

Winter

Issue 15

The Seasonal Magazine
for Felixstowe Residents **22/23**



FELIXSTOWE
TOWN COUNCIL



Santa's Sleigh Tours Felixstowe – Christmas with the Felixstowe BID
Our Environment – Nominate a Community Hero – Christmas Day Dip

EST. 1898

THE ORWELL HOTEL

FELIXSTOWE

Eat, Drink, Dine, Sleep



From afternoon tea to a Sunday roast,
or a cosy coffee to a glass of your favourite tippie,
there is something for everybody to enjoy
in **Harry's Bar & The Westerfields Restaurant**

Pre-booking advised

*Don't forget to secure your table
for Valentines Day!*

reservations@theorwellhotel.co.uk



01394 285511

The Orwell Hotel, Hamilton Road, Felixstowe, Suffolk, IP11 7DX

So here it is, Merry Christmas everyone!



I do enjoy all the special activities, events and traditions of Christmas. I love decorating my Christmas Tree, walking round Town looking at the Christmas lights, mince pies, Christmas pudding, and Christmas cake or pulling a Christmas cracker and sharing the corny joke; watching The Holiday, singing carols or Wham's 'Last Christmas' down the supermarket aisle and winter walkies with Bertie and Stanley in their Christmas Jumpers.

However, I'm less enamoured by the hustle and bustle, consumerism, and overspending. Last year's uncertainty around whether Christmas would be 'cancelled' brought things back to traditional core values of community, family, quality time and the communal nature of celebrations. I hope that we all retain those values this Christmas and beyond.

Let's also find opportunity to think about those who will continue to work throughout the festive period:

our emergency services, hospital staff, care providers, volunteers and those involved in many other essential public services; and, as we've done throughout this year, let's look to help those less fortunate than ourselves and consider what we can do to support our neighbours and wider community. Because for those without the warmth of family, festivities, and log fires, it can be a lonely and isolating time.

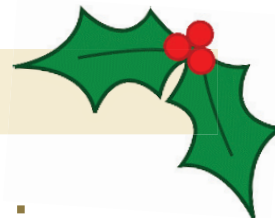
Like many of you, I look forward with great anticipation to the Christmas adverts on TV, which can make us smile and make us cry. Yet this year I find myself questioning some of those adverts displaying tables overflowing with Christmas food and delights. We all need food, but sometimes it's easy to take it for granted, and some people find themselves in considerable hardship during the festive period, struggling to afford to feed themselves and their families. Christmas is a time of giving and, if you have the opportunity, why not donate to your local food pop up shop, Parish Pantry at St Johns Church or The Salvation Army Food Bank? Don't just think pasta, rice, and beans. Think fresh fruit and vegetables, eggs, chocolate or a festive treat or two! Or why not help The Salvation Army on Christmas Day. They are looking for Christmas Elves (drivers) to bring people to and from The Salvation Army for Christmas dinner or to deliver a Christmas dinner with a warm smile to somebody's home – you could be the only person they see over the festive period.

Christmas is also a time of peace, forgiveness, and reflection. Looking back and saying goodbye to another year gone by. We live in extraordinary times, trying to get on and get by the best we can while history continues to be written. So, take time to rest and recharge your batteries ready to embrace a New Year. As we move into 2023, let's continue in the spirit of hope – there will be better times ahead!

Wishing you and your loved ones a Merry Christmas and a brighter New Year.

Sharon Harkin
Cllr Sharon Harkin, Mayor of Felixstowe

Back page: the winning design for the Mayor's Christmas card by Alisa Malko, Colneis Junior School.



Your Magazine

We would be pleased to receive relevant articles from community groups and voluntary organisations letting residents know what is happening in the Felixstowe area.

If your group would like to submit an article for consideration in the next quarterly edition (Spring, covering March 2022 – June 2023) send it via email to enquiries@felixstowe.gov.uk by Wednesday 15th February

If possible, include hi-res images/ photos and your group's logo. You don't have to send a fully-written article – bullet points or a few notes are fine to help point us in the right direction – but it must be no longer than 250 words.

We will aim to cover many different articles from issue to issue and will seek to offer a fair and equal representation for community groups throughout the town. Sometimes articles may have to be edited, shortened or dropped altogether.

Advertising

Limited advertising space will be available in future editions to support the cost of publication, with priority given to local, reputable businesses.

Call 01394 282086 or email enquiries@felixstowe.gov.uk for prices and to book your ad.

Photo credit: With thanks to Stephen Squirrell for cover photo and various header images.

Getting in Touch

Christmas opening hours. The Town Hall will be closed for the Christmas period from 23 December and will reopen on 3 January 2023.

Drop into the Town Hall or call us during office hours (9am – 4pm Mon-Fri) or email us at any time. We'd love to hear from you.

Phone: **01394 282086**
Email: enquiries@felixstowe.gov.uk
Address:
Felixstowe Town Hall
Undercliff Road West
Felixstowe
IP11 2AG
www.felixstowe.gov.uk



Felixstowe is a Fairtrade Town

THE MAYOR OF FELIXSTOWE'S CHOSEN CHARITIES



'THANK YOU' TO EVERYONE WHO ATTENDED A MAYOR'S CHARITY EVENT IN 2022!



Afternoon Tea

Quiz Night

Murder Mystery Evening

Fashion Show



Halloween Dip with Felixstowe Swimsapes

COMING SOON

Auction of Promises

Murder Mystery

Race Night

Curry Night

2023 MAYOR'S BALL 28 APRIL



WANT TO SUPPORT?

Spread the Word!

Bake for us, quiz for us, sing for us, dine for us!

Want to be involved with the fundraising campaign? If you have something to offer, whether it be a space, a raffle prize, or simply spreading the good word, email mayor@felixstowe.gov.uk to show your support.

FIND US ONLINE:

'Mayor of Felixstowe' on Facebook

@felixstowetc

[justgiving/mayoroffelixstowecharityfund](https://www.justgiving.com/mayoroffelixstowecharityfund)



THE MAYOR OF FELIXSTOWE

CHARITY FUND

DONATE

Supporting The Compass, Felixstowe Community Hospital League of Friends and Felixstowe Opportunity Group



SIMPLY SCAN THE QR CODE TO DONATE!

Who do I talk to about...?

With three tiers of local government in Suffolk it can be confusing knowing which authority to contact about local matters or a particular service. This brief list outlines some of the key areas covered by each council to help untangle the web and to show who does what in your area.



FELIXSTOWE
TOWN COUNCIL

Felixstowe Town Council is the council closest to its residents and is responsible for:

Visit felixstowe.gov.uk or call **01394 282086**

- The office of the Town Mayor, Deputy Mayor and Mayoral engagements
- Awarding grants to support local community group and charities
- Remembrance events in conjunction with the Felixstowe Branch of the Royal British Legion
- The upkeep of Felixstowe's War and Flood memorials
- Felixstowe's Community Emergency Plan
- Felixstowe in Flower floral basket scheme and competitions
- Floral bedding at the Triangle and seafront
- Allenby and Gosford Way Parks.
- Supporting the provision of Community Public Access Defibrillators
- Felixstowe Town Hall – the administrative home of the Town Council, a local base for partner community services such as the Suffolk County Council Registrar, open to the public for meetings and a popular wedding venue
- Broadway House – the home of Felixstowe Old People's Welfare Association (FOPWA)
- Walton Community Hall – available for private and community hire

- Allotment sites at Cowpasture, Ferry Road, Railway Hill and Taunton Road
- Felixstowe Cemetery and its Gardens of Rest
- The Felixstowe Civic Awards scheme to recognise our local community heroes
- Supporting the town's twinning and partnership arrangements with the German towns of Wesel and Salzwedel
- Felixstowe Youth Forum
- Funding the Christmas Lights (supported by the Lions Club of Felixstowe)
- Annual funding contribution to key local service providers including Felixstowe Coast Patrol, Level Two Youth Project, Citizens' Advice and Landguard Fort Trust.
- Making representations on local planning applications, strategic plans and consultations
- Representing the community at around 20 outside bodies, organisations and partnerships affecting many aspects of life in Felixstowe



East Suffolk Council provides a range of regulatory and community services across the whole of the East Suffolk district and is responsible for:

Visit eastsuffolk.gov.uk or call **0333 0162 2000**

- The collection of council tax and business rates
- Local planning and building regulations
- Kerbside waste and recycling collections, including fly tipping (in conjunction with East Suffolk Norse)
- Benefits
- Community Safety
- Elections
- Street cleaning
- Housing needs
- Maintaining the resort of Felixstowe and the provision of beach huts
- Maintenance of Felixstowe's public parks, open spaces and play areas (in conjunction with East Suffolk Norse)
- Public car parks (note: currently the police are the only on-street parking enforcement authority)
- Licensing, Environmental and Port Health
- Leisure services (in conjunction with Places Leisure)



Suffolk County Council is the top tier of local government, providing services on a county-wide basis and is responsible for:

Visit www.suffolk.gov.uk or call **0345 606 6067**

- Highways (except motorways and major A roads which are the responsibility of Highways England)
- Education and Libraries
- Social services
- Trading standards
- Public transport
- Bus passes and disabled parking permits
- Registry of births, deaths and marriages
- Most street lighting, pavements, rights of way, footpaths and cycle ways
- Adoption and fostering
- Fire and rescue services
- Waste and Recycling centres

Felixstowe Fairtrade Forum



We recently heard that Fairtrade Fortnight will be held from 20 February to 5 March next year and we have already started to make plans.

One thing we hope to do is to feature and promote all the shops and cafes in Felixstowe that serve Fairtrade. We will be contacting them early in the New Year and hope that we can work with them on some special promotions during the Fortnight.

We have recently redesigned our website where all the outlets are listed and this is supplemented by a leaflet available from the library and the tourist hut on the sea front. We have also been developing our expertise in social media and will promote any initiatives through Instagram and our Facebook page. If you are a local business serving Fairtrade please get in touch with us with any ideas on how we might support you. If you do not currently serve Fairtrade, but are considering doing so, please also be in touch and we will do all we can to help you.

Our contact in Kenya, Patrick Kaberia, has told us how much he values the support of businesses and individuals in Felixstowe for Fairtrade. Buying Fairtrade really does make a difference to Patrick and his community.

Visit our website at www.felixstowe-fairtrade.org.uk to find out more or contact secretary@felixstowe-fairtrade.org.uk.

Town Councillors 2020/2023

Mayor of Felixstowe: Cllr Sharon Harkin

Deputy Mayor of Felixstowe: Cllr Mick Richardson

Coastal Ward

Darren Aitchison

darren.aitchison@felixstowe.gov.uk
07479 556736



Nick Barber

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07876 757268



Seamus Bennett

seamus.bennett@felixstowe.gov.uk
07818 664751



Steve Gallant *

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01394 276336



Sharon Harkin

sharon.harkin@felixstowe.gov.uk
01394 671758



Mark Jepson *

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01394 278622



Doreen Savage

doreen.savage@felixstowe.gov.uk
01394 285895



Steve Wiles * **

steve.wiles@felixstowe.gov.uk
07986 566225



Marshes Ward

Mick Richardson *

mick.richardson@felixstowe.gov.uk
07946 028517



Port Ward

Stuart Bird * **

stuart.bird@felixstowe.gov.uk
01394 275128



Tracey Green *

tracey.green@felixstowe.gov.uk
07759 218476



Graham Newman **

graham.newman@felixstowe.gov.uk
07802 397905



Andy Smith

andy.smith@felixstowe.gov.uk
01394 283283



Walton Ward

Mike Deacon *

mike.deacon@felixstowe.gov.uk
01394 211146



Margaret Morris

margaret.morris@felixstowe.gov.uk
01394 274345



Kimberley Williams

kimberley.williams@felixstowe.gov.uk
01394 284180



Key

* Councillor is also a Member of East Suffolk Council

** Councillor is also a Member of Suffolk County Council

Member of Parliament for Suffolk Coastal:

Dr Therese Coffey MP

therese.coffey.mp@parliament.uk
020 7219 7164



Felixstowe Town Council

UPCOMING COUNCIL MEETINGS

The Council comprises 16 Members representing four wards who are elected every four years. Council also delegates some of its functions to its Committees. Please note forthcoming meeting dates below:

14 December	Planning & Environment	9.15am
14 December	Civic & Community	7.30pm
11 January	Planning & Environment	9.15am
11 January	Full Council	7.30pm
18 January	Finance & Governance	7.30pm
25 January	Planning & Environment	9.15am
08 February	Planning & Environment	9.15am
15 February	Civic & Community	7.30pm
22 February	Planning & Environment	9.15am
22 February	Assets & Services	7.30pm
08 March	Planning & Environment	9.15am
08 March	Full Council	7.30pm

Note: all meetings listed are open to the press and public, who are also welcome to attend online via Zoom. 15 minutes are set aside for public participation, during which time members of the public can speak or ask a question. Details on when meetings take place, the matters for consideration and records of decisions made are all available on our website, facebook page and twitter. For further information please telephone 01394 282086 or email enquiries@felixstowe.gov.uk.

Contacting Council Staff

Phone: 01394 282086 (all staff)

Email: enquiries@felixstowe.gov.uk

Address:

Felixstowe Town Hall, Undercliff Road West, Felixstowe, IP11 2AG

Website: www.felixstowe.gov.uk

Ash Tadjrishi – Town Clerk and Responsible Financial Officer
townclerk@felixstowe.gov.uk

Debbie Frost – Deputy Town Clerk
debbie.frost@felixstowe.gov.uk

Sue Faversham – Civic Events Officer
sue.faversham@felixstowe.gov.uk

Sarah Morrison – Planning Administration Assistant
sarah.morrison@felixstowe.gov.uk

Shaun Congi – Financial Administration Assistant
shaun.congi@felixstowe.gov.uk

Holly Miles – Communications Apprentice
holly.miles@felixstowe.gov.uk

Janine Smith – Administration Assistant
janine.smith@felixstowe.gov.uk

Your Community Stories

Annual Hospice Christmas Day Dip



St Elizabeth Hospice is once again encouraging the local community to take the plunge



for the independent Suffolk charity this Christmas, with the return of its much-loved Christmas Day Dip for 2022. After Covid-19 restrictions saw the cancellation of the annual hospice Christmas Day Dip in 2020 and adverse weather conditions saw the 2021 dip moved to Easter 2022, the charity has announced the event will be returning to its traditional format on Felixstowe seafront once again this Christmas. Returning for the 18th time, the event will see hundreds of 'dippers' don festive outfits before plunging into the icy cold North Sea at Felixstowe to raise vital funds, through sponsorship, for St Elizabeth Hospice which every year delivers free care to over 3,000 patients and their families throughout East Suffolk, Great Yarmouth and Waveney. Nichola Whymark, Head of Partnership Fundraising at St Elizabeth Hospice, said: "Our Christmas Day Dip is such a popular event, full of festive fun and one that is a Christmas tradition for many people. "It is always so brilliant to see the array of Christmas outfits on display as the local community joins together show their support for the hospice. "With early bird tickets now available, there is no better time to register and start encouraging friends and family to sponsor you. Every pound raised really will make a difference to our staff as they care for patients and their families throughout East Suffolk, Great Yarmouth and Waveney during very difficult times in their lives." The St Elizabeth Hospice Christmas Day Dip 2022 will take place on Christmas Day at 10am, opposite Mannings Amusement on Felixstowe seafront. Standard registration is £13 starting from 1st December through to midday on 22nd December, while on the day registration will cost £20. Each ticket price includes a medal.

To register for tickets visit www.register.enthuse.com/ps/event/ChristmasDayDip2022

Funds raised through the Christmas Day Dip will go towards the hospice's Christmas fundraising campaign, Be a Star, which helps the hospice support hundreds of patients and their families over the Christmas period. More information can be found by visiting www.stelizabethhospice.org.uk/event/christmas-day-dip-2022/

Santa's visit rounds off a bumper year for Landguard Fort!



During 2022 we welcomed over 22,000 visitors at Landguard Fort which is one of Suffolk's top visitor attractions, depicting over 400 years of military, social and geopolitical history.



Staff and volunteers are constantly working hard to provide new exhibits and facilities for visitors and some of the 2022 highlights include the introduction of a multimedia tour app for smartphones and tablets, provision of additional ramps for wheelchair users, collaboration with Felixstowe Museum to offer money saving joint-tickets for visitors to both attractions, re-introduction of the spooky 'ghost tours', installation of two replica 17th century cannons, the development of a new Victorian Officers' quarters exhibit and the complete revision of all interpretation signage.

Landguard Fort has established itself as an events venue as well as a visitor attraction. The fort was chosen as the 2022 venue for an episode of Ant and Dec's Saturday Night Take Away, The Suffolk Youth Orchestra, the display of an art installation, The Pantaloons open-air theatre, and the lighting of the Felixstowe Beacon and events to commemorate the Queens' Platinum Jubilee and The Little Fort Of Horrors Halloween scare-night events.

And we've had lots of re-enactment groups stay at the fort for a weekend during the year allowing visitors to see how soldiers lived during the centuries including The Suffolk Regiment, The Sheppey Pirates, The 95th Rifles, and The Home Guard.

Our themed trails continue to be a favourite with our younger visitors who need to find a number of themed objects placed around the fort in order to receive a goody-bag on completion. This year we've used Easter, the Queen's corgis, Pirates, Soldiers and Halloween pumpkins as trail themes.

Our final special guests of the year are Santa and his elves who can be seen on 17 and 18 of December. Pre booking for this ever-popular event is essential and tickets can be booked at www.landguard.com/whats-on/christmas-at-landguard-fort/.

Find out more about Landguard Fort at www.landguard.com.

East Suffolk Council Project Development Update



Langer Park

Unfortunately, Langer Park has been subject to needless vandalism once again. The newly planted oak trees commemorating the platinum jubilee have been damaged and the tree guards protecting them vandalised, one beyond repair. The newly refurbished toilet block has also been targeted on two separate occasions which is incredibly disappointing. The toilets have now been closed for the winter season and will re-open in the spring once fully repaired.

Felixstowe Seafront

You may have noticed that Felixstowe seafront is a hive of activity with several East Suffolk Council projects underway. Gipping are the contractors for the Seashore Village and Activity Park development and currently there are a range of groundworks on site. The hoardings surrounding the site allow you to have a good look at what's going on and to watch the project progressing. More details of the project will be released in the New Year, which will include

the sale of the beach huts and how to hire a beach pod. The development is due to be completed in summer 2023 and alongside the beach huts and pods, it will feature landscaped gardens, a Changing Places facility and public toilets. The activity park will include petanque pistes, climbing boulders, outdoor gym equipment and table tennis tables. Gipping also won the tender to rebuild the fishing hut to the north of the Pier, which will become a tourist information point, replacing the two Visit Felixstowe branded beach huts in this location. Works to strengthen the concrete platform the hut sits on are complete and, weather dependent, the project should be completed by early in the new year. Brooks and Wood are extending and fixing the structure at Pier South to house more beach huts and secure the retaining wall for the future.



Concept design of Seashore Village (credit Plaiçe)

Remembering the 1953 Floods



The 1953 Floods are widely regarded as one of the worst flooding events to occur on the East Coast of England. 41 Felixstowe residents lost their lives in the deadly storm surge. The blue tiled line, stretching across the top of the Flood Memorial, marks the height of the flood water at the peak of the surge.

The Felixstowe Town Council Grounds Team are presently undertaking work to renovate the Flood Memorial in preparation for the 70th anniversary on 31 January 2023. The central bench, previously old and weathered beyond use, is now replaced with a distinct centrepiece, constructed from locally sourced wood. Each year, residents of Felixstowe and the relatives of those who lost their lives gather together to mark the anniversary of the 1953 Floods in an act of remembrance. Students from local primary schools attend the annual remembrance event to lay 41 candles in remembrance of the lives lost.



Details about events to mark the 70th Anniversary of the 1953 Floods on 31 January 2023 can be found on the Town Council website at:

felixstowe.gov.uk/flood-memorial.

BASIC Life Charity



The BASIC Life Charity have been extremely busy during the year and have followed on from their £20,000 donation of equipment to nine local schools last year, with another £10,000 donation - this time to local nurseries.

The nurseries were asked to provide details of the items they needed and the charity were pleased to be able to supply the items which ranged from sensory lighting to books and play equipment.

BASIC also took on ownership of the former Layden's property in Langley Avenue. This is now known as 'The BASIC Community Cafe' and is open from 10am to 2pm Monday to Friday providing a 'warm space' and a selection of fine food at very affordable prices.

BASIC are also using the cafe space for a range of activities which started with a tabletop sale on 22 October.



The charity plans to extend the opening hours and to provide a top-rated facility for the Felixstowe community.

In addition the charity are continuing to expand the ever-popular 'pop-up shops' which they started almost ten years ago. Many in Felixstowe and Ipswich were 'gifted' to those running them on a day-to-day basis at the start of this year and have continued to flourish.

The charity were featured recently on ITV regarding the cost of living crisis and they have also entertained French journalist also reporting on this topic.



Graham Denny, Founder said 'It is so good to see the queues of people being assisted at sites such as in Wadgate Road or at Christchurch and to think they have grown from our original idea into being a tremendous asset to the community'.

So far this year BASIC have opened new 'pop-up shops' across Suffolk ranging from Rendlesham to Holbrook and there are plans for further expansion.

Felixstowe Men's Shed (FMS)



This Autumn has seen a flurry of new members arrive. We continue to benefit from the Hidden Needs Grant from East Suffolk District Council. High emphasis has been placed on Health and Safety with each member being issued with their own container to hold PPE equipment issued to them. The kitchen area has come alive with regular start up breakfasts with fresh coffee or tea.

Having just completed an end of grant monitoring report for ESC it asked for case studies.

Besides community projects members can work on their own and at the same time learn new or develop existing skills.



One member joined The Men's Shed twelve months ago having suffered a major stroke, restricting movement and speech. He uses the Community FACTS transport to reach us. He started by cleaning items and painting projects. On one occasion FMS chairman took him home and he showed him his detailed Pyrography art work from before his stroke. As a result, the secretary made his own Pyrography set available that saw a change in his ability to partake in renewed Pyrography work. A former HGV driver and with a sense of humour he is gradually recovering his walking and speech, still plenty to do but a marked improvement. This project has enabled new Pyrography equipment to be purchased and used by the member in his recovery.

Another new member has joined, a competent and skilled wood turner who has previously taught the craft and is prepared to help members start from scratch in this wonderful medium. We have two wood lathes. Why not come along and see what is on offer? We are located at 158 High Road, Trimley St. Mary, IP11 0TN and are open 10am - lunchtime Tuesdays and Thursdays and Saturday mornings 9am to 12pm. Further information and details showing past projects can be found on Facebook and www.felixstowemensshed.org.uk.

Article provided by Tony Allen, Chairman

The Salvation Army – Serving the Local Community



The Salvation Army is often described as "the church with its sleeves rolled up ready to serve where there is a need by putting faith into action!" Also, confidentiality for those we help is a priority.

This Christmas for many people it may be tough. So, in addition to providing food and other essentials, one of our major projects is to provide presents, including toys, to struggling families. One way you can help, if you are in a position to do so, is to provide us with suitable presents.

We will also be open on Christmas Day to entertain and provide lunch for those who would otherwise spend the day at home alone. This Christmas we shall again be hosting a Charity Christmas Tree Festival (Tuesday to Friday 6 - 10 Dec), for which admission is free.

Our band once again played the Switch on of Christmas lights in the town centre. And will be back to play again in the town centre again on Saturdays 17 and 24 Decembers. Any money collected will be used to support our work in the local community. The band already has many engagements, including a number of visits to local schools and care homes etc.

We know that winter is going to be hard-going for many people. Remember, we are here to help where we can!

Along with other local groups we are part of the 'Warm Space' project. Our centre will be open on Tuesdays from 10.30am to 3.30pm for those whose need is to be able keep warm in a comfortable environment, and where light refreshments will be available free of charge.

We will also be continuing with our popular weekly programme, including 'Sallywags' - a parent and toddler group that meets on a Monday, Friends Together on a Wednesday, and a children's club, 'Adventurers', on a Thursday.

For more information regarding what's on offer at The Salvation Army this winter, and how we can assist, telephone 01394 276502, or visit our Website www.felixsa.org.uk, or call at The Salvation Army, Cobbold Road - our office is open 10am - 2pm (Mon/Wed/Thur/Fri).

Update from LevelTwo

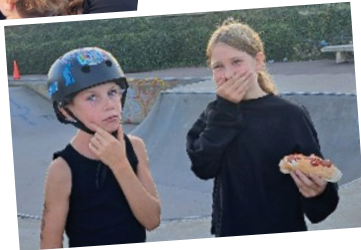


Level Two Youth Project is most definitely something Felixstowe can be proud of. Now in its 22nd Year, this project provides a fully comprehensive range of services for children, young people and families. The Project base, "The Hub", is above Tesco in the heart of the town centre. This provides a safe space for young people to meet and is well resourced with activities to



engage young people in meaningful activities to enhance their social and emotional development; as well as just hang out with their friends and have fun!

The entire staffing team at Level Two are passionate and well-equipped to make sure every intervention with a child, young person or family can make a difference or meet a need. Young people tell us it is often just having a trusted adult outside of the family to talk to that has made them in making better life choices. Level Two services include 1-1 Mentoring & Counselling, In-school support, and Hub based and Outreach sessions. An exciting new Project for 2023 is a joint venture between East Suffolk Council and Level Two Youth Project. The Felixstowe Skate Park needs a revamp. This area and facility is well used by young people, possibly one of the most used recreational spaces in the Town. However, it also has a reputation for being one of the most troubled spaces. East Suffolk Council & Level Two Youth Project are working with Young People who use the skate park to try to turn this into a more positive space. We are at the Skatepark, Thursdays, 4pm - 5.30pm.



all the difference to them in making better life choices. Level Two services include 1-1 Mentoring & Counselling, In-school support, and Hub based and Outreach sessions. An exciting new Project for 2023 is a joint venture between East Suffolk Council and Level Two Youth Project. The Felixstowe Skate Park needs a revamp.

To find out more about all that Level Two Youth Project offers please contact Shez Hopkins, Project Manager, shezhopkinslevel2@gmail.com.

Felixstowe Radio – Who Are We?



At Felixstowe Radio, we all know who we are, but do you?

Well, we are a community radio station based in Felixstowe, with Felixstowe listeners, Felixstowe presenters talking about things that Felixstowe people talk about. However, we are much more than that!

Firstly we broadcast locally on 107.5fm to Felixstowe, Shotley, Harwich and Dovercourt.. as well as all those villages in between. Our presenters drink in your pubs and cafes. We also shop in the same shops as you, and eat in the same restaurants. We work in the same town centre, on the road, and at the docks. We stroll along the prom with you in the summer; and are stuck in the same traffic as you when the Orwell Bridge closes! This is what qualifies us as a community radio station.

None of our members or presenters are paid. In fact, we pay a small monthly fee to be part of the Felixstowe Radio family. Our membership is as diverse as our community itself, representing all backgrounds, ages, genders and areas of expertise and knowledge. This diversity can be heard in our output. Every genre of music is represented, we have specialist travel programmes, faith, current affairs, discussions, sport and much more. No doubt you will have noticed how radio has changed over the last few years. BBC stations are much less "local", and are reducing their immediately local content. Commercial radio stations are now run by organisations who, again, have stripped their local content. Felixstowe Radio is stronger than ever. The challenges of lockdown have made us reassess our methods and schedules. We have taken on more new presenters, thereby increasing our "offer" to our listeners. The pandemic highlighted our role in the community. We now work constantly with local charities, organisations, businesses and voluntary groups. We are often the first port of call, when any publicity is needed.

If you are interested in joining us, in any capacity, or would like to know more, drop us an email to info@felixstoweradio.org.uk ... we love to talk!

Rob Dunger

Felixstowe NCI



As we near the end of 2022, we can reflect on what has been a very successful year of watchkeeping, post lockdown.

Our membership of volunteers has increased hugely this year, following three open days in July and September. We now have over 75 active volunteer members, all keeping a watchful eye on our beaches and coastal waters.

Reporting to HM Coastguard, we are often the first line in spotting an emergency or even just something of concern. Covering most of our coastline from Felixstowe Ferry to Landguard Point, we do this through physical watching through binoculars as well as CCTV cameras at the mouth of the



Deben, on our lookout at Martello Tower P, and now also at Landguard Point. With a sophisticated array of equipment at our lookout, we can monitor most of our waters up to a 6-mile distance.

Did you know we are a registered charity and rely entirely on fundraising and donations? Every penny donated goes towards renewing and maintaining our equipment as well as paying for our running costs.

This April, one of our watchkeepers, Nick Barrett White was voted in as our Station Manager for the next three years. Nick will continue to develop the station and its abilities to keep everyone safe on the beach and in our waters.

If you would like to know more about the work of NCI Felixstowe, then head over to our website at www.coastwatch-felixstowe.co.uk where you can also watch our 24/7 public webcams.

Have you or your loved one recently received a dementia diagnosis?

FAIRSTEP
SOLICITORS

Our clients often say they wish they had been given a 'to-do list' to consider following a dementia diagnosis and two items which should be a top priority but are often overlooked, are making Lasting Powers of Attorney and reviewing Wills.

Our experienced, friendly and dedicated team are passionate about assisting those living with dementia and are on hand to help.

Need help or advice? Please feel free to call us on 01394 277941 or email us at jasmin@fairstep.co.uk

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Felixstowe Road Runners Victorious in Suffolk Grand Prix... again'



Is Felixstowe Road Runners Club the seaside town's best kept secret? The club has won the Suffolk Grand Prix for



2022; the fifth year in succession

that it has done so, beating all other running clubs in Suffolk over 7 races of varying distances through the year. The Road Runners won the overall title and were top club in both the women's and men's team competitions. In addition, they scooped individual titles in eight different age categories along with a flurry of second and third places. Club Captain, Robin Harper remembers his feelings after the very first victory: "We wondered if we could retain the title and win two in a row...now we're focussing our efforts on winning our sixth successive title next year!" The secret to the club's success in the championships has been a mix of individual top class performances coupled with an ability to get many club members of all ages and abilities to take part in the race series. All runners, regardless of ability, are able to contribute points by competing and Felixstowe Road Runners' inclusive and non-elitist approach has produced success. "All our members are winners", said Robin, "because everybody can take part and chip in, regardless of whether they are an age group winner or a plucky competitor, willing to run for our club". Individual Felixstowe Road Runners who won their categories were; Holly Taylor, her brother, Gary Taylor, Joanne Harper, Kaye Branton, Nicola Stevenson, Aidan Coughlan, Steve Brooke and Ian Sillett. Felixstowe Road Runners organise three events in the Suffolk race calendar; the Kirton Friday 5 mile, the Richard Bennett Coastal 10 mile race and the Martlesham 7 mile race. New members are always warmly welcome regardless of whether they are an experienced runner or a beginner. Contact anyone on the Committee through the website at www.frr.org.uk or by coming along to Brackenbury Leisure Centre at 6.45pm on a Tuesday evening. For further information contact FRR Chairman,

Stuart Mason, chairman@frr.org.uk

Old Felixstowe Community Association



The Association is pleased to announce that a Warm Room is available at the Community Centre on Tuesday mornings from 9.30am – 12.30pm, Wednesday afternoons from 2pm – 5pm and Thursday mornings from 10am – noon (this session run by the Hope Trust for the over 50's). This initiative will provide a warm place for people to meet throughout the winter months, help with the cost of heating and combat the effects of loneliness. Tea, coffee and biscuits will be available free of charge; games, puzzles, books and

magazines will also be available.

On Saturday 8 October during the Community Market the Mayor of Felixstowe, Councillor Sharon Harkin officially opened the Jubilee Courtyard. The Courtyard is a wonderful addition to our Community Centre and thanks go to Terry Smith for his design and vision.

Our Annual General Meeting was held on 20 October, this was a poignant meeting as two long serving Committee members were standing down after many years of service to the Association. Terry Smith carried out the role of Chairman of the Management Committee for twelve years and during that time has made numerous changes and enhancements to the Community Centre. My thanks go to Terry for all his hard work and commitment over the years. Pauline Varden has been involved with the Association since 1977, carrying out several roles and in 1982 founded the Christmas card delivery scheme with her husband John. My heartfelt thanks go to Pauline for all her hard work and dedication over many years.



Recently the Association have been extremely fortunate to receive donations from Maritime Cargo Processing, the Rotary Club of Felixstowe and Positive Pals. I would like to take this opportunity to thank them for their most generous gifts, it is most appreciated.

If you are interested in hiring the Community Centre, please contact the Administrator on 07494 599265 or email ofcbookings@gmail.com. More details about room hire can be found on our website www.oldfelixstoweca.org.uk.



Christmas Card Scheme

After a 2 year absence due to the Covid pandemic, Old Felixstowe Community Association is delighted to announce that its popular Christmas Card Delivery Scheme will be operating again this year. It is an excellent fund-raiser for the Centre and a great community effort. All proceeds will go towards Community Centre improvements.

Cards will be delivered throughout Felixstowe, Walton and the Trimleys, but not Kirton or Falkenham. Please write the full address to help the OFCA 'posties'. The cost is a mere 40p per card and, of course, delivery is guaranteed before Christmas.

This year we will be receiving cards at the Centre at the following times:

Wednesday December 7th, 9.00-11.00am

Thursday December 8th, 9.00-11.00am

Friday December 9th, 9.00-11.00am

Saturday December 10th, 10.00-12noon (at the Christmas Community Market)

We look forward to seeing you at the Centre with your cards

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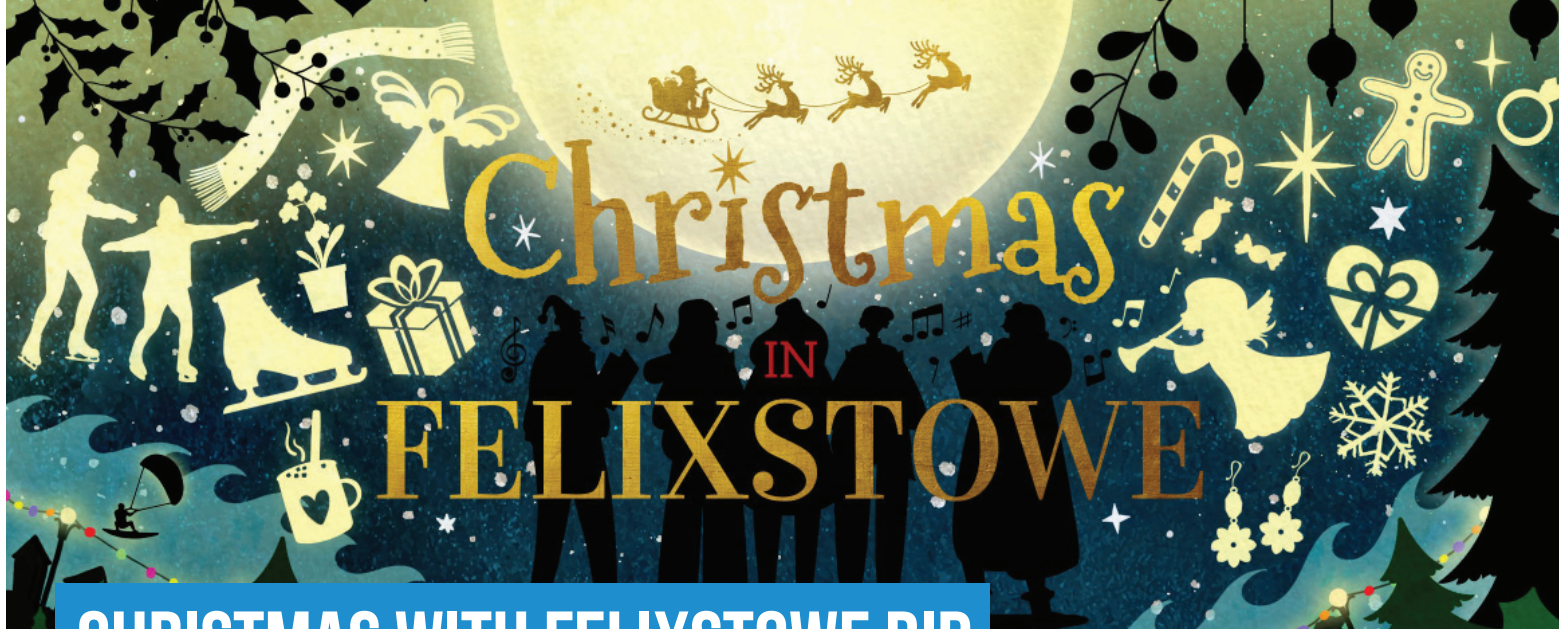
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Christmas IN FELIXSTOWE

CHRISTMAS WITH FELIXSTOWE BID



A host of illuminated angels, a 50 piece choir, an internationally acclaimed Coloratura Soprano, a Maker's Market, a 'knitmas tree' (made by the local Wool Baa community from 2000 hand knitted squares), local singer GRAY, a mini funfair, Christmas 'Belles' on stilts, a Disney Princess, cast members from The Spa Pavilion's seasonal panto - Snow White & The Seven Dwarfs, and an ice rink are amongst the highlights of Visit Felixstowe and Felixstowe BID's (Business Improvement District) Christmas plans over two Saturdays in the run up to Christmas this year.

The Lion's Christmas Switch On event on Saturday December 3rd ignites Felixstowe's Christmas season, and Felixstowe BID is set to continue the festive mood with events centred around the town's Great Eastern Square on Saturday December 10th (with a theme of 'Craft, Choir & Community') and Felixstowe's central 'Triangle' on Saturday December 17th (Family,



Festivity & Fun). Fresh Gold Radio will be keeping the mood buoyant with broadcasts, music and continuity on all three Saturdays.

With increasingly hard times for both retailers and shoppers, the aim is to encourage footfall with some spectacular entertainment pieces that will bring customers, local and visiting, to see the incredible range of present buying possibilities Felixstowe offers. Not to mention the cafés, bars, and restaurants set against our 4 miles of promenade lined beaches that make Felixstowe so special. The seaside still sizzles in the winter, with Beach Street continuing to grow (upwards and outwards!) and hosting many festive events. The Pier, and all the prom side amusements are lit up to provide a festive backdrop to the town. Don't miss Landguard Fort and The Felixstowe Museum off your Christmas list for some special Christmas events and exhibitions.

This year Felixstowe BID have commissioned seven individually crafted, life size angels to adorn the town centre. Beautifully fashioned from chicken wire, primed and hand painted to respect special up lit illumination, the celestial sculptures will create an Angel Trail around the town centre. With locations throughout the town, these ethereal pieces are the result of a collaboration between Tracy Barritt Brown, (known to many for her wicker art), and local art teacher, Caroline Corkhill. Also planned for the run up to Christmas is a special 'Christmas Stocking Trail' for the family to enjoy while visiting the town with 21 unique stockings crafted by Wool Baa crafters.

It wouldn't be Christmas in Felixstowe without the Great Eastern Square ice rink which returns on 17th December to complement the family-based entertainments at the Triangle. Rumour has it, you may even see a glimpse of a certain sleigh sweeping in from The North Pole!



Felixstowe BID Manager, Kate Cain, said: It's been a tough time for retail, and we hope to encourage visitors into our town for a unique shopping experience and a bit of festive fun. We are delighted to introduce the innovative Angel Trail feature to the Lion's Christmas lights this year, and an investment for years to come. Tracy and Caroline's work is astounding, and we are lucky to have their creativity added to our Christmas community offering. We are so grateful for Felixstowe Lions help with lighting and positioning the angels. We are also very appreciative of the support of Felixstowe Town Council and East Suffolk Council in help with funding our festive programmes. We aim to make this Christmas as busy as possible for our businesses, whilst engaging with our community to unite and support our town"

Find our full programme on www.visitfelixstowe.org.uk and keep up with announcements and programme changes by following Visit Felixstowe on Facebook.



Our Environment



Felixstowe Allotment Association



The summer keeps coming, even though it's October! It's 20C today, and boy are the weeds growing! My allotment at Cowpasture in too many places is a carpet of green, off-putting to some and sometimes a surprise to those not accustomed to growing vegetables. This time of year sees many changes across the five allotment sites in Felixstowe, as some tenants move on and new faces materialise, eager to get started.



The first point of contact in locating an allotment is always the Town Council. This can be accomplished via an in-person appointment, or via the links available on their website.

We see similar changes in the Allotment Association as we see new members in the shop at Cowpasture seeking tools, advice and a chat about everything

allotmenting. The King's seed order, mentioned in the previous article, is complete with a generous discount offered to our members.

We also purchase seed potatoes and much more from a local supplier. These are again available from our shop at keen prices.

Today I picked a fine example of a Romanesco broccoli. The unusual vegetables were originally found in Italy and are from the brassica family. The photograph doesn't do it justice, but this vegetable will feed a good number of hungry souls.

The winter meetings have commenced at OFCA meeting room in Church Road. This is the fourth Tuesday of most winter months. If you wish to pop in and get a feel for the Allotment Association, please do contact me. The subject may or may not be allotment related, but will always be entertaining.

After a wonderful summer – dry beyond belief – we have seen a huge crop of most fruits. The opposite can be said for the winter vegetables, starved of water at the vital growing times. But that's just how it is. Highs and lows are to be expected when nurturing an allotment. Next year will be better! We are eternal optimists, after all!

Neville Farthing, FAA Chair

Felixstowe Community Nature Reserve



Felixstowe's Community Nature Reserve is an independent voluntary organization which was founded in May 2015. We work across the local area to try and stop the decline in local wildlife. On 2 July 2022, we helped to organize a climate justice march, the aim of which was to offer local people six solutions to the climate justice challenge which most people can easily apply in their everyday lives. Those solutions are:

- (i) For those who can, walk and/or cycle on short local journeys to reduce emissions of carbon dioxide;
- (ii) Use more public transport where ever possible;
- (iii) Recycle old or obsolete digital devices eg through envirofone.com;

(iv) Install PV panels on the roofs of local homes, public buildings, business premises, and schools;

(v) Eat less meat to reduce demand for land needed to grow cattle feed and therefore reduce deforestation;

(vi) Encourage family, friends and neighbours to do the same.

We are promoting these six climate justice solutions through a wonderful film created for us by Lisa Tyte. You can find it on YouTube using the QR code



Felixstowe's Citizen Science Group has provided us with excellent local data to support the validity of these solutions. For example, they are working with local owners of PV panels to show the amount of carbon dioxide emissions which is saved through the use of PV panels. They have also shown the financial income which PV panels provide. More solutions will be published soon.

Article provided by Dr. Adrian Cooper

Happy Anniversary – Litter-Free Felixstowe



This November marks the 4th anniversary of Litter-Free Felixstowe. With over 1200 members, the group remains very active in the community. Its purpose is not just to remove old litter across the town but also to educate and tackle the causes of littering. Clearly volunteers continue to have an impact within the town with many open spaces

being cleared of historic rubbish whilst efforts have been put into engaging with schools, youth groups and businesses. Over recent years, Litter-Free Felixstowe has created a video for schools starring young volunteers and recorded the 'Litter-Free song' recreating the 1970s iconic Coca Cola advert with the hit song 'I'd like to teach the world to sing' recorded with new lyrics.

A group litter-pick is planned for 20 November which will coincide with the 2022 Felixstowe Environment Awards which will celebrate those who care for the Planet.

The event takes place at Sea-You café who have kindly agreed to provide refreshments. Above all, Litter-Free Felixstowe hopes to promote the environment and encourage as many as possible to become involved. Four years on the cause is as relevant as ever, inspired by David Attenborough's Blue Planet series which highlighted the impact of plastic waste on wildlife and the entire eco-system.



Litter-Free Felixstowe is now determined to collaborate with the Highways authority and national haulage companies to clean up the major roads into Felixstowe and educate all road users on the importance of working together to make a difference.

The Secrets of Seaweed



Seaweed is perhaps the last thing most people want to take home from a beachcomb, being seen as slimy and full of flies. But seaweed is an essential part of the entire beach ecosystem.

The slime comes from a mucus layer that helps to prevent seaweed from drying out when not covered by seawater. The breaking down of seaweed by insects is critical for

other beach life. These scavengers help release the seaweed's nutrients, and on our shingle beaches, the remains form a fine layer of "soil" for seeds to germinate in.

The 650 odd species of UK seaweed use sunlight to photosynthesise (make energy). They are all green, brown, or red and these different seaweeds use pigments to trap light. Some light wavelengths don't filter through the first few metres of water meaning red and brown seaweed can live at greater depths underwater than green seaweed.

The "bubbles" you can pop on seaweed are air bladders which allow them to float upright in the water, closer to the surface - and the sun. Egg wrack is one of the longest lived seaweeds growing only one bladder a year. The picture shows someone who found a 13 year old piece of egg wrack on a beachcomb - most seaweeds do not live this long!



On a hot, sunny day, lifting up a pile of damp seaweed will reveal hundreds of sheltering insects: beach and sand hoppers, seaweed flies, and sea woodlice - all food for larger insects like spiders and beetles. Always put piles of seaweed back to ensure these insects' survival.

PLEASE BEACHCOMB SUSTAINABLY. Take away as much rubbish as you can but everything else belongs on the beach. Our shingle beaches are a complex & fragile habitat - the plants & animals that live there need that driftwood, shell or stone far more than we do.

Kate Osborne is the founder of Beach Bonkers, inspiring people about the natural treasures to be found on Suffolk's special shingle beaches. She does this by leading beachcombing walks, giving talks and taking the beach to landlocked locations.

See www.beachbonkers.org.uk for more details or call Kate on 0751 255 7200

Felixstowe Garden Club



Our club had a steady increase in membership during 2022. It's a reflection of the popularity of growing plants, flowers and produce and a realisation that it's not just for older generations. Our members range between the ages of 40 and 80+

At the time of writing, we are already heading towards winter and our committee have been busy planning for 2023, arranging speakers, planning the annual show, and reviewing the past year.

Our membership remains very good value, just £20 pa.

Meetings at 7pm, second Tuesday monthly @ OFCA.

10 th January	Michele Turner from Crafty Heffalump The Useful Gardener
14 th February	Neville Stein from Otley College Weird and Wacky Veg
14 th March	Susannah Sharman from Swann Nursery Building a border
11 th April	Ruth Goudy from Kiln Farm Nursery Flower Power
9 th May	Matthew Tanton Brown Climbers and Wall shrubs
13 th June	RHS Wisley day trip
11 th July	Pre-Show demos and preparation for Annual Show Saturday 15 th July
8 th August	Barbara Seagall Secret Gardens of East Anglia
12 th September	Andrew Brogan Henstead Exotic Gardens
10 th October	Michael Perry AKA Plant Geek House plants
14 th November	Marc McHearne Beth Chatto's Garden Past and Present
12 th December	AGM /Christmas Party

Hundreds of new trees to be planted in Felixstowe



Hundreds of Trees are set to be Planted in Felixstowe as Part of a Biodiversity Boosting Initiative

A total of 30 standard trees and 300 whips will take root beside the public car park in Golf Road in an effort to enhance the landscape and encourage natural

regrowth for generations to come.

The planting programme follows a successful joint application to the Local Authority Treescapes Fund (LATF) by East Suffolk Council and Suffolk County Council, along with other district and boroughs, through the Forestry Commission.

The LATF opened in 2021, as part of the government's Nature for Climate Fund, to support the planting and maintenance of 260,000 trees outside existing woodlands. Beginning in the second week of January, grounds and countryside maintenance partners from East Suffolk Norse will focus planting in spaces between the mature maple trees to the front of the carpark - expanding the woodland to the northeast, with a temporary chestnut panel fence installed to protect the new whips. Cllr James Mallinder, East Suffolk Council cabinet member for the Environment, said: "For good reason, trees are sometimes referred to as the lungs of the earth. By converting carbon dioxide into clean air, they are literally helping the planet breathe.

"So, it is vitally important that we not only protect and maintain our existing woodland areas but try to reinforce and enhance it where possible.

"We're blessed in this part of the country with a rich and diverse landscape - and I'm delighted that the LATF has allowed us to add to that for the future."

The new trees will be a variety of species, mainly bearing fruits and berries edible to wildlife, and will be regularly watered and surveyed to monitor improvements in biodiversity. The project will also serve as a pilot project for the development of a wider Tree Strategy for East Suffolk Council.

Plant a Tree for Free



Join the fun and add to the 100+ trees planted in Felixstowe under The Queen's Green Canopy initiative for Her late Majesty, Queen Elizabeth II. Whether you're a community group, a local organisation or an individual, if you have space to nurture a new tree, we want to hear from you! Play your part in making Felixstowe a greener town and email townclerk@felixstowe.gov.uk for more information.

Brilliant Bat Boxes from the Felixstowe Men's Shed



As Halloween has recently elapsed, Felixstowe's busy bats will need a resting place from their spooky duties. These brilliant bat boxes were crafted by the member of the Felixstowe Men's Shed, Paul Braithwaite. Made from scrap wood, without the use of any nails or toxic chemicals, the bat boxes will provide a safe resting place for Felixstowe's winged residents. The bat boxes were fixed to the buildings at Felixstowe Cemetery, an underestimated haven for local wildlife, by the Felixstowe Town Council Grounds Team. Chairman of the Felixstowe Men's Shed, Tony Allen, delivered the bat boxes to Felixstowe Town Hall.

Bat boxes are artificial roosts designed to provide bats with alternative resting places or to encourage bats into areas where there are few existing suitable roost sites. There are 18 species of bat in the UK, all of which are protected under European law. Bat populations in the UK have declined dramatically over the past century due to persecution and habitat loss. But bat boxes play a part in helping to bring populations closer to previous numbers.



For more information about the Felixstowe Men's Shed, see page 8 of the Winter 22/23 Magazine. If you are interested in becoming a member of the Felixstowe Men's Shed, visit www.felixstowemensshed.org.uk

Landguard Nature Reserve

Over the last century, bat populations have declined considerably, due to the loss of foraging habitats, a decline in insect populations and the loss of roosting features across the landscape.



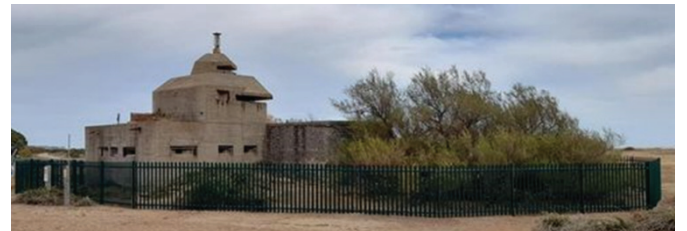
At Landguard Nature Reserve, the Ranger and volunteers have been conducting bat surveys using detectors, to learn more about the type of bats visiting the peninsula. Knowing more about bats at Landguard is important, as the information learned will influence future site management decisions.

There are 18 species of bat in the UK, and so far, at least 9 species have been recorded visiting the Nature Reserve and many species have been recorded flying around the old Mine Station building. In light of this, a new project was initiated to create hibernacula within the building, to provide roosting opportunities. This was done by creating and installing features such as modified bricks, imitation wood cladding and hessian sacking, all of which provide voids and crevices for bats to roost.



A hibernacula is a place where bats seek refuge over winter, but the installed features also provide opportunities for summer roosting too.

This project was funded by the Coast & Heaths Area of Outstanding Natural Beauty Sustainable Development Fund and the Harwich Haven Authority (HHA).



HHA funded handheld detectors and fenced the building to reduce disturbance and the Coast & Heaths Area of Outstanding Natural Beauty Sustainable Development Fund, provided funding for the roosting features and recording equipment.

Thanks to the support of funders and hardworking volunteers, the features are now in place. Going forward, the building will be monitored using bat detectors and recording equipment and it is hoped that some of the bats visiting Landguard will also roost here.

Article provided by Leonie Washington, Ranger at Landguard Nature Reserve

Felixstowe Town Council's First Climate Action Meeting



What is the most impactful thing your organisation can do to reduce its carbon emissions?

What is your organisation doing in the next 12 months to reduce its carbon emissions?



What do you think Felixstowe Town Council can do to help?

These were the three questions posed at Felixstowe Town Council's first Climate Action Meeting. Formed of Councillors, Officers and member of local community groups and authorities, including representatives from The Port of Felixstowe, East Suffolk Council, Litter-Free Felixstowe, Felixstowe Peninsula Methodist Churches Climate Emergency Working Group and students and staff from Felixstowe School, the Climate Action meeting facilitated discussion about the reduction of carbon emissions in Felixstowe. Are you a local community group or organisation with concerns about the climate? If you are interested in attending a future Climate Action Meeting, please email debbie.frost@felixstowe.gov.uk.

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E: service@kw-autos.co.uk

W: www.kw-autos.co.uk

St Phillips Community Hub Update

St Philip's



When? 10am-3pm on Tuesday and Thursday with hot drinks, cake and biscuits on offer, free internet and money matters support. Bring your knitting, a book or just come along for the conversation and warmth.

Pop-Up Shop Tuesday 11am-12noon

Community Hub Open to all, no questions asked. £2.00 per bag with a choice of items from 10 tables. If the cost of living is causing you to worry, whether you are working or not, single or have a family, please consider visiting the shop. Also available are experts who can signpost you to other areas for support. Our Walton Parish Nurse visits every other Tuesday and Carolyn from Felixstowe CAP is always available. No one needs to struggle in silence. We are here to help.



Thursday Hub - Café, Craft, Chat 10am-1.30pm

Open to all, a safe space to enjoy conversation over a cake and hot drink and maybe stay for lunch - soup, roll and dessert. No cost, but donations welcome. A craft activity runs from 10am -12, there is also internet access, use of a laptop and a chance to discuss any concerns with Carolyn regarding money matters or any other support needed. Lorna our Walton Parish Nurse runs a surgery from 10.30-12. Do

consider calling in especially if you find yourself lonely and isolated as we have our volunteers who will sit with you and make you most welcome.

Thank you. We want to thank Tesco for supporting us by donating £1000 for our lunches this winter and Felixstowe Town Council for their grant of £990 for our Christmas Activities.

If you would like to learn more about what we do you can contact us at officemanager@waltonandtrimley.org.uk or tel: 01394 813161

Article provided by Carolyn Jones and Margaret White

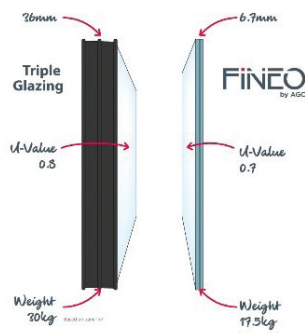
A Window into the Future for Felixstowe Town Council



Felixstowe Town Council takes a look through a window into a more sustainable future with refurbishments to the windows of the Town Hall. Using a new, recently developed glass, Fineo Glass, which has the lowest thermal transmittance of 0.7 w/m2.k, this refurbishment will see the insulating properties of previous, single-glazed Town Hall windows greatly improved.

Using a product that rated high for energy efficiency was very important to the Council, whilst respecting the heritage of the building which is located in a conservation area. The wooden window frames will be refurbished depending on their existing condition. The existing springs, some of which are failing, will be replaced with new traditional sash cords and weights.

It is hoped that the work, which should take approximately 8 weeks, will commence in January 2023. Scaffolding is likely to be in place for 8-12 weeks whilst this work is taking place. At times, this may impact the accessibility of the Town Hall. However, the disabled entrance through the back entrance of the Town Hall will be available for use throughout this period.



Opening of Trimley Memory Lane

Memory Lane
Trimley Support Group

Local Home Care Company Home Instead have launched a new Dementia Support Group in Trimley for those with dementia and their carers.

The launch was held on the 21st October and the group will be held fortnightly on Friday mornings between 10-12noon at Trimley Memorial Hall, High Road, Felixstowe, Suffolk, IP11 0RJ.

The ribbon was cut by Yvonne Smart, the chair of the Parish Council. Yvonne invited the Mayor of Felixstowe, Cllr Sharon Harkin, to cut the cake with Deputy Mayor Mick Richardson. We had a number of organisations represented, such as the Alzheimer's Society, Suffolk Foundation and Healthwatch. We had lovely lemon cake and non-alcoholic bubbles, as it was in the morning! We had lovely music provided by the Ukulele band, who are always so supportive.



We wish to thank East Suffolk Council's Boost Scheme, the Port Community fund/ Suffolk Community Foundation and Community Action Suffolk's Restart Fund, who got the group up and running. There is no cost to the people coming. The Memory Lane group in Felixstowe has been supported for many years by local businesses, individuals and hope that there will be the same support and enthusiasm

for this new group in Trimley. We rely on donations to keep the groups running. We have a Go Fund Me page to donate which can be found on our Facebook page. Donations can be also sent to Memory Lane C/O Home Instead.

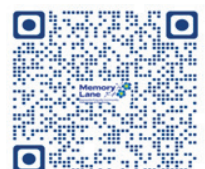
Wendy Chard Head of Community Engagement for Home Instead said 'I am really looking forward to working with local families to support their loved ones'. 'At Home Instead, we understand how challenging some days can be and it's our passion to support those in the community to live well with dementia'. We will be providing information and support for people with dementia and their carers in an informal way, with a cup of tea and a biscuit. Health professionals will be available to signpost to services and resources needed.



The Trimley and the Felixstowe groups are actively seeking volunteers to help run the groups, to support their local community. If you would be interested, please call Wendy on 01473 272301.

The memorial hall is a lovely local facility and is ideal for having activities, such as the local Ukulele band who come to play or Dance East to do chair-based music and movement with members of the group. You can keep up to date on our Facebook page on the activities attending the group.

The QR code which will link you to the Facebook page is:



Christmas in Felixstowe



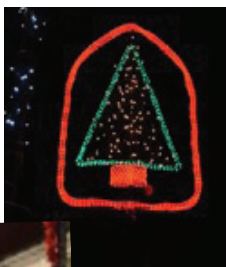
The Lions Christmas Message – Lighting Up Day



I have been involved in putting the Christmas lights up for the last 6 years. Earlier this year I was very honoured to be asked to become vice president, then Lions Club President from 1 July 2022.

In the Lions we have a unique qualified team who spend hours every week of the year maintaining the lights and a big thank you goes to Lion Phil Weatherhogg for managing the team. There are a lot of members and non-members that also help to get everything ready in time for the coming year. Every year there are always sections that need to be replaced. But this year we were excited to reveal a new star on top of the Christmas tree, which we would like to thank Kirton Forge for the frame to attach the lights. Like every year I am grateful for the help everyone puts in and proud to be part of the club.

We put the lights and Christmas tree up on the weekend of 19th and 20th November. All ready for the switch on at 5pm on Saturday 3 December.



Last year's Christmas light switch on was a great success and seeing so many people out again, enjoying the festive cheer with the bright Christmas lights switched on in person

was brilliant to see. Again, we will be visited by Santa to see all the children of Felixstowe and surrounding areas. The event will start at 12pm with stalls and entertainment from various groups (please see the full programme near the time). Also, the Salvation Army will be playing all the carols we all love. Don't forget the traditional Candlelight Parade for children and their parents, which will start at Orwell Hotel. Mayor Sharon Harkin will light the town up.

The day wouldn't be able to go ahead without the financial support of Felixstowe Town Council, thank you. Another big thank you goes to RWK Transport for their continued sponsorship. There are also lots of businesses and shops who have supported the Lights, so please support our local businesses in our town.

If you would like to help you could text the word LIGHTS, followed by the number of pounds you would like to donate (LIGHTS3 will donate £3, LIGHTS5 will donate £5 and LIGHTS10 will donate £10) to 70085 and all your donations will go towards next year's display. Please help the Lions Club of Felixstowe brighten the town centre with Christmas lights for the years to come.



Santa's Ride Around Town December 2022

Felixstowe Lions, the Rotary Club of Felixstowe and Save the Children are joining together to bring Christmas cheer and raise funds for worthy causes.

Santa and his helpers do their best to visit as many streets as they can. If they don't catch you at home, or you would like to chat to Santa and take photos, please come to one of the four weekend locations shown below.



Rudolph may wait at the entrances to cul-de-sacs if they are narrow or busy with cars.

Weekday evening runs below start at 5pm up to Friday 2 and at 6pm thereafter. For route plans, see Rotary website at FelixstoweRotaryClub.org, the "What's On" section on the Visit Felixstowe website and on the day the Visit Felixstowe Facebook page for the route and the Santa tracker details.

DECEMBER ROUTE DETAILS

Friday 2nd Wesel Avenue and roads off.

Monday 5th Western Avenue and Westmorland Rd and roads off that are trailer - accessible.

Tuesday 6th Trimley St Mary – Faulkeners Way estate – starting at the shops on the green going to Trimley High Rd covering roads off including Punchard Way, Langstons, Fariers Went, Dains Place and roads off where accessible.

Wednesday 7th Town centre Roads bounded by and including Tomline Rd, Hamilton Gdns, Chevalier Rd, Felix Rd, Gainsborough Rd and St Andrews (west)

Thursday 8th Glenfield and Fairfield Ave, Beatrice Ave, Dellwood, Fleetwood and Lynwood Ave, Lansdowne Rd, Rosemary Ave, Colneis Rd, Links Ave, Upperfield Drive.

Friday 9th Laureate Fields and Trelawny Place

Saturday 10th HAMILTON RD – 9.30am to 4.30pm

Sunday 11th LIDL (BEACH STATION RD) - 10am to 4pm

Monday 12th Trimley St Martin, St Martins Green, Mill Lane & roads off.

Tuesday 13th Grange Rd and roads off (Mill Lane to railway bridge), Coronation Drive and roads off, Mill Lane, Stour Ave and Wadgate Rd

Wednesday 14th Trimley St Mary – Sprites Hall Lane, High Rd, New Rd, Chatsworth Crescent, Addington Rd, Station Rd, The Avenues and St Marys Close

Thursday 15th Town centre - Valley Walk, Garrison Lane, Newry Ave, Surrey Rd, Goyfield Ave, Chaucer Rd, Princes Gdns, Princes and Queens Rds from St Andrews Rd to Wolsey Gdns plus Orwell Rd and roads off.

Friday 16th Maybush Lane, Priory Rd, Marcus Rd, St Georges, Church Rd and roads off, Looe Rd and roads off, Sunningdale/Wentworth Drives, Quinton's Lane

Saturday 17th MORRISONS – 9.30am to 4.30pm

Sunday 18th MORRISONS – 10am to 4pm

Monday 19th Walton –Maidstone Rd and roads off Cornwall Rd, Seaton Rd and High St.

Tuesday 20th Trimley St Mary – Faulkeners Way estate – starting at shops on the green going to Trimley High Rd covering roads off including Fen Meadow, Thomas Ave, The Wheelwrights, Dawson Drive, The Josselyns, Woodlands Ave, Drivers Court and Mill Pouch

Wednesday 21st Kirton

Thursday 22nd St Andrews Rd (east), Croutel Rd, Brook Lane, Picketts Rd, High Rd East, Foxgrove Lane, Thornley Rd, Rosebery Rd, Bath Rd, Quilter Rd, Barton Rd and Constable Rd.

Walton Parish Nursing



Self-care and receiving advice on the many aspects of health is so important but it may not always be easy to know who to turn to first. Walton Parish Nursing is passionate about health promotion and disease prevention. As registered healthcare professionals, we are here to offer you free advice, signpost you to other providers and liaise with the NHS for you.



We run drop-in clinics that are accessible for everyone, no appointment is necessary and not just for those in the Walton area. They are at the Community Hub in Wadgate Road, on the second and fourth Tuesday of each month, 11am – 12pm during the Pop-Up Shop and every Thursday 10.30am to 12.30pm. We also have a monthly health clinic at Collimer Court sheltered housing.

Our focus is not only on physical health but on every aspect of wellbeing including emotional, spiritual and mental health including dementia support.

We run a mental health support group called No Labels on the second and fourth Tuesday of each month at Seaton Road Methodist Church, 1.30pm to 3.30pm. Refreshments, board games, table tennis, magazines and crafts are all provided for free. Everyone is welcome. We took our mental health support group and physical disability group sailing for the fifth time in June.

We are looking for new volunteers to work with us to provide more support for our clients. No medical background is needed, training and supervision will be given. You may like to help at No Labels, visit the housebound, help at the chair-based exercise classes, provide transport to medical appointments or help us fundraise for the charity.

Please feel free to contact either Lorna on 076969 01001 or John on 07925 255223 or email us at contactus@waltonpn.org.uk

Felixstowe & Village Carers Group

We are a group of unpaid family carers, looking after a loved one or friend. We meet once a month for an afternoon of social activities, friendship and a break from caring. Caring for someone can be very demanding. Carers often find that their own physical health and mental wellbeing suffer because of the demands of their caring role.

As a group of family carers we know how lonely and isolating caring for a loved one can be. That is why we have formed a social group meeting once a month where people can come together and have a relaxing and enjoyable time. We have different activities every month such as craft sessions, guest speakers and social activities such as a quiz or Bingo. Occasionally we go out for tea and cake! This is a small, friendly and supportive group who welcome new members so why not come and join us? We have interesting and enjoyable things going on every month such as craft sessions,

Sleep Smart with Suffolk Mind



Setting things up for sleep before you settle down to sleep can bring really refreshing benefits.

Bedtime routines aren't just for growing youngsters - they can help us get recuperative and regenerative sleep too. That's because our brains are pattern-matching organs, motivated by memories and constantly creating expectations. Establishing regular times for bed/getting up and setting aside 2-3 hours' wind-down time to gently park the day may take effort at the start, but as humans we're pump-primed to soon get in the swing of things.

To help map out your bedtime journey, ask yourself a few questions...

Can you see the light?

Our brains associate light with being awake. Think good thick bedroom curtains, black-out blinds or eye-masks and make it a screen-free zone. Try to avoid watching TV/internet in the 2 hours before bedtime too.

Are you sitting comfortably?

Getting comfy for bedtime is not just pampering, it's practical. By removing the layers of the day and reaching for loose-fitting clothes, we invite our muscles to relax. Practise a few relaxation exercises, enjoy a warm caffeine-free drink and keep the room cool.

Do others know your intention?

Pets, partners, offspring... if you share your home or bedroom with others, try to minimize noise, distractions and agree appropriate ground rules, so intentions are recognized and respected.

Are you relaxed about sleep?

Recognise that whether you nod off straightaway or relax a while first, it's all good - you're still switching off so the instinct to sleep can do its job.



We meet on the second Monday each month from 1:00pm until 3:00pm at The Old Felixstowe Community Centre, Ferry Road, Felixstowe, IP11 9NB.

PLEASE RING THE DOORBELL MARKED "MARGARET WHITE HALL" TO GAIN ADMITTANCE.

Cost £3 including Tea/ Coffee and a free raffle.

MEETING DATES

12th DECEMBER 2022

XMAS BUFFET/ SOCIAL AFTERNOON

9th JANUARY 2023

EASY ART FOR ENJOYMENT- Chris Turland (local artist)

13TH FEBRUARY 2023

Mike McCarthy, ActivLives with easy fun games of Boccia and Kurling.

We are looking for new members so why not come and join us?

You are welcome to just turn up or more details please contact Dennis Weston on 07712672289 / 01473 832591 or dennisweston.49@btinternet.com

Your Community Stories

Harvest House Then and Now



Harvest House is a prominent building in Felixstowe with an impressive history. Did you know...?

1891: Family of German Kaiser Wilhelm stays at South Beach Mansion, promoting Felixstowe as a healthy spa resort.

1903: To meet the popular demand for visitor accommodation, the neo-

Jacobean 'Balmoral Hotel' (soon to become the 'Felix Hotel'), designed by Thomas Cotman for Douglas Tollemache was completed.

1920: Tollemache sells the hotel to the Great Eastern Railway Company (later the London North Eastern Railway Company).

1936: Wallis Simpson (the future Duchess of Windsor) takes a room at the hotel whilst awaiting her divorce from her second husband, Ernest Simpson. Staff at the hotel were sworn to keep her identity secret.

1952: Following financial difficulties, the hotel is sold to Fison Fertilisers and used it as the company's head office for the next 30 years.

1985: The former hotel is converted into residential apartments.

Today: In addition to its residents, Harvest House now hosts weddings and events, such as the Felixstowe Book Festival, Christmas events and an upcoming performance from Christina Johnston, international Soprano superstar. Find out more about the history of Harvest House and upcoming events here:

www.eventbrite.co.uk/e/christmas-with-christina-tickets-459960172257

Felixstowe Ferry Golf Club



It was that time again in late October at Felixstowe Ferry Golf Club where introductions and drive in's took place for the new incoming captains!

for the new incoming captains!

It was a rather wet Sunday, but the clouds broke just in time for the drives to take place! Congratulations to both Dave King and Carol Deslandes who have taken on the duties for the year, and can be seen driving in on the photos! I hope you both have a great year!

This time of year, the competitions on the course start to settle down, however the social fun begins!

Sunday lunches continue to be popular. All are welcome to book, and we are now heading into the festivities of Christmas! Again, all are welcome to book a Christmas meal at the club, which we are offering throughout December (excluding 24th/25th/26th/31st December).



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MEMBERS & GUESTS

Christmas MENU

SERVED THROUGHOUT DECEMBER 2022

MENU

Honey & parsnip soup
Classic prawn cocktail with granary bread
Duck liver parfait with Cointreau, with French toast & salad

Roast turkey with pigs in blankets & stuffing
Roast beef with Yorkshire pudding
Goats cheese & cranberry wellington

All served with fresh seasonal vegetables, roast potatoes & gravy

Christmas pudding with brandy sauce
Cheese board, stilton, mature cheddar & brie
Raspberry, hazelnut meringue roulade with raspberry coulis & cream

Tea & coffee

3 COURSE
£27 pp

2 COURSE
£23 pp

Minimum group booking of 25 guests for evening parties. Any size table can be booked between 12-230pm daily, pre booking & pre order required for all bookings.

To book a table over the festive period please email:
houseandbar@felixstowegolf.co.uk

Art and Music

Music in Felixstowe Christmas and New Year Events

We are looking forward to welcoming you all to our seasonal concerts.



Starting with those favourites Seckford Brass and the Community Choir, slipping in some musical memories by Hattie with her cello and starting 2023 with the New Year's Day Strauss Gala. Eat your heart out Andre Rieux..... our concert master, Nicholas Ward and he were actually in the same violin class in Brussels!

At the end of January the Ward Quartet will be playing by candlelight at St Nicholas Church at the Ferry. These days we perform this very popular concert with battery operated candles!

In February we resume the lunchtime Orwell Hotel series with well known actor Brian Ralph and Emily Bennett actor/singer. We round off the winter series with a great sea-orientated programme actually overlooking the seafront at the Town Hall Council Chamber. We're very excited to be playing in this venue.

Sunday December 4th at 3.00 pm

St John's Church "Christmas Brass and Singers"

Seckford Brass Ensemble, The Felixstowe Community Choir

Tickets £16 children free Includes mulled wine

Wednesday December 14th at 12 noon

The Orwell Hotel - Christmas memories

with Hattie Bennett and her cello.

Tickets £12 children free. All proceeds to Cancer Research UK

Sunday January 1st at 3.00pm

St John's Church "New Year's Day Viennese Concert"

Festival Orchestra leader Nicholas Ward

Tickets £16 children free includes wine

Sunday January 29th at 3.00pm

St Nicholas Church Felixstowe Ferry "Candlelit Concert"

The Ward Quartet music by Haydn and Debussy

Tickets £15 children free includes mulled wine. Book early to avoid disappointment!

Wednesday February 15th at midday

The Orwell Hotel library "Shakespeare In Love"

Brian Ralph and Emily Bennett perform the Bard's words with music

Tickets £12 children free

Sunday February 26th at 3pm

Town Hall Council Chamber "All At Sea"

Words and music about the sea with actor Peter Hamilton Dyer

and members of the Festival Orchestra

Tickets £16 children free includes wine.

All tickets from Stillwater Books and Music In Felixstowe on 01394 670633

Visit www.felixstowemusic.com for any updates.

The Dorian Singers



The Christmas concert for the Dorian Singers is rapidly approaching and, over the last few months, we have enjoyed rehearsing for it under the direction of our new conductor, Brian Latchem. Brian is no stranger to the Dorian Singers as he first joined us in the mid 80's, when he became our assistant musical director. We shall be performing a programme celebrating the Joy of Christmas and we look forward to our audience joining us in some of the carols. What better way to spend a Sunday afternoon in winter!



Our varied programme includes three carols written by Brian himself. The Gorseland Carol was written in 1980 and first performed at All Saints Church, Kesgrave. Since then, it's been rearranged for mixed voices. The second carol, This Child of Joy was written in 2019, and was inspired by a set of stamps for Islay in the Inner Hebrides. The third A Christmas Blessing was written for another local choir based in Ipswich and belongs to a choral work he wrote called An Abundance of Blessings, which was originally performed at Rushmere St Andrews Church. Again, Brian has revised the carol for the Dorian Singers. All three carols will be premiered at the concert in December.

The concert "Christmas Joy, A Christmas Celebration" will be held at Trinity Methodist Church, Felixstowe IP11 7AN on Sunday December 11th at 3.00pm. Tickets at £12 (under 18's £3) include seasonal refreshments and are available from The Card Centre, 6 Hamilton Road, Felixstowe, IP11 7AU (01394 283170), from choir members or at the door. This year we are fundraising for The BASIC Life Charity.

www.thedoriansingers.org.uk or find us on Facebook

Felixstowe Community Choir



Felixstowe Community Choir will be singing with Seckford Brass in Christmas Brass and Singers at 3pm at St Johns Church on Sunday 4th December 2022, a Music in Felixstowe concert. Tickets are on sale now from Stillwater Books or 01394 670633. They cost £16 (including a glass of mulled wine) and are free for under 16's.



Later in December, the choir will also appear at Felixstowe Library at the Friends of the Library Christmas Coffee Morning. (1030-1100 on Saturday 10th December) and on Saturday 17th December the choir will be singing at Felixstowe Ferry Sailing Club.

There will be lots more opportunities to sing with the choir throughout the winter and new members are always welcome.

If you would like to join the Felixstowe Community Choir, over 50 singers meet on a Monday evening at The Orwell Hotel 7.30-9.30pm and the cost is £5 a night. No experience is necessary, there is no audition and you won't need to read music. An informal mixed choir of men and women aged over 18, they sing show and film songs, pop and folk, learn harmonies ... and sing and laugh with Music Coach, Emily Bennett. Follow them on social media and via their website www.felixstowecommunitychoir.co.uk.

Pier Projects

Pier PROJECTS

As 2022 draws to a close, Pier Projects wants to take this opportunity to thank everyone who has been involved and

supported our work this year. It's been a year of feeling our way back to one another and to our lives before the pandemic. A form of re-emergence. For some, new priorities whilst for others, new directions.



A new path is being forged by Pier Projects' co-Director Louise Straftord who is stepping aside. Louise worked with Level Two Youth Project and over the last five years, has given a huge amount of time and energy to supporting young people to feel more confident creatively. We will be cheering you on and look forward to joining you for a sea dip! In celebration of the sea, highlighting its impact on our wellbeing, and to reflect on the importance of our health - individually and within committees - in March we launched Channel Festival: a weekend of events that brought together a film installation by Lynn Dennison, public art by Yva Jung, workshops and a talk. The theme 'open water' was a nod to the brave and inspiring all-year sea swimmers who embody the resilience that helped many of us navigate the lockdowns. Thank you to everyone who came along and to Hamilton MAS for hosting Lynn Dennison's project. June saw the opening of Yva Jung's installation 'Journey with a Container' at Landguard Fort. Developed across a two-year residency, the project explored the hidden lives of seafarers and centred around a new film which offers a thought-provoking insight into the community of 1.5 million people predominantly from five countries — the Philippines, China, Indonesia, Russia, and Ukraine — whom enable the transporting of 90% of the goods traded worldwide. You can view the film on the artists' website until the end of the year. Thank you to Yva for her timely work, to Landguard Fort for hosting, The Seafarer Centre for their advice and connections and to Port Chaplain Julian Wong for his wisdom. Thank you too, to the artists we have commissioned for Studio Social (artist talks online) - more of these to come next year. To celebrate the winter solstice, put a Seasonal Social in your diary. Seasonal Social, Wednesday 21 December, 5.30-7.30pm, Hamilton MAS, Bent Hill, Felixstowe, IP11 7DG. Join us and Hamilton MAS for a mince pie and glass of wine. All welcome. Let's toast to friendship, new ways of being together and the forthcoming New Year. Let us know you are coming by dropping us an email, natalie@pierprojects.org. Wishing everyone a restful festive break. www.pierprojects.org www.yvajung.com

Cost-of-Living Surviving Winter Appeal 2022

The 12th Surviving Winter Appeal this year has been widened and will now help Suffolk people, with a three-pronged focus on 'fuel, food and support'.



With many people already facing problems due to rapid increases in the cost of living, this year the annual appeal has been extended and renamed 'Suffolk Cost of Living Surviving Winter Appeal'. Grants to help pay for fuel will be available as before, (to people of all ages), some food projects will be supported, and local charities, which are themselves facing huge challenges, could also be helped. The Appeal is a joint initiative by Suffolk Community Foundation, Citizens Advice Ipswich, and Suffolk Councils' 'Warm Homes Healthy People'.

"Across the county there are many wonderful food projects, large and small, and this year the Appeal will give grants to help some of those providing food to meet the increased demand we know they are seeing. We also want to help other smaller Suffolk charities who offer essential help and enable people to be self-sufficient, but are themselves facing challenges with stretched budgets," Melanie Craig, the Chief Executive of Suffolk Community Foundation explained. "We are very grateful for the support of the Suffolk Building Society who are a donation point for us."

In 2021/22, the Appeal raised nearly a quarter of a million pounds and provided warmth and other vital financial advice and support to over 1800 households across Suffolk.

"Our challenge now is to ensure that this year's appeal is our most successful yet. As always, we encourage people to hold on to their Winter Fuel Payment and other cost of living support if they need it to stay warm and well this winter. However, in the long held 'Don't Need it, Donate it' spirit of this appeal, we ask that those who can make a donation, perhaps from their Government's Winter Fuel Allowance, donate it to the Appeal". The latest local data shows the sharpest rise in fuel poverty in Suffolk that we have witnessed for some time. Despite local and national government support, it is estimated that a further 20,000 households (75,000 in total) are now struggling to meet their living costs and heat their homes as winter approaches.



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School News



The Federation of Fairfield and Colneis



We are already one month into the new school year and the children have settled in really quickly into their new classes. I am always very impressed with the resilience and adaptability that children show - our very youngest in Nursery and Reception have soon picked up their routines and are busily

learning and enjoying their first experiences of school.

We continue to have a real focus on how we help engage children with reading. Reading is a skill central to our curriculum and is the cornerstone of the work that we do. By being able to read successfully, children are able to access not only the wider curriculum but also be taken to worlds and places they may not have experienced. It also really supports the development of vocabulary, again a vital skill for our children to master. Teachers find many innovative ways to share their love of reading with the children, whether that be through whole class shared texts, additional library time or building in opportunities for children to talk about books they love.

It is also the time of year where some parents will be considering applying for either a Nursery or Reception place for children starting school in September 2023. We would be delighted to show any parents who are

thinking of applying to Fairfield Infant School around and so you can see us in action. I would always encourage parents to visit a school so you can get a real feel for it. Please contact our school office on 01394 283206 if you would like to request a tour.

Further information can be found on our school website - The Federation of Fairfield Infant and Colneis Junior School – Felixstowe, Suffolk (fairfieldandcolneis.co.uk) under the 'Fairfield' heading you will find a link for prospective parents. Our prospectus can also be found at - Prospectus – The Federation of Fairfield Infant and Colneis Junior School (fairfieldandcolneis.co.uk)



Boost



Boost continues to provide a full time chaplaincy service at Felixstowe School for staff and students, supporting individuals and providing a range of club, activities and reflective spaces for all.

Hive Outdoor Learning Update

Last term we developed 'Hive Outdoor Learning', a small group programme for engaging young people in understanding more about themselves and the world around them through gardening and outdoor learning. This developed from the already successful Garden Club running in the school garden multiple times per week. Students have enjoyed these sessions, with one commenting "coming out here [in the Garden] brightens my day", which is so lovely to hear, even when the weather isn't great! We look forward to seeing students continue to engage positively with this programme, and seeing the benefits of this in other aspects of the school and personal life too.

Bereavement Support Update

One of our areas of specialist pastoral support is in times of bereavement. Compared to this time last year, the number of students being supported by the chaplaincy for bereavement has more than doubled. It appears there is an increased need across all schools for young people to have some additional help exploring emotions that surround death, dying and loss. Whilst these are very difficult situations, we are really pleased that this support is available in school for those who need it.

Reflection Room Update

Our chaplain is based in the Reflection Room, which is described as a 'safe and special space for contemplation, prayer and reflection'. Throughout the year, this space responds to the needs of the school community, and has featured art installations around refugee week, space to reflect around remembrance day, and was also a place to commemorate the life and reign of Queen Elizabeth II. This term we have been delighted to welcome visitors from other schools who are excited by the potential of how a space like this could work in other schools too.

Langer Primary Academy



What a year it has been at Langer! We believe in ensuring that every child is the best that they can be. We continue to work hard to offer the best education we can. We are excited about our diverse and ambitious curriculum which allows every child to shine. We are really proud of our most recent outcomes. Our Y6 leavers pupils, who have now left us for high school, achieved fantastic results in their SATS which are well above the national average. This is something of which we are immensely proud.

	Reading	Writing	Mathematics	Combined
2022 National	74%	69%	71%	59%
2022 Langer	83%	92%	75%	79%

Here at Langer, we are getting ready for an exciting half term leading up to Christmas. With many events lined up for the next few weeks, including two visits to a local Care Home where the children will sing a medley of songs from our assemblies for the residents, and then, for a second visit, the children will sing Christmas songs. Felixstowe Town Council also invited our children to attend an Armistice Day service, to lay wreaths and crosses.

We will be raising money on 18 November for Children in Need with one of our popular cake sales! On December 9, we will be wearing Christmas jumpers, and we are very excited to have a special Christmas bauble making workshop coming into school where we can all make our own Christmas Bauble to take home! As well as all these activities, we will be making Christmas decorations to be displayed at Beach Street.

We will also be holding our first Christmas Fair for many years on Friday 9th December, here in school. We are hoping to have lots of stalls selling cakes, and special Christmas gifts, games and a big raffle with many exciting prizes!

Article provided by Toni Kittle, Executive Head Teacher, Langer Primary Academy.

Your Community Stories



Felixstowe Volunteer Centre to Close its Doors



Felixstowe Volunteer Centre to Close its Doors

Following a recent Trustees meeting it has sadly been decided to close and cease all the services previously offered by the FVC. FVC a charitable organisation has been operating since 1980, providing services to the residents of Felixstowe and the surrounding area. The Trustees having voted to cease operations, has quoted the following reasons for its decision.

- Following the austerity measures introduced some three years ago FVC lost its grant from the local authority, this caused great financial hardship to the organisation which without support from private individuals, local companies and other organisations would have closed the organisation even sooner. Fundraising has helped but the FVC over the last three years has had to tap into its reserves which have fast depleted.

- Due to the Coronavirus pandemic FVC was unable to operate fully for over a year. The pandemic also resulted in the loss of some volunteers and as a direct result, client numbers have also fallen. Post pandemic it has been extremely hard to recruit additional volunteers, this combined with the reduction in clients requiring help has contributed to the decision to close the charity.

The Trustees would like to thank all the volunteers past and present that have given up their time over the many years that the charity has operated, without their dedication none of the good work done would have been possible. The committee would also like to thank the many private individuals, organisations and companies in the area that have offered financial support over the years.

Sandra Hunter the charities co-ordinator added that like the Trustees she is saddened that the FVC has got to close its doors. Sandra has met many hardworking volunteers during her time at the centre and has engaged with many clients.

Sandra has also confirmed that the FVC will stop its services at the end of December 2022, any clients that will still need help may wish to contact one of the other charitable services that are available in our wonderful town.

Sandra has also said that the FVC email will continue to operate for 30 days after the centre closes just in case anyone needs guidance or help to engage with another organisation.

The email address for anyone who needs to make contact is: Felixstovewolunteercentre@grouphunter.co.uk

The 1953 Floods

The BBC stated in a documentary in 2003, the 1953 flood was “one of the greatest forgotten events in British History”. The 70th Anniversary occurs at the end of January 2023. 307 people in Great Britain including 41 in Felixstowe lost lives, 40,000 homes were evacuated nationally



including over 600 in Felixstowe, 990 miles of East Coastline was affected including the West End of Felixstowe and Felixstowe Ferry. The East Coast floods of 1953, caused by an unusual North Sea surge and unique weather conditions, can be recounted in stark facts but there was a human cost to families including in Felixstowe which is perpetuated even today.

Before the 70th anniversary, a new book detailing peoples' experiences of that horrific weekend and the aftermath will be published. “Never To Be Forgotten- the Felixstowe Floods of 1953” is the work of Jean Macpherson who has interviewed over 50 people, researched, verified fact from fiction and tried to bring that volume of evidence together in a comprehensive account in words and pictures. A special chapter researching those who lost their lives is included and the book is dedicated to those 41.

Accompanying the launch of the book, there will be a special memorial quilt to remember the 41 and the survivors made by myself and friends. As one person expressed it succinctly “more people will learn about the stories of those in Felixstowe and beyond and how it impacted whole families and communities for generations. We will be their voice and they will be heard and remembered.”

Look out for the book and quilt and other events for the 70th Anniversary in January 2023.

Article provided by Jean Macpherson

Photo from original by Derek Swan provided with permission by Ian Heeley

Broadway House



We are taking advantage of the mild weather and literally keeping open our front doors to give a warm welcome to all 55+ age residents and visitors, between Monday and Friday mornings and afternoons and Saturday mornings every week. You can be sure of a “warm welcome and friendly smile” as we say on our publicity leaflets, hundreds of which were given out at the Grove Medical Centre during recent covid and flu jab sessions. Thanks to all the Medical Centre staff for inviting us to be there.

We have seen lots of new faces recently, so if you haven't yet called in, please come along.

One of our slogans is “no organised activities” but we encourage visitors to arrange things for themselves so long as it doesn't interfere with the other visitors enjoyment. So it is good to see the scrabble and card groups, the U3A Knit and chat group and others making use of our comfortable and warm lounge area. If you'd like to use our space during the day to do something, please make contact.

Also of interest is the Hearing Aid clinic and Suffolk Family Carers advisors here every month, and starting in January, about twice a month, the “Inside-Out Community” group will be running an Art activities session in one corner of our main hall.

We wish all readers a Happy Christmas and Best Wishes for the New Year.

Article provided by Richard Holland

Ukraine2Felixstowe

– Moving On



It is now nearly nine months since the Russian invasion of Ukraine, shortly after which British hosts began opening up their homes to provide refuge for fleeing Ukrainians. The need for safe

accommodation for these people has not gone away. Indeed, as there seems little sign of the war ending and the Russians having destroyed much of Ukraine's energy infrastructure, the Ukrainian Government has asked those of their citizens currently out of the country not to



return until at least the Spring.

Under the UK Government's Homes4Ukraine scheme, hosts were asked to offer accommodation for a minimum period of 6 months and up to one year. It has been a rewarding, but often challenging, period for those involved as both hosts and guests navigated the demands of living with complete strangers from a different culture.

Most of our Ukrainian guests have now settled into our lovely town, obtained school places for their children and secured employment. Over recent weeks, Ukraine2Felixstowe has been supporting Suffolk County Council in its recruitment drive for more hosts and enabling Ukrainians to move into local private rental properties. This has proved challenging in a highly competitive environment, but it is pleasing to see many Ukrainians now living independently. No one knows how long the war will continue and finding safety and security in our town has been so important.

Felixstowe's response to the Ukrainian crisis has been magnificent and particular thanks are owed to the sponsors / hosts who have selflessly offered their homes over many months. Their support has been invaluable, and it has created strong bonds with the Ukrainian families who will be forever grateful for the kindness shown to them. More rental properties and/or new hosts will be required in the New Year, particularly for single mothers and their children whose husbands will still be based in Ukraine for the foreseeable future. Please contact ukraine2felixstowe@gmail.com if you can assist.

Felixstowe Coast Patrol & Rescue



Our patrols may have stopped now, but it's still full steam ahead for our volunteers. During October we helped the Orwell Lady with some man over-board drills while in the river, whilst also practising towing (or pushing?) the Sailing Barge Victor, no mean feat moving more than 70ton of barge, but our lifeboat, Last



Order's, and our crew were more than up to the job! RNLI Harwich also joined in with the training session with their all-weather lifeboat, all in all a very productive and worthwhile day of training. Our volunteers also continue to train hard in the classroom as well as on the boat over winter, honing their skills and



improving their knowledge to ensure that we're up to the task, whatever comes our way!

During November some of our crew got the chance to visit the RNLI station in Harwich, it was a great opportunity to strengthen our bond, plan joint training exercises and learn from each other. We look forward to further cooperation with them.

We've also been busy promoting our charity, recently attending the fireworks display at Trinity Park, and our boat proved to be a big hit with children and adults alike and helping us raise the awareness of water safety and what we do for the public. We continue to promote school/club visits so we can teach children about various dangers, so please get in touch should you like to talk about a visit.

Finally, we really do rely on donations from the kind public, we're not blessed with loads of money, and everything we do is for our local community, so please consider us if you are able to help a charity. felixstowecoastpatrol.co.uk/donate

News from Lions Club of Felixstowe



Your local Lions Club are very proud of our Lion, Lisa Williams, who won the World Porridge Making Championship Golden Spurtle for the second time. Well done Lisa!

In September Felixstowe Lions held their annual charity Golf Day event. Great fun was had by all and a total of £1000 was raised for the RNLI. Several Lions took a (slightly choppy) trip on the Harbour Ferry to present the cheque at the Harwich Lifeboat Station. The photo shows the cheque being presented to Di, the Coxwain.



On the very next day, several Lions were also pleased to be shown round the Ipswich East Fire Station. We must say a massive thank you to White Watch for your hospitality this evening, an absolute pleasure and honour everything you do as firefighters keeping us all safe as possible.



Felixstowe Lions Club are donating to several charities to help this Christmas, including the Salvation Army, Basic Life, The Parish Pantry and The Pushchair Pitstop as well as helping local families in need. We are also supporting the local Citizens Advice Bureau who will ensure that extra help goes to those who need it most.

2023 date – Our very popular Pig Race event will again be taking place on the 18th February at the Trades and Labour Club. More details will follow but be sure to book your tickets early!

If you are thinking about joining your local Lions Club please do get in touch through our Facebook page or email felixstowelions@gmail.com. We are a very friendly bunch and work hard to support the local community and those in need.

If you, or someone you know in the community needs help or if you'd like to join us please contact us through our Facebook page or email.

Felixstowe Master Mariners



The Felixstowe Master Mariners Club is up and running with their monthly meetings at Felixstowe Ferry Sailing Club, held on the last Tuesday of each month, with

excellent lunches provided by KB Catering (kbcatering31@gmail.com). Talks over the last month have included interesting presentations by Members Bob Page, about his experiences building a port from scratch in Sweden and Chris Ridgeon and his first-hand knowledge of Railway Signalling as well as a talk by Mr. Phil Roberts about the "Mary Rose". Sadly The Clubs friend and long standing Committee Member, Commander Leonard Fenner passed away in October. Leonard had a distinguished career, commencing his nautical life in 1938 at the Nautical Training Academy on board.



HMS "Worcester" under the supervision of Captain Steele VC. In 1948 his first trip to sea was as a Cadet with Royal Mail Lines and voyages worldwide, including trips eastward with "ten pounders" to Australia and New Zealand - single young men and women on one way tickets. Leonard had a parallel career with the Royal Navy Submarine Service and eventually left Royal Mail Lines in 1965 to become a Trinity House Pilot, piloting 3,912 vessels, until his retirement in 1995. Leonard joined The Honourable Company of Master Mariners, headquartered on HQS "Wellington" moored on The Victoria Embankment in London and Felixstowe Master Mariners Club in 1995. Leonard will be greatly missed by all.

The Club is open to all Master Mariners and those with a close nautical affiliation and for a modest yearly subscription. Members are under no obligation to attend our lunches but of course are most welcome to do so. You can find out all about our Club, how you could join and the details of speakers that have kindly agreed to give us their learned presentations after our Lunches, by visiting www.mastermariners.uk

A Year of Growth at Felixstowe Chamber



Felixstowe Chamber is pleased to be able to reflect on a very successful year, supporting businesses in and around Felixstowe. From a modest start at our last AGM in March, we have grown our membership to nearly 60, across some of the most significant and active businesses and sectors in our town.



On 14th October, the Chamber was proud to attend the 'Felixstowe in Flower' awards ceremony, which had special poignancy this year, as the first awards to be held since 2019. The Chamber's Amanda Oliver and Rachael Jackson were invited on stage to join Mayor of Felixstowe, Councillor Sharon Harkin, to present the coveted Felixstowe Chamber of Trade and Commerce Trophy in the 'Best Hotel and Guest House' category to The Orwell Hotel's General Manager, Laura Horne. Congratulations to all involved.

Thanks to everyone who joined us on 15th November at a packed Wine Boutique for our most successful and impactful event yet, our 'Charity Focus' evening.

Cllr Sharon Harkin, Mayor of Felixstowe and the town's Communities Officer, spoke passionately about the three local charities that she is supporting during her term – The Compass, Felixstowe Community Hospital League of Friends and Felixstowe Opportunity Group – and how community support makes a real difference to these important causes.

We also welcomed Henry Tapp of Suffolk Community Foundation (SCF), who shared with us the charity's vision to help make Suffolk a better place for all, changing local lives by connecting causes that matter with people who care.

The Foundation supports only Suffolk good causes, ensuring that the donations made in our county benefit our county. Henry reported the astonishing fact that nearly 80% of Suffolk's charitable gifts leave the county!

SCF has allocated £40 million in grants across the county since its inception in 2005, and administers 170 donor-led funds, which are drawn from public, private and corporate donations. The average grant size is generally between £2,000 and £5,000 and a large number of these go to smaller charities that have very small operating budgets.

SCF has recently launched its 'Suffolk Cost of Living Surviving Winter Appeal' – now in its 12th year – with a three-pronged focus on 'fuel, food and support'. In 2021/22, the Appeal raised nearly £250,000 and provided warmth and other vital financial advice and support to over 1,800 households across Suffolk.

Members and supporters of the Port Community Fund also joined us to explain why they work so closely with SCF and to outline the valuable community benefits that it provides.

Thanks to Committee and Gold Member Colin Low of Kingsfleet for sponsoring the event (delicious wines, meats and cheeses – thanks to all at the wonderful Wine Boutique!) and also for giving us a valuable insight into his own work with the Foundation.

As always, we strive to add value to our members and we hope that they are seeing the benefits of being part of our vibrant, thriving Chamber. Another service that we are looking to provide in the New Year is to bring quality First Aid training to Felixstowe, and the Chamber is working with experts TRAINEEAST to put together a package for both members and non-members.

The Chamber will run shared course days in Felixstowe for small businesses to send one or a few candidates, as well as being able to visit workplaces for larger groups, all at competitive rates. Training dates will be shared over the coming weeks, but if this is of interest to you and your business, please do get in touch.

We would like to thank everyone who has supported the Chamber during a year of transition, growth and achievement in 2022, and we wish you all a very enjoyable festive season and a prosperous New Year. We are looking forward to even more exciting developments at YOUR Chamber in 2023!

To sign up for any future Chamber events, or to learn more about our membership benefits, please contact Amanda Oliver, Business Officer, at amanda.oliver@felixstowechamber.co.uk



Little Hoppers Nursery



Little Hoppers is a nursery at the heart of the community. We are located within St Philips Church Hall, Wadgate Road and based alongside the community hub. We are passionate about providing affordable, low cost childcare for families in the local area. Many families don't realize that they are entitled

to free childcare. Two year old funding dependent on income and benefits and three year old funding in which all children are entitled to receive at least 15 hours free childcare the term after their third birthday. Children of working parents could be entitled to 30 hours free childcare. We have a dedicated, hardworking and passionate team who are keen to help children thrive in their learning and development.

The wide range of activities that we provide are tailored to our children ensure that the individual child's needs and interests are met. We promote diversity by welcoming children from all cultures, faiths and backgrounds and we aim to celebrate special events of all religions and beliefs. We will often be seen out and about taking the children on visits to the local library, down to the beach, on the bus and exploring the local parks. We help the children to prepare for school through a range of different activities and often visiting the local primary school during the term before, so that the children get a taste of the next stage of their journey. We are hosting an open day on Thursday 8th December, 9.30am-3pm, so please come along and find out more about our nursery. If you would like more information or would like to come and look around please get in touch we would love to see you!

01394 286 998 or email littlehoppers@live.co.uk.

Warm Hearts and Warm Spaces in Felixstowe

Meet Up Mondays™



How we're going to manage to keep warm this winter has been the topic of many a conversation of late. More people than ever may find themselves having to make tough choices and face unexpected challenges throughout the colder months in order to mitigate rising costs.

Though wider support and more permanent solutions may be needed, many of our wonderful Suffolk communities are stepping up, ensuring no-one in their neighbourhood is lacking a regular place to be warm as winter approaches. Our county's towns and villages have started to set up a variety of 'warm banks', 'warm hubs' and 'warm rooms' for their local residents, making good use of community buildings such as libraries, church rooms, village halls and local pubs which are often open and heated anyway. With the support of local councils via winter warmth and cost of living community support grants, and the energy of many wonderful Suffolk volunteers, these opening days and hours are being extended and spaces are often providing free hot drinks and facilities to heat food.

The Rural Coffee Caravan is identifying and mapping out each of these community 'Warm Spaces' across Suffolk, so that people can easily find their nearest. You can put your postcode into the map at: www.ruralcoffeecaravan.org.uk/map to find yours.

There are already a dozen different Warm Spaces plotted on the map in the Felixstowe area, including a new MeetUpMondays™ host – The Grosvenor - running sessions on Mondays between 11am – 1pm.

MeetUpMondays is an initiative which has been developed by the Rural Coffee Caravan since 2018 and highlights the warmth of community

mindful pubs and cafes across the county, and further afield. People who find themselves on their own a bit more than they would like can go along, without feeling labelled as lonely, and be guaranteed a regular warm welcome whilst enjoying a friendly chat over a free cuppa. MeetUpMondays sessions will continue after winter as these run all year round.



MeetUpMondays at The Grosvenor launched in October and it was a great start to hosting some very delighted visitors, including the local Mayor, Cllr Sharon Harkin! A dog friendly venue, there were almost as many furry friends visiting as human ones! We look forward to watching their sessions grow. You can join them at: 25-31 Raneleigh Road, Felixstowe, Suffolk IP11 7HA on Mondays 11am – 1pm

Telephone Dan and his team at the pub on 01394 284137 for more info.

The Rural Coffee Caravan also has a Winter Warmth page on its website sharing a variety of useful resources from around the county on winter warmth initiatives, guidance on setting up community Warm Spaces, and links to vital cost of living support. If your village or town can host a Warm Space for your community do let us know and we'll add you to our map. Email us at: info@ruralcoffeecaravan.org.uk

Community Action Suffolk have produced a guide to setting up a community Warm Space. A link to a downloadable PDF document can be found on our Winter Warmth website page: ruralcoffeecaravan.org.uk/winter-warmth

We humans are going to need each other more than ever this winter and keeping connected is vital for every aspect of our health. Plus, if we can see each other, we can support each other! Cold and isolation are a lethal combination.

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FELIXSTOWE REMEMBERS

— Honouring our heroes of WW1 —

Marking Remembrance 2022 with the Felixstowe Royal British Legion

Felixstowe Town Council was proud to mark Armistice Day on 11 November and Remembrance Sunday on 13 November 2022. Thousands of residents from Felixstowe and beyond gather at Felixstowe War Memorial to remember those lives lost in times of conflict.



Marking Remembrance 2022 with the Felixstowe Royal British Legion



Felixstowe really does a great job in remembering the fallen from all sides during times of conflict. As the custodians of Remembrance, the Royal British Legion, are at the centre of this.

At the Triangle in town you will see the Field of Remembrance, made up of a cross for every person from Felixstowe killed during the First or Second World War. There are 164 crosses for WW1 and 112 for WW2. Every year members of the community also lay their own crosses to remember their relatives or friends.

During the Remembrance period we hold the RBL Poppy Appeal, where all the money raised goes to helping the RBL with their welfare and support work for serving military, veterans and their families. In Felixstowe we have stalls in Morrisons and the large CoOp in town, and I would like to thank the managers and staff of those stores for all the help they give. We also hold a launch event at the Triangle which this year saw performances from Christina Johnston, Veterans Do Dixie and The TCR band from Felixstowe School. Members of 23 Parachute Engineer Regiment there with one of their vehicles, along with a number of vintage military vehicles were also present. The cadet units took part in a parade through the shared space finishing at the Triangle for an address from the Mayor. I would personally like to thank everyone that helped with Poppy Appeal this year; the people that spent hours manning the stalls, the volunteers that delivered and collected all of the tins and boxes to local businesses, and of course everyone that donated.

On Friday 11 November Felixstowe Royal British Legion and Felixstowe Town Council held an Armistice Day Service at the War Memorial where we were joined by a couple of hundred people and also school children for each of the local schools. During the service the Mayor and I laid wreaths and the school children laid tributes they had made, these were all amazing and very thoughtful.



One of the main events during Remembrance is The Festival of Remembrance, which takes place at the Spa Pavilion. It was an amazing evening with great entertainment and a very moving Act of Remembrance. Consisting of a performances from The TCR Band, Christina Johnston, Felixstowe Harmonies and the Corps of Drums from The Royal Hospital School. The local cadet units also took part on stage each providing a 10 minute demonstration. The Act of Remembrance was led by the RBL Branch Chaplain, Reverend Andrew Dotchin and the music was provided by the excellent RBL Leiston Band. We were honoured that the Lord Lieutenant of Suffolk, Lady Euston, attended the evening alongside one of her Deputies and the Mayor of Felixstowe.

On Remembrance Sunday we held a church service at St John's in Orwell Road, this was followed by a parade, involving soldiers from 23 Parachute Engineer Regiment, Sea, Army and Air Cadets and members from local Scout and Guides units. The parade marched down to the War Memorial where we held a service accompanied by the band from the Salvation Army. It was amazing to see so many people down there, I don't know exactly how many but I would estimate over 1000 in the gardens and along the prom. All in all we do so much as a town for Remembrance and I would like to thank every single person involved with organising or taking part in any of these events. As a veteran, I can assure you that having the support of the local community, businesses and groups means so much to all veterans, serving military and their families. Thank you Felixstowe! The Felixstowe Branch of the Royal British Legion is going strong with over 110 members, we are always on the look out for new committee members, so if you would like to get involved with supporting the military community and organising events please let us know.

In 2019, Leanne Bucknall and I researched all the names on the Felixstowe War Memorial as we wanted to know more about each name, as a result of this research we created a website, www.felixstoweremembers.com, and the Felixstowe Remembers Street Signs. Each year since the signs have been put in every road in Felixstowe where someone that died during a world war lived. There are 64 such roads.

You can get in touch with me via 07838 215964 or felixstowe.chairman@rbl.community Darren Aitchison BEM – Chairman of the Royal British Legion

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