

# Spring

# 2023

Issue 16

The Seasonal Magazine  
for Felixstowe Residents



FELIXSTOWE  
TOWN COUNCIL



**Celebrating the Coronation of King Charles III - Felixstowe in Flower 2023**  
**- Local Elections Approaching - Our Environment - Art and Music**



EST. 1898

# THE ORWELL HOTEL

FELIXSTOWE



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01394 285511

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



# Hello everybody, and welcome to this Spring edition!



As soon as the daffodils start to appear, I sigh with relief. Spring is just around the corner and I'm so excited for warmer days, spring showers and all the May flowers! Yes, it's time to wake up from winter hibernation!

Here at Town Council there is definitely a spring in our step and a buzz in the air as we are planning the Mayor's Charity Spring Ball, which promises to be a fantastic floral and fun-filled evening. We are also delighted to host the Mayor of Wesel, Ulrike Westkamp and the new Mayor of Salzwedel Olaf Meining. Whilst Covid interrupted opportunities for physical visits to our German twin towns, it certainly did not dampen our spirits. We are very excited to rekindle relationships and to catch up where we left off.

On Sunday April 23, the Orwell District Scouts will return with the St George's Day Parade. The local Scouts parading along the promenade to the Spa Pavilion is a fabulous spectacle. Did you know that St. George is the patron saint of Scouting as he set a good example of faith, courage and perseverance? Scouts from all around the world will renew their promises on this day and remind themselves of what it means to be a scout, a member of the largest youth movement in the world.

As Mayor of Felixstowe, you become an honorary President of the Scouts Association. I was delighted to visit their headquarters at Hallow Trees – that amazing space has adventure written all over it! I also discovered the reason the Scouts use a left handshake. This is associated with the Ashanti warriors whom Lord Baden-Powell, the founder of Scouting, knew over 70 years ago in West Africa. He saluted them with his right hand, but the Ashanti chiefs offered their

left and said, 'In our land only the bravest of the brave shake hands with the left hand, because to do so we must drop our shields and our protection'. The Ashanti knew of Baden-Powell's bravery for they had fought against him and with him, and were proud to offer him the left hand of bravery.

May brings three Bank Holidays this year and another opportunity to put up the flags and bunting. The Coronation Big Lunch will be calling on people to share food and fun together on May 6, 7 and 8 in a nationwide act of celebration and friendship. It can be anything from a cup of tea with a neighbour to a huge community party. Whether you're planning a street party, decking your road in red, white and blue, or scheduling a different celebration, there is funding to help from the Town Council – see page 25.

The Big Help Out on May 8 will highlight the positive impact volunteering has on communities. Felixstowe has lost a lot of volunteers during Covid. So we are encouraging people to try volunteering for themselves and to support their local area to create a lasting volunteering legacy from the Coronation Weekend. Over the past few months I have visited so many local groups and communities and I know how strong and united we are. Let's show the rest of Suffolk what Felixstowe can do!

The vintage car rally is back too, on Sunday May 7. I have been invited to participate in the rally and have high hopes of a vintage Rolls Royce being my carriage. However, I suspect the reality will be a vintage bus with little suspension!

In closing, as the Annual Council meeting on May 17 fast approaches, I am trying not to think about my Mayoral term coming to an end. It will be a great pull to step down, and I feel I still have so much to do. So, it's not goodbye just yet. You can find information about upcoming Mayor's Charity events below and on the following page. I look forward to seeing some new faces, and to meeting more of you there.

Cllr Sharon Harkin, Mayor of Felixstowe

You can donate to the Mayor's Chosen Charities online by scanning the QR code.  
For more information about upcoming events, contact Sue Faversham at [sue.faversham@felixstowe.gov.uk](mailto:sue.faversham@felixstowe.gov.uk)



## 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 (**Summer 23, covering 1 June – 31 August**), please email [holly.miles@felixstowe.gov.uk](mailto:holly.miles@felixstowe.gov.uk) by **Wednesday 15 May**

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](mailto: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.

Thank you to Grace Wells for designing the 'School News' section and page 18.

## Getting in Touch

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](mailto:enquiries@felixstowe.gov.uk)

Address:

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

[www.felixstowe.gov.uk](http://www.felixstowe.gov.uk)



**Felixstowe is a  
Fairtrade  
Town**





# Mayor's Charity Spring Ball

**The Orwell Hotel**

**Friday 28 April, 7pm-Midnight**

**Dress: Black Tie and Evening Gown**

**Tickets £49pp**

*Three-Course Meal, Live Entertainment,  
Raffle & More*

To book, email:

**[sue.faversham@felixstowe.gov.uk](mailto:sue.faversham@felixstowe.gov.uk)**

or call **01394 288191**





# 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 is the council closest to its residents and is responsible for:**

Visit [felixstowe.gov.uk](http://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](http://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)
- Licensing, Environmental and Port Health
- Leisure services (in conjunction with Places Leisure)
- Public transport and on-street parking enforcement.



**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](http://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



**This month's picture is of the latest member of our team - Fairtrade Ted.**

Fairtrade Ted is our new mascot and has been helping us promote shops and cafes in Felixstowe selling or serving Fairtrade goods during Fairtrade Fortnight (27 Feb – 12 March). Many of you will have seen him



at the library, at Morrisons or at the Co-op. He also put in an appearance at Trimley St Mary primary school, where he was a big hit. There is a wide range of Fairtrade products available to buy in local shops. Most of the supermarkets sell Fairtrade coffee, tea, bananas, sugar and chocolate. But you can also buy Fairtrade wine, Fairtrade flowers, Fairtrade ice cream and even Fairtrade cotton buds locally too. Do look out for the Fairtrade logo which ensures that the goods you buy provide a fair wage and decent working conditions for producers in the developing world. You can also enjoy Fairtrade drinks in local cafés. The Spa, 129 Café Bar and the Little Ice Cream Co all serve Fairtrade tea, with Greggs also serving Fairtrade coffee, hot chocolate and orange juice. Fairtrade tea and coffee are also available at Trinity Methodist Church's coffee morning every Thursday from 10 – 12 noon. All are welcome. For a full list of outlets and products visit the Forum website at [www.felixstowe-fairtrade.org.uk](http://www.felixstowe-fairtrade.org.uk).



# Town Councillors 2019/2023

**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**

nick.barber@felixstowe.gov.uk  
07876 757268

**Seamus Bennett**

seamus.bennett@felixstowe.gov.uk  
07818 664751

**Steve Gallant \***

steve.gallant@felixstowe.gov.uk  
01394 276336

**Sharon Harkin**

sharon.harkin@felixstowe.gov.uk  
01394 671758

**Mark Jepson \***

mark.jepson@felixstowe.gov.uk  
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



**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**

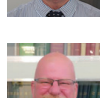
kimberley.williams@felixstowe.gov.uk  
01394 284180



## 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

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:

|           |                                       |        |
|-----------|---------------------------------------|--------|
| March 08  | Planning & Environment                | 9:15am |
| March 08  | Full Council                          | 7:30pm |
| March 22  | Planning & Environment                | 9:00am |
| March 22  | Finance & Governance                  | 7:30pm |
| April 05, | Planning & Environment                | 9:15am |
| April 12  | Civic & Community                     | 7:30pm |
| April 19  | Planning & Environment                | 9:15am |
| April 26  | Assets & Services                     | 7:30pm |
| May 03    | Planning & Environment                | 9:15am |
| May 10    | Annual Town Meeting (Civic Awards)    | 7pm    |
| May 17    | Annual Council Meeting (Mayor Making) | 7pm    |

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](mailto:enquiries@felixstowe.gov.uk).

## Contacting Council Staff

**Phone:** 01394 282086 (all staff)

**Email:** [enquiries@felixstowe.gov.uk](mailto:enquiries@felixstowe.gov.uk)

**Address:**

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

**Website:** [www.felixstowe.gov.uk](http://www.felixstowe.gov.uk)

**Ash Tadjrishi** – Town Clerk and Responsible Financial Officer  
[townclerk@felixstowe.gov.uk](mailto:townclerk@felixstowe.gov.uk)

**Debbie Frost** – Deputy Town Clerk  
[debbie.frost@felixstowe.gov.uk](mailto:debbie.frost@felixstowe.gov.uk)

**Sue Faversham** – Civic Events Officer  
[sue.faversham@felixstowe.gov.uk](mailto:sue.faversham@felixstowe.gov.uk)

**Sarah Morrison** – Planning Administration Assistant  
[sarah.morrison@felixstowe.gov.uk](mailto:sarah.morrison@felixstowe.gov.uk)

**Shaun Congi** – Financial Administration Assistant  
[shaun.congi@felixstowe.gov.uk](mailto:shaun.congi@felixstowe.gov.uk)

**Holly Miles** – Communications Apprentice  
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**Janine Smith** – Administration Assistant  
[janine.smith@felixstowe.gov.uk](mailto:janine.smith@felixstowe.gov.uk)



# Your Community Stories

## Felixstowe Carnival Association



We, the Felixstowe Carnival Committee, are already working very hard to bring you a spectacular carnival weekend!

This year's Carnival has been launched on social media and the theme is 'The Magic of The Musicals'. The feedback we have received so far, is very positive, with people saying that they are really looking forward to being involved.

We are now looking for our 2023 Royal Court. Can you see yourself as Felixstowe's next Carnival King, Queen, Prince or Princess? We are looking

to fill these positions and applications are now open. For details check out [www.felixstowecarnival.org/royalty-felixstowe](http://www.felixstowecarnival.org/royalty-felixstowe) or pick up a form from your school office, or from our Royalty Sponsor - The Salon.

If you are a local business, we keen to talk to you. If you feel you could help us fund the Carnival, there are opportunities for both Sponsorship of the weekend and Advertising in our programme.

Alternatively, you may wish to apply as a Trader on the seafront over the Carnival weekend, or to be part of our Craft Fair.

For full details and application forms please visit our website [www.felixstowecarnival.org](http://www.felixstowecarnival.org) or if you need further information email [contact@felixstowecarnival.org](mailto:contact@felixstowecarnival.org).

We are really looking forward to our Carnival Weekend 21 - 23 July 2023 and we will share all our entertainment details in the next issue!



## Hop on down to Felixstowe Museum this Easter!



The hugely popular Easter Egg Hunt is back at the award-winning Felixstowe Museum on Thursday 6 and Friday 7 April 2023.

Tickets will sell out for this family event... where children can hunt for the coloured eggs hidden around the Museum, then exchange them for some chocolate treats. The giant Landguard rabbit will also be joining in the fun, plus you can enjoy some Easter crafts.

As you explore the Museum, discover amazing dolls houses, miniature flying machines and mammoth tooth, plus 'get into the groove' with the 80's exhibition. Then head outside (weather permitting) to have-a-go at the giant games and egg and spoon course.

Choose between two sessions on each day, from 1230-1400 or 1430-1600, which includes the hunt and other activities. Tickets are £7.50 for children and £4.00 for adults. Book tickets online now at [www.felixstowemuseum.org](http://www.felixstowemuseum.org) or [www.discoverlandguard.org.uk](http://www.discoverlandguard.org.uk)

Stephen Rampley, Landguard Marketing and Events Co-ordinator said "The Easter Bunny is on his way to Landguard with chocolate goodies and surprises. So, hop on down and join in the fun with this perfect Easter holiday treat for the little ones".

For more information, please telephone 01394 674355 or 01394 444458.



## DIScoverABILITY – a friendship network in the world of disability.



Lisa Tyte and I initially set up DIScoverABILITY to discuss such attitudes. Our aim was to break down those stereotypes and open up the misconceptions about disabilities. In our weekly hour-long programme on Felixstowe Radio, along with our guests, we discuss all sorts of disability, both visible and those not immediately obvious.

The discussion needs to be two-way. Those living with a disability, and those without, need to know how to communicate with each other. We all know to speak to the person in the wheelchair if they are the customer, and not to the person pushing it. Conversely, if you have a disability, then discuss with us and tell us how you would like to be addressed or spoken to. Terminology is tricky, as nobody wants to offend by using the wrong words, No doubt I have done it here several times!

On the face of it, Felixstowe is a pretty accessible town. Just think of the miles of wide, level promenade. The main shopping area round Hamilton Road is, on the whole, traffic free and a pleasure to shop.... or is it?

# DIScoverABILITY

With Felixstowe Radio and Spotlight on Felixstowe

Topics & stories • Special guests • Celebrating abilities • Great music

## On air for ONE HOUR

Every Wednesday morning

Join Rob Dunger, Lisa Tyte and their guests from 10am to 11am

'LISTEN LIVE' OR 'LISTEN AGAIN'

Felixstowe Radio 107.5 FM, [www.felixstoweradio.org.uk](http://www.felixstoweradio.org.uk) and [www.robdunger.co.uk](http://www.robdunger.co.uk)



## Annual Town Meeting and Civic Awards

This year's Civic Awards will be presented at the Annual Town Meeting at the Orwell Hotel at 7pm Wednesday 10th May.

All are welcome to attend to share in this celebration of our town's local heroes and to hear about the work of the Council and our fantastic local community groups.



## Annual Council Meeting

Following the election on 4th May, the new Council term will be inaugurated at the Annual Council Meeting at Felixstowe Town Hall at 7pm on Wednesday 17th May. At the meeting all the new and returning Councillors will be sworn into office and the Council will elect the Mayor of Felixstowe for 2023-24.

## Grants from the Town Council

Grant funding for community groups is available from the Town Council.

If your group needs funding for a project or activities with a community benefit, why not put in an application for an Occasional Grant? The process is simple and the Council can assist you.

See the image below or contact us via enquiries@felixstowe.gov.uk



## Felixstowe Travel Watch



Happy birthday - Felixstowe Town Station.

125 years ago on 1st July 1898, the main buildings of Felixstowe's new town centre station in Hamilton Road were opened, some twenty years after the opening of the new railway from Ipswich.

The Felixstowe Society and Felixstowe Travel Watch will together celebrate this birthday with displays and activities in the station building with stories about the station buildings, the 1933 train accident and to explain why it took 20 years before the town station was built.



Make a note in your diary - Saturday 1st July 2023 at the station.

More news in future editions.

For more information or if you wish to take part - contact either the Felixstowe Society or Felixstowe Travel Watch - infostation125@btinternet.com

## Felixstowe Floods of 1953



The 1953 Felixstowe Flood 70th Anniversary events took place at the end of January. From the weekend before to the actual anniversary on 31st January the Town commemorated the 41 who died on that horrific night. The Mayor, Cllr Sharon Harkin, opened the commemoration at a book launch in Felixstowe Town Library. The book was written especially



to coincide with the 70th commemoration. Local historian and the Felixstowe Society Joint Archivist, Jean Macpherson published "The Felixstowe Floods of 1953 - Never to Be Forgotten." This title proved the lasting message of the weekend as the 41 who lost their lives were remembered.

Jean had interviewed over 50 people to produce a new comprehensive account of the Felixstowe Floods, with new untold stories, timelines and maps.

On Sunday 29th February St John's was the venue for a poignant reminder of the events with readings, songs from the era and the reading out of the names of the 41. Many survivors and survivors' families were joined by dignitaries including Dr Therese Coffey MP and the Deputy Lord Lieutenant of Suffolk, Ms Gulshan Kayembe.



On the actual day of the anniversary the Mayor laid a wreath in short ceremony at the Flood Memorial garden in Langer Road. The 41 names were read out as the Langer Primary Academy children laid lights in memory. The Memorial had been refurbished for the 70th Anniversary by the Town Council with new signage, a new bench and planting and cleaning of the other features.

Later that night a large group gathered to walk around the local area. Stopping at each road where the 41 lived, their names and their lives were read out as the lights from the morning service were switched off in a touching act of remembrance. At each road the new Flood Signs from Felixstowe Remembers sponsored by Astral Global Logistics were passed on the lampposts in the streets. Each sign records the name, age and dwelling of the 41 that died from that road. Much like the signs used for the Remembrance of the Heroes in November, these will be put up each year and are a fitting lasting memory of the 70th Anniversary.

At midnight the St John bell tolled 41 times as this was the time many had been in danger and started the loss of life on that early morning of 1st February.

A Town Council working group which included co-opted members Rev Canon Andrew Dotchin from Felixstowe Parish, Jean Macpherson a local historian and author, Sarah Hollingham from the Environment Agency and David Gledhill from Felixstowe Museum all contributed to the town's commemoration. Much publicity and recording of events can be viewed on catch up platforms on BBC Radio Suffolk and ITV as well as on the Felixstowe Remembers website- [www.felixstoweremembers.com](http://www.felixstoweremembers.com) and the new Facebook page - search "Felixstowe Floods 1953" and join the group. Jean's book is available in Stillwater Books, Nick Barber's Auctions both in Hamilton Road and the Felixstowe Library or from Jean herself.

The events of 1953 were tragic but in remembering the 41 we are remembering a pivotal moment in Felixstowe's history. Flood warnings and flood defences have moved on to prevent such a loss again. We owe it as a town never to forget those 41 as we are reminded of the ever-present power of the sea which must never be underestimated. Real people, real lives, never to be forgotten.



## Felixstowe Scouts

### Adventure and Learning Opportunity

# Scouts



Would you like your children to learn life skills, have great fun and friendship along the way? The 1st Felixstowe Sea Scouts currently have some spaces left for this term. Based in Bath Road,

Felixstowe. We would like to welcome any boys or girls that would like to join. Please come and see us for a trial session. With Scouts, your child could try Camping, Hikes, Openfire cooking, Sailing, Power boating, indoor and outdoor games. We've been going for over 100 years! We've seen some of our children go onto great jobs, having a good start from our group. The top Scouting Awards are great to add to a C.V.

Throughout summer we have a unique partnership with the Felixstowe Youth Sailing Club. If your child is interested then they can learn to sail. We are very lucky in this town to have a Sailing Club facility!

We meet on a Tuesday evening at 18.00 finishing at 19.30. We have a feeder group of Cubs and Beavers (6th Old Felixstowe) which meet on a Monday from 17.00 to 20.30. Just come along, we hope to see you soon.

For more information please contact: [lee.copleston@openreach.co.uk](mailto:lee.copleston@openreach.co.uk) or [jason@flynn.uk.net](mailto:jason@flynn.uk.net) 07483401464 or 07483315719

## How to attract, recruit and retain staff with Felixstowe Chamber!



Felixstowe  
Chamber of Commerce

As we enter into Spring, Felixstowe Chamber is committed to nurturing the 'green shoots' in our local economy and taking an upbeat

view of the world, no matter how challenging the outlook may seem to be.

As such, we were very encouraged that so many local businesses were able to join us at our 'Attracting, Recruiting and Retaining Staff' Business Breakfast at SeaYou Cafe & Restaurant on 9th February. This was one of our biggest events ever, with over 40 attendees.

We learnt from speakers Leanne Gittins, Managing Director of LME Recruitment and Emma Sheppard FCIPD, Director of PS Human Resources, the importance of building a strong, values-driven brand for your company, and getting a perspective on where your business is pitched within its marketplace.



Suffolk has one of the lowest unemployment records in the UK, making attracting and retaining talent a real 'hot topic', so it is imperative to develop a respectful, flexible culture within your company, with incentives to staff, such as hybrid working and medical health benefits, in order to help to retain them in the longer term.



Thanks also to Anne Willett of DWP JobCentre Plus for giving us some helpful insights into the valuable work that the organisation undertakes within our community, such as through its Recruitment Support Service and Sector-based Work Academy Programme.

We also welcomed Joy Baker, Outreach Worker

at The Compass, which is one of the Mayor of Felixstowe's three charities for the year. As Joy explained, we are lucky to live in a community that is relatively prosperous, but where deprivation is also a very real and pressing concern.



Our thanks go to the excellent team at SeaYou Cafe & Restaurant for a delicious breakfast and a very warm welcome.

We will be holding our AGM on 9th March at The Orwell Hotel, at which we provide an update on all the news and developments at the Chamber since last year's event, and our next Business Breakfast – on 'Cyber Security' – will be held on 23rd March at Felixstowe Ferry Golf Club.

We held our inaugural 'First Aid at Work' training on 2nd February at DWP Job Centre Plus in Hamilton Road. The six-hour course was run by TrainEEAST, the commercial training team of the East of England Ambulance Service NHS Trust, and covered a wide range of topics, including Assessing a Scene, Casualty Assessment, Using First Aid Equipment and Assisting the Ambulance Service, amongst many other key areas.

Felixstowe Chamber is keen to continue to work with the highest-quality, accredited trainers to ensure that we deliver the very best courses here on our doorstep, in Felixstowe.

New training dates for 'Emergency First Aid at Work' are available on 7th June and 4th October. To find out more, visit <https://felixstowechamber.co.uk/training/>

To join the Chamber, or to find out more about how Felixstowe Chamber can help to grow your business, please contact our Business Officer, Amanda Oliver, on 01394 248440 or [amanda.oliver@felixstowechamber.co.uk](mailto:amanda.oliver@felixstowechamber.co.uk).

[www.felixstowechamber.co.uk](http://www.felixstowechamber.co.uk)

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- Servicing and Repairs
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- Diagnostics

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**01394 284886**

Units 1-6, 79 Undercliff Rd. West,  
Felixstowe IP11 2AD

E: [service@kw-autos.co.uk](mailto:service@kw-autos.co.uk)

W: [www.kw-autos.co.uk](http://www.kw-autos.co.uk)



## The Lions Club of Felixstowe



We are looking forward to the Easter Egg hunt on Sunday April 9th (12pm start) at the hut, Felixstowe seafront. We will also be leaving big easter eggs around local pubs. So be sure to buy a ticket to be able to win.

The Lions of Felixstowe has just purchased a generator, one of 108 that are being sent to Ukraine for families to have electricity for heating. This has been arranged by Taverham Lions club.

On Saturday 28th January Felixstowe Lions Club President David Cole and Lion Lisa Williams, met Michael Crisp and Dave Edwards, station watch manager at Felixstowe Fire station.



Michael Crisp has a day job but is also an on-call firefighter in Felixstowe, he is also part of the Good Sam network. The Good Sam network assist the East of England Ambulance service using a network of voluntary responders, they provide support to cardiac arrest casualties while the ambulance is enroute.

The Good Sam network members are not issued with AED's so Michael started a fundraising page to be able to purchase a portable kit that he can carry to emergencies. As a club we were pleased to be able to purchase a kit for him. Unfortunately, the pads need to be replaced after each patient, also the batteries and other items. Michael is now raising funds for another kit for Felixstowe, if you would like to donate, please visit our GoFundMe page - [gofund.me/f048db4a](https://gofund.me/f048db4a)

Go to our web page for more details [felixstowelions.org.uk](http://felixstowelions.org.uk) or email [felixstowelions@gmail.com](mailto:felixstowelions@gmail.com)

## FACTS Bus



A Felixstowe charity is celebrating a welcome boost and the arrival of a brand new minibus, thanks to a donation from The Fred Alford Trust.

Many residents will remember the 'Alford Brothers' bike and motorcycle business which traded for more than 50 years from their shop on Hamilton Road, before closing in 2018. The family still runs a motorcycle dealership in Folkestone and their close ties and affinity to Felixstowe remain.

At the end of last year the Fred Alford Trust donated more than £30,000 to Felixstowe Area Community Transport Service (FACTS) to help finance the purchase of a brand new wheelchair accessible vehicle. The minibus is now in service; it can carry up to five passengers and is fitted with a hydraulic wheelchair lift.

Speaking of the grant award, Jeff Alford said:

"My family wanted to provide an enduring gift that would benefit the town and support the fabulous work that FACTS does for many residents. The Fred Alford Trust was set up in 2005 by my uncle, initially to help deaf and visually impaired children. His legacy continues to provide support to people with disabilities and we are delighted to have been able to help".

Chairman of FACTS, Simon Jennings added, "We are hugely grateful to Jeff and the other Trustees for their very generous support. I am sure that we can look forward to many years faithful service from the newest addition to our fleet".

You can find more information about the services provided by FACTS and volunteering opportunities at [www.factsbus.org.uk](http://www.factsbus.org.uk) or by calling 01394 282857.



## Old Felixstowe Community Association



The Old Felixstowe Community Association would like to pay tribute to Councillor Graham Newman who passed away on 28th December 2022. This came as a terrible shock to us all. Graham was Chairman of the Association's Trustees, a member of General Council and printed the newsletter for us. Above all, Graham was a friend to us all and a great supporter of OFCA both with his time and financially. Graham very generously helped fund

several projects via his Suffolk County Councillor's Locality budget for which we were extremely grateful. Graham was a regular attendee at the monthly Community Markets, and we will miss him terribly.

Like all organisations we rely on volunteers to come forward to help run the Community Centre and we are so lucky to have such a wonderful group of people to help in different capacities. We are now looking for two more volunteers to join our friendly team. We would love to hear from you if you could help tend the garden at the front of the Community Centre or take on the role of handyman. If you are interested or know of someone who would like to help, please contact me on 07572119834 to find out what is involved. Neither job is too onerous and as the saying goes "many hands make light work". I look forward to hearing from you.

Please join us at our regular Community Markets which are held on the second Saturday of every month (except August). There are plenty of bargains to be found or have a cuppa with friends. If you are interested in running a stall at this ever popular Market, please contact Lyn Osborne on 07563502289 or email [market@oldfelixstoweca.org.uk](mailto:market@oldfelixstoweca.org.uk). We are keen to have a cake stall and a plant stall.

If you wish to book the Community Centre for a private function, please contact the Administrator on 07494599265 or email [ofcabookings@gmail.com](mailto:ofcabookings@gmail.com). Best wishes, Celia Page Chairman

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## HSTF SAID "A WONDERFUL TOWN WITH A SEAFRONT"



- COASTAL LOCATION
- WALKABLE TOWN CENTRE
- SHARED SPACE PRIORITISING PEDESTRIANS FOR SAFETY AND AMBIANCE
- STRONG AND GROWING ARRAY OF INDEPENDENT BUSINESSES
- LOW RETAIL VACANCY RATES – 6% AGAINST A NATIONAL AVERAGE OF 27%
- TOURISM APPEAL AND FAMILY ATTRACTION
- EMERGING VINTAGE / ANTIQUES CLUSTER
- GOOD INTEGRATION WITH RURAL CATCHMENT
- PORT SUPPORTS EMPLOYMENT AND LOGISTICS SUPPLY CHAINS
- TRAIN LINKS TO CENTRAL LONDON – HOURLY TO/FROM LIVERPOOL ST.
- GROWING RESIDENTIAL POPULATION DIVERSIFYING DEMOGRAPHIC
- EVIDENCE OF SOME PARTNERSHIP WORKING, PARTICULARLY THROUGH THE NEW BID
- RECOGNITION OF VALUE OF CULTURAL ACTIVITY TO CELEBRATE LOCAL TALENT AND ATTRACT VISITORS

### High Streets Task Force

In January, Felixstowe was selected to receive support from the High Streets Task Force who visited us at the end of the month to tour our town centre and discuss our challenges with local representatives that included East Suffolk Council, Felixstowe Town Council, Felixstowe BID and some of our town centre businesses.

We are constantly looking for ways to improve our town and support Felixstowe businesses and so are always keen to adopt advice and available assistance from any credible sources and authorities, particularly when it is offered at no cost to the town.

The report identifies our strengths and areas of improvement that we will be working on together with East Suffolk Council, Felixstowe Town Council and local businesses.

The High Streets Task Force was commissioned by the government in 2019 as part of its Plan for the High Street and in response to recommendations of an expert panel on the high street chaired by the highly successful entrepreneur Sir John Timpson.

If you'd like to know more about High Street Task Force, or be part of the BID, contact [manager@felixstowebid.co.uk](mailto:manager@felixstowebid.co.uk).

### What We Do:

Lobbying of East Suffolk Norse and East Suffolk Council for increasing the upkeep and maintenance of the BID area, including refuse management, graffiti, street and furniture maintenance.

### It's all about the social media...

Our targeted Christmas campaigns extended to over 6 counties and gathered 143,743 impressions on Facebook, with a quick 'town centre showcase video' attracting over 11.5k views. We know from the new Wi-Fi technology in Felixstowe and anecdotally (we like to talk to people) that we had many new visitors to our town over the last 3 months and our social media programme will continue to build on this to promote our town centre and seafront. We're growing a loyal Instagram following, as we are really quite photogenic as a town, and subsequently being tagged by numerous local and national photographers who are literally 'snapping us up'. This means our reach is growing daily.

If the social media stats baffle you, you might want to look for a bit of a helping hand, available in the heart of Hamilton Road at @inc

### Support for Felixstowe and area Established Businesses @Inc. Suffolk

Established last year, the team offer a series of training and advice sessions to those operating a business across Felixstowe. One such package is The Digital Springboard - free and funded by both East Suffolk Council and the Innovative Project fund.

Learn how to improve your website, boost your Google ranking without spending money and make more from Facebook, Instagram and LinkedIn. They can even show you how to make simple promo video on your phone.

Once you have signed up for the Springboard (FOC) you can then gain access to a series of business grants, these are for those looking to grow awareness and sales online. Find out more here The Digital Springboard or pop into 87 Hamilton Road, or email [manager@felixstowebid.co.uk](mailto:manager@felixstowebid.co.uk) for more info.



## Landguard Fort Trust



Landguard Fort opens for the 2023 season on Saturday April 1st and will be open Thursday to Sunday during term-time and every day during the school holidays.

From the musket ball to the nuclear bomb there's over 400 years of military, social and geo-political history in both the building itself and the many exhibits on offer for visitors to discover, experience and enjoy....and we've lots of special events planned for spring-time too:

•On the 1st and 2nd April the 95th Rifles will be at the fort re-enacting this elite regiment of the Napoleonic era – cooking and eating authentic rations and practising the drills and tactics that were refined on the battlefields over 200 years ago. There will also be an Easter themed trail for children to enjoy.

•Then on the 29th and 30th April The Suffolk Regiment will spend the weekend at the fort turning back the years to the 1940's and giving visitors the chance to experience some of the best living historians authentically replicating everyday life during World War 2.

•The King's Coronation is on 6th May, and Landguard Fort will mark the event by running a Kings & Queens children's trail during the month. Then on the evening of 3rd June a concert by the Suffolk Constabulary Male Voice Choir and Felixstowe Harmonies will take place at the fort and the set-list will include some of Queen's greatest hits.

Looking ahead to the 2023 season General Manager Nicola Barker said "2022 was an outstanding year at Landguard Fort. We welcomed over 22,000 visitors, sold out our Halloween and Christmas special events and introduced a new multi-media tour app. We've added two new 17th century cannons and developed a new Victorian officers quarters exhibit. The fort was also the venue for an episode of Ant and Dec's Saturday Night Takeaway, a theatrical production of Wind in the Willows, and the centre of Felixstowe's celebrations for the Queen's Platinum Jubilee. We hope 2023 will offer just as much to our visitors".

For more information and to book tickets please visit [www.landguard.com](http://www.landguard.com).

## Felixstowe Men's Shed



Spring is on the way and with that membership has hit 30 with the workshop at its busiest on a Tuesday morning. Thursdays and Saturdays are popular but Tuesday usually attracts more.

Our membership continues to be varied with one of the latest members specialising in stick or staff making and that involves in making Ram's horn handles. Graham Ellis used to be the gamekeeper on the very farm we are situated on. He is bringing years of experience on the delicate art of stick making that includes steaming, bending, straightening, clamping and gluing the constituents to produce the finished article. Wonderful what a converted wallpaper steamer and home made former and clamps can produce.

Our resident sign writer, Ivan has been busy with the lettering on the new Rotary Sleigh. The Save the Children lettering and logos have returned to Shed for a second and final coating to ensure they have years of usage.

Bird boxes have been constructed and a request for a large number of Bat Boxes will ensure members are not idle in the coming months.

Why not come along and see just what is on offer?

We are located at 158 High Road, Trimley St. Mary, IP11 0TN and are open 10.00am – lunchtime Tuesdays and Thursdays and Saturday mornings 9.00am to 12.00noon.

Further information and details showing past projects can be found on Facebook and [www.felixstowemensshed.org.uk](http://www.felixstowemensshed.org.uk)

Article provided by Tony Allen, Chairman

## Felixstowe Master Mariners Update



The Felixstowe Master Mariners Club had a very joyous Christmas Lunch and were entertained by some "top class" singing acts from Member Chris King who led the singing of Sea Shanties, with Members Mike Meadows, doubling up as Father Christmas, accompanying Chris Versey in leading the Carol singing.

At this Lunch, Club Captain Timothy McGuire announced that The Club were once again able to donate financial support to eleven chosen maritime charities :- Care Ashore, RNLI Harwich, Ocean Youth Trust South, The Marine Society and Sea Cadets, ECST, The Shipwrecked Mariners Society and Felixstowe based TS Landguard Sea Cadet Corps, The Seafarers Charity, Felixstowe & Haven Ports Seafarers Centre, 1st Felixstowe Sea Scouts and The National Coastwatch Institution.

Felixstowe Master Mariners Club meets on the third Tuesday of each month at Felixstowe Ferry Sailing Club for lunch provided by local caterer, KB Catering, followed by a topical talk by an invited speaker. Talks are not necessarily marine related, and have recently included an absorbing presentation by Member Chris Ridgeon about the development of railway signalling.

The object of The Club is to foster professional comradeship among Master Mariners and those with Nautical interests at sea or on land and to continue to support maritime related charities with any excess funds, generated in an atmosphere of high standards, good manners, smart dress code, cordiality and friendship.

Membership details and further information can be obtained from our web page [www.mastermariners.uk](http://www.mastermariners.uk)

## The Rotary Club and Rudolph

Record Breaking Run for Rudolph with help from Felixstowe Town Council.

The annual visit by Santa and Rudolph to Felixstowe and the surrounding villages raised a record-breaking amount for charity this year. The local Rotary Club and Save the Children branch are delighted to report that £10,242 was collected, which will be used for their vital respective projects. A huge thank you is extended to the residents of our community for their generous donations. We are also immensely grateful to Felixstowe Town Council for supporting this much-loved seasonal event through a substantial grant towards the costs of refitting lights and sound, following the wonderful gift of a new trailer from H B Commercial. We would also like to extend our gratitude towards those who volunteered their time and energies to be drivers, team leaders, Santa Claus, or collectors. In addition, great support was given by The Half Moon publicans, Mannings, Savers, Lidl and Morrisons. We look forward to returning with this fabulous community enterprise in December.

The Rotary Club of Felixstowe keeps growing!

Roger is now retired and has spent the last 25 years of his working life as a Staff Development Consultant to many of our local companies, also based in the USA, Europe and Philippines. His company, RST, operated from Felixstowe. He is very pleased to have joined the Rotary Club of Felixstowe and looks forward to helping in the work we do with local, national and international charities. Here we see our president, Andrew Rowdon, welcoming Roger to the Club.





## Felixstowe Sea Cadets hold Presentation Ceremony



TS Landguard, the Felixstowe-based Sea Cadet Corps unit, held a presentation of awards and badges ceremony in St John the Baptist church, Felixstowe on the evening of the 19th January, in the presence of Felixstowe's Mayor, Councillor Sharon Harkin and the SCC's Deputy District Officer, Lt. Cdr (SCC) Graham Waylett RNR accompanied by Ass. D.O. Sub-Lieut (SCC) Heard RNR. In the course of the ceremony, six new entry cadets were formally enrolled into the SCC by Unit Chaplain, the Rev Andrew Dotchin, who hosted the evening.

Highpoint of the evening was the presentation by her worship the Mayor, of the Eastern Area SCC's Power Boat Shield, won by TS Landguard in the face of fierce competition from over the whole Eastern Area, which stretches from North Yorkshire down to the London borders. The award reflects TS Landguard's reputation as an 'afloat' unit, offering its cadets such activities as dinghy and offshore sailing, power-boating, canoeing, paddle boarding, wind-surfing, all conducted on local waters centred on Felixstowe Ferry under the safety umbrella of RYA-qualified staff. The Unit has recently taken delivery of a replacement RIB safety boat in advance of the 2023 afloat season.



In the course of the evening, which was conducted by the Unit's Officer in Charge, PO (SCC) Tony Duke, and which was attended by a goodly number of parents, grandparents and representatives of local organisations, including the Felixstowe Master Mariners' Club and the Royal British Legion, presentations were made by Mrs Sally Thompson on behalf of the Chair of the Parents and Friends' Committee, Mrs Sharon Hume, detailing the fund-raising activities of her committee. The Chairman of the Unit Management Committee, Captain Peter King, gave a presentation on plans to redevelop the current HQ site in Garrison Lane to incorporate modern classroom, office and social facilities and a custom-designed boat storage / maintenance area in the existing Drill Hall. This would involve an intense fund-raising campaign to furnish around £1 million, once planning permission had been confirmed.

The evening concluded with the presentation of proficiency and service badges to eighteen cadets, clearing a backlog occasioned by the Covid crisis. In making the awards, Lt Cdr Waylett congratulated the Cadets and Volunteers on emerging from the Covid crisis in good order, manifested by the award of a proficiency Pennant to the Unit for the year past and throwing down the challenge of a top-rated Burgee for 2023.

TS Landguard's doors are open for new Cadets in the age range 10 to 17. The Unit offers its Cadets a fun-packed training programme, training which includes participation in the Duke of Edinburgh's Award programme. You can contact us at enquiries@felixstoweseacadets.co.uk or by calling 01394 285525

## Comfort Food at Cuppa

As I'm writing this in February 2023, it's cold outside, and for many, it's cold inside too

East Suffolk has stepped up and made money available for people to be able to have a warm meal through the Comfort Food scheme in which we're taking part, along with Crescent Café, Wimpy and Café on the Corner.



Comfort Food is running during the winter months or until the money runs out. People in need are referred to the scheme and are given vouchers to use in any of the participating cafés. Additionally, at Cuppa we're lucky to have a great community of customers who have time and time again donated money to allow us to help anyone in need. So even if you haven't got a voucher you can come in and get something to eat and drink. Just ask at the counter, or if you feel uncomfortable you can say you've left your purse behind or get in contact with us before you come (sarah@cuppa.wtf). No questions and no judgements. These are unprecedented times and we all have to help each other where we can. It's not just about money; if the world's getting you down, like it does me, come in and let's share our troubles. We are a right bunch of hippies though so you've been warned! ;)

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

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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](mailto:jasmin@fairstep.co.uk)

Find us at **174-176 Hamilton Road, Felixstowe, IP11 7DU**

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# Our Environment

## Felixstowe Allotment Association



Allotment Production Project 2022

To demonstrate the benefits of working an allotment we decided to record all that we produced and the time spent on various tasks over a whole year.

Fresh air, exercise, good things to eat and talking to like-minded people are all the physical advantages of having an allotment but what are the other rewards?

We have two single plots – his 'n hers – which amount to 280 sq.m of which we crop 180 sq.m, or 2/3 of the total. We grew 70 varieties of vegetables and soft fruit. We aim to have something from the plot to eat every single day of the year. The harvest total for the year was 350kg – just shy of 1kg/day – and the total value amounted to £1,330, or £25/week. The crops were valued against Tesco's basic on-line prices for ordinary produce.

What we grow would qualify as organic which carries a hefty premium with most retailers. We did a price comparison between Tesco and Eversfield Organic, who deliver boxes of vegetables and fruit and discovered that we would pay 54% more for the organic stuff. Tesco's organic courgettes are 82% more expensive, If we bought all our vegetables and fruit from Eversfield we would have to pay £40/week plus a delivery charge of £6.95. There is no fresh soft fruit available in the winter so I guess that there would be a further premium to pay for that in season. Against this Tesco's price for non-organic would be £25. Our costs amount to £3.85/week or 1/12th of the Eversfield price.

Our labour to produce all this amounts to 334 hours for me and half that for Delia. Less than 1 ½ hours a day between us.

Half the time was spent on maintenance, which included plot preparation, weeding and tidying up whilst the rest was fairly evenly divided between watering, planting and sowing, harvest and pottering. Why did we carry out this exercise? Partly for our own information but also to show what it is possible to produce from a small area of land and to demonstrate to people new to allotments that the rewards make it all worthwhile. We have a more comprehensive report which we are happy to share.

Article provided by John and Delia Holmes

## Felixstowe Community Nature Reserve

Felixstowe's Community Nature Reserve is working with its partners to educate and encourage local people about ways in which we can all contribute toward climate justice.

We are promoting twelve climate justice solutions which have been developed in collaboration with local residents. Those solutions are

- (i) For those who can, walk and / or cycle on short local journeys to reduce emissions of CO<sub>2</sub>;
- (ii) Use public transport where ever possible;
- (iii) Recycle old or obsolete digital devices;
- (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;
- (vii) Encourage local people to use electric and / or hybrid vehicles;
- (viii) Use smart meters to monitor and manage domestic energy consumption;
- (ix) Adopt car sharing where ever possible;
- (x) Use more home insulation to reduce demand for energy;
- (xi) Support Felixstowe's Fairtrade Forum;
- (xii) Local school children to encourage their families to adopt these solutions.

Across the Felixstowe area, these solutions have been shared through social media and Spotlight on Felixstowe which takes our message into at least 15,000 local homes. More broadly, the online magazine East Anglian Bylines has published a beautiful feature on these solutions. Across the UK, the National Biodiversity Network has shared a similar article with its membership.

Article provided by Dr Adrian Cooper



## Beach Bonkers: Netted Dog Whelk Shells



These are probably my favourite shell to find as I think they're beautiful. Netted dog whelks and their shells are common on our shingle shores but hard to spot as they are quite small. I love how solid their shell is and that the opening is oval rather than round.

Their criss-crossing ridges give rise to part of their Latin name: reticulata, meaning marked like a net. I love the description I've read of their chequered markings as looking like "brown hair in a hair net". However, for me, they're very definitely not brown, but can show shades of peach, apricot, and pink.

They are a carnivorous sea snail that can be found sheltering under stones and in sand, and are usually found below the low water mark. They come out in large colonies to scavenge and feed on dead and decaying animals on the beach, such as dead fish and crabs - the original beach cleaners!

Like many "sea snails" they are carnivores and will use the lip or edge of their shell to prise and hold open bivalves and then rasp away at the meat inside with their proboscis.

One of the books I read researching this article said "it is instructive to see how quickly it frightens off other molluscs when placed with them in an aquarium; scallop shells flit about in alarm as soon as one is placed near them."

Cleaners, carnivores and possibly a little bit creepy?!

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](http://www.beachbonkers.org.uk) for details of this years' beachcombs & beach cleans or call Kate on 0751 255 7200





## Felixstowe Garden Club - Programme of Speakers 2023



Meetings held at Old Felixstowe Community Centre, Ferry Road, Felixstowe  
Second Tuesday of each month at 1900

More info: Jayne Steele, Secretary, 01394 211739, Facebook or website

Annual membership £20, Visitors £5 (deducted when you become a member).

**14 March 2023** - Susannah Sharman from Swann Nursery, Enhancing your garden (\* title change \*)

**11 April 2023** - Ruth Goudy from Kiln Farm Nursery, Flower Power

**9 May 2023** - Matthew Tanton Brown (not at Places for Plants now), Climbers and Wall shrubs

**13 June 2023** - RHS Wisley day trip

**11 July 2023** - Pre-Show meeting prior to - Annual Show

**15 July 2023** - Annual Show 11:00-17:00

**8 August 2023** - Barbara Seagall Secret Gardens of East Anglia

**12 September 2023** - Andrew Brogan from Henstead Exotic Gardens, topics to be agreed

**10 October 2023** - Michael Perry AKA Plant Geek on House plants

**14 November 2023** - Marc McHearne, Beth Chatto's Garden Past and Present

**12 December 2023** - AGM /Christmas Party

## Litter-Free Environmental Award



The second Felixstowe Environmental Awards took place at the end of last year. The aim was to celebrate inspirational local people who put in time and effort to care for the environment.



The Mayor and Deputy Mayor were both in attendance and the wonderful Sea You café provided refreshments and the backdrop to a truly memorable event. The children from Fairfield school entertained the large crowd at Martello Park with a rendition of the 'Litter-Free song' followed by a litter-pick which attracted over 115 volunteers who cleared the park, beach and surrounding area.

The winners of the adult category were Helen & Mike Stribbing; Jacob Ward won the children's prize and the prestigious 'Tim Lukehurst Award for Inspiring Others' was awarded to Julia and Colin Bowen. Highly commended certificates were also presented to Susan



Green, Dawn Bone, Cameron Cammell and Libby & Marcus Bone.

Debbie Bartlett, founder of Litter-Free Felixstowe said 'The awards are important because they recognise volunteers who give their time to help their community. Our winners have all had a major impact over the year. We would love to expand the

awards in 2023 and highlight the work of those individuals and organisations in Felixstowe who care for the environment'.

Litter-Free Felixstowe is now working with the haulage industry to tackle the litter on the major roads into the town and has recently met with Therese Coffey, Secretary of State for the Environment to voice concerns and encourage East Suffolk Council to clean-up the roadside and laybys along the A14.

## Help East Suffolk bloom by joining new planting campaign!



Colourful crops of daffodils are set to bloom across East Suffolk following the launch of a new perennial planting initiative.

Voluntary and community groups are

being encouraged to join the campaign by applying for bundles of bulbs to plant locally in time for next spring.

In previous years, East Suffolk Council has gifted bulbs to a number of groups in the north of the district, via commercial partner East Suffolk Norse.

For 2023, the scheme will be opened up for any voluntary and community group across the entire district to plant bulbs on public land.

East Suffolk Blooms officially gets underway in February – with groups required to complete a simple application form by 31 May, ahead of a decision panel meeting to determine applications in June.



Successful groups will then be invited to collect their bulbs from depots in either Ufford or Lowestoft in early November.

A different variety of bulbs will be on offer, in limited number, each year. For 2023, the bulbs will be a variety of narcissus, available in bundles of 500, although groups may apply for more than one bundle.

Cllr James Mallinder, campaign champion and East Suffolk Council's cabinet member for the Environment, said: "This is another example of our commitment to ensuring we champion and enhance our natural environments.

"Aside from creating a patchwork of colour, this campaign will generate a new network of pollinators across East Suffolk.

"I would encourage voluntary and community groups to join the campaign and help East Suffolk bloom. Together, we can ensure the environmental sustainability of our communities and create a lasting legacy."

Last year, 200 oak trees were distributed to communities across East Suffolk to plant in commemoration of Her Majesty Queen Elizabeth II's Platinum Jubilee.

The 'Treebilee' scheme was launched by the then Prince of Wales, now King Charles III, to encourage the planting of trees during a year of celebrations to mark The Queen's 70-year reign.

A total of 30 standard trees and 300 whips are also set to be planted beside the public car park in Golf Road, Felixstowe, as part of a Suffolk-wide programme following a successful joint bid to the Government's Local Authority Treescapes Fund (LATF).

Furthermore, East Suffolk Council's 'Pardon the weeds, we're feeding the bees' campaign has, for the last three years, allowed grass and wildflowers to grow in more than 100 spaces in order to help wildlife thrive.

Our ambition to become a carbon neutral council, in terms of our assets and operations, and to reach carbon neutrality by 2030, includes trialling alternatives to glyphosate sprays.

No sprays or pesticides are used in council-owned cemeteries and closed churchyards, unless as a final resort to remove invasive species, and glyphosate spraying on East Suffolk Council land has reduced by 45%.



## Landguard Nature Reserve Volunteer Opportunities

Volunteering outdoors can be a great experience...



Firstly, it allows individuals to connect with nature and appreciate the beauty and diversity of the natural world. Being outside in nature can be calming and rejuvenating and can help to reduce stress and improve mental health.

Secondly, volunteering outdoors can be a great way to stay active and physically fit. Many outdoor volunteer opportunities involve physical activity, such as walking, digging, cutting, lifting, planting, and building which can improve overall health and fitness.

Even using common tools can contribute to exercising the whole body:



Thirdly, volunteering outdoors can be a great way to give back to the community and make a positive impact on the environment. Outdoor volunteer opportunities often involve conservation efforts, such as removing invasive species, cutting, and raking, planting trees, or maintaining trails and paths.



This work helps to preserve natural habitats and biodiversity and can make a real difference in the health of the environment.

Lastly, volunteering can be a great way to meet new people and build relationships. Many volunteer opportunities involve working with a group of people, which can be a great way to make new friends and connections.

Overall, volunteering outdoors is a great way to connect with nature, improve physical and mental health, make a positive impact on the environment, and build relationships with others.

Volunteering indoors and outdoors can be so rewarding, and opportunities are available across Landguard, including Landguard Fort, Felixstowe Museum and the Nature Reserve.

Volunteering roles at Landguard are varied and include:

- Meeting and greeting visitors
- Front of house (tearoom, shop, ticket office)
- Stewards and guides for school groups and tours
- Event planning and marketing
- Recording and preserving artifacts
- Monitoring galleries and visitor spaces
- Conservation tasks
- General maintenance
- Ecological surveys

To find out more, why not join us on March 18th at the Landguard Open Day

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info@davidbuttonfunerals.co.uk

[www.davidbuttonfuneraldirectors.co.uk](http://www.davidbuttonfuneraldirectors.co.uk)



*We're here...*



# Arts and Music

## WAMFest Brings Mardi Gras to Felixstowe

Now in its third year, WAMFest champions women's creativity across the arts and recently hosted a day-long springtime event to coincide with International Women's Day.



On Saturday, March 4, singers, performers and dancers took over the Beach Street and La Vida show bar, while workshops with an arts and wellness theme were hosted at Hazel & Co Yoga studio, also at Beach Street. Visual artists were also invited to exhibit.

The shops and eateries participated by displaying the colours purple, gold and green – the theme of Mardi Gras – helping to create a carnival atmosphere.

In the evening WAMFest, transitioned to The Grosvenor in Felixstowe Town Centre where a host of local musicians and singers took to the stage.

Organiser Laura Locke said she has been overwhelmed with support for the festival, which was recently recognised as one of Suffolk's most popular events. "We are so lucky to have such talented women in and around Felixstowe and it is always a pleasure to provide a platform for their creativity and celebrate women in arts and music with live events for everyone to enjoy.

"The Mardi Gras theme brought a new dimension to the festival, and it is pleasing that purple, gold and green were also the colours of the suffragette movement, the original champions of women's rights. Our aim has always been to build a sustainable, annual event promoting equality and diversity whilst providing top quality entertainment."

Artists included Felixstowe Harmonies, the Wild Flower Quartet, Ipswich Reggae Choir, Serena Grant, Bounce, Gloria Gonzalez Picton and a Sevillanas workshop and international renowned soprano Christina Johnston. The line up at The Grosvenor featured Katie Mitton, Lydia Angelica, Ruby Ambrose, Belinda Gillett, Nicola Collis and Evie White.

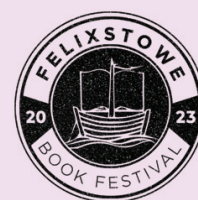
For more information, visit our website at [www.wamfestfelixstowe.art](http://www.wamfestfelixstowe.art)

Facebook: @WAMfestFX Twitter: @WamfestF Insta: @wamfest\_felixstowe

Embargoed till 4 Feb 2023 For more information email [lauralocke222@googlemail.com](mailto:lauralocke222@googlemail.com)

## Felixstowe Book Festival - Afloat

This year's Felixstowe Book Festival returns from 16th – 25th June and just to whet your appetite there's a special event prior to that, on Sunday 14th May onboard the Orwell Lady.



Don't miss your chance to meet a best-selling author whilst cruising the river on the graceful Orwell Lady as part of a special Felixstowe Book Festival inspired river cruise. It's your chance to hear from Louis de Bernières author of 'Captain Corelli's Mandolin', 'Birds Without Wings', 'A Partisan's Daughter' and 'Notwithstanding: English Village Stories', and exponent of the magic realism school of literature. For ten years Louis was with the Antonius Players, performing music and poetry, he also writes and performs his own songs. So, it promises to be a river cruise like no other.

Louis will be discussing his latest book *Light Over Liskeard* – which is available to pre order – as part of this picturesque cruise onboard the popular Orwell Lady. The cruise will depart from Orwell Quay (IP3 0FS) at Ipswich waterfront. Leaving at 2pm for a three-and-a-half-hour river trip. Returning by 5.30pm, there will be a talk by the author and music on the outward journey plus a book signing. A commentary on the places of interest along the river on the return journey. Louis's books will also be on sale provided by Woodbridge Books. Tickets for this special event are strictly limited. For more information and to purchase, go to [www.orwelllady.co.uk](http://www.orwelllady.co.uk)

In June the festival will be in full flow taking place, once again, in the iconic Edwardian cliff top rooms of Harvest House on Cobbold Road in Felixstowe.

Already announced as part of this year's Felixstowe Book Festival in June are:-

- Robin Ince Bibliomaniac: As part of his tour - An Obsessive's Tour of the Bookshops of Britain
- Festival Patron, Esther Freud and her sister Susie Boyt chaired by novelist Ruth Dugdale
- Louise Doughty who is the author of the number 1 bestseller, *Apple Tree Yard*, which was turned into a top TV series
- Suffolk's own Terry Waite, also one of the Festival's Patron's, will be offering an evening of poetry and music
- Siobhan Daniels retired TV and radio journalist will be talking about her latest book

The festival also spills over into the Two Sisters Church at Trimley and on the Sunday it will play host to a Cosy Crime Workshop run by Cathy Stafford and Carole Athroll. It promises to be a fun and informal all-day workshop, exploring the cosy crime genre, with specific focus on Agatha Christie. Plus, so much more throughout the festival.

For full details about the authors taking part and the workshops available to book go to [www.felixstowebookfestival.co.uk](http://www.felixstowebookfestival.co.uk)  
For tickets [www.ticketsource.co.uk](http://www.ticketsource.co.uk)



## Two Sisters Arts Centre



Two Sisters Arts Centre – the pocket arts venue for the Felixstowe peninsula – continues to go from strength to strength.



Residing in the now redundant church of St Marys, Trimley St Mary, the Arts Centre plays host to a number of regular community groups including Felixstowe Cafe Poets and Folk & Roots.

We provide rehearsal space for local drama and music groups, and regularly host quality events including touring theatre from companies such as High Tide, Brother Wolf & Eastern Angles, and music evenings featuring folk, jazz and classical musicians with international reputations.

This year marks our FIVE YEAR ANNIVERSARY and to celebrate the event we have commissioned local wicker artist, Tracey Barritt-Brown, to create a unique art installation for the building.

This will be unveiled at a special Grand Re-Opening Event on 3rd March, compared by Radio Caroline's Stephen 'Foz' Foster and featuring saxophonist Phil Veacock and his Trio\*, and acapella group Triangle.

\*Phil plays regularly with the Jools Holland Rhythm & Blues Orchestra

We are also launching a 'Friends' scheme for 2023. For £25 you get discounted tickets all year, drinks vouchers, a free ticket to the Grand Re-Opening Evening and a COOL badge! E mail mail4fcats@gmail.com for more details. There is a packed programme lined up for the Spring season including the return of award winning performance poet Luke Wright, regular once a month jazz sessions, an evening with the music of Sir Patrick Moore, five star Edinburgh fringe comic Paul Richard with his one man show Harvey's Running Late, local historian and raconteur Charlie Haylock with a look at the history of surnames and Black & White Productions' latest play Thomas Wolsey – The Rise & Fall.

Tickets for all events can be bought online at [www.ticketsource.co.uk/two-sisters-arts-centre](http://www.ticketsource.co.uk/two-sisters-arts-centre)

or reserved by ringing the Box Office on 01394 279613.

## Felixstowe Art Group



We unfortunately start with news that regrettably our time occupying the Group's Gallery at the bottom of Bent Hill is now very

limited due to the owner, our landlord, placing the property up for sale very soon. Hopefully we might stay until completion of sale takes place.

The Group have been most fortunate to have had the use of the space for high on 43 years at a peppercorn rent, which we may not find elsewhere.

Please do contact the Group if you, by any chance, can offer premises at a low rent so that we might continue the opportunity to showcase and sell members work. Keeping outgoings as low as possible means we can continue offering low cost membership of the Group, which back in 2022 celebrated its

70th anniversary. Members consist of beginners through to experienced artists, all are welcome.

Moving to more welcome news, and the Group's meetings at Broadway House, Orwell Road.

Tuesday 14th March 7.30pm - Jim Lait has stepped in to present an evening focusing on watercolours as Stuart Dalton was offered more work to teach on board a cruise ship, something he does from time to time. Stuart's evening has been rescheduled. As this is a work evening we are sorry to say this is a members only meeting due to space. Or the more reason to perhaps join!

Tuesday 28th March 7.30pm – The Malcolm Laurie Drawing Challenge, open to all members to enter (but not compulsory!) It is not just a challenge to draw a particular subject depicting light, dark and shades of grey using the humble pencil, ink pen or stick of charcoal but a pleasant evening to get together, and vote for your favourite in each category. Members may bring a guest who can also vote.

Tuesday 11th April, 7.30pm - Issy Coe - who will be demonstrating Pastels. Members free, visitors, £2.

Apart from the Group's AGM at the end of April, that concludes the 2022-23 programme of Tuesday evening meetings. The new programme is almost complete and covers a wide range of topics such as Creative Doodling, Summer Days in oils, as well as life drawing opportunities. Details on website soon.

'Learn the rules like a pro so you can break them like an artist - quote by Picasso! [www.felixstoweartgroup.org](http://www.felixstoweartgroup.org)

## Majestic Voices



Majestic Voices need more singers and helpers to help us to raise money!

Our running total for donations to charities from our three concerts is up to £5,060!

We are now looking for new members to sing with us (Monday evenings 7.30 to 9.30 pm in Old Felixstowe OFCA hall £3 per rehearsal), and also people who would like to come along and help us at rehearsals or concerts. We would love a sponsor (private or business) to help us with the running costs of our group so that we can continue to raise funds for local charities.



In return for sponsorship we can promote the group or business on our publicity channels on social media, press and at future concerts.



Our last concert in July 2022 was called 'Sing for Ben' at St Andrews Church Felixstowe; maybe you came along? It was a singing concert of 12 singers - funny, emotional and moving. We donated £500 from this concert alone. The performers in Majestic Voices have performed for many years with various Theatrical Groups in Suffolk, some for over 30 years. Under musical direction of David White, we sang in harmony, songs such as 'Bridge over Troubled Water' 'Rise up' 'Oh happy day' 'Let it be' 'Me and my Shadow' a selection by 'The Beach Boys' and Musical theatre

songs such as 'Big Spender' from Sweet Charity 'Wash that Man Right Outta my hair' from South Pacific 'I dreamed a dream' from Les Miserables, 'Consider yourself' from Oliver, 'Hushabye Mountain' from Chitty Chitty Bang Bang 'This is Me' from The Greatest Showman' along with some comedy laughs, which had the audience in stitches.

In three concerts we have donated a total of £5,060.00 shared between St. Elizabeth Hospice, Cancer Research, MND Suffolk and the NHS. Future charities that we will donate to will be local Felixstowe charities, and we need your help. Please email [jane@janewarden.com](mailto:jane@janewarden.com) if you would like to sing with us, help us or if you are interested in being our Sponsor.

Jane Warden, Founder and Chair of Majestic Voices, [jane@janewarden.com](mailto:jane@janewarden.com)



# Your Community Stories

## The Dorian Singers Summer Concert



The Dorian Singers Summer Concert entitled "Summer Favourites" will be on the 10th June, 2023 at Kirton Village Hall at 7.30pm. There will be the usual refreshments of strawberries and cream with wine during the interval.

The concert will include some of the choir's favourite choral pieces as well as a few items by women composers. There will also be a performance of "An Abundance of Blessings" written by Brian Latchem, the Dorian Singers Musical Director, which is scored for choir and harp.

We are always looking for new members to join us and it's not too late to be involved in our Summer Concert. Tenors and Basses, in particular, will be given a warm welcome but Sopranos and Altos are also welcome. Rehearsals take place at St Martin's Primary School on Wednesday evenings at 7.15pm for a 7.30pm start, ending at 9.30pm. For further information please contact Brian Latchem on 01394 285936.

Tickets for the Summer Concert are £15 (Under 18's £5) including refreshments. Available from The Card Centre, 6 Hamilton Road, Felixstowe, IP11 7AU (01394 283170), from choir members or at the door. There is an early bird discount for anybody who buys their tickets before the 6th May (Coronation Day). The discount price is £12 (Under 18's £3).

The Dorian Singers are supporting The BASIC LIFE charity this year.

Article provided by Dr Brian Latchem

## Memory Lane



**Asking the  
same question  
over and over again.  
over and over again.  
over and over again.  
It's not called  
getting old, it's  
called getting ill.**



The Alzheimers Society each year in May have a Dementia Action week campaign. This year the Memory Lane dementia support groups Felixstowe and Trimley are organising an information event at The Triangle in Felixstowe on Saturday 20 May between 9.30-12.30pm.

Each year a particular message is used in the campaign. This year it is highlighting that dementia is caused by illness, not getting old. Some of the organisations attending will be Memory Lane, the Alzheimer's society, Suffolk Family Carers, Disability advice service, Headway, Walton Parish nurses, Broadway house, Communities together, and Rob Dunger says he will be attending to broadcast from there that morning!

So, if anyone would like to come along to get information and ask questions on dementia or caring for someone with dementia, they can have the opportunity to see all the relevant organisations in one place! For further details about the Memory Lane support groups please contact Wendy Chard at Home Instead on 01473 272301.

The Alzheimers Society can be contacted on 0333 150 3456.

## MEMORIAL STONES



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have to join or pay to come in.**

**Chat with your friends, knit,  
play cards, scrabble, books to  
borrow or buy and magazines  
Nothing organised, we won't  
tell you what to do.**

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HOUSE**

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Next to Howard House GP surgery

[www.fopwa.onesuffolk.net](http://www.fopwa.onesuffolk.net)

**Teas, coffee and other hot and  
cold drinks just 50p and a range  
of biscuits, crisps, chocolate  
bars and the like.**

**and you're welcome to  
"bring-your-own" food to eat in  
if you wish.**



**Please only visitors over 55 years  
and carers**

Broadway House is also available for some evening and weekend hiring - limitations apply and subject to status



# Health and Wellbeing

## MeetUpMondays Celebrate 5-Year Anniversary

# Meet Up Mondays™



The MeetUpMondays™ network is 5 years old this February and has been helping to lift people out of loneliness since 2018. If you haven't heard of it before, MeetUpMondays is a network of pubs and cafés giving people the opportunity for some friendly company and conversation

over a free cuppa once a week. An initiative developed by Suffolk's Rural Coffee Caravan charity, it enables anyone who finds they're spending more time alone than they would like, somewhere to go to for a guaranteed warm welcome, connecting them to others and to their community. For pub landlords and visitors alike – it's been a feelgood life change. What makes people want to give it a go?

One MeetUpMondays volunteer, Debbie Robson, describes it perfectly:

"The reasons for people coming along are varied. Often the hardest thing for them is that first step through the door but once they see a few smiling faces and how welcome they are it makes them feel comfortable to join in.

We often have new residents to the town join us. They all say MeetUpMondays has helped them connect with their new community and has made them feel included much quicker than they thought.

Many come along as they live alone and especially after the weekend it is somewhere to come to where they feel welcome and know they will be able to chat. Many new friendships have been formed, it's not unusual for folk to find they are chatting to a near neighbour who they have never spoken to previously or just waved at in passing.

Others are carers and know that MeetUpMondays is a chance for a

break from their responsibilities for a couple of hours. Again, they know they will always find someone to chat to and have some light conversation and laughs. We even have couples who say that coming along and seeing other people gives them a break from just talking to each other all the time!

Those who have been bereaved say coming into MeetUpMondays has helped them feel that they can go out alone, feel part of their community for a while and it's so much better than

sitting at home with just thoughts for company. Also, they are able to connect with others who are going through the same experience."

In Felixstowe – The Grosvenor pub, at the heart of the town, has been running their MeetUpMondays group since October last year. They warmly invite you to come along and meet 'this friendly bunch' between 11am – 1pm every Monday, offering FREE cake, tea, coffee and biscuits and a hearty welcome. For more information call The Grosvenor on 01394 284 137. You can find them at 25-31 Ranelagh Road, Felixstowe IP11 7HA.

For more information about MeetUpMondays go to [www.meetupmondays.org.uk](http://www.meetupmondays.org.uk) and more about creative ways that the Rural Coffee Caravan helps lift people out of loneliness can be found at [www.ruralcoffeecaravan.org.uk](http://www.ruralcoffeecaravan.org.uk)



## Suffolk Mind Launches New Health and Wellbeing Services



Suffolk Charity Launches New Gambling Support Services

Hundreds of people who suffer directly and indirectly from gambling harms will have the opportunity to access free support, thanks to a new partnership between

Suffolk Mind and GamFam.

Suffolk Mind, the local mental health charity, has partnered with Suffolk-based national charity GamFam to provide free courses, counselling and peer support services to 340 people in the county.

Jon Neal, Suffolk Mind CEO, said: "This great new partnership is going to make a real difference to those in our county experiencing, or living with someone who has been harmed by gambling.

"Unfortunately, people may be turning to gambling as a way to get through the cost of living crisis – but the fact remains the same, gambling is not a solution.

"We want to make Suffolk the best place in the world to talk about and take care of mental health – and it is so important people living with addiction know support is out there."

The 12-month pilot scheme follows a £100,000 grant from BeGambleAware.

Sessions available through the partnership include a half-day mental health essentials course, a workshop on how to get a good night's sleep, and a one-hour session on how breathing techniques can help relieve stress, anxiety and anger.

Up to 10 free telephone counselling sessions will also be offered to each person involved in the project.

Those looking for support can self-refer to Suffolk Mind by visiting [www.suffolkmind.org.uk/self-referral-form](http://www.suffolkmind.org.uk/self-referral-form).





## Headway: Conference 2023



Keynote speakers will give a range of presentations at neurology charity Headway Suffolk's annual Conference - Living Positively with a Disability on 17 May at Kesgrave Conference Centre.

The Conference keynote speakers are:

Dr Tom Adams is Neuro Rehab Lead at Sleep Unlimited and he will give a presentation on how to get a good night's sleep. He is also a clinical psychologist with particular interests in neuropsychology - the study of interaction between brain and behaviour.

Dr Charlotte Brierley is a neurologist who runs the neuromuscular clinic at Addenbrooke's Hospital for adult patients with neuromuscular disease. She is also a consultant neurologist at West Suffolk Hospital and will give a presentation on 'what is a headache?'

Baroness Murphy is Vice-President of the Alzheimer's Society and will give a presentation on the challenges of dementia care and what can be done by government and other organisations. She received a Lifetime Achievement Award from the Royal College of Psychiatrists.

Amanda Cousins has over 35 years of experience within the NHS in operational management, strategic planning and commissioning. She is a freelance consultant in neurological rehabilitation, community therapy and recovery support models. Amanda will present on brain injury rehab.

Pepper The Robot is the first robot with the ability to recognise principal human emotions and adapt his own behaviour. He was used in a study with care home residents, which found they responded positively and saw an improvement in their wellbeing following interaction with Pepper.

Delegates will also hear personal stories from Headway Suffolk clients and families, as well as an update on the charity's services and future from CEO Helen Fairweather.

Tickets are priced at £45 each and are available by contacting Helen Fairweather on 01473 712225 or email [helenmfairweather@headwaysuffolk.org.uk](mailto:helenmfairweather@headwaysuffolk.org.uk).

Headway Suffolk has attracted great interest in its conferences in previous years, with speakers including Prof Stephen Hawking, Chris Tarrant, Prof Robert Winston, Jane Hawking and Dawn Astle.

Headway Suffolk is a registered charity that supports adults living with brain injury, stroke and neurological conditions through an extensive range of rehabilitation and therapy services.

Felixstowe Village and 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.

On Monday 13th February we had a lovely meeting. Mike, from ActivLives, brought some fun games along for us to play. The New Age Kurling is just like the traditional game played on ice but played in our hall using a plastic puck and a plastic target. This can be played from a standing or sitting position so that all can enjoy it. This was great fun and brought out the competitive edge from everyone, plus loads of laughs.

He also brought along the game of Bocchia, which involves two teams trying to get as many beanie balls as close to the jack as possible. This was great fun. Thanks Mike!

This is a small, friendly group who welcome new members so why not come and join us?

We meet on a 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.

WHY NOT COME AND JOIN US?

MEETING DATES 2023

13th March

Chair Based Yoga

3rd April

A visit from Suffolk Family Carers

You are welcome to just turn up or for more information please contact Dennis Weston on 07712672289 / 01473 832591 or [dennisweston.49@btinternet.com](mailto:dennisweston.49@btinternet.com)

## Felixstowe Salvation Army: Serving the Local Community



The Salvation Army Felixstowe

Like many churches, following lockdown we saw a decrease in the number of those attending worship, along with our other activities and events.

Music is a very important part of our worship. Our band and songsters (mixed voice choir) for various reasons saw a decline in membership. With both groups still numbering twenty plus, we are still blessed with good musicians and singers, so both groups still maintain a very high standards of presentation.



Each Sunday at 10.30am both the band and songsters participate and enhance our Morning Worship. Today, the band still features prominently in participating in our outdoor ministry by taking the Gospel message out into the community. So we can still be described as the church on the street corner. Most Sundays throughout the year a group from the band provides the music for our short outdoor service at mid-day at The Triangle — a service for those who for whatever reason don't wish to attend a church.

During the year Felixstowe Band and Songsters often assist other Salvation Army corps in the area, plus supporting other local organisations and churches, as well as participating at civic events. They also present the occasional concert—the next being a free concert on Saturday 1st April at The Salvation Army, to raise funds with a retiring collection for the annual Big Collection to support various community projects.

For more than a hundred years salvationist musicians and singers have served the town and surrounding area, and so today they are still 'serving the present age'.

The photograph below shows members of the Felixstowe Band playing at the recent BBC Radio Suffolk outside broadcast at 'The Triangle'.

## Walton Parish Nursing



Parish Nursing Ministries UK

There is an incredible amount of research looking at the impact of diet on our health and it is the vital first step in the resolution to many problems. The principles of a healthy diet are simple: eat whole,

colourful, mostly plant-based foods, including quality fats and plenty of fibre. The food we eat affects all aspects of our health including our mental health, making us think more clearly as well as protecting us from disease. Simple changes can protect and amplify your body's own defences against ill health and with so many viruses about at the moment, it makes sense to help your immunity. Having a robust and well-functioning population of gut microbes through nourishing our bodies with affordable and accessible ingredients protects and bolsters our ability to deal with infections.

Food is one aspect of our healthcare that we can have direct control of.

What you choose to put on your plate is the most important health intervention anyone can make. As health care professionals we see the outcome of poor diet and lifestyle time and time again: high blood pressure, low mood, chronic pain, diabetes and cognitive decline. Food can be a very powerful therapeutic tool. Food can be the medicine you need.

Walton Parish Nursing is passionate about health promotion and disease prevention. Please feel free to contact either Lorna on 07969901001 or John on 07925255223 or email us at [contactus@waltonpn.org.uk](mailto:contactus@waltonpn.org.uk)

Article provided by Lorna Bellamy





# Active Felixstowe



## Ipswich Skating Club



Do you want to learn to roller skate? Or perhaps you can already skate and are looking to meet like minded people and just skate for fun!

Ipswich Skating Club are friendly, inclusive and multi-discipline club that cater to all ages abilities, offering a number of session across Ipswich and Felixstowe. Our

Felixstowe Sessions are held in Maidstone Road Sports Hall and during the summer we also run social skate sessions under 'The Shed' in Beach Street at Manning's Amusements.

Our Social Skate sessions are held on a Wednesday evening and are for those who are 14 and over that want to practice new skills they have learnt, get to know other local skaters or just simply roll around to some great music! Sessions cost just over £4 for two hours and skates can be provided if you do not have your own! We also have some of our coaching team on hand to be able to help you should you need it. You can attend these sessions up to 3 times without becoming a member of the club!

Our Learn to Skate sessions are held on a Saturday and are much more focused at teaching you the basics of roller skating. We have a skilled coaching team who can help you perfect your skills and progress through the levels. We do this by mixing structure with fun, the first half of the session is focused on developing skills with the second half allowing you to practice your skills independently or join in fun on skate games!

As a club we produce high level athletes who have competed up to international level, across artistic and speed skating and roller - hockey if you'd like to find out more about how you could get involved in this let us know! We also provide grass roots provisions through our Social skate and Learn to skate programmes to people of any age and would welcome working with local organisations to give people access to exercise, the chance to make new friends and enjoy learning a new skill!

For more information on our sessions please visit – [www.skateipswich.com/calendar](http://www.skateipswich.com/calendar) If you'd like to find our more or have any questions then please get in contact via [www.skateipswich.com/contact](http://www.skateipswich.com/contact).

## Suffolk Walking Festival

This year's Suffolk Walking Festival's 16-day programme offers over 70 delightful walks over 350 miles across Suffolk's beautiful landscapes. Walk with an archaeologist in the Valley of the Kings at very heart of an Anglo-Saxon Kingdom. Explore the heart of The Brecks in a unique landscape of gorse-covered sandy chalk soils characterised by purple heathland, tall pines and rare wildlife. Uncover the hidden history of West Stow Country Park. Discover the Island of Secrets on the mysterious Orford Ness. Experience Spring Wildlife at RSPB Minmere. Meet the Blyth Otter Group watching estuary birds at Hen Reedbeds. Learn about the poet Edward Fitzgerald. Spectacular riverside walks include a River Orwell Ramble, a Martlesham Meander, and Waldringfield Wander along the River Deben. You can also try some Japanese Shinrin-yoku Forest Bathing. And there's starlit adventure on a woodland night exploration at Sutton Hoo. The brand new 4 day Challenge Walk will take you through five beautiful medieval Wool Towns in South Suffolk! Back this year are the ever-popular Walk n' Water River trips with a boat in Sudbury; an exclusive walk with Sweep the sheepdog on Orford Ness; a twilight safari in an ancient woodland; and the intriguing stories of ancient smugglers and shipping routes on Dunwich Heath. Lots of walks for everyone, heritage trails, and foraging walks including cream teas. The festival kicks off at Thornham Walks on Saturday 13 May with refreshments and 5 launch jaunts. It then runs every day until 28th May. Tickets are on sale from early March. Visit [www.suffolkwalkingfestival.co.uk](http://www.suffolkwalkingfestival.co.uk) for more details of the programme, sign up to regular newsletters, and your buy tickets early!



## Felixstowe & Suffolk Bowls Club



Situated in St Edmunds Road Felixstowe, its tucked away unseen behind the seafront arcades. The club was started in the 1930's alongside a typically styled clubhouse. In 2021/22 with a very kind, interest free loan from Bowls England, the clubhouse facilities have been brought up to date, these now include new men's and women's changing rooms, new and accessible toilets.

During refurbishment of the small lounge, a fabulous 1930's wooden planked, square form floor was uncovered. Over the years the club has managed to improve the playing surface through the hard work and dedication of the volunteer green keepers. What makes the club unique in Britain are the 'beach huts' surrounding three sides of the central 'green', these create a serenely quiet and peaceful seating area. The fourth side has a tabled patio seating area that's ideal to enjoy a drink from the licensed bar or tea, coffee & bar snacks. It's open every Sunday from midday throughout the afternoon, including after matches, other times including Saturdays are listed at the bar.

Clubhouse rooms are available for private hire & functions either individually or together at very competitive prices. Membership for social members and bowling members is available, you can contact the club via email or simply just drop in, there are usually amiable people around to chat to, 'have a go trials' and introductory sessions are usually free. [felixsuffolkbowls@gmail.com](mailto:felixsuffolkbowls@gmail.com)

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# School News

## New Sixth Form Build

Felixstowe School's Sixth Form has been flourishing over the recent years, with student numbers continuing to grow. Since 2019, when the Head of Sixth Form Mr X. Norte arrived, university applications have increased from 42% of the year to 70%, which shows that expectations and ambitions within Felixstowe are continuously growing and developing, especially within an area which has a low university uptake.

Not only has post-18 aspirations been growing, but the student wellbeing too. With a completely new Sixth Form centre, the school has provided students with the opportunity to study both independently and collaboratively with the new study rooms, as well as building a common room and kitchen in the hope that students will take advantage of this and action the independence given to them into their studies. Access to support from teachers and peers has never been so easy, which has been integral for promoting mental health within the department.

With a new year comes a new cohort of students, subjects and teachers. This year, multiple new subjects have been introduced to broaden the knowledge and horizons for aspirations, with high-quality staff matching to these subjects. This cohort of students is the largest since 2016, with the Sixth Form having grown by 50% between 2019 and 2023. Not only did this improve massively, but results too, where GCSE and A-Level results within the school broke records last year, with everyone who applied for university being accepted onto their course.

Felixstowe School's Sixth Form is definitely one to look out for. With the growing numbers in popularity and success, we can only guess where the Sixth Form will be this time next year.

Grace Wells, Year 12 Student of Felixstowe School's Sixth Form



## Presenting 'Matilda Jr: The Musical'



On 7th, 8th and 9th February, Felixstowe School hosted Matilda Jr The Musical. We were blown away by the talent of the students who performed - they have done their school and community proud. There was singing, dancing and acting that was West End worthy, and I know many of our students in the production will be centre-stage on Broadway in years to come.

I also wanted to take a moment to thank Mrs Pilcher and her team for putting this production together, it requires an enormous commitment: a multitude of after-school rehearsals and incredible organisation to ensure everything runs smoothly.

Mr Jason Wanner, Assistant Head Teacher of Felixstowe School



## A General Update

This year we introduced new music lessons into school. We run several music groups and lessons being taught by Mrs Dalton; here are some examples of the instruments children learnt to play:

The Nuvo Toot - this is a cross between a flute and recorder. Children learnt to play the nuvo toot in a small group.

Guitar - children learnt to play a half sized guitar in small groups.

Piano - children learnt to play the piano in one to one lessons with Mrs Dalton.

We also run a choir in school which children and staff love to join. We are currently learning the songs 'Count on Me' by Bruno Mars, 'Happy' by Pharrell Williams and 'Over the Rainbow'. In lessons with Mrs Dalton, children have used keyboards, ukulele and even spoons!

Also this term we have enjoyed some lovely sharing afternoons where the children have had the opportunity to show their work to their family and take part in some activities with family in class. Year 4 enjoyed some science experiments making bubbles.

Some of our children visited the Persimmon homes site at Trelawney Place before half term to help put their winning posters up around the site. The children took part in a competition to find the best posters to help ensure the new site is clear of litter.

We're looking forward to next term's events too.



The Federation of  
Fairfield and Colneis



## The Federation of Fairfield and Colneis

## Book Worms at the Federation of Fairfield and Colneis

World Book Day is always an exciting part of the school curriculum and this year is no different! Although reading is a golden thread in everything we do across our schools, World Book Day does give us an opportunity to really showcase and share in the enjoyment and magic of reading. Not only do children get to dress up in book themed costumes, they also spend the day experiencing lots of stories and opportunities to read.

Our 'drop everything and read' sessions are very well received and when the bell rings children will pick their books up and dive in.

Fostering a love of reading is an integral part of our work and we are always delighted to see the way our children respond to days such as this.

Mr Mark Girling, Headteacher of The Federation of Fairfield and Colneis





# Your Community Stories

## Local Elections Are Approaching

Local Elections will take place on 4 May 2023.

### Have you registered to vote?

To vote in the local elections on 4 May, you must be registered to vote by 11.59pm on Monday 17 April. It only takes a few minutes: [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote).

### You Must Have Photo ID to Vote

If you're voting at a polling station in the local elections on 4 May, you will need to bring photo ID, such as a passport or a driving licence.

If you don't have a passport, don't worry! Other forms of photo ID can be used, including a Blue Badge, bus pass, proof of age card and more.

You can check what ID can be used at [www.electoralcommission.org.uk/i-am-a/voter/voter-id/accepted-forms-photo-id](http://www.electoralcommission.org.uk/i-am-a/voter/voter-id/accepted-forms-photo-id).

And if you don't have any photo ID, then you can apply for free voter ID instead before 25 April: [www.electoralcommission.org.uk/i-am-a/voter/voter-id](http://www.electoralcommission.org.uk/i-am-a/voter/voter-id).

### Postal Votes

If you're registered to vote, you can apply for a postal vote now – whether it's because you'll



be unable to attend the polling station due to holiday or work commitments, or simply because it is more convenient to you: [www.electoralcommission.org.uk/apply-vote-post](http://www.electoralcommission.org.uk/apply-vote-post).

### Proxy Votes

If you are registered to vote but are unable to get to your polling station on 4 May, you can apply for a proxy vote where you can get someone you trust to cast your vote for you.

Find out more information and download an application form at [www.electoralcommission.org.uk/apply-vote-proxy](http://www.electoralcommission.org.uk/apply-vote-proxy). Proxy vote applications must be returned by 5pm on Tuesday 25 April.

**DO YOU KNOW A COMMUNITY HERO?**

**NOMINATE THEM FOR A CIVIC AWARD!**

You can find a nomination form at: [felixstowe.gov.uk/civic-awards](http://felixstowe.gov.uk/civic-awards)

**DEADLINE:**  
**31 MARCH 2023**

**FELIXSTOWE TOWN COUNCIL** Send nominations to [sue.faversham@felixstowe.gov.uk](mailto:sue.faversham@felixstowe.gov.uk)

**Felixstowe in flower**

**With your support, we can make Felixstowe in Flower 2023 our best and brightest year yet!**

**Sponsor a tub or basket!**

Every year, Felixstowe Town Council provides floral planting for tubs and baskets, which are erected around the town. If you are a local, reputable business, or a resident looking to support a bright and floral Felixstowe, you can sponsor a tub or basket by contacting [sue.faversham@felixstowe.gov.uk](mailto:sue.faversham@felixstowe.gov.uk)

**Do you have green fingers?**

Why not enter one of our Felixstowe in Flower competitions and try your luck at winning one of our coveted trophies, presented at the annual Felixstowe in Flower Awards Ceremony?

There's a category for gardens of every kind! From hanging baskets to gardens big and small, find out more about the categories at [felixstowe.gov.uk/felixstoweinflower2023](http://felixstowe.gov.uk/felixstoweinflower2023)

**Whether you're a keen gardener, a school, an allotment-owner, or a local business, there's something for everyone to get involved with!**



## Remembering Cllr Graham Newman



Members and staff of Felixstowe Town Council, Suffolk County Council, local dignitaries and representatives from across the community and county came together for a Civic Memorial Service for Cllr Graham Newman at St. John's Church

on 25 February. Graham sadly passed away on Wednesday 28th December after a short illness. The Mayor of Felixstowe, Councillor Sharon Harkin, said:



*"We have all lost a wonderful colleague and a wise, passionate voice in our local democracy. Felixstowe has been Councillor Newman's home for 30 years and Graham truly served Felixstowe tirelessly, as a town councillor since 2009, becoming Mayor in 2014/15, and again in 2018/19. He was incredibly proud to represent his ward as a Conservative Councillor and was hugely energetic as an advocate for the Town. Graham was very conscientious at Council meetings and his contribution was greatly valued and I can't imagine future meetings without his deeply knowledgeable and constructive input. He was a great and wise mentor to new Councillors and Mayors too, offering guidance and encouragement. He was also enthusiastic about transport, particularly rail travel. He had an impressive knowledge of the wider transport issues and served as Chairman of Felixstowe Travel since 2016. He was also Chief Ambassador for Visit Felixstowe and could often be found manning the tourist Information beach hut on the seafront. We will miss Councillor Newman greatly. Our thoughts and prayers go out to his wife Jan and his family at this very sad time."*

Graham was born in Epsom, Surrey and moved to Felixstowe in 1992, having worked for some time at the BT offices located then at Anzani House. Graham was first elected to the Town Council in 2009 and was also a long-serving Member of Suffolk County Council.

## Felixstowe Town Council Supports Local Pop-Up Shops



To support those who are struggling to afford food in the face of the cost-of-living crisis, Felixstowe Town Council has allocated £10,000 of funding to a number of Pop-Up Shops operating in the local area. Situated at BASIC Life Charity, Christ Church, St Phillip's Community Hub, Parish Pantry at St Edmund's Church and the Felixstowe branch of the Salvation Army, the Pop-Up Shops offer a bag of groceries and other household essentials for £2.

Judy Jones, manager of the Old Felixstowe Pop-Up Shop said:

*"The funding from Felixstowe Town Council for the Old Felixstowe Pop-up shop has allowed us to provide fresh fruit and vegetables each week"*

## Your local NHS wants to hear from you!

The NHS organisation that oversees health and wellbeing care on our behalf, wants to know what particular support we need, or would like to have, to enable us all to lead a healthy and fulfilling life AND what would help us to live safely and independently as we get older.

In Felixstowe and its surrounding area, taking into account the current increase in housing, our population is also growing significantly and ageing, so our local NHS and social care providers will be facing an increased demand for their services.

We know that sometimes we need to be admitted to our nearest acute hospital in Ipswich for specialist care but, often, health and wellbeing services can look after us closer to home. We want to hear from you the type of support and services you'd like to see provided locally, so that your local NHS can try and set up those services in the most efficient way possible to meet your needs. Please use the secure email address below to share your thoughts and ideas. Write as much as you like and include any questions you may have. Submissions will be treated anonymously, and we will collate responses and relay to the NHS organisation Suffolk and North East Essex Integrated Care Board.

Contact email address: [FxPPGs2023@gmail.com](mailto:FxPPGs2023@gmail.com)  
Thank you!

Representatives of your Felixstowe Surgeries' Patient Participation Groups





### Celebrating the Coronation of King Charles III

The Coronation of King Charles III as the King of England will take place on **6-8 May**. However you are planning to celebrate this momentous occasion, we want to support you. Felixstowe Town Council are offering small grants to support street parties and other celebratory activities in Felixstowe.

Whether you're decking your street in bunting and celebrating with the neighbours, baking something red, blue and white for the family, or you have other plans, email [debbie.frost@felixstowe.gov.uk](mailto:debbie.frost@felixstowe.gov.uk) by **31 March 2023** to find out how we can support you.

The 6-8 May will be a weekend filled with celebration. Find out how to organise and register a street party, for details about the Coronation Concert, and to download a Coronation Big Lunch Pack or a Coronation Toolkit, visit [www.coronation.gov.uk/get-involved](http://www.coronation.gov.uk/get-involved).

In recognition of the Coronation Ceremony, Suffolk County Council will waive its road closure fees for residents planning a street party between **Saturday 6 May 2023 and Monday 8 May 2023**. The application deadline for Resident led street parties and Local authority/charity-led Coronation Celebrations/Events is Sunday **2 April 2023**. You can apply via a digital form at [www.suffolk.gov.uk/roads-and-transport/the-coronation-of-his-majesty-king-charles-iii](http://www.suffolk.gov.uk/roads-and-transport/the-coronation-of-his-majesty-king-charles-iii).



# Landguard Open Day

**Landguard Fort | Felixstowe Museum | Landguard Nature Reserve  
Felixstowe, Suffolk**

**Saturday 18 March 2023, 11.00am-3.00pm**



**What's going on at Landguard in 2023? Come down and have a look!**

Join us for a cuppa and a quick pre-season visit to see how you could get involved in everything that's going on

across the Peninsula. There is no admission charge, and a complimentary tea, coffee and biscuits await.

Have a little look around and chat with some of our great team of friendly volunteers. There are so many things that we



are doing and so many things that you might enjoy helping with. As much or as little of your time as you can spare can make a big difference - it's all really valuable to us!



**We look forward to seeing you at Landguard - it's a very special place.**



**[www.discoverlandguard.org.uk](http://www.discoverlandguard.org.uk)**



# Felixstowe in flower

Do you have green fingers? Why not enter our **FREE** Felixstowe in Flower competitions?

Entering is easy, with trophies and prizes presented to the winners and runners-up at our illustrious Felixstowe in Flower Awards evening. To enter, please return this form to the Town Hall by the **30 June 2023.**

I wish to enter the following competitions:  
Please 'X' all appropriate boxes.

**Residential Competitions (open to private homes and non-business gardens):**

- |  |   |
|--|---|
| <input type="checkbox"/> Private Front Garden: Best Floral Container | <input type="checkbox"/> Town Centre: Best Floral Container |
| <input type="checkbox"/> Private Front Garden: Best Planting Scheme  | <input type="checkbox"/> Floral Balcony                     |

**Commercial Competitions (open to all Felixstowe businesses and community groups):**

- |   |   |
|---|---|
| <input type="checkbox"/> Commercial Premises: Garden                | <input type="checkbox"/> Residential Home: Best Floral Container  |
| <input type="checkbox"/> Commercial Premises: Non-Garden            | <input type="checkbox"/> Hotel/Guest House: Best Floral Container |
| <input type="checkbox"/> Commercial Premises: Best Floral Container | <input type="checkbox"/> Public House: Best Floral Container      |

**Open to all:**

- |  |   |
|--|---|
| <input type="checkbox"/> Creative Arrangement <b>*NEW*</b> | <input type="checkbox"/> Seaside Theme  |
| <input type="checkbox"/> Best Use of Colour                | <input type="checkbox"/> Best Newcomer  |
| <input type="checkbox"/> Best Sustainable Planting         | <input type="checkbox"/> Tallest Sunflower Competition (grown by any child under 16 years of age) |
| <input type="checkbox"/> Coronation Theme <b>*NEW*</b>     |   |

**GOOD LUCK** to all entrants!

**Don't forget to fill in your details!**

**Name:**

**Telephone:**

**Address:**

**Email:**

Why not enter one of our **NEW** competitions?

