



**Update: October 2016**

**News and information**

Welcome to the September/October Update from Felixstowe Forward.

As we move into an autumnal feel and the beach huts move back on to the Prom we know that Winter is just around the corner and Christmas. If you are a retailer please do get involved in this years retail campaign. More details in the business section. We are really keen to showcase local talent and create an atmosphere in the Town ... if you have a a special gift for entertaining please do get in touch.

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

In this update, there is information on:

1. **Community** –find out about voluntary sector activities, health and wellbeing and training opportunities.
2. **Business** – find out what retailers are doing to gear up for a Christmas campaign.
3. **Visit Felixstowe** –work is nearly complete on new visitor guides in preparation for 2017.
2. **Major Projects** – update on Felixstowe Seafront Gardens, Landguard, PierHead redevelopment and more.

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

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### 1. **Felixstowe & Walton United FC - New Clubhouse Build**

Work has started on the construction of a new clubhouse at the Goldstar Ground. The project, costing almost £500,000 will include four changing rooms, two officials changing rooms, toilets and social area and will be available for the whole community to use, as well as the clubs 23 senior & junior teams. Construction is estimated to take up to 26 weeks.

It has taken two years of hard work by the small dedicated development team from within the club who have given their time freely and put together bids, arranged architects, negotiated leases and generally overseen all the preparatory work required.

**Congratulations ... what a great addition to Felixstowe's sport provision in the town.**

### 2. **East Suffolk Partnership Annual Forum**

The fourth East Suffolk Partnership Annual Forum is at Trinity Park Conference Centre, Bucklesham on Friday 11 November 2016 from 9.00am – 2.00pm. This year's forum gives us the opportunity to shape our shared long-term ambitions for East Suffolk and identify how we can work together to take advantage of the emerging opportunities and challenges of our rapidly changing world.

The forum is free of charge and due to the popularity of the event advance booking is essential, so please click the link here to do so [http://www.eelga.gov.uk/events/esp\\_forum\\_2016/](http://www.eelga.gov.uk/events/esp_forum_2016/)

### 3. **Better together: Suffolk Volunteering Strategy now complete!**

A Suffolk-wide Volunteering Strategy and Action Plan has been developed and approved to support VCSE sector groups across the county.

What does the Volunteering Strategy mean for you? The Strategy and Action Plan is a great tool to be utilised for your volunteer recruitment and planning. It identifies the necessary actions that need to be undertaken over the coming year to drive forward volunteering. By working together, we can raise the profile of volunteering and be the county where people are encouraged, inspired and enabled to volunteer. [Read the Action Plan here](#) and the [Volunteering Strategy here](#).

### 4. **Community Action Suffolk - new training courses brochure**

CAS have an exciting range of courses available, with regular, popular courses such as Emergency First Aid at work, along with two new courses: Demystifying social media and an accredited Theory of Youth Work course.

Please visit their [events calendar](#) for a full list of available training courses.

## 5. Caring with Confidence

*Caring with Confidence* is an information programme which provides family carers with information, guidance and support on a range of related topics. We also offer a *Caring for Dementia with Confidence* programme specifically for those caring for someone living with Dementia or memory loss. Additional venues are hosting the courses in Suffolk so do contact Louise for full details.

Contact for booking: **Louise Crisp** TEL: **01473 835446** EMAIL: [cwc@suffolkfamilycarers.org](mailto:cwc@suffolkfamilycarers.org)



	Venue	Day	Dates	
<i>Caring with Confidence</i>				
<b>Ipswich</b> Course Ref: <b>CWCIPS008</b>	Castle Hill Community Centre Highfield Road Ipswich IP1 6DG	Wed	2 <sup>nd</sup> Nov 9 <sup>th</sup> Nov 16 <sup>th</sup> Nov	10.30am – 1.30pm
<i>Feeling Stronger to Care</i>				
<b>Ipswich</b> Course Ref: <b>CWCIPS009</b>	To be confirmed	Thur	20 <sup>th</sup> Oct 2016	10am – 4pm
<i>Caring for Dementia with Confidence</i>				
<b>Felixstowe</b> Course Ref: <b>CDWCFEL005</b>	The Grove Medical Centre Grove Road Felixstowe IP11 9GA	Thurs	24 <sup>th</sup> Nov 1 <sup>st</sup> Dec 8 <sup>th</sup> Dec	1.30pm – 4.30pm

## 6. Public Health Suffolk – response required by 10 October 2016

Public Health Suffolk are inviting you to have your say on a new campaign in Suffolk to support men who may be experiencing emotional distress and suicidal thoughts. This is part of the work on a Suffolk-wide suicide prevention strategy, which police, public, health and voluntary sector organisations are working to achieve to reduce suicides in the county. Please pass this on to any men aged between 40-60 who you think may be interested. All responses will be treated anonymously and no comments will be attributed to individuals. **Survey on emotional distress/suicide for Public Health - for British men 40-60**

## 7. New Wolsey event 24 October

Vanessa Brooks in association with the New Wolsey Theatre and Dark Horse

**FREE EVENT**

act  
move  
make a noise  
do drama  
use sound  
join in  
be heard  
be seen  
be there

**INVITATION**  
Your theatre needs you...

A MAN WITH DOWNS SYNDROME  
TALKS ABOUT LOVE  
AND TELLS A STORY

YOU: Over 18 with a learning disability.  
Bring your own supporter and gear you can move in.

WHEN: Monday 24th October

WHERE: New Wolsey H.E.G.High St Ipswich IP1 3QH

TIME: Workshop 1 10.45-12.30  
Workshop 2 1.30-4.00  
(Come to one or both, bring a bottle of water and a light packed lunch)

For further information and to book a place  
call 07495 691964 or email  
artistic@vanessabrooks2020.com

ARTS COUNCIL ENGLAND  
Supported using public funding by  
ARTS COUNCIL ENGLAND

## 8. Wellbeing Suffolk



More people with common mental health problems will receive help to overcome anxiety, stress or depression thanks to an innovative new-look wellbeing service. The Suffolk Primary Care Mental Health Service, otherwise known as Wellbeing Suffolk, will provide a range of holistic, tailored services for both children and adults to support their emotional wellbeing. With extended opening hours, Wellbeing Suffolk will offer people accessible, responsive help before their problems become too great. The new-look service will also provide talking therapies for those with a wider range of mental health problems, so that they can get the support they need within the community, avoiding a referral into specialist services.

A new website: [www.wellbeingsuffolk.co.uk](http://www.wellbeingsuffolk.co.uk) has launched and includes more details about the service, interventions and partners. Professionals can refer direct from the site and the public are also able to self-refer on-line.

You can also follow the service on Twitter @Wellbeing\_Suff and like its Facebook page by searching for Wellbeing Suffolk.

## 9. The Rowntree Foundation on Mental Health and Poverty

For the latest report on Mental Health and Poverty by the Rowntree Foundation follow this link <https://www.mentalhealth.org.uk/sites/default/files/Poverty%20and%20Mental%20Health.pdf>

## Business

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### 1. Christmas Campaign

Felixstowe is gearing up for a great Christmas campaign. As usual the Christmas Lights Switch at the Triangle officially opens the Christmas season. Many retailers have already committed to opening late on Fridays and we are working with them on a programme of themed activities. If you would like to get involved please let us know. We will be up and about in the town in the near future talking to retailers but a huge thank you to **Adnams, Coastal Crafts, Coes, East of England Co-Op, Gorgeous Jewels, Hills, M&S, Nick Barber Auctions, Pierrots, and Ruby and Scarlet** for getting the ball rolling.

We are also looking for entertainment. We don't have a budget but if anyone would like to showcase their entertainment talents we would love to hear from you.

We are also delighted to hear that the Ice Rink will be returning to Gt Eastern Square. Thank you **Felixstowe Town Council and East of England Co-Op.**

#### Provisional Programme (Posters and flyers will be available in due course)

Date	Event
Sat 26 Nov	Xmas Lights Switch On
Fri 2 <sup>nd</sup> Dec	Late night opening (to 7pm)
Sat 3 <sup>rd</sup> Dec	Small Business Saturday <a href="https://smallbusinesssaturdayuk.com/#get-involved">https://smallbusinesssaturdayuk.com/#get-involved</a>
Fri 9 <sup>th</sup> Dec	Late night opening (to 7pm)
Fri 16 <sup>th</sup> Dec	Late night opening (to 7pm)
Fri 23 <sup>rd</sup> Dec	Late night opening (to 7pm)
17-21 December	Xmas Ice Rink at Gt Eastern Square

We have received confirmation that car parking will be free after 3pm on the Xmas Lights Switch On and late night shopping on the Fridays. More information in the next update.

### 2. A Frames

Some retailers have been asking about A Frames on walkways. For further information and guidance please follow link to Suffolk County Council guidance on advertising on highways.

<https://www.suffolk.gov.uk/assets/suffolk.gov.uk/Environment%20and%20Transport/Roads%20and%20Pavements/HAN%20ESE%2001%20Advertising%20Signs%20in%20the%20Highway%20Version%201.0%20June%202012.pdf>

### 3. Menta

The latest Menta events brochure is available. This is the flipover online book and can be viewed by clicking on this link: [http://issuu.com/menta2/docs/menta\\_es\\_2016\\_scdc\\_for\\_flipover\\_boo](http://issuu.com/menta2/docs/menta_es_2016_scdc_for_flipover_boo)



SEPTEMBER 2016				
Tuesday 6	9:30am-12:30pm	The Essentials of Email Marketing	£30	Framlingham
Wednesday 7	9:30am-12:30pm	Book Keeping and Financial Control	£30	Kesgrave
Monday 19	9:30am-12:30pm	Smart Selling	£30	Kesgrave
Tuesday 27	9:30am-11:30am	Coffee Means Business - Networking	£2	Woodbridge
OCTOBER 2016				
Friday 14	9:30am-12:30pm	Business Planning & Cash Flow Forecasting	£30	Kesgrave
Tuesday 25	9:30am-11:30am	Coffee Means Business - Networking	£2	Woodbridge
NOVEMBER 2016				
Friday 4	9:30am-12:30pm	Being an Employer: What You Must Know	£30	Kesgrave
Tuesday 15	9:45am-12:45pm	The Essentials of Email Marketing	£30	Kesgrave
Thursday 17	9:30am-12:30pm	PR and Media - How to Make the Headlines	£30	Kesgrave
Wednesday 23	9:30am-12:30pm	Marketing for Growing Businesses	£30	Framlingham
Monday 28	9:30am-12:30pm	Understanding Balance Sheets and Profit & Loss	£30	Framlingham
Tuesday 29	9:30am-11:30am	Coffee Means Business - Networking	£2	Woodbridge
DECEMBER 2016				
Friday 9	7:00pm-11:30pm	Mentia's Christmas WonderMENT	£45	Woodbridge
TO BOOK GO TO <a href="http://www.menta.org.uk">www.menta.org.uk</a> OR CALL 0800 085 5090				

## Visit Felixstowe

### 1. Felixstowe gets mention in the Guardian

<http://www.independent.co.uk/travel/suffolk-beaches-seaside-villages-felixstowe-ferry-a7209766.html>

### 2. Visit Felixstowe Digital Welcome

Visit Felixstowe has been working on a new Visit Felixstowe welcome digital guide. These will be available as a download on the website but we will also be providing presentation folders to local hotels and guest houses, and to cafes and restaurants. These will help provide a warm welcome to the Town and include information on Family Fun, Heritage, the Great Outdoors, The Seafront Gardens and our annual events as well as a Visitor Guide to all our attractions. For further information please contact us.

### 3. Armed Forces Weekend 24 and 25 June 2017

2017 marks the 350<sup>th</sup> anniversary of the Dutch attack on Landguard Fort and to mark the occasion, and to recognise the huge contribution made by our servicemen men and women from the past until the present day Felixstowe has been chosen as the venue for Suffolk Armed Forces Day. A weekend of action packed entertainment is planned for Saturday 24<sup>th</sup> & Sunday 25<sup>th</sup> June 2017. If you would like to support this event please contact: [paul.grant@eastsuffolk.gov.uk](mailto:paul.grant@eastsuffolk.gov.uk)

#### Other Event Dates for your diary next year:

22nd & 23rd July 2017	Felixstowe Carnival
7th May 2017	Historic Vehicle rally



## Major projects

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### 1. Felixstowe Seafront Gardens

#### 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.

#### 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 why not join in the fun? Contact [felixstowe.forward@eastsuffolk.gov.uk](mailto: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/pollock-please>

### 3. PierHead Development

And finally after months of speculation Pier Amusements Felixstowe Ltd have commenced work on the Pier Head building. Work is due to complete by July 2017. We will give a progress report in the next news update.