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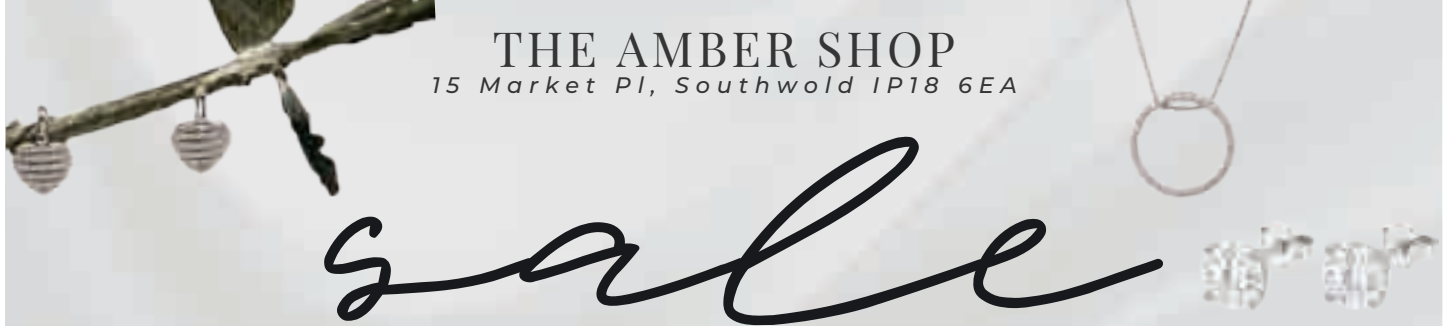
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A NOTE FROM OUR EDITOR



There are clearly changes to come for the Pit Stop Cafe but Anne Clarke, cherished by many, will be very much involved, after years of hard work, benefitting several generations of local people at this special place. Hopefully I will be able to report some positive updates in the near future!

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

Life is a lot like jazz... it's best when you improvise.

George Gershwin



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SOUTHWOLD & REYDON SOCIETY

After the excitement of the very successful Southwold Sandcastle Competition in July, it is back to more regular issues for the Committee, and, subject to getting permission from ESC and STC, we hope to hold another Sandcastle Competition next year.

The Southwold and Reydon Society Annual Luncheon will be held on **Wednesday 18th November** at The William Godell Pavillion on the Common. It will offer a choice of three main courses and three desserts. This year's speaker will be Philip O'Hear who will talk about the restoration and opening up to the public of the impressive and rare circular pill box on Mights Bridge. A flyer will be sent out via email shortly. The places are limited so please book early. Non-members are also welcome. If interested, please contact the Treasurer, Andrew Wallington-Smith at gtgc@wallington-smith.net.

Progress is being made on the redevelopment of the Caravan Site by the Harbour and there is now a draft proposal for the revised layout although there is still more work to be done. All parties are keen to enhance the site and give it a new lease of life for many years to come.

As an associated issue a paper has been issued regarding the Blyth Estuary Flood Protection and Southwold Harbour Operation.

It is hoped that a plan can be agreed to maintain and progressively raise the flood protection walls, which is essential to keep the Harbour operational.

Reydon Parish Council has just published the Reydon Parish Map showing amenities and footpaths in Reydon. It contains QR links to various walks and descriptions of the local wildlife sites.

It has been kindly supported by The Randolph.

Southwold Arts Centre has had a very successful Summer Theatre season. There is a new brochure available covering the period to Christmas with a wide variety of events. These include Southwold Science Week in October and Southwold Literary Festival in November.

The King Charles III footpath is still not open between Southwold and Kessingland. We are trying to establish the causes of the delay with Natural England in order to get the path open as soon as possible.

It is hoped that work will start in the Autumn on a new boardwalk across Easton Marshes.

Ian Lomas

VIEW FROM WATERS COPSE

"Today I had cause to walk down your new pathway through the Copse to get to Gun Hill to meet my daughter and son-in-law for coffee at the cafe there. I must say just how beautiful it is and I had no idea the extent of it and the many varied plants trees etc. A truly rewarding experience. Many congratulations to you and the team!"

This recent message, from a Reydon resident sums up what the volunteers try to achieve. So, who are those volunteers and what exactly do they do? First of all, on this particular day was the leader and the original organiser of the volunteer band, Ben Marriner, ably assisted by Pam Hemming, Janice and Ian Overton and Robin Hunt.

The tasks are simple but need constant attention: Put down the wood chippings so kindly provided by Nick Elvin on the created paths, keep strimming to clear the walkways, clear and mulch round trees and honeysuckle, litter pick and do any odd jobs that inevitably arise. Meanwhile Pam Hemming has worked her magic on the Ferry Road garden with a little help from others.

Pam Hemming, anything else to report? Well, yes, a visit from a friendly muntjac and a lovely display of poppies in the summer.

That is all for now but if you want to help, we start at 9am on Thursday mornings.

Clive Debenham



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UPDATE ON THE PIT STOP

A constructive and encouraging meeting has recently taken place between community representatives and the Common Trust, resulting in the formation of a dedicated working group that will meet regularly to help shape the future of the Pitstop. Anne is very much involved as part of this working group. The working group will ensure that the future direction of the site is informed by the people who know and value it most: the community it serves. As a next step, plans are being developed for a public consultation, giving residents and users the opportunity to share their ideas and aspirations for this much-loved community space.

There was strong agreement among all those involved that the Pitstop is a unique and valued asset, holding a special place in the lives of many generations. The shared ambition is to preserve and enhance its role as a welcoming, inclusive destination for current and future generations.

The formation of the working group marks an important step forward, and further updates, including details of the public consultation, will be shared in due course. Together, the aim is to create a future for the Pitstop that reflects community aspirations while protecting it as a special place. The working group will be consulting on some exciting ideas for the site's future, particularly around activities and opportunities for children and families, while maintaining the principle of an affordable-for-all venue.

The working group is delighted that Anne will continue to play an important role in shaping its future. Few people know the Pitstop and its users better, and her experience, knowledge and deep understanding of what has made it such a special place over the decades will be invaluable. Her continued involvement will help ensure that any future plans build on the Pitstop's unique character, heritage and strong community connections. The working group and the Common Trust would like to place on record its appreciation for the dedication, care and commitment Anne has shown throughout nearly three decades of service.

Generations of residents and visitors have benefited from her hard work, and she remains highly regarded and cherished by the many people who have enjoyed the Pitstop over the years.

Finally, a message from Anne – Having been given a 5*rating for her home kitchen, Anne plans to bake and sell bespoke cakes. Customers will be able to order by phone or text on 07887 901027.



Anne Clarke

SOUTHWOLD NEW YEAR'S DAY CONCERT 2027

An advance notice that the Southwold New Year's Day concert will return on **January 1st 2027** at 3pm.

Tickets will be on sale in October, with a priority window for those on the mailing list of the Southwold Music Trust.

There is no charge to join the mailing list, simply sign up at www.southwoldmusictrust.co.uk.

Demand for the event has been extremely high in previous years, so join the mailing list to guarantee your choice of seats!

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HALESWORTH TO SOUTHWOLD NARROW GAUGE RAILWAY CHARITY

On Tuesday 11th August, the workday at the station was very busy. We had two distinguished visitors - Suffolk County Councillor for Lowestoft Jane Mummary, and Suffolk Museums Group representative Jayne Phoenix. They had a short train ride and were showed over the whole station. They were very supportive of our aims.



Meanwhile, the unique Cleminson MOY wagon was being rubbed down, preparatory to its repaint (the wet winter and hot summer have not been ideal for the paintwork) and the miniature railway track was extended. This will open next year, and although it is mainly designed for children, the gauge being only 7¼", we find that many adults are happy to have a ride too! The second Goods Shed, built on its original stone bases given to us by the Parish, now has a history display inside, with appropriate goods to "tell the story" of how the railway operated 100 years ago.

The paperwork for Building Regulations Compliance for the new Visitor Centre at the station is now complete, and we are gathering funding to put the three services on. Up until now, we have operated with water in containers, and battery tools - but as we grow into a 'proper' heritage railway and tourist attraction, services are essential.

If you wish to help, we currently have match-funding provided by a Trustee, so that a donation (by a tax-payer) of, say, £50, will magically grow into £125, with the addition of Gift Aid. You can send us funds online on www.halesworthtosouthwoldrailway.co.uk or come to one of our Tuesday workdays or any event, and donate there, if you prefer.

Summer and Autumn 2026 saw two Blythburgh Station events: on Sunday July 26th, the railway held a combined station Open Day with East Suffolk Plein-Air Painters. Lots of very nice representations of our site and its surroundings were produced and the visitors were interested to see how the painters were able to produce their work "en plein air" – in other words, direct to canvas or paper, on the spot. The group enjoyed themselves, so we might make this an annual occasion.



On 13th September, as part of the Heritage Open Days, the railway ran its major event of the year – the Model Railway Show and Open Day. At the station were short train rides, the live steam model railway, guided tours, and archaeological displays – while at the Village Hall the quirky model railways were set off by free light refreshments, trade stands and films.

The day, despite occasional rainy weather, was by far the busiest that we have experienced at any Open Day. More train rides were taken than ever before, with our small passenger train running almost non-stop, to the extent that the solar-charged batteries on the locomotive were running very low by 15.00. A free bus link was provided between the station and Halesworth and was extensively used to connect with East Suffolk Line trains.



Our railway charity can be found at Forncett Museum on **4th October**, and on **31st October** and **1st November** at LOWMEX Exhibition in Lowestoft. After that, the volunteers will be working through the winter and spring to provide even more entertainment for our public in 2027: the first Open Day will be on **Easter Monday 29th March**, when we plan to have a second locomotive working and also the miniature railway to ride on. We may even have some good news about the extension – but we have had many disappointments in this regard – we will persevere! We very much need some more active volunteers: all surveys have shown that volunteering is good for both physical and mental wellbeing – quite apart from the obvious – helping a charity to fulfil its aims. Drop by Blythburgh station on any Tuesday and look around – you might like it.....

James Hewett, Trustee

SOUTHWOLD RAILWAY UPDATE

Following the recent rain, we are now able to steam our locomotives. On **Sunday 4th October** we will be steaming Blyth and (hopefully) Rosie on the BVLR. This is very exciting as we have not been allowed to steam our locos since May. Please come and join us between 1 and 4pm, we have lots on offer including; rides on the miniature railway, a look over our two locos, our museum, model railway layouts, gift shop and of course our popular café serving drinks and cake.

Admission is free but donations most welcome as we have great plans ahead.

Bob Mole





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

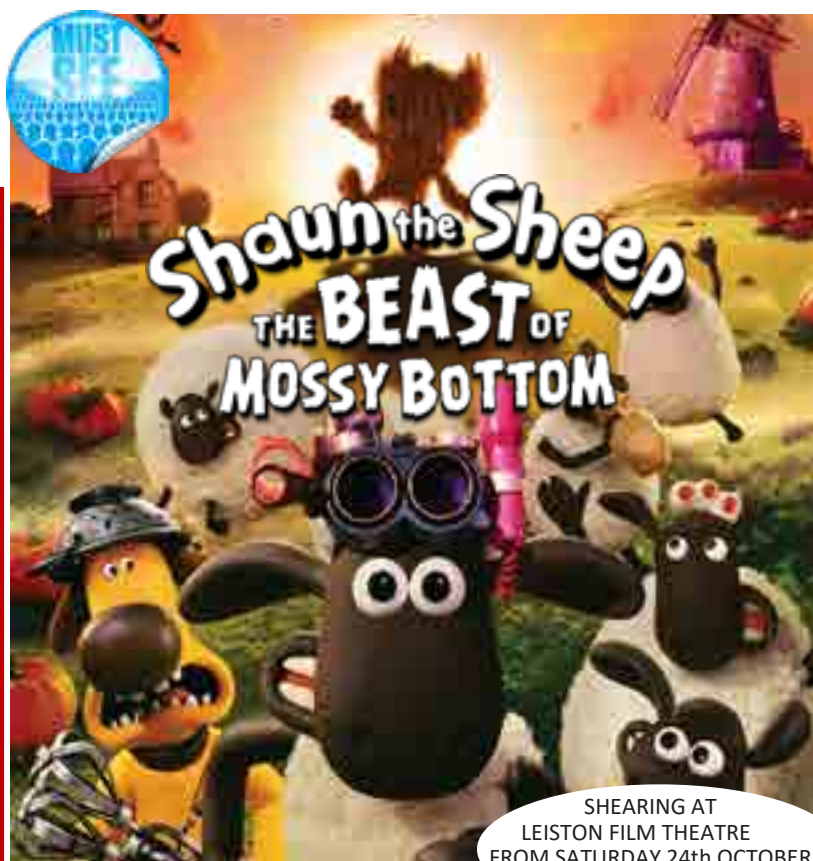
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Sun 25th Oct at 6.00pm
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PRESSURE 12A

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THE COLDPLAY TRIBUTE

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

Saturday 28th November, 7.30pm
HONEY AND THE BEAR

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NEWS FROM THE OLD HOSPITAL

The Southwold Gym is opening

Our membership presale for The Southwold Gym is launching on the 1st of October! Visit www.thesouthwoldgym.co.uk for all the information you'll need to become one of our founding members! It has been a year in the making, and we're so excited to see everything coming together. You can find regular updates and progress photos on our Instagram: @thesouthwoldgym.

Throughout August, The Canteen ran a fundraising campaign called 'Eat Cake, Help Venezuela!' with local cake artisan, Mili Mendez. Through the sales of her delicious cakes, an amazing £400 was raised and donated to Coromoto 2020! Coromoto are a charity providing vital support to children and families affected by the earthquakes in La Guaira. Thank you everyone for supporting this initiative and helping make a difference in Venezuela.

Our Family Tea Club has returned for the new school year, and we have loved seeing many returning and new faces! Our Family Tea Club provides completely free hot meals for families, every Wednesday at 3:30pm, in The Canteen. Our aim is to offer a welcoming, relaxed space where families can connect, socialise and enjoy a break from cooking dinner. If you'd like to join us, or know a family who might benefit, please email info@oldhospitalcanteen.co.uk.

The Canteen also offers food support during opening hours, through our Pay-It-Forward scheme. Donations are converted into vouchers that can be redeemed for free hot meals, drinks and cakes. Absolutely anyone is welcome to use the vouchers - over 500 have been redeemed since the scheme started! We are incredibly thankful to everyone who contributes, as this scheme wouldn't be possible without your kindness.

We are currently showing an art exhibition by Tom Martin, featuring a collection of Op Art screen-prints. Tom forages plants and minerals to make natural screen-printing inks, paints and paper, and draws inspiration from mid-century abstract painting, design and in particular, the Op Art movement of the 1960s. His exhibition includes seven geometric screen-prints, which are all available to purchase.



Tom Martin - Artist's Statement

Printmaking has been at the core of my life as an artist and educator. It is not until recently that I have started to develop a practice with a greater awareness of my impact on the planet. Now I forage my own plants and minerals to make natural screen-printing inks and mediums, paints, airbrush inks and handmade paper. When foraging, location is crucial; how I feel, the conditions on the day, my connection to the landscape, often I'll collect colour when off on long trail runs in the countryside. Collecting colour and processing takes a lot of time and patience, it becomes a very meditative practice.

The exhibition is available to enjoy during The Canteen's opening hours (8:30am-3pm, Tuesday to Sunday) until the 1st of November - come view while grabbing a coffee or treat!

For those thinking ahead to the festive season, our next Supper Club with Rosie Sykes will be on **Friday, 18th December**. Tickets are £49 per person, including a welcome drink and three-course meal. It's bound to be an evening of great company, festive spirit and exceptional food! Limited spaces are available, so email info@oldhospitalcanteen.co.uk to reserve.

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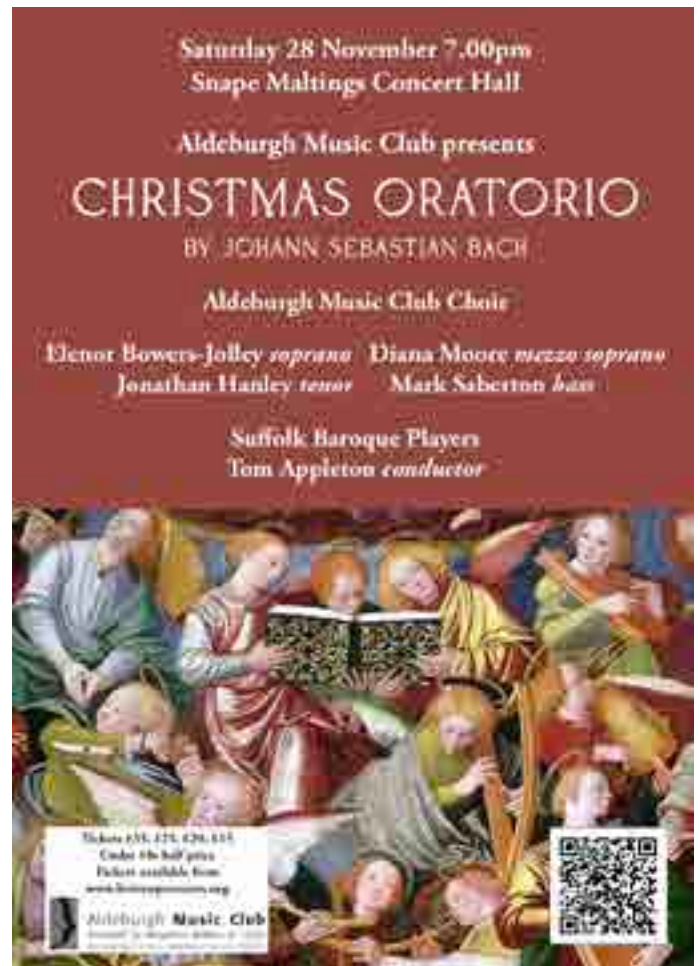
Following their sell-out performance of Messiah at Snape Maltings Concert Hall last year, **ALDEBURGH MUSIC CLUB** return to Snape on 28th November with another great choral masterwork for Christmas, J.S. Bach's **CHRISTMAS ORATORIO**.

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).

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Crispy smoked haddock fishcake with cheesy creamed leek fondue

Pumpkin falafel, aubergine shawarma & Fattoush salad



Roast local turkey, chestnut & Turkey leg stuffing, port onion gravy, pigs in blankets, roast potatoes with bacon & chestnut sprouts (nut roast option available)

Pan roast chalk stream trout fillet, crushed baby potatoes with pea & herb veloute

Risotto of wild mushroom, Buffalo mozzarella & Salsa Verde

Chargrilled 'Christmas' Wagyu burger- Camembert, cranberry & bacon, served with fries & 'slaw

Chefs' sticky toffee Christmas pudding with Rum sauce & Brandy butter

Crumble of the moment with vanilla ice cream

Double chocolate brownie, chocolate whip, Oreo crumb & caramelized white chocolate

Selection of European & British cheeses with chefs' chutney & biscuits - Supplement of £5.95

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CHRISTMAS PARTY MENU 2026

Roast tomato & red pepper soup with basil pesto & toasted sourdough

Pressed ham hock terrine with chefs' piccalilli, salad & toast

Crispy smoked haddock fishcake with cheesy creamed leek fondue

Pumpkin falafel, aubergine shawarma & Fattoush salad



Roast local turkey, chestnut & Turkey leg stuffing, port onion gravy, pigs in blankets, roast potatoes with bacon & chestnut sprouts (Nut roast option available)

Pan roast chalk stream trout fillet, crushed baby potatoes with pea & herb veloute

Roast pumpkin, sage & Parmesan risotto with rocket & Parmesan

Chargrilled 'Christmas' Wagyu burger- Camembert, cranberry & bacon, served with fries & 'slaw

Chefs' sticky toffee Christmas pudding with Rum sauce & Brandy butter

Crumble of the moment with vanilla ice cream

Double chocolate brownie, chocolate whip, Oreo crumb & caramelized white chocolate

Selection of European & British cheeses with chefs' chutney & biscuits - Supplement of £3.95

2 COURSES - £24.95 / 3 COURSES - £29.95 BOOKING ESSENTIAL FOR ANY SIZE PARTY

CHRISTMAS CRACKERS INCLUDED

GOURMET CHRISTMAS PARTY MENU 2026

Wild mushroom soup with truffle & parmesan crust with Swiss cheese & white truffle scone

Fillet steak tartare, cured yolk & garlic ciabatta

Pan seared king scallops with Sri Lankan coconut curry sauce & spiced crisp cauliflower & cauli puree



Roast wild local sea bass fillet on pea, pancetta & mussel linguine

Chargrilled fillet steak, pomme anna chips, peppercorn sauce, grilled vine, tomatoes & onion rings

Roast local turkey, chestnut & Turkey leg stuffing, port onion gravy, pigs in blankets, roast potatoes with bacon & chestnut sprouts

Risotto of porcini mushrooms, Burrata mozzarella, Salsa Verde, rocket & parmesan

Baked dark Swiss chocolate fondant with vanilla bean ice-cream & whiskey caramel sauce

Iced strawberry tiramisu with white chocolate & rum bonbons

Chefs' sticky toffee Christmas pudding with Rum sauce & Brandy butter

Selection of European & British cheeses with chefs' chutney & biscuits

3 COURSES - £45.95 BOOKING ESSENTIAL FOR ANY SIZE PARTY *CHRISTMAS CRACKERS INCLUDED*

Email admin@sailloftsouthwold.uk

VIEW TO THE NORTH

A few days after I submitted my last article we had the first substantial rain in weeks; just under half an inch was soaked up by the parched ground. I thought that this heart shaped puddle along North Road was very apt. We were badly in need of the rain.



On the morning walk I was reminded of the word 'petrichor'; the fresh, earthy smell that fills the air when rain falls on dry soil or ground. Subsequent to the initial rain we have had a bit more which has given the land back its green look.

Continuing the green theme, I have recently seen a green woodpecker, I rarely see them on my usual morning walk and this one sat on a distant pole, I would have liked a closer shot.



Another bird that I have rarely seen in the immediate neighbourhood is the cattle egret. For a couple of days there were five accompanying the cattle in the North Road fields, they were over 300 metres away and it was not possible to get clear photographs.

It is migration time and swallows have been massing before their journey south. Wheatears have also been present but not as many as in previous years. The Cetti's warblers have started calling again as have robins, presumably staking claim to territory.

Another event that occurred since I last wrote was the eclipse, not quite a full one but it was interesting to watch it wax and wane over about a two-hour period. A group of neighbours gathered in the road to get a direct line of sight. We were armed with a high-tech smart telescope and a low-tech colander. Fortunately, the clouds stayed away, and we had some excellent images.

There have been some clear nights, and I have managed to image a number of galaxies and nebulae. These should become better as the nights get longer and imaging times increase.



Reydon Parish Council have been restoring and repurposing the Pill Box at Might's Bridge. It is a rare round one from the First World War. It is hoped to be a 'Living History' exhibit and become part of a heritage trail which will highlight historical sites in the area. I was asked to photograph it using the drone. It was rather a challenge given the obstructions of overhanging trees.



Halcyon

THE BRAIN TUMOUR CHARITY LOTTERY

The local monthly lottery for The Brain Tumour Charity took place on 2nd September, with Fred Assmann being present to adjudicate. There were 231 entries, making a total prize fund of £115.50. 1st prize of £57.75 with ticket number 100 went to Richard Knightly, 2nd prize of £34.65 with ticket number 95 went to Joy Power and 3rd prize of £23.10 with ticket number Sandra Watson. Congratulations to each of them. If you would like a monthly flutter, supporting The Brain Tumour Charity, please contact John Huggins, email: thebtclottery@btinternet.com; Tel: 07873 376168. This is the end of the current lottery year, but since it began, it has generated over £5,600 for the charity and paid out a similar amount in prize money. Thanks to everyone that has supported it.

The next draw will take place on Thursday 1st October 2026. Every penny raised goes to The Brain Tumour Charity and my family and friends have raised £71,376.46 from our various events since losing our 8 year old family member Sophie.

Please support the book sale table at 56 Hotson Road, IP18 6BP. You can always leave books under the table, to sell for the charity. We will have a stall at the Covehithe Plough Day.

John Huggins

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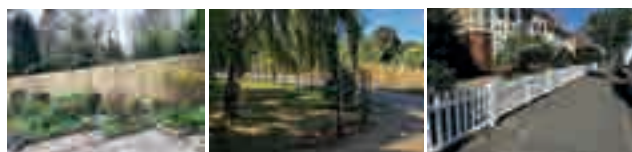
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HALF-TERM ACTIVITIES AT SOUTHWOLD ARTS CENTRE

Science week is returning to Southwold Arts Centre this year with some old favourites as well as new workshops.

Monday 26th, 11am & 1.30pm:

An entertaining science magic show revealing the science and engineering behind spectacular magic tricks, with demonstrations that encourage curiosity, observation and experimentation.

Tuesday 27th @ 11am: Halloween Science Experiments Workshop

Tuesday 27th @ 1.30pm: A fun mix of storytelling, magic, adventure and animal facts, ending with a special Halloween treat.

Wednesday 28th, 11am & 1.30pm:

A hands-on workshop for ages 6–10 exploring acids, alkalis and chemical reactions through colourful experiments using everyday substances.

Thursday 29th, 11am & 1.30pm: Step inside the award-winning Auriga Star Dome for an immersive, presenter-led journey through planets, stars, galaxies and the wider universe.

Friday 30th, 11am & 1.30pm: Fun, hands-on STEM workshop exploring space science through gesture-controlled robots, water tornadoes and glow-in-the-dark constellation building. Children will develop scientific enquiry, creativity and problem-solving skills while learning about forces, motion and our solar system.

For the older scientist we have two evening talks:

Tuesday 27th @ 7.30pm: A talk by Jim Laws on Colour Music. Explore the connection between music and colour in this practical session using theatrical lighting techniques to visually express the emotions of music.

Thursday 29th @ 7.30p: A talk by Professor Michael Rowan-Robinson who will explore the role of dust and molecular cocoons surrounding stars, the Sun and Earth, from the 1815 Tambora eruption to nuclear winter and climate change.

The talk connects discoveries in astronomy with the urgent challenge of reaching net zero.

Day workshops are just £3 per person, Evening talks £5 per person. Booking advisable at Southwold Arts Centre. Tel: 01502 722572; Email: info@southwoldartscentre.co.uk

child. Limited space, book your place today!

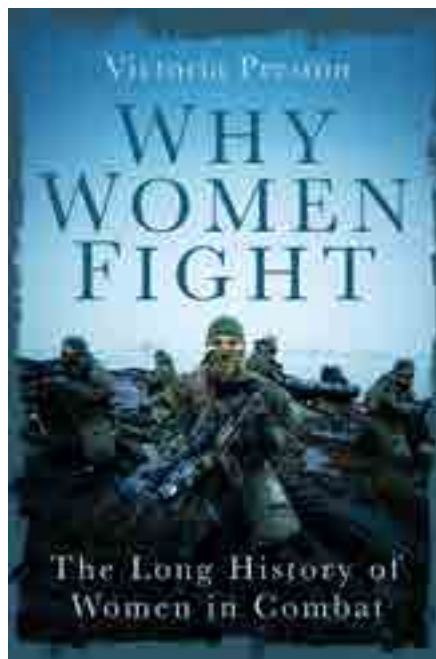
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WHY WOMEN FIGHT – THE LONG HISTORY OF WOMEN IN COMBAT

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.

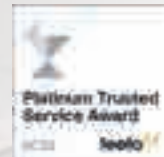
VISIT: www.visitsocialbar.com for details.

Victoria will also be at Aldeburgh Book shop at 6pm on **Friday 13th November**.



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SOUTHWOLD MUSEUM & HISTORICAL SOCIETY

WINTER LECTURES

Tuesday, 6 October 2026 at 2.00pm



'From Fressingfield to Fressingfield: Archbishop William Sancroft and the Challenges of Biography'

William Sancroft (1617-93) was born and died in Fressingfield and remained deeply attached to his Suffolk roots throughout an eventful life as Master of a Cambridge college, Dean of St Paul's at the time of the Great Fire, and Archbishop of Canterbury.

Grant Tapsell is Fellow and Tutor in History at Lady Margaret Hall, Oxford and a specialist in the political and religious history of Stuart Britain. His edition of William Sancroft's letters will be published by the Church of England Record Society.

Stella Peskett Millennium Hall

Mights Road, Southwold, IP18 6BE

Admission: Society Members £5 Non-Members £8

Details of the full programme are available on
www.southwoldmuseum.org

**Blyth Valley & Southwold
Wildlife Group**

Marine Life of Scotland's West Coast

an illustrated talk by

Rob Spray

7.30 pm

Wednesday 7th October

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Tuesday October 13th at 2pm in Southwold Arts Centre

ANA MENDIETA : EARTH-BODY SCULPTURE

Colin Pink



Ana Mendieta (1948-1985) was one of the most extraordinary artists of the twentieth century. She developed new forms of performance and earth art before her tragic death at the age of only 36. Born in Cuba, she was sent to the USA by her parents after the Cuban revolution. Exiled in the USA she grew up an orphan in an alien culture. Mendieta used her own body to perform rituals that explored our connections with the earth. In her classic *Siluetas* series of earth sculptures she created earth art, based on her body form in many remote places. These temporary sculptures were made out of flowers, mud, or ice, and vanish over time but are recorded in the form of photographs and videos taken at the time they were made. Her work forces us to think about our relationship to the earth, ecology and the cycle of life and death.

Colin Pink has a BA in Philosophy and Politics from the University of Southampton and a MA in the History of Art from Birkbeck, University of London. He specialises in twentieth century and contemporary art in Europe and North America. He lectures at Morley College London.

Guests are welcome at all our events. £10 entrance charge.

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.



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).

GRACE ADAM - LINES OF DISSENT

26th September 2026 – 31 October 2026 at Walpole Old Chapel, Halesworth Road, Walpole, Halesworth, Suffolk, IP19 9AZ. Open Saturdays and Sundays
<https://www.artrabbit.com/events/published?eventID=4673441>

A solo exhibition of drawings, paintings and large-scale site-specific installation; the culmination of her time as Art in Residence at the chapel. Pieces communicate the fascinating secret history of the chapel, responding to its architecture and human stories. Long fascinated by this humble building, Grace Adam approached the Trustees of Walpole Old Chapel with the idea of being Artist in Residence. Since February she has been exploring and investigating the 16C chapel.

Work on show in the chapel includes huge hanging charcoal drawings made on site, subtle colour studies and a site-specific installation made from Hazel rods.

Hazel was used as part of the wattle and daub of the original farmhouse-turned non-conformist chapel.

Quotes from Artist:

"Walpole Old Chapel is a unique building; plain, pragmatic and practical, also beautiful. There are no straight lines. There are rough surfaces, worn edges and it is always just before 8.45 according to the clock."



"Big nails, kids' graffiti, and a make-do-and-mend aesthetic runs through the interior. It's good to be in there as a maker and to be 'talking to' all those other makers before me. Before it was a place for secret worship, it was a home. The simple chapel has witnessed extraordinary events and has a strange and fascinating collection of stories-for example holding up the roof is the salvaged mast of a ship!"

SOUTHWOLD LIBRARY

Half-term activities

Sunday 25th October, 2 - 3pm: Harry Potter Activity Day. Harry Potter Crafts, Games, Sorting Hat and Fancy-Dress Competition! Free Event. No need to book

Tuesday 27th October 11am & 2pm: Free Spider Crafts. Make a disco spider, jumping spiders, spider decorations, weave a web & more! Free Crafts. No need to book. Crafts supplied by the Friends of Southwold Library.

Contact the library to book the following events or visit: www.ticketsource.co.uk/southwoldlibrary

Wednesday 28th October, 11am & 2pm @ Reydon Sports and Community Centre: Pottery Painting with Gallery Thea & Southwold Library. Hanging Decs, Mugs, Tiles & Trinket Boxes. Limited spaces, book now to avoid disappointment. £15 per painter. co.uk/southwoldlibrary

Thursday 29th October, 11am & 2pm @ Reydon Sports and Community Centre: Balloon Modelling with Mr Bean Entertainments. Skills for all ages. Learn how make a variety of balloon models including mice, dogs, swords & more! £2 per child. Limited space, book your place today!

Southwold Literary Festival - Friday 13th - Sunday 15th November @ Southwold Arts Centre

The 2026 Festival features an amazing mix of fiction and non-fiction authors speaking about a fascinating range of subjects. Tickets: £7 a talk, £18 Friday Day Ticket;

£30 Saturday or Sunday Day Ticket, £78 for the whole weekend. **Wednesdays, 10 - 11am: Home Educators Group:** Are you educating your child(ren) at home? Come and meet with like-minded adults and children and shape this new group.

The Aliens Have Landed! Free Workshops for Kids

Sunday 11th October, 11am & 1.30pm @ Stella Peskett Millennium Hall, Southwold: This is the latest workshop from the 'Lab in a Library' team and they need your help to test them out. The session will include games, challenges, potions and science. Imagine hands-on science, puzzles and a children's escape room all in one. You will need to help the aliens to complete some tasks so that they are able to take their spaceship home. You will need to be quick or the spaceship will leave without all of the aliens! Open to children aged 6 - 9. Limited spaces, book your place today!

Saturday 17th October @ 11am: Orwell in Southwold: a guided walk with local author Ronald Binns, from Southwold Library. Join Ronald Binns on a tour of George Orwell's Southwold and see the houses where he lived and wrote. Learn about his long association with the town and how Southwold and its people entered into his writing. Ronald Binns is the author of 'Orwell in Southwold'. £5 per person. Approx. 75 minutes. Limited number.

Friday mornings: Have You Been Affected by Crime? Support from Catch 22 / Norfolk & Suffolk Victim Care. We provide free and confidential support for young people and adults who are victims and witnesses of crime.

Norfolk and Suffolk Victim Care provides: Practical support, someone to talk to, signposting to relevant agencies, support through the justice system. Meet the team and learn more about how we can help. Contact use 0300 303 3706 nsvictimcare.org

Last Friday of every month 10am - 12noon: Citizens Advice East Suffolk Drop-in. Whatever the problem, we are here for free, confidential and impartial advice. Debt & money, Housing, Benefits, Consumer, Family, Work, Immigration & Health. Call us via 0808 278 7866; Email us via caes.org.uk

Wednesdays, 10 - 11am: Home Educators Group: Are you educating your child(ren) at home? Come and meet with like-minded adults and children and shape this new group; **10am - 12noon: Let us help you Get Connected.** Need help with tech? A drop-in advice session to help you with things like; email; social media; online shopping (Amazon, eBay. Basic support with smartphones, tablets and computers; Staying safe online and avoiding scams. Wednesdays,

Other regular activities: Beginner's Coding Club; Come and Read to Amber, the Canine Concern Therapy Dog; Rummikub Klub; Blyth Poets a poetry group meeting; Scrabble Club; Mah-jong Group; Reading Group; Chess Club; Weigh your baby; Help with Tech; Crochet & Craft Club; Lego Club; Baby Bounce & Tot Rock; Friends of Southwold Library 100 Club; Jigsaw Swap Shop

Charlotte Clark
Executive Library Manager,
Southwold library

Tel: 01502 442817

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Contacts/Advertisers/Editorial : Louise Gissing at Leiston Press, Unit 1b Masterlord Industrial Estate, Station Road, Leiston, IP16 4JD lou@tidecollection.com Tel 01728 833003

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