

# ***The Bugle Magazine***

**YOUR monthly FREE Community Magazine.**



Wonders of a November Autumn

**THE 1:1 DIET**  
by Cambridge Weight Plan

**Have you been encouraged to  
lose weight for health reasons?**

**Don't know where to start?  
The 1:1 Diet can help!**

Getting started with The 1:1 Diet is simple and flexible.

You can order a Taster Pack directly from our website,  
which allows you to sample our products and  
experience the quality for yourself or just get in touch with me.

Once you've tried the products, Your experienced Consultant Ros  
will reach out to guide you through the next steps of your journey.



**Face to Face Or Virtual Meetings**

**Ros Asplen**

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*Claire Clark*

Arnold House,  
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Golden Guernsey Goats were saved from extinction by a brave woman in WWII. A small number were saved from German slaughter by Miss Miriam Milbourne who hid them in caves. We learn this fascinating fact during our visit to The Lost Gardens of Heligan near Mevagissey, Cornwall where we see some of these wonderful creatures. The history theme continues at Trebah Gardens near Falmouth where we learn that in 1944 seven-and-a-half-thousand US servicemen departed from the private beach here for Normandy.

Trebah Gardens is breathtaking. There are so many exquisite plants; many colourful hydrangeas. We see Gunneras and learn that these giant rhubarb-like plants come from Brazil; these have always fascinated me.

We stay in an exclusive Stargazer lodge with its own hot tub at Away Resorts' St Ives Bay Beach Resort in Hayle. There's a skylight above the bunk bed that Henry has picked, above the girls' beds – so they're all in one room. He likes to lie down looking at the night sky. They eventually get down to sleep. "Can we watch the tele?" they ask in the morning. This self-catering lodge with its delightful bath and shower room is on a



large site where there are bookable facilities including a swimming pool. There is easy access to a three mile long sandy beach complete with sand dunes that the children love throwing themselves down. There's a sea view from the lodge, too. Harriett and Heidi especially, are delighted to see all the little brown rabbits on site.

At Tate St Ives we're introduced to native artist Alfred Wallis (1855 to 1942) who produced his enjoyably simple works of boats and houses from his kitchen table in Madron, Cornwall. Henry struggles with walking round galleries but I must say he does admirably because he starts to hunt out the things that interest him. This is really good to see. "My favourite artist is Patrick Heron," says Henry, who appreciates his large brightly coloured abstract paintings. We do enjoy Barbara Hepworth's abstract sculptures and Harriett is

inspired by these as she mulls over her resistant materials project for Year 10.

At Reef and Beef in St Ives a leisurely dining experience can be found where both children and adults are well catered for. We always worry whether our picky little Henry will find what he's looking for, namely sausage, chips and Coca Cola. And phew, it's on the menu. He gets three sausages, too, so he's happy. With its fifteen staff it will handle 100 covers and during our visit the restaurant is fully booked for the evening and customers are turned away. Harriett's beefburger "is the best I have ever had". The girls have elderflower and



apple drinks and to eat Caroline has a carbonara while Heidi has a tomato pasta. My crab paccheri made with creamy lobster sauce and hand picked white crab meat is a good choice for a light lunch. Sharp's Pale Ale provides a pleasant accompaniment to my dish. Ice cream for dessert ensures that Henry is a very happy little boy. Sorbet and brûlée is the girls' choice. They enjoy this dish, not least because their rabbits share the same names. My baked Alaska is tasty.

Watch the videos at [www.travelwriter.biz](http://www.travelwriter.biz)

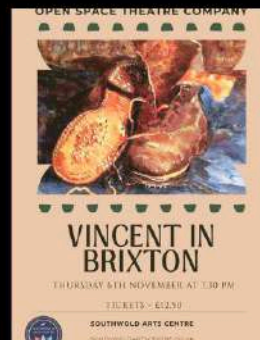
**Calling all businesses! Help The Bugle stay active – advertise with us!**



# UPCOMING

## Events for NOVEMBER

### SOUTHWOLD ARTS CENTRE



**[southwoldartscentre.co.uk](http://southwoldartscentre.co.uk)**  
Cumberland Road, Southwold IP18 6JP  
Box Office: 01502 722572





# ***The Bugle What's On Guide***

## ***For this month***

This is a free service open to all local fund-raising events & clubs.  
Entries subject to edit and available space.  
Email events in the format below to: [the.buglemag@yahoo.co.uk](mailto:the.buglemag@yahoo.co.uk)

**Thursday 6<sup>th</sup> November. BECCLES & DISTRICT HISTORICAL SOCIETY** meets at 7.30pm at Hungate Church, Hungate, Beccles, NR34 9TT Subject: Lowestoft and the Kindertransport. Speaker: Andy Pearce Adm £3 all awelcome.

**Sunday 9<sup>th</sup> November. - HALESWORTH HARMONY SINGING DAY** with Sian Croose at **The Cut** in Halesworth, 10.30-16.00 No experience necessary and everything will be taught by ear. Cost £20; places must be booked in advance. For further details and to book, please email: [halesworth.harmony@gmail.com](mailto:halesworth.harmony@gmail.com)

**Saturday 15<sup>th</sup> November. CHRISTMAS FAIR** at Holton & Blyford Village Hall, in aid of St Peter's Church, Holton. 10 am until 1 pm Refreshments, Stalls, Raffle

**Saturday 22<sup>nd</sup> November. CANCER RESEARCH CHRISTMAS FAIR** at Holton Village Hall IP19 8RZ. 10.30am - 2pm. Tea/ coffee and mince pies from 10.30am. Light lunches and delicious desserts served from 11.30am. Stalls, raffle, tombola, cakes, Christmas stall, books, bric - brac, etc.

**Saturday 22<sup>nd</sup> November. BRAHMS CONCERT: BECCLES CHORAL SOCIETY** at St Michael's Church, Beccles 7:00 pm. Beccles Choral Society, conducted by Geoff Lavery, with professional soloists and two pianists will perform three contrasting works by Brahms; his monumental masterpiece and sublimely beautiful Requiem (in English), the Variations on a Theme by Haydn ("Saint Anthony") and the gorgeous and profound Geistliche Lied. Tickets £20 (under 16s and students free) from [ticketsbeccleschoral@gmail.com](mailto:ticketsbeccleschoral@gmail.com), Beccles Bookshop or Marion Fox 07586 959326.

**Saturday 22<sup>nd</sup> November. BUMPER CHRISTMAS CRAFT AND GIFT FAIR.** 11am till 3pm at Waterlane Leisure Centre, Water Lane, Lowestoft, NR32 2NH. Over 60 stalls from local small businesses. Something to suit all budgets. Free entry and there's a coffee bar too. Organised by OMG Fayres. Find us on Facebook and Instagram.

**Sunday 23<sup>rd</sup> November. HALESWORTH HARMONY REHEARSAL** at **The Cut** in Halesworth. 10.30-12.30 Come along for a **free taster session** - no experience is necessary, everything is taught by ear, and you'll receive a warm welcome. For further details, email: [halesworth.harmony@gmail.com](mailto:halesworth.harmony@gmail.com).

**Wednesday 26<sup>th</sup> November. LOWESTOFT U3A - NOVEMBER SPEAKER MEETING** Lowestoft Longshoremens. Sea Shanty Songs & Songs Of The Sea.- 10.00am for 10.30am at Avenue Hall, 101 The Avenue, Lowestoft, NR33 7LJ. Admission: £2.50 Refreshments Free.

**Saturday 29<sup>th</sup> November. CHRISTMAS CRAFT AND GIFT FAIR.** 11am till 3pm - Hatfield Hotel, The Esplanade, Lowestoft, NR33 0QG. Something to suit all budgets with a brilliant friendly Christmas atmosphere. Free entry and there's a bar and restaurant there too. Organised by OMG Fayres. Find us on Facebook and Instagram

**Saturday 29<sup>th</sup> November. ANNUAL CHRISTMAS MARKET AND CAFE.** Blythburgh Church, IP19 9LL from 11am to 3.30pm. 5 mins drive from Southwold, Blythburgh Church will be filled with stalls selling locally made crafts and gifts, holly wreaths, Christmas cards, homemade cakes and savouries, jewellery, books, charity stalls, ceramics and stalls with ideas for the perfect gift. Refreshments including tea, coffee, mulled wine, mince pies and homemade soups available. Large free car park - Everyone is welcome !

**Saturday 29<sup>th</sup> November** will be the last **WENHASTON PRODUCE AND CRAFT MARKET** of 2025 from 10 to 12.30pm There will be a lovely variety of handmade cards, jewellery, homemade jams, cakes, honey, handbags, knitted cardigans and other items, soaps, face serums, beautiful framed prints, handcrafted wood brooches, keys rings, fridge magnets, tote bags our famous Dexter Beef, garden and indoor plants and much, much more. Cafe open for Tea, Coffee and Homemade Savouries & Cakes. We are always looking for new stallholders to come and join our friendly crowd. Please park so as not to cause any obstruction especially along Narrow Way allowing emergency vehicles and delivery vans ease of access. For further details contact Carol at: [caz-mike@outlook.com](mailto:caz-mike@outlook.com)

**Saturday 29<sup>th</sup> November. WRENTHAM VILLAGE HALL FILM NIGHT - PADDINGTON IN PERU (PG)** Paddington returns to Peru to visit his beloved Aunt Lucy, who now resides at the Home for Retired Bears. With the Brown family in tow a thrilling adventure ensues when a mystery plunges them into an unexpected journey. Doors open 18.45, film screens 19.30. £5 on the door. Refreshments available.

**Sunday 30<sup>th</sup> November. HALESWORTH HARMONY REHEARSAL** at **The Hub** in Huntingfield. 10.30-12.30. Come along for a **free taster session** - no experience is necessary, everything is taught by ear, and you'll receive a warm welcome. For further details, email: [halesworth.harmony@gmail.com](mailto:halesworth.harmony@gmail.com).

**Thursday 4<sup>th</sup> December. BECCLES & DISTRICT HISTORICAL SOCIETY** meets at 7.30 pm at Hungate Church, Hungate, Beccles NR34 9TT. Subject: 'Hatched, Matched and Dispatched' The History of the Census. Speaker: Rowena Burgess. Adm: £3.00 All Welcome.

**Saturday 13<sup>th</sup> December. FRIGHT FAIR BEFORE GOTHMAS! GOTH CHRISTMAS INDOOR MARKET.** - 10am till 2pm Hatfield Hotel, The Esplanade, Lowestoft, Nr33 0QG. Find something unique for the darkling in your life. Even if it's you. Free entry and there's a bar and restaurant there too. Organised by Oh my Goth. Find us on YouTube, Facebook and Instagram.



# The Bugle What's On Guide

**Even More Events**

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**Saturday 13<sup>th</sup> December, WENHASTON VILLAGE HALL ANNUAL CHRISTMAS BAZAAR** from 2 to 4pm. There will be lots of lovely festive stalls for you to browse and maybe buy some Christmas presents for family, loved ones, friends and even treat yourself. There will be a raffle, a tombola, mulled wine and Christmas music played by Waveney Saxes. Cafe open for Tea, Coffee, Homemade Savouries & Cakes. This will be a most enjoyable afternoon and everyone is welcome. For further details contact Carol on: 07864083296 or [caz-mike@outlook.com](mailto:caz-mike@outlook.com).

**Sunday 14<sup>th</sup> December. CHRISTMAS CRACKER: BECCLES CHORAL SOCIETY AND WAVENEY CONCERT BAND**  
 St Michael's Church, Beccles, 4.30pm. Get in festive mood at Beccles' famous Christmas Cracker concert presented by Beccles Choral Society and Waveney Concert Band. Our Christmas Extravaganza features favourite come and sing carols, traditional Christmas music and other popular seasonal items. This is the one not to miss! Tickets this year just £10 (under 16s free) from [ticketsbeccleschoral@gmail.com](mailto:ticketsbeccleschoral@gmail.com), Beccles Bookshop or Marion Fox 07586 959326

## PAKEFIELD CHURCH & 'THE LODGE' ENTERTAINMENT CENTRE AT CORTON

**Saturday 1<sup>st</sup> November. TALES OF OLD PAKEFIELD.** In the church hall at 2pm. Tickets £5.00 from church office

**Saturday 1<sup>st</sup> November. BOOASIS.** Live music & dancing. The Lodge from 7pm Adm FREE. [info@woburnfarm.co.uk](mailto:info@woburnfarm.co.uk)

**Sunday 2<sup>nd</sup> November. COUNTRY DAY PARTY** 2pm The Lodge, featuring Cedar Creek, Foxy's Line Dancing & DJ DAZ

**Thursday 6<sup>th</sup> November. KIRKLEY LADIES GROUP,** 2.00 at Kirkley church hall. Talk on Edith Cavell. £3.00.

**Friday 14<sup>th</sup> November MISS DQ!** at the Lodge, Corton. Admission just £5.

**Saturday 22<sup>nd</sup> November. TABLE TOP SALE** at Pakefield church hall. Information from the church office.

**Saturday 22<sup>nd</sup> November COUNTRY MUSIC with SOUTHBOUND** at the Lodge, Corton. Music starting 7pm Foxy's Line Dancing and DJ DAZ. Just £10

**Saturday 29<sup>th</sup> November. EARLY XMAS PARTY AT THE LODGE WITH GEORGIA FALLS** £20 including Burger or hotdog.

**Saturday 29<sup>th</sup> November. DECORATING PAKEFIELD CHURCH FOR CHRISTMAS.** We will really pleased to anyone who can help! Contact church office for details.

For information about the The Lodge in Corton Please contact : [info@woburnfarm.co.uk](mailto:info@woburnfarm.co.uk) Woburn Farm, Stirrups Lane, NR32 5LE. Axe throwing, Archery and Shooting is weekends. Cycle track Wednesday to Sundays.

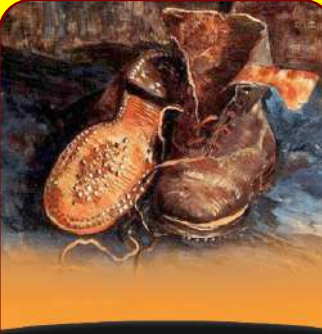
For information about Pakefield church events and Hall availability Please contact : [office@pakefieldchurch.com](mailto:office@pakefieldchurch.com). Please note that Sun evening services now start at 4.00pm

NB. there are road works going on in Corton. Coming off the A47 there is a sign that says that Stirrup Lane Closed. The Lodge is still accessible from the A47 here.


## THE CUT ARTS CENTRE HALESWORTH TEL: 0300 303 3211



**National Theatre Live: Mrs Warren's Profession**  
 Thu 6 Nov 2025, 7:00PM  
 The Cut



**Open Space Theatre present: Vincent in Brixton by Nicholas Wright**  
 Sat 8 Nov 2025, 7:30PM - 10:00PM



**Dr Feelgood - 'DOCTOR'S ORDERS ANNIVERSARY TOUR' 2025/6**  
 Cut Sessions: Dr Feelgood - Doctor's Orders Anniversary Tour  
 Fri 14 Nov 2025, 7:30PM - 10:00PM



**Halesworth Vinyl Collective: The Who - 60 Years of Music, Mayhem & Conflict**  
 Thu 20 Nov 2025, 7:00PM - 9:00PM

Just a sample of what is on. [www.thecut.org.uk](http://www.thecut.org.uk) Contact The Cut for more info

**The space between your eyebrows is called the Glabella!**





# **The Bugle What's On Guide**

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**Every Monday. 'MONDAY LEISURE PAINTERS'** gather at Oulton Village Community Centre 2pm - 4pm. Bring your own refreshments. One week free trial then an annual fee of just £30. For more info Contact Shirley on: 01502 511098

**Every Monday. COMMUNITY CAFE** in Kirkley church hall. 15.30 to 19.00. Tea and Coffee just £1.00. Open to all!

**Every Monday. TIME 4 TEA.** 10.30am -12 at Wrentham Village Hall. £1 for tea and biscuits and friendly chat.

**First & Third Monday** each month **FORGET-ME-NOTS**, meetings for folk with memory problems held on at Beccles Public Hall from 2pm till 4pm. £2 per person. Live musical entertainment followed by tea/cake/chat. More information please contact Jenny: (01502) 714828" or 075 283 73 117

**Third Monday Every Month. MONTHLY SINGING & MUSIC MAKING GROUP.** 1.30 - 4.30pm at Maureen's Community Room. Central Co-op, Saxons Way Halesworth IP19 8LU. Wonderful and infectious music and singing with Helen Hayes, who brings joy to all! Free entry. Details 01449 707030

**Every Tuesday A DEMENTIA CLUB** for people living with dementia, memory loss or confusion. We meet from 11am to 2:30pm at the Deaf Centre 50-52 Blackheath Road, Lowestoft NR33 7JG. We offer a safe space where those living with dementia and their partners/carers can meet up and enjoy various activities and a low cost light meal.

**Every Tuesday STATION VOLUNTEERS** are on duty at the Blythburgh Railway Station for the Halesworth to Southwold Railway Project between 10 and 4 - and they are always happy to show visitors around. New volunteers welcome.

**Every Tuesday. ART CLASSES** at Blyburgate Hall, Beccles 7.00pm -9.15pm. Tutor: John Patchett IEA New artists welcome. Enquiries: telephone 01502 710491, or email [info@john-patchett.co.uk](mailto:info@john-patchett.co.uk)

**Every Tuesday. KIRKLEY PANTRY** in Kirkley church hall. 10-1pm & 5pm-6pm Volunteers new members welcome.

**First Tuesday every month. WANT ADVICE ON TRACKING DOWN YOUR ANCESTORS?** Come to Leiston Library, IP16 4ER. The Alde Valley Suffolk Family History Group. 2 - 4pm will offer guidance and help. No need to book, just turn up.

**First Tuesday of the Month SUFFOLK CARERS MATTER:** A chance for family carers aged 55+ to come along to our FREE natter group, 10am – 12 noon at Morrisons Café, 18 Tower Road, Pakefield, NR33 7NG. Contact Sharon: Tel: 01284 333035 or email [Sharon.hobbs@communitiestogether-ea.org](mailto:Sharon.hobbs@communitiestogether-ea.org)

**First Wednesday every month 'BECCLES SOCIETY FOR ART'** Meets at The Waveney Centre, New Market, Beccles. (Next door to Hughes electrical). 7.15pm - 9pm. It's for anyone interested in Art not just artists. We have Talks and/or demonstrations about art. Friendly group Email: [Beccles.BSA.artists@hotmail.com](mailto:Beccles.BSA.artists@hotmail.com) or tel' James on 07399572122

**Every Wednesday. FEN PARK VOLUNTEERS,** Kirkley Lowestoft. Volunteers needed to help keep the park in tip top shape - Gardening etc! 12.30 - 4.30pm Please wear suitable clothing and footwear. Friends of fen Park on Facebook.

**Every Wednesday. LOWESTOFT FOLK DANCE CLUB.** English Country Dancing. 7.30pm – 9.30pm. St.Mark's Church Hall, Oulton Broad, Lowestoft. NR33 9JX.Suitable for All. Cost including tea and biscuits £3.20. Good company, laughter and most important, dancing. Just come along or Enquiries Ann 07751321728

**Every Wednesday. WHITTEN PANTRY** St Lukes Church, Homerfield Avenue, Oulton Broad. £3 for 12 items of food plus free hygiene products, shampoo soap etc. Info Email: [josephinefowler@talktalk.net](mailto:josephinefowler@talktalk.net)

**Every Wednesday ENGLISH COUNTRY DANCE CLUB** Evening at 7.30pm. at St. Marks Church Hall, Bridge Road, Oulton Broad: All welcome. A gentle way to keep fit & enjoy yourself. Refreshments. Further Info: Ann 07751 321728

**First Wednesday of the month. REYDON WI** Come and join us. 2.30pm Reydon Village Hall further info contact: [amandapriestley@btinternet.com](mailto:amandapriestley@btinternet.com)

**Every Thursday CHURCH MICE TOTS GROUP** at St Mary's Church, Halesworth. 1 – 2.30pm Term Time.

**Every Thursday. SINGING 4 FUN** 10.30am - 12 at Wrentham village hall. Expert leader and piano accompanist. No experience required. Only £1.

**First Thursday NEW CREATIVE ART CLASSES** at The Cut Arts Centre, Halesworth. 1pm - 3pm. Inspiring creativity & connection for people living with dementia and their carers. For info call: 07990 199632

**First Thursday of the month. OULTON BROAD LADIES EVENING CLUB** meet at 7.30pm in St Luke's Church in Homefield Avenue, Oulton Broad.We are a friendly group of ladies who enjoy meeting for a social evening established over 42 years. Visitors always welcome. For further info about the club contact Mrs Anita Aldous. 01502 514157.

**Every second and fourth Thursday. ST. LUKES LADIES GUILD** meet at St. Lukes Church Centre, Homefield Avenue, Oulton Broad at 2.15pm. All ladies welcome. For further details contact Margaret on [e.jones23@sky.com](mailto:e.jones23@sky.com).

**Every second Thursday the THURSDAY ART CLUB** meet at the Quaker Hall, Smallgate, Beccles from 10 am - 12noon. All levels welcome to draw, paint and chat. for details contact 01502 714448 or [gandjigibbon@btinternet.com](mailto:gandjigibbon@btinternet.com).



# **The Bugle What's On Guide**

## **Regular Events**

### **Continued ....**

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**Second Thursday of Every Month. SCRABBLE CLUB AT SOUTHWOLD LIBRARY** all equipment supplied, refreshments in canteen. Southwold Library 01502 722519 [southwold.library@suffolklibraries.co.uk](mailto:southwold.library@suffolklibraries.co.uk)

**Second Thursday of Every Month UGGESHALL VILLAGE HALL FILM NIGHTS!** The film nights at Uggeshall Village hall are a regular Uggeshall event. Admission only £3. Interval Tea Coffee and snacks included in the price! Doors 7pm.

**First Friday of Every Month BLYTH POETS** a Poetry Group meeting at Southwold Library. 2.15pm – 3.30pm all welcome to read or just listen. Refreshment break in canteen. 01502 722519 [southwold.library@suffolklibraries.co.uk](mailto:southwold.library@suffolklibraries.co.uk)

**Thursdays Fortnightly. ST PETER AND ST JOHN'S KIRKLEY - LADIES GROUP** meet at 2.00 in the church hall. Oct 13<sup>th</sup> talk on the Baha'i Faith. Open to all, £2.00. Everyone welcome. For more info contact Donna: on 07961 634 478

**Every Friday: 10.00 to 12.00. PAKEFIELD CHURCHYARD GARDENING GROUP.** Open to all, why not come along and enjoy good company, do a bit of gardening in our lovely church yard and take in the fresh sea air.

**Second & Fourth Fridays very month MAH-JONG GROUP** Learn and or play Mah-Jong. 2.15pm – 4.15pm at Southwold Library. £1.00 per person

**Last Friday of the month March -October: BLYTHBURGH MINI MARKET AND CAFE,** Blythburgh Church, IP19 9LL. 10:30 am to 12 mid-day. Stalls selling a variety of items, including homemade cakes, cards, gifts, jewellery, honey, etc. Refreshments:- Tea / Coffee / Homemade Cakes. Large free car park, 5 minutes from Southwold, all welcome!

**Every Saturday morning, COFFEE AT ST EDS** 10am - 12noon at the Church Centre, Kessingland. refreshments, loads of books, Jig-saws & lots of Bric-a-Brac at give away prices. Wonderful atmosphere. proceeds for church funds

**Every Saturday Morning. COLOURING GROUP - COLOURING KARMA** gets active at The Kirkley Centre, London Road South, Kirkley, Lowestoft 10am - 12noon. Adults £1 Under 18s free! You are welcome to bring your own materials. Tea, Coffee & Squash available. For info phone Sharon 07892 314470

**Every Saturday SUFFOLK LIBRARIES CHILDREN'S ACTIVITIES** 10am – 4pm Games Lego stories etc.

**First and Third Saturday's BECCLES INDOOR FARMERS MARKET** at Beccles Heliport from 9am -1pm. Great products direct from quality farms and local producers. Meat, poultry, fish, fruit, cakes, specialist breads, preserves, eggs and several local crafts, Hot food & drink in the cafe. Spacious free parking . [www.becclesfarmersmarket.co.uk/upcoming/](http://www.becclesfarmersmarket.co.uk/upcoming/)

**Every Sunday. REYDON ARCHERY CLUB** at the Reydon Pavilion Sports Ground from 9am until 1pm. Junior (9 years) 9am - 11am - adults (14 years) 11am - 1pm. Equipment available for beginners, £10 phpp. For info/book call 07584246510

**Every Sunday FAMILY TIME AT SUFFOLK LIBRARIES** 11am – 12.30pm Drop in activities for children and their families

**2nd Sunday Every Month. HEALING SUNDAY AT THE HARMONY CENTRE IN WALPOLE.** 11.00 am to 12.30 pm Relax and Enjoy a Deep Healing Experience Laying down on mats and pillows. Enjoy an organic herbal tea. Bring warm socks and a blanket. £18 To Book: Contact Carol on 0755 779 2013

## **GET A FREE CONSULTATION WITH 'KEEP BOOKING'!**

My name is Claire and I live in Lowestoft with my two children. I have been self employed for 12 years as a Personal Assistant and Book-keeper.

Keep Booking provides book keeping and administration services tailored to meet all your needs for both businesses and sole traders. Covering Lowestoft and surrounding areas.

We take pride in offering you a friendly, conscientious and approachable service. We can manage all of your administration needs on-site or off-site and can do as much or as little as you require.

I also do Payroll, CIS, VAT returns and Tax Returns.

Contact me on: 07476 493 408

Email: [keepbooking2013@gmail.com](mailto:keepbooking2013@gmail.com)

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



**SEE MY ADVERT ON  
FRONT PAGE!**

**The plastic or metallic coating at the end of your shoelaces is called an AGLET**



# HARLESTON & WAVENEY ART TRAIL THE BELL GALLERY IN BUNGAY

An art collective nestled in the picturesque Waveney Valley is heading to Bungay for a one-off exhibition next month. Harleston and Waveney Art Trail collective (HWAT), based on the border of Norfolk and Suffolk, will be exhibiting at The Bell Gallery. It's the perfect opportunity for locals and visitors alike to explore the work of this diverse group in one location.

Visitors to the exhibition will be able to see works from 24 artists who ordinarily host an art trail through south Norfolk and north Suffolk each summer.

Artist Nicola Eastell said: "For the month of November, there will be 24 artists from the Harleston and Waveney Art Trail exhibiting at the lovely Bell Gallery in Bungay.

"To have most of the art trail members exhibiting in one place is quite a feat and is a perfect showcase for the wonderfully diverse group that we are. There will be watercolours, acrylics, oils, pastels, sculptures and textiles on show and all work will be for sale.

"There will be a Meet the Artist afternoon on Saturday 8th November where we will welcome you for a chat and a glass of wine.



"This is a great chance to see the beautiful art that is produced in the Waveney Valley from this wonderfully vibrant group, and maybe a chance for a few gift ideas as we approach Christmas!"

There will be work with a wide range of sizes and prices. This is an ideal opportunity to view and purchase high quality artworks created by this selected group of professional Waveney Valley artists.

The exhibition is open from Monday 3rd November until Saturday 29th November, 10am – 4.30pm each day at The Bell Gallery, Earsham Street, Bungay.

For more info, please visit [www.hwat.org.uk](http://www.hwat.org.uk)

Picture top: Katherine Wallace in her studio. Picture bottom: Bobbie Warchorn - Ceramic Hippo


Image Credits: Di McKenna & HWAT

**Baby Bounce & Tot Rock**  
@Southwold Library

Instruments, clapping, jogging & action rhymes

Every Sunday  
Every Tuesday  
10.30–11.00am

For babies & toddlers of all ages



wordplay

Suffolk Community Libraries Suffolk County Council

**ZUMBA** FITNESS

EVERY MONDAY  
7PM - 8PM

COME AND JOIN FOR SOME FUN!!

RUMBURGH VILLAGE HALL  
MALT OFFICE LANE  
RUMBURGH  
IP19 0JD

£7 PER CLASS

STARTING MONDAY 15TH SEPTEMBER 2025!

Text Lisa on 07955 836858 to book your place



**CRAFT FAIR**

Saturday 8th November  
from 10am to 4pm  
at Holton & Blyford Village Hall,  
Lodge Road, Holton  
IP19 8RZ

STALLHOLDERS  
£12 per 5ft space  
Bring your own table  
Book via Alison  
01986 874442



OLD HALL CAFE & WALKS

**Christmas Makers Market**



FREE ENTRY

Saturday 15th & Sunday 16th November  
10am – 3pm

OVER 55 STALLHOLDERS UNDER THE COVER OF OUR BIG BARN!

Live music | Face painting | Street food | Mulled wine | Kids corner

OLD HALL CAFE & WALKS, HALESWORTH ROAD, REYDON, IP8 6SG



# Christmas In the Park!

## Big Top Circus & Festive Market!

### Henham Park 13<sup>th</sup> & 14<sup>th</sup> December

A Magical Big Top Christmas Circus Comes to Henham Park Plus a Festive Market Full of Suffolk Cheer. Henham Park will transform into a festive wonderland this December as Christmas in the Park Suffolk returns for a spectacular weekend of festive fun on Saturday 13 and Sunday 14 December 2025. This year's star attraction is the brand-new Big Top Christmas Circus Show by Boom Circus, bringing thrilling acrobatics, comedy, and dazzling performances under a traditional circus tent. The show promises festive wonder for all ages — from toddlers to grandparents — with family-friendly performances throughout the weekend.

Beyond the Big Top, visitors can explore the Festive Market, filled with local artisans, craft stalls, and delicious street food. Expect handmade gifts, decorations, sweet treats, and warming winter drinks, alongside live music, Christmas workshops, and family activities including gingerbread making and meet-and-greets with festive characters. Not forgetting your chance to meet the Reindeer.

Tickets start from £10 per adult with optional circus add-on seats at £12.50. Pre-booking is recommended as capacity is limited for the Circus Show.

Full details and booking are available at:  
[www.christmasintheparksuffolk.co.uk](http://www.christmasintheparksuffolk.co.uk)

"We're so excited to bring a full-scale Christmas Circus to Henham this year," said event organiser Alan Bultitude. It's going to be a magical, family-friendly celebration of everything we love about Christmas in Suffolk."

Follow the latest updates at: [facebook.com/christmasintheparksuffolk](https://facebook.com/christmasintheparksuffolk).



**THE CRY OF A NEW BORN BABY IS CALLED VAGITUS**





## VET BILLS

In conversation with a lovely person from a nearby village recently, I was not at all surprised to hear her say that she was shocked by the size of the bill she received after taking her dog to the vet for what turned out to be a fairly minor ailment. This is not an isolated incident. Many people are saying the same thing, namely that the cost of taking an animal to a vet has skyrocketed in recent years. Fast becoming more than the average person can afford.

It appears that many smaller veterinary practices are being swallowed up by larger veterinary 'groups'. Even the smaller solo operations are

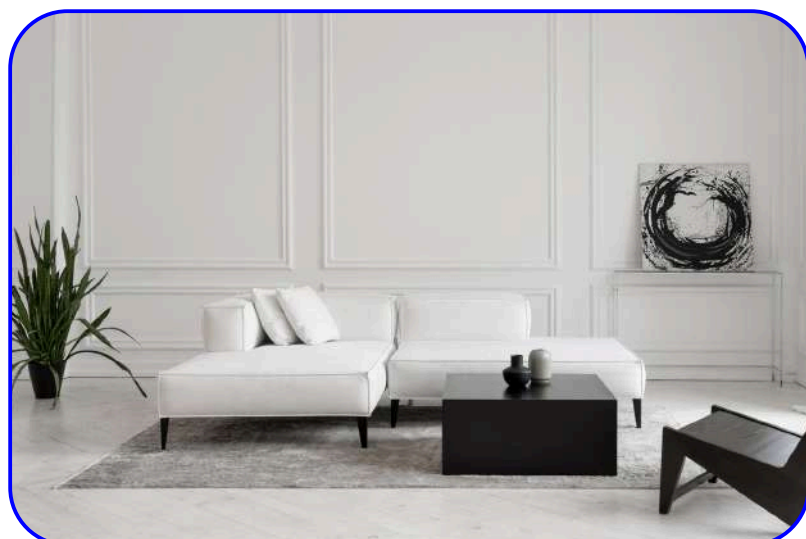
raising prices at an alarming rate. Now I know that they have to have the latest technology, pay qualified veterinary nurses, receptionists and others but the high cost of caring for a pet is now becoming unaffordable for many.

Is this just a symptom of broken Britain where many people now cannot afford to go shopping and buy the food they need – as they could just a year or so ago, or are vets getting especially greedy?

## HOUSING.

I never did agree with councils selling off their housing stock with all the funds going to central government coffers (Maggie) It was a cheap trick by Thatcher. What many people did not realise was that the houses sold would not be replaced by councils building new stock with the money because they did not receive a penny! All of that housing stock cash disappeared to government coffers. Unfortunately the greed then set in as 'Buy to Let' was born. In the blinking of an eye a house was not a home for life any more as it had become a commodity, to be bought and sold for profit – and as if fanning the flames of a runaway fire the term 'Housing Ladder' was coined. The greed of buy to let 'entrepreneurs' was encouraged by estate agents eagerly becoming Letting Agents, who saw an opportunity to profit from short-term rental agreements on what was once someone's forever home. They turned house sales and letting into a Fagin's charter and no longer was a home a home for life.

Today, renting a house (not a home) is on a 6 month or 1 year short-hold tenancy with regular 'inspections' removing your privacy and the feeling of sanctity. The hope of renting a forever home is now non-existent - a relic of the past when a council home was yours for life and the tenants were left to live in peace. Happier, quieter times when life was simple and definitely not greedy.



## HOUSES CLINICAL AND COLD

In pursuit of truth in this little rant I have looked at houses to rent and I have to say they are mostly very smart but as unhomey and as aesthetically cold as hell! Why oh why does everything have to be painted white or Southwold pale grey?? White carpets strike terror in my heart, I would be afraid to walk on them. It's all white paint, pale carpets and chrome. For goodness sake people try using colours to give a feeling of warmth and homeliness and a little bit of clutter wouldn't go amiss. It's like living in a hospital waiting room!! Just Saying!!





# INSPIRING MUSICIANS

Music education does so much more than teach notes and rhythms – it builds confidence, creativity, teamwork, and supports children's well-being in powerful ways. At Suffolk County Music Service, we're passionate about bringing those benefits to every corner of the county. From instrument hire and individual lessons to area ensembles, whole-class teaching in schools, and our County Music Groups, we offer opportunities for children and young people of all ages and abilities to discover the joy of making music.



Our flagship groups – the Suffolk Youth Orchestra, Suffolk Youth Wind Band, Suffolk Young Strings, and Suffolk Youth Jazz Programme – give talented young musicians the chance to rehearse, perform, and grow in inspiring settings, from local concert halls to international tours. We're also calling out to young musicians in the west of the county – come and put the YOU in to West Suffolk Youth Orchestra! Join us on Fridays, 6–7:45pm, for weekly rehearsals full of music,

fun, and concerts throughout the year.

Open to ages 10–18 and players of Grade 3 standard and above, it's a fantastic way to make friends, develop skills, and perform in inspiring venues.

Alongside our regular Friday evening and Saturday morning ensembles, we also run a variety of workshops and events at our main base, Northgate Arts Centre in Ipswich. With an exciting programme of performances and opportunities ahead, there's never been a better time to get involved. Come



along, see us in action, and find out how your child can start their musical journey with us.

Discover more and find your nearest activity at [www.suffolkcountymusicservice.co.uk/take-part](http://www.suffolkcountymusicservice.co.uk/take-part) and follow us on Social Media for regular updates!

(Photo top: Suffolk Young Strings performing at Snape Maltings in Sept.

(Photo bottom: Suffolk Youth Wind Band at Snape Maltings back in Sept

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**THE DAY AFTER TOMORROW IS CALLED OVERMORROW**



# AVSFHG PROGRAMME

**"My two husbands, and the effect of war on young men"**  
Manette Baillie (pictured).

Manette Baillie, now aged 103, was only 17 when Britain declared war on 3rd September 1939. She will tell us about her two husbands, Tom Derek Bowden, and Adam Reid Baillie (image attached) and the effect of war on these young men.

The talk takes place on Monday 17th November at 2.30pm, in person at the Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL (behind the Library). The talk starts at 2.30pm. No need to book - but do get there early, we anticipate a large turnout! £3.00 including tea/coffee/biscuits. Good, free car-parking.

The speaker will be present in person,  
and the talk will NOT be on Zoom.

Further Programme: at 2.30pm at

The Fromus Centre, Saxmundham:

Mon 15 Dec: "Tracing Your Non-Conformist Ancestors" - Liz Yule

Mon 19 Jan: "Where there's a Will" - Ian Waller

Mon 16 Feb: "Army Records" - Graham Brady



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[naturesendeavours@protonmail.com](mailto:naturesendeavours@protonmail.com)



# U3A GIVE LOWESTOFT POSTBOXES A MAKEOVER!



From 20th September, Royal Mail postboxes across Lowestoft sported a colourful new look, thanks to the talented members of Lowestoft u3a Mixed Crafts Group (above picture).

These handcrafted postbox toppers were not just a feast for the eyes - they were also a celebration of the many vibrant interest groups that make up Lowestoft u3a.

Each topper had been lovingly designed to represent a different u3a group, from art and history to walking and creative writing. The initiative aimed to raise awareness of the wide range of activities available to retired and semi-retired.

The toppers (all 17 of them) were on display throughout u3a week and locals (via social media) were encouraged to explore the town and see how many they could spot. Further information on joining the Lowestoft u3a can be found on their website:

<https://lowestoft.u3asite.uk> or by phone 07767431565



**THE WIRED CAGE THAT HOLDS THE CORK IN A BOTTLE OF CHAMPAGNE IS CALLED AN AGRAFFE**



# BONDS MEADOW NEWS

Lowestoft's MP, Jess Asato, recently paid a visit to the Bonds Meadow Community Association at the seven-acre wildlife reserve in Oulton Broad. The purpose of her trip was to meet the dedicated volunteers who work tirelessly to manage and conserve this precious green space for the benefit of both local wildlife and the community. During her tour of the site, Jess observed volunteers in action, engaging in vital tasks such as laying new accessible pathways, applying mulch, and planting native species to enhance the area's biodiversity. She was also briefed on the group's broader efforts to maintain the meadow's delicate ecosystem and their ongoing campaign to encourage greater local involvement. The Association emphasised that we rely entirely on community support to keep the site alive and flourishing. We are continually seeking new volunteers to join their cause, whether for hands-on habitat management, conducting species surveys, or simply to enjoy the camaraderie of working together in nature. The visit underscored the vital role of community-driven conservation and was appreciated by our volunteers.



## Identifying Bonds Meadow

In support of the issue of a short Video "Autumn Focus", chairman John Ward commented, "Autumn is here and things are stirring from the soil in Bonds Meadow...fungus, lots of different kinds pushing up through the fallen leaves. We need help identifying them, so if you've got a bit of spare time and some knowledge or maybe you've got the iNaturalist app on your phone, please have a walk in the 6.5 acres of nature in Oulton Broad and record what you see. Not just fungus, birds, plants, insects, etc. It would help us a lot." <https://youtu.be/liWaQUEEeCY?si=6NzU5DTGY1YB9-Tr>



This year, the tree foliage in Bonds Meadow appears to be hanging on a few weeks longer than usual. During a recent walk, I spotted three Speckled Wood butterflies darting about. Their wings are primarily dark brown with a series of small, cream-ringed eyespots, or "pupiled spots". There's one on each forewing and three on each hindwing. Their rapid and erratic flight makes them a pain to photograph, but I managed to capture a close, sharp image to record on iNaturalist. Together with a friendly Robin, they kept me company for a few minutes, although the conversation was a touch one-sided. Our ponds are still very low, so we must keep our fingers crossed that winter will provide sufficient heavy showers to replenish the valuable wetland habitat.

Please visit our website, [bondsmeadow.org](http://bondsmeadow.org) or Bonds Meadow News on Facebook.

## ASPLEN'S SERVICES

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## **The REAL Story of Mary Magdalene – High Priestess and more Part Two**

Jesus felt at home in the Temple of Isis and it was here that he met a certain high priestess with who he was very impressed, both with her deep spirituality and her striking beauty. They spent many hours together deep in spirit. The hours turned to days and the days to weeks. The name of the high priestess was Mary Magdalene. Mary Magdalene is the name of the woman that the so-called Christian Church has defamed mercilessly, relentlessly and unflinchingly. They have defamed her character and her memory for almost 1,700 years. The lies go on. But Mary was not a whore. Mary was not a prostitute who 'perfumed herself with forbidden acts'. On the contrary, Mary too was a great spiritual being. Her background is at best sketchy and not easy to piece together. She was Egyptian/Ethiopian in origin and sister to Martha and Lazarus (Simon Zealotes). The Egyptians addressed their Queen Isis as Mistress of the Gods – Thou Lady of Red Apparel – Mistress and Lady of the Tomb. Traditionally Mary Magdalene has been depicted wearing a red dress due to her high ranking in the Egyptian temple of Isis. However, the rather ignorant and very male-dominated Christian faith has completely misinterpreted this for its own ends, describing her as a 'scarlet woman'. Understanding all this makes what has been lost or altered fall dramatically back into place. Mary told Jesus of her family, of Martha and Lazarus (Simon Zealotes). It is a scenario one can only imagine with reverence and humility. A high priestess in the Temple of Isis and a deeply spiritual and divinely ordained teacher and healer discussing the world and what the true meaning of life really is, surrounded by an aura of all-consuming spirituality. They talked of the Romans and their occupation and their cruelty, they spoke to temple visitors and Mary watched as Jesus healed the sick.



He and Mary had grown very, very close. it was a natural progression for them to be together. When Jesus eventually started his mission, after speaking to the priests at Heliopolis, he recruited his disciples, although Mary was always his closest companion and spiritual confidant. The disciples were many more than 12; indeed there were over 70, many of whom were female, most are totally ignored by the Bible composers. The disciples saw Jesus as the Messiah and that was just as he had intended. They marvelled at his teachings and his ability to heal.

Peter and Paul, Jesus' closest male disciples, despised Mary. They had a low opinion of women. Many times they questioned her standing and authority. Mary remained in Jesus' shadow during the three years that he taught; always present, constantly assisting both spiritually and as his wife. Always he told her that he would soon fulfil the old prophecy and ride into Jerusalem on a donkey at the feast of the Passover. He would be proclaimed the Messiah and he would proclaim the Church of Alexandria not as a place to go and worship but as a fountain of divine knowledge and healing; not a Church where cardinals and bishops roamed in their finery but a place where you were enlightened, loved and where you found The Way and the truth. Didn't Jesus say, 'I am the way, the truth and the life?' Next month the final part of the story





# Keeping People Warm This Winter

**Organisations and groups delivering projects which focus on keeping people warm, well fed and connected to their community are invited to apply for funding to support their efforts.**

Applications for the 2025/26 Cost of Living Community Grants are now open, with the scheme returning for a fourth year. Community groups, voluntary organisations, and town and parish councils are invited to apply for grants of up to £2,000 (minimum £500) to support a range of projects.

Previous projects supported by the scheme include smaller 'Warm Welcomes' providing a warm space, cooking on a budget classes, support for food projects which are likely to see demand rise over the winter months, and many more. This year's scheme can also provide funding for community pantries and uniform banks.

Applications for the scheme close at 9am on Monday 20 October and applications will be considered on a rolling basis, or until all the funds have been allocated.

Cllr Sarah Whitelock, East Suffolk's cabinet member with responsibility for Communities, Culture, Leisure and Tourism said:

"We are pleased to see this grant scheme return for another year, which will support those all-important projects that help the most vulnerable in the community. Winter can be a difficult period for some, and projects such as Warm Welcomes, community pantries and uniform banks are a lifeline for many people."

"More than 75 projects across the district have previously been supported through the scheme, and we hope to continue to support groups in the coming months."

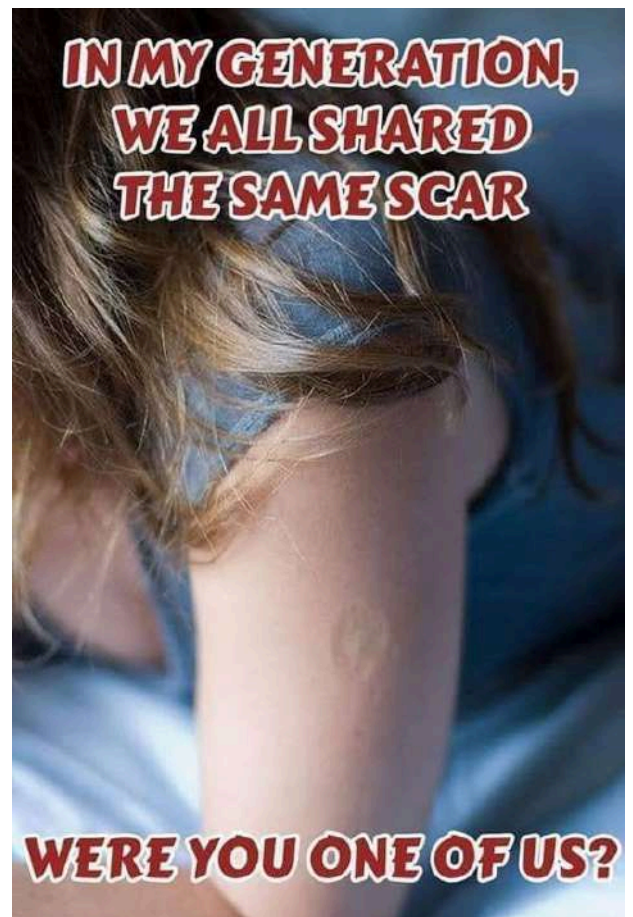
The grants are funded by East Suffolk Council and Suffolk County Council through the Suffolk Collaborative Communities Board. Find out more: <https://bit.ly/4713QBD>

## SIAN CROOSE SINGING DAY with Halesworth Harmony

Halesworth Harmony is hosting a day of inspiring singing with Sian Croose, drawing on her 35 years of experience singing and creating innovative performances with original material from a wide range of contemporary composers, including Helen Chadwick, Sianed Jones and Meredith Monk, as well as uplifting traditional songs from around the world.

Spend the day exploring how your voice can expand and free up, and try out harmonies and rhythms as part of a welcoming singing community.

All welcome – no experience is necessary and everything will be taught by ear. The cost is £20 and places must be booked in advance. For further details and to book, Email: [halesworth.harmony@gmail.com](mailto:halesworth.harmony@gmail.com)





# HUGH CORNWELL Live In Norwich!

Hugh Cornwell with special guests The Courettes – A Full band show featuring Nosferatu album in full, Strangers choice cuts, & solo delicacies. Golden Brown, Strange Little Girl, Always The Sun, Peaches, No More Heroes, Nice & Sleazy.. Sound familiar? All big hits, all great songs, all written and sung by Hugh Cornwell, the songwriter behind The Stranglers.

When future historians of music draw up a list of the movers and shakers who changed the modern musical landscape, there will be no doubt that Hugh Cornwell's name will be prominent amongst them. As a pioneering musician, songwriter, and performer his pervasive influence persists in the record collections of music aficionados, across this spinning globe's radio waves, and on stages around the world. Hugh's presence is unquestionable.

As leader of The Stranglers, Hugh was the main songwriter of all the band's most memorable songs across ten stellar albums.

After their 1977 debut *Rattus Norvegicus*, follow up albums *No More Heroes*, *Black and White*, *The Raven* and *The Gospel According to The MenInBlack* consolidated Cornwell's stature as a unique songwriter and musician. His lyrics to *Golden Brown*, from the *La Folie* album, and their multiple meanings, is a songwriting masterclass.

Mojo - "Cornwell's still doing things his way and often with striking results"

Uncut - "Thunderously tribal garage rock...the ex- Strangler not yet gone soft"

The Courettes is an explosive Wall of Sound group from Denmark and Brazil! Flavia Couri on vocals and guitar, Martin on loud drums and together they are the perfect blend of Wall of Sound, Girl Group Heartbreaks, Motown and R&B.

Imagine The Ronettes meeting The Ramones at a wild party at the Hitsville echo chamber!

Thursday 6 November NORWICH – Epic Studios

For tickets, please go to - <https://www.thegigcartel.com/Artists-profiles/Hugh-Cornwell.htm>



## Cherie's Christmas Cabaret

Thursday 11th - Sunday 14th December  
2.30pm/7.30pm  
£15/£13

Cherie and her guests are back for another year of Christmas mayhem and this year's Cabaret comes live from Santa's workshop in the North Pole! Expect the usual gift of musical numbers, comedy and variety audiences have come to expect and enjoy from Cherie and her special guests.

Recommended for 16+



Friday 19th - Sunday 21st December  
2pm/7pm  
£10

The Seagull is delighted to once again be presenting a youth musical after the huge success of last year's *Frozen Jr* with a well loved favourite - *Annie Jr*. With equal measures of pluck and positivity, little orphan Annie charms everyone's hearts despite a next-to-nothing start in 1930s New York City.



## Santa and the Christmas Wish

Monday 22nd - Wednesday 24th December  
10.30am/1.30pm  
£8

Join Father Christmas and his Elves in the North Pole for a magical journey of festive fun and Pantomime style silliness. Will Santa and his team be able to make all of the wishes come true? Will Rudolph have the courage to lead the sleigh? Will Buddy the elf find his socks? Book now to find out, and join in with the festive songs, hilarious mayhem, and a sprinkle of yule tide magic.

We are introducing an relaxed accessible show on Monday 22nd, 1.30pm, £7 (one carer goes free). The lights will be slightly up in the auditorium, sound levels will be reduced, and you are very welcome to come and go during the performance if you need to take your child out into the foyer. The characters will introduce themselves at the beginning of the show in the audience.



# November Events at Halesworth Library

As the weather cools and the nights draw in, don't forget that all members of the community are welcome to stop by for a hot drink. The Library will also be offering a Kindness Rack (donations of winter clothing much appreciated!).

As part of their 'Thursday Book Talk' series, the Friends of Halesworth Library will be hosting a book talk on Thursday 20th November at 2:30pm. Further details will be published in due course, on our website [suffolkcommunitylibraries.co.uk](http://suffolkcommunitylibraries.co.uk), social media or speak with a member of staff.

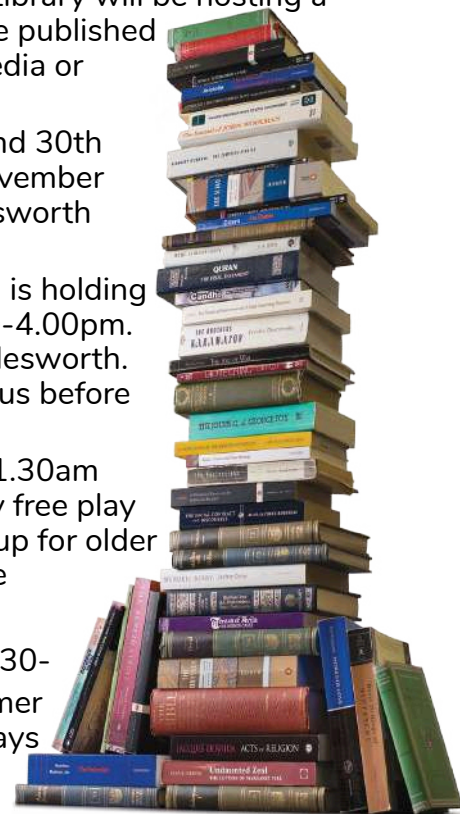
There will also be sessions of Sociable Sundays on Sunday 2nd, 16th and 30th November 10.30-12.30pm and Board Games Cafe on Monday 24th November 2.00-4.30pm, both hosted and run by volunteers of the Friends of Halesworth Library.

Talking Therapy can help those with anxiety or depression and the NHS is holding a drop-in session on Wednesday 5th November at the library from 1.00-4.00pm. Saturday 15th November sees the switch on of the Festive Lights in Halesworth. Craft activities will be available in the library so why not pop in and see us before going to see Father Christmas switch on the lights?

Don't forget our regular activities and drop-ins! Every Tuesday 10.00-11.30am there is a free Rhyme Time & Play session to sing fun songs followed by free play with our toys. Every Wednesday at 10.00am our Time Out sociable group for older people meet for tea and biscuits. The Knit & Natter group meet alternate

Tuesdays 2.00-4.00pm, staff can provide dates. Lego Club is on every Saturday 11.00-12.00 and Family Board Games Club every Sunday 10.30-11.30am. You can find advice drop-ins from East Suffolk Council Customer services every Tuesday 10.00-4.00pm and Barclays Bank on Wednesdays 9.00-5.00pm.

Citizens Advice have a drop-in every other Tuesday 10.00-12.00,



**SATURDAY 13<sup>TH</sup> & SUNDAY 14<sup>TH</sup> DECEMBER 2025**

**CHRISTMAS in the Park**

**Henham Park, Suffolk**

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**Keep an eye out on our website and socials for details of the vendors attending.**

**[www.earshammill.co.uk](http://www.earshammill.co.uk)**





Beef, as you probably know, generally has the highest emissions of any food we eat. It is more nuanced than 'beef is bad' for the environment. As previous writers have explained, there is more to environmental impact than what's emitted). We do however need to cut back on beef, and other meats, so we can reduce emissions, select better products (like organic), and enjoy more vegetables, beans, and pulses too. And this requires effort on our part alongside innovation and investment from food companies. Which brings me to that significant number: "We've achieved a 71.5% reduction in beef burger absolute emissions between 2019-2024," explained Jon Davies, CEO at Levy, as he outlined the company's "aggressive" approach to restricting the amount of beef on its menus. Levy is part of the catering giant Compass, providing the catering services at venues including The O2 arena, Villa Park, and Aintree. As you can imagine, burgers are a popular choice for visitors to such venues so the caterer has had to tread carefully in order to reduce its beef footprint. As such, it's not relied on simply offering a (processed) plant-based burger. Over a third (35%) of beef products, excluding burgers and prepared meals, have instead been replaced with wild venison (which emits 85% fewer emissions than farmed beef) or higher welfare pork; 10% of prepared dishes that had beef now contain vegetables instead. These are the stealthy, sustainable swaps that the companies who run private venues, as well as our school and hospital kitchens, can make (and trust me, there is a lot of impressive work quietly going on this space).

However, it was another approach to cutting beef burger emissions that caught my eye: Levy's signature 50:50 burger. Introduced in 2022, it is half beef and half mushroom. That's right: not a beef burger with mushrooms on, but a beef patty that has 50% mushroom content. Customers seem to be loving it: a lot of work has been done to ensure it tastes great, plus there are lower emissions and lower costs. Mushrooms are also trendy right now, in terms their nutritional qualities, and they add juiciness. They are a decent way to bridge the gap between meat and plants, Marija Banovic, associate professor at MAPP Centre, Aarhus University in Denmark, who has studied people's perceptions of these hybrids, has suggested.

Indeed, research into the moisture properties of these hybrid burgers, published in the journal *Food*, has indicated a "significantly juicier eating experience" compared to a beef burger. Studies also show that people don't tend to feel they are 'losing out' with a hybrid burger as they might do with a 100% plant-based patty. If burger eaters are not having to compromise too much in order to enjoy a lower carbon burger, then why has this approach not caught fire already as a one rather simple solution to global warming. Imagine for example the impact if McDonald's or Burger King added this to their menu.

Well, Joseph Poore calculated just that. Poore, a renowned expert in the environmental impacts of different foods and director of the Oxford Martin programme on food sustainability at the University of Oxford, estimated that if those two burger behemoths swapped 50% of the beef in their Big Macs and Whoppers for plants in a blended patty it would cut greenhouse gas emissions by 34MtCO<sub>2</sub>e every year (that's 34 million tonnes of greenhouse gas emissions). Another 17MtCO<sub>2</sub>e would be removed through 8.5 million hectares of land "reverting to nature", Poore explained.

Here is the kicker, though: the final figure of 51MtCO<sub>2</sub>e per year of emissions savings is more than 80% of the way to meeting both burger chains' net-zero targets. And they could certainly do with a shove in the right direction. McDonald's has for example targeted a reduction of 50.4% in its emissions by 2030, compared to 2018. Looking at its latest sustainability report it shows total emissions from the Golden Arches last year were 60.5MtCO<sub>2</sub>e. That's down from the 2018 baseline of 63.3MtCO<sub>2</sub>e, but only by 4%. Somehow, the fast food chain needs to find another 29MtCO<sub>2</sub>e in reductions in the next five years, or almost 6MtCO<sub>2</sub>e a year.

Levy reckons that its hybrid burger has 33% fewer emissions than the sector's standard. It's also using Wild-farmed regenerative flour for the brioche bun, plant-based mayo and a seaweed-based box to carry the burger. All this means that each burger has a footprint of 2.732kgCO<sub>2</sub>e, about 35% lower than the standard. Which is not to be sniffed at.

Maybe the fast food chains also need to rethink their approach to the beef burger. The carbon (and cash) savings could be whopping.





# Light Up Southwold!

The town of Southwold will come alive on Saturday 29th November for the annual Christmas Lights Switch On. The event has been a Southwold institution for many years and the lights have been restored to their previous glory by a local voluntary group, Light Up Southwold, with the support of the whole community.

It all kicks off with a street market from 2pm. There'll be lots of local craft stalls selling wonderful Christmas gifts and delicious street food stalls. And please remember to support the fantastic Southwold shops and cafes too. Many of them will be spilling out onto the pavement showing off their pantomime themed fancy dress and selling hot drinks and food. There will also be a chance to meet some delightful donkeys from East Suffolk DonkeySanctuary.

Free entertainment starts in the Market Place at 2pm with carols from the St Felix School Choirs and more Christmas songs from Daisy & Charlotte, accompanied on piano by Nathan Williamson. Then there'll be pantomime on stage, as well as in the shops (Oh no there won't!), followed by the Wrentham Band. Santa will arrive at the town hall from the North Pole at 5pm to turn on the lights and make Southwold a winter wonderland.. Santa will then be in his grotto in the Adnams Tour Centre from 5:30 to meet the children. The grotto is free, but donations will be much appreciated, and there's no need to book, just turn up and queue. The entertainment in the Market Place finishes with dancing from the 1940s GI Jivers.

Jim Craddock, one of the organising team said "We've been fundraising and organising all year, but we think this year will be the best we've had. The event is all about bringing people together to enjoy this wonderful time of year and it's the people who make this special. We couldn't do it without everyone's support, the generosity of local businesses and Southwold Town Council and the enthusiastic participation of residents and visitors".

If you'd like to support us with a donation then please donate to our Just Giving page <https://www.justgiving.com/crowdfunding/lightupsouthwold> or follow our QR code.



Southwold Christmas Lights, switch-on



**Light up Southwold**

## The Big Raffle 2025

2 Short Holiday Breaks from Stay in Suffolk  
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Suzie's Beach Cafe Breakfast for 2  
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Coastal Voyager Boat Trip for 2  
Southwold Photo Print by Chris Herring  
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Southwold Boating Lake Cafe \$50 voucher  
Sail Loft \$50 voucher  
Southwold Pier \$50 voucher  
2 Cinema Tickets for the Electric Picture Palace

Tickets cost just \$1 and all profits go to the Southwold Christmas Lights. All prizes valid through 2026 season.  
Tickets available from businesses in Southwold.  
LightUpSouthwold@gmail.com or text 07881 803689.  
You must be over 18 to play. Draw takes place 4 Nov  
**Switch on Saturday 29 November**

Light Up Southwold Just Giving

**SOUTHWOLD MUSEUM & HISTORICAL SOCIETY**

## WINTER LECTURES

**Tuesday, 4 November 2025 at 2.00pm**

**'The Adventures of Sir Philip Skippon: A Late-Seventeenth Century Scientist, Weather Diarist and Suffolk Gentleman'**

Dr Alex Hibberts is an environmental historian specialising in medieval and early modern European history before 1800. In 2024-5 he was the Pearsall Fellow in Naval and Maritime History at the Institute of Historical Research, University of London.

Stella Peskett Millennium Hall  
Mights Road, Southwold, IP18 6BE

Admission: Society Members £5 Non-Members £8

Details of the full programme are available on  
[www.southwoldmuseum.org](http://www.southwoldmuseum.org)

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*Saturday 29th November*  
*11am till 3pm*

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Westhall Village Hall, IP19 8RQ  
29th November 2025 • 6.30pm for a 7pm start  
Teams of 6 (maximum)  
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Please bring your own choice of drink  
Raffle and tombola  
Please phone us on 01986 874226 to book your team place.

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part of  
East Angles  
Christmas Festivities

Registered Charity No. 1046104

## Halesworth Christmas Lights Switch On

**Saturday 22nd November**

From 2.30pm at St Mary's Church:  
Father Christmas in his Grotto, Halesworth Harmony

From 4pm-8.30pm in the Marketplace:  
Hot food & drink, music & bar

From 4.45pm in the Thoroughfare:  
Royal British Legion Band leading the procession  
with Father Christmas

**5pm - Switch on**  
From 6.30pm-8pm in the Marketplace:  
Live music from The Someones

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**THE RUMBLING OF YOUR STOMACH IS ACTUALLY CALLED A WAMBLE**



# Halesworth Cancer Research

On the 18th September myself and committee members Debbie and Sue returned to The Old Hall Cafe to say "Thank You" to them for holding The Maze by Torchlight event again for us. We presented them with a certificate to acknowledge the amount of £4,441.24p that they have raised for us over the three years that the event has taken place. The good news is that all being well we will be doing it again next year. Emily, Beth and Chelsea from The Old Hall Cafe presented us with the cheque for this years total of £1,494.11p (picture). Unfortunately Bella (the owner) couldn't be with us on the day but we are very grateful that she continues to support us and we send our very best wishes to all the staff at The Old Hall Cafe.



We are also very grateful to Halesworth Co-op and Sarah in the Insomnia Cafe for letting us have a table top sale in the cafe on Saturday 27th September from 10-2pm

Sarah made us very welcome and the cafe is a lovely area to meet up for a coffee with friends. We had three tables, Cancer Research Christmas cards and merchandise, Tombola and a Nearly new stall. We raised £238.15p. Thank you to everyone who supported us. We hope to do this again as a regular event with different stalls so please look out for our posters etc.

The daughter of Judy one of our volunteers got married recently and instead of wedding gifts they very generously asked for donations to Cancer Research, it was such a kind gesture to think of us on such a special day and they raised £520. We all send our congratulations to Sarah (Nee Cook) and her new husband Patrick as they start their married life together.

Our next event in Holton Village Hall will be our very popular Jumble Sale on October 18th so I will let you know how we got on in the next edition of The Bugle magazine. Also Wenhaston Flower Club will have held their Charity Night for us on October 7th so will report back on this as well.

The last event for 2025 will be (dare I mention it) our Christmas Fair on November 22nd in Holton Village Hall. 10.30am - 2pm This is one of our big events of the year where we serve our lunches. On the menu will be homemade soup, a choice of two mains and a lot of delicious desserts which we serve from 11.30am. We will also be serving tea/coffee and traditional mince pies from 10.30am.

Our priority of course is raising funds for Cancer Research but we also like it to be a community event where people can meet up with friends and neighbours so we try to keep the price of our meals as low as possible so it is affordable for all so please stay for lunch if you can.

We will also have our usual stalls, so if anyone would like to bake for us for the cake stall or donate a raffle prize we would be extremely grateful.

We will be having our very popular Tombola and Debbie and Sue's Christmas stall with homemade preserves and Christmas Puddings etc. It is also the perfect opportunity to stock up on books and jigsaws for those long winter nights. We do apologise for the inconvenience but our events are cash only.

Thank you to our loyal supporters and welcome to anyone who will be visiting us for the first time. We truly can't do this without you all.

For more information please contact me: Dawn Davis 01986 873640



# The Suffolk Coast Launches Free Membership Tier to Boost Local Tourism Businesses

The Suffolk Coast DMO has launched a brand-new inclusive membership tier - including a free option - designed to support tourism and hospitality businesses across East Suffolk during the current challenging times. Tourism is one of East Suffolk's most vital sectors, contributing millions to the local economy and sustaining thousands of jobs each year. Yet rising costs, shifting visitor habits, and growing competition have left many small businesses struggling to keep pace.

To help, The Suffolk Coast has introduced a free membership tier, giving businesses of all sizes the chance to tap into the region's leading destination network. Members gain access to exclusive support, resources, and promotional opportunities through [thesuffolkcoast.co.uk](https://thesuffolkcoast.co.uk), a website attracting nearly 1 million visitors each year seeking inspiration for where to stay, eat, and explore along the Suffolk coast.

"We know how challenging it is for local businesses right now," said Julian Evans, Director of The Suffolk Coast. "Our new free membership ensures that every business - big or small - can be part of the wider visitor economy. By working together, we can strengthen Suffolk's tourism offering and help more visitors discover what makes this coastline truly special."

To celebrate the launch, The Suffolk Coast will host a series of informal autumn 'Socials' across the region. These gatherings will give local businesses the chance to meet the team, learn about membership benefits, and connect with other like-minded businesses in the visitor economy.

## Suffolk Coast Socials coming up include:

Tuesday 4 November, 10am – 11.30am – East Point Pavilion, Lowestoft.

Tuesday 18 November, 10am – 11.30am – The Alex Café Bar & Brasserie, Felixstowe

Tuesday 9 December, 10am – 11.30am – Snape Maltings, Snape.

Tuesday 27 January, 10am – 11.30am – Seckford Hall, Ipswich

Tuesday 17 March, 10am – 11.30am – Hippersons Boatyard, Beccles

Events are FREE to attend, book your place at

<https://www.eventbrite.co.uk/o/the-suffolk-coast-dmo-9968582009>

"The Suffolk Coast is home to a passionate and thriving tourism community," added Jess Brown, The Suffolk Coast Manager. "These events are a fantastic opportunity to network, exchange ideas, and explore ways we can collectively promote and support our beautiful region."

## About The Suffolk Coast

The Suffolk Coast DMO is the official destination management organisation for East Suffolk, promoting the region as a premier visitor destination. Through its website - visited by over 1 million people annually - and strong local business network, The Suffolk Coast champions tourism, culture, food, and heritage, ensuring a sustainable and successful future for the area.



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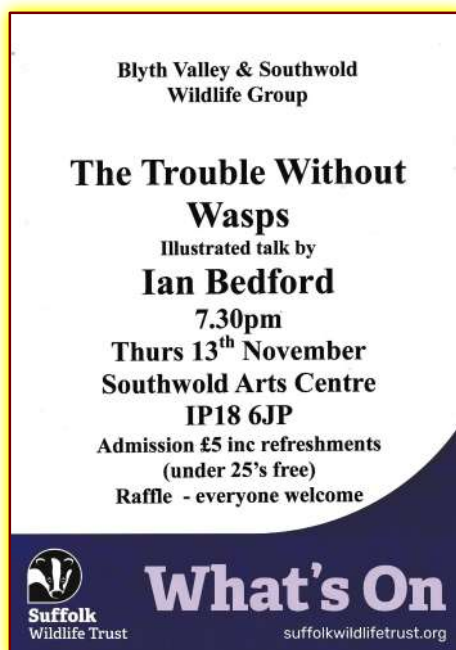
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Blyth Valley & Southwold  
Wildlife Group

**The Trouble Without Wasps**  
Illustrated talk by  
**Ian Bedford**  
7.30pm  
Thurs 13<sup>th</sup> November  
Southwold Arts Centre  
IP18 6JP  
Admission £5 inc refreshments  
(under 25's free)  
Raffle - everyone welcome

**What's On**  
Suffolk Wildlife Trust  
suffolkwildlifetrust.org



**LIGHT UP SOUTHWOLD**  
VOLUNTEERS NEEDED

Light up Southwold  
Southwold Christmas Lights  
Switch on Night 2025  
Save the Date  
**Saturday 29 November**

VOLUNTEER YOUR TIME    SPREAD THE WORD    JOIN THE FUN

#IlluminateSouthwoldTogether  
HELP LIGHT UP SOUTHWOLD BY GIVING A FEW HOURS OF YOUR TIME  
TO HELP ON THE DAY

If you're interested in volunteering, please contact  
Jim 07970557943



# Worlingham & Carlton Marshes

The Blyth Valley and Southwold SWT Wildlife group welcomed Vicky Eyles, the Suffolk Wildlife Trust Wilder Community Officer, who gave us an update on Worlingham and Carlton Marshes. Many of you may have visited Carlton Marshes, now such a successful reserve, with its varied fen, marsh, tree and wetland areas, and its good access, play and café facilities. The land was in agricultural use until the 1970's, so there was much to do to restore it to a more natural state.

The Trust has continued to buy areas of land there, when possible, with the aim of creating a wildlife corridor along the River Waveney, making links with Castle and Worlingham Marshes, allowing the flora and fauna to move and flourish more easily. Peto's Marsh was a recent major purchase, with match funding from the Heritage Fund, and it is now a magnet for overwintering wildfowl, and a spring breeding ground for diverse species. Other smaller areas continue to be added to the reserve.

Worlingham Marsh is very different. It has always been a wild area, and so the Trust has been able to enhance what is already there. There is limited public access to the Marsh while improvements to habitat are carried out,

but greater access will be possible in the future. We watched and enjoyed some fascinating footage from trail cams, a taste of what we will find there.

Vicky also spoke about the wide range of Outreach work she is involved in, from visiting schools, to setting up volunteers work teams, surveys, local events, community wildlife gardens, and discovery walks. Local farmers are often interested in, and support, Trust initiatives, and she offers guidance, and resources, such as relevant books, and the loan of trail cams. These can give wonderful footage of fox or badger families, for example, which can encourage landowners to enjoy what their land supports.

It was fascinating to learn so much about two of our nearest reserves, and we left with the feeling that we will visit more often, and explore further.

Our next meeting is on Thursday, November 13<sup>th</sup>, at 7.30 at the Southwold Arts Centre, IP18 6JP. Ian Bedford will talk about 'The Trouble Without Wasps'. The cost is £5 to include refreshments. Under 25's are free, and all are welcome.

Penny Mansfield

contact us at [swtblythvalley@gmail.com](mailto:swtblythvalley@gmail.com)

## Christmas Wreath Workshop 2025

£45pp  
Materials Provided  
Tea/Coffee & Sweet Treat Included

Saturday 29th November  
10am-12.30pm

Saturday 13th December  
10am-12.30pm

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Join us to create a Beautiful Fresh Wreath at Southwold Golf Club





JOIN US FOR REMEMBRANCE SUNDAY

Annual Remembrance Sunday Service with Wrentham Band

Community gathering at Wrentham Church, 11:00 am  
Sunday 9th November 2025

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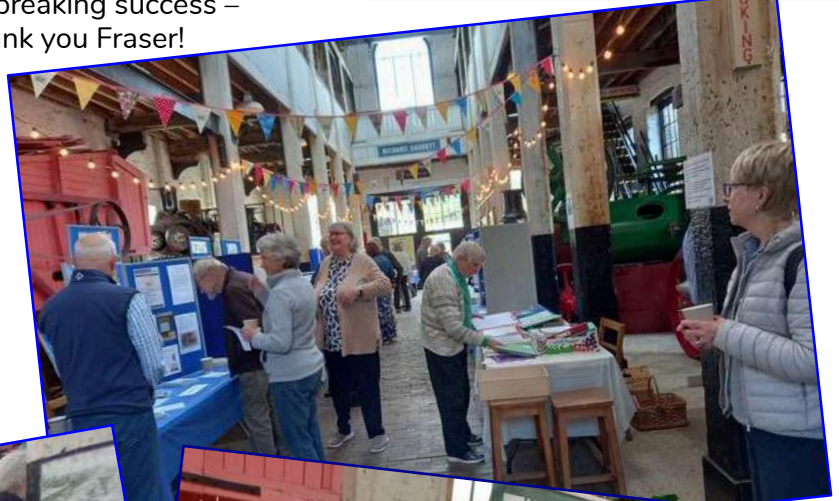
# RECORD BREAKING ATTENDANCE AT FAMILY & LOCAL HISTORY OPEN DAY!



At the end of September the Alde Valley Suffolk Family History Group hosted a Family and Local History Open Day at the Long Shop Museum in Leiston. Well over a hundred visitors attended, some from as far away as Essex and Cambridge. Among other attractions, they came to see displays by a dozen local organisations, and to browse Peter Drew's magnificent collection of historic local postcards. There was a special presentation celebrating the 200th anniversary of railway travel, and Aldeburgh writer Pat Ward was kept busy at the stall of books by local authors. Members of the Family History Group were able to help visitors research elusive ancestors, and to date their old family photographs. The genealogy talks about the website 'Ancestry' were so popular we nearly ran out of chairs!

Fraser Hale, Manager of the Long Shop, together with his helpers and volunteers, really put themselves out to make the day a record-breaking success –

Thank you Fraser!



**THE 'NA NA NA' BITS IN SONG THAT HAVE NO MEANING ARE CALLED VOCABLES**



# FINN COLLINSON AT ALDEBURGH

Saturday 29 November at ALDEBURGH Jubilee Hall, Crabbe Street, Aldeburgh, IP15 5BN  
Doors 7pm, Music 7:30pm

Tickets <https://www.ticketsource.co.uk/aldeburgh-jubilee-hall/t-rpmqozv>

Tara is the new single from folk recorder pioneer Finn Collinson, released ahead of his upcoming tour in November 2025. This is the first track to be shared from Finn's brand-new third album *Byway* (due for release in February 2026). A fresh, modern-sounding instrumental track, Tara's pulsing mid-tempo groove hints at a bold new sound for Finn and his illustrious band.

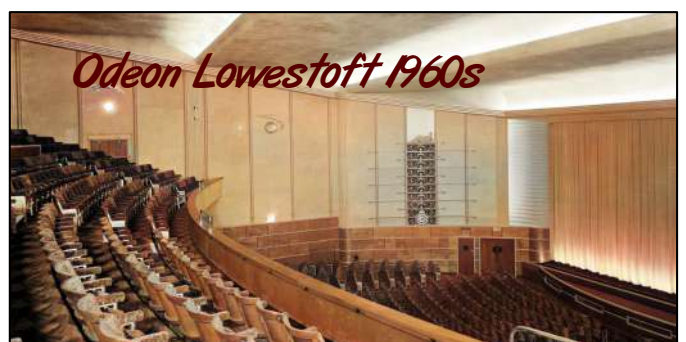
Joined once again by Archie Churchill-Moss on guitar (Seth Lakeman, Sam Sweeney) and Evan Carson on bodhran (Steve Knightley, Sam Kelly), Finn has drawn inspiration from his travels around the UK to create this new music, telling powerful stories without a single word. Based on traditional dance tunes and structures, but taking in subtle influences from the Baroque masters, chamber music, indie rock and modern pop, this is the most adventurous and personal music Finn has made to date.



The single Tara is one of several original compositions from the new album. Written to honour a fondly-remembered four-legged friend, the tune is unmistakably rooted in folk, but the wide-spanning musical interests of Finn and his collaborators are evident.

Finn explains, 'Tara was not my dog, but she was my friend – and she was at her happiest when bounding over the gorgeous dunes and beaches in North Devon. The beautiful landscapes of Saunton Sands, Woolacombe and Lee Bay were very much in my mind while I was writing this tune.'

Since the release of Finn's last album *The Threshold* in 2022, his band has toured nationally and performed at numerous renowned folk festivals. Finn has also toured with acclaimed ceilidh band Stroma, directed the music for a stage production of Ronald Blythe's *Akenfield*, and worked as a folk educator for organisations including Britten Pears Arts, Halsway Manor and FolkEast. The band will preview the new album *Byway* in full, including the single Tara, at the concert!



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# BECCLES CHORAL SOCIETY

Don't miss our next concert featuring Brahms and then our famous Christmas Cracker which this year is just £10 with under 16s free!



On Saturday 22<sup>nd</sup> November, Beccles Choral Society, conducted by Geoff Lavery will perform three works by Brahms; his Requiem, Variations on a Theme by Haydn and Geistliche Lied. The expansive and monumental Requiem (German Requiem) is Brahms's longest and largest work, composed on the death of the composer's mother. To be sung in English, it focuses on the living and is a humanist rather than a Christian work.

The variations, also known as the Saint Anthony variations, exists in two versions; for orchestra and for two pianos. This is a rare chance to hear the piano duet version, as it is rarely performed. The main theme may or may not be by Haydn, but you will recognise it anyway!

In contrast, the gorgeous and profound yet compact Geistliche Lied ("Sacred Song") emerged from musical exercises exchanged between Brahms and the violinist and composer Joseph Joachim. Emily Varney (soprano) and Sam Poppleton (bass), are two young soloists, and both sing with London Voices and the Voces8 foundation, as well as solo work. BCS try to give young singers, at the start of their careers, a platform whenever possible, and are delighted to welcome these two vocalists.

Jonathan Rutherford is well known in Suffolk music circles as a highly accomplished professional pianist. After last year's acclaimed performance of Rossini's "Petite Messe Solennelle", he is once again partnered by BCS's accompanist, Carolyn Gibley, who works professionally as a harpsichordist with the Brook Street Band, a London-based baroque ensemble.

7.00pm, St Michael's Church, Beccles. Tickets £20 (under 16s free) from [ticketsbeccleschoral@gmail.com](mailto:ticketsbeccleschoral@gmail.com), Beccles Bookshop or Marion Fox 07586 959326.

On December 14<sup>th</sup> get in festive mood with friends and family at Beccles' famous Christmas Cracker concert presented by Beccles Choral Society and Waveney Concert Band. Our Christmas Extravaganza features favourite come and sing carols, traditional Christmas music and other popular seasonal items. This is the one not to miss! 4.30pm, St Michael's Church, Beccles. Tickets this year just £10 (under 16s free) from [ticketsbeccleschoral@gmail.com](mailto:ticketsbeccleschoral@gmail.com), Beccles Bookshop or Marion Fox 07586 959326. See our adverts on page 31

*In 2005, a fortune cookie company called Wonton Food Inc. correctly foretold lottery numbers, resulting in 110 winners and an investigation. No fraud was involved!*



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# ART FAIR EAST IN NORWICH

The largest and liveliest art fair in the East is gearing up to grace the city of Norwich next month as it celebrates a decade of bringing contemporary art to the region. Art Fair East will host a gathering of hundreds of artworks from international and regional artists, galleries and dealers, in the spectacular setting of The Assembly House.

Many celebrated artists will be joining from Norfolk and Suffolk such as painters Jenni Murphy and Patricia Robinson, alongside artists from around the country including illustrator Emily Woodard, printmaker Mister Geez and painter Amy Wormald. Venues from across the UK will also be joining in, including the newly-formed Pimpernel Gallery with work from nine bold and distinctive artists.

This hugely popular event is organised by leading Norfolk-based artists Will Teather and Brian Korteling. The dynamic duo are passionate about sharing their love of contemporary art, all while helping to support established and emerging artists, and creating a real buzz around the visual arts. Will said: "We are delighted to be able to host our 10th outing at The Assembly House again, it is an iconic landmark in the city and makes for an incredible backdrop for Art Fair East as we transform it into a giant art gallery."



Hundreds of artworks will be on display from a carefully-curated line-up of artists and exhibitors. From traditional to contemporary fine art and modern to urban street art, a kaleidoscope of works also including photography, collage, drawing, print, sculpture and digital artwork will be on show. Artists and experts will be on hand to chat to visitors about their displays which is one of the most special aspects of the fair, so people can really delve into the creative processes behind the artworks.

This year's fair runs from from 7th - 9th November at The Assembly House in Norwich.

Art Fair East is sponsored by Chadwicks Wealth alongside Dipple & Conway. Since 2024 The Assembly House has been venue sponsor. For more information visit [www.artfaireast.com](http://www.artfaireast.com)

Pictures top. Mark Munroe preston. Bottom: Jill Blakey.

## REYDON CHRISTMAS LIGHTS SWITCH ON

ENJOY FESTIVE LIGHTS
JOIN THE CELEBRATIONS ON JUBILEE GREEN REYDON
BRING YOUR FAMILY

Saturday 6th December 2025 - Starts 5.30 pm Switch On 6.00 pm  
More details to follow!

Thanks to Reydon Christmas Lights and Blyth Valley Rotary

Is there a Christmas Day swim this year Daphne?

Yes, it's on Gun Hill Beach at 10:30 Christmas morning

It's organised by Blyth Valley Rotary

## SOUTHWOLD CHRISTMAS DAY SWIM

Gun Hill Beach Southwold IP18 6HF  
<https://blythvalleyrotary.co.uk/christmas-day-swim-2025/>

www.blythvalleyrotary.co.uk

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## A word from Rosedale Bereavement Support

I don't know about you, but to me, the world we now live in feels unrecognisable to the one I grew up in. Life seems to be changing at such a pace, I can hardly keep up! The rapid rise of social media has led to everyone being able to share their own story, making sure their voice is heard and their point is made. Interrupting and shouting others down seems to have become acceptable behaviour on TV and radio interviews and life in general.

As someone working in the field of counselling for many years, I have noticed a subtle change of late. It now seems that in general, whilst everyone wants to be heard, there aren't many people who are prepared to listen. A big part of my counselling training was learning how to really listen, making sure that the speaker feels truly heard and understood. Listening is such a valuable gift to give someone, all it costs us is our time. When someone is bereaved, they often want to talk about their loved one. They miss them and are in their thoughts constantly. They don't want them to be forgotten and talking about them can be one way of keeping their memory alive.

Many bereaved people report that often people avoid mentioning their loved one in conversation. Perhaps they want to avoid causing further upset or don't know what to say to make things better? The truth is the bereaved person is already upset and almost nothing anyone says can make things better!

Grief can also make some people feel very uncomfortable- perhaps it reminds them of their own past bereavements? Or they prefer to avoid talking about messy emotions, preferring to keep the 'stiff upper lip'? Of course, some people prefer to grieve privately. We all have our own way of dealing with grief, there is no right or wrong way. However, making time to listen to someone talk about their loved one and their bereavement can provide an outlet for grief, making them feel less lonely and isolated. It also demonstrates respect and helps to build stronger and more supportive relationships.

Perhaps we all need to slow down a bit, respect each other more and create some space to listen. Rosedale's bereavement support groups provide a safe, trusted place to talk about bereavement and be listened to. Call 01379 640 810 to reserve your free place on the next group.  
Sarah Howard, Rosedale Funeral Home Bereavement Support Group Facilitator

Grief, I've learned, is really just love. It's all the love you want to give, but cannot. All that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest. Grief is just love with no place to go.

*- Jamie Anderson*

Always end the day with a positive thought. No matter how hard things were, tomorrow's a fresh opportunity to make it better.

*Journey To Peace*



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Join The Vibettes this Remembrance Sunday, 9th November, 2.30pm as they take to the stage with their uplifting show 'Sing For Victory' at The Seagull Theatre

Delivering warm, uplifting character performances and those close vocal harmonies so reminiscent of the time. Paying homage to the beloved sounds of artists such as Vera Lynn, The Andrews Sisters, Anne Shelton, Glenn Miller, Gracie Fields, Flanagan & Alan and many more.

With audience sing-a-longs and laughs along the way, you'll be boogie-woogieing in your seat from start to finish.

Tickets: [www.theseagull.co.uk](http://www.theseagull.co.uk)  
Tel: 01502 589726

## Business Advertising Rates

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**Third of Page £40 • Half Page £50 • Full page £75**

Prices not subject to vat. Free Advert design service

Free editorial to help your business kick off!  
We will re-imagine your advert for you at  
any time free of charge

**Business Directory/Handy Numbers page**  
**5cm x 5cm £8 per month**





**Light up Southwold**

**Southwold Christmas Lights Switch On 2025**  
**Saturday 29th November 5pm**

Santa's Grotto in the Adnams Tour Centre from 5:30

**Stalls, Street Food & Outside Bars**  
**in the High Street from 2:00**

**Live Entertainment in the Market Square**

2:30 St Felix School Choirs  
 3:00 Daisy & Charlotte Sing Xmas  
 3:30 Southwold & Reydon Panto  
 4:00 Welcome  
 4:15 Wrentham Band  
 4:45 Carol Singing  
 5:00 Lights Switch On  
 5:30 1940s GI Jivers  
 6:00 Finish

Lifeboats  
 ADNAM'S  
 SOUTHWOLD

Light Up Southwold Just Giving

**OMG FAYRES**  
 MAKE IT THE BEST PART OF YOUR DAY

**BUMPER Christmas**  
**Craft, Gift and Food Fair**

**22nd November**  
**11am till 3pm**

Waterlane Leisure Centre,  
 Water Lane, Lowestoft NR32 2NH

**Free entry**  
**Over 55 stalls**

**Starlight Shopping**

**LATE NIGHT SHOPPING EVENT**  
 in Halesworth Thoroughfare & Marketplace

**Friday 14th November**  
**& Friday 5th December**

Enjoy two evenings of magical Christmas Shopping when many of our independent and unique businesses will be open until 8pm.  
 Live music, Christmas treats and more.

Shop local and support your shops this festive season.

Halesworth  
 Halesworth Town Council

*There are twice as many pyramids in Sudan then there are in Egypt. When most people think of pyramids, they instantly think of Egypt, but this couldn't be more wrong! Sudan has somewhere between 200 to 255 pyramids, while Egypt is home to just 118 to 138. From 3,000 BC, Egypt's armies were sent south to conquer whoever they found, reaching as far as modern-day Sudan. There they lorded over the locals until the Egyptian empire collapsed in 1,070 BC, but their influence remained for much longer.*

**Beccles Choral Society**  
 at  
**St Michael the Archangel, Beccles**

**Brahms' Requiem**  
 Variations on a Theme by Haydn Geistliche Lied

**Saturday 22nd November 2025**  
 7:00pm

Conductor : Geoff Lavery  
 Emily Varney - Soprano  
 Sam Poppleton - Bass

Pianists : Carolyn Gibley  
 Jonathan Rutherford

£20 (under 16s and students free)

Tickets : [ticketsbeccleschoral@gmail.com](mailto:ticketsbeccleschoral@gmail.com)  
 Beccles Bookshop or Marian Fox 07586959326  
 For information about BCS contact: [beccleschoralsecretary@gmail.com](mailto:beccleschoralsecretary@gmail.com)

Registered Charity: 1044837

**Beccles Choral Society presents:**

**A Christmas Cracker!**

Come and sing carols

**Beccles Choral Society**  
 Conductor: Geoff Lavery  
 Pianist: Carolyn Gibley

**Waveney Concert Band**  
 Conductor: John Flack

**Sunday 14th December 2025**  
 4:30

**St Michael the Archangel, Beccles**

Refreshments available: drinks + mince pies  
**Tickets £10**  
 (students and under 16s free)

Tickets:  
 Beccles Bookshop  
 Marian Fox 07586959326  
[ticketsbeccleschoral@gmail.com](mailto:ticketsbeccleschoral@gmail.com)

Registered Charity: 1044837

For information about BCS contact: [beccleschoralsecretary@gmail.com](mailto:beccleschoralsecretary@gmail.com)

**WHEN YOU COMBINE A QUESTION MARK WITH AN EXCLAMATION MARK IT IS CALLED INTERROBANG**



# SHOULD GAME SHOOTING BE BANNED?

Game shooting is undeniably cruel. Pheasants and partridges are driven by “beaters” waving flags towards a line of waiting guns, to be shot. Some fall to earth dead but others are wounded, writhing in agony in full view of the guns, but for the safety of the “picker-up” staff and their retriever dogs, the birds are left to suffer until the shooting is over before they can be put out of their misery. Other birds may fly on with minor wounds which will turn septic, resulting in a drawn out death. Animal Aid, amongst others, are campaigning to get this activity banned. Here are a just few of their arguments:-

The industry produces around 60 million pheasants and partridges every year to be killed for entertainment by individuals and those on a corporate jolly, all of whom should know better! The majority of birds are bred on game farms, where they are often subjected to terrible harm. Stress induced injuries are common amongst the breeding stock; live chicks categorised “sub standard” can be destroyed in grinding machines. The downside of presenting these birds to guns does not end there. There are horrible consequences for our natural wildlife, who must compete with pheasants and partridges for food and habitat.

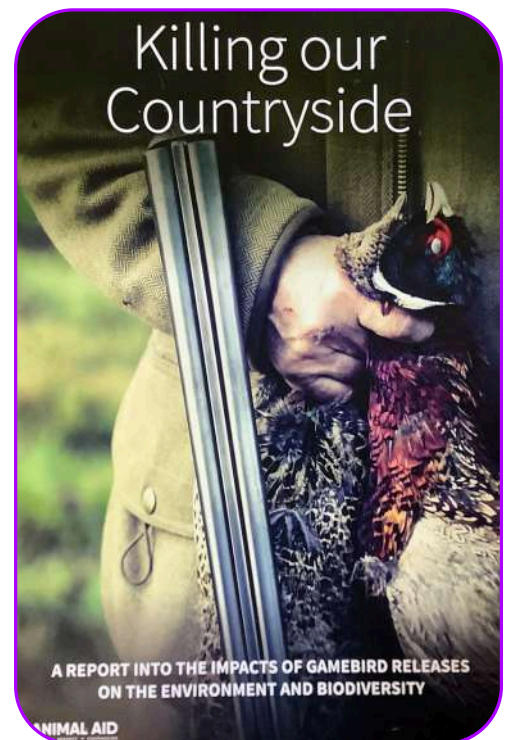
Shooting scatters an estimated 6,000 tons of lead annually and every opportunity to delay a ban on its use is taken. Water can be contaminated by the shot, killing plants and animals. Eco-systems are furthermore decimated by the release of millions of these non-native game birds, whose biomass is greater than all of our wild birds!

Game birds compete for food, changing soil nutrients and trampling flora. Any wildlife deemed to be a threat to these birds - including protected peregrine falcons, hen harriers and even owls - are known to be persecuted by some gamekeepers. Legal but horrific snares and traps are used but evidence shows that some gamekeepers are also using illegal methods such as poisoning and post traps.

Game birds also do their share in spreading avian flu causing widespread devastation in our countryside. The UK is sadly one of the most nature depleted countries in the world. If we do not protect our biodiversity then the consequences will be irreversible and dire.

Those in favour of shooting will claim it provides a food source. This is a complete nonsense as it costs far more to produce a shot game bird than anyone would be prepared to pay for it. “It employs a lot of people in the countryside”, is another popular defence. It may well do but it also restricts access to some of the most beautiful parts of the country. View any map and you will see that public paths will most often divert rather than continue through a woodland. The shooting industry is stifling diversity and preventing new initiatives that could employ far more people.

Article provided by Norfolk and Suffolk Against Live Quarry Hunting (NSALQH)



On Mars the sunsets are blue





# SO MANY WONDERFUL EVENTS!

The Accordion Man Presents  
**The Greatest Little Ol' Fashioned Variety Show**  
"A fantastic show, full of music, magic & laughter"



International comedian and magician **Andy Leach**  
The Accordion Man  
Special Guest **Sadie Louise**

**Friday 21st November 2025**  
Doors Open 7.00pm & Show Begins 7.30pm  
Tickets £15

For tickets contact the box office on 01986 897130  
fishertheatre.org

Fisher Theatre,  
10 Broad Street, Bungay,  
Suffolk, NR35 1EE

FISHER THEATRE

**EACH**  
**Grand Christmas Quiz 2025**

Westhall Village Hall, IP19 8RQ  
29th November 2025 • 6.30pm for a 7pm start  
Teams of 6 (maximum)  
£10 per head to include Ploughman's supper  
Please bring your own choice of drink  
Raffle and tombola  
Please phone us on 01986 874226 to book your team place.

each  
in aid of  
East Angles  
Children's Hospice

Registered Charity No: 1060104


**SEA SHANTY WORKSHOP**

Saturday 15th November  
Emmanuel Church Rooms  
Bungay  
2 - 4.30pm £15/ £10



**St Edmund's Church Southwold**

We warmly invite you to join us in a heartfelt tribute on November 9th, 2025, from 10:50 AM to 12:00 PM. This gathering will provide an opportunity for us to come together in remembrance and support one another during this meaningful time. Your presence would mean a great deal to us all.



REMEMBERING OUR HEROES

**REMEMBRANCE SUNDAY 2025**

**WE WILL REMEMBER THEM**

The Town Council invites you to join them at the  
**Lowestoft WAR MEMORIAL**  
at 10.50am on  
**Tuesday 11th NOVEMBER 2025**

A two minute silence will be observed at 11am

You are invited to plant a cross in tribute and remembrance

CROSSES WILL BE AVAILABLE FROM ROYAL BRITISH LEGION POPPY SELLERS




**Wenhaston Village Hall**  
**Christmas Bazaar**  
Saturday 13th December  
2.00 pm - 4.00 pm

**Live Music by Waveney Saxes**  
Festive Stalls & Raffles  
Café Open - Homemade Cakes  
Supporting local organisations  
Come and enjoy the Christmas Spirit



To book your table (provided) - cost £10 - Contact Carol 02864 083296 or email carol-nike@outlook.com

**FESTIVE FUNDAY SUNDAY 14TH DECEMBER**  
The Pavilion, Nicholas Everitt Park, Oulton Broad  
10am-12pm & 1pm-3pm

Join us for a fun-filled creative day to get ready for the holidays! Kids can enjoy making Christmas trees, paper chains, and lots of other festive crafts – plus, win some great prizes!

- £4 per child
- Pre-booking required by emailing: [admin@ob-pc.gov.uk](mailto:admin@ob-pc.gov.uk)
- Payment on booking (cash or bank transfer)
- Book by 21st November to secure your spot

**Don't forget your Christmas jumper – There's also a Christmas Jumper Competition!**  
**Plus, meet Father Christmas in his Grotto**  
(extra charge, pre-booking req'd)

For questions or more info, contact us at the above email or check out our other ads. All proceeds go to the Nicholas Everitt Park Charity Trust to support the park.  
Please note:  
You must book a time slot. Spaces are limited and may fill up before the deadline. No refunds for missed sessions.

**Carols On The Quay**  
Sunday, 7th December | From 11:00 AM to 4:00 PM  
Boulevard & Bridge Road, Oulton Broad

**WHAT'S ON:**

**3.00pm Carols Around the Tree**  
**Craft Fair at 'The Lady of the Lake'**  
**and along the Boulevard**  
**Free Entry to the Museum**  
**Hot Roasted Chestnuts,**  
**Mulled Wine, and Mince Pies**  
**outside The Copper Smoke House**

Event opens 11 am and closes at 4pm after the carols finish.  
Thank you for your support – we hope to see you there!  
This is a free event for the public to attend, organised by the Nicholas Everitt Park Trust along with local business owners from Bridge Road.  
All money raised will go directly back into the charity to support our park  
Join us for a magical festive day full of seasonal cheer, shopping, and music!



## Project that tackles social isolation and food waste awarded £12k from Sizewell C Community Fund

An innovative project that brings the community together by redistributing surplus food has received a £12,117 grant from the Sizewell C Community Fund. SAX Community Fridge, run entirely by volunteers, collects fresh produce from supermarkets, bakeries and greengrocers and shares it out at regular community drop-in sessions in Saxmundham. Held in the Riverside Garden behind the Old Bank, the sessions offer food that is near or just past its 'best before' date and would otherwise go to landfill. Those attending are also able to enjoy a coffee, cake and chat with others, in turn boosting wellbeing and tackling social isolation.

Jenna, a mother of two who recently moved to Saxmundham from the Midlands, said: "Coming to the Community Fridge each week has given us a real sense of community, and it's amazing the difference it has made to our food bill. Everybody has been so lovely, and now when we walk through town we have people to wave at because we've met so many wonderful people here."

The newly awarded funding will support the project over the next three years, covering the cost of coffee, tea and cake which form an essential part of the welcome which SAX Community Fridge provides to local people. It will also help meet running costs, such as such as rent and volunteer expenses.

Lead volunteer Martin Thorold, who helps to run the project alongside its founder Marion Hedley Lewis, Pictured, said: "We are absolutely delighted to have received a grant from the Sizewell C Community Fund. Whilst our core goal is preventing food waste, what we're most proud of is the community that's grown around our twice-weekly sessions in Saxmundham. Each gathering welcomes between 50 and 100 visitors who come not just for food, but also to enjoy coffee, cake and conversation. Now in our fourth year, these sessions have helped reduce loneliness and support mental health while bringing together people from across the area who might not otherwise meet."

The Sizewell C Community Fund is managed by Suffolk Community Foundation. It is making around £2m available each year to projects in the East Suffolk Council area which promote the economic, social or environmental well-being of the communities closest to, and most impacted by, the construction of Sizewell C, and which enhance people's quality of life.

SAX Community Fridge was one of eight projects awarded a share of just over £660,000 in the latest round of grants. Others to benefit included Ogilvie Pavilion & Sports Ground in Aldringham-cum-Thorpe, Rural Coffee Caravan, Cohere Arts and an initiative to upgrade Saxmundham adventure playground.

The latest awards take the total distributed since the fund was launched over a year ago to around £3m.

For more information about the fund, eligibility criteria and how to apply, visit: [www.suffolkcf.org.uk](http://www.suffolkcf.org.uk) or call 01473 602 602.



**The Bugle Community Magazine is produced by a husband and wife team, in a garden shed in Uggeshall, Nr Beccles using professional software. No charge is made for advertising any of our local theatres, village hall cinemas or any community based activities. We do make a small charge for local businesses who wish to advertise within our pages.**

**Keeping the community alive and smiling**

Anna & Neal Sutton,  
Firs Cottage, Church Road, Uggeshall, Beccles NR34 8BH

Find us on Instagram @thebuglemagazine



**That's All Folks - Back in December. Call 01502 578074 E: [the.buglemag@yahoo.co.uk](mailto:the.buglemag@yahoo.co.uk)**