

Autumn

Issue 18

The Seasonal Magazine
for Felixstowe Residents

2023



FELIXSTOWE
TOWN COUNCIL



The Tour of Britain - 2023 Green Flag Award - Grants Deadline
Love Felixstowe - Your Community Stories - Our Environment



**Tickets
£20pp**
Plus service fee

**Canapés &
Cocktail On
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**Midnight
Toast**



31ST DECEMBER

**NEW YEAR'S EVE
DRAG BINGO PARTY**

AT LA VIDA SHOWBAR
ABOVE BEACH STREET FELIXSTOWE
IP11 2DN

**STARRING CHELSEA FRANCIS
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**OUR FREE ENTRY CHRISTMAS DATES
ARE ALSO AVAILABLE VIA THE WEBSITE**

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Welcome to the Autumn Edition!

Begin this edition's column by sharing the extremely sad news of the death of Felixstowe Town Councillor, David Underwood, who passed away on 17th August, aged 75, after a short battle with cancer. David was an exceptional person – a man of great integrity and wisdom who had really immersed himself into the community since moving to Felixstowe with his beloved wife, Wendy. His passing is a loss to us all, most especially Wendy and their family, including two young grandchildren, to whom I extend sincere condolences. Please read our tribute to David on page 7.

In brighter news, what a month September has been so far for Felixstowe. The brand-new Love Felixstowe Festival, organised by the Felixstowe BID, brought entertainment, street food,

music, films and fun to Felixstowe's seafront over a fabulously sunny early September weekend. This Felixstowe first coincided with the return of Art on the Prom, the much-loved event, showcasing the bounty of local artistic talent. It was wonderful to see Felixstowe so busy, with residents and visitors alike. The 2nd-7th September were a fitting showcase of everything that Felixstowe has to offer – from creative talent, brilliant business, fantastic food and, of course, a beautiful beach – especially on a sunny day!

Later that week, Stage Five of the Tour of Britain surged through the town. Felixstowe has a proud history of hosting nationally significant cycling events, with the conclusion of The Women's Tour in 2021, and what a privilege it was to host The Men's Tour this year. The 7th September event saw crowds rattling their cowbells as they cheered the cyclists across the line. Congratulations to former champion, Wout van Aert, a deserving winner of our host stage!

Although summer is all but over, there is plenty more to look forward to in the coming months too. Whether you're taking a trip to Landguard Fort for their spooky Halloween spectacular, supporting the local arts and music scene, or getting involved with one of Felixstowe's many marvellous community groups, the Autumn 23 edition of the magazine is packed with information about everything to expect locally across the upcoming three months.

I was recently proud to host a successful Civic Reception at the brilliant Sea You Café. The evening provided the opportunity for my four chosen charities, BOOST Felixstowe, Felixstowe NCI, Felixstowe Coast Patrol and Rescue and Pushchair Pitstop to talk about their invaluable work in Felixstowe, and their fundraising plans for the year ahead. Felixstowe NCI gave attendees a tour of Martello Tower P from which they conduct their operations, and Felixstowe Coast Patrol and Rescue had their lifeboat on site. You can read more about the four charities on the following page. Why not join us for our Charity Quiz Night on 29 September? Email admin@flxparish.co.uk to secure tickets for your team. You can find more information on the poster below. If you can't attend an event in-person, but you would still like to show your support, you can scan the QR code on the following page to donate online.

Finally – we want you to have your say in the future of Felixstowe by providing your feedback to shape Felixstowe Town Council's Business Plan for 2024-28. See below for more info.

Cllr Seamus Bennett

Mayor of Felixstowe 2023-24

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 you would like to submit an article for consideration in the next quarterly edition (**1 December - 29 February**), please email holly.miles@felixstowe.gov.uk by **15 November**

If possible, include hi-res images/photos and your group's logo. You don't have to send a fully-written article – bullet points or a few notes are fine to help point us in the right direction – but it must be no longer than 250 words. We will aim to cover many different articles from issue to issue and will seek to offer a fair and equal representation for community groups throughout the town. Sometimes articles may have to be edited, shortened or dropped altogether.

Advertising

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

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

Photo credit: With thanks to SWPix and Mike Bowden for cover photo and images on pages 14 & 15, Stephen Squirrel for various header images and Daisy Tadjrishi for her photo of the Tour start on page 14.

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.

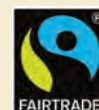
Phone: **01394 282086**

Email: enquiries@felixstowe.gov.uk

Address:

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

www.felixstowe.gov.uk



Felixstowe is a Fairtrade Town

HAVE YOUR SAY ABOUT FELIXSTOWE

Felixstowe Town Council is asking residents to join in the conversation to say what's important and help identify the priorities for the town ahead of developing the Town Council's Business Plan for 2024-28 and setting future budgets.

The Town Council is the first level of local government providing the community with a democratic voice and a structure for taking community action. The Town Council raises its own budget primarily through a small part of the Council Tax bill, to improve community well-being and provide better services. There are things we must do, things we can do and things we cannot. For an idea of what the Town Council and your other local government authorities do, please see page 5, or visit our website: felixstowe.gov.uk.

Cllr Seamus Bennett, Mayor of Felixstowe, said: *"This is your chance to say what you want the Town Council to do in the coming years. We need you to tell us what matters most to you so we can make sure we plan projects and spend public money effectively to meet those needs."*



We always welcome your ideas so please email us at community@felixstowe.gov.uk
Or call 01394 282086 to let us know your thoughts

Meet the Mayor's Charities

The Mayor of Felixstowe for the year 2022-23, Cllr Seamus Bennett, is supporting four chosen charities, Felixstowe NCI, Felixstowe Coast Patrol and Rescue, Boost Felixstowe and Pushchair Pitstop. You can read more about each of the four charities below.

Look out for charity events over the year ahead, soon to be advertised. From quiz nights and murder mysteries to sponsored swimming and bike rides, there's plenty of opportunity to have fun and to show your support at the same time.

Can't attend an event? You can donate to the Mayor of Felixstowe Charity via Stripe, by scanning the QR code with the camera on your mobile phone.



NCI Felixstowe (Coastwatch)



NCI is an entirely voluntary organisation which provides the Eyes and Ears Along The Coast. NCI Felixstowe operates from Martello Tower P on Felixstowe's South Seafront where they keep a safety eye on nearly 4 miles of coastline from Landguard to Felixstowe Ferry. Working as a Declared Facility of HM Coastguard, they spot incidents, plot where they are and report them to Coastguard. Coastguard deploy Search & Rescue assets and very often then use NCI to guide them to the casualty. In the course of doing this, many lives have been saved over the years. NCI work closely with Coastguard, RNLI, police and all emergency services to ensure public safety along our shores.

NCI is funded entirely from donations to local stations, who use the monies for their stations, for equipment purchases and renewals and general running costs. It costs over £7,000 a year to run the station, so they rely on local support which comes in many forms from companies, local businesses, sponsored events as well as individual donations from members of the public. No matter how big or small, all donations are immensely appreciated and allow NCI to continue here in Felixstowe. NCI Felixstowe is thrilled to have been chosen by our Mayor, Seamus Bennett, as one of his 'Mayor's Charities' for this year. A major new project for NCI in Felixstowe is to have a camera on the Pier to allow them to see along the busy town beach. This is currently in plan as soon as funds can be raised.



Boost Felixstowe



Boost Felixstowe was launched in August 2000 by a number of churches, seeking to support young people in and around Felixstowe live 'life to the full'. Since 2014, Boost has 'pioneered partnerships between faith and education', running a successful school chaplaincy partnership with Felixstowe School. Boost provides safe spaces, clubs and pastoral support to hundreds of young people each year, especially through difficult circumstances, such as bereavements. Our chaplain is present in the high school every day, and available for all students and staff unconditionally- whether it's for regular support or intervention, or a one-off conversation. Chaplaincy is designed to support the whole community through all the ups and downs, and we're encouraged that more schools are interested in introducing chaplaincy to support their students and staff.

This service is funded by Boost, independently of the school, with fantastic feedback from staff and students alike.

Felixstowe Coast Patrol and Rescue.



Formed in 1997 and based in Felixstowe.

We are Felixstowe Coast Patrol and Rescue. Run by unpaid volunteers with support from personal donations and valuable sponsorship from local business. We cover an area from Orford in the North to Walton on the Naze, River Stour, Deben, Orwell and The River Alde. Our crews patrol during weekends and bank holidays between April and November each year. We operate 'Last Orders'. An ocean going Humber RIB fitted with all the required navigation safety equipment, With Radar a FLIR Camera and a range of 100miles. We are a FOUNDED MEMBER of NILA a group recently formed to represent the 50 independent lifeboats that operate around the UK.

We deal with marine safety incidents either as we come across them or when we are tasked to them by other agencies. We work closely with HM Coastguard, NCI, and the RNLI, When not on operational deployments, our crews also visit local schools and other groups to promote sea safety and responsible use of the water. New Volunteers are always welcomed. If you have some boating experience that is great but not always necessary. We would train to the required standards to operate as crew anyway. Shore support is growing to be a valuable addition to the group. Helping to Launch and recover the boat assisting at our base, and a growing demand for us to attend shore-based events to promote and educate water safety at schools or along our coastline.

If you are interested, please email mail@felixstowecoastpatrol.co.uk

Pushchair Pitstop

Pushchair Pitstop is a volunteer run - donation-based service located in St Edmunds church, Langer Road, Felixstowe, where you will find everything, you need for babies and children for FREE. Everything we have has been donated to us for free by the public, so therefore everything we have is given away for free!

Pushchair pitstop was born with one simple vision in mind - helping the local community. There is NO criteria to use our service, and everyone is welcome with no judgements or questions asked. What began with just a few boxes of baby clothes, very quickly flourished into the successful little charity it is today - with no other like us. Not only do we house baby clothes... but we also stock items such as buggies, nappies, milk, toys, books, games, blankets, shoes and electricals, our clothing size now ranges from maternity to adults and new this year is our Pitstop Pantry (free food for all!)

We also hold several free events throughout the year including our annual Summer and Christmas parties. In the last 12 months Pushchair Pitstop has gone from strength to strength... and will continue to do so with HUGE thanks to our wonderful team of volunteers, and of course every single person that donates to us. Our current opening times are Mondays, Wednesdays & Fridays 9am-12pm and alternate weekend days 10am-2pm. Please see our Facebook page for more information.

Who Do I Talk to About...?



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

- The office of the Town Mayor, Deputy Mayor and Mayoral arrangements.
- Awarding grants to support local community groups 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.
- Allenby Park and Gosford Way Parks.
- Floral bedding at The Triangle and seafront.
- Felixstowe's Civic Awards scheme.
- Supporting the town's Twinning and Partnership arrangements with the German towns of Wezel and Salzwedel.
- Felixstowe Youth Forum.
- Funding the Christmas Lights (supported by the Lions Club of Felixstowe).
- Representation on local planning applications, strategic planning and consultations.
- 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 Suffolk County Council Registrar, open to the public for meetings and 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.
- Annual funding and contribution to key local service providers including Felixstowe Volunteer Coast and Rescue Patrol Service, LevelTwo Youth Project, Felixstowe Forward, Citizen's Advice and the Landguard Fort Trust.
- Felixstowe Cemetery and its gardens of Rest.

Call 01394 282086 or visit
www.felixstowe.gov.uk



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

- 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
- Housing needs
- Maintaining the resort of Felixstowe and the provision of the beach huts
- Maintenance of Felixstowe's public parks, open spaces and place areas (in conjunction with East Suffolk Norse)
- Public car parks and parking enforcement
- Licensing, Environmental and Port Health
- Leisure Services (in conjunction with Places Leisure)
- Street cleaning

Call 0333 016 2000 or visit
www.eastsuffolk.gov.uk



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

- Highways (except motorways and Major A roads, which are the responsibility of Highways England)
- Education and Libraries
- Social Services
- Trading Standards
- Public transport
- Fire and Rescue Services
- Waste and recycling centres
- 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

Call 0345 606 6067 or visit
www.suffolk.gov.uk

Town Councillors 2023

Mayor of Felixstowe: Cllr Seamus Bennett

Deputy Mayor of Felixstowe: Cllr Mike Deacon

Walton Ward

Amanda Folley *

amanda.folley@felixstowe.gov.uk
07852 147 440



Mike Deacon *

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01394 211146



Margaret Morris

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01394 274345



Central Ward

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07838 215 964



Seamus Bennett * **

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Jan Candy *

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Bernard Price

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Steve Wiles **

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South Ward

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Port Ward

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Marc James

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David Rowe

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Michael Sharman

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01394 213071



Corrine Franklin

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07960 722 333



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

13 September	Civic & Community	7.30pm
20 September	Planning & Environment	9:15am
20 September	Assets & Services	7.30pm
4 October	Planning & Environment	9:15am
1 November	Planning & Environment	9:15am
8 November	Ordinary Council	7pm
15 November	Planning & Environment	9:15am
22 November	Assets & Services	7.30pm
29 November	Planning & Environment	9:15am
6 December	Finance and Governance	7.30pm

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

For further information please telephone 01394 282086 or email enquiries@felixstowe.gov.uk.

Contacting Council Staff

Phone: 01394 282086 (all staff)

Email: enquiries@felixstowe.gov.uk

Address:

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

Website: www.felixstowe.gov.uk

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

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

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

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

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

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

Janine Smith – Assets & Services Officer
janine.smith@felixstowe.gov.uk

Your Community Stories



Felixstowe Fairtrade Forum



It has been a busy couple of months for Fairtrade in Felixstowe. In July we celebrated the birthday of our treasurer and stalls organiser, Iris Allsopp (pictured here with Fairtrade Ted) – still going strong at 90! If you would like a visit from Ted contact secretary@felixstowe-fairtrade.org.uk.



We also met up with the other eight Suffolk Fairtrade towns for a conference in Woodbridge, addressed by Mike Gidney, the chief executive of the national Fairtrade Foundation. He explained how the Fairtrade movement was helping small-holders in the developing world, particularly women, diversify from basic crop production, to create new opportunities for themselves and their communities. In a rapidly changing world, the knowledge and expertise of small-holders will be vital.

At the conference we were pleased to learn that Woodbridge has now regained its Fairtrade Town status, following support from neighbouring Fairtrade towns, including Felixstowe. The conference was organised by SAFT (the Suffolk Association of Fairtrade Towns) and we will be working with them over the next 18 months to focus on promoting Fairtrade to young people in Felixstowe and across the county.

To find out more about SAFT visit www.suffolkfairtrade.org.uk. The site has links to a wide variety of teaching resources, many of which feature Kenyan tea farmer, Patrick Kaberia, the SAFT Patron, who visited Felixstowe in 2016 as part of a tour organised by the Fairtrade Foundation. You can also register on the site as a Suffolk Fairtrade supporter.

Lion's Club Christmas Lighting Up Day



Are you a singer or a band?

We are looking for music for our flagship Christmas 'Lighting Up' afternoon in the middle of Felixstowe on 2 December.

We are searching for performers to do a 15-25 minute set of predominantly Christmas material (though it can have non-Christmas material interspersed).

The stage and sound system will be in place – all we need is for you to turn up and perform!

If you are a solo singer and would require backing tracks or accompaniment, you can bring your own, or talk to us about this – don't let it put you off!

Please send an email to john@gooch83.co.uk with a brief description of your act and a link to a live recording of a demo that you have previously made.

For more information about Lions of Felixstowe please see our web page for more details felixstowelions.org.uk or you can email us at felixstowelions@gmail.com.

Felixstowe Wesel Association



A welcome return by our friends from the Wesel Carnival Association



taking part in Felixstowe's fabulous carnival parade and the Cadets and Leaders from the Wesel Fire Service spending their one week summer camp here in Peewit Camp site. Carnival Prinz Andre and Prinzessin had a busy programme including an early morning swim in the sea with Mayor Seamus, time to meet members of the Felixstowe Wesel Association and a day trip to Norwich. The Cadets timetable took them to Colchester Zoo, Duxford, Aldeburgh and boating on Thorpness Mere, visits to local fire stations and time to explore Felixstowe. Next up will be our long weekend trip for Members to take part in the October Hansefest celebrations in Wesel and preparations for the 50th anniversary celebrations in 2024

For more information email infowesel50@btinternet.com or go to www.felixwesel.onesuffolk.net

Photos - T. Garrett-Moore and R. Holland

Remembering Cllr David Underwood



Council is deeply saddened by the death of Cllr David Underwood, who passed away on 17 August 2023 following a short illness. Cllr Underwood served as a Felixstowe Town Councillor in the South Ward after he was successfully elected in the 2023 May Elections.

Cllr Seamus Bennett, Mayor of Felixstowe, said: "David was an exceptional person – a man of great integrity and wisdom who had really immersed himself into the community since moving to Felixstowe with his beloved wife Wendy in 2020

– he had, for example, become a greatly valued and effective governor of Langer Primary Academy, his neighbourhood school. David and Wendy previously lived in Godmanchester (near Huntingdon) where David had been a Councillor, as well as Mayor. When he moved to Felixstowe he set about using this experience to work for and represent his local community, especially the Langer / Sea Road area. In the May 2023 local elections he campaigned harder than anyone I know, going door-to-door to get to know and listen to residents' concerns. His hard was rewarded with a seat on Felixstowe Town Council, representing South Ward. In his two months as a Member of the Town Council he gained wide respect for his understanding of the issues, his passion and his integrity. His attendance was exemplary until he became unwell, despite the challenge of being increasingly seriously visually impaired. He put himself forward to sit on several outside bodies, including Felixstowe Travel Watch, to advocate for the those with visual and other impairments. There was much more good David wanted and had the ideas and energy to do – his passing is a loss to us all, most especially Wendy and their family, including two young grandchildren, to whom I extend sincere condolences."

Languard Fort



Shiver me timbers! Join us on 16th and 17th September when a motley band of pirates, smugglers, cutthroats and wenches take over the fort for a weekend of reenactments and displays featuring The Sheppey Pirates.

On the 30th September the 95th Rifles will be at the fort re-enacting this elite regiment of the Napoleonic era – cooking and eating authentic rations and practicing the drills and tactics that were refined on the battlefields over 200 years ago.

On 25th October the Trick or Treat Evening allows families to explore the spooky fort - and if you dare knock on the special 'Trick or Treat' doors... who knows who will answer? There will also be live magic and circus skills with Tommy's Entertainment, plus Halloween themed displays and refreshments. Children are encouraged to come in their best fancy dress with prizes to be won. This event is suitable for children aged 3-12 years.

The Little Fort of Horrors returns on Friday 27 and Saturday 28 October with the 'Carnival of Screams'. Roll up, roll up... to the greatest show of them all. Take a tour of the Kamiński Carnival's storerooms and props, plus meet face-to-face with some of the artists. Twisted magic, death-defying acrobats, freak show favorites... and not your average type of clown. A scary night of shocks and surprises as you scream your heart out with our live actors, special effects and spooky atmosphere at one of the most haunted places in Britain.

Nicola Barker, General Manager of Languard Fort said "From the jump scares of the Little Fort of Horrors to the more gentler chills of our new Trick or Treat Evening, this Halloween we can't wait to send a shiver down your spine with our events for both adults and children".

For more information and to book tickets please visit www.landguard.com.

New Activity Park Opens

Development of a new seaside leisure site has reached new heights with the opening of its activity park area, featuring climbing walls, sports equipment and games. The new Activity Park – open in time for the school holidays – forms part of a wider project to regenerate an area of land between Sea Road and the Promenade, in Felixstowe. When fully complete, the Seafront Village will also feature 27 traditional-style beach huts, provided by East Suffolk Council, as well as a single-storey accessible hut, built from self-insulating panels and capable of being split into smaller rooms, or accessible beach chalets, for hire.



The area will be entirely re-landscaped, with ramp access and fully accessible public conveniences with changing facilities. As well as a cluster of climbing walls, the new activity park features concrete table tennis tables, pétanque piste, accessible picnic benches, chess tables and an outdoor space for workouts. Free table tennis coaching sessions are also set to take place from 4pm-5pm every Thursday and Friday throughout August, led by Xtra Time Sports Development.

CLL Seamus Bennett, Mayor of Felixstowe and Assistant Cabinet Member for Communities, Leisure and Tourism at East Suffolk Council, said: "On behalf of Felixstowe Town Council, I'm delighted to see the opening of our new activity park on the South Seafrost."

"This exciting new facility will enhance our Blue Flag beach area and add an innovative new dimension to Felixstowe's great seafront attractions."

Beach huts currently under construction at the Seashore Village development are now available to purchase. The development forms part of wider investment in the South Seafrost area, where the Martello Park has delivered new homes, a play area and new car parking facilities, while East Suffolk Council also invested in the development of an award-winning contemporary café, the refurbishment of two public shelters, the long-term maintenance of an historic Martello Tower and improved access linking the pavement along Sea Road and Orford Road to the beachfront.

Felixstowe Carnival



There's always so much to enjoy: the traditional procession, incredible live music, artisan craft fair, fun family entertainment, tasty food and drink, an exhilarating funfair and of course the fabulous fireworks finale. Oh – I forgot the dinosaurs! That's not a typo, there were dinosaurs!



Everyone had a wonderful time despite the erratic weather. The Friday night Proms Night concert with Swing Machine and Charlene Jean was a smashing start to the Carnival Weekend. Saturday saw the great procession travel through the centre of Felixstowe with thousands of people lining the streets to watch. We also had VIPS from our twin town of Wesel in Germany. Sadly the heavens opened Saturday afternoon and we ended early with a samba conga line. Sunday was brighter; we had a whole day of live music and entertainment with a packed crowd. The entire audience got up to dance when Kiss the Teacher our Abba Tribute performers came on stage. The weekend finished with an explosive firework display off the pier.



A tremendous amount of organisation is involved in putting on the Carnival Weekend from a dedicated group of volunteers, but we all work together and seeing the smiles on peoples faces makes it well worth the effort. The Carnival is entirely funded from donations, sponsors, advertising and other events.

This year we collected about £6,500 from donations over the weekend but the whole event costs over £40,000 so your donations are absolutely vital. Thank you to everyone for a wonderful weekend and we look forward to doing it all again next year: 19th, 20th, and 21st July 2024.

If you want to know what's involved behind the scenes, or are interested in volunteering with us, come along to our AGM – details to be confirmed shortly.

More details and photos at www.felixstowecarnival.org

Article provided Hilary Wilkinson



OFCA celebrates 50th Anniversary

This year is a historic year for the Old Felixstowe Community Association as we celebrate our 50th Anniversary. My thanks go to Gillian Barnett who has been researching the history of the Association, a synopsis by Gillian can be found below.



In July 1973 the inaugural meeting of the Old Felixstowe Community Association, formed of local residents, was held in the Parish Church. The plan was to use the Parish Hall, which was built by the Prettyman Family for the use by the residents of Old Felixstowe.



The Parish Hall, which is still in use as the main hall of the Centre, was fairly basic with an outdoor lavatory and a cold water tap.

Four years of hard work followed with planning applications, fund raising and endless form filling before the Centre opened

in 1977. By then the old hall had been refurbished, toilets, coffee lounge, kitchen, office and games room had been added.

As the use of the Centre grew, an extension to the main hall was added in 1983 and in 1989 an extension to the games room completed the building programme.

By now there was a diverse array of clubs and organisations using the Centre on a daily basis, from table tennis to flower arranging, line dancing to lace making, many of which are still meeting today. If you want to keep fit, make new friends, learn a new skill or just have someone to talk to there is something here for you.

Perhaps one of OFCA's biggest successes is the monthly Community Market. After a suggestion put forward by Rita Stanley, soon after the Centre opened, the first market was held on November 19th 1977 organised by Mrs Stanley and Wyn Brackley who went on to become Mr Market for many years. A stall to fundraise for OFCA was manned on the first market by the then secretary Margaret White and has continued to fundraise ever since. Popular for the variety of goods available each month and the chance to catch up with friends over a cuppa, the Market has gone from strength to strength. Over the years volunteers have put up and taken down tables, manned the OFCA stall, served hot drinks, savouries and cakes and tidied up afterwards.

Once a year a Summer Fair is held, at which the organisations who use the Centre put their talents to use to raise funds for the Association. Another very successful fundraiser is the Christmas Card Delivery Scheme which has been delivering Christmas cards throughout Felixstowe, Walton and The Trimleys for many years.

In June 2015 the Association was proud to become a Charitable Incorporated Organisation which will make it easier to reclaim tax and gain access to guidance on Charitable matters.

More recently the Association was able to offer a Warm Room during the winter months for the use of anyone struggling to heat their homes due to the dramatic increase in fuel costs.

Fast forward 50 years and the Old Felixstowe Community Association is still flourishing with the Centre in constant use and a Newsletter delivered to the many hundreds of members every two months.

Run for and by its members, it is something of which to be very proud.

I too am extremely proud to be involved with the Association and would like to take this opportunity to thank all the volunteers past and present who have dedicated their time to the Association.

Article provided by Celia Page, Chair

Rotary Club



We pride ourselves in the fund raising we do and below gives another example of where the money goes.



Felixstowe is so fortunate to have to have the tremendous amenity of Landguard Nature Reserve on its doorstep. And we in the Rotary Club of Felixstowe are very pleased to have been able to fund equipment for the education area which is used by visiting schools and groups to learn more about the habitats, plants and wildlife.



Here we see Leonie Washington, Landguard Ranger, and Paul Griffiths, the club first vice president.

At a recent lunch meeting of the Rotary Club of Felixstowe president Dougie Pipe had

the pleasure of presenting Barry Churchman with a certificate and a letter of congratulations from R.Gordon R.McInally president of Rotary International celebrating 50 years' service in Rotary.

Barry recalled that when he joined Rotary back in 1973 his first charity fund raising event was the Three Peak challenge in which Barry and a number of Rotarians walked to the summit of Ben Nevis, Scafell Pike and Snowdon in 36 hours. In Barry's 50 years of service he has seen many changes but the support of good causes both locally and internationally remain to this day.

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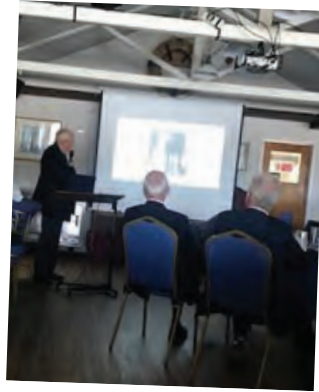
Felixstowe Master Mariners



The Felixstowe Master Mariners Club meets on the third Tuesday of each month at Felixstowe Ferry Sailing Club

for a lunch provided by local caterer DG Catering - info@dgcaterers.co.uk followed by a talk by an invited speaker.

The talks have recently included presentations by Club Members, Nigel Lingard and Captain Peter King.



Nigel gave a very interesting talk about the evolution of the Cruise Industry in general and his part in the conversion of the ferry "Black Prince" launched in 1966 as a Ferry, to a full time cruise ship 20 years later. Some interesting facts about the cruise industry today were divulged and Members were fascinated by what Nigel had to say.

Peter's presentation was more sombre, as he explained the role his parents had in their evacuation from Burmah and the destruction of oil fiends and infrastructure belonging to the Burmah Oil Company, for whom Peters father worked, to prevent the installations falling into the hands of the advancing invading Japanese army invasion in 1942. This was a moving and very personal talk which had members totally absorbed.

The object of The Club is to foster professional comradeship among Master Mariners and those with Nautical interests and to use any excess funds to support local maritime related charities in an atmosphere of high traditions, good manners, smart dress code, cordiality and friendship.

New Members are always welcome and Membership details and further information can be obtained from the FMCC web page www.mastermariners.uk/index.html

Picture show Captain King giving his talk on Tuesday the 18 July 2023.

Felixstowe TravelWatch



On a lovely summer day in July, our celebrations to commemorate the

125th opening of the Town Station were bigger and better than we could have hoped for, with many local groups and individuals involved as well as ourselves. The Felixstowe Society's and Felixstowe Museum's archives of station photographs, the Orwell Hotel (it was their 125th birthday the same day) Greater Anglia and the local Community Rail Partnership, the children and staff from Langer Academy primary school, Brownies from Derby Road and Colin's scale model railway layout, Felixstowe Radio and more, all contributed to the successful day.

Large numbers of the public came to the station and to the Orwell Hotel in the afternoon. From the local community were our Mayor Cllr Seamus Bennett and our Member of Parliament Dr. Therese Coffey and representatives from Greater Anglia. Special thanks to the East of England Co-operative Society for permission to use the original station building. Photographs show the Mayor cutting the celebration birthday cake and a lineup of some of those involved. Article provided by Richard Holland

A Sporty Summer Term for Felixstowe School



This term has been a busy one at Felixstowe School, with various sporting events taking place

over the summer term calendar. The Summer Sportathon saw students across the school taking part in all kinds of sport for 24 hours, raising a total of over £4,000 for charity. Being one of the most anticipated events of the year, students found themselves challenged both mentally and physically, as they worked together in teams led by our sixth form students to help their team win at the end of the day. Activities included football, rounders, kin ball, a water fight and more.

This term has also seen our annual Sports Day, with Stradbroke house winning the trophy. From javelin to shotput and more, students from all years took part to help their house win points in the morning, for the all important decider in the afternoon - the significant track events. With all students and staff gathering outside on the field, everyone waited eagerly, cheering on their house representative in the relay and 100m races. Only one house could win, and that was Stradbroke - winning the most points and also having the loudest and most supportive crowd in the afternoon. Sixth form students also took part in individual races - including the three legged race - and the day came to a close with the sixth form / staff relay, where sixth form students took the victory against the PE department and other sporty staff members in the school. A successful day saw key teamwork and leadership skills within the school, with all years uniting for one sole cause - winning the trophy.

Felixstowe School's Sixth Form recently took part in the Inter-Trust Sixth Form Challenge, competing against other schools in Unity - where our sixth form took home the trophy in our first time entering the competition. One of these challenges was a physical challenge, where students had to work in a team to complete and solve tasks, putting their sporty skills to the test in order to secure an all important victory for the sixth form. It has been a sporty end to this academic year, and we are looking forward to seeing the sports develop next year too.

By Grace Wells, Year 12 Student of Felixstowe School

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Bawdsey Radar is encouraging new volunteers on Heritage Open Day!



This Heritage Open Day, Bawdsey Radar will be throwing open the doors for visitors and we'd love to meet potential volunteers too, who might want to visit and find out more about getting involved. On Sunday 17 September, entry to the museum will be free for everyone, with members of the volunteer team available to for a chat about all things Bawdsey Radar if you're interested in getting involved. Volunteering isn't about having lots of knowledge about radar, it's about wanting to make a difference, meet new people, share your passion and give something back.

Our volunteer Sue says:

'I enjoy my volunteer days as the museum is such a pleasant place and talking to the visitors is a highlight. It is lovely to see and hear the children having a good time. Visitors and volunteers are well looked after. I feel valued as a volunteer, making new friends, learning new stories and facts and our manager is a great support to everybody.'

There are plenty of roles to choose from, from transcribing documents and caring for our collections to helping out in the museum or maintaining our lovely site. Come along on Heritage Open Day to visit and if you're interested in volunteering to find out more about what Bawdsey Radar can offer you and how you can get involved with sharing the story of radar at RAF Bawdsey and beyond'.

A New VIP Venue for Felixstowe

East Suffolk's newest Visitor Information Point (VIP) has opened its doors on Felixstowe seafront.

Known as 'The Fisherman's Hut,' the new volunteer-run venue takes its name from a fishmonger's business which formally occupied the site, just north of Felixstowe Pier, on the Promenade.



The new purpose-built venue, provided by East Suffolk Council after fire destroyed the vacant former building in 2019, will offer visitors a range of promotional literature and information relating to the town of Felixstowe and the immediate surrounding area. The Fisherman's Hut will be open seven days a week, weather permitting, from 11am to 3pm, operated by volunteers in support of Visit Felixstowe, the official tourism brand for the town, managed by the Felixstowe Business Improvement District (BID). Two smaller volunteer-run huts have stood on the prom, opposite the Town Hall, since 2016. Cllr Seamus Bennett, East Suffolk's assistant cabinet member for Communities, Leisure and Tourism, as well as Mayor of Felixstowe said: "This is a really welcome addition to the seafront and will provide a valuable source of information to visitors.

"It's both eye-catching and in keeping with the seafront scene, giving new purpose to the site of the old Fisherman's Hut.

"Our thanks go to the dedicated local volunteers for their commitment to its future success."

Visitor Information Points can also be found in Aldeburgh, Beccles, Bungay, Halesworth, Leiston, Lowestoft, Oulton Broad and Southwold, while Woodbridge and Felixstowe libraries are home to tourist information and East Suffolk customer service points.



Felixstowe Chamber: Learning and Growing

We have had a busy few months, as we have been planning our events programme and providing networking and training opportunities up to the end of this year.

We are thrilled to report that we now have 74 Chamber members, representing all the vibrant business sectors across our town, from haulage, logistics and shipping, to HR, recruitment, travel and tourism.

We have also been pleased to welcome a wider membership from our all-important retailers, both independent and High Street, and we urge as many of you as possible to engage with us and find out how we can help you to grow your business and increase your sales.

We will be hosting our next event this month – a Safari Networking Experience at @Inc. Felixstowe, 87 Hamilton Road on Tuesday 26th September 2023, from 9am to 11am.

This networking adventure is all about redefining how we connect and collaborate, embracing a fresh approach. 15-minute conversations with randomly assigned small groups, against @Inc. Felixstowe's dynamic backdrop, will create a sense of camaraderie among peers in a small business setting. Whether you're a member or not, everyone is welcome to join us on this journey of fast-paced business 'speed dating'! We also hosted our first training sessions for 'Supporting Mental Health (For Managers in SMEs)', in conjunction with Suffolk Mind, in early August at Felixstowe Library. This free two-day session – worth £230 RRP – provides key business people with the practical tools and confidence to support others and to feel confident enough to have open and productive conversations about mental wellbeing and self-care with their teams. Chamber Committee member Julie McCracken reported back from the first day of the course:

"The day was well-structured and the content was interesting, very relevant and enjoyable. We completed exercises in groups and shared our learning and how we might apply it in the workplace – focussing specifically on our own various work settings.

"The trainers were welcoming, with a nice, relaxed sense of humour. The group and general environment were also warm and engaging. I'm looking forward to the final day."

We will also be hosting a very exclusive 'Networking Breakfast and Tour of the Port of Felixstowe' on Tuesday 12th October, from 8am to 10.30am.

Popular View Point Café will be opening early to welcome our Chamber reception, and members and non-members can mingle with each other over a full English breakfast (or vegan and vegetarian alternatives).

Port Customer Relations Manager, Debbie Coe, will be taking Chamber guests on a fascinating tour of the UK's busiest container port, which handles some 48% of the nation's containerised trade, and will be sharing amazing facts and figures with us all, as we are escorted by the Port Police around this unique site on an executive coach, provided by Felixstowe Travel.

Places are limited to a maximum of 40 and we are expecting this rare behind-the-scenes opportunity to sell out quickly (valid photo ID required).

If you would like to attend any of our upcoming events, sign up to training courses or become a Chamber member, please contact our Business Officer, Amanda Oliver, at amanda@felixstowechamber.co.uk.

We are always on the lookout for exciting new venues to showcase in and around Felixstowe – for both breakfast and evening networking – and for sponsors for our events, so please do get in touch if you have any suggestions.

www.felixstowechamber.co.uk

Emergency First Aid at Work

Emergency First Aid at Work (EFAW) training is essential for businesses to ensure workplace safety. This training equips employees with vital skills to effectively respond to medical emergencies at work.

Chamber members enjoy a 25% discount.

Contact amanda.oliver@felixstowechamber.co.uk to book your spot for the event on October 4th, 2023.

DO YOU HAVE A BRIGHT IDEA TO BENEFIT FELIXSTOWE?
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MORE INFORMATION AND AN APPLICATION FORM CAN BE FOUND AT WWW.FELIXSTOWE.GOV.UK/GRANTS

BRIGHT IDEAS TO BENEFIT THE COMMUNITY



Felixstowe Town Council offers occasional grant funding to local community groups and organisations with a bright ideas to benefit the community.

Whether you're looking to improve your operations, the working conditions of your staff, or to provide activities, opportunities and vital services to local residents, if you have a plan that requires extra funding, visit felixstowe.gov.uk/grants to fill out an application form before 30 November 2023.

Please email all completed application forms to debbie.frost@felixstowe.gov.uk.

In need of inspiration? You can read about examples of previous projects supported by Felixstowe Town Council's occasional grant funding below.

FACTS Bus Felixstowe Upgraded Workspace



FACTS were grateful to be the recipient of a generous £2,000 grant from Felixstowe Town Council to help us replace broken or tired office equipment. These upgrades have allowed us to become more efficient, and provide a better environment for our staff and volunteers. We have been providing accessible transport for the Felixstowe community for over 30 years, and our base at Garrison Lane Car Park is the hub of our operations for our office staff and volunteers.

Felixstowe Town Council's grant has allowed us to purchase a brand new colour LaserJet 3 in 1 printer. Our previous laser printer was purchased in 2010, and was well overdue replacement. The new printer, which has photocopy and scanning functions is much more efficient, and which has greatly helped in our efforts to digitise our older records. The purchase of a laminator has given us the chance to create more durable reference documents for our buses, as our volunteers go out in all weathers to provide our services. Having newer, reliable technology has helped operations to run smoothly.

We have also been able to purchase new office furniture, including ergonomic chairs, which have greatly helped to reduce physical strain. We have also been able to acquire new storage solutions, allowing us to streamline our office activities, as well as completely restructure our storerooms.

Felixstowe Ferry Sailing Club Wet-Wear for Everyone



Felixstowe Ferry Sailing Club (FFSC) is delighted to be able to offer on the water activities to a wider scope of people thanks to the support of Felixstowe Town Council Mayors Grant which enabled the club to purchase buoyancy aids in a wider range of sizes. Sizes of Junior and Adult S to XXXL will allow all to get afloat at FFSC 'Try Sailing' Open Days held each year and also as part of the RYA approved Sailing and Powerboat courses that are run through the Training Centre. With the season fast approaching now is the time to get involved, especially with new kit now available. Join us for one of our 'Try Sailing' Open Days or book a course and jump on the water in one of our brand-new buoyancy aids! Learn the basics of boat handling, sailing theory, boat tuning, seamanship and racing. Sail safe and in style. After gaining experience through our sailing courses, as a club member you are able to hire club boats (Laser, Dart 16, Laser 2000) for club sessions and your own sailing adventures. With hire boats available, monthly membership payments and a selection of wet-wear available, we are truly breaking down the cost barrier to entry of water sports! FFSC provides great leisure and competitive sailing at all states of the tide from the River Deben in Suffolk on the East Coast. Our club has been the host of many National Championships for classes such as Fireflys, 505s, Dart 18s and is well known throughout the catamaran sailing community. 'Sailing in Company' is a growing weekend fixture within the club - Sailors explore the river and coast, from Felixstowe Pier all the way to Wilford Bridge in Melton.

Landguard Nature Reserve Volunteer Workshop



Prior to being awarded funds from Felixstowe Town Council, Landguard Nature Reserve volunteers had been restricted to working outdoors only, as there was no suitably equipped space to facilitate indoor tasks. This resulted in working party cancellations when the weather was unfavourable and prevented volunteers participating in the preparation of materials for tasks prior to organised working parties. The FTC Occasional Grant award facilitated the purchase of workshop items such as workstations, shelving, and storage. With these new items, the Ranger has been able to furnish part of the garage to create a safe indoor workshop space, that enables volunteers to join the Ranger in task preparations, work under cover and participate in additional volunteer opportunities. Since receiving the grant and creating the space, volunteers have assisted with activities and special projects such as building bat roost features to create a hibernacula on site, working on art projects, processing timber, build bug box carcasses, maintaining tools and preparing signage for bird cordons. Charity Registration number: 1198844 The new space has been much utilised, especially during November 2022, which proved to be a very wet month. During this time volunteers were still able to assist with the Reserve's activities, rather than being advised of last-minute cancellations as has happened in previous wet periods. The provision of an indoor workspace will greatly assist with the retention of volunteers as we are now able to offer opportunities throughout the year as well as enabling volunteers to participate in more varied tasks and provides a space that allows the Ranger to work more efficiently. Future projects that will utilise the new space include, timber processing to construct bat boxes, Shelduck boxes, wildlife camera housing, barriers and railings and notice board refurbishment. The support of the Felixstowe Town Council and the granted award to further enable the Nature Reserve's engagement with volunteers and continued conservation work is greatly appreciated.

Sun Shines On Love Felixstowe Festival's First Year



Families from around the county flocked to the seaside earlier in September for the first Love Felixstowe festival, including the return of the town's popular Art on the Prom.

More than 90 artists and craft makers lined

the promenade from the pier to the Spa Pavilion marking the first outing of the much-loved event since a change of leadership and Covid halted it four years ago.

Now run by Ipswich-based Art Eat Events, organiser Iona Hodgson said: "We are proud to be reinstating this community-driven event and wish to thank everyone who took part in making it a huge success. We hope to return every year with a wonderful array of affordable arts and crafts from local talented creatives."

Felixstowe based artist, Alaco Doyle said: "The good weather brought art lovers out in droves. Business has been incredibly good while everyone soaked up the sun and happy atmosphere."

The seaside art show was just one event in a packed weekend schedule, at the start of the Love Felixstowe festival taking place at venues throughout the town.

Activities on offer ranged from a beachside cinema to pop-up food demonstrations in the town centre, as well as bands and entertainers at Beach Street, The Triangle and 'The Front' at the bottom of Bent Hill.

The six-day Love Felixstowe festival also featured Led Rides with Kwarem Travel, business sessions and events at @inc in town and after parties popping up from La Vida, The Grosvenor pub and Bencotto in the town. The festival is something the BID has been planning for some time with East Suffolk Council and Felixstowe Town Council, and the opportunity to combine festivities with the Tour of Britain inspired a plan to make a 6 day event.

Felixstowe BID manager, Kate Cain, said: "We wanted to celebrate what Felixstowe and its businesses have to offer and our first Love Felixstowe festival is on track to being a roaring success. With the sun shining

on Art on the Prom plus lots more going on around the town, we hope to build on this for the future. We really want to make this a regular event for the town."

Dozens of families made the most of a free outdoor cinema on both days which screened family classics including Mamma Mia and Moana while face painters were on hand to add glitter to the proceedings.

Greenhouse cafe owner, Alice White, which hosted a pop-up restaurant by the pier, said:

"It was a brilliant weekend and so lovely to see so many local businesses pulling together to celebrate Love Felixstowe. We are looking forward to it becoming an annual event."

Sunday also saw an aerobatic display over the sea by pilot Mark Jefferies in his monoplane the Extra 330SC.

Felixstowe resident, Caroline Corker, said: "It was lovely to have so many visitors coming into Felixstowe and enjoying a beautiful two days. It was so well organised and has to be a regular event. Viva Felixstowe!"

With family-friendly fun on day 3 with a mobile skatepark at Beach Street, as well as circus lessons, and footie sessions with the Ipswich Town Football Club Foundation at the Beachside Events Area.

The festival culminated in stage five of the Tour of Britain with cyclists gathering before crowds in the sun at the Beachside Events area before making the 120-mile round-Suffolk leg from Sea Road.

With bike art, bike-based competitions and opportunities to run bike based events, businesses around the town were encouraged to take part and get into the free-wheeling spirit, while home-owners on the route were encouraged to decorate their bikes and houses to welcome the race.

"We're asking anyone who took part or visited and particularly local businesses to complete the event surveys: it's our first year and we need to learn what worked and what we need to consider for future events" said Kate Cain. It was a lot of hard work, and I am particularly indebted to East Suffolk Council's Sarah Shinnie and Community & Co's Liz Baalham for their hard work.

Kate Cain and Iona Hodgson also praised local businesses Goldstar Transport and Aquabridge Law for sponsoring Art on the Prom. If your business is interested in 2024 sponsorship, get in touch: manager@felixstowebid.co.uk



TOUR OF BRITAIN 


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TOUR OF BRITAIN & LOVE FELIXSTOWE

IN PICTURES

The brand-new Love Felixstowe Festival, organised by the Felixstowe BID, took place from 2-7 September 2023, shining the spotlight on local businesses and offering street food, street entertainment, music cooking demonstrations, workshops and more, with something for all the family to enjoy. The Love Felixstowe Festival coincided with the much-loved Art on the Prom to showcase the talent of local artists.

On 7 September 2023, Felixstowe hosted Stage Five of the Tour of Britain, a multi-stage cycling race. Stage Five started and finished in Felixstowe, travelling through Kesgrave, Ipswich, Hadleigh, Needham Market, Stowmarket, Framlingham, Leiston, and Woodbridge.



Did you watch the Tour of Britain or join in with the Love Felixstowe fun?

You can share your thoughts on the success of Stage Five of the Tour of Britain by completing a short, spectator survey, here: www.tourofbritain.co.uk/race-fans-we-need-you-take-our-2023-spectator-survey

You can share your feedback on the brand-new Love Felixstowe Festival at the following link: www.eu.surveymonkey.com/r/LoveFelixstowe



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Summer 2023 at Landguard



Oh, what a whirlwind of excitement this summer has brought to Landguard Nature Reserve! The days of summer have been abuzz with energy, as this cherished haven of wilderness marked its 50th glorious year.

Landguard Nature Reserve made its dazzling debut at the renowned Felixstowe Carnival. The festival's heart raced to the rhythm of the Reserve's very

pulse. A remarkable sight it was, as the Reserve's electric vehicle and trailer, dressed to the nines, paraded through the streets. Bedecked with a mesmerizing tapestry of scenes portraying the Reserve's diverse landscapes and charismatic wildlife, the entry evoked awe at every corner. Local artist extraordinaire, Soren Bone, wove her magic into four magnificent panels that depicted the Reserve's hidden gems – from the tranquil learning garden to the mysterious bat sanctuary, from the sprawling grasslands to the intriguing tank traps, not forgetting the iconic Landguard Point. But that's not all – the entry came alive with the whimsical touch of young artists from Colneis Junior School who cleverly created many colourful sea creatures. A colossal octopus, a mischievous spider, and a winsome seal danced in harmony, accompanied by a swirl of sparkling jellyfish umbrellas. The streets of Felixstowe transformed into a playground of imagination, as the Carnival-goers revelled in this vibrant tapestry of nature's marvels and immersed themselves in the captivating procession of splendid floats.

July's enchantment paved the way for August's grandeur, as the Reserve's 50th-anniversary celebration continued. A special Birthday Wildlife Discovery Day awaited, drawing families and nature enthusiasts into its embrace. Along the Willow Wildlife Sculpture Trail, a menagerie of awe-inspiring creatures came to life. A life-sized seal seemed poised to dive into the wild unknown, while a giant spider spun tales of mystery. A whimsical fox, masterfully crafted by local weaver Tracy Barritt-Brown, winked mischievously from its leafy hideout. The trail, a treasure map of imagination, guided visitors on a journey of discovery, weaving knowledge with adventure. There were mini-beast life cycles to explore, and under the guidance of the Ranger, a grand bug abode arose, a testament to shared dreams and teamwork. As the sea breeze carried giggles, marine mysteries were unravelled with British Divers Marine Life Rescue. Treasures of the sea, brought forth by the waves, met curious hands thanks to the intrepid Beach Bonkers. Feathered friends revealed their secrets with members of the Landguard Bird Observatory, while Caz Cockroft's nature crafting added artistic flair to the day. Local beekeeper Heather Carter whispered the secrets of honeybees, and the Coast Patrol team proudly showcased their vessel. Amidst giant floor games and the touch of JoJo's magic brush, faces blossomed with colours that mirrored the vibrant world around them.

Under the warmth of the sun, Landguard Nature Reserve's 50th year celebration was transformed into memories, as visitors of all ages revelled in the wonders of the wild.

A heartfelt thank you extends to all who contributed to making these events so special.

Felixstowe Community Nature Reserve



Felixstowe's Community Nature Reserve and our partners have had an amazing summer. We're also looking forward to some exciting new events in the autumn. One of our favourite highlights from the summer was the encouraging news that the Suffolk New College wildlife garden looks amazing!

Lots of our members donated plants, seeds, bird feeders and much else to help the wildlife garden to get started. We want to thank our Schools Ambassador, Gill Atacocugu for letting us help Suffolk New College. We are also excited to be linking up with the Chill Yard youth project in Orwell Road. We've begun to support the Chill Yard by helping them to install some swift nesting boxes. We also plan to help the Chill Yard to install sound systems for swift calls in those nesting boxes. We have also arranged support from Chris Keeling to help the Chill Yard to develop a green roof on part of their premises. That work will continue into the autumn.

Our climate justice work is also being shared around the UK.

Felixstowe's Citizen Science Group is also looking forward to an exciting autumn. They have been invited to make two presentations to the European Citizen Science Association. So this will be an autumn in which Felixstowe's profile in Europe takes a huge step forward.

To learn more about the work of Felixstowe's Community Nature Reserve, and our colleagues at Felixstowe's Citizen Science Group, please visit their Facebook pages. Article provided by Dr Adrian Cooper

Felixstowe Allotment Association



The last article submitted and printed was kindly provided by my wife,

this one however is my own creation.

Allotments are hard work, there is no disguising that fact especially this year with far from normal weather conditions. In truth, given the way our planet is going, it's more difficult to accurately predict our weather which can frustrate those who, like me, grow their own fruit and vegetables. Early in the growing season we here in Felixstowe endured days if not weeks of a northerly wind which just stunted most early planted vegetables. We then saw extended periods of dry spells resulting in hours spent with watering cans just to keep plants alive. I decided not to use my garden hose this year as without doubt this is a costly and not very effective way to water plants. It's my view we should seek to mulch and retain any moisture in the ground with compost, manure, grass cuttings etc rather than stand over them using hundreds of gallons of what is chlorinated drinking water. That said, as I sit preparing this brief article in early August I am watching the rain fall again, very like the previous month. Interestingly the fruit grown this year has been excellent with tenants bemoaning the fact that they have run out of freezer space for raspberries, strawberries and gooseberrys, to name but three. My plum tree is so heavy with fruit I'm having to support some branches to keep the plums off the soil.



The photograph here shows a small selection of the fruits of my labour. I chose not to collect the cauliflowers or marrows or french beans much to the relief of my wife.

Felixstowe Garden Club

Since the Summer magazine, Felixstowe Garden Club have enjoyed a day trip to RHS Wisley in June and held our 43rd Annual Show on 15 July – photos attached and appear on our Facebook and website page.

Annual Show membership offer - £10 until January 2024 - we welcome visitors/ future members to our meetings (£5 per visit – cash on the door, deductible from membership if you join). As you can see, we have some excellent speakers for your enjoyment:

- 12 September – Andrew Brogan – Henstead Exotic Gardens
- 10 October – Michael Perry AKA Plant Geek – House Plants and Mini Autumn Show
- 14 November – Marc McHearne – Beth Chatto's Garden Past and Present
- 12 December – AGM and Christmas Party

Come along to our friendly club - enjoy our speakers (we're happy to receive suggestions), enter some exhibits into our Mini Autumn show, enjoy a free cuppa with friends whilst having a go on our garden related raffle.

Please contact Jayne Steele, Secretary for more information on 01394 211739, Facebook or our website About Us » Felixstowe Garden Club (onesuffolk.net).

Meetings are held every second Tuesday of the month at 1900 at Old Felixstowe Community Centre, Ferry Road, Felixstowe IP11 9NB.



Felixstowe Men's Shed (FMS)



The Engineering Section have converted a bicycle to battery-power that performs over and above expectations. A simple kit was all it took and a knowledgeable member who has produced an elegant and efficient powered bicycle.



Following a request from 'Pushchair Pitstop' a local charity which donates items to people in need, FMS have made four Tombola prize wheels to boost their fund-raising efforts. The Felixstowe Community Hospital League of Friends asked for renovation of their three garden benches. No simple matter given their condition but now the hospital has brand-new looking benches back in use for staff, visitors and patients. We produced another replica 1940's style speaker for Landguard Fort's Naval Plotting Room and over 70 Bat Boxes have been made for the Suffolk Bat Group which will be installed across Suffolk. All these projects show just how our Shed contributes across the community. Members also pursue their own interests with woodturning proving popular. We have two lathes but are always seeking bigger and better machines as skills improve. Are you ready to join our merry band? You must be over 18 and willing to follow our safe-working protocol. All genders welcome.

We are located at Unit C, 158 High Road, Trimley St.Mary, IP11 0TN. We're open 10.00am – lunchtime on Tuesdays and Thursdays, Saturday 9.00am to noon.

Further information and details showing past projects can be found on Facebook and www.felixstowemensshed.org.uk - Submitted by Tony Allen/ Steve Harding

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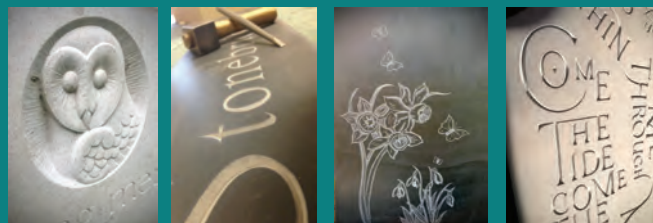
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Friends of Felixstowe Seafront Gardens



We are a small, friendly group of volunteers who enjoy gardening. We meet each week on a Wednesday morning at 10am. We work in a different area of the gardens each time, from the gardens at the Town Hall to the gardens near Cliff House. The gardening team from East Suffolk Services Ltd give us guidance, support and their help is invaluable.

We have recently been busy deadheading, weeding and pulling out the bindweed in the Rose Garden, prepping the Ivy Terrace area for The Suffolk Remembers evening, weeding and trimming the edges of the Fuchsia Beds and tidying Pram Walk.

If anyone is interested in joining us or need more information please get in touch via email: sfgvolunteers@gmail.com or come along and chat to us when you see us gardening.

Green Flag Award



Two green spaces in East Suffolk have been officially recognised as being amongst the best in the country after receiving a Green Flag Award.

Both Felixstowe Seafront Gardens and Woods Meadow Country Park in Oulton Broad have been awarded the international quality mark for parks and green spaces. This is the eighth consecutive year that Felixstowe Seafront Gardens has received the Green Flag award. The award for the Victorian cliffside park follows East Suffolk Council's four-year restoration project, launched in 2011, to return the Grade II listed green space to its former glory as part of a town-wide regeneration programme. The award has been given to Woods Meadow Country Park for the first time, following its creation in 2019. Cllr Seamus Bennett, Mayor of Felixstowe said: "It's great to see the Green Flag flying over Felixstowe Seafront Gardens for the eight consecutive year. This beautifully lit coastal green space, cared for by the Friends of Felixstowe Seafront Gardens, is treasured year-round by Felixstowe residents and visitors alike. The Award confirms and celebrates what a special place it is." The scheme, managed by environmental charity Keep Britain Tidy, under licence from the Department for Levelling Up, Housing and Communities, recognises and rewards well-managed parks and green spaces, setting the benchmark standard for the management of green spaces across the United Kingdom and around the world.

Litter-Free Felixstowe



Litter-Free Felixstowe is a Community Interest Group of volunteers. For us to live in a clean, litter-free town we need the involvement of as many people as possible to be involved. We

need the help of residents and visitors to spread the message; clear up old litter and educate on the impact of litter on wildlife, particularly in the sea.

The last few months have been busy with visits to most of the local schools in the area: Colneis & Fairfield, Felixstowe, Grange, Langer, Kingsfleet, SET Felix and Trimley St Mary. Providing presentations to assemblies was a great way of taking the message to a large number of children and we were also asked to give a talk to KS1 pupils in Capel St Mary Primary School in Ipswich. The feedback was really positive and by providing equipment to the schools, thanks to a Council grant, it is hoped that litter-picking will become a positive activity around the premises and beyond.

FELIXSTOWE ENVIRONMENT AWARDS 2023

Time to nominate...

Do you know an individual (adult or child) in Felixstowe who cares for wildlife, our community & the Environment and also inspires others? We also want to hear about eco-friendly schools, businesses and organisations making a green impact in our town.

- Tell us who you think deserves to be recognized with an Environment Award by 30 September 2023
- Send your nomination (up to 250 words) to litterfreefelixstowe@gmail.com
- Ceremony will take place in November



This year, for the first time, Litter-Free Felixstowe took a float Felixstowe Carnival. We to be part in this great community event and at the same time promote the aims of the group. Although we have supported the Carnival in recent years, we felt it was important to raise our profile by decorating a lorry (thank you to Port Express for supplying it). The collective skills of a number of volunteers and several brownie/rainbow groups created the cardboard and paper props for our 'Under the Sea' scene from 'Little Mermaid', in keeping with the overall theme of the Musicals. The idea was to highlight the need to keep plastic from our beautiful oceans. It was an uplifting to see so many making colourful costumes and thank you to everyone who entered into the spirit of the occasion. The response from the crowd along the route was fantastic with music provided throughout by our friends at Suffolk Sound Radio.

We will continue to come together to raise awareness and have fun working with individuals and other groups to care for our town. Why not join us? Contact Litter-Free Felixstowe on Facebook or litterfreefelixstowe@gmail.com on email.

Art and Music

WAMFest Felixstowe: A fanfare finale for 2023



WAMFest, the popular Felixstowe-based celebration of women in the arts, will be back in October with a packed agenda of music, dance, literature and much more.

For the second time this year, WAMFest will provide a platform to showcase the exceptional talents of local artists across three venues in the town – @Inc in Hamilton Road, Harvest House and the Grosvenor pub.

WAMFest will kick off on Friday, October 13 with an evening of music @Inc before a day-long celebration on Saturday. The Saturday morning session will be in the town centre and promises fun and frolics with a Samba band, musicians, and the chance to have a go at Flamenco dancing and join an art workshop. The action will then shift to Harvest House where there will be sessions with established and emerging authors and female voices will fill the beautiful Palm Court. Saturday night will see WAMFest take over The Grosvenor pub with an exciting line up of musicians including some WAMfest favourites alongside women of all ages supporting the event for the first time. Visual artists and makers will also be represented with an art bazaar at Harvest House and a month-long exhibition at Illuminate at Brightwell Barns. Organiser Laura Locke said she was thrilled that so many talented artists have come forward to be a part of the festival and showcase female talent.

“We are excited to be back; it is always such a pleasure to bring women together to celebrate their creativity and provide top quality entertainment right here in Felixstowe.

“Our aim has always been to build a sustainable, annual event promoting equality and diversity and while the final line of up artists is yet to be confirmed, we can promise a wonderful showcase of female talent.

“We are very grateful to Felixstowe Town Council and the Port Community Fund for their support and look forward to delivering an exciting festival for everyone.”

Full details of the line-up will be published on the WAMfest website www.wamfestfelixstowe.art with regular updates on social media.

The Dorian Singers



The Dorian Singers start rehearsing for our Christmas Concert on Wednesday 13th September at 7.15pm at Trimley St Martin School. If you would like to join the choir, why not come along to the first rehearsal

where you will receive a warm welcome. There is no audition to join the choir but an ability to read music would be helpful. We will be rehearsing a selection from Britten's "A Ceremony of Carols" and some of the well-known choruses from Handel's "Messiah".

The programme will also include some popular carols for the choir and well-known carols for the audience to sing.

Article provided by Dr Brian Latchem

Pier Projects

Pier PROJECTS

We are delighted to share news that our new artist-in-residence for 2023-24 is Dana Olărescu.

After an open call for applications, Dana has selected to work with Pier Projects and Felixstowe residents as part of 'Views from Convalescent Hill': a programme of activity exploring the history and heritage of rest, care and wellbeing in the town and surrounding area.

Dana will be working alongside Felixstowe Museum, The Hold (Suffolk Archives) and hopefully, you! Please check our website for more information and ways to get involved.

The artist expressed her excitement about learning more about this fascinating history both from personal stories and archival material whilst connecting - or highlighting differences in approaches and experiences - within Felixstowe today;

“I am thrilled to have the opportunity to work on this incredible project which will allow me to research Felixstowe's health-based heritage individually and learn about alternative histories from community members. It will be a privilege to inquire whether heritage can help us re-imagine our contemporary health services.”

Dana is a socially-engaged artist working across performance, installation and social design. She will share a deep interest in the theme of community health, experience of working collaboratively with local groups, and personal experience of health-based therapies having grown up by the seaside in Romania. Recent works include a temporary installation across The Thames Barrier (Power In, 2023) and an experiential food festival (Reimagining Nelson, 2023).

You can find more about Dana's work on her website www.danaolarescu.com



Two Sisters Arts Centre



Two Sisters Arts Centre opened in the now redundant church of St Mary's Trimley (opposite The Mariners Pub) in April 2019 – and in spite of the pandemic in 2020/21, the ongoing legacy of COVID and the cost of living crisis, continues to go from strength to strength,

In April this year they celebrated their fifth year anniversary with a specially commissioned art installation by local wicker artist Tracy Barritt-Brown. Entitled Words and Music – two life sized wicker people now sit permanently in the window of the building to welcome in both audience and performers alike.

Two Sisters is a 'pocket venue' in that its maximum capacity is 80 – yet it continues to punch above its weight welcoming national and international artists as well as providing a platform for local talent and a home to local not-for-profit community theatre group Black & White Productions.

Although located in Trimley St Mary, the Arts Centre is dedicated to serving the whole of the Felixstowe peninsula and has provided a venue to many

Con't Page 20

Cont. from 19

local events including WAMFest, The Felixstowe Book Festival and the Felixstowe Maritime Festival.

It is not in receipt of regular funding but relies on small occasional one off grants to supplement the income from the Box Office, the licensed bar and subscriptions from its small but loyal group of 'Friends'. It is run by a dedicated group of volunteers led by its founder and Artistic Director Suzanne Hawkes, who with Bar Supervisor Alison Miller (ably supported by her husband David), and Building's Manager Alan Dix work extremely hard to bring a variety of talented music and drama groups to the area as well as regularly hosting Felixstowe Cafe Poets, Folk & Roots, arts workshops, improve workshops and literary events.

Autumn sees a whole host of interesting things on the programme including the return of internationally acclaimed guitarist Nic Meier to open the season on 1st September, David Hare's two hander The Breath of Life, R&B from Howlin' Matt, local folk group the White Horse Brawlers, classical quartet Quattro Amici, local jazz group Stacks of Sax, touring drama Piaf and much loved soprano Christina Johnson with a Xmas Special on December 16th.

More information can be found on their website twosistersarts.co.uk

Tickets are available from www.ticketsource.co.uk/two-sisters-arts-centre or can be reserved by phoning the Box Office on 01394 279613



Art on the Prom Returns



Over 90 artists and craft makers showcased their work at this year's Art on the Prom in Felixstowe. The long-awaited return of this long standing event took place on Sunday the 3 of September and was a wonderful day-long celebration of creativity and community.



The event was located in its usual place along the promenade from the Pier to Spa Gardens on a beautiful, sunny September day. The arts and crafts were accompanied by a program of walkabout artists, entertainment, and street food for the Love Felixstowe, a brand-new local festival that coincided with Art on the Prom that same weekend.

The event was made possible by huge financial and organisational support from the East Suffolk Council, Felixstowe BID and Felixstowe Town Council as well as generous sponsorship from two local businesses Goldstar Transport and Aquabridge Law.

"Without the generous support from local organisations, the return of the event in 2023 would not have been possible. Art Eat Events are proud to be reinstating this community driven event and wish everyone who takes part huge success. We hope to return every year and urge the public to visit and enjoy what promises to be a wonderful array of affordable arts and crafts from local talented creatives."

Iona Hodgson, Event Producer, Art Eat Events



Music In Felixstowe



After a busy spring and summer we are preparing for the colder months. We round off the summer with our annual Last Night of the Proms and follow on with a mixture of music to suit everyone, starting 2024 with a Viennese concert back at the Orwell Hotel. We also continue the popular Wednesday lunchtime concerts at the Orwell. Take advantage of the local FACTS bus to come to these concerts 01394 282857. Look out for our new autumn/winter brochure and if you'd like one delivered please join our mailing list. Our contact details are below.

Saturday September 30th at 3.00pm St John's Church Last Night of the Proms

Felixstowe Festival Orchestra with the Felixstowe Community Choir and guest soloist young mezzo soprano Marie Elise Lau Tickets £18 includes wine - children free

Sunday October 15th at 3.00pm St Andrew's Church "Flute Trio" Haydn, Weber and Martinu Anna Noakes flute, Harriet Bennett cello, Jonathan Rutherford piano Tickets £15 children free

Wednesday October 25th at 12 noon Orwell Hotel Library "The John Parker Jazz Trio" John Parker, Simon Hurley, Andy Staples Tickets £12 children free

Sunday November 5th at 3.00pm St John's Church "The Haverhill Silver Band" Award winning 30 piece band Tickets £16 includes wine children free

Wednesday November 22nd at 12 noon Orwell Hotel Library "Octave - a Capella Singing Group" Tickets £12 children free

Sunday December 10th at 3.00pm St Andrew's Church "Christmas Brass and Choir" The Seckford Brass Ensemble and Felixstowe Community Choir Tickets £16 children free

Wednesday December 20th at 12 noon The Orwell Hotel Library "Christmas Is Coming" Emily Bennett singer/actor with Brian Theodore Ralph actor Tickets £12 children free.

Tickets from Stillwater Books or book through Music In Felixstowe on 01394 670633 and musicinfelixstowe@gmail.com

All details are on our website www.felixstowemusic.com

Suffolk Mind - Cupcakes & Couture and Skydive



Calling all fashionistas!

Suffolk Mind will soon be hosting their very first fashion show – Cupcakes & Couture – right here in Felixstowe. After the independent mental health charity's sold-out ball in July, this exclusive event is not to be missed. Sponsored by VirtualGo, Cupcakes & Couture will take place at the SeaYou café on Felixstowe's seafront on Thursday 12 October 2023. The evening will feature entertainment, sustainable fashion from local small businesses, and catwalk outfits styled with pre-loved clothes. There will be gorgeous runway models of different shapes and sizes, showing off a range of looks while you and your friends sip prosecco and sample cupcakes. Plus, there are some incredible raffle prizes to win on the night, including two Kate Spade handbags! Join Suffolk Mind for this glamorous evening overlooking the sea, all for a good cause. Tickets cost £35, with all profits raised going to support the charity's vital mental health services across the county. Spaces are limited, so please visit suffolkmind.org.uk/fashionshow/ to find out more and to book yours. Feeling more daring? You can support Suffolk Mind by signing up to their next Skydive. Sponsored by Pitkin & Ruddock, this fundraising experience of a lifetime is taking place on 30 September 2023 at Beccles Airfield.

During the six or so minutes under the parachute, you'll enjoy breathtaking and unique views of the local area and beyond.

Join more than 30 Skydivers who have already signed up by visiting suffolkmind.org.uk/skydive



Felixstowe Relief Charity

The Felixstowe Relief Charity (FRC) exists to assist the residents of the town in times of need with an aim to offer swift financial help. This was important during the Covid pandemic when the charity was able to

support the work of the Felixstowe Helping Hands volunteers and now aims to assist further during the current Cost of Living Crisis.

Originally, formed in 2019 as a new CIO (Charitable Incorporated Organisation), FRC brought together five existing Felixstowe charities, some dating back to the beginning of the last century to merge into a new, modern charity. The organisation has a proud history with some of the original charities set up to help World War widows. Its primary purpose, however, remains unchanged - offering financial support to residents. The recently established board of trustees meets regularly in order to make swift decisions on grant applications.

The Charity now has an annual grant fund of over £10,000 and this year the charity is focusing on helping local residents through the Cost of Living Crisis:

For example a resident can apply for help with items such as :

- school uniform
- an educational device
- help towards a specific item of equipment eg wheelchair
- cooking equipment
- Winter warmth packs which can include hot water bottles, quilts or a heater

This list is not exhaustive, please telephone for advice in how we can help, please telephone Darren on 07838 215964 or Margaret on 01394 274345 or email trustees.frc@gmail.com for an application form

Emmaus - Wellness and Wellbeing Festival Returns



This September, East Anglia's most popular Mind, Body & Spirit Festival is returning to Trinity Park Event Centre on Saturday 16th and Sunday 17th September 2023, from 10 am to 5 pm. The weekend-long event is the place to be for all things well-being and wellness.

Attendees can discover and experience a wide range of holistic therapies including reflexology, mediumship, and tarot readings, get involved in yoga and meditation classes, hear talks from experts in health and wellbeing, amazing live music acts, and browse over 100 stalls from ethical and independent businesses. The festival is rooted in the local East Anglian community and £1 from every advanced ticket sale will be donated to Ipswich and Felixstowe-based charity, Emmaus Suffolk. Emmaus Suffolk supports vulnerable,

socially isolated people and those at risk of homelessness across the county through free well-being hubs, supported accommodation, and volunteering opportunities. Emmaus will also be attending the festival with a boutique of pre-loved clothes and homeware. Event founder Chris Cozens is celebrating Life Arts' 25th anniversary, with their largest-ever event. He said: "This year we are expecting 100+ specially selected ethical and independent exhibitors. There are lots of new things happening, such as our chill-out area to support our neurodivergent guests and in the Festival Field, you'll find preloved fashion for sale with free fashion styling tips. Everyone is welcome at Life Arts events, the more the merrier! You can even make a weekend of it with our new onsite camping in the Trinity Park grounds." The event promises to leave you relaxed and better informed about how you can lead a more positive life. To purchase tickets for the festival including camping and glamping options head to: www.lifearts.co.uk/suffolk-mind-body-spirit-festival-2023/



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MeetUp Mondays

Could your Monday do with a bit of a zhuzh!?

Are you new to the area and want to make new friends in your neighbourhood?

Or are you tired of staring at the same four walls and could just do with a spot of company?

THE GROSVENOR in Felixstowe hosts a fantastic and FREE weekly get-together called MeetUpMondays, every Monday between 11 am – 1 pm throughout the year at 25-31 Ranelegh Road, Felixstowe, Suffolk IP11 7HA.

Come along for a guaranteed warm welcome and have a chat and tea, coffee and biscuits with the friendly team at The Grosvenor. In a wonderful example of community minded businesses working together to address loneliness, the refreshments are sponsored by Morrisons supermarket with the help of Wendy, Felixstowe Morrison's Community Champion, because 'loneliness is everyone's business.' For more info on the MeetUpMondays at The Grosvenor, give them a call on: 01394 284137. Take a look at other MeetUpMondays (an initiative developed by Suffolk's Rural Coffee Caravan) across Suffolk and beyond, on The Rural Coffee Caravan website:

www.ruralcoffeecaravan.org.uk

Felixstowe & Villages Carers Group

We are a group of unpaid family carers looking after a loved one or friend.

We would like to thank Felixstowe Town Council for the recent grant that they have given us. This will help our group to improve our programme of events and help us to attract new members.

We meet on the second Monday of each month at The Old Felixstowe Community Centre, Ferry Road, Felixstowe, IP11 9NB between 1:00pm and 3:00pm for an afternoon of social activities, friendship and a break from caring. In July we had tea and cakes at Gosling's Garden Centre and in August we played our favourite board games together. In September we are playing Crazy Golf on the sea front. We would like to thank Adventure Golf for their generosity in giving our community group a discount to make this possible.

We have a wide range of activities which change every month including bingo, interesting speakers, art and craft activities, chair-based yoga, chair-based sports/ exercise, meeting at a café for tea and cakes or just a social afternoon chatting. Cost £3 including refreshments and a raffle.

We also have close ties with Suffolk Family Carers, who keep us advised of courses available to family carers and the services and help that they offer. What we offer is friendly support and a break from caring once a month. What we really enjoy is chatting and socialising with each other. Why not come and join us? You would be made very welcome.

Meeting Dates

Monday 11th September - Adventure Golf, Meet there at 1:00pm

Monday 9th October - Social Afternoon at Old Felixstowe Community Association

Monday 13th November - Visit and talk by Chris Turland - always interesting.

Contact Dennis Weston, 07712672289, dennisweston.49@btinternet.com

Walton Parish Nursing Felixstowe

Serving the community of Walton

Maidstone Road Baptist Church

Seaton Road Methodist Church

St Mary's Parish Church (C of E)

You are warmly invited to.....

Walton Parish Nursing Celebration Service

Date: Sunday 8th October 2023

Venue: Maidstone Road Baptist Church
Maidstone Road, Felixstowe IP11 9ED

Time: 3.00pm

Speaker: Rev Chris Hood, Vicar Old Felixstowe Parish
The service will be followed by refreshments.

Enquiries to: contactus@waltonpn.org.uk
www.waltonpn.org.uk

Charity Number: 1151953

Parish Nursing Ministries UK

Active Felixstowe



Felixstowe Judo Club Celebrates 15 Years



Founded in 2008, Felixstowe Judo Club is a thriving martial arts community with 45 members and regular visitors from nearby dojos. Its founder, David Martin, holds a prestigious 7th Dan Grade jointly awarded by the International Judo Federation,

European Judo Union, and the British Judo Association. David also serves as an assistant director of examiners for the BJA Eastern Region, a UKCC Level 3 coach, and an IJF 'A' world referee. The club's mission is to make judo accessible to all, with coaches, a child welfare officer, and committee members generously volunteering their time. Their dedication enables students from diverse backgrounds, age groups, genders, and abilities to embrace and progress in this Japanese martial art. Amidst the COVID challenges, Felixstowe Judo Club relocated to Kirton Church Hall and conducts classes on Mondays and Fridays. The club's classes cater to juniors aged 5 to 14 years from 6:00 pm to 7:00 pm, and seniors aged 12 years and above, including adults, from 7:00 pm to 8:30 pm. As an Olympic sport since 1964, judo offers numerous benefits, including improved physical health through strength, speed, stamina, and flexibility. The art also nurtures mental well-being by teaching coping skills in applying techniques to opponents during 'randori' and managing stress during competitive judo. The club recently held its inaugural competition in July, attracting almost 50 students from local BJA Clubs. The event's success inspired the committee to make it an annual competition, providing students with opportunities to advance to regional and national competitions. Whether you're a beginner or experienced in martial arts, Judo welcomes all. Come and join us for a free trial session. Learn more at www.felixstowejudo.club and get in touch via Facebook or email at admin@felixstowejudo.club. For any further information or queries, you can also reach out to David Martin directly on 07976 216386. We look forward to welcoming you into our dojo and witnessing the incredible benefits that Judo can bring to your life.

Girlguiding Kingsfleet Division Family Fun Evening

Girlguiding Colneis hosted this year's successful Family Fun evening on the 5th July at our local guide headquarters, with a fabulous attendance of 220 parents and children from all over Kingsfleet Division. There was a mini carousel and inflatable slides brought by Mr Loades, and a craft tent, BBQ, tombola, and other stalls run by individual units, and a PA supplied by Showlite. We had some great feedback from the parents of the Rainbows, Brownies & Guides who attended.



"Amelie loved it, she didn't want to come home! Thank you all" "Thank you so much for such a lovely event. The kids had so much fun." "Letts had a lovely time playing with her cousin, siblings and friends doing all the lovely activities there. Thank you"

We raised £73.55 in donations, which will go towards supporting the units and individual girls within Girlguiding Colneis, enabling them to have empowering and unique experiences with Girlguiding. I also wish to thank all those who made the event a success; Sheila Hirst, Janet Askew, Jen Richmond-Hardy, Lucy Kent, Laura Pennie, Judy Jones, Julie Thorogood, Karen Golding, Caitlin Porter, Amanda Wyard, Helen Swift, Dawn Bone, Victoria Bartholomew, Emma Voller, Nicola Reah, The Ladies from Felixstowe and District Trefoil Guild, Ryan Taylor and Simon Pask from East Suffolk, and many more friends and family members who all helped out too. To find out more about volunteering and to register, visit: www.girlguiding.org.uk/get-involved/become-a-volunteer/register-to-volunteer

To sign your girl up for Rainbows, Brownies, Guides or Rangers visit: www.girlguiding.org.uk/information-for-parents/register-a-child

Felixstowe Sea Cadets Receives Sailing Dinghy



TS Landguard, the Felixstowe Sea Cadet Unit has received a generous donation of a RS Zest sailing dinghy from the Loch Class Frigates Association, kindly made possible by a legacy donation left by the late Oliver Brett.

On Thursday 3rd August a dedication ceremony was held at Felixstowe Ferry Sailing Club, to officially receive the dinghy and to dedicate her to the late Oliver Brett. Members of the Brett family witnessed the dinghy be blessed by the Unit's chaplain, the Reverend Dotchin of St John the Baptist Church and officially launched into service. A poignant moment for the Brett family, as they used to sit and watch the boats go by from the banks of the river Deben. District Officers and members of the sailing club joined parents, cadets and staff from Felixstowe, Clacton on Sea and Colchester Sea Cadet Units for the evening. The dinghy will not just help Felixstowe unit's thirty cadets to get afloat, but up to a further sixty cadets from their collaborative Sea Cadet partners too. The Unit Chairman, Captain Peter King, said: "Your late father would have been hugely proud - only a great pity that he was not with us. His contribution of the RS Zest dinghy will make a lot of young people very happy, while setting them on their way with a love of sailing (and capsizing!)"

Commanding Officer PO (SCC) Tony Duke thanked the Loch Class Frigates Assoc, the Brett family and all involved for their support. Five sailing dinghies and four powerboats then took to the water to escort the newest addition to the fleet on her maiden voyage. The unit opened in October 1957 and has supported hundreds of young people in Felixstowe and surrounding villages to learn nautical skills, supported by volunteers. Felixstowe Sea Cadets, which is part of national charity Sea Cadets, gives young people a new perspective. We broaden horizons and create possibilities. Working across the UK with 14,000 young people between 10 and 18, we help them see the world with confidence, gained through the challenge of nautical adventure and a Royal Navy ethos. Our aim is to help more young people to see the future that they want - and make that future happen. The unit is open Tuesday and Thursday from 18.45, and meets at The Drill Hall, Garrison Lane, Felixstowe, Suffolk IP11 7RD Visit: www.sea-cadets.org/felixstowe to find out how you can join.

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Autumn 2023

23

Your Community Stories

Felixstowe NCI



So far, 2023 has been a very busy time for us at NCI Felixstowe.

We have had a royal visit from our patron HRH The Princess Royal in March, where she not only visited our lookout in the Martello Tower, but met every one of our watchkeepers, plus local dignitaries and local

search and rescue partners at a reception held at the Orwell Hotel. The hotel was absolutely magnificent in how they arranged for everything to go smoothly for us.

We have increased our CCTV coverage by installing a high powered camera at Landguard, allowing us to watch the peninsula and keep everyone safe both on the beach and in the water. By the time you read this, we will have been at the Emergency Services day on May 27th and also at the Suffolk Show for the first time. It is important to us that we spread the word about what we do as we enter our busiest season. We have this year started our new Water Safety campaign and through the summer you may see us in a gazebo on the seafront, spreading our message about safety in the water for all.

This year so far we have qualified 5 trainee watchkeepers and have many more getting close. We have also just taken on 4 new trainees.

Later this year, we have NCI Day on July 23rd and Heritage Open Days on September 9/10th, where the Martello Tower is also open to visitors, so why not come and visit us?

Article provided by Nick Barrett White

Remembrance



The Felixstowe Branch of The Royal British Legion are again holding a Festival of Remembrance this year. It will be on Thursday 9th November at the Spa Pavilion, starting at 19.30. The idea behind the event is to celebrate our armed forces and to remember those that have lost their lives whilst serving. All proceeds from the evening will go to the 2023 Poppy Appeal. We have a number of great acts during the first half of the show and then a very poignant Act of Remembrance and Drum Head Service in the second half. Acts during the first half include the band and Corps of Drums from the Royal Hospital School in Holbrook, the school has strong military connections, with many of the students having relatives serving in the Armed Forces. We also have Christina Johnston performing for us again, Christina is a world renowned Coloratura Soprano singer, she lives in Felixstowe and has performed all over the world and been on tour with Russell Watson and Jose Carreras. Felixstowe Harmonies again joining us, this 30 member choir were amazing last year and will be performing 3 military related songs during the evening. This year we welcome The Ipswich Piping Society, a group of bagpipers who have performed around the county and further afield. Our 3 military cadet units will also be taking part again, performing on stage and taking part in the Act of Remembrance and helping with the collection for The Poppy Appeal. The second half will be supported by the Royal British Legion Band from Leiston and will include a march of Standards and a very moving Act of Remembrance which will conclude with 2 minutes silence during which poppy petals will fall onto the stage. The Festival of Remembrance is a key part of the Remembrance activities within Felixstowe and it would be great to have as many people there as possible to enjoy this evening of military themed entertainment. Tickets are just £15 and are available from the Spa Pavilion booking office, on 01394 284962 or fxspa.co.uk.



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Felixstowe
Festival of Remembrance

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7.30pm
Thursday 9th November 2023
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Tickets £15

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Appeal

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Suffolk Sounds - Felixstowe : The new heart of Suffolk



It's no coincidence that Suffolk's newest radio station has chosen Felixstowe as its base. The tagline for Suffolk Sound is "Radio at The Heart of Your Community."

Based at Beach Street, Suffolk Sound reaches out, and broadcasts to, the whole of Suffolk and beyond. Felixstowe has a proven track record of successful community groups and social enterprises. As a not-for-profit organisation our aim is to engage with communities right across Suffolk reaching the smallest of groups and organisations, as well as the bigger players. All of our presenters and volunteers are local to Felixstowe, local to Suffolk. They work where you do, they shop where you do, they spend their free time in the same pubs, parks and beaches as you do. Our daytime music offering is from the 70s, 80s and 90s with tracks you will recognise, even though you might not have heard them for a while. Great memory-jerkers and popular artists and groups. In the evenings and weekends we have specialist music programmes playing jazz, house, retro, country and more. Well known names behind the microphone, as well as new voices for you to get to know On air we talk about what's happening where you live, with guests from all walks of life. Our Beach Street seafront studio welcomes celebrities, politicians, community leaders and local organisations. Guests from further afield join in by phone or Zoom from our Felixstowe studio or our Studio 4 in South Suffolk.

You can listen live (or "Listen Again") on our website www.suffolksound.com or you can ask your smart speaker to "play Suffolk Sound on TuneIn".

Citizen's Advice



Citizens Advice East Suffolk comprises the former Felixstowe, Leiston and North East Suffolk Citizens Advice entities. These were merged in 2022, under a single Chief Officer, Chiara Saunders, but an office is maintained in each area.

In June the team said farewell to Graham Page, formerly the Felixstowe Manager, who ran the office for twelve years. Graham guided the team through the challenges of lockdown and the recent merger. His experience and support will be greatly missed by the Felixstowe team and we wish him well for the future. The Felixstowe office is planning exciting new outreach services at Kesgrave and The Oaks Family Centre to better serve clients who are unable to travel into the town centre. We are also raising the profile of the service locally by taking part in community activities such as the Martlesham Music Festival and the Memory Lane event held at the Triangle in May. The Felixstowe office is open Monday to Friday from 10.00am to 1.00pm and you can drop in to book an appointment or request a call back conversation via telephone. Alternatively, you can call us on 0808 2787866 or send us an email via the website, www.caes.org.uk and we will get back to you. It is now possible to book a video appointment with a dedicated member of staff, email us for further details. We now have a couple of trainee volunteers but are always keen to hear from anyone interested in training to become one of our volunteers, do contact us for further information on info@caes.org.uk.

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Felixstowe Community Hospital League of Friends



A busy Summer for the LoF starting with the well-attended Summer Bazaar which was opened by Felixstowe Mayor Seamus Bennett and raised a fabulous £973.

Felixstowe library hosted a colourful display of student artwork that formed a poster competition organised by LoF in recognition of the NHS 75 years celebration. Artwork is now at Felixstowe hospital where it is being displayed on the wards. As an addition to the celebrations the LoF also planted a commemorative tree in the hospital gardens.

Further tidying of the gardens saw some wonderful joint charity working. After the LoF gave a 'shout out' for help to restore the garden benches, the Men's Shed came forward and completed the work.

The 21st August saw Felixstowe hospital celebrate its 114th birthday! It remains an excellent community resource for all.

We are already starting to plan our Christmas Bazaar, which is taking place on December 9th at St Felix Church Hall. This event will be a wonderful opportunity for a sausage roll or mince pie, whilst looking for festive gifts from one of our craft stalls.

Please show your support and follow our activities on Facebook 'Felixstowe Community Hospital League Of Friends' To join contact our membership secretary on our membership email membershipchlf@gmail.com

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The Misconceptions of Equity Release



A recent survey of 2,000 people revealed that in the over 50's, misconceptions about equity release are still rife with only 6% of the age group understanding the key facts. Only 24% were aware that most Equity Release plans allow you to purchase

a new home, whilst only one third knew that equity release plans can include a 'no negative equity' guarantee (meaning your estate is never left in debt).

Many clients do not want to leave their children in debt or with a difficult estate to deal with. When working with Equity Release council-approved providers, the debt will never exceed the value of the home, meaning there will not be any debt passed on.

Since the start of lockdown, many over 50's have been releasing the locked-up money in their home to then reinvest straight back into the property, increasing the value and enabling them to stay in their homes for longer by adding additional features, such as a wet room or installing ramps in order to future proof their property.

According to recent research from a leading industry participant, home improvement has made its way

to the very top of reasons why people access their equity. Some 30% of borrowers who released equity from the home did so to renovate their property.

At Fairfield Money we have been able to assist clients who wanted to release both a lump sum and a 'drawdown' feature (meaning they could release additional amounts at a later date as and when required). Of those questioned in the Equity Release survey, over 75% said it has improved their overall happiness.

So, in summary, Equity Release may be a potential solution for people over 55 to achieve their objectives.

Adrian lives in Felixstowe and is happy to meet with clients old and new, to answer any questions you may have.

Examples of how our clients have used Equity Release:

- Paying for grandchildren's university fees
- Repaying an Interest Only mortgage
- New boiler, new kitchen and garden landscaping
- Improve overall standard of living
- Long haul holiday to see family
- Private medical insurance to maintain cancer treatment

Contact us:

adrian@fairfield-money.com | 01638 551476 | www.fairfield-money.com





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