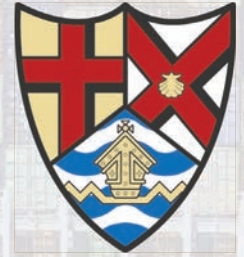


Spring 2024

Issue 20

The Seasonal Magazine
for Felixstowe Residents



FELIXSTOWE
TOWN COUNCIL



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Welcome from the Mayor

Spring greetings fellow-Felix citizens. I'm writing this on 1 March, the start of meteorological spring, which sounds promising but early March always feels pretty wintry – especially in the sea, still just 7C!

Firstly, I'd like to thank everyone who attended the first consultation event for the North Felixstowe Garden Neighbourhood in early Feb, and encourage residents, of all ages, to engage with this process. I want to reassure you that this is a genuine consultation: how this development proceeds is not set in stone and we must make it work for the town, its current and future citizens and our environment.

In January I visited our German twin town Wesel for the second time, running their half-marathon (quite slowly) and 'helping' plant trees to mark our five decades of partnership. Watch out for the weekend of 20 April, when we'll welcome around 100 Weselers to celebrate 50 years of twinning. It'll be an honour to be the Mayor to reenact the original 1974 signing ceremony.

Also in April, myself and Deputy Mayor, Cllr Deacon, are invited to visit our other twin town, Salzwedel, in eastern Germany, aiming to rekindle this partnership of 30 years. I feel that our overseas twinning relationships can enrich all our lives, foster understanding and forge links, and that the time is right to re-energise these connections, involving more people and groups from across our community.

In terms of Civic / Mayor's Charity events, do come along to the Mayor's Spring concert 15 March 7pm at Felixstowe School – £8 on the door. On Easter Monday morning Coast Patrol will be doing a sponsored boat pull along the prom, culminating with a charity dip in the sea by Felixstowe Swimscales. April 11 sees the Mayor's Spring Fashion Show at St John's church, featuring many local businesses and a performance by the wonderful Christina Johnston - this will be a special event, not to miss, tickets £14.50 from Coes & the Factory Shop. And to round off the year in style, the Mayor's Ball, with an easy seaside theme, is at Harvest House 11 May.



There have been excellent events recently, raising significant sums for the Mayor's charities: a packed Curry Night at the Bombay Nite and a record-breaking quiz night organised by Coastwatch, raising a whopping £1600. Our Town Hall Taverners team came an honourable 8th of 27 teams - one question I was hoping would be asked was 'What is the most westerly point of mainland Wales?' – answer: St David's. I know this because from 26-30 April I'll be cycling the 400

miles home from there with a team of Felixstowe friends (and a tailwind): raising charity funds and awareness of the benefits of riding a bike! And there's the Annual Town Meeting and Civic Awards on Wednesday 8 May 7pm at Felixstowe School – ALL invited.

So it's going to be a full-on run-in to this amazing year as Mayor. Some of my born-in-the-60's friends talk about retiring, but I've literally never been busier, or more connected with so many aspects of our great town, whose best years I believe are still ahead. From the first donning of the Chain with my mum in the chamber, to raising the Pride and Ukrainian flags, the Civic Service congregation including 18 mayors, singing out Sunshine on Leith at St John's, to leading the carnival procession down a packed Hamilton Road, to making a seaward speech to hundreds at Suffolk Remembers and laying the Town's wreath at the War Memorial. Not to mention turning on the Lions' magnificent festive lights and dancing and singing with care home staff and residents. At the other end of the age range, visits to Langer and Grange schools were real highlights. Pleased to report I also successfully cut several ribbons, from the new TIC Hut to Poundstretcher. So, thank you for so much support and, can I say, love, over this unforgettable year, especially to Ash, Sue and all the brilliant Town Hall staff, as well as my four great charities. I'll continue to put positivity, pride and fairness to the fore and work just as hard for our fine, thriving town.

Seamus – your Mayor until 15.05.24!
mayor@felixstowe.gov.uk

Your Magazine

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

If you would like to submit an article for consideration in the next quarterly edition (**1 June - 30 August**), please email holly.miles@felixstowe.gov.uk by **15 May**. If possible, include hi-res images/photos and your group's logo. You don't have to send a fully-written article – bullet points or a few notes are fine to help point us in the right direction – but it must be no longer than 250 words. We will aim to cover many different articles from issue to issue and will seek to offer a fair and equal representation for community groups throughout the town. Sometimes articles may have to be edited, shortened or dropped altogether.

Advertising

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

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

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

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

An Update from the Mayor's Charities

The Mayor of Felixstowe for the year 2023-24, 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. You can donate to the Mayor of Felixstowe Charity via Stripe, by scanning the QR code with the camera on your mobile phone.



Scan to pay

A Big Year for Boost



2024 is a big year for Boost, as we celebrate an important milestone and create new opportunities too.

Later this year, we'll be celebrating ten years of chaplaincy at Felixstowe School. When we launched this partnership in 2014, it was incredibly rare to see chaplaincy in education (outside of independent and church schools). Over the past decade, we've created a service which helps to support students and staff and provides a range of safe places and enriching opportunities throughout the school day. This academic year alone, we've worked with over 100 students, providing specialist support, the most frequently requested of which is our bereavement support. This helps young people to navigate all the emotions and feelings which occur after the death of someone close to them.

The Garden Project continues to 'grow', with record numbers of students attending, and being utilised not just at lunch times, but during Enrichment Days and in small group sessions to engage young people in nature and outdoor learning. This month, the Garden is one of the projects supported by the 'Blue Token' in Tesco stores. By placing a blue token in the Garden Project box at Martlesham, Kesgrave, Ipswich (Tavern Street) and Felixstowe stores, you could help us receive up to £1,500 this spring.

As well as celebrating a milestone, we're also creating something new. Earlier this month we announced a new partnership with the Federation of Fairfield and Colneis, as we provide chaplaincy to children and staff at Colneis over three lunchtimes per week. Our new volunteer, Julie, has really enjoyed meeting so many new faces, and getting to know the school community.

Boost is grateful to be one of the Mayor's charities this year, and we're looking forward to the Mayor's Spring Concert on Friday 15 March, 7pm at Felixstowe School. This will be a brilliant evening of musical performances, featuring the Ipswich Hospital Band, and Felixstowe School's Landguard Band. Tickets are available from the St Peter's by the Waterfront website- £8 per adult, with under 18's going free. You can find out more about all of Boost's work on our website www.boostfelixstowe.org.uk or search 'Boost Felixstowe' on social media.

Recruitment Drive at Felixstowe Coastwatch



Felixstowe Coastwatch is undertaking a recruitment drive to bring onboard more volunteer watchkeepers. New trainees are welcome and the first step is to arrange to come to the lookout building which sits on the top of Martello Tower P on Wireless Green, off Langer Road. You'll

have a short taster session to see first-hand what being a watchkeeper entails. After that we ask you to do a couple of observation watches before submitting an application if you wish to continue.



The lookout is equipped with binoculars, marine VHF radios, CCTV, navigational charts and radar scanners. It is manned by uniformed volunteers from all walks of life during daylight hours 365 days a year. They are the eyes and ears for HM Coastguard from Felixstowe Ferry to Landguard Point. Watchkeepers monitor all activity including swimmers, windsurfers, kitesurfers, paddleboarders, yachts and other craft. Everyone undergoes a comprehensive training schedule over a period of at least six-months and the role is rewarding, interesting and enjoyable.

If you are interested in becoming a watchkeeper, please contact the Station Manager, Nick Barrett-White on 07305 758020, email nick.barrett.white@nci.org.uk or visit www.coastwatch-felixstowe.co.uk.

Felixstowe Coast Patrol and Rescue



Although Coast Patrol was not patrolling over the winter we have been busy preparing for our new season.

Our crews have been training at our base and on the water.

Winter is also a time for maintenance; we found that our boat trailer needed some TLC. We are also upgrading Last Orders to improve our towing

ability and improving the Marine Radio Antennas.

Our crew have also been looked after, New Dry suits and we have supplied new working boots to all our active crew.

We are installing a new Crew communication system to improve coordination while responding to casualties. Our Shore support teams will also be able to keep in touch if required.

Occasionally get asked to help a family with a request to scatter a loved one's ashes.

We were privileged recently to provide this service to a wonderful local family.

We also get asked to give talks to local groups to explain what we do and spread the word on water safety. Two of us attended the Woodbridge Cruising Club recently where we were warmly welcomed and made some new friends.

The calendar is filling up with requests to visit schools and local groups and we are extremely grateful to have been offered a pitch at this year's Suffolk Show. If you are attending the show we will be in the Emergency Services Area. Come and see us and our boat Last Orders and join in with the Shotley Wailers with some Sea Shanties.

Felixstowe Coast Patrol & Rescue can only operate due to the fantastic financial support of the public and our Sponsors.

Pushchair Pitstop



Pushchair Pitstop is continuing to thrive and what a year it has been already!

Over Christmas 2023 we gifted over 400 local children with presents thanks to the generosity of the local community through Wishlist's and The Works Felixstowe for allowing us to do toy drives. Our Christmas party was a huge hit too, and our busiest one to date. Lots of fun was had and nobody went home empty handed.

Lets fast forward to 2024!

This year we teamed up with the East Suffolk council and introduced the 'Warm Welcomes' scheme to Pitstop, offering free breakfasts! So, if anyone would like a yummy porridge pot, toast or a hot drink, please visit any weekday that we are open.

Since our school uniform bank was so successful last year, we are continuing with it this year for families needing help and we have also joined forces with Level 2 offering prom wear! Prom wear rails will be introduced for the month of March, and Level 2 offered alterations - helping to ease the burden of yet another financially difficult time during high school.

We also decided to take Pitstop on the move! With thanks to the East Suffolk Community Partnership, Pitstop now 'pops up' in various places in the peninsula once a month - see our Facebook page for more details.

Upcoming events: Pitstop will be at the Old Felixstowe community centre on April 2nd, Our easter Eggstravaganza takes place on 6th April 11-1, we are holding a children's disco at the Grand on 5th May 5-7. With the Mayor's charity events such as the Mayors Fashion show (11th April), the Mayors Beach Ball (11th May) we are set to have another exciting year!

Our current opening times are Mondays, Wednesdays and Fridays 9-12pm and alternate weekend days 10-2. For more information, please follow our Facebook page.

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 Wesel 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 Coast Patrol and Rescue 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 East Suffolk Services Ltd.)
- 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 Services)
- 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 2023/24

Mayor of Felixstowe: Cllr Seamus Bennett

Deputy Mayor of Felixstowe: Cllr Mike Deacon

Walton Ward

Amanda Folley *
amanda.folley@felixstowe.gov.uk
01394 282086



Mike Deacon *
mike.deacon@felixstowe.gov.uk
01394 211146



Margaret Morris
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01394 274345



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07838 215 964



Seamus Bennett ***
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Steve Wiles **
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Cherrie MacGregor
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Port Ward

Stuart Bird **
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Marc James
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David Rowe
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Michael Sharman
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Corrine Franklin
corrine.franklin@felixstowe.gov.uk
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:

6th March	Ordinary Council	7:30pm
6th March	Planning & Environment	9:15am
20th March	Finance & Governance	7:30pm
20th March	Planning & Environment	9:15am
3rd April	Planning & Environment	9:15am
10th April	Civic & Community	7:30pm
17th April	Planning & Environment	9:15am
24th April	Assets & Services	7:30pm
1st May	Planning & Environment	9:15am
8th May	Annual Town Meeting	7:00pm
15th May	Annual Council Meeting	7:00pm
22nd May	Planning & Environment	9:15am

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

Felixstowe Fairtrade Forum



This year marks the 15th anniversary of Felixstowe becoming a Fairtrade Town. It is also the 30th anniversary of the Fairtrade mark.

The fact that Felixstowe is a Fairtrade Town is proudly displayed on the welcome signs at the three main entrances to Felixstowe. It is largely thanks to the late Graham Newman, the Town Council representative on the Felixstowe Fairtrade Forum, that the signs were erected.

Graham was a big supporter of Fairtrade in the town and we will always be grateful for his support in this and other ways.

Sadly time and weather had made the signs rather grubby – particularly on the Candlet Rd approach, where most visitors arrive. So we decided to do something about it. The photo shows Forum member Brian Cutler at work on the sign with sponge and soap, which has brought it up nice and shining again. (Unfortunately Brian couldn't quite reach the rest of the welcome sign.)



The designation of 'Fairtrade Town' is earned through support from local councils, businesses, churches, schools, voluntary organisations and individuals. Felixstowe's Fairtrade status was renewed in 2023. Supporting Fairtrade ensures that farmers and producers in the developing world get a fair price for their labour and Felixstowe is proud to be doing its bit to promote this in Suffolk.

Felixstowe Men's Shed



We continue to support local groups and charities - our recent projects include refurbishment of the Orwell school lectern for the Felixstowe Society, a pair of sensory boards for the Level Two Youth project, a mudpit for Felixstowe SET primary school to complement the mud kitchen we made for them earlier and a wishing well for Merryfields care home.

Members' own projects range from small crank organs, model boats, walking sticks, furniture refurbishment and turned bowls to motorbike repairs. We make and repurpose items for the Shed itself such as benches and purpose-built storage.

Two committee members attended the annual Suffolk Shedfest, a chance to meet members of other Sheds, share knowledge and learn about the growth of Sheds in the county. It was very beneficial with presentations on Shed ways of working and benefits.

We meet from 10-1pm on Mondays, Tuesdays and Thursdays, Saturdays from 9-noon. You must be over 18 years of age and we accept any gender.

We are located at Unit C, Great Street Farm, near 185 High Road, Trimley St. Mary, IP11 0TN. Further information is available on our Facebook page and at www.felixstowemensshed.org.uk.

Felixstowe Wesel Association



This year is a milestone year for the Felixstowe Wesel Association. It is 50 years since the partnership was formed and, during that time, countless numbers of school children, youth clubs, choirs, football clubs, swimmers, cyclist and the rifle club have received a warm welcome when visiting Wesel. Conversely with the young people and groups visiting from Wesel, if a number could be given, then it would surely amount to thousands of visitors over the 50 years.

We started the year with our Mayor, Seamus Bennett travelling to Wesel along with Felixstowe road runners to run in the Wesel marathon, whilst there the Mayor planted 5 trees in commemoration of the 50 years of our twin towns. In April, we will celebrate the 50th anniversary with an official reception at Harvest House, we are expecting 40 visitors from Wesel including their Mayor Ulrike Westkamp. During that weekend, on Saturday the 20th we will be holding an exhibition to meet the Felixstowe Wesel Association on the Triangle between 11am until 2pm.

For the remainder of the year, in May Felixstowe rifle club will travel to Wesel for their annual shoot. In July, which will be a busy year for our association, we are expecting 20+ visitors from Wesel and their carnival group, at the same time 30 young people will be holding their annual camp at Peewit. The young people are cadets from the Fire Brigade in Wesel and will also take part in the carnival procession. The following week we hope to entertain the football club, who will play a preseason friendly at Dellwood avenue. We hope to advertise this event and hope you will come along and support, if successful it is hoped that this will become an annual event.

There will be other events later in the year which you could all become involved in, in September we will travel to Wesel for the Kulture weekend.

All our activities can be found through our FB page and on line via the 1 Suffolk web site. For more information then please contact us.

Article provided by Francis Cotterell

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Supporters Take the Plunge in Hospice's Christmas Day Dip



Hundreds of St Elizabeth Hospice supporters braved the North Sea chill this Christmas, to raise vital funds for



the hospice as part of its Christmas Day Dip. Returning for the 19th time, the event saw over 625 'dippers' don a range of fancy dress and Christmas themed outfits before plunging into the icy cold sea at Felixstowe beach to raise funds, through sponsorship, for St Elizabeth Hospice which every year delivers free care to over 4,000 patients and their families throughout East Suffolk, Great Yarmouth and Waveney. Brandon Orton, Events and Challenges Fundraiser at St Elizabeth Hospice, said: "A huge well done and thank you to all our brilliant dippers who supported this year's Christmas Day Dip.

"A special thank you must also go to the supporters and volunteers who made the event possible and provided such a fantastically festive atmosphere and thank you to Sam Phillips from Dare to Dip for his great support too.

"On behalf of the hospice, I would like to wish all our supporters a merry Christmas and a happy New Year. Without your continued support, St Elizabeth Hospice would not be able to provide vital services throughout the region and the whole hospice team are so grateful for the amazing community support we receive every year." The St Elizabeth Hospice Christmas Day Dip 2023 took place on Christmas Day at 10am, opposite Mannings Amusement on Felixstowe seafront.

One brave dipper who took the plunge for St Elizabeth Hospice was 10-year-old Delilah Reynolds, who said: "I was bit scared before doing the dip, but it was a lot of fun! The water was cold, but it was really fun seeing lots of people wearing their Christmas outfits. I hope today helps everyone the hospice looks after."

Delilah completed the dip alongside her Grandad, David, who added: "I am so pleased Delilah and I were able to do the Christmas Day Dip together for St Elizabeth Hospice, as it is something I've wanted to do for years.

"The morning was a brilliant start to our Christmas Day, full of community spirit and a lovely festive atmosphere. The dip is great way of supporting the hospice's services and I would recommend that everybody should give it a try - if they fancy a challenge!"

Funds raised through the Christmas Day Dip will go towards the hospice's Christmas fundraising campaign, Be a Star, which helps the hospice support hundreds of patients and their families over the Christmas period.

For more information visit www.stelizabethhospice.org.uk/be-a-star

Love Volunteering? Love Landguard!



From ticketing to teas, grass cutting to guided tours, maintenance to marketing - the **Landguard Peninsula at Felixstowe in Suffolk** offers a wealth of volunteering opportunities.

Inside or outside... gain valuable conservation, heritage and tourism experience; meet new friends; reduce stress and improve your mental health; and stay active and physically fit. Whatever you want to do, we'll help you do it!

Come along to our **Landguard Open Day on Saturday 2nd March 2024** to learn more about what's on offer at Landguard Fort, Felixstowe Museum and the Landguard Nature Reserve.

Enjoy a cuppa and chat to our great team of friendly volunteers. There will also be some mini taster tours around the Peninsula's attractions.



The Open Day runs from 11am-3pm and there is no admission charge. So, what have you got to lose? Get involved and help us make a big difference!

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

For more information, please contact the Landguard Trust on 01394 675900 or email operations@landguard.com.

Felixstowe Carnival - 26-28 July 2024



By now many of you will have heard about the theme for this year's Carnival - Lights, Camera, Action! So if you want to join in our procession on the Saturday, get your thinking caps on to decide which film or characters you will represent.

Felixstowe Carnival is a traditional event which has been presented to Felixstowe residents and visitors, in a variety of ways, for over one hundred

years. As you can imagine it doesn't just happen without a tremendous amount of effort - so let's go 'Behind the Scenes'.

From the minute the AGM takes place in October the Carnival Committee a dedicated team of volunteers (some of whom have been involved for many years in ensuring the Carnival goes as planned) start organising the following year's event.

Like the proverbial well-oiled machine, the Carnival Committee gets to work:

- Arranging sponsorship and advertising, organising fundraising events and other income opportunities. Felixstowe Carnival is self-funded - utilising any profit from previous years, applying for grants and raising money in a variety of ways.

- Organising the main stage, booking all the entertainment, arranging the firework display, booking stall holders and the free children's entertainers.
- Completing a myriad of official paperwork such as Health and Safety, licences to close roads, permits to collect money and insurance documents.
- Choosing the Carnival Royal Court. This year we are incredibly grateful to La Vida for agreeing to sponsor this very important aspect of Carnival.
- Ensuring there is an adequate number of portaloos (and arranging and paying for regular cleaning), plus bins and barriers for safety.
- Arranging first aiders and emergency ambulance cover, organising sufficient support teams to ensure the safe progress of the procession through town to the seafront.

The list goes on and on!

Please support your Carnival Committee by: volunteering over the Carnival weekend, attending fund-raising events, becoming a sponsor, advertising in our programme, or taking part in the procession. Just as importantly please visit the Carnival events and have a good time!

We look forward to seeing you in July.

Website: felixstowecarnival.org
Email: contact@felixstowecarnival.org

Felixstowe Family History Society

Felixstowe Family History Society will hold a Social evening and Quiz on Wednesday 13 March 2024, with Quizmaster Paul Voller in charge of questions and the audience will hopefully provide the answers!

Come along to Broadway House, Orwell Road, Felixstowe IP11 7DD. There is a large and free (after 1800) car park adjacent to Broadway House, the entrance is in Highfield Road, Felixstowe IP11 7BZ. Please arrive for a 1930 start; allowing time to sign in, buy some raffle tickets, find your seat and have a chat with friends before the evening starts. There is no charge for members of the Felixstowe Family History Society and Felixstowe History and Museum Society; visitors are welcome £3.00 cash at the door. Membership details on the website.

Future dates for your calendar –

- 10 April, Roy Tricker will present his talk entitled Getting a Gong.
- 8 May, Chris Broom will share Humour in Genealogy.
- 12 June, David Hedges will talk about The Western Front World War 1.

In addition to our Wednesday evening meetings, the Society offers monthly drop-in sessions, to support members/non-members with ancestry enquiries. These are held on Friday 22 March, 26 April, 31 May and 28 June at Broadway House from 10.15 am until 12pm. For further information, please contact the Committee via the website www.felixstowefhs.onesuffolk.net/ or Facebook page.

Felixstowe Master Mariners



The Felixstowe Master Mariners Club meet 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 Christmas Lunch attended by 70 Members and invited guests was the usual joyous affair, with entertainment provided by the superb Felixtowards Singers who kept

everyone in fine voice, singing Sea Shanties and Carols. Father Christmas (aka Member Mike Meadows) was also in attendance handling over the Raffle Prizes. Member Murray Gibson officiated at an Auction, which further boosted funds for "The Mariners" Charitable efforts, enabling each of the following organisations to be recipients of modest monetary assistance:

- Felixstowe National Coastwatch
- The Shipwrecked Mariners Society
- 1st Felixstowe Sea Scouts
- East Coast Sailing Trust
- The Maritime Society and Sea Cadets
- Felixstowe Seafarers Centre
- The Seafarer's Charity
- Ocean Youth Trust South
- Felixstowe TS Landguard Unit 478 Sea Cadet Corps
- RNLI Harwich
- Care Offshore

The January Lunch was also very well attended and Members were given a very informative talk from Sally and Robbie Thompson, about the formation of The International Red Cross. The Red Cross as most know, is based in Geneva, but what many did not know was to was founded by Swiss businessman Mr. Henry Dunant in 1863 after he saw the suffering of thousands of individuals, left to die after The Battle of Solferino. Members were told of the seven principals of the Red Cross: Humanity, Impartiality, Neutrality, Independence, Voluntary, Unity and Universality. What made this talk so interesting and personal was the role that our Member Robbie had with The Red Cross, serving with them all over the world from Rwanda to Kosovo and often accompanied by his wife Sally. Picture shows Sally and Robbie giving their Red Cross Presentation to the attentive "Mariner" Members. The variety of talks given each month continue to keep all Members entertained and informed and continues to foster professional comradeship among Master Mariners and those with Nautical interests. Once again the excess funds were able to support local maritime related charities and the Club continues to grow, giving current Members, any new Members and Guests the experience of a friendly atmosphere, whilst maintaining the established high traditions of the Club. New Members are always welcome and Membership details and further information can be obtained from the FMMC web page www.mastermariners.uk Article provided by Malcolm Stafford - Felixstowe Master Mariners Club

Felixstowe Offshore Radio

Ten years ago, with the encouragement of the late Phil Hadwen, we (Charles Wright & Brian Nichols) set up

www.facebook.com/felixstoweandoffshoreradio

in order to celebrate the 50th anniversary of the launch of Radio Caroline, which first moored off Felixstowe in 1964.

We placed articles in local magazines asking if anyone had memories, photos or memorabilia and were overwhelmed at the response!

Ten years on, with the 60th anniversary of Radio Caroline on 28th March, our Facebook page now has over two thousand followers from across the world. We will soon have presented over 30 audio visual presentations to various clubs, groups and societies.

We have taken part in Heritage Open Days (look out for us this year!) in addition to holding exhibitions at the Fish Dish Restaurant (2014), Trinity Methodist Church Hall (2017) & Martello P Tower (2022), while Felixstowe Museum have hosted a display since 2015.

In 2017, we worked with the Felixstowe Society, who arranged for a commemorative stone to be laid at the lookout in Wolsey Gardens, unveiled by legendary DJ's Emperor Rosko & Tony Prince.

If you are interested in having us come to speak to your group, or have any items of interest that we could see, please get in touch via Facebook, or on 07714 596655, or email nichols199@btinternet.com



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The Lions Club of Felixstowe



The Lions have recovered from Christmas and is roaring to go for the next few events in the calendar. One of which is our Easter Egg hunt on Sunday 31st March at 12 noon. This will be at the usual place along Felixstowe Seafront, The Hut. We have also got a few large eggs at our local pubs and cafés, so please when you are out and about pick a number and you may be a winner of the egg!

The Lions will be back holding the Car Boots, at normal venue which is the Old Cavendish site, this will start in April.

On May 19th, the Felixstowe Lions will be putting on their first Dog Show, this will be at The Dock Social Club, please see the attached poster for more details and contact numbers.

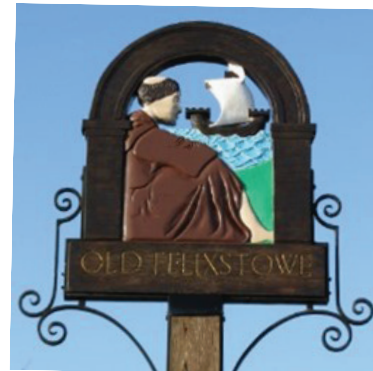
Thank you to all that have supported us.

For more information about Lions of Felixstowe please see our web page for more details felixstowelions.org.uk



Old Felixstowe Community Association

The Association goes from strength to strength, and there are now 36 groups who use the Centre on a regular basis. There is a vast array of activities on offer for all ages and details of some of the organisations that meet can be found on our website, www.oldfelixstoweca.org. If you would like to hire the Community Centre for a private function, please contact the Administrator on 07494 599265 or email ofcabookings@gmail.com



We began the year with great news as we received a donation of £500 from Maritime Cargo Processing (MCP). We are most grateful for their generous donation. The Spar shop in Old Felixstowe has supported the Association for some time now and this enables the Committee to purchase raffle prizes for our Community Markets and supplies for the kitchen.

The Committee are always looking at ways to enhance the Community Centre and to this end two projects were undertaken at the beginning of the year. The fluorescent lighting throughout the Centre was replaced with LEDs thus reducing electricity costs and a new door installed between the Margaret White Hall and the Jane Bolton Lounge to help with soundproofing. A huge thank you goes to Councillor Steve Wiles as a grant of £3,000 was awarded to the Association from his Suffolk County Council's Locality Budget. We thank Councillor Wiles wholeheartedly for his continued support.

Our ever-popular Community Market is held on the second Saturday of the month from 10am – midday (except August), so please join us to pick up a bargain and have a coffee and chat with friends. Councillor Steve Wiles attends most of the markets and is happy to discuss any issues he can help with. The Parish nurses also attend the Market and are happy to give advice and signpost you with your health issues.

On Saturday 8th June the Summer Fair will be held between 10am – midday which is a great occasion for the community. All monies raised at the Fair are in aid of OFCA so please make a note in your diary and join us.

Gillian Barnett's new book looks back at the history of the Community Association since its inception in 1973. It details all the key events in the development of OFCA and of the Community Centre, referencing many people who have been involved. It is available directly from Gillian on 01394 278177 or at our Community Markets.

Article provided by Celia Page – Chair

The Rotary Club of Felixstowe



The Rotary club of Felixstowe were delighted to invite Celia Joseph and Chloe Lock of St Elizabeth Hospice for lunch at the Felixstowe Sailing Club. Celia gave an in depth talk to the club of the amazing work carried out by the hospice to include advising us that their current yearly overheads are £12.90 million 70% of which being raised in the community. We were therefore so pleased to be able to present them with a cheque of £5000. Photos of the presentation are shown below.



The Rotary Club of Felixstowe were delighted to hold the annual Felixstowe Community Cup at the ITFC all weather pitch Portman Road. There was a total of 56 children from 6 junior schools in the Felixstowe area. The early rounds were on a league basis before going into the semi and subsequent final. The final was a rematch of the previous year between Trimley St Martin and Colneis. It was Trimley who ran out the winners in keenly contested match in a penalty shoot 5-4 having finished level at 1-1 after 90 minutes.

Archie Redbond of Trimley was voted player of the tournament with Freddie Garnier-Maclean from Colneis runner up. This was a great experience for the youngsters to play at this famous address. We have to thank Ipswich Town FC for the use of their facilities.



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Abbey Grove, Felixstowe's Millennium Woodland



Abbey Grove was planted as a native broadleaved woodland by the local community in December 1998 as part of The Woodland Trust's Woods on your Doorstep project.

The design of the ten acre woodland incorporates an area of hazel coppice as a site feature and a small meadow to increase visitor enjoyment and habitat diversity.

The tree species which were planted include common ash, pedunculate oak sweet chestnut, field maple, wild cherry, hazel, hawthorn and blackthorn. There is a wide array of wildlife including 12 species of butterfly, many bird species, field vole, harvest mice, shrew and woodmice. Woodland plants such as wood anemone, wild garlic, green alkanet, lords and ladies, bluebell and sorrel thrive. The wildflower meadow redeveloping well.



The site abuts an area of existing secondary woodland known as the Grove which is owned by East Suffolk Council and which is much used by the public.

In 2001 the local community approached the Woodland Trust to create a volunteer group to aid the management of the site. This has developed in to a vibrant active community group which now undertakes all basic management within the wood. Public access is available with rides crossing and circulating the site and formal entrances have been created from the highway and through the Grove.

The volunteer work party meets on Tuesday mornings from September to April, we leave the woodland to the wildlife throughout the spring and summer.

It is a beautiful place to visit at any time of the year. Park in the Eastward Ho carpark and the entrance to Abbey Grove is behind the Grove Medical Centre.

The FCPG, Felixstowe Country Park Group, are working with the council to expand the woodlands in Felixstowe. If you would like to find out more about our ideas email contact@felixstowecountrypark.co.uk.

Do look at the council's website www.northfelixstowe.co.uk where you can 'have your say' on the future of the area and of course let your councillor know your thoughts and ideas.

Give The Birds A Chance – Changes at Landguard Nature Reserve

It's been a tough time for wildlife, and on the Landguard Nature Reserve, at Felixstowe in Suffolk, especially so for the Ringed Plover. So, this year some changes will be made to give them a better chance.



Ringed Plover breed at Landguard and choose their nesting sites on the ground amongst the rare, vegetated shingle habitat. They are very sensitive to disturbance, including from people, kites, drones and especially dogs. They scrape shallow depressions in the shingle and lay their eggs directly on to the ground. Their eggs are very small and perfectly blend into the shingle environment making them very difficult to see.

Cordons reduce the likelihood of disturbance and trampling around their nest sites however the Ringed Plover is a wading bird that needs to feed on the beach, where they continue to be disturbed, and where the chicks as they get older and need to feed for themselves are at their most vulnerable. This is why between the nesting season from 1st April to 30th September dogs will not be allowed on the beach on the southern section of the nature reserve, on or off lead. Also fishing during this period should not take place in front of cordons as it also causes disturbance and attracts predators. This area will be clearly signposted and regularly patrolled.

Dogs will continue to be allowed to exercise on or off lead on the northern section of the nature reserve, including the beaches, and can be walked on lead to the landward side of the cordons. Fishing can take place on the northern section and along the river. Ringed Plover are an iconic species here at Landguard, and although very much loved by visitors are becoming a less common sight. We hope with the public's help and consideration they continue to successfully breed here for many years to come.

Ringed Plover are protected by the Wildlife & Countryside Act 1981 and are a Red list species, due to their declining population and are therefore a conservation priority. For more information, please contact the Landguard Trust by email: enquiries@landguardtrust.org.uk Website: www.discoverlandguard.org.uk

Felixstowe Garden Club



Felixstowe Garden Club have arranged a full and varied calendar for 2024 for your enjoyment, which has already started with 'A quick romp through the history of gardening' and Hawk Honey telling us more about wasps.

On 12 March, we welcome Leonie Washington, Nature Reserve Ranger from Landguard then on 9 April we will be delighted by the Flowers and Plants of Morocco (without the airmiles!). We will also hold our Spring Mini Show which I am sure will be full of Spring flowers, baking and crafts prepared by members for others to enjoy.

On 14 May, we have another Plant Journey through Southern Africa; definitely not to be missed. If this has piqued your interest, please join us, you will be very welcome. Visitors £5 on the door, free refreshments and membership is very reasonable at £20 for the year. For more information, find us on Facebook or our website Welcome to our website » Felixstowe Garden Club (onesuffolk.net) or contact Jayne, Secretary on 01394 211739.

We look forward to seeing you soon.

Litter-Free Felixstowe – Working Together Across the Community



Litter-Free Felixstowe has clear aims and objectives. In particular we want to raise awareness of the impact of littering and work towards behavioural change. Whilst group and individual litter-picks remain important, our primary focus this year is working with schools, businesses and other groups to prevent littering. In 2023, presentations to school assemblies and youth groups definitely

increased the number of people getting involved. We want our town centre, our roads, our beaches, woods and green spaces to be litter-free. This is important for the environment – let’s love where we live!

Already in 2024, we have worked with Ipswich Town Foundation (the community arm of Ipswich Town Football Club) and hosted a joint litter-pick at the Pier. This was arranged as part of the national initiative, Green Football Weekend and helped to raise awareness. Attended by the Club mascot, Craze and LFF’s own womble, the event attracted a large number of families with children. Our Mayor, Cllr Seamus Bennett presented all the young volunteers with special certificates at the end of the litter-pick.



This year we would like even more people to support our efforts to care for the environment. We want to have a green impact across the



town but we need as many residents and visitors as possible to join in. If you are a business you can support by signing

the Litter-Free Pledge. If you are a school, nursery or a group/club, why not invite LFF to give a presentation and bring our litter-picking game into classes/sessions.



Litter impacts on everyone and especially wildlife – we want the town to be as litter-free as possible but this needs all of us to be involved. We are determined to make a difference – please help us to achieve our aims. Contact Litterfreefelixstowe@gmail.com or visit our Facebook site Litter-Free Felixstowe.

Felixstowe Allotment Association



Spring is in the air, honest. The autumn sown onions are growing, the garlic has appeared and the seed potatoes are chitting in the garage ready for Easter. Most allotmenters have prepared their ground for the early crops. If your land has yet to be

turned don’t delay as the weeds will soon push against your hard work and quickly take over. The new tenants, many of whom picked up their spades in October/ November are beginning to appreciate that allotments compete with your time, and discipline is needed plus a warm coat in order to prepare the growing patch.

The photograph shows my yearly routine which is to lightly dig over the soil and add manure, in this case locally sourced horse manure. The good old days of finding a farmer who could dump four tons of pig muck have gone, so any source from any animal is welcome. Leaf mould is another healthy addition to the plot and is often free if you are prepared to go find and then collect it unless, you have plenty of trees around you. We in the Allotment

Level Two at the Allotment



Level Two is collaborating with The Grove Medical Centre to turn their micro allotment at Cowpastures into a vibrant space. We’ve already involved young people in weeding, harvesting, and discussing the benefits of healthy living. Our goal is to engage them in planning, planting, and cultivating new crops. We are creating a memorial bench at the allotment for our dear friend and

colleague Lisa Miles, who passed away suddenly last year.

Our vision is to surround the bench with tactile plants and beautiful flowers, creating a calm and tranquil space for reflection and conversation. Our dedicated Allotment Task Force has been hard at work harvesting, weeding, and preparing the beds for next year’s crops. Keeping the allotment thriving is a team effort, and we warmly invite friends and families of the Grove Medical Centre and Level Two to join us. We aim to host weekly drop-in sessions (weather permitting) and plan to introduce monthly Saturday sessions as the weather improves.



To further connect our community, we’re working on establishing a Facebook page to encourage volunteers and donations. While that’s in progress, please feel free to reach out to someone at the surgery or contact Lucinda Cooper, Deputy Project Manager at Level Two, lucindacooper@leveltwo.org.

We invite you to come and give it a try! Your support is invaluable in making our allotment project flourish. Let’s grow together and create something beautiful!



association have enjoyed a mixed and varied number of guest speakers at the winter meetings held in Ferry Road. As the spring beckons we will return to cake and coffee mornings at the main site in Candle Road plus a BBQ in late summer.

Whilst enjoying our food we can discuss the fruits of our labours and compare sizes of carrots, potatoes and of course the giant pumpkins which young and old alike grow year on year hoping for recognition when they are measured in the autumn.

Article provided by Neville Farthing

Love Green Felixstowe



After the resounding success of last September's 'Love Felixstowe Festival', the Felixstowe BID is collaborating with Felixstowe Chamber of Commerce, Litter Free Felixstowe, Felixstowe Town Council, and numerous other partners to host a Green event during this year's Love Felixstowe weekend 30th Aug - 2nd Sept 2024. Mark your calendars for this exciting weekend full of activities celebrating the best of Felixstowe.

Love Green Felixstowe is a collaboration between community groups, businesses and Felixstowe Town Council to promote eco-friendly practices. The aim is to

create a greener town for generations to come by encouraging and inspiring residents & visitors to care for the environment.

Join us at the Triangle on Saturday, April 20th, between 9:30am and 12:00pm for the official launch of Love Green Felixstowe. The team will be onsite to answer questions about how you can become involved.

Discover how your community is coming together to encourage environmentally-friendly changes and explore opportunities to make your own pledge towards a greener future. Love Green Felixstowe t-shirts will also be available for purchase, featuring a new sustainable design made from organic cotton.

There are so many ways to get involved! See our calendar of environmentally-conscious actions for each month of the year:

Let's make every month an opportunity to contribute positively to our environment and community!

Beachcombing - DOS and DON'TS



Oh you lucky lucky Felixstowe residents - you're right on top of what I think is the best beachcombing in all of Suffolk! Loads of beachcombing treasures to be found including those fantastic fossil sharks' teeth that are about 50 million years old and when you need a break you're surrounded by fabulous eateries.

I've always said all you need to be a beachcomber is to be curious and that if something has caught your eye there's probably a reason for it. Hang on to it and get it identified - easy these days with online beachcombing communities. Then as long as it's not manmade put it back on the beach. Top tips: slow right down, take your time, have an amble rather than a walk and keep your eyes peeled.

And some don'ts: from a 1962 book on the seashore advising that "water spouts are unusual in temperate seas ... [but] can endanger shipping ... and can be dispersed by gunfire." Don't take a gun to the beach!

On a more serious note, please think twice before performing the common internet advice to stick a hot needle in a find to see if it's ambergris (valuable whale vomit)/paraffin wax/amber etc. Someone in Kent did this and their find was a wax covered grenade which ignited! Miraculously no-one was hurt but there was some serious fire damage to their home.



I'm taking early retirement in April but I'll still be beachcombing for me, so all the very best and see you on the beach!

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

Kate is retiring April 2024, but a few opportunities for bespoke beachcombing are still opening up as people's plans change. For further info & to get on the waiting list: www.beachbonkers.org.uk And who knows after April I might be giving sea glass away. Keep watching!

January: **Veganuary** - Commit to eating only plant-based food for the month to reduce your carbon footprint and explore new meal ideas while protecting animals.

February: **Buy nothing new** - Reduce the amount of new items you purchase and consider having items repaired instead. Keep an eye out for news on **Cuppa's** repair café for more details.

March: **Great British Spring Clean** - Participate in cleaning up your community by picking up litter. Follow **Litter Free Felixstowe** on Facebook for year-round initiatives.

April 22nd: **Earth Day** - Dedicate April to **Refill month**, focusing on reducing single-use plastic and reusing containers you already have to support human and planetary health.

May: **No Mow May** - Let your lawn grow throughout the month to support grasses, flowers, and flying insects in your garden.

June: **Bike Week** and **Clean Air Day** - Leave your car at home and opt for biking to reduce air pollution while enjoying warmer weather.

July: **Plastic Free July** - Make an effort to reduce plastic consumption by purchasing loose fruits and vegetables and plastic-free alternatives.

August: **Love Parks Week** - Explore Felixstowe's local parks or participate in National Allotments Week to enjoy the outdoors and gardening, promoting general health and well-being.

September: **Secondhand September** - Embrace donating, reusing, and restyling clothes from second-hand shops in Felixstowe.

October: International **walk to school month** - Encourage walking over driving to reduce air pollution and promote fitness and health.

November: **National Tree Week** - Celebrate trees by planting one or taking a walk through the Grove to see how many different species you can name. **Woodland Trust** do a 'Free Trees for Schools and communities scheme application close date is normally August

December: Shop Local - Support Felixstowe's local shops for Christmas shopping and year-round needs see the **Visit Felixstowe website for more information.**

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Our Marketing of Your Town

Did you know that Felixstowe BID (Business Improvement District) promotes Felixstowe through their brands Visit Felixstowe and Love Felixstowe? With over 15000 followers and a reach of over 544000 in 2023 between Facebook and Instagram, we are committed to promoting our town and getting us noticed whether you live here, or are further afield. Follow us for news, events, and local information. Got an event to share?.....



Send us your **FELIXSTOWE** Easter and Summer events!

We regularly update the What's On section of Visit Felixstowe. Are your events featured?

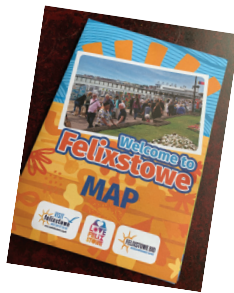
Use our form to provide your info, you can download it <https://www.visitfelixstowe.org.uk/wp-content/uploads/2024/02/Event-Form-2.pdf>

Make sure you include the date, start time, a few sentences on the event and any ticket prices as well as an image – 1MB minimum! Please send them to marketingfelixstowebid@gmail.com

You can also tag us on any of your social media, just use @visitfelixstowe and we will share on our Facebook and Instagram pages

Love Felixstowe returns!

We are really enjoying starting to plan for Love Felixstowe (30 August to 2 September) which this year will feature Felixstowe's new LOVE GREEN FELIXSTOWE mission, as well as the ever popular Art on The Prom. We are working closely with local agencies, organisations and individuals



Felixstowe's appeal is growing

The East Suffolk Council footfall counters continue to provide us with information on the town's footfall and cover the area from Mannings in the south of the town, along the prom as far as The Spa Pavilion and up Bent Hill, into town as far as The Orwell Hotel. We can see



when the town is busiest and where. In 2023 we were able to look at monthly reports and were delighted to see a 34% increase in footfall, year on year.



More info on how the sensors work and the data management here: <https://www.eastsuffolk.gov.uk/business/digital-towns/footfall-counters/>

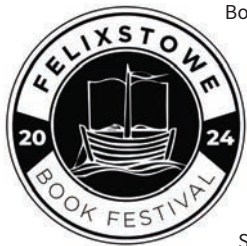
Granted

Felixstowe BID were recently applied for an East Suffolk Council grant to support the manufacture of a number of BID/Visit Felixstowe industrial market gazebos. These gazebos will be used to hold markets in the town as a complement to our existing shops and services. Ideas for market themes include brocante, vintage goods, local crafts and an eco market.

Having our own market stalls ensures we can manage vendors and eliminate potential competition with existing shops. Got a good idea for a market theme? Want to get involved? Email manager@felixstowebid.co.uk



BBC Radio 4's Robin Ince to Take Book Festival onboard the Orwell Lady



Book lovers will be delighted to learn that Felixstowe Book Festival returns again this year, from 26th – 30th June and to get you in the mood this year there's a special event the month before, on Sunday 12th May, onboard the iconic Orwell Lady.

The crew of the Orwell Lady invite you to join them for a thrilling 3-hour afternoon river trip on Sunday 12 May and meet BBC Radio 4's Robin Ince, the 2022 Author of the Year. Learn about his exciting adventures in books and bookshops, as well as his fascinating encounters with astronauts and radio telescope experts while making BBC Radio 4's The Infinite Monkey Cage. With his most recent book Bibliomaniac: An Obsessive's Tour of the Bookshops of Britain, described by The Times Literary Supplement as "a tonic," you'll be in for an inspiring talk. Plus, the crew will be putting on a spread of indulgent scones served with clotted cream and jam for you to enjoy, whilst cruising along the picturesque River Orwell.



Tickets are now on sale and if previous years are anything to go by, they've sold out pretty fast!

Don't miss your chance to meet best-selling author and radio presenter Robin Ince, whilst cruising the river on the graceful Orwell Lady as a precursor to the ever-popular Felixstowe Book Festival the following month.

The cruise will depart from Orwell Quay (IP3 0FS) at Ipswich waterfront. Leaving at 2pm for a three-and-a-half-hour river trip. Returning by 5.30pm, there will be a talk by the author plus a book signing. There will also be a commentary on the places of interest along the river on the return journey. Robin's books will be available to purchase onboard too thanks to Woodbridge Books. Tickets for this special event are strictly limited. For more information and to purchase, go to www.orwelllady.co.uk or www.felixstowebookfestival.co.uk/river-trip-with-robin-ince

In June the festival will be in full flow taking place, once again, in the stunning Edwardian cliff top rooms of Harvest House on Cobbold Road in Felixstowe. More details of the Felixstowe Book Festival for 2024 will be announced in the Spring.

Sign up to the Felixstowe Book Festival Newsletter to be the first to hear the full details of the authors taking part and the workshops available this year go to www.felixstowebookfestival.co.uk

Felixstowe Art Group



If 2024 is the year you have decided to either resume creating artwork or develop a new skill, then joining a local art group may help you on your journey.

The aim of Felixstowe Art Group is to encourage art in the community, welcoming complete beginners, experienced artists and professionals working in a variety of mediums including textiles collage and ceramics.

Twice a month demonstrations, illustrated talks, life drawing and work evenings are held at Broadway House, Orwell Road, 7.30-9.30pm. Weekly working sessions upstairs at Conservative Club 2-4.00pm which although no formal tutoring there is often a member who can help/advise. Membership also gives the opportunity to exhibit work at Suffolk Living gallery space (downstairs), be informed of various workshops offered by demonstrators and exhibit at the Group's Annual Exhibition in August at Trinity Methodist Church, Orwell Road. This year it takes place from 6th-10th August.

Do please visit Group's website for further details, including membership information and Broadway House programme - far too much to include in this article as must be getting close to maximum word count!

Look forward to meeting you

Article provided by Yvonne Smart www.felixstoweartgroup.org

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2 Sisters Arts Centre



Two Sisters Arts Centre opens for the new season on 1st March with a packed programme:

- 1st March Jazz with The Moondancers
- 9th March Carl Sinclair – Rock 'n Roll & Boogie Woogie
- 15th March Local talent showcase with Lady J's Springtime Marvels
- 22nd March indie music with Tim Ainslie & The Vibes
- 25th March – 27th March & 2nd April – 4th April Black & White Productions present Pat & Ron Writers in Crime

April sees the return of Chris Ingham with Embraceable Elle, Nic Spall's Drummers and Open Mic night, local acclaimed Shadows tribute act The Silhouettes, Blues from Howlin Matt, French Dance from BOF and the cool sounds of local favourite BearFootSoul

May is the return of well loved poet Luke Wright, American folk band Metaserra, Catherine Lima with her Peggy Lee tribute and a Three Poets evening.

Not forgetting regular Folk & Roots nights, Felixstowe Café Poets, Dramatic and Musical improv workshops from Justine de Mierre and willow workshops with Tracy Barritt-Brown

MORE INFO CAN BE FOUND AT <http://twosistersarts.co.uk/>

AND SOME EXCITING NEWS FOR SUMMER

FELIXSTOWE FOLK & SHANTY FEST

Suzanne Hawkes (Felixstowe Creative Arts Trust/Two Sisters Arts Centre) & Hattie Bennett (Music in Felixstowe) are co-facilitating an inaugural Folk & Shanty Fest on the weekend of 7th – 9th June 2024

Planning is in the early stages but so far the events include:

Friday 7th June - FOLK JAM at Two Sisters

Saturday 8th June – LIVE MUSIC at The Triangle, on the old station platform and in the Orwell Hotel gardens, plus Morris dancing and storytelling in the town centre.

Sunday 9th June –SHANTY CAFÉ at Two Sisters

With thanks to East Suffolk Council and local councillors funding many of the events will be FREE to attend. Watch out for publicity for this event as they formalise their plans



Pier Projects

Pier PROJECTS

As we head into Spring, thrilled to share updates from 'Views From Convalescent Hill'.

Artist Dana Olărescu has begun working with local residents as

Creative Collaborators through workshops. The Creative Collaborators are sharing their knowledge and experiences and are helping us to shape the project by designing a programme of events to accompany the launch in June, whilst learning new skills along the way.

Thank you to the Top Time group at Felixstowe Library for recently hosting us too, as we shared the inspiration behind the project. It was great to meet everyone.

Get involved:

Object and Memory Sharing

Friday 15 March, 10.30am - 12.00, drop-in

Broadway House, Orwell Rd, IP11 7DD

Do you have any photographs or objects to do with the heritage of Felixstowe as a spa town and a place for convalescence? Please bring them along to share with us.

This will also be an opportunity to share and record your experiences, impressions, and thoughts about health and wellbeing, and the town you live in or are connected to.

There will also be an opportunity to share memories online too: please keep an eye out on our website for more information!

Keep an Eye Out For:

A collection of books that relate to the themes of this project - health, wellbeing, rest and care- will soon be available to borrow from Felixstowe Library so that you can dig a little deeper into any of its ideas that interest you. Keep an eye on our social media, website and e-newsletter for a launch date.

www.pierprojects.org

@pierprojects

Views from Convalescent Hill was initiated by Pier Projects Art Agency, in partnership with freelance project manager Laura Davison. It is funded by The National Lottery Heritage Fund and East Suffolk District Council and is supported by Suffolk Archives, Felixstowe Museum, Suffolk Libraries and Felixstowe Old People's Welfare Association.



Felixstowe Community Choir



Felixstowe Community Choir, with Music Coach Emily Bennett, has a busy spring ahead of us. We are rehearsing new songs for a Family and Friends Mini-concert (better known in choir as 'Parents Evening') and getting ready for our summer schedule, including Proms on the Prom, with Music in Felixstowe. About sixty men and women meet at the Orwell Hotel on a Monday evening 7.30-9.30pm, for a relaxed evening of singing and laughing. New members are always welcome, just pay £5 on the door, and there is no audition or sheet music.

Choir members are currently nominating their favourite local charities to be the beneficiaries of their weekly charity raffle, a fund boosted by any choir profits. All members will then vote for two, or sometimes

three charities, to receive the money. Cheques will be presented to representatives of the charities at our Family and Friends mini concert. In the eleven years the non-profit making community choir has been running, over £36,000 has been donated to charity. The choir has also made guest appearances in many charity concerts.

The choir's Music Coach, Emily Bennett, is a professional actor and musician who teaches the choir songs as diverse as those from Ed Sheeran and Disney. Emily also writes the musical arrangements for when the choir performs with the Festival Orchestra and Seckford Brass, at Music in Felixstowe concerts.



Health and Wellbeing

Felixstowe & Villages Carers Group



We enjoyed a very successful year in 2023 with a mixture of activities including games afternoons, tea and cakes at a garden centre, chair yoga, games of Kurling and Boccia, Laughter Yoga, a visiting poet and Crazy Golf on the front. Most of all we enjoyed the friendship, the chats, the laughs and jokes. Being an unpaid family carer is very isolating. That's why we get together once a month to enjoy each other's company and to try out new and enjoyable things.

We are looking forward to a really enjoyable 2024. Yes, we will be having crazy golf again and tea and cakes out, but we will also be enjoying some very creative sessions together provided by Artlink, who have obtained funding for six fun sessions with us.

So, if you are an unpaid carer don't sit at home on your own, if you can why not come and join us every second Monday in the month. We meet at the Old Felixstowe Community Association, Ferry Road, Felixstowe, IP11 9NB from 1:00pm to 3:00pm on the second Monday of each month. Tea & coffee provided. £3.00.

Meeting Dates: 11th March, 8th April, 13th May, 10th June. OR contact Dennis Weston, dennisweston.49@btinternet.com, 07712672289

Suffolk Family Carers – Living Fuller Lives

On the 15th May 2024 Suffolk Family Carers Mental Health & Wellbeing Service will be offering a wellbeing workshop for Family Carers caring for an adult with ASD/ADHD. The workshop will take place at Felixstowe Town Hall from 10.30am-12.30pm.

The workshop will explore ways to support adults on the autistic spectrum, whilst maintaining carer's wellbeing. We will explore caring styles, consider adjustments to the environment and boundaries which could support carer and cared-for's wellbeing. We will discuss ways to manage anxiety, consider support networks and help plan action to improve wellbeing. Suffolk Family Carers offer a variety of other free workshops to support unpaid Family Carers, all designed to provide Family Carers with information and skills to maintain their own wellbeing, while supporting the people they care for. Our workshops can be a great way to create supportive contacts and are offered at a variety of venues across Suffolk as well as online via MS Teams.

- ◆ Other workshop titles include:
- ◆ Carers Rights & Carers Safety
- ◆ Caring & Coping
- ◆ Caring & Communicating
- ◆ Wellbeing for Me
- ◆ Caring & Trauma
- ◆ Caring & Boundaries
- ◆ Caring & Resilience

Workshops are informative & supportive, provide a sense of community and connection and can be a first step to reducing the isolation that family caring can bring. You can find all our upcoming workshops listed on our website: <https://suffolkfamilycarers.org/upcoming-workshops/> or for further information and to book in person – call our administrator on 01473 835458 or Suffolk Family Carers Information Hub on 01473 835477.

Email hello@suffolkfamilycarers.org Website www.suffolkfamilycarers.org Information Hub 01473 835477

Walton Parish Nursing

It was a wonderful privilege to represent Parish Nursing Ministries UK during a recent visit to Walton Parish Nursing by Dame Ruth May, Chief Nursing Officer for England. Dame Ruth accompanied Lorna Bellamy, Walton Parish Nurse and Anne Taylor, Parish Nursing Ministries UK Director of Nursing on a home visit to a client who receives weekly leg care as part of Walton Parish Nursing's Sole Mates service and to the weekly health drop-in at St Philip's Community Hub in Wadgate Road.

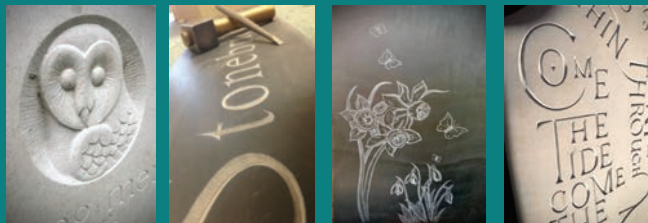


Walton Parish Nursing supports the people who live in Walton by providing three health drop-ins, a

mental health support group called No Labels, sole mates, transport to medical appointments, chair-based exercise classes and home visits to give health advice, to signpost to other agencies or to simply listen, working alongside a team of trained volunteers to provide extra support and spiritual care during times of crisis or combating loneliness. We always welcome more volunteers.

More information can be found on the Walton Parish Nursing website waltonpn.org.uk or by contacting Lorna on 07969 901001/ lorna@waltonpn.org.uk or Lesley 07909 888703/ lesley@waltonpn.org.uk

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Free Health and Wellbeing Fair



HEALTH AND WELLBEING FAIR
 Thursday 14th March, 10am – 4pm
 Harvest House, Cobbold Road,
 Felixstowe, IP11 7SP

Meet your local health and wellbeing service providers to find out more on what's available near you.

Guest speakers
Health checks
Helpful information

Plus Freebies to take away!

CONTACT
chloe.lee@eastsoffolk.gov.uk

EASTSUFFOLK
 East Suffolk Community Partnerships
 Felixstowe Peninsula

Residents of all ages are invited to a free health and wellbeing fair on Thursday 14 March to meet local organisations and groups and find out more about the help and services available to them in their local community, as well as receiving health checks and hearing from guest speakers.

Organised by the Felixstowe Peninsula Community Partnership, the event is taking place at Harvest House on Cobbold Road, between 10am and 4pm.

Company, Cuppa and a Chat! MeetUpMondays – Felixstowe



MeetUp Mondays™

The Grosvenor
 25 - 31 Ranelagh Road
 Felixstowe, IP11 7HA
Mondays - 11am - 1pm

If you haven't already heard of MeetUpMondays™, it is a network of community minded pubs and cafés that provide a social space for people to get together for an hour or two every week. Kindness is at the heart of it and the wonderful host venues provide a very warm welcome

and an opportunity for people to spend time with others for some much-needed company, to sit and chat over a free cuppa.

The meet ups are open to everyone and there are lots of benefits to going along that can make a real difference to your week, for example - if you are new to the area and don't know anyone yet you can meet your neighbours; there are new friendships to be made; it can liven up a quiet week, or it can simply offer a chance for friendly chat and some company.

Did you know there is a MeetUpMondays host venue in Felixstowe? The Grosvenor pub in Ranelagh Road (IP11 7HA) has been hosting since October 2022. Their meet ups take place every Monday between 11am – 1pm and you can simply drop in any week and join in.

Manager, Dan Grover Says:

“We have been hosting MeetUpMondays for a year now and it is a lovely thing to do for the community, everyone who comes along really appreciates it. The group has grown to around 20 regulars and it is always nice to welcome new faces and to see the bonds of their friendships developing. We are lucky to have the support of the Community Champion at Felixstowe Morrisons who kindly provides our us with a supply of tea, coffee, hot chocolate and biscuits once a month”.

MeetUpMondays is an initiative from The Rural Coffee Caravan which believes that ‘loneliness is everyone’s business.’ Many businesses get involved by sponsoring a pavement swing sign for their local group, which displays their company logo to show their support. Swing signs highlight to passers-by that these wonderful pubs and cafés are a place of warmth, welcome and friendship and show local businesses working together to care for their communities.

To find out more information about MeetUpMondays and to view the full list of host venues and their locations visit www.ruralcoffeecaravan.org.uk.

Felixstowe Relief Charity: Financial support for Felixstowe residents

Felixstowe Relief Charity (FRC) is a local charity providing assistance to residents across the town. The current cost of living crisis has provided new challenges and FRC is able to offer immediate financial help. The Grant committee meets every month and can, therefore, ensure that decisions can be reached quickly (up to a maximum of £500 with larger amounts requiring a full committee decision). Anyone can apply, provided they have been resident in Felixstowe for a minimum of 3 years.



Over recent months, a number of grants have been approved including help with essential equipment or educational supplies or training costs. More recently, working with charity partners, food vouchers and fuel credits have been supplied.

FRC trustees include Cllr Darren Aitchison, Cllr Margaret Morris, Canon Andrew Dotchin, Peter Finbow, Norman Berry and Debbie Bartlett who all bring many years of work in the community to their roles. If you require help, please pick up a FRC leaflet from the Town Hall Felixstowe Library or local schools and download an application form (www.felixstowe.gov.uk/grants).

Alternatively, phone Darren on 07838 215964 or Margaret on 01394 274345.

Realising Futures



Do you have a Learning Disability and/or Autism? Do you need some support, advice, or information?

Walk-in Advice and Guidance sessions - Every Thursday 10:00 – 12:00 at Felixstowe Library, Crescent Road, Felixstowe IP11 7BY

For more information: 07753 447607 info@realisefutures.org

Come along to one of our Walk-in Advice and Guidance sessions. There is no need to book an appointment. We can provide advice, guidance, and information to you on Housing, Employment, Benefits, Training, Money, Travel, Safety, Health, Bills/ Letters and Socialising.

Do you have a Learning Disability and/or Autism? Do you want to meet people in your local area?

Peer Support - Every Thursday 13:30 – 15:00 at Caffè Nero, 59 Hamilton Road, Felixstowe, IP11 7BE

For more information: 07753 447607 info@realisefutures.org

Come along to our Peer Support meet up, where people help other people. Support each other, share your experiences, make new friendships, be more confident, and get out and about.

Realise Futures support people with Learning Disabilities and/or Autism, to set up Peer Support across Suffolk. At the groups people share their experiences, talk about the things in life that matter to them and support each other. Being part of a Peer Support Group is a great way to make friends and become more confident! People might start a group because they enjoy doing the same activity, for example, gardening, or music. Sometimes groups might choose to go out on a trip, explore the local community, or use the meetings for something like training.

Active Felixstowe

Getting Active with ActivLives



ActivLives is a local charity, which has been working in Ipswich and across East Suffolk for 17 years. We provide a wide range of stimulating and fun activities for people

aged 50 years plus, including people with disability, adults with anxiety and depression, people living with Dementia and their carers and inclusive sport and horticultural opportunities for younger people with mental health and young adults with intellectual disability, working in partnership with local schools, colleges and other agencies.



The main aim of ActivLives is to support and motivate people to increase movement and improve their physical, mental and emotional health and general well-being; keep people connected with their communities to reduce social isolation and loneliness and provide access to learning, training and volunteering opportunities to enable people to gain skills and employment.

In Felixstowe at the Old Felixstowe Community Centre on a Wednesday we currently deliver a seated exercise / dance

session for older adults with poor mobility followed by a Better Balance Session to build people's strength, balance, co-ordination and confidence, particularly for those who may have had a fall or who are high risk of falling. On Mondays at the Felixstowe Leisure Centre you can have a game of New Age Kurling, which can be adapted for any ability, it's fun, competitive and a very social activity and on Saturday's at Walton Community Hall you can have a game of Kurling and the paralympic sport Boccia.

You can also find Better Balance Sessions at community venues in Martlesham, Woodbridge, Leiston and Saxmundham.

New groups are currently being developed called BreatheFit, to support people with respiratory health conditions such as COPD, Lung Disease, Asthma and Long Covid. The sessions help to increase energy, help improve breathing and build strength and confidence and there is always time for a chat and coffee at the end of the session. There is a BreatheFit group at the Waterloo Centre in Leiston on a Wednesday afternoon and a new session will be opening soon at the Grove Surgery in Felixstowe.

If you like singing with others then why not join our ActivSinging group which meets twice a month at the Quay Church in Woodbridge or if you like dancing then the Keep on Grooving session is just for you, adapted for different abilities so you can dance seated or standing or both. This session is held monthly at the Woodbridge Community Centre on a Friday afternoon.

If you are 50 plus and an unpaid carer or former carer and you need support with caring for your partner, family member or neighbour or you are moving on from caring then the new Carers Project - ICare Connect, may be able to help you.

To find out more about ActivLives, the Carers Project and all our activities, please call 01473 345350 or visit www.activlives.org.uk.

Felixstowe Judo Club

Exciting News from the British Judo Regional School Championship Qualifier in Thetford on Sunday 22nd January!



In a thrilling showcase of skill and determination, three students from Felixstowe have punched their tickets to the upcoming British Judo Regional School Championship in Sheffield. Rocco Borrourghs emerged as a standout performer, clinching the Gold with an outstanding display of judo prowess. Joining the winners' circle, Daisy Emmett and Dominic Cremer secured Bronze, showcasing their commitment to excellence in the Eastern Region qualifiers.

The atmosphere in Thetford was electric as competitors and spectators alike witnessed an impressive showcase of talent. These young judokas demonstrated not only their technical proficiency but also their dedication to the sport. The Felixstowe contingent is gearing up for the national stage in Sheffield this March, where they will represent their school and vie for top honours.

In tandem with the championship qualifiers, a Development Event (Level 2) provided a platform for newcomers to test their skills. Brendan Comyn made a remarkable debut, earning a Silver in his first regional competition. This achievement speaks volumes about the depth of talent emerging from the Felixstowe and bodes well for the future of British Judo.

Congratulations to all participants, and best of luck to the Felixstowe trio as they set their sights on Sheffield! The journey to judo excellence continues, and these athletes are paving the way for a bright future in the sport.

SUNDAY LUNCH

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Felixstowe Road Runners Goes Greener



FELIXSTOWE ROAD RUNNERS

Members of Felixstowe Road Runners have been thinking about their sport and how we can all be a bit greener, having been involved in an England Athletics consultation looking at the issues surrounding our sport.

90% of the environmental impact of participation in races, events and training comes from the fuel used in getting to and from venues. Club members are now making a determined effort to share lifts if they can't walk, cycle, or take public transport to races around the county, to parkrun and to weekly training sessions.



In terms of equipment, we have recognised the significant impact on the environment of the manufacture of running shoes and their potential disposal in landfill. FRR members are looking

to extend the lives of their current running shoes well beyond the 400 miles suggested by manufacturers, recognising that this is a marketing ploy rather than based on reality. Shoes which are no longer wanted but are still perfectly usable can now be sent on for distribution to disadvantaged runners and those shoes beyond further use can be dismantled and reusable materials removed and used again. Our club is looking to work with such a company to collect in bulk to reduce the impact of transporting shoes for recycling.

Medals and t-shirts, which are awarded to participants in many races, have also been considered as their manufacture and shipping have an impact on the environment but there are many runners who find these prizes inspiring and useful. There are FRR members who now regularly opt to turn down the offer of a material reward for their race participation.

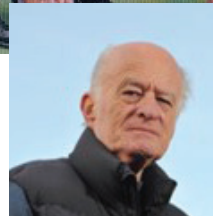
Felixstowe Hockey Club



Building on solid foundations! Felixstowe Hockey has continued to grow in 2023/24 and we've been delighted to welcome many new players to the senior and junior clubs, with 4 men's and 3 women's teams that offer opportunities to the experienced and less experienced player. We also offer junior training every Saturday morning throughout the season for under 7, 9 12 age-groups. We're a friendly club that encourages participation on and off the

field with a vibrant club-house. The club seeks to be active in the community, working with local schools to develop the junior game and reach out to potential players of the future - a recent festival hosted by Felixstowe school saw 150 children experience the game. If you're looking for a new club or interested in taking up hockey then don't hesitate to contact us - contacts and training times are on our website. In the meantime, look out for us at the Felixstowe 'Fun-run' and Carnival!

Felixstowe Beach Walkers



Having played football from a young age up to my 30s when I decided family came first, I was playing for Felixstowe Town and also at one stage was secretary and Treasurer, however family commitments took over.

I decided at the age of 70 to join Walking football at Brackenbury Sports Centre, as this was being advertised and run by one of their staff, we started in 2015, however, after a few months the person running the session left and there was no one to take it over. I decided that I would take the sessions, which I did until early 2016, by which time several of the players who were in their 60's had called it a day as they were playing against 40/50 year olds.

However, speaking to several older players I decided to run an over 60's group on a Tuesday afternoon. Our first session consisted on 6 players three ladies and three gents since then we have never looked back and I now have over 30 players both male and female registered to play.

We have now been playing at Brackenbury during the winter months and Stennents group during the summer months.

Anyone can join and we are really keen to see more women joining, especially if they have perhaps played before or feel that walking football is for them. I usually ask those wanting to join to come along a Tuesday between 13.00 to 15.00 hours to see if the session is to their liking. We always welcome everyone whether they have played before or not.

We are a friendly group and everyone enjoys their Tuesday get together and after the session, we offer tea and cake supplied by the Cafe at Stennents, as we pay them for the cake and of course profits go to their organisation for the disabled.

We have no more friendly competitions before Christmas, however we are organising several friendly games from February onwards both home and away, we usually travel into Essex, Norfolk and of course Suffolk.

If you are interested in joining our club you can contact myself by email: valandrichard@btinternet.com

Article provided by Richard Lord

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Your Community Stories

Landguard Partnership



Landguard Fort opens for the 2024 season on Thursday 28th March, from Thursday to Sunday during term-time and every day during school holidays.

When visiting Landguard you'll discover the dramatic story of the fortifications that played a pivotal role in the defence of the east coast for over 400 years. Where the

last opposed seaborne invasion of England, by the Dutch, in 1667 and the first land battle of the Royal Marines happened. The current building at Landguard is Grade 1 listed and dates back to the 1740's and has been modified over time to reflect changes in coastal defence strategy and developments in engineering and weaponry. Substantial additions were made in the late 19th and early 20th centuries during 2 world wars and even as late as the 1950 in response to the tensions of the cold war.

During the weekend of 13th & 14th April, the 1st 95th Rifles will once again be at Landguard Fort, stepping back in time and re-enacting the drills, training and battle tactics honed on the Napoleonic battlefields during the period from 1803 to 1815. Come and meet one of the finest Napoleonic re-enactment groups as they encamp at the fort for the weekend and learn all about a soldier's life in days gone by!

For more details and to book tickets visit www.landguard.com

Event launches Engagement Programme for North Felixstowe Neighbourhood

A public meeting to officially launch the start of a programme of engagement for the master planning process for a new garden neighbourhood to the north of Felixstowe took place earlier this month.



More than 350 people gathered at the Orwell Hotel to hear from East Suffolk Council and others about how master-planning the development of approximately 143 hectares will ensure the new neighbourhood will be leisure-led, sustainable and sympathetic to the environment.

James Goldberg, Development Enabling Lead at East Suffolk introduced the session, explaining how the need for the development was identified in the Local Plan and brought everyone up to date with progress so far. He was joined by colleague Tim Snook, who spoke about the proposed new sports and leisure centre. Speakers from the NHS and Suffolk County Council's education team were also present to address the meeting and answer questions.

The event officially launched a period of consultation which will include the formation of a Citizens' Panel, engagement with young people and continuing work with a stakeholder forum. Further public workshops are planned and these will address areas such as nature recovery, affordable housing, arts and culture, food resilience, as well as sport and recreation.

James Goldberg said: "It was good to see so many people on the day and to meet and talk with residents about their hopes, and fears, surrounding the project. It is crucial we listen and take on board these comments and ensure that we deliver the right results for this exciting project." For more information about the project please visit www.northfelixstowe.co.uk.

An optimistic start to 2024 for Felixstowe Chamber of Commerce

Felixstowe Chamber of Commerce has started 2024 with renewed energy and optimism. We are celebrating a milestone membership of some 100 local businesses and organisations, across a wide variety of sectors, from shipping and logistics to recruitment, retail and professional services.

Encouragingly, a significant proportion are choosing to join at the higher Silver and Gold levels.



We held our first networking breakfast on 1st February at The Alex, and thanks to all those who attended and made it such a success. A delicious breakfast was accompanied by an insightful talk from Alison Renville, Regional Employment Broker at Prison Group Directors Office, who explained about the New Futures Network, a specialist employment team in HM Prison and Probation Service, promoting opportunities for ex-prisoners in the local job market.

We were also joined by Tracey Collins of FareShare, which aims to tackle food poverty and reduce food waste across the UK. The leading national charity serves Felixstowe and has a team here. FareShare East Anglia diverted 223 tonnes of surplus food to 71 charity members last year – enough to provide over 500,000 meals for people at risk of hunger.

We were delighted to welcome a number of new attendees to their first Chamber event, including Cogent Technology, Kerseys Solicitors – who have just set up their new Felixstowe office in Victoria Street – Level Two Youth Project, Yoga Me Happy, 5 Elements Felixstowe, Marshall Hatchick LLP, Westcliff Logistics, Katy Snelgrove Ltd and The Dental Surgery.

Felixstowe Chamber will be holding its Annual General Meeting [AGM] at Felixstowe Town Hall, Undercliffe Road West, Felixstowe on Tuesday 19th March, from 6.30pm to 8.30pm. The meeting is free to attend, with refreshments provided, and is open to the public.

Felixstowe Chamber is proud to work closely with Felixstowe Town Council, and will be welcoming Mayor of Felixstowe, Councillor Seamus Bennett, to its AGM, along with other Councillors.

Paul Borroughs, Chair of Felixstowe Chamber of Commerce, said:

"2023 has been a year of tremendous growth for Felixstowe Chamber of Commerce, and we are very grateful for the support and cooperation of our fantastic community. Thanks to our increased membership, we have been able to invest even more in connecting businesses in and around our vibrant town.

"I am fortunate to be supported by such an active, enthusiastic and multi-sector Committee, and our AGM is the chance for us to provide an update on our developments and significant progress over the past year, as well as sharing our exciting plans for 2024."

Anyone wishing to attend the AGM is encouraged to register their interest by 12th March with Business Officer, Amanda Oliver, on 01394 248440 or amanda@felixstowechamber.co.uk

We look forward to welcoming as many of you as possible to our future Chamber events!

www.felixstowechamber.co.uk

Felixstowe Museum



Felixstowe Museum is egg-cited to announce we re-open 11am, Thursday 28th March. First visit? We are situated at Landguard Point, between the Port and the Fort.

Alongside our chick trail we are officially opening Radio Caroline's 60th Anniversary celebrations at 12 midday on the Thursday. Radio Caroline presenter and author, Ray Clark, will be joined in the opening by Felixstowe Mayor, Seamus Bennett. Ray will be staying for a couple of hours, meeting and greeting, and

signing copies of his books, which include 'Radio Caroline - The True Story of the Boat That Rocked'. Fellow Pirate Radio presenter Terry Hughes will be onsite with his Moggy Van vintage radio collection and maybe a pirate or two! Can't make the celebration? No worries, the Museum have invited 'Felixstowe & Offshore Radio' to expand their existing 1980's themed display for the season. A look back to when the ship arrived in 1964, with mostly local archive photos and memorabilia.

Enquiries to felmuseum@btopenworld.com



Skating in Felixstowe is Back!

After a short break for school exams, we are pleased to say that Ipswich Skating Club has returned to Felixstowe!



Our sessions, taking place at the Maidstone Road Sports Hall, are open to all who are looking to learn to skate, practice or enhance their current skills.

Learn to Skate - Every Saturday 14:00 -16:00 - For all ages and abilities wanting to learn to skate safely, our GoSk8 system and trained coaches are ready to help you, in a fun and safe environment.

Skate hire is available with sizes 8J to 11 available.

Alongside this we are delighted to share that we will be running regular discos, although these are currently held in Ipswich we welcome those from all over Suffolk to come along to play games, have fun and socialise whilst listening to some great music! So far we have held a Halloween, Christmas and New Year disco! Keep your eyes peeled for our next theme!

We are also delighted to announce that we have £1000 from Felixstowe Town Council to support our Back to Skate program. The funding will be used to support the club with engaging residents from across Felixstowe to join the clubs activities, as well as enhance the skills of our coaches to in turn, improve the sessions available in Felixstowe.

Ipswich Skating Club would like to take this opportunity to thank Felixstowe Town Council for their support.

For more information please visit www.skateipswich.com, email secretary@skateipswich.com or find us on Facebook

Renovations to Walton Community Hall



Our dedicated team have been working tirelessly over the recent half-term to breathe new life into Walton Community Hall, conducting work to renovate the floor of the popular community building.

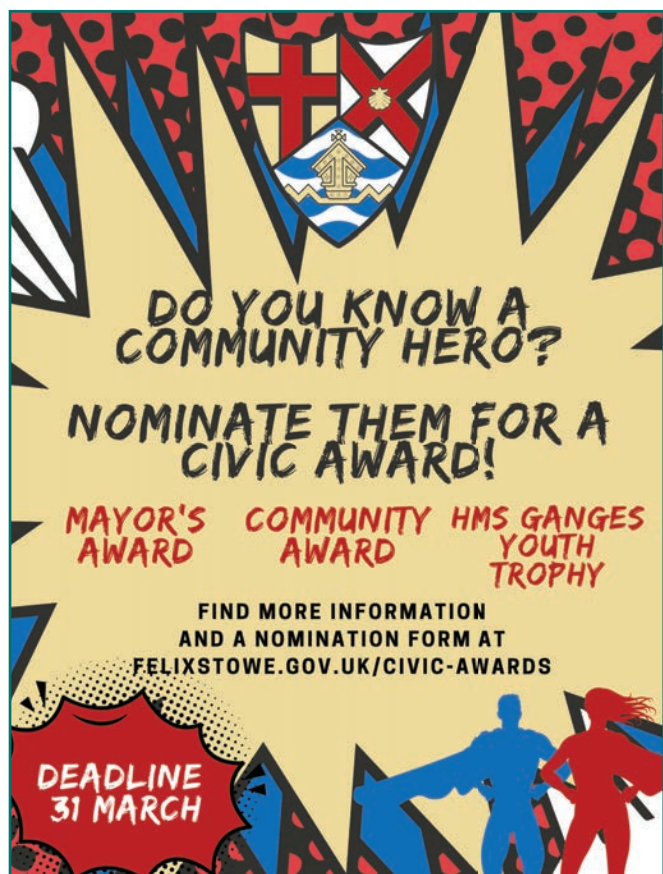
The teams commitment and collective effort have revived and enhanced the wooden floor space, and the outcome not only provides an aesthetically pleasing environment but also offers a safer and more robust floor for the enjoyment of all hirers.

Walton Community Hall, a significant Victorian landmark on the street scene in Walton, has long been a hub for various events and gatherings. From community meetings and workshops to private celebrations and cultural events, the hall offers a warm and inviting atmosphere for all. It is used regularly by the local Scouts, various dance and exercise groups, and is often the venue for local exhibitions and meetings.



The Hall is available to hire daytimes, evenings and weekends, throughout the year. Whether you're planning a birthday party, a family reunion, or a community event, Walton Community Hall's revamped floor is ready to set the stage for your special moments.

To make a booking, or for further information please contact Sarah Morrison on 01394 288194 or email sarah.morrison@felixstowe.gov.uk.



School News



1.2.3 Toddler Group, St Marys Church, Walton

The ladies who run the 1.2.3 Toddler Group were thrilled to see the children's effort win the Mayor's choice at the Salvation Army Christmas Tree Festival. All the Toddlers (with the help of their mum's) had printed their feet & hands ready to be made into Rudolf's and Father Christmases for the groups Christmas Tree. They were all returned to the family in time to be hung on their own trees at home. This Toddler Group was started up some 30 years ago by the Curate of the St Marys Church Yvonne, and has been going strong ever since, with many of the volunteers being regular Church goers. Some of our Mothers were bought along when they were toddlers themselves. It is lovely to see the babes



grow and blossom, to start to toddle and talk, & try to ride the trikes and generally get into mischief

The 1.2.3 Toddler Group at St Marys Church, Walton meets in the Church Hall (opposite the Church) every Wednesday during term time from 1 pm to 3 pm



The Federation of Fairfield and Colneis - Developing Links with the Community



Schools should always be a central part of the communities that they serve - and we are always

very proud of the links that we have developed with a range of local groups. For example, we work closely with the Litter Free Felixstowe group and it is always great to see a number of our children join their litter picks. A school's role is not only to educate but to help children grow and develop into citizens of the future. We have also recently established a volunteer school Chaplain role across our Federation and are delighted to welcome Major Julie Ludditt to our team. Working in conjunction with the local charity Boost and following the long-standing



success of the chaplaincy programme led by Josh Hunt at Felixstowe School, Julie's role involves supporting the emotional and spiritual wellbeing of students, providing children with a safe space to share their thoughts and emotions, particularly during times of crisis or need. We really do welcome the chance to open our schools up to initiatives such as this and anything that continues to support the development of our children is such a valuable project to support.

Article provided by Mr Mark Girling, Headteacher

Langer Primary Academy



I am extremely proud to have secured the position of Head of School here at Langer for the new year. I have 23 years of experience in teaching and learning children between the ages of 3 and 11 and from my first visit I made a connection with the children and felt this was the school for me. Langer is a warm and welcoming school. Every child at our school is included, supported and encouraged to do their very best. The academic outcomes for the children

continue to rise and are comfortably above the national average in many areas. I am in no doubt that the "Pupils here receive the high quality of education, support and care they deserve" – Ofsted Sept '23

The children at Langer Primary Academy take an interest in the world around them. As part of Children's Mental Health Week, we spent time ensuring the children understood that their voice matters. Inspired by the book 'Speak Up' by Nathan Byron, where Rocket starts a campaign to save her local Library, we have launched two campaigns to ensure that the voices of our pupils are heard. The first is to improve the safety of the road crossing in front of the school with the support of our Mayor, Mr Seamus Bennett. The second is to improve our environmental garden and growing space so that the children can grow their own produce. We are looking forward to hosting a community volunteering day in March and are so grateful to the Felixstowe Youth Forum who have donated gardening vouchers so that we can get started.

In addition to all of the wonderful learning the children have been doing day to day, this first half of the Spring term has seen our pupils taking part in the Felixstowe Swimming Gala, The Rotary Football tournament at Portman Road, The Felixstowe Flood memorial service, a Pupil Council initiated Talent Show, a non-uniform day raising money for the Place2Be charity, a Pancake day celebration and a Food Festival.



We do have a few spaces remaining for this September's intake in our Outstanding Early Years provision. We would welcome your interest and are able to offer personalised tours with the Head of School. Please visit us, meet our highly dedicated and skilled teaching team, look around and see what we can offer your children here at Langer Primary Academy.

At Langer everyone can achieve, we trust, we care and we aspire.

Article provided by Mrs Jo Morgan-Soane, Head of School, Langer Primary Academy



Felixstowe in Flower 2024

Since 1985, Felixstowe in Flower has been uniting the Felixstowe community and bringing beautiful blooms to the town.

Whatever your skillset and your gardening interests, there's something for everyone to get involved with. Find out more about how to get involved and **join us for the launch, 10am-12pm on 1 June 2024 at Felixstowe Triangle.**

Sponsor a hanging basket, tub or trough:

For a small fee, local businesses, community groups and individuals can sponsor a tub, basket or trough. The floral display of choice will be planted up, watered and cared for by the Felixstowe Town Council Grounds Team and adorned with a personalised plaque. More information and a sponsorship form can be found at felixstowe.gov.uk/felixstowe-in-flower.

Enter one of 16 FREE Felixstowe in Flower competitions for a chance to win a trophy at the illustrious Felixstowe in Flower Awards Ceremony.

Simply fill out the competition form on the right of the page and your details below. Tear out this page and return it to Felixstowe Town Hall for a chance to win.

Name:

Telephone:

Email:

Address:

Don't forget to fill in your details!

David Button 
Independent Funeral Directors

Felixstowe 
in flower

COMPETITION FORM:

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

I would like to enter the following categories (please 'x' all appropriate boxes):

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

- Private Front Garden: Best Floral Container
- Private Front Garden: Best Planting Scheme
- Town Centre: Best Floral Container
- Floral Balcony

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

- Commercial Premises: Garden
- Commercial Premises: Non-Garden
- Commercial Premises: Best Floral Container
- Residential Home: Best Floral Container
- Hotel/Guest House: Best Floral Container
- Public House: Best Floral Container

Open to all:

- Creative Arrangement
- Best Use of Colour
- Best Sustainable Planting
- Seaside Theme
- Best Newcomer
- Tallest Sunflower (16 years and under)

Good Luck to all entrants!

DO YOU HAVE A BRIGHT IDEA TO BENEFIT THE COMMUNITY?

Do you have a bright idea to benefit the community?
Felixstowe Town Council offers Occasional Grant Funding to local community groups, organisations and charities with ideas to benefit the town.

If you have an idea that requires funding, an application form is available at felixstowe.gov.uk/grants



WAMFest

WAMFest, a popular, Felixstowe-local festival, celebrating and uniting women in arts and music, received £2000 to host a diverse programme of events in the town, accessible free of charge to the public, including workshops, music, an art exhibition, street art projects and workshops with local authors.



Friends of Felixstowe Library

The Friends of Felixstowe library received £4000 to invest in an 'Audio-Visual Corner' in Felixstowe Library, providing new shelving with increased accessibility to users of the library with visual impairments, five new workspaces, digital access desks, flooring and furniture, available for use by the public.



Suffolk Mind

Local health and wellbeing charity, Suffolk Mind, received a grant of £1980 towards The Felixstowe Counselling & Cost of Living Support Project, to provide essential support and counselling services to residents in Felixstowe and the surrounding area.



Annual Town Meeting and Civic Awards

Join the Mayor of Felixstowe at Felixstowe School for the Annual Town Meeting and Civic Awards on Wednesday, 8th May 2024, at 7pm.

The Civic Awards serve as an annual opportunity to recognise and celebrate the outstanding contributions made to the local community by local volunteers, organisations, and young people.

These awards will be presented during the Annual Town Meeting and we extend a warm welcome to all members of the community to join us for this wonderful occasion, which will commence promptly at 7pm on Wednesday, 8th May at Felixstowe School, followed by refreshments.

Nominate Your Community Hero: If you know someone who has gone above and beyond for the local community, we want to hear from you!

Nominations for the Civic Awards are open until 31st March. For more information or to submit a nomination, please visit www.felixstowe.gov.uk/civic-awards or contact us at 01394 288 191.

We look forward to celebrating the achievements of our community together on this special evening.



Help Shape the Direction Town Council Over the Next Four Years

As we reported in the previous edition, your Town Councillors have been busy considering priorities for the Town Council in the process of drafting its next Business Plan, covering the years 2024-28.

Following feedback and workshops the Business Plan has been drafted and will be published on 22 March for your feedback via a short survey. You can read the draft Business Plan and complete the survey via www.felixstowe.gov.uk/businessplan.

The survey will remain open until 22 April and we encourage all residents to take this opportunity to voice their opinions and contribute to the future of Felixstowe.



FELIXSTOWE
TOWN COUNCIL

BUSINESS PLAN
2024-28

A strategic vision for the four years ahead

felixstowe.gov.uk
@felixstowetc
@FelixstoweTownCouncil

Felixstowe Town Council
Town Hall
Felixstowe
IP11 2AG
01394 282086
enquiries@felixstowe.gov.uk

St John's Community News



The Parish Pantry continues to be in much demand, with as many as 60 people waiting for the opening of the doors of St John's in Orwell Road at 10am (Monday to Saturday, and from about 11am on Sunday). We do receive food as well as give it out & were delighted to be the recipient of the 'Wonder Women' and their gifts on 6 February. The Wonder Women are a group of about 16 women who have an informal Running Club who run along the Promenade while at the same time collecting non-perishable food for good causes. They brought us enough to last for weeks.

If you have food to give to us, please leave it the porch at the Vicarage at 54 Princes Rd where it can be sorted. We also need more volunteers to help welcome the parish pantry users and to help sort food. Please contact Canon Andrew Dotchin on revdotchin@gmail.com

It is the season of Lent in the churches and Lent courses are being run – the theme is the movie 'Chocolat'. We will all be pleased when Easter arrives on Sunday 31 March and we can all have our own 'chocolat'!

Three of us have started a retreat day company Lark Rise Retreats. These are retreats for people of all faiths and none. You can look us up at www.larkriseretreats.org.uk



The Bellstone
CARE BY THE SEA

For vacancies and general enquiries please do not hesitate to contact Tracey or Amanda on 01394 278480 or email us:

bellstone@bellstonerescare.co.uk

Feel free to check out our new website at www.bellstonecare.co.uk for a little insight of how we do what we do best.

Equity Release- Boosting Your Life with home improvements

Equity release is fast becoming a favourable option for homeowners looking to fund home improvements. In the past the public viewed property wealth as solely a vehicle for a secure retirement but now recognising it as an option to enhance their quality of life.



**ADRIAN
BARNES**
MORTGAGE AND
LATER LIFE
LENDING
SPECIALIST

As property values have increased and with an aging population seeking other financial solutions, equity release has become a popular option. With many homeowners facing potential shortfalls in pension income and savings, many are turning to equity release to access their wealth to provide an additional source of funds in retirement.

Homeowners are using equity release to finance home improvements as they realise that their homes are significant assets which can enhance their lifestyles.

A key driver in this is the desire to improve comfort and accessibility as clients grow older.



Equity release facilitates modifications such as building ramps to the home, making a wet room, widening doors for wheelchair access and other ground floor facilities to enable comfortable living.

The product can also be used to upgrade living spaces including renovations to kitchens, bathrooms or indeed extending the home. This not only adds aesthetic value to the property but contributes to an enhanced lifestyle.

Another emerging trend is the focus on energy efficiency, driven by environmental concerns and the sharp rise in household energy costs.

Householders can release funds to invest in sustainable upgrades such as solar panels, improving insulation (excluding spray foam) and energy-efficient windows and doors. These enhancements provide for an eco-conscious living and offer long-term cost savings.

Contact us:
adrian@fairfield-money.com
01638 551476
www.fairfield-money.com



This is a lifetime mortgage. To understand the features and risks please ask for a personalised illustration. Our typical advice fee would be £1,000. A lifetime mortgage may impact your entitlement to means-tested benefits and the inheritance you may leave.



FELIXSTOWE
TOWN COUNCIL

**BRIGHT IDEAS
TO BENEFIT
THE COMMUNITY**



**FIND AN APPLICATION FORM AT
[FELIXSTOWE.GOV.UK/GRANTS](https://www.felixstowe.gov.uk/grants)**

ARE YOU A
COMMUNITY GROUP
OR ORGANISATION
IN FELIXSTOWE?

WITH A
BRIGHT IDEA
TO BENEFIT
THE TOWN?

APPLY FOR
OCCASIONAL
GRANT
FUNDING!

THE DEADLINE
IS 31 MAY
2024!

