



Update: July 2016

News and information

Welcome to the July 2016 Update from Felixstowe Forward.

Everyone at Felixstowe Forward would like to take this opportunity to wish the Felixstowe Rio Carnival every success this year and to thank all the volunteers who help make this event happen. It contributes so much to the town. Let's hope the sun shines.

If you have news that is relevant to the town please let us know. We are particularly keen to have more stories relevant to the business community ... are you new to the town? Just opened? Celebrating a significant trading year? Get in touch.

We are also keen to hear from business and community representatives who want to help influence what happens at your local railway station – Felixstowe, Trimley, Derby Road and Westerfield. Help shape facilities and services.

The Beach Hut Visitor Information huts are a great opportunity to promote your independent shop or café? Collaboration with others will save money and make a summer promotional campaign all the more successful.

Please feel free to forward this briefing on to anyone who may be interested.

In this update, there is information on:

- **Community** – *the latest on funding opportunity Celebrate England, and news on community transport, mental health and wellbeing, dementia carers, and survey opportunities*
- **Visit Felixstowe** – *Are you ready to welcome carnival weekend, Felixstowe beach life and Landguard summer fun? the latest updates on visitor-related information*
- **Local Business Interests**- *Felixstowe Town Council launch a website photo competition, East Suffolk Lines Community Rail Partnership*
- **Major Projects** – *update on Felixstowe Seafront Gardens, Landguard, Beach Side Events Area*

Please note: You can now download the latest edition of the Felixstowe Events Listings at www.visitfelixstowe.co.uk/latest-news/felixstowe-events-listings

Keep updated with the latest news and information:

Felixstowe Forward

Twitter @felixstowe4ward
 Facebook <https://www.facebook.com/Felixstowe-Forward-1240895452595172/>
 Visit <http://www.suffolkcoastal.gov.uk/yourdistrict/felixstowe-forward/>

Visit Felixstowe

Twitter @visitfelixstowe
 Facebook <https://www.facebook.com/VisitFelixstowe/?fref=ts>
 Visit <http://www.visitfelixstowe.co.uk/>

Discover Landguard

Visit <http://www.discoverlandguard.org.uk/>

Community

1. Funding: New lottery fund launched – Celebrate England.

What would you celebrate in your local area?

There is no application deadline and it seems first come, first served etc. See examples projects supported: <https://www.biglotteryfund.org.uk/global-content/programmes/england/celebratefund> .

2. Connecting Communities

In June the new “Connecting Communities” transport services commenced. Each District now has one phone number to ring to access transport services that will include the former Dial a Ride, Community Cars and Demand Responsive Transport (DRT), also known as Suffolk Links.

These services are for anyone who needs to travel but has no public transport available to them locally. Booking will need to be in advance and ideally you will be picked up and connected with an appropriate bus route or train link for onward travel. Connecting Communities services are charged like a bus fare and is available to young or old.

Contact information and further information:

Suffolk Coastal Accessible Transport Tel: 01728 635938 // or go to <http://www.suffolkonboard.com/>

3. Wellbeing for Dementia Family Carers Felixstowe



Suffolk Family Carers
Living Fuller Lives

Are you a Family Carer for someone with Dementia?
Is it time to consider your own Wellbeing?
Would you like to meet other Dementia Family Carers?

Sign up to Suffolk Family Carers NEW 3 session programme-

Wellbeing for Dementia Family Carers

Thursday 28th July, 4th August & 11th August, 2016
10.00am—12.00pm
Town Hall, Undercliff Road West, Felixstowe, IP11 2AG
To book-- email: wellbeing@suffolkfamilycarers.org
or call 01473 835438

4. Suffolk Libraries Mental Health and Wellbeing Information Service

Suffolk Libraries are looking for feedback on how people may have used the mental health information service previously and what people might like more of in the future. Anyone can complete the survey, whether they are a customer or not.

Visit: <https://www.surveymonkey.co.uk/r/SLNewchapters>

5. Healthwatch Suffolk

Healthwatch Suffolk is here to listen to your experiences of health and social care services in Suffolk so that they can use your views to make services better. They also provide information and signposting to help you navigate the health and social care system and understand what to do when things go wrong. For the latest news go to <http://www.healthwatchesuffolk.co.uk/news/>

6. National Audit of Dementia – Deadline for questionnaire 31 Aug 2016



Are you a carer for someone who has had a hospital stay this year?
If so, we would like to hear from you!

The National Audit of Dementia is working with hospitals, carers and hospital staff to help improve the care provided to people with memory problems or dementia in general hospitals.

Please visit:
www.CARERQ.org.uk
before 31st August to complete a questionnaire.

All feedback is anonymous and goes straight to the National Audit of Dementia Project Team.



RC PSYCH, DAA Dementia Action Alliance, Alzheimer's Society, HQIP

7. NORCAS

NORCAS is for anyone living in Norfolk or Suffolk aged 65 and over, who needs support, information and advice around alcohol, drugs or prescribed and over the counter medication. The aim of the NORCAS 65+ Service is to reach out to isolated and vulnerable older people affected by the misuse and impact of alcohol, drugs, prescribed and over the counter medication. NORCAS accept referrals from professionals, friends, family (with consent) or self referrals.

Further information Tel: 01284 766693 // E-mail: Older.People@Phoenix-Futures.org.uk //
Website: www.phoenix-futures.org.uk/phoenix-norcass

8. NHS Dental Out of Hours Patient Survey for the East of England

To take part in the survey: <https://www.engage.england.nhs.uk/survey/a848b409>.

Visit Felixstowe

1. Felixstowe Rio Carnival – 23rd and 24th July

Please help support this years Carnival – First and foremost come and enjoy the weekend. There is a lot to see and do. For a full programme <http://www.felixstowecarnival.org/> If you can help publicise and sell programmes (£1 each) that would be fantastic. You can also show support by decorating beach huts and shop windows.

For further information please contact Sally Gallant sallyjag@hotmail.co.uk

2. Felixstowe Beach Life

This summer, bring your family and friends to the seaside for great days on our fabulous beaches and beyond...

Felixstowe has a beach for everyone. Four miles of sand and shingle, with some of the best water quality around Suffolk too. Enjoy a picnic on the sands. Bring your bucket and spade and create a magnificent sandcastle masterpiece. Take a little paddle, or a full refreshing dip in the sea. Play some seaside games. Go beachcombing... shells, starfish and mermaid purses.

A stroll along the prom will take you past award-winning gardens and multi-coloured beach huts. Make sure you stop off to tuck into a cooling artisan ice cream or some yummy fish and chips. Look out for our Visit Felixstowe beach hut Tourist Information Points (near the Town Hall and Manning's Amusements) where you can pick up useful information and maps.

Don't forget to bring your loose change for our traditional seafront arcades, and try your luck on a 'penny pusher' or 'grab arm' to win a teddy or two. At Ocean Boulevard, kids will love the all new drifting karts, the first of their kind in the UK, or why not challenge yourself to a round of Adventure

Golf, amongst the flowers and lost world statues? Set right beside the sea, Martello Park is the place to swing, slide, climb and get wet with fun play areas and water fountains.

A great way to explore is to jump aboard the Felixstowe Open Top Bus Tour, running Sunday 24 July to Wednesday 31 August. Hop on or off at six different stops with tickets valid all day.

Don't miss the Felixstowe Carnival on Saturday 23 and Sunday 24 July, with its colourful procession of floats and bands, followed by live music, family entertainment, stalls and fireworks on the seafront. Later in the month on Sunday 31 July, dig out your best swashbuckling costume for the fund-raising Pirates on the Prom, whilst on Saturday 27 August, zoom down the prom for over 100 shiny hot rods and custom cars. The Spa Pavilion has a packed summer show season to keep all ages amused, from Magic of the Musicals to an Uptown Funk Party!

A short family cycle ride away is the hugely popular Landguard Peninsula. Join in the fun Summer Holiday Trail (Friday 22 July to Wednesday 31 August) at the historic Landguard Fort, where you can also play a game of hide and seek in the maze of rooms and passageways. Next door, at the fab Felixstowe Museum, the Summer Fun Day on Wednesday 10 August has puppet shows, giant games, beachcombing and a Teddy Bear's Picnic. 'Go wild' on the Landguard Nature Reserve, with a Bug and Beastie Day (Friday 5 August) and Birdwatching for Beginners (Fridays 29 July and 26 August) - all aimed at inspiring David Attenborough's.

Felixstowe is the great British seaside at its best...

For more great ideas, please visit the comprehensive Visit Felixstowe website at www.visitfelixstowe.co.uk where you can check out tons of summer ideas, plus browse our 'What's On' guide featuring upcoming events and activities throughout 2016 and beyond.

3. Landguard Summer Fun

This summer, the Landguard Peninsula has a packed programme of events to keep young children amused during the long school holidays. There is a fun quiz trail at Landguard Fort running daily, then on Sunday 31 July, fab open air theatre with The Pantaloons... giants, floating islands and talking horses with 'Gulliver's Travels'. Next door at the Felixstowe Museum, children can meet the Landguard Queen and get knighted with 'By Royal Appointment' on Wednesdays 3, 17, 24 and 31 August. Make colourful crowns and solve the Royal quizzes too! On Wednesday 10 August, the Museum is holding a special Summer Fun Day with fairy-tale puppet shows, beachcombing walks and a Teddy Bear's Picnic. 'Go wild' on the Landguard Nature Reserve with Birdwatching for Beginners on Friday 29 July and 26 August. Aimed at 7-11 year olds learn how to spot our feathered friends. Then on Friday 5 August, make a bug mask, catch a grasshopper and go pond dipping at the Bug and Beastie Day. Please visit www.discoverlandguard.org.uk or call 01394 675283 for full details on the summer events at Landguard.

4. Suffolk Coast

Suffolk Coast launch new bucket and spade campaign featuring Felixstowe. You can view the video here <https://www.youtube.com/watch?v=p9rQSShWucA&feature=youtu.be>

5. Visit Felixstowe Beach Huts

Thank you to all our volunteers who are doing a fantastic job welcoming visitors from far and wide. If you are passing pop in and look at the comments in the visitor book. We now have over 25 volunteers and have set an ambitious target of manning the huts throughout the summer holidays. Can you help? No experience necessary, just a welcome smile. If you would like to help, please get in touch with us at felixstowe.forward@eastsoffolk.gov.uk

Local Business Interests

1. Felixstowe Town Council

Felixstowe Town Council has opened up a Website Photo Competition. The winning entrant will receive a cheque for £100 and their photo will become the new background image on our website. For further information visit www.felixstowe.gov.uk // Tel 01394 282086. Get snap happy!

2. East Suffolk Lines Community Rail Partnership

Would you like to help influence what happens at your local railway station? Felixstowe Forward is looking for representation from business and the community to help shape facilities and services. If you would like to participate please get in touch with felixstowe.forward@eastsoffolk.gov.uk

Major projects

1. Felixstowe Seafront Gardens

Awards

Look out on social media for news this week. Has the Felixstowe Seafront Gardens achieved the Green Flag and the Green Heritage award?.

Please keep telling us what you think?

As part of the heritage Lottery funded project we are seeking your views on the project. Please help us by completing an online survey. It won't take long but is an essential part of assessing the overall impact of the project locally.

<https://www.snapsurveys.com/wh/s.asp?k=145622252800>

Share your story

We are collecting stories from people about their recollections and reminiscences of Felixstowe Seafront gardens. Can you help? We will record a conversation and edit with a few photos relevant to the story. The final stories will be shared to help showcase Felixstowe to visitors and tourists. We will be holding a special launch in early Autumn but as a little taster why not enjoy a story from one of the contractors who worked on the Gardens?. Visit <https://vimeo.com/173066258>

Friends of the Seafront Gardens

Thank you to the Friends of the Seafront Gardens, who have been working closely with Suffolk Coastal Norse to help maintain the Gardens through the seasons and have volunteered to work an extra weekday to keep the gardens looking their best. We need more Friends ... if you are interested in horticulture, community involvement, and willing to help who not join in the fun? Contact felixstowe.forward@eastsuffolk.gov.uk

2. **Landguard Nature Reserve**

Please click on the following link for the latest Landguard Ranger blog:

<http://www.discoverlandguard.org.uk/attractions/landguard-nature-reserve/rangers-blog/expecting-the-unexpected/>

A copy of the new Reserve leaflet can be downloaded by following this link:

<http://www.discoverlandguard.org.uk/assets/Documents/Landguard-Nature-Reserve-leaflet.pdf>

3. **Beach Side Events Area**

The new Beach Side Events Area is due to open ahead of schedule.