

The Bugle Magazine

YOUR monthly FREE Community Magazine.

Welcome to The Spring Equinox

During the March equinox, Thursday 25th, the Earth is perpendicular to the sun, with the sun shining in a straight line toward the equator. This means that the north pole and the south pole are at equal distances from the sun so daytime and nighttime are equal in length.

For us in the northern hemisphere, the March equinox is also called the vernal or spring equinox, which means warmer weather is coming!



COMING UP AT the seagull MARCH '25

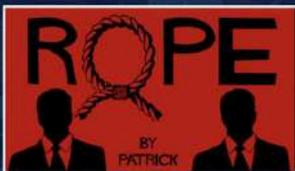
Plays at THE SEAGULL in March



Learning To Fly

Friday 14th March
7.30pm
£11

Learning To Fly sees James tell the story of a remarkable friendship he made when he was a lonely, unhappy teenager with the scary old lady who lived in the spooky house on his street.



RHTC presents Rope

Thursday 20th and Friday 21st March
7.30pm
£10

Two well-bred young men murder a fellow Oxford student just for the fun of it. Placing the corpse in a wooden box, they invite a group of friends over to their Mayfair apartment - including the loving parent of the boy they've just killed.



Purple Dreams Productions presents Kissing Angels

Friday 28th March
7.30pm
£12

Angel has it all - fame, fortune and an uber-handsome fiancé! When Angel's luck changes, however, the only people that want to know her are the girl she bullied at school, a crazy stalker and a mysterious stranger - but will they be able to get Angel's perfect life back on track?

theseagull.co.uk/whats-on 0333 666 3366

We also offer dementia friendly events during the week, music activities and opportunities for youth!

More information about the Seagull - theseagull.co.uk



Do you find it difficult to leave a family member at home alone?

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MY SERVICE:

Sit with your family member who you find it difficult to leave unattended. Service available between 9am & 10.30pm

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- ✓ Socialising with friends/family
- ✓ Leisure time to relax/exercise
- ✓ Time to do chores
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- ✓ Cover respite for carer who needs a break

A little about me:

I worked as a qualified nurse in the hospital/hospice environment. I have also worked in care homes and in the community.

I enjoy talking to and listening to people and helping them with leisure activities, ensuring that they continue to feel safe and secure

I also believe in the importance of confidentiality

I will work within Beccles and within an eight mile radius of the town.



Get In Touch Today!

Tel: 01502 219755

Mob: 07584 629180

Email: rosasplen23@gmail.com

Facebook: Ros Companion Support Services



We publicise your events and happenings free of charge! Email us today: the.buglemag@yahoo.co.uk

WELCOME TO THE BUGLE MAGAZINE

Spring is springing this month!!

Hi all

During the March equinox, on Thursday 25th, the Earth is perpendicular to the sun, with the sun shining in a straight line toward the equator. This means that the north pole and the south pole are at equal distances from the sun so daytime and nighttime are equal in length.

For us in the northern hemisphere, the March equinox is also called the vernal or spring equinox, which means warmer weather is coming! It looks like with a little bit of luck the weather might just become a little warmer as we say hello to the crocuses, tulips etc and goodbye to the icy air. We live in hope!

Oh and don't forget Mothers Day 30th March!! Treasure your mother always and let her know how special she is.

Cheers!
Neal

Always Delivered to you Email Inbox on or just before the 1st of every month

Copy Deadline 20th of preceding month

**Published by Anna & Neal Sutton
Firs Cottage, Church Rd, Uggeshall,
Beccles NR34 8BH**

**E: the.buglemag@yahoo.co.uk
www.buglemag.co.uk**

A man rang me up the other day and he said, "I'm the dandy highwayman who you're too scared to mention. I spend my cash on looking flash and grabbing your attention".

I tried to tell him that he had the wrong number, but he was adamant.

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for everything going
on in our area**

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WALK LIKE A MAN • BIG GIRLS DONT CRY • DECEMBER 63 • SHERRY RAG DOLL • BYE BYE BABY • WHO LOVES YOU • & MANY MORE

Southwold Arts Centre

15th March 2025 Box office: 01502 722572
www.southwoldartscentre.co.uk

THE QUEEN'S HEAD
BRAMFIELD

Charity
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AT THE QUEEN'S HEAD AT BRAMFIELD

MONDAY 24th MARCH - WEDNESDAY 26th MARCH 2025
12PM TO 8PM ALL 3 DAYS

Come along and grab a reading bargain, as we magically convert our restaurant into a full size charity bookshop (plus board games) for 3 days for our chosen charity, The Pear Tree Fund in Halesworth!
100% of the book sale proceeds go to the charity.

Take a seat in the bookshop, have a read and enjoy a coffee (or a pint!) with a slice of our specially made cakes, of which we are donating 50% of the sales to the charity, too.

PLEASE CAN YOU HELP US?
Good quality donations of books (hardback or paperback, all genres!) and board games now being taken here at the pub - please drop them in any time.
Thank you! x

The Pear Tree Fund

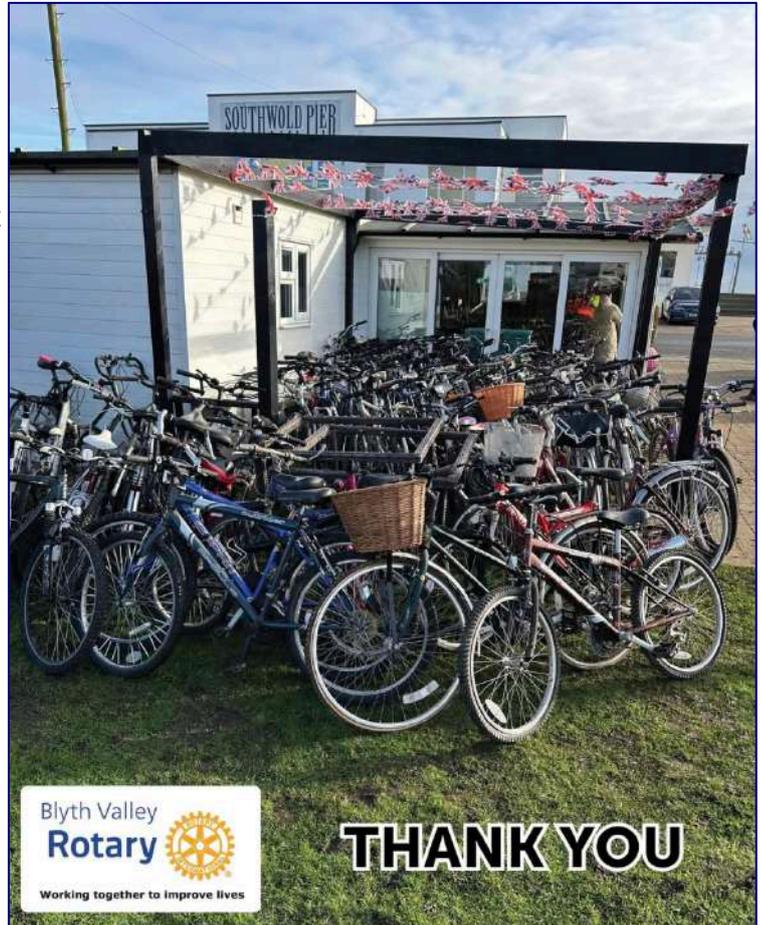
ALL ENQUIRIES: THE QUEEN'S HEAD | IP19 9HT
Tel: 01986 784214

IT'S RAINING BIKES IN SOUTHWOLD!

Blyth Valley Rotary's latest International project has been so successful, it has gone down a storm in the Southwold and Blyth Valley area. We have been working with a charity from Colchester called Re-Cycle (Bikes to Africa) which aims to improve lives through bicycle re-use. Thousands of bikes sit idle in sheds and garages across the UK, facing the possibility of ending up in landfills. Many people in Africa have no access to transport of any kind. Simple affordable transport generates income opportunities and saves people time and energy. Locals spend hours everyday walking to collect clean water, firewood or to reach school or work.

Martin Lewis recognised the potential here and said "Take an unwanted bike, ship it to where it is really needed and teach the local people the skills to fix and maintain it". Since 1997, Re-Cycle has sent trusted partners in four different African countries, over 140,000 bikes and hundreds of thousands of spare parts.

Blyth Valley members were keen to get involved and so decided to collect any unwanted bikes post-Christmas. We were very lucky that two of our members offered to accept bike donations and store them. We set the date, with a two-hour window 10.00am to 12.00 pm on a Sunday morning. A lot of advertising and social media preceded the day. How many would we get? We and Re-Cycle were blown away by the response. 125 BIKES IN TWO HOURS – about one a minute!! Over the next week, a Re-Cycle van made the trip three times up the A12 to collect our treasures that I am sure will improve lives. Colin Coe President, Blyth Valley Rotary



Tell your friends about The Bugle Community Magazine
They too can go on our email distribution list - it's all FREE!
Get them to email: the.buglemag@yahoo.co.uk
HELP KEEP OUR COMMUNITY ALIVE!!

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The Bugle What's On Guide

For this month

This is a free service open to all local fund-raising events & clubs.
 Entries subject to edit and available space.
 Email events in the format below to: the.buglemag@yahoo.co.uk

Sunday 2nd March. LEARN ARCHERY. 10.30am at The Lodge, Corton. Lessons £25 pp. Contact 01502 730537

Sunday 2nd March. HALESWORTH HARMONY REHEARSAL at The Cut in Halesworth. 10.30-12.30 Come along for a free taster session - no experience is necessary, everything is taught by ear, and you'll receive a warm welcome. For further details, email: halesworth.harmony@gmail.com.

Wednesday 5th March COFFEE MORNING at Pakefield church hall. 10.30am All Welcome

Thursday 6th March BECCLES AND DISTRICT HISTORICAL SOCIETY meets at 7.30pm at Hungate Church, Beccles, NR34 9TT. Subject: Ballygate - The story of a Suffolk Street. Speaker: Jenny Riley. Admission £3.00 All are welcome

Thursday 6th March. QUIET MORNING AT WRENTHAM CHAPEL. Join us from 10am - 1pm for time out to reflect and recharge. Hot & Cold beverages with light refreshments will be available. There is no charge. Those wanting to linger may bring a packed lunch. In the afternoon chapel members will be gardening in the grounds and anyone who would like to join us will be very welcome. Details from Sue Hardy: 07771 882 738

Friday 7th March. WOMEN WHO INSPIRE Inspirational Speakers and a Two Course Meal, An evening of good food and good company. At Halesworth Golf Club Restaurant. More info and tickets from www.blythvalleyrotary.co.uk or Contact Cathy Ryan at info@blythvalleyrotary.co.uk Spaces are limited. Celebrating International Womens Day

Friday 7th March. DISCO BINGO. at the Lodge, Corton. 7.00pm For information contact 01502 730537.

Saturday 8th March. MESSY CHURCH, Pakefield church hall. 10.30 to 12.30. All children welcome (with an adult)

Saturday 8th March. COFFEE MORNING. Kirkley church hall, to aid St Peter's Spring Bank holiday Flower Festival.

Wednesday 12th March. COFFEE MORNING. 10.30 at Pakefield, church hall. All welcome

Thursday 13th March. UGGESHALL VILLAGE HALL FILM NIGHT! This month Lily James & Emma Thompson in What's Love Got To Do With it? The film nights at Uggeshall Village hall are a regular Uggeshall event. Admission only £3. Interval for Tea Coffee and snacks included in the price! Doors 7pm.

Thursday 13th March. KIRKLEY LADIES GROUP. 2.00. Meet PCSO Paul Dennington at St Peter's church hall. £3.00.

Friday 14th March. PAKEFIELD CHURCH'S FAMOUS BACON BUTTIES available from 10.00 to 12.00.

Saturday 15th March. HALF TERM CHILDREN'S PARTY at the Lodge, Corton. For information contact 01502 730537

Saturday 15th March. SPRING QUIZ. A varied but light hearted quiz at Alburgh Village Hall, open 6.15 for 7pm start. Pre-booked tickets £10 to include a Ploughman's supper. Box Office 01986 788934 Prizes for the winning table. In aid of All Saints Church Alburgh

Sunday 16th March. HALESWORTH HARMONY REHEARSAL AT THE CUT in Halesworth 10.30-12.30 Come along for a free taster session - no experience is necessary, everything is taught by ear, and you'll receive a warm welcome. For further details, email: halesworth.harmony@gmail.com.

Monday 17th March. AVSFHG TALK WITH 102 YEAR OLD MANETTE BAILLIE, now aged 102 and living in Benhall, Suffolk, This is an in-person talk where Manette Baillie will recount her story serving in WWII, from her enlistment, two years overseas service and final demobilisation in the UK after the war ended. The talk takes place at the Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL, Suffolk (behind the Library) at 2.30pm. No need to book – just turn up. £1.00 for members, £3.00 for visitors, including tea/coffee/biscuits. Good, free car-parking.

Wednesday 19th March. COFFEE MORNING at Pakefield church hall. 10.30am All welcome

Wednesday 19th March THE WAVENEY GARDENERS CLUB SPRING FLOWERS EVENING at St Luke's Church Homefield Avenue Lowestoft, 7.30pm to 9.30pm. Members bring their spring plants and flowers to be judged in a vote by other members. A light hearted event, including a talk from Andy Thacker on Landscape Construction. Non members welcome £4.00 at the door, includes tea or coffee. Members £2.50. <https://waveneygardenersclub.uk>

Friday 21st March. COCKNEY KNEES UP NIGHT. 7pm. £19.95. Contact the Lodge, Corton for info, Tel 01502 730537.

Friday 21st March CAEDMON EVENING AT WRENTHAM CHAPEL. From 7pm we will be celebrating all things seasonal in music, word and song. Programme will comprise of items brought by some of the audience, on a 'bring & share' basis. A light buffet with wine and fruit juice served in the interval. No charge but all donations towards the upkeep of our historic chapel will be gratefully received. Details: Sue on 07771 882 738

Friday 21st March. PAKEFIELD CHURCH'S FAMOUS BACON BUTTIES available from 10.00 to 12.00.

Saturday 22nd March. HALESWORTH BRANCH OF CANCER RESEARCH BIG BREAKFAST 9.30 - 1pm at Holton Village Hall, Lodge Road IP19 8RZ Cake Stall, Raffle, Nearly-New stall. Details telephone Dawn: 01986 873640

Monday 24th - Wednesday 26th March - CHARITY POP UP BOOKSHOP at The Queens Head, Bramfield. organised by The Pear Tree Fund, Halesworth (supporting people with Life Changing illnesses and carers) Tel: 01986 899695 or email: info@peartreefund.org

More What's Ons on page 6

A Life Working in Landscape.

The February meeting of the local Blyth Valley and Southwold group of the Suffolk Wildlife Trust welcomed Anne Westover to talk about her life-long love of working in the countryside. Trained as a landscape architect, Anne has worked in many areas, from the leafy sections of Welwyn Garden City, to Leeds, to Norwich County Council, and now to smaller, local projects. She was involved in the preservation of old and significant trees, and in the overall maintenance of green areas. The beautiful Kett's Heights, above Norwich, was restored recently by the council, together with volunteers, and Anne designed the new metal gates there. It is well worth the climb. Keeping and planting screening trees was part of Anne's brief, and many of the pine trees at Sutton Hoo remain as a result, and are now very much part of that landscape. There is much work being carried out at local level. Hedgerows that are over thirty years old now need permission to be grubbed out, and Suffolk hedges have been surveyed at a parish level to help provide this information.

Local volunteer Tree Wardens help to propagate young trees, and involve the community in learning about and managing trees and hedgerows. Cemeteries can be havens for growing local species, and Wickham Market and Woodbridge were mentioned. Our native black poplar is in decline, and there are efforts to increase their numbers locally, for example, in Wenhaston.

Anne's job gave her a very wide brief, and her work with different councils gave us an idea of how decisions are made, and how tree and hedge management is carried out. It was an interesting and informative evening.

Our next meeting is on Thursday, March 13th at 7.30pm. Simon Dudhill from the Hawk and Owl Trust will tell us about his work with barn owls and red kites. This is our annual visit to Wenhaston Village Hall, Hall Road, Wenhaston IP19 9EP. Entrance is £4, to include refreshments. All are welcome. Under 25's free. Penny Mansfield contact us at swtblythvalley@gmail.com

"Life in the Wrens" – Manette Baillie



Manette Baillie, now aged 102 and living in Benhall, Suffolk, was only 17 when Britain declared war on 3rd September 1939. Initially she joined the Land Army but had to return to London after six months because her sister was having a baby. A year later she decided to join the Women's Royal Navy Service, called the Wrens.

This is an in-person talk where Manette Baillie will recount her story serving in WWII, from her enlistment, two years overseas service and final demobilisation in the UK after the war ended.

The talk takes place on 17th March in person at the Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL, Suffolk (behind Library). The talk starts at 2.30pm. No need to book, just turn up. £1.00 members, £3.00 visitors, including tea/coffee/biscuits. free parking.

No matter what size your budget
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- Bereavement Support Groups and Resources

the good funeral guide.

Hungate, Beccles **01502 714445** (24hr)
Upper Olland Street, Bungay **01986 892790** (24hr)
Market Place, Halesworth **01986 875588** (24hr)

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Without forgiveness life is governed by... an endless cycle of resentment and retaliation.



The Bugle What's On Guide

Even More Events

This is a free service open to all local fund-raising events & clubs.
Entries subject to edit and available space.
Email events in the format below to: the.buglemag@yahoo.co.uk

Wednesday 26th March. COFFEE MORNING at Pakefield church hall. 10.30am All welcome

Thursday 27th March. KIRKLEY LADIES GROUP BEETLE DRIVE from 2.00. £3.00pp.

Friday 28th March. VOCALIST NEIL FRANCIS will be at The Lodge, Corton, 7.30pm Tel 01502 730537. Free admission.

Saturday 29th March. WRENTHAM VILLAGE HALL FILM NIGHT, WICKED LITTLE LIES (Certificate R) Comedy starring Olivia Colman and Jessie Buckley. When people in Littlehampton begin receiving letters full of hilarious profanities Rose, the rowdy Irish migrant, is charged. Suspecting something is amiss the town's women investigate. Doors 18.45 w film screening 19.30. £5 on the door. Refreshments available and easy parking.

Saturday 29th March. WENHASTON PRODUCE AND CRAFT MARKET at Wenhaston village hall From 10 to 12.30pm. As usual there will be a lovely variety of handmade cards, jewellery, homemade jams, handmade Handbags, beautiful handmade crackers for all occasions, Handmade knitted items, Dexter Beef the local author Ruth Leigh and other plant and food produce and more. Cafe open for Tea, Coffee, Homemade Savouries & Cakes. We welcome new stallholders to come and join us, especially, a cheese maker, pork butcher, fresh bread maker, also fresh fruit and vegetables. Everyone welcome. For details contact Carol at: caz-mike@outlook.com.

Last Friday of the month March -October: BLYTHBURGH MINI MARKET AND CAFE, Blythburgh Church, IP19 9LL. 10:30 am to 12 mid-day. Stalls selling a variety of items, including homemade cakes, cards, gifts, jewellery, honey, etc. Refreshments:- Tea/Coffee/Homemade Cakes. Large free car park. 5 minutes from Southwold. All welcome!

Saturday 29th March DAFFODIL DAY AT ST MARY'S, HENSTEAD from 10am -4pm. Refreshments, craft items for sale, a raffle, books for sale, displays and hopefully a churchyard full of daffodils. Adm free with a donation box. All welcome.

Sunday 30th March. HALESWORTH HARMONY REHEARSAL AT THE CUT in Halesworth (10.30-12.30) Come along for a **free taster session** - no experience is necessary, everything is taught by ear, and you'll receive a warm welcome. For further details, email: halesworth.harmony@gmail.com.

Sunday 30th March. MOTHER'S DAY AFTERNOON TEA at the Lodge, Corton. Please pre-book Tel 01502 730537.

Every Thursday til 29th May PACE OF MIND WALKING & RUNNING GROUP at 5.30pm Venue: Sparrows Nest Bowling Club, Whapload Rd, Lowestoft NR32 1XG Our friendly activities take place in green and blue spaces (including forest bathing) and are suitable for people of all levels of fitness. Participants engage in an activity of their choice, during which they can meet and chat with other people. Contact: Paola at paceofmind@norfolkandwaveneymind.org.uk

Saturday 26th April WENHASTON PRODUCE & CRAFT MARKET at Wenhaston Village Hall, 10 to 12.30pm. As usual there will be a variety of handmade cards, jewellery, homemade jams, handmade handbags, crackers and knitted items as well as Dexter Beef, local author Ruth Leigh and other plant and food produce on sale. Cafe open for Tea, Coffee and Homemade Savouries and Cakes. New stallholders are welcome to come and join us especially, a cheese maker, pork butcher, fresh bread maker, also fresh fruit and vegetables. Everyone is welcome so please do put the date in your diary and come along. For further details contact Carol at: caz-mike@outlook.com.

Saturday 17th May. MOZART IN BECCLES. St Michael's Church, Beccles, 7pm. Beccles Choral Society, Kingfisher Sinfonietta and four professional soloists present three of Mozart's greatest masterpieces. The ever-popular *Ave Verum Corpus* is a beautiful and peaceful motet for choir and strings and the *Solemn Vespers* is a work of celebration and great beauty. The glorious and famous *Requiem* is regarded as the pinnacle of Mozart's emotional genius, and has not been performed live in Beccles since 2015. £20pp, under 16s free. Marion on 07586 959326, email: ticketsbeccleschoral@gmail.com or Beccles Books.

Events at The Battery and East Point Pavilion in Lowestoft

Weekly Singing for Lung health and Music for Wellbeing sessions are being run at The Battery, 119 - 125 London Road North, Lowestoft on the following dates:

Music for Wellbeing - Mondays 1.30pm - 3pm until 17 March
Singing for Lung health - Tuesdays 1.30pm - 3pm until 18 March.



EASTERN EVENTS @ REYDON SPORTS & COMMUNITY CENTRE, IP18 6PA

MOTOR-FEST 2025

SATURDAY 29 MARCH
11AM - 4PM

FREE ENTRY

helping raise funds for Housing4Veterans UK and Norfolk Blood Bikes



FIRST LIGHT FESTIVAL

SEE YOU ON THE BEACH
21-22 JUNE



Birds Falling From The Sky

It is bad enough to see disturbing news reports on the media of flocks of birds dropping from the sky to fall dead on the ground for reasons unknown. But it is surely far worse, bordering on insanity to have to witness grown men being transported on tractor trailers to selected fields to partake in the 'sport' of bird blasting with shotguns. To make it more of a 'sport' and to give the birds almost no hope of surviving, the 'beaters' are employed to work in the undergrowth ahead of the shooters, to scare the birds into frightened flight. They take off in fright and before they can get their bearings or think of what it was that scared them - a dozen shotguns in the hands of people old enough to know better, erupt in a deafening cascade of noisy death.

To this old duffer it is a barbaric so-called sport of the landowner, that seems to have left these entitled few behind in the enlightenment stakes. Whether the birds are eaten or not, that fact is really of no consequence to these people. It is the sport of Kings and other idiots - whose station in life seems to excuse them in their minds as they proffer the excuse of 'age old countryside sport'. The definition of sport is a game of two sides fairly equally matched to decide the winner, which this one-sided barbarism surely is not.

Baby's Dummies

Why is it I see kids about 3 or 4 years old in town running around with a bloody dummy in their mouths? What is wrong with these parents? Is it just to keep the little ones quiet? In my day a dummy was only used as a little bit of comfort to help get the little one off to sleep. Once asleep the dummy/pacifier was gently removed. I even see kids in the supermarket with the 'silencer' firmly plonked in their mouths to give the parents a bit of peace. Numpty parents should remember that a dummy was never intended to be a fashion statement or a badge of honour or as a silencing device. Learn parenting skills, that way your kids will be able to talk to you and you to them.

Kids in Nappies

And another thing, why are kids as old as four, starting school still wearing nappies? There really is no excuse for this. Schools should refuse admission to any kid in nappies at such an age. Perhaps these modern nappies are too comfortable. The old ones were not so, and hung like a wet sack of sand when full! Go back to material nappies. You'll soon potty train them!!

Doctor NO!

So another once fantastically popular TV series has been completely destroyed by the woke imbeciles at the BBC. Brought back from TV limbo in 2005 Doctor Who blasted onto our TV screens with Christopher Eccleston doing a fantastic job as the Doctor ably assisted by the gorgeous Billie Piper. Eccleston decided to call it a day after just one series, regenerating into David Tennant - a runaway success, After four seasons Tennant regenerated into Matt Smith's version of the Doctor and he made it his own too. Both Tennant & Smith appeared at Comic Con in the USA and stole the show. Doctor Who blazed a trail taking America by storm. Smith left after 4 seasons and the torch was passed to Peter Capaldi but the scripts were not of the same quality. Truly the rot set in when the Doctor became a woman (Jodie Whittaker) dressed like a Bavarian toymaker - and lastly the Doctor became a black gay man in a dress. That lasted for one series and now its facing the axe due to shockingly low audience figures. What a travesty. Doctor Who was always an adventure series telling the exploits of a time lord as he battled space creatures and those closer to home. He never carried or used a gun, he was always victorious and had regular female companions along the way. Always exciting, there was peril and always there were Daleks and Cybermen. In the early days some of the monsters were a bit naff but that added to the charm! There was danger and there was love - and it all ended in a monumental festival of wokery last year with a gay Doctor wearing a dress, Davros no longer in a wheelchair, (can't have that) trans actors, a drag queen playing The Master and even David Tennant let the side down returning as a slightly gay Doctor in a couple of episodes as if to enforce the feeling that the series really had gone to shyte. It is no wonder millions are cancelling their licenses. It is time this wokefest called the BBC supported itself like any other channel, with advertising. Cancel the license fee NOW

Hope is the thing with feathers that perches in the soul.



The Bugle What's On Guide

Regular Events

This is a free service open to all local fund-raising events & clubs.
 Entries subject to edit and available space.
 Email events in the format below to: the.buglemag@yahoo.co.uk

- Every Monday. 'MONDAY LEISURE PAINTERS'** gather at Oulton Village Community Centre 2pm - 4pm. Bring your own refreshments. One week free trial then an annual fee of just £30. For more info Contact Shirley on: 01502 511098
- Every Monday. COMMUNITY CAFE** in Kirkley church hall. 15.30 to 19.00. Tea and Coffee just £1.00. Open to all!
- Every Monday.** Time 4 Tea. 10.30am -12 at Wrentham Village Hall. £1 for tea and biscuits and friendly chat.
- First & Third Monday** each month **FORGET-ME-NOTS**, meetings for folk with memory problems at Beccles Public Hall f 2pm - 4pm. £2 per person. Live music followed by tea/cake/chat. More info Jenny: (01502) 714828 or 07528 373 117
- Third Monday Every Month. SINGING & MUSIC MAKING GROUP.** 1.30 - 4.30pm at Maureen's Community Room. Co-op, Saxons way Halesworth IP19 8LU. music and singing with Helen Hayes, Free entry. Details 01449 707030
- Every Tuesday A DEMENTIA CLUB** for people living with dementia, memory loss or confusion. 11am to 2:30pm at the Deaf Centre 50-52 Blackheath Road, Lowestoft NR33 7JG. A safe space where those living with dementia and their partners/carers can meet up and enjoy various activities and a low cost light meal.
- Every Tuesday STATION VOLUNTEERS** are on duty at the Blythburgh Railway Station for the Halesworth to Southwold Railway Project between 10 and 4 - and they are always happy to show visitors around. New volunteers welcome.
- Every Tuesday. ART CLASSES** at Blyburgate Hall, Beccles 7.00pm -9.15pm. Tutor: John Patchett IEA New artists welcome. Enquiries: telephone 01502 710491, or email info@john-patchett.co.uk
- Every Tuesday. KIRKLEY PANTRY** in Kirkley church hall. 10-1pm & 5pm-6pm Volunteers new members welcome.
- First Tuesday every month. WANT ADVICE ON TRACKING DOWN YOUR ANCESTORS?** Come to Leiston Library, IP16 4ER. The Alde Valley Suffolk Family History Group. 2 - 4pm will offer guidance and help. No need to book, just turn up.
- First Tuesday of the Month SUFFOLK CARERS MATTER:** Family carers aged 55+ can cometo our FREE natter group, 10 – 12 noon, Morrisons Café, Pakefield, NR33 7NG. Tel: 01284 333035 or Sharon.hobbs@communitiestogether-ea.org
- First Thursday CREATIVE ART CLASSES** at The Cut Arts Centre, Halesworth. 1pm - 3pm. Inspiring creativity & connection for people living with dementia and their carers. For info call: 07990 199632
- First Thursday of the month. OULTON BROAD LADIES EVENING CLUB** 7.30pm in St Luke's Church in Homefield Avenue, Oulton Broad. A friendly group of ladies who enjoy meeting for a social evening established over 42 years. Visitors always welcome. For further info about the club contact Mrs Anita Aldous. 01502 514157.
- First Wednesday every month 'BECCLES SOCIETY FOR ART'** Meets at The Waveney Centre, New Market, Beccles. (Next door to Hughes electrical). 7.15pm - 9pm. For anyone interested in Art not just artists. Talks and/or demonstrations about art. Friendly group Email: Beccles.BSA.artists@hotmail.com or tel' James on 07399572122
- Every Wednesday. FEN PARK VOLUNTEERS,** Kirkley Lowestoft. Volunteers needed to help keep the park in tip top shape - Gardening etc! 12.30 - 4.30pm Please wear suitable clothing and footwear. Friends of fen Park on Facebook.
- Every Wednesday. WHITTEN PANTRY** St Lukes Church, Homerfield Avenue, Oulton Broad. £3 for 12 items of food plus free hygiene products, shampoo soap etc. Info Email: josephinefowler@talktalk.net
- Every Wednesday THE FOLK & SQUARE DANCE CLUB EVENING** 7.30pm. at St. Marks Church Hall, Bridge Road, Oulton Broad: All welcome. A gentle way to keep fit & enjoy yourself. Refreshments. Info call:07732 60 20 62.
- First Wednesday of the month. REYDON WI.** 2.30pm Reydon Village Hall. Info: amandapriestley@btinternet.com
- Every Thursday CHURCH MICE TOTS GROUP** at St Mary's Church, Halesworth. 1 – 2.30pm Term Time.
- Every Thursday. SINGING 4 FUN** 10.30am - 12 at Wrentham village hall. No experience required. Only £1.
- Every second and fourth Thursday. ST. LUKES LADIES GUILD** meet at St. Lukes Church Centre, Homefield Avenue, Oulton Broad at 2.15pm. All ladies welcome. For further details contact Margaret on e.jones23@sky.com.
- Every second Thursday the THURSDAY ART CLUB** meet at the Quaker Hall, Smallgate, Beccles from 10 am - 12noon. All levels welcome to draw, paint and chat. for details contact 01502 714448 or gandjigibbon@btinternet.com.
- Second Thursday of Every Month. SCRABBLE CLUB AT SOUTHWOLD LIBRARY** all equipment supplied, refreshments in canteen. Southwold Library 01502 722519 southwold.library@suffolklibraries.co.uk
- Second Thursday of Every Month UGGESHALL VILLAGE HALL FILM NIGHTS!** The film nights at Uggeshall Village hall are a regular Uggeshall event. Admission only £3. Interval for Tea Coffee and snacks included in the price! Doors 7pm.
- Second & Fourth Fridays very month MAH-JONG GROUP** 2.15pm – 4.15pm at Southwold Library. £1.00 per person
- Every Saturday morning 10am - 12noon COFFEE AT ST EDS** at the Church Centre, Kessingland. refreshments, loads of books, Jig-saws & lots of Bric-a-Brac at give away prices.Wonderful atmosphere. proceeds for church Funds
- First and Third Saturday's BECCLES INDOOR FARMERS MARKET** at Beccles Heliport from 9am -1pm. Great products direct from quality farms and local producers. Cafe area Spacious free parking . www.becclesfarmersmarket.co.uk
- Every Sunday. REYDON ARCHERY CLUB** at the Reydon Pavilion Sports Ground from 9am until 1pm. Junior (9 years) 9am - 11am - adults (14 years) 11am - 1pm. Equipment available for beginners, £10 pphp. Call 07584 246 510

March has arrived - that month of contradictions: Daffodils will gild the boundaries of the meadows, while clouds of blackthorn's white blossom mimic winter's ghostly grip. (Remember snow? Barely.)

Soon, cowslips will unfurl their buttery cups, and ramsons or wild garlic will carpet damp woodlands with starry white blooms and their pungent, earthy perfume.

Frog spawn will linger on the periphery of the ponds. Spring is a patient revolution. It asks only that we pay attention.



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YOUR TOP FIVES

Here is where you tell us your Top 5s in any subject, Films, TV programmes, Books, Film Stars Male or Female, Flowers & more. Next month it could be you! Email us: the.buglemag@yahoo.co.uk

This month it is the turn of Sandra Jones from Lowestoft

Top Cinema Films

- 1 Gone With The Wind
- 2 The Two lives of Jennie Logan
- 3 Anne of Green Gables (1980s)
- 4 Brief Encounter
- 5 The Ghost & Mrs Muir

TV Shows

- 1 Supernatural
- 2 Absolutely Fabulous
- 3 Endeavour
- 4 NCIS Los Angeles
- 5 Death In Paradise

Film Stars

- 1 Harrison Ford
- 2 Rex Harrison
- 3 Sean Connery
- 4 Keira Knightley
- 5 Cary Grant

Sandra says - "Nothing can top Gone With The Wind of course"

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Have you listened to radio and hearing the presenter, thought to yourself, "I would love to do that" well now is your chance as East Point Radio are looking for some additional presenters!

Previous experience is preferred, but not essential as full training is available, a fun and bubbly personality coupled with enthusiasm, and a love of music is more important.

East Point Radio is run entirely by volunteers (so the pay is lousy!) but the enjoyment in presenting your own show and building a regular listenership to an ever increasing online audience is priceless!

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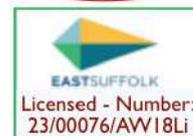


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11 am

WORLD WAR TWO PROJECT SEEKS HELP FOR FAMILY DRAMA

A new play about the experiences of Far East Prisoners of War is reaching out to the public to ask for help with research. "Returning from East to East" is part of a larger project called 'Reflections on War', being run by East Coast Sunrise CIC, with the collaboration of both the Norfolk Regiment Museum and the Norwich branch of COFEPOW (Children of the Far East Prisoners of War).

The Arts Council-funded project will develop a play based on the experiences of the soldiers, and, in particular, on the difficulties they faced on their return home, especially within their families and communities. The project will tie those stories into on-going conflicts around the world to show how little has changed in the past 80 years.

East Anglian writer and performer, Greg Powles, is currently researching for the new

play, concentrating on the effects of the FEPOWs' return home after release, and how family life was impacted by their experiences in subsequent years.

Greg now wishes to collect as many relevant stories and reminiscences as possible, and is inviting people to contact him. "Although the play itself will feature a fictional family," said Greg, "I want the characters and the story to be based in truth. I want to capture a real sense of what people went through in those post-War years and the more material I have to work with, the closer we can get to an accurate portrayal."

Anyone who had relatives who were affected and are willing to share their stories as part of this project, please contact Greg Powles, tel: 07766 398244 or email at: greg.powles@outlook.com



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No animal needs to die in order for me to live. And that makes me feel good.

BONDS MEADOW

A February Walk: Between Winter's Grip and Spring's Whisper

Venturing along Bonds Meadow's footpaths this time of year feels bleak without the comforting embrace of endless green foliage and being under the soul-stirring drama of winter's grey skies. Yet even in its starkness, the woodland hums with nature's quiet promise of renewal. These solitary walks often amplify life's loneliness, so few souls wander here now, and days may pass where my only conversation is with Henry, my Labrador, bless him who listens with unwavering devotion. I can hardly blame others for choosing the warmth of home, a steaming cuppa, and the chatter of daytime TV over damp, windswept footpaths.



I do watch occasionally and wonder how people can afford those sunlit villas in the south of France, with their terraces drenched in lavender and olive groves. Even there, I imagine loneliness might linger. A recent antiques show frustrated me; some "expert" valued a hideous porcelain vase, that appeared identical to one I chucked in the bin last year, at a few hundred pounds. Just my luck, but probably not the same; however, it would have compensated for the loss of winter fuel allowance.

Anyway, back to that February walk. The last of the muntjac-nibbled winter heliotrope blooms cling to life, while nearby, the first spear-like shoots of Lords and Ladies pierce through the earth, mingling with the relentless ubiquitous Alexanders. Clusters of daffodil leaves hint at coming gold, and snowdrops dot the landscape like scattered pearls. Nature's cycle trudges onward, steadfast. Birdsong now brightens the air, a prelude to spring's crescendo. Blue tits scout for nest sites in weathered tree trunks and our handcrafted bird boxes, while goldfinches, true to their collective name, "charm" the hedgerows with their kaleidoscopic flashes and ceaseless chatter. Their energy



is infectious yet exhausting to witness. Recently, a Tawny owl was spotted by a birder near the pond; he captured a photo of it peeking out of a box. There have been other sightings, but this one was the first concrete proof.

For weeks, a pair of mallards have claimed the small ponds near Chestnut Avenue, their devotion palpable. We can only hope they stay to raise a brood.

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Scare stories swirling on social media about Bovaer, a methane-suppressing feed supplement for cows, have spilled over into a supply shortage for organic milk.

“There’s been a huge spike in demand for organic milk recently (thanks in part to Bovaer feed additive – which our farmers aren’t trialling!),” wrote McQueens in a message to its customers last week. “This has caused a strain on supply of organic milk across the industry.”

Supermarkets are struggling to get enough organic milk too, according to McQueens. This time of year is always a little tight when it comes to supply and demand of organic milk; and generally the seasonal shortage eases as spring calving herds have their calves.

But this year seems to be extreme with my milkman, McQueens, pushing customers (with enticing discounts) to switch from organic to its Red Tractor assured milk. It can’t be just down to Bovaer, can it? And what are the impacts for organic dairy across the industry?

Soumya Behera is the dairy market expert at AHDB, the Agriculture and Horticulture Development Board. She tracks the market closely so I asked her what’s going on. For the milk season so far (April to December), organic milk deliveries in Great Britain are estimated to have totalled 265.55 million litres, which is 7% less than 2023/24 and a more substantial 20.7% fall compared to 2022/23. “Considering the year-on-year decline, there seems to be some shortage in the market,” she explains.

Conventional milk, meanwhile, has been increasing of late. Production in that April to December period totalled 9,333 million litres (more than 30 times organic production), up 0.7% against the previous year and 2.5% up on the 5-year average for December production. This momentum has also been reflected in organic milk, Behera explains, but it’s not enough to meet the demand.

The decline in organic milk production has come down from the double digits seen at the beginning of the year to “positive territory” recently and production has been “picking up” from November onwards. There is some shortage in the market currently which could be mitigated through these increasing

deliveries, she adds, but “it will take sometime to fill the supply pipeline”

This organic growth isn’t perhaps what analysts were expecting a few months ago. Organic sales are particularly vulnerable to price movements, so with a somewhat gloomy Autumn budget predicting lacklustre economic growth in the UK and with potential downsides from the fallout on global trade with a Trump presidency, the clouds were gathering over the organic sector. “It will be important to tell the organic story and communicate the benefits of organic to draw consumers back and support demand,” Behera wrote in a November blog.

Certified organic farmers are not permitted to use Bovaer. That’s because the main components that make up the supplement are not included in the list of approved products/compounds.

“Arla buys milk from many different farms and they supply both organic and non-organic milk,” the Association said in a December statement. “Any organic milk they supply must meet organic regulation requirements and the production has to be completely separate from any non-organic milk.

The current supply squeeze may well have been exacerbated by the bother over Bovaer but there are other factors at play too. High feed costs and a shortage of labour for example. Plus a lack of government support in organic farming and food. Milk and dairy processors will need to react to growing demand to cover any shortages by incentivising organic production – in other words by increasing milk prices and offering prospective organic farmers more certainty, says Behera.

Soil Association Director of Farming and Land Use, Katrin Hochberg, is pleased to see increased sales for organic dairy again. “we need to be aware that organic farmers cannot easily increase production after some tough years of high input costs and lower consumer demand during the cost of living crisis. Interest in and attention on farming and food has never been higher.

This is an opportunity for organic that it must seize.

At every moment of our lives, we all have one foot in a fairy tale and the other in the abyss.

Blyth Valley St Felix Rotakids off to a flying start!

At the beginning of February, RotaKids President Hugo Spalding chaired his first meeting of the newest RotaKids club in East Anglia. Two Blyth Valley Rotary members, Alan Hardwick and Colin Coe, were present to help guide the meeting and help with project ideas. The members were very enthusiastic and soon offering ideas for fundraising.

With a little bit of research and keen to help the environment, it was decided that they would like to recycle old library books for the project 'Children's Book Project' see the website <https://childrensbookproject.co.uk/>

Ten days later Blyth Valley St Felix RotaKids along with President Colin Coe and Rotarians Chris Caswell, Ronnie Carter and Alan Hardwick, boxed, bagged and crated up the contents of their library (over 1000 books!) which is due for refurbishment. The books were then taken to the nearest collection hub, Winkworth Estate Agents in Southwold, where the staff helped to unload the van for the books to be collected by the charity.

Our thanks go to Mrs Nicola Fisher at St. Felix School, the staff at Winkworth Estate Agents and course the Rotakids. Well done everybody at St Felix School ! Your excellent project will mean that these books will continue to be read and enjoyed by many more children both in this country and possibly abroad.



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Service: 6pm

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As we journey through this life we encounter many decision-making moments and because we each, individually, see the problem from our own particular viewpoint we all think we know the correct answer to that problem. That's okay if you are dealing with everyday matters like where to eat, when to eat, which movie is good and which one is not. No one but you is going to be adversely affected by your decisions. When it comes to ethical questions, however, it is just not that simple. Ethics are all about being morally correct and honourable. Any decisions made affect the lives of others. Differing opinions cause moral dilemmas. Different viewpoints are formed from different life experiences and influences, so it stands to reason that there will be a myriad of differing opinions..

With a real knowledge of spirituality, however, all ethical questions can be answered. The answers will not please anyone still viewing the question from a nurture or cultural viewpoint. Abortion and euthanasia are perhaps the two biggest issues causing moral dilemmas. Last month I dealt with Euthanasia. This month let me examine the termination of pregnancy from a spiritual viewpoint. At the very extreme side of the argument against abortion are the so-called 'Pro-lifers'. These people argue that the right of the unborn child to be born is paramount, even in the case of someone who has been raped. The Pro-lifers appear to be supported in their opinions by the Church of Rome, the Catholic Church, who assert that 'all life is sacred'. This is an entrenched viewpoint that has no room for compassion. For whatever situation you ask them about (and there are plenty of websites where you can check this out) the stock answer is always in favour of the unborn child. Nothing else matters. Health issues, condition of the unborn fetus, health of the pregnant woman or circumstances of conception – all are discarded in favour of the blanket argument: no to abortion. The argument is deemed black and white. There are no grey areas in their point of view, no individual circumstances to be considered, no human emotions, no compassion. But, dear friends, life is not black and white. It was never designed to be that simple. Life is a million shades of grey! That is the very reason we are here. If every decision was black and white with no compassion involved then the human race would surely implode upon itself. The argument of the right of the unborn child leads me to state that once again the advice of the Catholic Church is incorrect. Terminating a fetus at 21 weeks is not murder, for it is a fact that the spirit does not usually enter the body of the fetus until birth or even some few days later in extreme cases. The exceptions are those who wish to go through the birth experience for some reason.

When a woman considers abortion, she does so with a heavy heart. She wrestles with both scenarios in her mind. She should ask her guides what she should do. Do not run away with the idea that they will advise her always to go through with the pregnancy, for they do not. Much depends upon the reasons she chose this particular human journey; what lessons she wished to learn in this life; the things she needed to experience in order for her spirit to progress and grow. Sometimes, despite guides trying to advise, the wrong decision is made. And that wrong decision can just as easily be to go through with the pregnancy as it can be to terminate it. Most people are not even aware of their guides. Whatever the scenario or the outcome, there is no judgement from them, just more help as the life path changes.

Those women who have been raped, whatever their age, should abort that fetus if they are so traumatised by the terrible act of rape that they feel they cannot go through with the pregnancy. There is no judgement to be made by anyone. No one can make that decision but the person concerned, with the influence of her guides. Pro-lifers cannot put themselves in the position of any female who does not want to go through with her pregnancy. They have not lived her life, had her experiences or endured her hardships. The only person who can decide whether or not to have the baby is the pregnant female; it is her life, her experiences, her decision. There is not, nor will there ever be, any kind of judgement for her by the spirit world. Nor should there be any kind of judgement by those on Earth who think they know better.

Loving people live in a loving world. Hostile people live in a hostile world. Same world.

YOUR LETTERS

Please note that letters published contain the opinions and views of the sender and are not necessarily the views of the editor or publishers of this magazine

Email your letters to
the.buglemag@yahoo.co.uk

Hi Bugle,

In February The Grumpy Old Man was rattling on about the state of the road signs in our county of Suffolk, and it has to be pretty general across the land I should think. I thought I would send you this photo of a road sign just outside Ellough Airfield on the road down towards the roundabout to Lowestoft or Worlingham and Beccles.

This sign has been filthy, green and tatty for years. Finally it collapsed a few months ago and it still hasn't been replaced. It is just laying there, a sad demonstration of the apathy which is rife right now. We still have to pay our car tax which is going up by too much in April. The road signs everywhere are faded, tatty and useless. The roads themselves are full of pot holes and cracks and nobody in a position to fix things, is doing anything about it.

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East Anglia Transport Museum Events Calendar 2025

Easter Treasure Hunt
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1960s Weekend Sat 17 & Sun 18 May
11am to 5pm

Seaside Special Sat 12 & Sun 13 July
11am to 7pm Sat, 11am to 5pm Sun

LONDON EVENT Sat 27 & Sun 28 Sept
12noon - 9pm Sat, 11am - 5pm Sun

HALLOWEEN Sat 25 & Sun 26 Oct
3pm to 8pm

RIDE THE LIGHTS 2025
On Saturdays & Sundays: 6th/7th, 13th/14th, 20th/21st December
3pm to 7pm

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A word from Rosedale

by Sarah Howard, Rosedale Funeral Home Bereavement Support Group Facilitator

For some, the beginning of a new year can be a good time to make changes in life. A new year brings the possibility of a fresh start. Many people commit to new fitness or dietary goals or reassess career direction. In January, estate agents report a surge of properties coming onto the market as people decide to make changes to their living arrangements.

On a smaller scale, I like to take stock of my bookshelves, kitchen cupboards and wardrobe. There is something therapeutic about re-organising our personal space and clearing out things that are surplus to requirements. It feels good to donate clothes and books to charity shops, knowing that someone else can benefit from things we no longer need, whilst also making money for worthy causes. This form of recycling is also good for the planet.

For those who are bereaved, a new year is often **not** a cause for celebration but a reminder that the future must be faced without their loved one. For some, this fear can be quite overwhelming. At our bereavement groups, we like to remind participants that they do still have a future (even though it might look very different to what they had planned.) None of us know the future or what good times may lie ahead.

We also remind our participants that they are still individuals of worth (even without their loved one)

and they are still important - friends, family, colleagues etc, still need them. No matter our circumstances, we all have something to offer. We each have a unique set of skills, characteristics and abilities that are needed in the world. Most importantly, we all need to be reminded that we are not alone. Everyone is part of some kind of community, whether that be a family, a friendship group, neighbourhood, church, workplace or hobby club. At the most basic level, we are all part of the human race and have a part to play in making the world a better place.

I'll finish with a little story..... Whilst looking at some of the comments beneath an Instagram post about mental health, a doctor had commented that he was losing hope and didn't feel his life had a point anymore. I encouraged him to keep going and that I believed he had a unique combination of skills and abilities that no one else had. I reminded him that the world needed what he had to give. He replied with 'Thank you, I really needed to hear this today.'

We don't know what difficult situations someone else might be facing but we can all do a little something that might make a big difference- a smile, a helping hand, a kind word, or an act of generosity.

If you would like some support with your bereavement, call Rosedale on 01379 640810 to reserve your free place on our next course

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www.rosedalefuneralhome.co.uk



We shall be starting our next group on
Mon 3 March, 2.00-3.30pm

BOOKING ESSENTIAL

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lucy@rosedalefuneralhome.co.uk

BEREAVEMENT SUPPORT GROUPS
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This complimentary 8 week course is open to all, no matter how long ago your bereavement or which Funeral Director has been used.
www.rosedalefuneralhome.co.uk



We shall be starting our next group on
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We constantly receive requests for inclusion in the magazine, way past our copy deadline!
Please get your 'What's On' listings to us by 20th of the month prior to publication.
Posters are welcome - but inclusion is not guaranteed due to space constraints.

I've seen and met angels wearing the disguise of ordinary people living ordinary lives.

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Just a few of our fabulous shows in March

ADELE
THE CANDLELIGHT CONCERT
Saturday 8th March
at 7.30pm with
fabulous tribute
artist Natalie Black

Chris McCausland
YONKS! (16+)
Thurs 20th March
At 8pm

That'll Be The Day!
Saturday 22nd March
7.30pm
That'll Be The day

**Call the box office now or
visit the website to book!**

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The wonderful things in life are the things you do, not the things you have.

HOLIDAYS & TRAVEL

With Tim Saunders

A red squirrel. A leaf beetle. A cricket. We see all these creatures on our walk from Ryde hoverport to Quarr Abbey, nearly three miles away. We even hear a woodpecker at Quarr Abbey. The weather is glorious during our summer day trip and even though it is for just one day we feel like we've been away for much longer.

Boarding the 0915 flight from Southsea it only takes us ten minutes to travel the four miles over the water to Ryde, made famous by The Beatles; Paul McCartney hitchhiked with John Lennon to visit his cousin, Betty, who had a pub in the town.

Hovertravel's Island Flyer travels at speeds of up to 45 knots, about 52mph and the four mile trip takes exactly 10 minutes. We're all mesmerised at the stealth of this craft as it 'flies' across the Solent, overtaking everything in its wake. It takes a standard ferry one hour to travel from the mainland to the island, so it's no surprise that the Hovertravel service, which has been running for nearly 60 years, is so popular. It is a competitively priced offering, too. The staff are friendly and helpful.

From Ryde Esplanade it takes us about an hour and a half to walk to Quarr Abbey and much of the way is a lovely scenic route along the coastal path. Thank goodness we decided to bring Henry's scooter because three miles is enough for adult legs let alone little people's. Our stroll takes us along a really pleasant tree-lined path edged by a golf course. Henry happily scooters along while the rest of us walk at a sedate pace.

We reach Quarr Abbey and discover that the original abbey was demolished by Henry VIII's dissolution of monasteries scheme where Protestants believed that these places of worship were useless. Their key role was to pray for the souls of the dead to get them into heaven, but Protestants believed you could only go there by praying to God yourself. So hundreds of years of monks being in Ryde was wiped out until the 1900s when a new monastery was built and here it is. From an architectural point of view it is a pleasing brick built structure of considerable merit. It's striking and boasts craftsmanship that we can only dream of today. Clearly a huge amount of skill has been imparted in the creation of this gem and the small number of monks who continue to live and work here are certainly fortunate. On a day like today it really could be heaven on earth and we're exceptionally fortunate that the monks let us in to experience a little bit of their existence. The abbey itself is a place of solitude that allows us to all have a prayer and light a candle in the hope that it might help our world to improve and prosper. But when we look round and find fellow visitors not praying or admiring their surroundings but glued to their devices. We continue to mooch and make our way to the piggery where there are plenty of piglets to feed.



SATURDAY 21ST JUNE 2025

**SOUTHWOLD
ARTS STREET
FESTIVAL**

DIARY
DATE



**SOUTHWOLD
MAKERS MARKET**

Open 10am - 4pm on selected Saturdays

United Reformed Church Hall, off High Street, Southwold



www.southwoldmakersmarket.co.uk

f southwoldartsandcraftmarket @southwoldmakersmarket

"Do come in, you never know what you might find!"



**INTERNATIONAL
WOMEN'S DAY**

SATURDAY 8 MARCH



FRIENDS OF HALESWORTH COMMUNITY HEALTH & CARE

The work on the very much needed Social Day Care centre is nearing completion and once the legalese is settled, the trustees will be pleased to announce who will be the successful provider for this. It is hoped that the opening date can be announced in March 2025 but as we all know, the best laid plans.....

Halesworth Volunteers have moved into their new premises and are settling in, do pop along to see them and have a look around. If they have come down from cloud 9, we are sure you will get a very warm welcome!

The purchase of the old Methodist church (pictured) and the start of the refurbishment could not have come at a worst time, need the word covid be mentioned. The trustees were hoping that the project would be up and running long before the doors will actually open but let us tell you that the transformation has definitely been worth the wait. The trustees give a very grateful thanks to Eric Hurren, his team and to all the sub-contractors for a superb job, the building is now completely unrecognisable!

A formal opening is planned but for the moment trustees must leave you with the photographs here and a promise that the finished project was well worth waiting for!



NORFOLK OPEN STUDIOS EVENT

The deadline for artists, makers and creators to apply to take part in this year's Norfolk Open Studios event has been extended. Artists from across the county now have until 3rd March to apply to take part.

The award-winning scheme will celebrate 30 years of collaborating with artists in 2025 and is set to move to a new summer slot between 12th and 27th July.

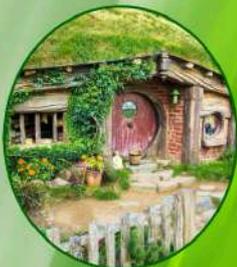
Established as one of the largest and most successful open studios schemes in the country, the free event offers the opportunity for creatives to open their doors to the public to exhibit, sell and talk about their work.

Artists wishing to take part have until 5pm on Monday 3rd March to apply.

For more information or to apply visit www.norfolkstudios.org.uk or email openstudios@nnfestival.org.uk or call 01603 877762.

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The things that make me different are the things that make me.

A Murder, A Dinner Party... What Could Go Wrong?

The play that inspired Alfred Hitchcock, *Rope* by Patrick Hamilton and presented by Red Herring Theatre Company is a darkly witty thriller where the perfect crime is put to the ultimate test.

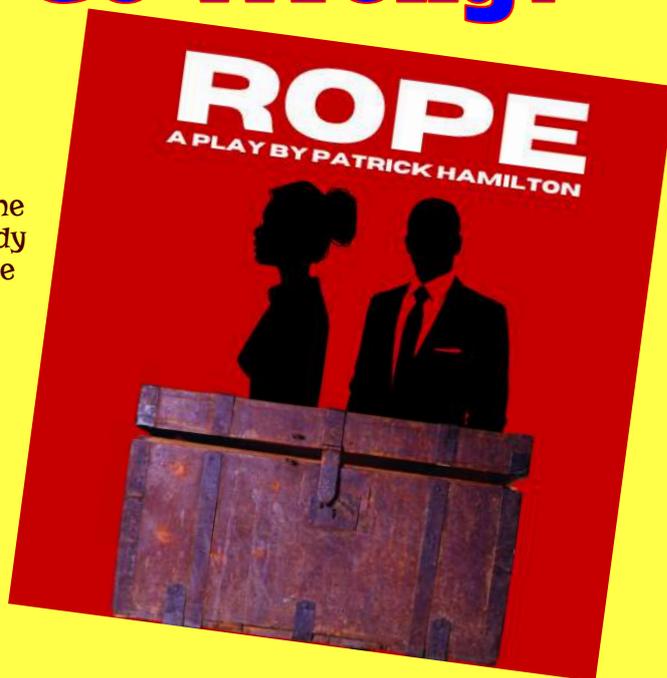
In 1929: Brandy and Granno commit murder for the thrill of it—then throw a dinner party with the body hidden in a chest at the centre of the room. As the night unfolds, tensions rise... Will they get away with it?

This production is presented in the round and is being performed in our area as follows:

Saturday 15th March - The Corn Hall, Diss

Sunday 16th March - Beccles Public Hall

Thursday 20th & Friday 21st March -
The Seagull, Lowestoft



The Racehorse

Please come along to our...
MIDWEEK COFFEE MORNINGS

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SUPPORT AXEL KEIM

HENHAM BARN, SUFFOLK
SATURDAY 22ND MARCH 2025 DOORS 7:00PM

An evening of "Suffolk Soul & Picked Punks"
From *Frank & The Beans* with support from Axel Keim
with his unique blend of acoustic, 'bigbow & blues'

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SUFFOLK LIBRARIES WHERE I BELONG

Crochet & Craft Club

Every Wednesday
2.15-4pm
£2 each

A friendly group for all crafters & any ability at crochet. Barbara will be on hand to teach beginners, add to your skills or troubleshoot problems with crochet. Or just bring along your latest craft project and work together

Bring your own equipment or Barbars can supply crochet equipment at a price
Refreshments Provided

LJAB
SCHOOL OF PERFORMING ARTS

Spring Fundraising Fair

Live performances Craft stalls childrens arts and crafts Refreshments and much more
Saturday 22nd March 2025

10.30am - 3pm

Wrentham Village Hall
London Road, NR34 7HJ

All profits will go towards the LJAB summer dance show

A look at The Cut Arts Centre, Halesworth, Box Office 0300 303 3311

Halesworth & District U3A presents: *Saving Lives in Times of Crisis* by Fiona McSheehy

Tue 18 Mar 2025, 2:30PM

The Cut

Eastern Angles: *Sophia* by Hannah Kumari

Tue 25 Mar 2025, 7:30PM - 10:00PM

The Cut Arts Centre, Hales...

Small Things Like These (12a)

Wed 12 Mar 2025, 7:30PM

The Cut Suffolk

Heretic

Wed 19 Mar 2025, 7:30PM

The Cut Suffolk

BLYTH VALLEY SWIM AWARDS



On a beautiful sunny afternoon on the last day of January, Blyth Valley Rotary President Colin Coe had the pleasure of presenting three outstanding charities with cheques from the record amount of money raised at the Southwold Christmas Day Swim.



An amazing 420 swimmers braved the North Sea to participate in this annual fun event and raised a fantastic amount of money for charity, over £10500!

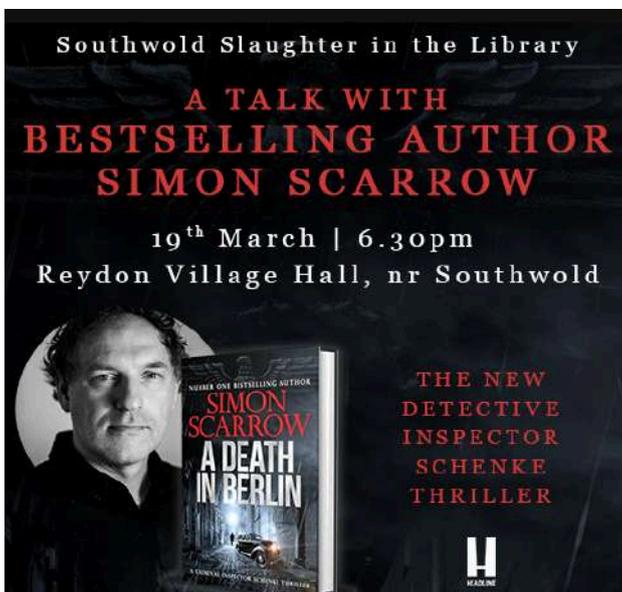
A crowd of well over 2500 people also got up early to witness the proceedings. A brilliant effort and much appreciated by all involved. Representatives from the R.N.L.I and the Sole Bay Care Fund were there to receive cheques for £3200 each.

Reuben Digby and his family were also present. Reuben was there to receive a cheque for the same amount on behalf of the Little Princess Trust. The amount, when added to the £1200 that Reuben aged 6 had raised himself (not to mention the hair he donated), will provide more than enough to make 6 real hair wigs for children undergoing chemotherapy.



<https://www.bbc.co.uk/news/articles/cwy3rpr9g5ko>

In closing Colin thanked 'Stay in Suffolk' for sponsoring the event



You can't turn back the clock. But you can wind it up again.

Wicca, Covens & Witches

It's time to understand it all

Some people may be concerned with stories of Witches and Covens and see it as something dark, dangerous and threatening. I can assure you it isn't. In the past Wiccans have had a lot of bad press especially in the 'Burning Times' of The WitchFinder General when thousands of normal wives, mothers and young girls were put to death in the ignorant belief that they were communing with the devil.

The devil is a Christian concept. Buddhists, Shinto's, Hindus and many other religious peoples do not believe in the concept of the devil and Wiccans are the same. After all, how can we be worshipping something that we don't believe in?

The most valuable thing I can teach you about Wiccans is that we believe in the sacredness of the earth and it is worth cherishing and preserving.

Another misconception comes over the name Coven and its connection to Witches and Wiccans. Coven orcovan was originally a 16th

century Scots word meaning a gathering of any kind. According to the Oxford English dictionary it derives from the Latin root word convenire, meaning 'to come together or to gather'. This also gave rise to the English word convene. In Wicca it is a word used to mean a gathering or community of witches, not unlike a congregation of Christians. The optimum number of people needed to form a coven is three. I can't help but liken it to the biblical quote Mathew 18:20 "...when two or three people gather together in my name, there am I, with them."

We end our meetings with cakes and wine which we bless before eating, again not dissimilar to a priest or vicar blessing the bread and wine. To dispel all misconceptions about witches and Wicca maybe we ought to look at those things we have in common rather than the things that divide us. It is only by getting to know a stranger and an unknown religion that we put an end to fear and prejudice.



EAST POINT RADIO

(Your Local On-Line Radio Station)

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(Broadcasting 24 hours a day / 7 days a week)



Monday

(9-12noon) Monday Montage with Mark. (12noon to 2pm) Monday Music Mix. (2 - 4pm) Afternoon Delight with Brian. (4 - 7pm) (Alternate Weeks) Monday Musicals / Great International Songbook. (7 - 8pm)The Golden Hour. (8 - 10pm)The Rob Polland Show.

Tuesday

(10 - 11am) The Golden Hour. (11am-12noon) Pick of the Pops. (12noon to 1pm) Much More Motown. (1 - 2pm) James Family Show. (2 - 3pm) Auto DJ Non Stop Music (3 - 4.30pm) Easy Listening Classics with Sylvie. (5 - 7pm) The Rob Polland 60s Chart Show. (7 - 8pm) Sounds of the 70s with Paul. (8pm to 9pm) Back to the 80s with TeamRuth.

Wednesday

(10 - 11am) The Golden Hour. (11 - 1pm) The Rob Polland 60s Chart Show. (1 - 2pm) Sounds of the 70s with Paul. (2 - 3pm) Back to the 80s with TeamRuth. (3- 4pm) Pick of the Pops. (4 -6pm) All that Jazz with Brian Smith. (6 - 7pm) James Family Show (7 - 8pm) Rob Polland Upbeat Country Show. (8 - 9pm) Midweek Melody with Mark

Thursday

(10 - 11am) The Golden Hour. (11 - 1pm) The Luvly Londoner Phil Lee. (1 - 3pm) Afternoon Delight with Brian. (3 - 4pm) Repeat of Midweek Melody with Mark (4 - 5pm) James Family Show. (5 - 6pm) Pick of the Pops. (6 - 7pm) Much More Motown. (7 - 9pm) The 60s, 70s and some 50s Show with Dennis.

Friday

(10 - 11am) The Golden Hour. (11 - 12noon) Sounds of the 70s with Paul. (12- 1pm) Back to the 80s with TeamRuth. (1 - 2pm) Smooth Jazz with Paul. (2 - 3pm) Auto DJ Non Stop Music (3 - 4.30pm) Easy Listening Classics with Sylvie. (5 - 6pm) Rob Polland Upbeat Country Show. (6 - 7pm) Pick of the Pops. (7pm to 9pm) All That Jazz with Brian

Saturday

(9 - 11am) 70s to 00s with DJBaz. (11 - 12noon) Much More Motown. (12 - 2pm) Saturday Music Mix. (2 - 3pm) James Family Show. (3 - 4pm) The Golden Hour. (4 - 7pm) (Alternate Weeks) Monday Musicals / Great International Songbook. (7 - 8pm) Sounds of the 70s with Paul. (8 - 9pm) Back to the 80s with TeamRuth

Sundays

(10 - 11am) The Golden Hour. (11 - 1pm) The Luvly Londoner Phil Lee. (1 - 3pm) The 60s, 70s and some 50s Show with Dennis. (3- 4pm) Smooth Jazz with Paul. (4 - 5pm) Back to the 80s with TeamRuth. (5 - 7pm) Rob Polland 60s Chart Show. (7 - 8pm) Pick of the Pops. (8 - 9pm) Rob Polland Upbeat Country Show

An exciting month for Suffolk Libraries!



We begin the month of March by celebrating World Book Day, which falls on Thursday 6th March, so pop into the library to stock up on books and get inspiration for characters to dress up as. Then right around the corner is Suffolk Libraries Day on Saturday 22nd March, where we celebrate the important work our libraries do for communities across Suffolk in nurturing children's literacy, tackling isolation and promoting well-being.

Throughout the month we will be putting on a variety of events and activities to celebrate two very important days of the year, so keep posted on our website and Facebook page!

The Friends of Halesworth Library are starting the World Book Day Celebrations with an afternoon of books, crafts and snacks, organised in cooperation with the Halesworth Bookshop. Join us from 3:30, at the library, for an after-school event where all school age children can collect their very own free World Book Day title. Everyone can take the opportunity to browse the books that the library has for junior and young adult readers.

On Thursday 27th March at 7.30 The Friends of Halesworth Library welcome author Natalie Meg Evans for this month's book talk. *Mystery, Murder and Mayhem: The playful world of crime writing.* To celebrate the debut of *MURDER AT MERRY BEGGARS HALL*, Suffolk author Natalie Meg Evans talks in her new guise as mystery writer, Kay Blythe.

Where do the ideas come from, how many twists make a plot and most intriguing of all, Whodunnit ... and why? Local author Natalie Meg Evans is a multi-award winning historical fiction writer who has reached The New York Times top 100 list. She has published 12 novels since her first in 2014.

If you have little ones at home, join us every Tuesday 10.00-11.30 for our free Rhyme Time & Play session to sing fun songs followed by free play with our toys. We also hold a Time Out group for older people every Wednesday 10am to make new friends and chat over a cup of tea. There are also two sessions of Sociable Sundays on 9th and 23rd March 10.30-12.30pm and Board Games Cafe is 24th March 2-4.30pm, both hosted and run by volunteers of the Friends of Halesworth Library.

You can find advice drop-ins from East Suffolk Council Customer services every Tuesday 10.00-16.00 and Barclays Bank on Wednesdays 09.00-17.00. Citizens Advice have a drop-in every other Tuesday 10.00-12.00, please ask a member of staff for future dates.

Did you know that the library can deliver books to your home? If you're unable to visit us at the library, one of our volunteers can come to you. Phone us on 01986 875095 for further information.

KINDA Forest Family 2025 SATURDAYS

FOR FURTHER INFO AND TO BOOK CONTACT: INFO@KINDAEDUCATION.ORG

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15TH MARCH
12TH APRIL
17TH MAY
21ST JUNE
19TH JULY
16TH AUG
20TH SEPT
18TH OCT
15TH NOV
6TH DEC

Suggested donation £4-10 per person per session

KALIWOOD, HOLTON, HALESWORTH, IP19 8NQ
WWW.KINDAFORESTSCHOOL.COM



Halesworth DISCOVER IT. LIVE IT. LOVE IT. **u3a**

GUIDED WALKS OF HISTORIC HALESWORTH
The Marketplace and Chediston Street
Friday 21st March 2025

A guided walk from a USA Local History member of the Marketplace and Chediston Street, featuring the stories and rich history of these fascinating Halesworth streets. The walk is of 1.5 hours duration and gentle. Free event, limited to 20 places. Donations can be made on the day for Halesworth and District Museum.

Meeting point: The Angel Pub, The Thoroughfare, Halesworth IP19 8AH
Meeting Time: 10.45am for an 11am start. Walk ends at 12.30pm. Duration: 1.5 hours, gentle pace.
Booking essential. Dogs on leads welcome. As it is weather dependent, this event may be cancelled at short notice.

Scan the QR code to book via Eventbrite or visit www.halesworthtown.co.uk/events

www.halesworthtown.co.uk Find us on Facebook & Instagram: @visithalesworth

Keep smiling, because life is a beautiful thing and there's so much to smile about.

SUFFOLK COUNTY MUSIC SERVICE

Our new choir, Fusion Voices, is starting soon at Northgate Arts Centre, Ipswich on Wednesday Evenings from 5.45-6.45pm during term-time. We're really excited to be starting this to cater for teens aged 13-18 as well as our regular Saturday Morning Choir 'South Suffolk Young Voices' for younger singers.

On Sunday 23 March Suffolk Youth Orchestra will be performing at the request of West Suffolk Council Chair, Councillor Pat Hanlon at the Apex, Bury St Edmunds. The afternoon will be raising funds for The Chair's chosen charities, the Accessible Learning Foundation and REACH Community Projects, and Suffolk Youth Orchestra's charity, Suffolk SMART. Tickets are available directly from <https://tinyurl.com/2wnuxcep>



There are loads of exciting things happening, or due to be happening with us around the county and we are especially pleased to announce our bigger involvement in the Folk East Festival for 2025. We can't give too much away yet but having had a productive meeting with the team, we can say that there will be lots going on, so watch this space!

We're really pleased to say that we have now raised two thirds of our fundraising target for our St Elizabeth Hospice Leveret. We have had so many amazing entries sent in for our 'Design a Star' competition from children all around the County, their winning designs will give the Wow Factor to our Art Trail leveret. Keep a look out for more activities over the next few months to inspire our children & young people. These events will also include further fundraising to help raise vital funds for St Elizabeth Hospice. Donations can be made on the Suffolk County Music Service/St Elizabeth Hospice Enthuse Page <https://shorturl.at/feHtz>

Please visit our website www.suffolkcountymusicservice.co.uk, where you can learn more about the wide range of activities we offer your children and young people at different locations across the county. Picture: Suffolk Youth Orchestra

REGULAR WEEKLY GROUPS IN HALESWORTH

Visit www.halesworthtown.co.uk for more Halesworth information

<p>MONDAY</p> <p>Running Club 6pm, Outside Library</p> <p>Computer Games Night From 4.30pm You Drink Top Room</p> <p>3rd MONDAY Upbeat Music Group 1.30-3.30pm, Co-op</p> <p>LAST MONDAY: Board Games Club (Adults) 2-4.30pm, Library</p> <p><small>PLEASE NOTE: These details are accurate to the best of our knowledge but please check with the venue before traveling. If you spot any errors or you'd like to be included drop us a message @Halesworth</small></p> <p></p>	<p>TUESDAY</p> <p>The Arc Toddler Group 9-11am United Reform Church (URC)</p> <p>Cardio Tennis 9.30-10.30am Tennis Courts, Dairy Hill</p> <p>Slimming World 9.30am, 5.30pm & 7pm Rifle Hall</p> <p>Rhyme Time & Play 10-11.30am, Library</p> <p>East Suffolk Council Drop in 10am-4pm, Library</p> <p>Kuk Sool Won 6-7pm, Dairy Hill</p> <p>1st TUESDAY Wellbeing Café & Catch Up 12-2pm, Chippy's</p> <p>2nd TUESDAY Messy Church 3.30-5pm, URC</p> <p>LAST TUESDAY Messy Church 3.30-5pm, URC</p>	<p>WEDNESDAY</p> <p>Market Day 9am-1.30pm, Market Place</p> <p>Barclays Drop In 9am-5pm, Library</p> <p>Time Out 10-11.30am, Library</p> <p>Family Stay & Play 10-11.30am, Dragonflies</p> <p>Suffolk All Stars Dance Classes 4-8.30pm, The Cut</p> <p>Running Club 6pm, Outside Library</p> <p>Movie Night From 7.30pm, The Cut</p> <p>2nd WEDNESDAY Book Club 6pm, Bookshop</p> <p>LAST WEDNESDAY Quiz Night 7pm, You Drink</p> <p>For one-off events, festivals & more, scan the QR code to visit our online calendar</p> <p></p>	<p>THURSDAY</p> <p>Meditation with Ruby 10-11am, The Greenhouse</p> <p>Church Mice Toddler Group 11.30am-1pm, The Day Centre (for the Winter)</p> <p>Creative Arts Class (HDCF) 1pm-3pm, The Cut</p> <p>Kuk Sool Won 6-7pm, Dairy Hill</p> <p>SATURDAY</p> <p>Lego Club 12-1pm, Library</p> <p>2nd SATURDAY Produce Market 9am-1pm, Rifle Hall</p>	<p>FRIDAY</p> <p>Running Club 6pm, Outside Library</p> <p>2nd FRIDAY Social & Wellbeing Group 10am-12pm, Coop Room</p> <p>SUNDAY</p> <p>Family Board Game Club 10.30-11.30am, Library (Alternate Sundays)</p> <p>Halesworth Harmony Choir rehearsals 10.30-12.30pm, The Cut (Alternate Sundays)</p> <p>Oxblood Molly Dance Group Practise 10.30am-1.30pm, Coop Room</p> <p>1st SUNDAY Writers Group 2-4pm, The Greenhouse</p> <p>Gong Bath 10-11am, 6-7pm, Harmony Centre</p>
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Southwold & Dunwich RNL Fundraisers Quiz & Raffle

Reydon Village Hall

Friday 7th March, 7pm

£5/Person
Teams of 6

Bring your own drink & nibbles

To book: call/text 07710 631917

HALESWORTH BRANCH OF CANCER RESEARCH

The Committee and Volunteers would like to thank everyone who came along to our Jumble Sale which we held at Holton Village Hall on Saturday 8th February. It was a lovely way to start our New Year of events. We were so pleased to welcome some familiar faces and delighted to see some new ones and we hope you managed to catch up with friends over a cup of tea and a piece of delicious cake and were able to find a bargain or two.

We are so grateful for your generosity at our events and the Jumble Sale raised a fantastic £1324.94. for the vital work carried out by Cancer Research UK.

Thank you to Halesworth Co-op for their continued support by providing a lovely hamper for our raffle, which was won by Ms M Pettit with Green ticket 150. Our 2nd prize was won by committee member Debbie with pink ticket 192. Our 3rd prize was won by Mr B Hammond with yellow ticket 192. Congratulations to them and thank you to

everyone who took part.

Thank you to everyone who baked the delicious cakes and savouries for our refreshments and to everyone who helped with the marathon task of setting up the jumble sale.

Thank you to everyone who donated items for the sale, it wouldn't be possible without you and we are very grateful for your support.

Our next event is our Big Breakfast In Holton Village Hall (IP19 8RZ) on March 22nd from 9.30am - 1pm. We will be serving a Full English breakfast with fruit juice, tea/coffee and toast with jam or marmalade, sausage or bacon baps or beans on toast. We will also have a raffle, cake stall and a gift/Easter stall. We extend an invitation and warm welcome to everyone and hope you will join us.

Please continue to support us as we raise funds for Cancer Research.

For more info contact Dawn Davis on 01986 873640

~~~~~If at first you don't succeed, then skydiving definitely isn't for you.~~~~~

## Incorporating Social Context Into Your Family Tree

On Monday 20th January the Alde Valley Suffolk Family History Group had at least forty-five members and visitors attend both in person and online a talk by Dr. Penny Walters, who has been a university lecturer for thirty years. Penny was adopted and following the birth of her first child she became interested in genealogy. The talk was entitled "Incorporating social context into your family tree."

Social history is about the lives of ordinary people and the effect local, national and world events have on their lives and the lives of their families. We can look back, make assumptions and interpret how lives were affected.

Economic and social factors are agents of historical change. Researching social structures and interaction of different groups in society help us. Recently we can consider all the effects Covid and lockdown had on family, local and national groups, The changes it all brought about. The daily life of our ancestors: the customs, traditions, work, business and trade plus food can lead us to further research. What did people do all day?

The Census gives a snapshot of who was in the house, the neighbours, where they lived and the work they did, plus their ages, also where they were born. Social history tells us of a flu epidemic, wars, strikes and rationing, and we can research into the effect these had on people. Penny suggests you make a timeline of your relatives' dates and insert the events that took place.

You can dig deeper by looking into records in newspapers, letters, diaries, photographs, local history books, books generally, archives and maps. Visits to where your ancestors came from – look in churchyards, cemeteries may help. DNA may give leads. Studying the events around when your relatives were alive and the social issues of that time would have influenced their lives and their decisions.

Penny's website has a full list of her forthcoming presentations:

<https://www.searchmypast.co.uk/>

Penny's books:

Ethical Dilemmas in Genealogy" 2019  
& "The Psychology of Searching " 2020.

**No one who appreciates the shortness of this life and the eternity of the next can ever say, 'I'm bored'**

# BECCLES CARNIVAL

Organisers of the Beccles Carnival are calling on those with a creative flair to help bring the event to life again this August.

Beccles Carnival organisers once again are busy planning for the popular annual Carnival parade, which takes place on 17<sup>th</sup> August as part of the Beccles Carnival weekend which is always the 3<sup>rd</sup> weekend of August. The Carnival itself is the longest running Carnival in Waveney which dates back to the pre-1900's and only not taken place in war years and more recently Covid19. This year is a special year for the organisers as its their 20<sup>th</sup> year of running the successful event.

And to make sure this year's Carnival Parade makes an impact, organisers have secured entrants the chance to showcase their dance school, band, community group, businesses, club's pubs, associations and more the use of a 40ft articulated lorry free of charge with a secure area to decorate the floats prior to the parade itself. Carnival parade organiser Denise said, "It's a great boost for us to be able to offer this to our entries as so many people struggle to get lorries or have places to decorate them. The Parade is also open to walkers, trailers so if you can't decorate a lorry, these is a place for you. Many think the Parade is only open to people of Beccles, but you can come from anywhere across Norfolk & Suffolk it's a great way to advertise to 1000's of people for free." All the floats will have their own unique colour scheme with no theme set for this year's parade so that you can use your own inspiration to make your float your own.

With it being the organisers 20<sup>th</sup> year, we have added a new walking category to the Carnival which is **Cosplay**. This is the practise of people of all ages dressing up as a character from a film, book, or video game. Annette said "So if you or your child loves dressing up and acting as their favourite character this category is for you. It's a brilliant day out for the whole family and there are even more opportunities for people of all ages to get involved this year.



Carnivals are loud, bright and, most importantly, lots of fun so this is a great year for people to get involved and help us build something really amazing. "Beccles really comes alive when the parade makes its way through town and it's always wonderful to see so many people turn out to show their support," For an application form, or for more information call Denise 01986 894831 or E: [becclescarnivalparade2023@outlook.com](mailto:becclescarnivalparade2023@outlook.com) For more information and full listings visit: [www.becclescarnival.co.uk](http://www.becclescarnival.co.uk) or follow social media a/c

**The Racehorse**

**Rock and Roll Bingo**

Bingo, but not as you know it!  
We have replaced numbers with all your favourite songs

**Thursday 6 March**  
7 for 7.30pm start

And if you fancy something to eat...  
PIZZAS will be available!

Entry: £2 per card ~ Prizes for a line and a full house

The Racehorse Community Pub, Westhall, IP19 6RQ  
Tel: 01502 575665. Email: [info@westhallpub.com](mailto:info@westhallpub.com)  
[www.westhallpub.com](http://www.westhallpub.com)

**LODDON ANTIQUES & COLLECTORS FAIR 2025**  
Jubilee Hall, George Lane  
Loddon NR14 6NB

Sunday 16<sup>th</sup> February  
Sunday 9<sup>th</sup> March  
Sunday 13<sup>th</sup> April  
Sunday 5<sup>th</sup> October  
Sunday 16<sup>th</sup> November  
Sunday 7<sup>th</sup> December  
Over 40 Stalls

Entrance £2 adults, children free  
8.30am - 3pm  
Hot and cold refreshments  
Contact K.C Fairs & Events  
01502 711174 / 715771

**KCF**  
Fairs & Events

**Kirkley Chat**

Everyone is welcome

Make new friends,  
find out what's happening in  
Kirkley or just have a chat

Every Tuesday 11am-1pm

The Community Suite,  
The Kirkley Centre  
154 London Road South

Kirkley Peoples Forum

**f** **KIRKLEY**

**HALESWORTH GOLF**

**QUIZ NIGHT**



6:30PM FOR 7PM START  
TEAMS OF 4  
GREAT PRIZES  
HOSTED BY DAVE TOWER

**SATURDAY 15TH MARCH 2025**

CURRY FEAST INCLUDED AT HALF-TIME  
(ALTERNATIVE MEAL AVAILABLE)

12.50 MEMBER    15.00 NON MEMBER

**SIGN UP NOW**

PLEASE SIGN UP ON THE MAIN NOTICEBOARD OR  
BY PHONING THE BAR - 01986 875567

 **SPRING** 

**QUIZ**

**Saturday 15 March**

Alburgh Village Hall  
Doors open 6.15 for 7pm start  
Ploughman's Supper  
Prizes for winning Table  
Pre-booked Tickets £10  
Box Office 01986 788934  
In aid of All Saints Church Alburgh



**Blyth Valley & Southwold Wildlife Group**

**Barn Owls and Red Kites**  
illustrated talk by  
**Simon Dudhill**  
from the Hawk and Owl Trust  
**7.30pm Thurs. 13<sup>th</sup> March**  
**Wenhaston Village Hall**  
**IP19 9EQ**

Admission £4 inc refreshments  
(under 25's free)  
Raffle - Everyone Welcome

  
**Suffolk Wildlife Trust**

**What's On**  
suffolkwildlifetrust.org

**Southwold & Reydon District CONSTITUTIONAL CLUB**

FIRST FANCY DRESS NIGHT FOR 2025!!



SATURDAY 8th MARCH 8pm  
THE THEME IS.....PANTOMIME  
OH NO IT ISN'T.....OH YES IT IS!!!

LET YOUR INNER WIDOW TWANKEY  
ESCAPE AND JOIN US IN THE CLUB FOR A  
LIGHTEARTED FANCY DRESS EVENING.

EVERYONE WELCOME

*May's Starlight*  
*10km Charity Walk*  
Saturday 17th May 2025

Walk starts 7pm—Registration from 6pm  
Barbecue and bar open from 6pm  
Start at Old Hall Southwold Café and  
Walks, Halesworth Road, Reydon  
IP18 6SG  
In aid of:  
*Sole Bay Care Fund*  
and  
*Dementia UK*

A Blyth Valley Rotary Event  
Registration £15 in advance £20 on the day

Information and Register at:  
[www.blythvalleyrotary.co.uk/starlight-walk](http://www.blythvalleyrotary.co.uk/starlight-walk)

Sponsored by:

  
**Walfinch**  
INDEPENDENT HOME LIVING



Scan me to register



**Pace of Mind**  
**North Norfolk and Waveney Valley**

**Friendly running and walking groups for all abilities.**  
Develop your fitness.  
Increase your sense of wellbeing.  
Get to know other people in local green spaces.

**Sheringham:**  
Every Thursday from  
12 December 2024 to  
29 May 2025 at 2pm.  
Venue: Sheringham  
Community Centre  
Holway Rd, Sheringham  
NR26 8NP

**Lowestoft:**  
Every Thursday from  
12 December 2024 to  
29 May 2025 at 5.30pm.  
Venue: Sparrows Nest (at the  
Bowling Green), Whapload  
Rd, Lowestoft NR32 1XG

 **mind** Norfolk and Waveney  
Registered charity - No. 1118449



**Mozart**  
**in Beccles**

St Michael the Archangel  
17th May 2025 7:00pm

Ave Verum Corpus, K.618  
Vesperae Solennes de Confessore, K.339  
Requiem in D minor, K.626

**Beccles Choral Society**  
Conductor: Geoff Lavery  
Faye Evoyn: soprano  
Joanna Arnold: alto  
Oliver Winston: tenor  
Tom Asher: bass

**Kingfisher Sinfonietta**  
Leader: Beth Spendlove

**Tickets**  
£20 (under 16s free)  
Marian Fox 07586959326  
ticketsbeccleschoral@gmail.com  
or Beccles Books



Registered charity: 1044837

The Pear Tree Fund in collaboration with BCS  
Supports

## the Bungay Community

Every 3rd Thursday of the Month

We offer **free** vital information, advice and holistic support to people with life-changing illnesses or long-term conditions, as well as families, carers and those who have been bereaved.

**10am – 1pm Disability Advice North East Suffolk (DANES)** – Impartial and confidential information & advice. Support with welfare benefits.

**1pm – 4pm Chat with a Wellbeing & Support Coordinator** to see which services would benefit you. Expect a warm welcome and anything from a cup of tea and a listening ear to sessions with our qualified counsellors, therapies, activities and more.

If you're struggling with a life-limiting illness, get in touch or call in:  
Bungay Community Support, 28, Wingfield Street, Bungay, NR35 1EZ.



Local support when you need it most

T: 01986 899655

E: [info@peartreefund.org](mailto:info@peartreefund.org)

W: [peartreefund.org](http://peartreefund.org)

F @ThePearTreeFund

Charity number: 1155419 (England and Wales)



# ALLPORT KEYS & LOCKS

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Buy 1 £5.00  
Buy 2 £4.50 Each  
Buy 3 £3.99 Each

269 LONDON ROAD SOUTH LOWESTOFT NR33 0DS

# SUNRISE FILM FESTIVAL LOWESTOFT 2025

As excitement builds for the return of Sunrise Film Festival in 2025, organisers are proud to announce the winner of the festival's first-ever poster competition. Local artist and illustrator Daisy McComb has been selected as this year's official poster artist, with her vibrant and bold design set to represent the fourth edition of the much-loved Suffolk-based film festival.

Daisy, who is from Lowestoft, is known for her

artwork inspired by nature, spirituality, and everyday life. Her winning design pays homage to the town's scenic coastline, capturing the view from East Point Pavilion, an iconic seafront venue where she worked for the past two years. Featuring the rocky shoreline next to Lowestoft's South Pier, the artwork reflects the festival's deep-rooted connection to its coastal home, blending bright, eye-catching visuals with a nod to the creative essence of Sunrise Film Festival.

"I wanted to create something that truly encapsulated the spirit of Lowestoft and the festival", says Daisy. "Sunrise Film Festival has become such an important creative force in our town, and it's an honour to have my artwork chosen to represent this year's edition and I can't wait for everyone to see it showcased around town before the lead up to this year's festival".

Sunrise Film Festival has grown into a key cultural event in the region, celebrating independent cinema while creating a platform for emerging filmmakers. As the festival gears up for its Programme launch in the first week of April, audiences can expect an exciting mix of screenings, industry Q&As/Talks, and networking opportunities. This year, the events will once again take place across the historic Marina Theatre, the festival's headline venue, and Sam's Well-being Hub + Café for more intimate gatherings.



**WHAT'S ON**



**Suffolk Wildlife Trust**

Blyth Valley and Southwold Wildlife Group  
Annual General Meeting



Thursday 10 April 2025 7:30pm start

A brief run through of the year followed by a 30-minute film from the Paul Heiney series about his canoe trips on East Anglian rivers. Food and drink available after the film. No entry fee, but donations welcomed for the refreshments. Booking not required.



**Suffolk Wildlife Trust** Do something wild every day  
suffolkwildlifetrust.org

**Wrentham Band**



**Spring Concert**

WRENTHAM VILLAGE HALL  
Sunday 30th March 2025  
3.00pm  
Refreshments available  
Tickets £5  
Please call 01502 675222 for tickets or pay on the door.



**WHERRY MAUD TRUST**

CELEBRATING THE TRUST'S 10<sup>TH</sup> BIRTHDAY



**ARTISTS AND CRAFT  
MAKERS SHOW**

RANWORTH VILLAGE HALL  
BROAD ROAD, RANWORTH, NR13 6HS

SAT 3<sup>RD</sup> MAY & SUN 4<sup>TH</sup> MAY 10AM - 5PM  
FREE ENTRY REFRESHMENTS AVAILABLE

**VIEW WHERRY MAUD AT  
RANWORTH CONSERVATION CENTRE**

A MAJOR FUNDRAISER FOR THE MAINTENANCE OF MAUD  
<https://www.facebook.com/WherryMaudTrust/>  
[www.wherrymaudtrust.org](http://www.wherrymaudtrust.org)

**That's all folks - Back in April. Contact us: [the.buglemag@yahoo.co.uk](mailto:the.buglemag@yahoo.co.uk)**