

The Bugle Magazine

Free Monthly Community Magazine • Serving Beccles Lowestoft Southwold Halesworth Bungay and Beyond

ODEON LOWESTOFT

Inside this issue:
Is there a future for UK Cinemas?
Pier 2 Pier
Ancient Wisdom
Book of The Month
First Light Festival 2026
'Witches' Persecuted
Ambulances for Ukraine
Real Witches!
& Lots More

Image colourisation: Russell Walker

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Are you are a parent of young children, and live a 6 mile radius of Bungay? Then why not join us at Number 28 for Merry Go Rounds

**Every 2nd and 4th Monday of the Month
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Browse our wonderful selection of new and good quality pre-loved clothes for 0-3 years! Enjoy a free hot drink & a 50p bacon roll!

Toys, books, and games available to keep children occupied while you browse

Due to storage limits, we are unable to take ad hoc clothing donations.

Please follow our Facebook page requests for items we may need, ask at Number 28 or contact us.

Open to Everyone, Regardless of Income. No Referral Needed

No Cost for Items but Donations Are Always Welcome

Bungay Community Support
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bungaycsinfo@bungaycs.org.uk
0300 365 2995



MASTERS OF SWING

THE SEAGULL THEATRE • FRIDAY 17TH APRIL

The glamour, panache and irresistible rhythm of the golden age of Swing return to The Seagull Theatre, Lowestoft this spring as 'Masters of Swing' takes to the stage once again. Following several sold-out performances in previous years, the much-loved show is back with an updated production and a renewed celebration of the Great American Songbook.

Audiences can expect an unforgettable evening of timeless classics, toe-tapping tunes and plenty of laughter in this fast-paced tribute to the swing era. Featuring a sparkling selection of the finest songs of the period, Masters of Swing honours the music and the legendary voices that defined a generation.

Stephen, Paul and Natalie lead the show, bringing with them experience from performing for the Queen, appearing on BBC Radio 2, and gracing some of the UK's premier venues. Together, they guide audiences on a musical journey through the work of icons such as Frank Sinatra, Judy Garland, Tony Bennett, Andy Williams, Ella Fitzgerald, Dean Martin and Matt Monro, among many others.

With its winning blend of wit, warmth,

audience participation and old-school glamour, Masters of Swing is guaranteed to leave audiences smiling, swaying and singing along from their seats.

Classic favourites featured in the show include Fly Me to the Moon, I've Got You Under My Skin, That's Life, Ain't That a Kick in the Head, Let There Be Love, The Lady Is a Tramp and New York, New York — plus many more.



Tickets on sale now: £14 full / £12 concessions
Box Office: 0333 666 3366
or online at www.TheSeagull.co.uk Early booking is strongly recommended.

A MESSAGE FROM THE BUGLE MAGAZINE

Hi there

The Bugle magazine has been published for many years now, starting off as the Lowestoft Bugle and developing over time to encompass Halesworth, Southwold, Bungay and Beccles too. Since the pandemic we have been a digital magazine which although some people were a bit reticent to embrace at first, in the years since, the magazine's popularity has not only remained constant, but has grown!

As the country's situation becomes more uncertain and money is tight for everyone, some advertisers have understandably fallen away and if we had printing costs it would not be feasible to produce. The Bugle though, has no print costs, is produced at home using professional software and therefore is more a labour of love than ever before.

We feel it is absolutely vital in these uncertain times to maintain a strong and vibrant

community feel. Wherever local people gather together to laugh, dance or enjoy life as a community in any way - that this magazine is there to shout about it.

To this end our What's On Guide is always free - and now we are adding REPAIR CAFES to those events that are listed for free - Local theatre adverts are free too!

Also, we would like to know if you have a small local business and are finding it hard right now. The small 'one person' business providing a real local service. Each month we will pick one or two to publicise within our pages FREE! Contact us and tell us all about what you do!

We always love more readers so if you can tell friends and family about us that would be fantastic as well!

Thanks Anna & Neal

Tel: 01502 578074 Email: the.buglemag@yahoo.co.uk
Firs Cottage, Church Rd, Uggeshall, Beccles. NR34 8BH

PIER 2 PIER

Back for a fourth year! Join us on Saturday 12th September for Pier 2 Pier Suffolk, as we take on the challenge of walking 16 miles from The Claremont Pier Lowestoft to Southwold Pier.

The route will take you along the coast to start and then heads inland along fields and country lanes. You will walk along multi-terrain (sand, footpaths, fields, roads) making this challenge physically demanding. Lace up your walking boots and start training, this walk is not easy! The sense of achievement will be amazing once you have completed the 16 miles!

Please be aware that all participants must be 16+ on the day of the event to take part in this challenge. Any participant aged 16 or 17 must be accompanied by an adult participating in the event. The aim is to complete the walk within 8 hours.

Early Bird prices are now available. Grab yours before prices rise!

Standard ticket – £35 Ticket with travel – £45



By taking part, you'll be helping to make a powerful difference to the children and young people supported by EACH. Your registration fee helps make Pier 2 Pier Suffolk possible, but it's your fundraising that ensures the vital care local families rely on can be delivered.

We ask each participant to aim to raise £150 — a target that can have a life-changing impact for a family in East Anglia.

Thank you for your incredible support — here's to a day that's shore to make a difference

Please also check out our

[Pier 2 Pier Norfolk 2026!](#)

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the good funeral guide.

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Market Place, Halesworth **01986 875588** (24hr)

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CHALLENGE SUFFOLK each East Anglia Children's Hospices



Pier 2 Pier Suffolk

Saturday 12th Sep 2026

Walk 16 miles with us from **Claremont pier, Lowestoft** to **Southwold pier.**



Book your place today!
each.org.uk/PierSuffolk



Do everything with a good heart and expect nothing in return
- and you will never be dissatisfied



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

Thursday 5th March. Beccles & District Historical Society meets at 7.30pm at Hungate Church, Hungate, Beccles, NR34 9TT. **Subject:** Annual General Meeting. Admission: £3pp Non members are very welcome

Friday 6th, 13th, 20th & 27th March LENT CAFE IN PAKEFIELD'S BEAUTIFUL CLIFF TOP CHURCH. 10am - 12 noon Drop in to enjoy a cup of tea or coffee plus the famous "sea breeze" bacon butties along with homemade cakes, savouries and other delicious food to eat and/or takeaway. the proceeds of which will aid the urgent, ongoing upkeep of our beautiful Church fabric and, particularly, the tower .

Saturday 7th & Sunday 8th March. DAFFODIL FESTIVAL at St Mary's church Henstead NR34 7LD from 10-4 pm. Come and see the daffodil displays, buy Mothering Sunday and Easter gifts from our craft stall and enjoy a delicious drink and cake. Contact Gillian 01502 219265 for further details.

Sunday 8th March. 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.

Saturday 21st March, HALESWORTH BRANCH OF CANCER RESEARCH BIG BREAKFAST 9.30am - 1.00pm at Holton Village Hall IP19 8RZ. Stalls, Cakes, Raffle, Gift/Easter stall etc.

Sunday 22nd March. 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.

Saturday 28th March. WENHASTON PRODUCE AND CRAFT MARKET from 10 to 12.30pm. A variety of handmade cards, jewellery, home-made 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 more. Cafe open for Tea, Coffee, Home-made Savouries & Cakes. New stallholders are welcome especially, a cheese maker, pork butcher, also fresh fruit and vegetables, chocolate maker. All welcome. For further info: Carol at: caz-mike@outlook.com

Saturday 28 March WRENTHAM VILLAGE HALL FILM NIGHT presents **THE ROSES (PG)**. 2025 satirical black comedy based on the 1981 novel The War of the Roses. Stars Benedict Cumberbatch and Olivia Colman. Doors open 18.45 with film screening 19.30. £5 on the door. Refreshments available.

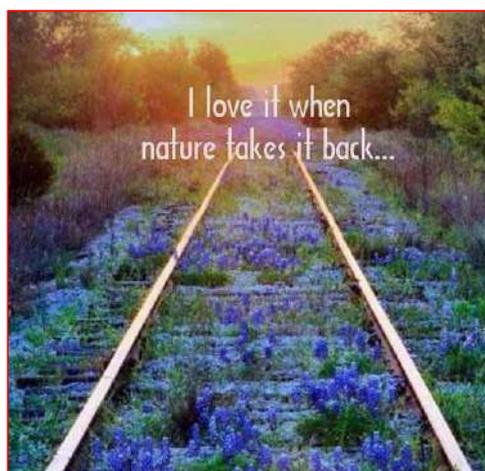
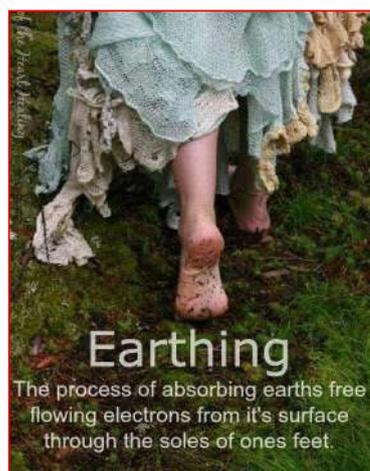
Saturday 28th March. HALESWORTH REPAIR CAFE at The Cut Arts Centre Halesworth. 10am - 12noon. Just turn up.

Thursday 9th April. BECCLES AND DISTRICT HISTORICAL SOCIETY meets at 7.30pm at Hungate Church, Hungate, Beccles, NR34 9TT. **Subject:** TheSuffolk Regiment on the Western Front WW1 **Speaker:** John Greenacre
 Admission: £3pp. Non members are very welcome

Saturday 11th April. HALESWORTH UKULELE BAND CONCERT at St Peter's Church, Holton. 2.00 to 4.30. Refreshments available. Raffle Tickets £5 available from 01986 873575 or Halesworth Bookshop (cash only please)

Sunday 12th April. 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

Sunday 19th April. 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.



WENHASTON VILLAGE HALL UPGRADES FACILITIES

Wenhaston Village Hall Management Committee have been raising funds since June 2025 to enable the complete refurbishment of the old kitchen and associated café, to have a new design and all new appliances. The company carrying out the refurbishment are Mulberry Kitchen Studios of Beccles, a family business established more than 50 years ago and who have a reputation for excellence. They started work on Monday 9th February and it's scheduled for completion by the 27th February.

The donors who have helped to make all of this possible are: -

The Belstead Ganzoni Charitable Settlement	£ 4000.00
The Adnams Community Fund	£ 2461.16
The National Lottery Community Fund	£16490.00
East Suffolk Councillors, Beth Key-Holloway & Geoff Wakeling	£ 2000.00
Wenhaston Village Hall	£10,000.00
Private donations	£ 1000.00
Donations at Village Hall 50 th Birthday Party	£ 340.02

Grand Total

£36,291 18

Thank you to all who have donated and made possible the kitchen modernisation of our Village Hall. The raising of funds has proved quite a challenge, so a big thank you goes to all the Committee members who have contributed time and effort to this worthwhile project.

We will be holding a 'New Kitchen Open Evening' on Friday 20th March 2026 from 6.30pm to 9.30pm with wine and nibbles.

This is a chance for the residents of Wenhaston and the surrounding area to come and have a look at the new kitchen to see what has been accomplished.

Our aim has been to make the village Hall a more suitable venue for events and functions including Wedding Receptions, Birthdays, Wakes, Business Meetings, Children's Parties and more.

Susie Cooke. Chair. Wenhaston Village Hall Management Committee.



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Real medicine comes from the Earth - not a lab

FUND-RAISING CONCERT for AMBULANCES FOR UKRAINE

In 2024 and 2025 Help2Ukraine (Suffolk) sent four ambulances fully equipped with life saving supplies to Lviv, as part of a convoy of eight. In 2026 we will do the same. There is an urgent need to continue to send ambulances to Ukraine. It is not about politics but life and death. It often feels as though there is nothing we can do to make the world a better place, but supporting this cause is something you can do to make a direct and positive difference.

Each year our successful fund-raising has included donations from private individuals, an auction, a cake & coffee morning, a dog show, mini-fete and sponsored walk. In 2026, in addition to having another dog show in May, this April we are holding a special concert.

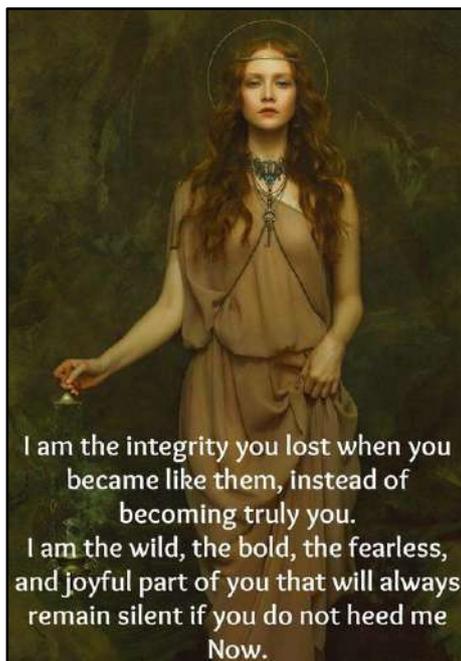
The concert will be based on a Come-and-Sing rehearsal and performance of highlights from Handel's masterpiece *Messiah*. This will to be a joyous as well as a thought-provoking event, bringing together singers from choral societies across East Anglia alongside professional singers, instrumentalists and actors. There will be readings to help link the music, and to place it in the context of vulnerability and war, peace and reflection. It is neither a religious nor a political event, but takes the spirit of *Messiah* and invites us all to make a difference.

The venue is St Edmund's Church, Southwold. The date is Easter Monday 6 April 2026, with a rehearsal from 2-5pm and performance starting at 6pm. The cost will be £20 for singers, and £25 for the audience (£10 under-21s). There will be refreshments between rehearsal and concert, and in the interval.

Dyakuyu -Thank you. Tickets from Ticketsource

<https://www.ticketsource.co.uk/help2ukraine/t-plqaoln>

Ticket shop QR code >



Housework won't kill you - but why take the chance!

Tim The Travel Writer

Music brings people together. That's certainly what GuilFest '25 achieves. A line-up of internationally acclaimed groups including Razorlight, Stereo MC's, KT Tunstall, Soul II Soul, The Amy Winehouse Band and The Jacksons sit alongside tribute acts like Blondied and Definitely Oasis. But this family festival isn't just about music, it's about entertainment and there's a big top circus tent where there's a mesmerising hula hooper and a trapeze artist as well as wonky bikes like clowns ride. Henry (9) is drawn to these and tries almost all of them.

The only way for Henry to see the acts on stage is to sit on my shoulders, which gives him a great view but after 15 minutes it becomes painful for me (and I do this with my age old bad back during all the acts we see - and now need to have a thoroughly good massage and a lie down!). Atop my shoulders as I grimace, Henry catches the attention of Elvana (a cross between Elvis and Nirvana...) who gives him a high five as he makes his way through the audience back to the stage to give us A Little Less Conversation.

Razorlight really appeals to Henry, who is busy clapping away through their performance. Drummer, guitarist and songwriter Andy Burrows is a busy man because KT Tunstall borrows him to play drums during her set. All of us are aghast that Razorlight finishes without playing America and then after a little break they return and put us out of our misery. Blondied, fronted by Michelle Hendriks, reminds us that Debbie Harry co-wrote many great hits, some of which we're able to sing along to.

"For me this festival is about living in the moment," says my wife, Caroline. "It's a really great way to forget about everything else in your life that's going on - escaping reality which is really what I need to do more of when life is so stressful."

As we walk around the site we come across Batala. This high energy percussion group, which features as many as 40 drummers, has roots in Brazil and in fact all the costumes have come from there. The energy and the joy that bashing a drum brings is phenomenal.

Rock Choir is always enjoyable to watch and it's heart-warming to see the power of music, bringing many many singers together of all abilities and ages from all walks of life.

Shut your eyes when Bronte Shande of The Amy Winehouse Band sings and you could be forgiven for thinking that Amy is here. Clouds give way to sun for the duration of this performance. Rob Birch of Stereo MC's gets my respect not just for his great creativity and considered lyrics but also for the way he conducts himself on stage. His hip hop group had an international top 20 hit with their single Connected and a UK top 20 hit with Step It Up, which as a naïve thirteen year old I listened to but didn't realise it was his creation.

There are many many more acts that there just isn't time for us to see. One thing's for sure, GuilFest sets the benchmark for music festivals and I can't wait for the 2026 event!

www.guilfest.co.uk

Watch the videos at: www.travelwriter.biz



July 4 & 5, 2026

GuilFest '26, Stoke Park, Guildford. Stars include Sophie Ellis-Bextor and The Proclaimers, Heather Small and T'Pau, Kula Shaker and ABC. (Pic: Sophie Ellis-Bextor)

Let animals know that all humans are not the same



The Grumpy Old Man

Born in a different era - says it like it is!



Inflation

Every time I go into the shops to buy food or any so-called essentials of life the one thing I can guarantee is the prices of just about everything I buy has increased since the last time I went shopping - even if it was only a day or so ago. Sadly it is the same whichever supermarket you go into. It is almost as if the staff walk around at night just randomly whacking the prices up because people expect it anyway!! The sad thing is that we have been conditioned into expecting the prices to rise almost daily so that's what our lovely caring supermarkets do!

Poor Quality Products

Everything we buy from supermarkets are packed full of chemical additives to make the product last longer on the shelf but at what cost to our bodies? Supermarkets and manufacturers have long since stopped caring about the crap we eat, even if it is packaged as being good for you. Long ago there were smaller farmers, smaller producers and smaller manufacturers who cared about quality products and healthy ones. They wouldn't even ship a product if it didn't meet their rigorous production standards. Today its all giant corporations who don't give a rats bum if you get sick or die, so long as they can make the product for tuppence and the shelf life is lengthy. Stick to local growers, farm shops and prep meals at home. Trust me, your body will thank you - and live longer!

Epstein, Mandleson, & the scandal of the Millennia.

The scandal of this bloke Epstein who used to (allegedly) hold parties with underage girls for him and all his so called mates is now getting out of hand. There is talk of many many missing children, of the abuse of children for the pleasure of the wealthy elite from Hollywood to the halls of government power both in the USA and in the UK. It is even said that other royals, not just Andrew, were involved. I have to be careful here but if you watch You Tube you will find plenty from independent reporters and whistle blowers who are not controlled as our so-called news media are. Forget the once proud independent British Media, they are all gagged. Nothing to see here.

Andrew In The Spotlight - but who is safely standing in the shadows?

Call me an old cynic but have you ever wondered why Andrew is being so thoroughly and completely 'hung out to dry' in this so-called 'Epstein affair'? Whilst our wonderfully compliant mainstream media concentrate so heavily on randy Andy, it appears to have gone very quiet on the Prince of Darkness Meddling Mandleson. Everything that may perhaps incriminate Trump is being conveniently redacted and I don't think for one moment Randy was the only 'royal' mixed up in this quagmire of lies and 'allegedly' disgusting behaviour with underage girls.

Another question that should be asked is this: How is it that all these young teenage girls flew on a private jet to Epstein's island or wherever? Where were the parents? There could be a whole new can of worms right there. Whatever happens you must remember that it is the stinking rich who are involved in this up to their privileged necks and they control the media so don't expect any real justice.

I still think Epstein is alive and well on the same island as Robert Maxwell fled to after he reportedly died when he fell off his yacht in 1991 after helping himself to everyone's pension funds (allegedly). It is said that the love of money corrupts absolutely. They just think they are untouchable and they are largely correct.

For now while the media is concentrating on scapegoat Andy, what else is being quietly buried?

Pic: Robert Maxwell Classic Misdirection.



Enlightenment is that moment when the wave realises it is the ocean

IS THERE A FUTURE FOR UK CINEMAS?



Following on from last month's piece on why film production is in that state that it is, it naturally follows that we should examine just how the cinema side of the business has been adversely affected by the catastrophic fall of Hollywood.

All through 2025 cinemas have suffered from an appalling lack of quality product from the major studios. Indeed all of the new releases at Christmas 2025 and throughout January & February 2026 have, almost without exception, been of poor quality. It is almost as if Hollywood has long since forgotten how to make high quality exciting adventure films, passionate and moving love stories, side splitting comedies or any other category that previously they excelled - prior to getting seriously infected with woke ideology. Now we have Netflix wanting to take over Warner Brothers and other studios selling off their extensive back-lots that once 'stood in' for locations around the world.

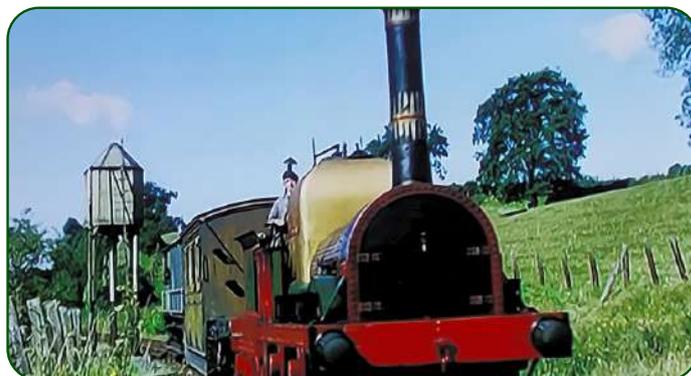
Whilst all of this is going on the poor old cinemas in the UK have struggled, to put it mildly. Since the pandemic the people have been less reluctant to go out and support their local cinemas, and whilst I don't feel too sorry for the giant multiplexes trying to fill their 12 screens with re-runs and classic films, it is the small town independent I feel most sorry for. Most if not all of them are privately owned locally and they have quite a tough job to maintain ongoing support. Their owners and managers are local people and these cinemas definitely benefit from that local connection at root level.

The public do not have such an affinity with the Cineworlds and Odeons, where, when attending, you are largely treated with indifference. This is where locally owned and operated cinemas have more than a fighting chance of survival, particularly if the film makers

eventually wake up and start making quality films again. Though they must gag their seemingly entitled and more obnoxious 'stars' from press and social media.

Small town cinemas is where the future possibly lies - with getting back to making it a night out. Manager on duty to greet patrons, bring back the ice cream girls in the interval. Shorter films can play as double features giving real value for money. Classic films are a veritable mine of quality and nostalgia to be harvested. Films like Casablanca, Dr Zhivago, Jaws, ET, To Sir With Love and The Maltese Falcon to name but a few. Not forgetting the sing-a-long versions of Grease & Mamma Mia.

This mantra may well keep our local cinemas afloat with honest communication from owners and staff to the local population. You never know, if Hollywood is actually finished, then perhaps Pinewood, Elstree and other studios in the UK will start producing good quality films with low budgets, for families and adults alike.



A film does not have to have a 250 million pound budget - think of the Ealing comedies, produced for tuppence with really talented cast and crew. The British film industry could rise from the ashes of Hollywood - who knows? Another great film to watch on the big screen again. -The Titfield Thunderbolt.

Now that's the way you do it!!

Your Bugle Community Magazine now offers free listings for

REPAIR CAFE'S

In our What's On Guide every month!

Contact us today 01502 578074 E: the.buglemag@yahoo.co.uk

Trust what you feel - not what you hear

2026 LOWESTOFT FIRST LIGHT FESTIVAL HIGHLIGHTS ANNOUNCED!

*Sets confirmed from Jamz Supernova, Seth Lakeman, Simon Day and Jason Singh
full line up to be announced in April*

NEW music co-commission with Britten Pears Arts' Aldeburgh Festival

NEW VIP campervan hire options for 2026

Dawn celebration as festival takes place on the Summer Solstice

There's nowhere more appropriate to mark the start of summer, and festival season, than **First Light Festival**. Taking place on Lowestoft's South Beach – the most easterly point in the UK - on 20-21 June, the multi arts festival will mark being the first place in the UK to see the sunrise and mark the summer solstice with a celebration of music, culture and arts.



Now in its sixth year, the beachfront festival welcomes visitors for a weekend full of live music, dance, storytelling, art, science, workshops, wellbeing sessions and family friendly activities. First names to be announced are 6Music DJ, broadcaster and music label owner **Jamz Supernova**; (picture top) folk singer, songwriter and multi-instrumentalist **Seth Lakeman** and sound artist, nature beatboxer, composer and DJ **Jason Singh**. (Lower Picture) Comedian and character actor **Simon Day** (The Fast Show, King Gary, Pennyworth) will be performing his show as part of the festival's Sundown events programme at The Seagull Theatre.



The solstice celebrations will continue in Lowestoft with yoga, a fish feast and Jason Singh's raga Suraj (Punjabi for 'Sun'). This immersive, long-form soundscape designed for deep listening weaves together nature field recordings and live vocalized percussion to celebrate the breaking dawn. Inspired by the morning raga Bhairav, the piece serves as a meditative bridge between inner reflection and the natural world, fostering a space for profound focus and contemplation.

In a new co-commission between **Aldeburgh Festival** and First Light Festival, Turkish-born singer-songwriter, composer, and interdisciplinary artist **Tendertwin** will create a new work for the summer solstice that connects the birthplace and final home of Benjamin Britten in this 50th anniversary year of his death. This new

work for small ensemble with participatory elements, will consider the cycles of life and existence, drawing on inspiration from lunar and tidal energy and the patterns of nature.

First Light also offers the unique prospect of camping on Lowestoft's South Beach during the festival. Only possible that weekend and making this the only opportunity to camp on a beach anywhere in England, this wild camping option puts guests a stone's throw from the festival site while those in campervans will be able to take in the view from a special cliff top parking area. New for 2026 is a new camping option staying in your own, fully kitted out VW campervan.

The full festival programme will be announced in the April Magazine! First Light is free and unticketed with the exception of certain events on Saturday night once the free beach programme finishes at 21:30hrs.

You don't need to believe in magic, you ARE magic,
you need to believe in yourself

YOUR LETTERS

Email your letters to thebuglemag@yahoo.co.uk

Please note that letters published contain the opinions and views of the sender and are not necessarily the views of the editor or publishers of this magazine

Dear Bugle,

Like many of us who love our birds and wildlife, I received my Birdwatch pack from the RSPB. I was amazed to see that on the bottom of the page is printed : Patron HM the King How can that be when he and his family openly shoot?

So I telephoned the RSPB and they stated that the King was Patron in name only and that in fact the RSPB itself is not opposed to shooting birds! - which to be honest had me speechless! Total hypocrisy!

The clue is in the name - the Royal Society for the Protection of Birds!! So therefore I did NOT complete my Birdwatch despite having innumerable beautiful birds in our garden every day including pheasants and partridges that have 'dodged the bullets' around here!

Can someone give me a reason why they don't shoot CLAY - much more bird friendly? Name and address supplied.

Have your say! Send your letters to us at the usual email!

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To book contact Rachel
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Shoutout to all the solar powered women who are in a better mood when the sun is shining.

Spring is coming. 🌻🌸

@wildhourfarm



The Cut Arts Centre Halesworth

Cut Sessions: Solana

Sat 7 Mar 2026, 7:30PM - 10:00PM

The Cut
Suffolk



SONIC WAVE

JESSE BARRETT TRIO

ANNA MUDEKA

Sonic Wave: Anna Mudeka + Jesse Barrett Trio (double bill)

Sat 14 Mar 2026, 7:00PM - 10:00PM

The Cut
Suffolk

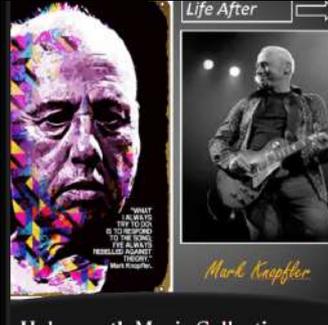


Life After

Halesworth Music Collective: Mark Knopfler - Life After Dire Straits

Thu 19 Mar 2026, 7:00PM - 9:00PM

The Cut Arts Centre, Hales...



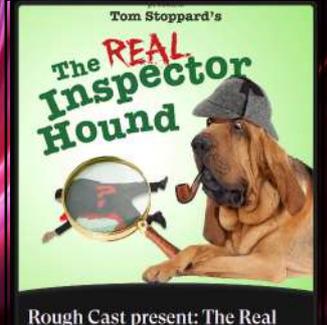
Tom Stoppard's

The REAL Inspector Hound

Rough Cast present: The Real Inspector Hound & A Separate Peace by Tom Stoppard

Sat 21 Mar 2026, 7:30PM - 10:00PM

The Cut Arts Centre, Hales...
Suffolk



Tel: 0330 303 3211 www.thecut.org.uk

Maybe the Earth is an ASYLUM where aliens drop off all their nut jobs That would explain a lot!

Suffolk County Music Service

**** 'Maddie' ****

A former Suffolk County Music Service student has been awarded a prestigious scholarship to study at the Royal Academy of Music, marking a remarkable journey that began with whole-class music teaching in a Suffolk primary school.

Maddie first engaged with the Music Service in Year 3, aged eight, as part of the whole class teaching programme at Great Barton Primary School. Despite coming from a non-musical family background, her talent and dedication quickly emerged through the opportunities provided by the county's music programmes.

She went on to join Suffolk Youth Strings (SYS), where she performed as a soloist in a collaboration with the Orchestra of the Age of Enlightenment, before progressing to the Suffolk Youth Orchestra (SYO). Maddie later became Leader of SYO, with performances that included the orchestra's European Tour to Leipzig, Germany, as well as appearances closer to home at Snape Maltings. Her development continued nationally when she joined the National Youth Orchestra.



In Year 8, Maddie secured a place at The Purcell School, where she is now in her final year, studying A Levels before progressing to the Royal Academy of Music. Staff at Suffolk County Music Service have expressed their pride in Maddie's achievements. Many remember her well, including Ben Chadwick, Head of Service, who praised her commitment and growth throughout her time with county ensembles.

Maddie's mum said:

"Thank you for helping my daughter progress and for setting her up for later musical success."
"My daughter wouldn't be where she is without the Music Service."

Suffolk County Music Service credits Maddie's success not only to her individual talent and hard work, but also to the structured progression routes available through county music groups, ensembles and partnerships.

The Service is now exploring ways to share Maddie's story more widely, including local press coverage and social media, and hopes she may return in the future to inspire current students through rehearsals, performances or workshops with the Suffolk Youth Orchestra.

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Naturally Healthy

With Riverford Organic.

This week, a grubby and largely invisible part of the UK's poultry supply chain got a rare moment in the spotlight. Aspects of chicken catching, which sees gangs of workers enter farms in order to round up and load birds into crates and onto trucks bound for abattoirs, were the subject of a long-awaited legal challenge.

Reader warning: this report includes many extremely upsetting descriptions relating to animals.

In a case heard at the Royal Courts of Justice, campaigners from The Animal Law Foundation accused the government, post-Brexit, of diluting regulations designed to prevent catchers from picking birds up by their legs, a practice forbidden in the European Union. Critics say that handling chickens by the legs causes significant pain and distress, and injuries including fractures and dislocations.

Chicken catching is by nature a secretive and dirty business, yet it is a fundamental component of the modern-day industrial meat machine, connected to the majority of nuggets or drumsticks or eggs bought and eaten. About 1 billion poultry birds are reared for meat in the UK annually, and at the end of each growing cycle – which can be as little as five or six weeks on some farms – each one must be caught before beginning its journey to a processing plant. More than 50 million birds are also used for egg production, but after their productivity is at an end, some of these “spent hens” are similarly rounded up.

The manner in which this seemingly obscure yet widespread process is carried out has major implications for animal welfare, as a recent legal case shows, but also for food safety and labour standards. Poor biosecurity practices during catching on chicken farms have been linked to the spread of diseases such as campylobacter, which takes hold in poultry sheds and can spread throughout the supply chain, contaminating meat and potentially harming consumers.

The work is physically demanding, fast-paced and often involves lengthy shifts in dusty, dimly lit sheds packed with thousands of birds and accumulated waste. As well as the obvious health and safety issues for those involved,

some catchers – including migrant workers – have been found to suffer exploitation and abuse. (As is so-often the case, it is the least visible parts of our food chain where injustices flourish.)

In order to obtain an insight into what goes on largely behind closed doors, the AGtivist approached a journalist who has previously worked undercover as a chicken catcher on UK farms, including some serving major poultry processors who in turn sell to supermarkets. He described his experiences catching at several different locations:

“The workday began at 9am, with [me] meeting a team of four other catchers in a community centre car park. The journey to the farm was silent, setting a sombre tone for the day. Upon arrival at the farm, the team waited for a lorry with empty crates. A forklift, operated by the foreman, was used to unload the crates into the shed, pushing the birds to the sides and back. There was no formal training provided. I had to learn by emulating the other catchers. The process involved catching eight birds at a time and placing them into crates that each held twenty-five birds each. The farm manager or farmer supervised [the clearance] of all three sheds. The birds were agitated and vocal, and a team member noted that catching was more difficult in daylight.

While the team was initially professional, their conduct deteriorated in the third shed. Incidents of animal cruelty were observed, including kicking birds and crushing them with empty crates. In one instance, a large crate was placed on a bird's leg. When I attempted to free the bird, another worker killed it by stamping on its head. Another worker was seen twisting the broken legs of a bird before throwing it back onto the floor. In a particularly disturbing incident, a worker used a live bird to wipe litter off his clothes.

The birds were caught by their legs, four in each hand. While I handled the birds gently, others threw them into the crates from a distance of about two meters. The handling became rougher as the day progressed.

Continued on next page

Naturally Healthy

With Riverford Organic.

Sick or injured birds were not treated differently and were crated-up along with the healthy ones. Approximately 10,000 birds were taken from each of the three sheds, totalling 30,000 birds over about five hours. Biosecurity measures were minimal. Although face masks were provided, and foot-dips were used for the first two of the three sheds thinned [thinning sees just a portion of a shed's overall flock caught] that day, by the third shed, their use was abandoned. Gloves were provided for hand protection, not for biosecurity, and workers were allowed to take them home to wash.

The second day started earlier, with a 4:15am meeting in a supermarket car park before travelling to the farm. At this farm the team was provided with overalls, face masks, and gloves. The birds were pushed to the back and sides of the shed to make space for the crates. However, there were no foot-dips, and the overalls were later deemed unnecessary as it was an 'end of cycle' catch.

The catching technique was similar to the previous day, but the crates were larger, holding 33 birds. The team cleared one shed, filling two lorries and eight crates on a third. The catchers were less heavy-handed than the previous team, but still threw birds into the crates from a distance of 1-1.5 meters. The birds were calmer and easier to catch in the dark, with the team using head torches. However, they remained agitated and vocal throughout the process."

We don't have to take the reporter's word for it alone. Official welfare inspection data obtained by the AGtivist last year showed thousands of birds arriving injured or dead at abattoirs over a six month period, including many incidents linked to negligence during catching. Pictures obtained by animal rights groups have also illustrated poor practices on some farms.

The undercover reporter we spoke to also outlined his views on the potential psychological impacts of catching on the workers themselves:

"The constant exposure to distressed animals, the physically gruelling labour, and the often-minimal supervision seemed to foster an environment where empathy could erode. The

silence during journeys to and from the farms, broken only by occasional, brief conversations, hinted at the isolating nature of the job and perhaps a collective unspoken burden. Witnessing acts of cruelty, such as a bird being stamped on or used to wipe litter, undoubtedly left a lasting impression, highlighting the impacts."

Whistleblower chicken catchers interviewed previously have raised similar concerns, as well as alleged that biosecurity rules were regularly flouted as catching teams travelled from farm to farm, risking cross contamination with any diseases present. Others highlighted excessive working hours and hostile atmospheres within some catching gangs, especially in cases where gangmasters were contracted to carry out the work on behalf of meat or egg producers, and oversight of standards was sometimes in short supply.

In a particularly shocking case that made headlines, a group of migrant workers employed as catchers were apparently held in effective "debt bondage", forced to work up to 17 hours in a single shift, were transported to farms across the country to work throughout the night, and found to be sleeping for days at a time in vans. The workers also alleged that their pay was withheld, and that accommodation that was provided for them was dirty, overcrowded and unsafe.

Whilst all catchers, whether UK nationals or migrant workers, face similarly gruelling conditions, a government consultation last year reported that "few British nationals are willing to do [catching] work", noting that the sector "traditionally relied heavily upon migrant workers to carry out the role". Given the poor treatment of many migrant workers in the wider UK food chain, this should encourage vigilance, and be a cause for concern.

At the time of writing, the outcome of this week's legal challenge on poultry handling remains unclear, but it may be known by the time you read this. Either way, we can now safely add chicken catching to the very long (and growing) list of reasons why industrial-scale poultry production is bad news. All imagery from [We Animals](#) Riverford

The Body is only a garment. Don't seek the garment - seek the wearer

HALESWORTH BRANCH OF CANCER RESEARCH

January is a quiet month for us as we don't have any events, however two very brave ladies did organise a fundraising event which we were very happy to go along to and support.

Christine and Linda hired the I-Chameleon pop up shop for their head shave on Saturday 17th January. They had a cake stall, Tombola and The Ukulele Band played for the large crowd that came to watch. After the head shave we presented Christine and Linda with a beanie hat so hopefully they won't feel the cold quite so much.

The two ladies have raised, to date, an incredible £4180.77p for Cancer Research, we were so pleased that their hard work to organise this event was so successful and on behalf of Cancer Research we would like to thank everyone involved.

We will have completed our first event of the year by the time you read this and I will let everyone know how we got on at our Jumble Sale on 14th February.

Our next event will be our Big Breakfast on Saturday 21st March In Holton Village Hall 9.30am - 1pm.(see our notice in Whats On).

We will be serving a Full English with fruit juice, tea/coffee, toast, offering bacon baps, Sausage baps or Beans on toast. We will also have a cake stall, a raffle and a gift/Easter stall etc.

We are sorry for the inconvenience but as usual all our events are cash only.

We do now have a date for our AGM which is Thursday 5th March 2-4pm in the meeting room at Halesworth Co-op. Everyone is very welcome to come along to meet us and see what we do.

Please continue to support our events as we continue to raise funds for the incredible work carried out by Cancer Research UK. We can't do it without you all.

Thank you. For more information please contact, Dawn Davis 01986 873640.



I DON'T ALWAYS CARRY ALL THE GROCERIES WITH ONE ARM

BUT WHEN I DO MY KEYS ARE IN THE WRONG POCKET

My journey may be different to yours, but that doesn't mean I'm lost..

I chose the path of love and peace.



Hippie Souls

When I was little, I didn't care what I wore, I just went along with what my parents chose. When I look in old photo albums, I realize that they didn't care either.



At some point mankind lost sight of the fact that to harm nature - is to harm ourselves

AI TELEPHONE SCAMMERS AND ON-LINE DATING DANGERS



Criminals are using AI technology to clone people’s voices and set up unauthorised direct debits over the phone, according to new evidence from National Trading Standards. The advanced voice cloning is part of an organised criminal operation that harvests people’s personal data to target victims with a wave of scam and nuisance calls.

The process begins with a so-called ‘lifestyle survey’ phone call – seemingly harmless, but in fact designed to gather detailed personal, health and financial information. The criminals use this data to develop AI-generated voice clones used to simulate consent for direct debits, deceiving even legitimate businesses and financial providers. These details appear then to be passed or sold to other criminal operations who, with the details, can easily circumvent the banks and set up payments without the victim’s knowledge. Victims often do not realise payments are being taken.

The details are revealed as new data, released today by National Trading Standards, show that: On average, UK adults receive 7 scam calls or texts per month. 1 in 5 (21%) receive scam calls or texts most days – and almost 1 in 10 (9%) receive them every day. NTS blocked nearly 21 million scam phone calls and shut down 2,000 numbers in a six-month period. Through Operation Derdap, NTS has blocked nearly 21 million scam phone calls and shut down 2,000 numbers in the last 6 months. The operation began in 2022 when it was identified that UK consumers were being cold called and coerced into providing financial and personal details to the criminals who then took continuous payments from consumers’ accounts. Speak to friends and relatives about scam calls, Check bank statements regularly. Report anything suspicious

Love at first sight ... or maybe not.

Online dating is fun and convenient and offers you so much choice. Who knows ... you might even find the love of your life? But dating platforms are also a favourite for fraudsters, abusers and others who use them for their own malicious ends. And now, with AI, they can make themselves even more convincing and persuasive. Whether you’re a first-time or experienced online dater, read these top tips to help keep you safe: www.getsafeonline.org/keepdatingsafe



The Seagull Theatre Lowestoft

New Words, Fresh Voices

Sun 8 Mar 2026
The Seagull Theatre
Lowestoft

Sunday Classics Film Club -The Seven Year Itch

Sun 8 Mar 2026
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POP PICKERS 2 : CHART HITS OF THE SWINGING SIXTIES

Fri 13 Mar 2026
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Songbird

Sat 21 Mar 2026
The Seagull Theatre
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Box Office 0333 6663366 www.theseagull.co.uk E: info@theseagull.co.uk

‘When the phone was secured by a wire we were free
Now mobile phones are welded to your hand. Time to get your life back



Ancient Wisdom

Shining a light on life today

Neal Sutton. Empath/Author

The energy of the Universe itself is shifting in our solar system as we inexorably move into another 'end of times'. I am not the only person on Earth who feels it, many feel that 'something is coming' - but they know not what or why.

Solar explosive events are increasing in number and their influence upon the earth is causing extremes of weather increasing in number and severity. Add to this the increasing frequency of earthquakes, avalanches, massive sink holes both on & offshore and erupting volcanoes around the world, you have a scenario where scientists are becoming extremely concerned. The universal warnings are here now and we, or perhaps they, had better start taking notice.

Men and Women at the peak of their wealth and power, blinded by their lust for more and more money, wrongly assume that have reached the top of the world. These are the self named and self-styled planetary 'elites'. The ones who total just two per cent - of one percent - of the population and they control and possess 98% of the world's wealth. Everybody else on Earth battles for what is left. Their influence is apparent in nearly every government in the world.

Their biggest mistake however, is in assuming that they are the absolute power on Earth, that they control and will always control, everything. But their control, their power is temporary and is sickeningly corrupt. Their mistake is in assuming that this planet is theirs for the taking. It never has been and it never will be. They are so full of themselves that they cannot contemplate other forces in the universe. So long as they are top dog nobody else matters, not the people, not the animals, not the plants, the rivers, the seas, the mountains and forests. Nothing.

These so-called elites and their cohorts in big business are dumb, unbelievably dumb and have done so much harm to the natural world - the world that sustains them! The climate change they purport to fear, their factories, corporations and foolish antics have undoubtedly caused. The very Earth itself along with lakes, oceans and rivers - all are heavily polluted and choking. Even the air we all breath is intentionally polluted every single day by aircraft dumping toxic chemtrails.

Nature is suffering at the hands of man but he does not care. World leaders strut across the planet threatening to go to war as if demonstrating their power like petulant children. Of course they will expect the youth of their country to fight and die for them - they shouldn't.

At this time a number of the privileged and elite stand accused of behaviour that sickens every right thinking ordinary person to the pit of their stomachs. These practices exposed recently apparently lead them to believe that they will not die! Whether they be rich beyond dreams or sitting in government enacting draconian laws, these dingbats are not worthy of the power they so quickly wield with a lack of compassion that beggars belief. The energy of the Universe itself is warning us, giving us a taster of what is to come if the elitists, these money and power seeking dimwits, do not change their greedy, nasty ways. We may be on the brink of a very real planet changing 'end game' scenario. *And it is beyond their control.*

I said at the start that our sun is sending mass ejections of plasma which bombard the Earth and increase it's magnetic intensity, hence the recent Aurora Borealis being clearly visible as far south as Suffolk. Man 'kind' is getting a warning shot across the bows from the Universe. The problem is, those who would be in charge of every aspect of your life and the lives of everyone on the planet do not believe in free will. They believe in controlling every aspect of your life and that process has only just started. Free Will is the universal prime criteria for life on Earth.

If our so-called leaders and those who control them do not change their path, then that 'end game' scenario may well come into play. The greed and power is matched only by their stupidity.

I don't know which way it will go. I don't know how far the fools will play fast and loose with all our futures because they are drunk with power. I do know this, they are taking on forces they cannot possibly even contemplate and when it happens they will find out that they are not immortal. They will end up very dead and with so much explaining to do.

In nature you can build a life that you won't need a vacation from.

MY FAMILY AND THE ROYAL FAMILY

Jane Evans

Alde Valley Suffolk Family History Group

In a change to the previously advertised event 'Members' Brick Walls', our next talk will be the story of the relationship between Jane Evans' family and the Royals: Jane's grandmother cooked for King Edward VII; her great uncle was at the Delhi Durbar in 1911; and her mother received a Coronation Medal in 1953. This is their story.

The talk takes place on Monday 16th March at 2.30pm, in person at the Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL (behind the Library) and, for members only, on Zoom. The speaker will be talking to us in person. The talk starts at 2.30pm. No need to book – just turn up — free for members and £5.00 for visitors, including tea/coffee/biscuits. Good, free car-parking.

Only members can take part in our meetings on Zoom, but it only costs £10 for a year's membership see <https://avsfhg.org.uk/membership/> (website under construction) and Zooming is free.

MY FAMILY & THE ROYAL FAMILY



AVSFHG
Mon. 16 Mar 2026
Fromus Centre,
Saxmundham IP17 1AL

Doors Open 2pm
Talk from 2.30pm
Members free
non-Members £5
In person & on zoom



My grandmother said she cooked for Edward VII.
My great uncle was at the Delhi Durbar in 1911.
My mother received a Coronation medal in 1953.

Over time my family has often been 'associated' with the Royals. This talk is about their story.



TEA & BACON BUTTIES



Friday, the 6th March, heralds the return of the very popular Lent Cafe in Pakefield's beautiful cliff top Church. After a bracing coastal walk, why not drop in to enjoy a cup of tea or coffee meeting up with friends and having the opportunity to make new ones.

The famous "sea breeze" bacon butties will be on the menu, along with homemade cakes, savouries and other delicious food to eat and/or takeaway. There will also be an opportunity to enjoy these events for the following Fridays - 13th, 20th & 27th March from 10.a.m until noon the proceeds will aid the urgent, ongoing upkeep of our beautiful Church fabric and, particularly, the tower.

Spring Craft Fair
14th March 10-4 pm
High quality handmade crafts by local crafters
a different craft on each stall
SHRC
Southwold Happy Rabbit Crafts
URCH, HIGH STREET, SOUTHWOLD IP17 6DN
next to Fairfax and Favour
well behaved dogs welcome

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£1.50 per adult

TERM TIME ONLY

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Quiz Night!

Saturday 14th March
7.00pm

Cardinal Newman Hall (Old Sorting Office)

Teams of 4 - £3 per person.
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Book early to avoid disappointment, limited places
Contact Southwold Library, 01502 442817
southwold.library@suffolk.gov.uk
All funds towards supporting Southwold Library

Back by popular demand!
Sea Shanty Evening
Saturday 28th March
Reydon Village Hall

Come and join us for something a little bit different!
Bring your own drinks

Enjoy a seafood platter and an evening of music from **The Lowestoft Longshoremen**

£20 per person

Doors open from 6pm, food served 6.30pm
Music starts around 7pm

Limited spaces - must be booked in advance
Please contact Jackie on 01502 723380
or email: reydonchristmaslights@gmail.com

Special Treasure Chest Raffle
Tickets sold on the night

Snow is a fertiliser. It collects Nitrogen on the way down, slow releasing it into the soil when it melts

HELPING HOUSE MARTINS

'House martins' was a popular topic for the February meeting of our local Suffolk Wildlife Trust group, and Martin Tickler brought his expertise to explain how we can support the declining numbers of these charismatic birds.

The reasons for the reduction of house martins are many and complex: the dangers of migration, habitat loss, lack of invertebrate food, and most particularly, changes in house building design. They are a summer visitor to the UK, arriving from Africa in late April, and leaving again in September. They choose sheltered spots, under the eaves of buildings, and their mud nests require a rough surface for secure attachment.

Martin offered suggestions that can help. House martins need wet, sticky mud, and in droughts this can be a challenge, so in some places, an area of mud can be kept watered for the birds to use. The prevalent use of PVC fascias and soffits are unsuitable for nests, and Martin brought examples of nest cups made from sustainable material, that can be fixed in place under eaves. House martins are quite sociable, and there are often numbers of nests close to each other, with birds repairing or adding to old sites. They will adapt an artificial nest if need be, adding mud to make the entrance smaller, hoping to keep unwanted visitors out. There are dangers. Sparrows are known to invade and evict resident birds and chicks. Great spotted woodpeckers can rapidly destroy many nests, searching for food. Predators such as hobbies and sparrowhawks can snatch the unwary.

In a good season, house martins will have two, and sometimes three, broods a year, with two to six chicks. Both parents raise the young, helping them to fledge, and juveniles can be seen feeding younger chicks, so it is very much a family affair.



It was an entertaining and informative talk, and for those wishing to learn more, House Martin Support Suffolk can be found at www.suffolkbirdgroup.org.

The details for our next meeting are a little different. We will be at Wenhaston Village Hall, IP19 9EQ, on Wednesday, March 11th at 7.30pm. Steve Aylward, from the SWT, will be taking us on a Botanical Tour of SWT reserves. The cost is £5, to include refreshments, under 25's free. Everyone is welcome.

Penny Mansfield

contact us at: swtblythvalley@gmail.com

Lego Club!



Sundays 12.15-1.00pm
@Southwold Library

Open to kids (and adults) of all ages
This Spring we're building:
Wonderful Wildlife

All donations of Lego welcome
Adults: Would you like to help with Lego Club? Just ask staff

suffolkcommunitylibraries.co.uk



Blyth Poets

"The isle is full of voices"

A poetry group meeting at Southwold Library

Friday 6th March 2.15-3.30pm
Usually the First Friday of every month

All welcome to read or just listen
We invite contributions of original work or well-loved poems

Refreshment break in The Canteen

suffolkcommunitylibraries.co.uk



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Jigsaw Swap Shop

@ Southwold Library

Borrow one and return it or swap for your own

suffolkcommunitylibraries.co.uk



Did you ever get up in the morning - look in the mirror and think 'that can't be right!'

MARCH AT HALESWORTH LIBRARY

Celebrate the National Year of Reading with us here at Halesworth Library and spring into a new book! Did you know that the library can deliver books and audiobooks straight to your door? If you're unable to visit the library, one of our friendly volunteers can come to you. Please contact us on 01986 506062 for more details.

Courtesy of The Friends of Halesworth County Library and East Suffolk Council, we are still offering you a very Warm Welcome! We provide a warm space with hot drinks and snacks available, alongside hygiene products on request too. The library also hosts regular activities and drop-ins. Come and join us every Tuesday 10-11:30 for a free Rhyme Time & Play session to sing fun songs followed by free play with our toys. Refreshments also provided for parents! Wednesdays from 10am our Time Out sociable group for older people meet for tea and biscuits. The Knit & Natter group meet alternate Tuesdays 2-4pm. Lego Club runs every Saturday 11:00-12:00 and Family Fun Time every Sunday, 10:30-11:30. You can also drop-in for advice from the East Suffolk Council customer services team every Tuesday 10:00-16:00 and Citizens Advice are here alternate Tuesdays, 10:00-12:00. Please ask a member of staff for more details.

With World Book Day on the way, come and join us at the library on Thursday 5th March, 3:15-5:00pm for some after school fun! We

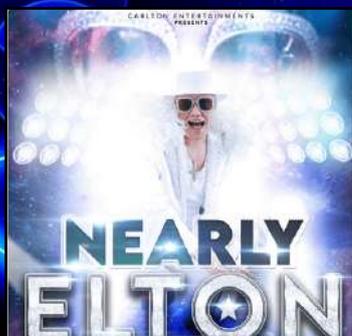
would love to see you there in your World Book Day costumes. Children's crafts and snacks are kindly provided by the Friends of Halesworth County Library. This event is run in collaboration with The Halesworth Bookshop who will be providing your free World Book Day books!

The Friends of Halesworth Library are inviting you to join us for Sociable Sundays on 8th and 22nd March: meet new people and enjoy a chat over cake and a cuppa in the library! Pop in anytime between 10:30-12:30pm. Join the Friends for their Board Games Cafe 30th March 2:00-4:30pm. There are plenty of games to choose from, or feel free to bring along your own favourites. Join us and have a fun afternoon, meet new friends and enjoy tea and cake! Suggested donation £1 to the Friends of the library who kindly volunteer to run these events. The Friends will also be hosting a book talk on March 19th at 2:30pm. The speaker is Carsten Clovelly, who is working on the final book of a trilogy, having published "The Importance of Being Peter" and "After the Peter".

As well as telling us about his books he will be investigating the art and science of creating a novel, and the publishing options and their complexities.

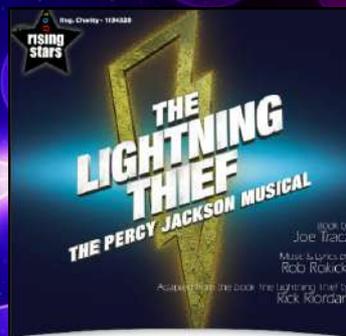
He describes his books as "a one-man campaign to bring back whimsy. Think Jeeves and Wooster if Jeeves was a Wolfhound".

Beccles Public Hall & Theatre



Nearly Elton

📅 Fri 6 Mar 2026, 7:30PM
📍 Beccles Public Hall & Theat...
📍 Beccles



The Lightning Thief - The Percy Jackson Musical

📅 Thu 19 Mar 2026, 7:30PM
📍 Beccles Public Hall And Th...
📍 Beccles



Tina Live - The Tina Turner Experience

📅 Fri 27 Mar 2026, 7:30PM
📍 Beccles Public Hall
📍 Beccles



The Orbison Project

📅 Sat 28 Mar 2026, 7:30PM - 9:45PM
📍 Beccles Public Hall And Th...
📍 Fundraising for the Hall

www.becclespublichall.co.uk

Box office: 01502 770060

All I am saying is - you never have to do a self-checkout at a small shop

BOOK OF THE MONTH

Kate Humble

A Year of Living Simply



THE JOYS OF A
LIFE LESS COMPLICATED

'Simply wonderful' - BEN FOGLE 'A treat' - GARETH MALONE
'Where Kate leads, I follow' - DAN SNOW



If there is one thing that most of us aspire to, it is quite simply to be happy. Yet attaining happiness has become - it appears - anything but simple. What is the route to real, deep, long-lasting happiness? Could it be that our lives have become overly crowded, that we've lost sight of the simple things that give a sense of achievement, a feeling of joy?

Kate Humble's year long exploration of what it takes to be happy is engaging, inspiring and uplifting, and as she considers the building blocks of happiness, reflects on what a life in balance might look like and investigates what's transformed the lives of others, she unlocks the door to contentment for us all.

Kate has written a nice piece at the very start of her book on a page before the title page or the introduction - it simply reads as follows:

'Hello. If you have picked up this book in the hope that it will give advice on how to live in a hollow tree, forage for worms and knit a blanket out of leaves, then I am afraid it won't help you. I am not sure what will. Maybe you should just go ahead and try living like that. If you like it, carry on. And if you don't - stop! But if you still want to find a way to live more simply, that is perhaps, a bit more attainable, then you could pick up this book again!'

I highly recommend this practical, down to earth and wonderful book for all those interested in rethinking what life should really be like, because it certainly wasn't meant to be like this.

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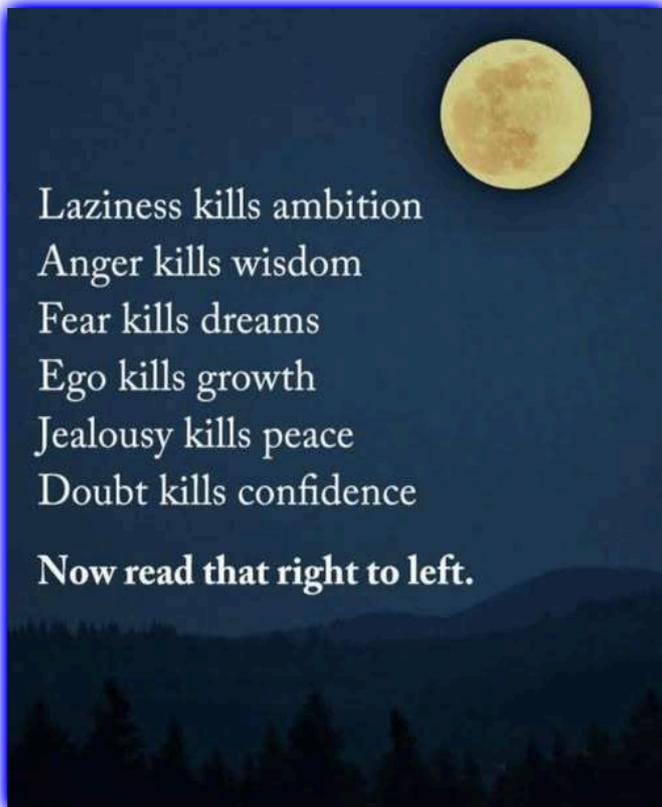
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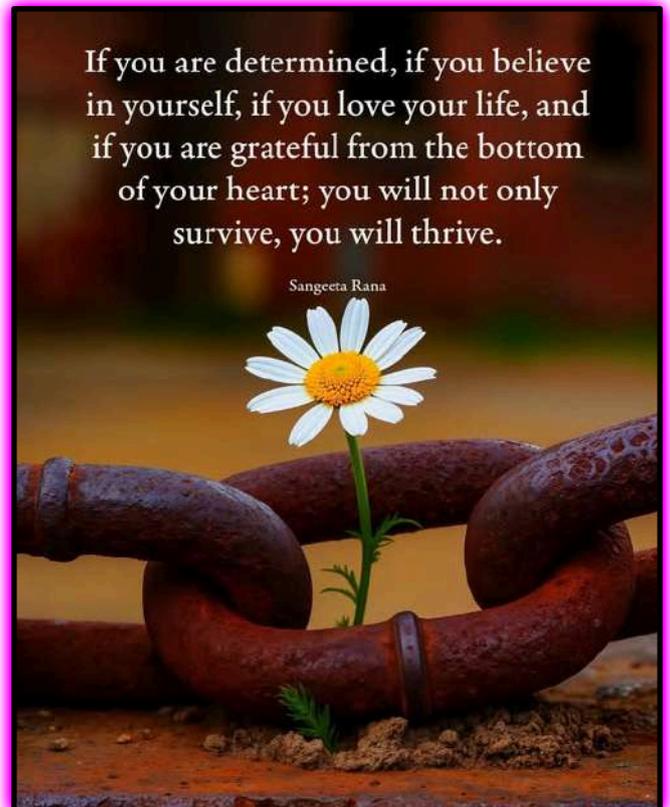
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LIONLINK - VILLAGES TO EVACUATE PERHAPS?

Villagers may need to evacuate during works on a major energy project due to drilling noise. Cabinet members at Suffolk County Council have unanimously agreed earlier today to object to National Grid's energy project connecting the UK and the Netherlands, known as LionLink.

The project is seeking to build a two-gigawatt power line connecting an offshore wind farm to the two countries' electricity grids, which would impact Walberswick, Saxmundham and Friston. Cllr Richard Rout, the county council's lead for major infrastructure projects, recognised the need for energy infrastructure but said the project should not be approved in its current state.

"I know there are very understandable concerns in our coastal communities, who are exhausted by a seemingly constant stream of energy projects that threaten to erode the special character of the area," he said.

"The project will not be supported unless the harms of the project alone, and cumulatively in combination with other projects, are adequately recognised, addressed and appropriately mitigated."

Among the concerns were the project's proposed location for the subsea cables to come onshore at a landfall site south of Walberswick before continuing into a converter station near Saxmundham, then connecting to a substation in Kiln Lane, near Friston.

The plans have received significant backlash from communities, however, who are fearful of its impacts on their wellbeing.

In Walberswick, bringing the cables onshore would require a form of continuous drilling so

loud, including overnight, it could mean residents would have to leave the village for the duration of the works, which could last for about a week, the meeting heard.

After the meeting, Cllr Rout said: "It's an example of those really stark impacts and something we really want to avoid because we don't think the project should be permitted or come ashore at Walberswick.

"These projects, individually and collectively, can permanently change the face of communities, and it's irresponsible for both the Government and developers to not take that into account."

According to National Grid's own documents, 19 per cent of the population near the landfall site at Walberswick were categorised as disabled under the Equality Act. Meanwhile, residents near the Kiln Lane substation were suffering from higher rates of mental health problems than the England average.

Cllr Rout said this had not been taken properly into account and encouraged those impacted by the plans to have their say during LionLink's statutory consultation period, running until March 10.

Once the period is over, a development consent order application – a legal document granting permission for such projects – is expected to be submitted to the Government later this year.

At that point, the county council will have an opportunity to formally support or object to the plans. If given the go-ahead by the Government, the infrastructure could be in operation as early as 2032.

From: Local Democracy Service by Joao Santos



'Sugar Free' is code for 'we replaced the sugar with chemicals even worse for you'

First Light Festival CIC Appointed as Cultural Operator for Lowestoft's New Cultural Hub

First Light Festival CIC welcomes the announcement that we (The Seagull Theatre) have been appointed as the cultural operator for Lowestoft's planned Cultural Hub. Building on the success of the annual midsummer Festival on Lowestoft beach, First Light Festival CIC is excited to bring its distinctive multi-arts approach into the town centre and the Cultural Hub, for a vibrant, accessible creative space where people feel comfortable to dwell, take part in a wide range of cultural experiences and develop a strong sense of ownership and community. First Light looks forward to developing cultural tourism, increasing footfall and bringing life and vitality into the heart of the town to support the evening and night-time economy.



The Cultural Hub will complement Lowestoft's existing cultural offer — including the Marina, Seagull and Players Theatres — by creating new opportunities for participation, collaboration, and creative growth, and further strengthening the town's reputation for

creativity and community engagement.

Clare Matterson, CBE, Chair of First Light Festival CIC said:

"This announcement marks a hugely important moment for culture in Lowestoft. Investing in high-quality, accessible cultural spaces is vital for the long-term health, pride and identity of the town. The Cultural Quarter creates a powerful opportunity to embed creativity at the heart of Lowestoft's future, building on the energy and ambition that already exists locally."

Genevieve Christie, CEO of First Light Festival CIC, said:

"This is about more than a new cultural building — it's about creating a lively, inclusive hub that supports creativity, wellbeing and connection, and bringing energy into the town centre for residents and visitors alike."

East Suffolk Council has confirmed LSI Architects, Morgan Sindall Construction and Greyfriars Project Management as key delivery partners, bringing together the skills and experience needed to realise the ambition of the Cultural Quarter.

Updated plans will be shared in the coming months as part of ongoing community engagement, with further announcements to follow as the project progresses.

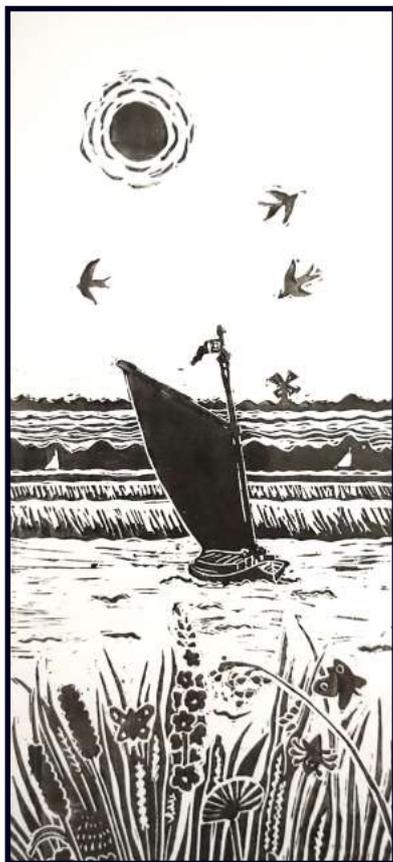
Picture 1: Musician Helen Hayes talks to delegates about her work at The Seagull Theatre'

Picture 2 below: Caroline Topping, Leader of East Suffolk Council bangs the drum for the Cultural Hub.



WHERRY MAUD TRUST

Artists & Craft Makers Show



The show is a major fundraiser for the Wherry Maud Trust that maintains and operates the beautiful Traditional Trading Wherry "Maud", one of the Black-Sailed Traders that carried cargoes on the rivers and broads of our lovely area..

It will be held at the beautiful Ranworth Village Hall, Broad Road, Ranworth, NR13 6HS over the weekend of Sunday 3rd & Monday 4th May, from 10am until 5pm on both days.

The event will showcase the work of East Anglian artists and craftspeople. Hanging work will be on display in various media – watercolour, oil, acrylic and prints. Other items for sale will include wood-turned pieces, studio pottery, greetings cards and small craft items. Teas, coffees and home-made cakes will be served throughout the two days.

"Maud" will be available for viewing and will be moored at the Broadland Conservation Centre at Ranworth (Norfolk Wildlife Trust). Visitors will be welcomed by volunteer members of the Trust who will be happy to chat about "Maud", her history and current use.

<https://www.facebook.com/WherryMaudTrust/>
www.wherrymaudtrust.org admin@wherrymaudtrust.org

Can you name
the 2010 film and
it's star pictured
here?

Answer next
month



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Witches Healers



The Native Americans and native tribes all over the world always respected and revered their tribal healers - their medicine people. The Europeans and essentially white countries had their healers who cured the sick with their herbal knowledge with more than a tenuous connection to the spiritual. Once the white man found his God, everyone was just expected to believe in the teachings of the new-found and very profitable religions, and there were many to choose from.

the pentacle



**is not a devil's sign!
It's an ancient symbol
of divine harmony,
balance
& magical protection**

They called it witchcraft when women healed with herbs, but science when men put it in a pill.



It wasn't long before religion as a whole saw the healing practices of the wise women as a threat to their authority. After all, these women were mostly older, it having taken many years to master the vast knowledge of plants that heal, it mostly being passed from one healer to the next over long years of practice. Indeed it is true, for every disease or condition there is a plant to cure it.

In the 1600s England was a nation of unrest. Inquisitions - religious persecutions were rife and anyone who lived alone and practised healing could and invariably would be accused of witchcraft. If they kept a cat it was considered sufficient evidence to put the witch to death by hanging, burning, drowning and other torture ridden methods of disposing of them and demonstrating god's eternal love. All this after a fair trial by idiots and the fearful.

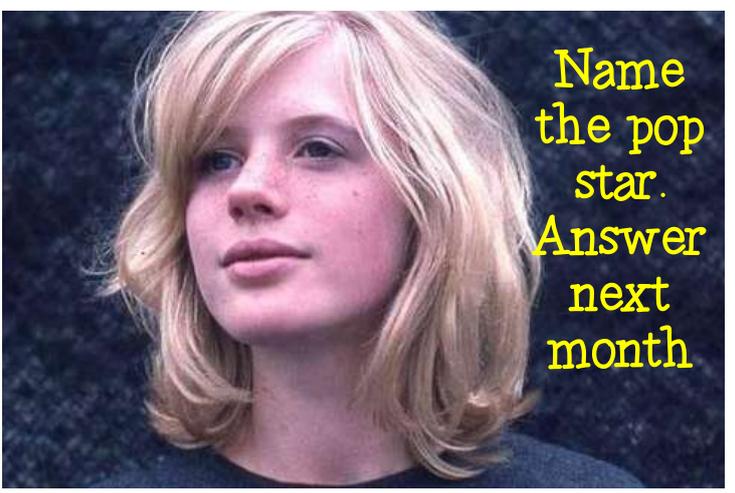
This was carried to the Americas where the puritans took every opportunity to revel in torture of humans (usually female) resulting in terrible and lingering deaths. For good men to do evil-it takes religion. Today those persecuting the natural healers has evolved. Big Pharma and their Doctors detest natural healing because it works - and being natural they can't patent it, so no money to be made.

PSA: if your doctor prescribes meds before asking about diet & lifestyle, you have a dealer not a healer.





**Name the film star?
Answer next month**



**Name the pop star.
Answer next month**

Nick Hart & Tom Moore Live at Geldeston Locks!

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 2nd April · Puzzle Hall Inn · SOWERBY BRIDGE
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 9th April · The Falcon Hotel · BUDE
 10th April · Folk Society · BRIDPORT
 11th April · Things Happen Here · TOTNES
 12th April · Bristol Folk House · BRISTOL
 13th April · The Prince Albert · STROUD
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 +
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Nick Hart and Tom Moore Announce Tour for April 2026!

Critically Acclaimed Folk Duo Reunite Following Success of Debut Album *The Colour of Amber*
 This spring, acclaimed folk duo Nick Hart and Tom Moore will be back on the road, delivering their unique take on English traditional music to audiences up and down the country.

Their 2023 album *The Colour of Amber* has been praised for its vivid and evocative interpretations of traditional songs and tunes. The album pairs Hart's tenor viol and distinctive vocal style with Moore's expressive viola, enriched by drones and basslines from an old chapel harmonium. The result is a deeply absorbing expression of English traditional music performed by two master musicians with a deep understanding of the tradition.

Both artists are highly regarded figures within the contemporary folk scene. Nick Hart, an award-winning singer and multi-instrumentalist, has been described by Tradfolk.co as "probably the finest interpreter of traditional English folk songs this generation has produced." Tom Moore, a violist, fiddle player, and guitarist, has earned widespread recognition for his versatile and inventive musicianship. His playing has been

described as "ingenious" by *The Guardian* and "irresistible" by *The Independent*. Alongside his performance career across the UK and Europe, Moore has also established himself as a sought-after producer and engineer, contributing to numerous acclaimed recordings.

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Emelia Clarke

What is... NATURE'S ENDEAVOURS?

Five years ago the elitists at The World Economic Forum in Davos announced that soon 'You will own nothing - and you will be happy'. They have since attempted to implement 15 minute cities, the destruction of the 'High St' with reliance shifting to on-line purchases, the death of 'going out' to which we have seen untold numbers of pubs and restaurants closing, struggling theatres and cinemas, a war on farmers and the motorist. On the top table at



There will come a time when only those who know how to plant will be eating.

the WEF is Tony Blair and as if by magic, currently running the UK badly but intentionally is his 'mini me' Kier Starmer.

The world situation is getting bad. News media is controlled and inept. The future for the ordinary person in the UK is dire as the supermarkets themselves are now admitting that food WILL be scarce. This is the reason for Nature's Endeavours.

We are currently looking for approx one acre of land with which to start a Homestead, growing all the things mentioned in the advert below. This could be an area of land unused by the local council or a farmer, or even an area of unregistered land. We are aware that it will be hard work and may take a while before we see the 'fruits of our labours'.

We will involve local people in the project and much of what we produce will be available for crop swaps with other producers and allotment holders. We will also have a stall available for swaps on a smaller scale! Working together with other growers we can do our bit to prevent food poverty. Become involved: Email us at naturesendeavours@protonmail.com



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WITCHES

Just wise women with a connection

Let me let you into a little secret. All women are witches, not in the way films portray them or the way that they are perceived by governments and institutions but in the ancient knowledge sense. Our deep connection to intuition, emotion, creation and cycle gave us gifts long before they were ever given names. Most of us were never taught how to recognise those gifts, even fewer were taught how to use them but your birthday carries a frequency and that frequency reveals how your magic naturally moves. So let me ask you this, What kind of witch are you based on the day you were born?

If you were born on the 1st 7th 11th 16th 21st or 31st:

You carry Supreme Witch energy. You have sharp intuition, strong presence and natural authority. People listen when you speak, even when you don't realise it. You are here to lead, guide and open paths for others

If you were born on the 2nd 9th 13th 17th 24th or 28th:

You are an Architect Witch you are calm in chaos, you solve problems others avoid. Change doesn't scare you, you build through it. Your magic is strategy, resilience and quiet power.

If you were born on the 3rd 6th 12th 19th 22nd or 29th:

You are a Warrior Witch. Your energy moves people. Your words influence rooms. When things get hard you don't freeze - you rise. Your magic is courage and momentum.

If you were born on the 4th 10th 15th 20th 25th or 30th:

You are a Fire Witch. Strong willed and strong boundaries. You are here to initiate, activate and burn away what no longer fits. Your magic is action confidence and transformation.

If you were born on the 5th 8th 14th 18th 23rd or 27th

You are a Nature Witch. You read energy instantly. People can't lie to you - even when they try. Your connection to nature, cycles and subtle signals is deep. Your magic is intuition, healing and truth.

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That's All Folks - Back on April 1st Contact us on 01502 578074
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