing the topic of women and war at the Social Bar in Saxmundham in October. Visit: www.visitsocialbar.com for details. Victoria will also be at Aldeburgh Book shop at 6pm on **Friday 13th November**.

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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

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BEAST OF MOSSY BOTTOM** U

Mon 26th - Fri 30th Oct at 11.30am

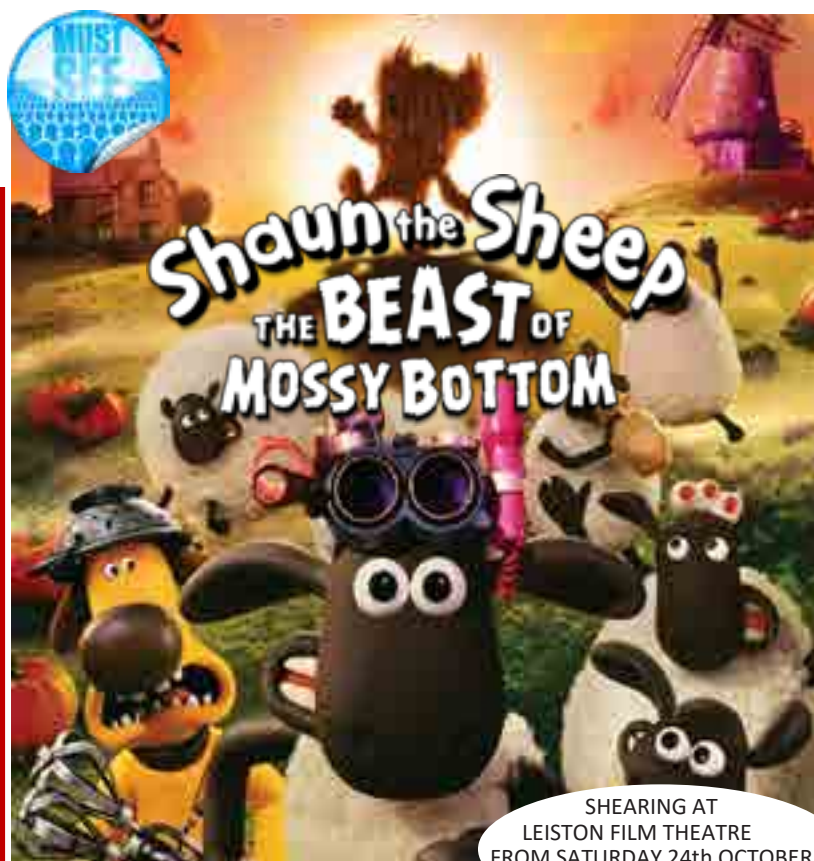
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Wednesday 4th November, 7.30pm
FESTIVAL OF REMEMBRANCE

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

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

Saturday 16th January 2027, 7.30pm
SHANIA LIVE! SHANIA TWAIN TRIBUTE

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ALDE VALLEY SUFFOLK FAMILY HISTORY GROUP

Members' Stories

On **19th October** three of our members will give short talks about their research into the lives of their ancestors.

Jean Laidlaw will talk about Samuel James Robert Legerton who was the first coxswain of the Lifeboat at Clacton. He received medals from R.N.L.I. and was honoured by the French government.

Janet Huckle will tell us about 'Soldier, General, Policeman' - three people in her research. She will tell how researching an old newspaper cutting led to a story of heroic action by a family member on May 10/11 1941.

John Deans will talk about Alfred Francis Edward who died in Eritrea during the war and how John managed to obtain images of his final resting place.

These talks will take place on **Monday 19th October** at 2.30pm, in person at the Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL (behind the library) and, for members only, on Zoom. The speakers will be talking to us in person. No need to book – just turn up – free for members and £5 for visitors, including refreshments. Good, free car-parking. Only members can take part in our meetings on Zoom, but it only costs £10 for a year's membership – see <https://www.avsfhg.org.uk/join-us?section=register> and Zooming is free.

Family & local history heritage open day – 12th September 2026

We were back at the Fromus Centre in Saxmundham this year for our annual Open Day. Smaller than last year's event at the Long Shop in Leiston, we hosted nine other organisations, including for the first time: Parham Airfield Museum and Dunwich Museum, both of which produced interesting displays – Dunwich even brought fossils and a cannon ball!

This year our Open Day was part of the Heritage Open Days Events organised by the National Trust with the support of FindMyPast – and one of our exhibitors, the Benhall and Sternfield History Group, had been shortlisted for FindMyPast's 'Everyday History Hero' competition – the only shortlisted group from Suffolk! Sadly they didn't win the competition – Holkham Estate in Norfolk was the overall winner – but their display about Ted Ayden, renowned past resident of Benhall, attracted a lot of interest.

As in the past, Janet Huckle's expertise in the dating of old family photographs was popular with visitors, as was Peter Drew's enormous collection of old postcards.

Visitor numbers were down on previous years, no doubt because of competition from other Heritage Days events, as well as the Suffolk Historic Churches Ride and Stride fundraiser, on the same day, but our team of researchers was kept busy pretty much non-stop all day and their customers seemed to go away happy!

Some had even come from as far as Norfolk and Cambridge specifically for our free family history advice and have now also joined AVSFHG as members.



104 year old Manette Baillie inspecting Aldeburgh & District Local History Society's display



Friston History Group



Dunwich Museum



Parham Airfield Museum



Martlesham Heath Aviation Society

Further Programme: at the Fromus Centre, Saxmundham, at 2.30pm

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

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

Mon 18 Jan: 'Social media for family history' by Kelly Cornwell

Mon 15 Feb: 'The real Basil Brown' by Sarah Doig

Mon 15 March: 'History of Saxtead Mill' by Jonathan Sullivan

S K C CHURCH



St. Peter's Church, Carlton

A Benefice comprising of St John's Church, Saxmundham, St Mary & St Peter's Church, Kelsale & St Peter's Church Carlton.

I love getting together with friends and telling stories of years ago. We put on the rose-tinted glasses and reminisce. Often the best stories begin with *"Do you remember the time when..."* and end with lots of laughter. Remembering and sharing our stories is an important part of who we are. It also helps shape our culture and our identity. We tell stories that underline or emphasise who we are. At family gatherings we tell stories about each other that demonstrate our qualities and attitudes. On 11th November, as a nation we will tell stories to remember our history and the price that was paid.

We often mark birthdays or anniversaries with special meals and I imagine, like our family, stories are always told. There are a few family stories that my daughters love to hear and so will ask *"tell us the story about..."* even though they've heard it many times.

Throughout the Bible there are many instances of people being told to remember their history. God gives the Israelites a series of festivals and feasts throughout the year to help them tell their story. In one festival they ate a special meal and told the story of how their people left Egypt after slavery. In another festival they are to camp in tents to remind them of when they wandered in the desert after leaving Egypt.

In Kelsale on **Saturday 17th October** we have a harvest supper in the Village Hall. The meal is an opportunity to celebrate God's provision of food and for us to share our thanks for those who bring food from farm to fork.

As Rector here I have had the privilege of taking funerals of farmers and those who helped on the farms. I love hearing the stories of how farms used to work and the whole community got involved in some way.

It is still an important part of village life in Kelsale.

Remembering and eating is something we do every Sunday too. Our Communion services are based on the meal that Jesus shared with his friends just before the crucifixion. We share Communion and retell the story and it's important to us to remember and shapes who we are.

I wonder what meals and markers you have to help you remember important parts of your story and your identity? We would love to share in your story and tell you ours. Why not come along to one of our services or events and get to know us?

Services

Sunday 4th October: 9:30am informal service in St Johns, Saxmundham; **11:00am:** Holy Communion in St Mary and St Peters, Kelsale.

Tuesday 6th October: 10:30am reflective Holy Communion in St Johns, Saxmundham.

Sunday 11th October: 9:30am intergenerational service in St Mary and St Peters, Kelsale; **11:00am:** Holy Communion in St Johns, Saxmundham.

Sunday 18th October: 9:30am: informal service in St Johns, Saxmundham; **11:00am:** Holy Communion in St Mary and St Peters, Kelsale.

Sunday 25th October: 9:30am: informal service and 11:00am Holy Communion both in St Johns, Saxmundham.

With every blessing,

Dave Preece

Rector Saxmundham with Kelsale cum Carlton

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

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We distribute the magazines door to door and to many varied outlets.

The next issue will be published on Monday 2nd November, deadline 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 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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