

The Bugle Magazine

YOUR monthly FREE Community Magazine.

Welcome to Spring!



Inside This Issue:
Red Hot Chilli Pipers
Women Who Inspire
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DooWop at The Seagull
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Blythburgh Stn Open day
Bonds Meadow
The Little Mermaid
& More



Do you find it difficult to leave a family member at home alone?

Ros's Companion Support Services are on hand to help you on a regular, or as needed basis



MY SERVICE:

Sit with your family member who you find it difficult to leave unattended. Service available between 9am & 10.30pm

To give you more time for...

- ✓ Hobbies
- ✓ Appointments
- ✓ Socialising with friends/family
- ✓ Leisure time to relax/exercise
- ✓ Time to do chores
- ✓ General respite from responsibility
- ✓ Cover respite for carer who needs a break

A little about me:

I worked as a qualified nurse in the hospital/hospice environment. I have also worked in care homes and in the community.

I enjoy talking to and listening to people and helping them with leisure activities, ensuring that they continue to feel safe and secure

I also believe in the importance of confidentiality

I will work within Beccles and within an eight mile radius of the town.



Get In Touch Today!

Tel: 01502 219755

Mob: 07584 629180

Email: rosasplen23@gmail.com

Facebook: Ros Companion Support Services



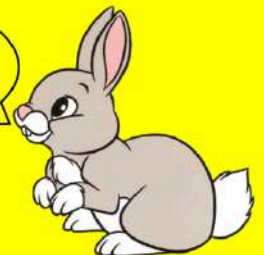
Easter Treasure Hunt

Good Friday, Saturday & Easter Sunday

11am - 5pm

at the East Anglia Transport Museum

Join us for the Easter treasure hunt, face painting and all the usual Museum attractions. Free vintage bus service to Lowestoft.



Chapel Road, Carlton Colville, Suffolk NR33 8BL

www.eatm.co.uk

01502 518459

events@eatm.co.uk

The East Anglia Transport Museum Society Ltd is a registered charity (No. 268204)



We publicise your events and happenings free of charge! Email us today: the.buglemag@yahoo.co.uk

THE BUGLE – YOUR COMMUNITY MAGAZINE

Hi Everyone,

April is renowned for being the month of 'special days' so here are just a few! Did you know that:

April 2nd National Book Day
and Peanut Butter & Jam day!

Here are a few of the more unusual ones....

April 5, National Dandelion Day

April 7, National Beer Day and...
No Housework Day!

April 8, Be Kind to Lawyers Day!

April 9, Unicorn Day

April 14, Ex Spouse Day

April 15, Remember The Titanic Day

April 25, International Penguin Day

Of course there are the more well known ones as well but I thought you may want to celebrate the lesser known special days!

One more note....

We have now closed our Facebook page and can now be found on Instagram; The Bugle Magazine



Enjoy and be happy
Cheers!
Neal

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www.buglemag.co.uk

EVEN IN STAR WARS THE MOST EVIL THING IN THE UNIVERSE WAS A POLITICIAN! (PALPATINE)

WENHASTON VILLAGE HALL | SATURDAY 19th
DOORS 7:15pm | APRIL 2025

50's & 60s Vintage

Rock 'n' Roll EVENING

FEATURING WEST END MUSICIANS...
'DAISY CHAINS'

- Rock and roll dancing
- 50/50 RAFFLE
- Food Bar
- Alcohol Bar
- Best Outfit Prize
- Tickets £12 in advance from Jane at Wenhaston Post Office or Karen on 07734 200624

The Pear Tree Fund in collaboration with BCS
Supports

the Bungay Community

Every 3rd Thursday of the Month

We offer **free** vital information, advice and holistic support to people with life-changing illnesses or long-term conditions, as well as families, carers and those who have been bereaved.

10am – 1pm Disability Advice North East Suffolk (DANES) –

Impartial and confidential information & advice. Support with welfare benefits.

1pm – 4pm Chat with a Wellbeing & Support Coordinator to see which services would benefit you. Expect a warm welcome and anything from a cup of tea and a listening ear to sessions with our qualified counsellors, therapies, activities and more.

If you're struggling with a life-limiting illness, get in touch or call in:
Bungay Community Support, 28, Wingfield Street, Bungay, NR35 1EZ.



Local support when you need it most

T: 01986 899655

E: info@peartreefund.org

W: peartreefund.org

@ThePearTreeFund

Charity number: 1150439 (England and Wales)



We share the latest news and events to our INSTAGRAM page!

BONDS MEADOW



Have you ever wondered what it would be like to spend a few hours of free time making a real difference in your local community and environment? If you've been curious about volunteering at Bonds Meadow, let me take you on a little journey into what a typical morning might be like.



Let's say it's a sunny morning. We arrive at the Honeysuckle and bramble-covered green container behind the kissing gate at the Sands Lane entrance. You can't miss the sound of birdsong and the gentle rustle of leaves. The air feels fresh, and there's a sense of calm that instantly puts you at ease. You meet up with the other volunteers, a friendly mixed-gender bunch who will give you a warmest of welcomes. The morning's task is raking and removing cut grass from the meadows. If left, the decaying grass will retain nutrients in the meadow that are surprisingly not the optimal growing conditions for a wildflower meadow. It's incredibly important work that benefits the biodiversity of the entire site, creating a haven for insects and wildlife. The more diverse the plant species in our wildflower meadows, the greater the support for pollinators like butterflies and bees, habitat for birds, voles, mice, hedgehogs and insects. All contributing to the overall health and diversity of the ecosystem.

As you get stuck in with raking and carting to the margins, you quickly realize how therapeutic it is to work with your hands in the soil. There's something deeply satisfying about seeing the immediate impact of your

efforts. And the best part? You're surrounded by nature.

But volunteering at Bonds Meadow isn't just about the work. It's about the people, too. Over a shared cake during coffee break, you'll find yourself chatting with people from all walks of life. Some are passionate about conservation, others just want to give back, and a few are there to learn new skills or spend time outdoors. The sense of camaraderie is incredible. You'll laugh, share stories, and maybe even pick up a few gardening tips, a book recommendation, a must watch movie or TV programme. Volunteering isn't just good for the meadow, it's good for you, too. It's a chance to unplug from the hustle and bustle of daily life, or to get out of that comfy armchair and exercise. You'll leave feeling refreshed, accomplished, and maybe even a little inspired.



Of course, not every day is sunny. There are some days of drizzle and plodding about in muddy wet conditions, or you may find yourself setting too on pulling invasive Himalayan balsam or Alexander that refuses to cooperate. But those are all part of the experience. They make the sunny days, the blooming flowers, and the sight of wildlife thriving in the meadow even more special. So, what's it like to be a Bonds Meadow volunteer? It's about connection to nature, to your community, and to yourself. It's about knowing that your time and effort are making a real difference, and it can be a lot of fun. For more information visit our website; www.bondsmeadow.org

Please support our advertisers - they are all local businesses and/or artisans



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 3rd April. BECCLES AND DISTRICT HISTORICAL SOCIETY meets 7.30pm at Hungate Church, Beccles, NR34 9TT. Subject: The History and Natural History of Spices. Speaker: Ian Anderson Adm. £3. All Welcome.

Thursday, 3rd April. FREE NURSERY EASTER EGG HUNT, from 2:30pm to 4:00pm at Saint Felix School, Southwold. Children can enjoy Arts and Crafts, Music, Stories, Refreshments and a fun Easter Egg Hunt. Places can be booked at <https://stfelix.co.uk/admissions/open-events-and-tours/>

Friday 4th April. LENT CAFE MORNING at Pakefield church including its famous Bacon Butties.

Saturday 5th April @ 8:00 am - April 19 @ 5:00 pm_HALESWORTH EASTER EGG TRAILS - HALF TERM_Halesworth Town Centre and Market Place. This years Easter activities including trails, prizes, an egg hunt on **Saturday 12th April** in the Thoroughfare and free Easter Crafts in St Mary's Church on **Tuesday 15th**

Saturday 5th April. HARBOUR LIGHTS BAND - CEILIDH! 7:00 pm - 10:00 pm at The Rifle Hall 47 London Road, Halesworth part of the Halesworth Day Of Dance 2025. Tickets £10

Saturday 5th April. TRY CLAY PIGEON SHOOTING. The Lodge, Corton. Contact info@woburnfarm.co.uk

Saturday 5th April DISCO BINGO, at The Lodge, Corton.7.30. Book on line at info@woburnfarm.co.uk

Sunday 6th April. TRY ARCHERY at The Lodge, Corton 10.30 to 11.30. Contact info@woburnfarm.co.uk

Monday 7th April. WRENTHAM WELCOMES THE COAT OF HOPES www.coatofhopes.uk 3.30 at Wrentham Village Hall NR34 7NX, 7pm at Wrentham Chapel, Chapel Road NR34 7LT Everyone Welcome! email: fiona.e.anderson@gmail.com

Thursday 10th April. FILM - SECRET RIVERS, THE GIPPING featuring Paul Heiney -following Blyth Valley & Southwold Wildlife Group Short AGM. 7pm at Southwold Arts Centre IP18 6JP. Refreshments & Raffle Adm Free

Thursday 10th April. KIRKLEY LADIES GROUP, DEMONSTRATION OF FLOWER ARRANGING with Lynton Johnson. 2pm in Kirkley church hall, £3.pp

Thursday 10th April. UGGESHALL OLD SCHOOL HALL FILM NIGHT! The film this month is 'The Way', starring Martin Sheen. Admission only £3. Interval for Tea Coffee and snacks included in the price! Doors 7pm.

Friday 11th April. QUIZ NIGHT IN AID OF HALESWORTH FESTIVE LIGHTS 7:00 pm - 9:00 pm at Holton & Blyford Village Hall The Street, Holton. £5 each - max 6 per team. Tickets Halesworth Bookshop.

Friday 11th April. LENT CAFE MORNING Pakefield church. including its famous Bacon Butties.

Saturday 12th April. WRENTHAM BRASS BAND at Pakefield church.7.00pm. Tickets £7 at the door.

Saturday 12th April. EASTER EGG HUNT. 11:00 am - 1:00 pm. Join us in the Thoroughfare Halesworth from 11am for our Free Easter Egg Hunt!

Sunday 13th April LODDON ANTIQUES & COLLECTORS FAIR, 8.30-3pm, Jubilee Hall, Loddon NR14 6NB 40+ dealers, £2 admission, cafe on site and dogs on leads welcome.

Sunday 13th April. PALM SUNDAY PARADE OF THE DONKEYS, Pakefield church. at 10.15.

Sunday 13th April. HALESWORTH HARMONY REHEARSAL (10.30-12.30) at **The Cut** in Halesworth. 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.

Tuesday 15th April. EASTER CRAFTS AT ST MARYS CHURCH. 12:00 pm - 3 pm. St Mary's Church, Steeple End, Halesworth. Refreshments and cake, easter activities, painting, crafts and more.

Thursday 17th April. MAUNDY THURSDAY, Pakefield church. 6.30, Agape Meal.

Friday 18th April GOOD FRIDAY SERVICE. Pakefield church. 2pm

Saturday 19th April. FRIGHT FAIR GOTHIC INDOOR MARKET. 11am till 3pm - Hatfield Hotel, The Esplanade, Lowestoft Seafont. Whether you're an Elder Goth or a Baby Bat you'll be sure to find something love to death at this Gothic Gathering. It's free entry and there's also refreshments available too. Organised by OMG Fayres.

Saturday 19th April. 9.30 PARISH PRAYER WALK and 7.30 **SERVICE OF NEW FIRE.** Pakefield church.

Sunday 20th April. PAKEFIELD CHURCH EASTER SUNDAY; 5.40 witness the Sun Rise from Pakefield Cliffs before returning to the church for breakfast. At 10.30 there will be a traditional family communion.

Easter Sunday 20th April, A FANTASTIC EASTER EGG HUNT at Broadlands in Borrow Road, Oulton Broad from 10am to 12.30pm with lots of fun things to do. Admission £5 per child. Light refreshments and snacks will be available. Tickets reception or 01502 512895 email broadlands@greensleeved.org.uk. proceeds to our Residents' Amenity.

Saturdays 19th & 26th April HALESWORTH ANGEL BOWLS CLUB - TWO OPEN DAYS 2 pm. Top of Dairy Hill Halesworth (next to Football ground) All standards welcome from absolutely no experience to England internationals. Give it a go. Further info from Ben: 01986 873352

Saturday 19th April. HALESWORTH ST GEORGES DAY PARADE, 2:30 pm - 4:30 pm. Start at Edgar Sewter School at 2.30pm, march down through the Thoroughfare and the market Place finishing at St Mary's Church to raise the flag and enjoy a service. All community groups welcome to join.

Thursday 24th April. KIRKLEY LADIES GROUP. 2.00, in Kirkley church hall. AGM- Everyone welcome.

Friday 25th April. MESSY VINTAGE in Pakefield church hall, Sunningdale Ave. 10.30 to 12.00. **More on page 6**

The Red Hot Chilli Pipers

featuring the Red Hot Chilli Dancers

May & June UK Tour Dates come to NORWICH

Epic Studios on Thursday 12th June!



There has never been anything quite like The Red Hot Chilli Pipers, from their formation in 2002 and a cameo appearance at T in the Park in 2004 with the Darkness to opening the main stage in their own right in 2014, and storming Glastonbury festival in 2024.

The past twenty plus years have seen the Red Hot Chilli Pipers become the most famous bagpipe band on the planet...ever!

Bagpipes with attitude, drums with a Scottish accent and a show that leaves people with warm hearts and smiles on their faces.



Tickets Website - <https://www.thegigcartel.com/Artists-profiles/Red-Hot-Chilli-Pipers.htm>
 Facebook - <https://www.facebook.com/redhotchillipipersofficial/>
 Twitter - <https://twitter.com/chillipipers>
 You Tube Channel - <https://www.youtube.com/user/chillipiper>
 Instagram - <https://www.instagram.com/redhotchillipipers/>
 You Tube Link of 'Shut Up & Dance' - <https://www.youtube.com/watch?v=0yT5JIJ31nl>

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The are 6 million lightning strikes every day across planet earth



The Bugle What's On Guide

Even More Events

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

Friday 25th April. BLOODMOOR YOUTH CAFE 7.00 to 8.30 for year 9 to college with games, tuck shop and free wi-fi.

Saturday 26th April WENHASTON PRODUCE & CRAFT MARKET at Wenhaston Village Hall, 10am to 12.30pm. A variety of handmade cards, jewellery, homemade jams, handmade handbags, crackers and knitted items plus Dexter Beef, local author Ruth Leigh and other plant and food produce on sale. Tea, Coffee and Homemade Savouries & Cakes. New stallholders are welcome, especially, a cheese maker, pork butcher, fresh bread maker, also fresh fruit and vegetables. Everyone welcome. For further details contact Carol at: caz-mike@outlook.com.

Saturday 26th April. TABLETOP SALE in Pakefield church hall, Sunningdale Ave. 10.00 to 12.00.

Saturday 26th April. MURDER AT THE MOVIES in Pakefield church hall, Sunningdale Ave at 7.00. Tickets £10 including a meal and tea/coffee. Last few tickets available from the church office.

Sunday 27th April. THE INK FESTIVAL FUN DAY! 11 am - 4pm Market Place, Halesworth, Experience the magic of community with immersive theatre activities. FREE PIZZA for kids! Punch & Judy, face painting, live music and more

Sunday 27th April. HALESWORTH HARMONY REHEARSAL (10.30-12.30) at **The Hub** in Huntingfield. 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 27th April. CLASSIC VEHICLES AT WRENTHAM CHAPEL. National 'Drive It' day and anyone out and about in a classic vehicle is welcome to make a 'pitstop' at Wrentham Chapel. Open 10am - 4pm offering complimentary refreshments and other 'facilities'. Visitors welcome to call in to look at the cars and chapel. There will be a short, informal act of worship, with a transport themed twist at 3pm. All are welcome

Sunday 27th April. WRENTHAM BOWLS CLUB - ON OUR OPENING DATE FOR 2025 Come and join a friendly, successful club with an excellent green! We look forward to welcoming you 1.30pm for a 2pm start. Our green is off Mill Lane NR34 7JQ Further information on the village website: www.wrentham.org.uk

Thursday 1st May. BECCLES AND DISTRICT HISTORICAL SOCIETY meets 7.30pm at Hungate Church, Beccles, NR34 9TT. Subject: Behind the Scenes at WDYTIA? Speaker: Gill Blanchard. Adm £3.00 All welcome

Thursday 1st May. HALESWORTH BUSINESS CONNECTIONS - BREAKFAST MEETING, 7:30 am - 9:00 am. The Angel, 30 Thoroughfare, Halesworth. If you're in and around Halesworth and looking to grow your business, meet new people all whilst enjoying a delicious cooked breakfast then why not come along? Topic of the day - Spring Statement and the implications for your business. £15

Sunday 4th May. BECCLES ANTIQUES MARKET, 8am-3pm. Beccles Quay, NR34 9BB. 100 dealers, free entry, food village on site.

Sunday 4th May. SEE A STEAM TRAIN PASS THROUGH HALESWORTH STATION Halesworth Train Station Station Road, Halesworth @ 9:00 am - 5:00 pm. The Great Britain XVII working Steam Train will be passing as part of a UK tour.

Sunday 4th May. HALESWORTH HARMONY REHEARSAL (10.30-12.30) at **The Cut** in Halesworth. 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 10th May. VE DAY STREET PARTY - TBC @ 12:00 pm - 3:00 pm. The Thoroughfare Halesworth. Details TF.

Sunday 11th May. BLYTHBURGH STATION OPEN DAY. 10:00 am - 4:00 pm. Blythburgh Station Blythburgh, United Kingdom. Halesworth -Southwold Narrow Gauge Railway invite you to our wonderful station site.

Free entry, free tea, coffee and home-made cake. Our demonstration goods train will be 'hailed through the power of the sun': the 89-year-old battery-electric locomotive is now charged by solar panels. Re-instated main line track, platform, and goods sidings. Narrow-gauge goods wagons. Award-winning restored original Goods Shed. Landscaped live steam model railway. Display of found artefacts. Heritage railway display, refreshments, railway book sale, and railway films in the Village Hall. See our progress in the unearthing and restoration of this unique and historic 1879 narrow gauge station.

Saturday 17th May. MOZART IN BECCLES. St Michael's Church, Beccles, 7pm. Beccles Choral Society, Kingfisher Sinfonietta and four professional soloists present three of Mozart's greatest masterpieces. The ever-popular *Ave Verum Corpus* is a beautiful and peaceful motet for choir and strings. The *Solemn Vespers* is a work of celebration and great beauty. £20pp, under 16s free. Marion 07586 959326, email ticketsbeccleschoral@gmail.com or Beccles Books.

Saturday 24th May, VOXCETERA CHAMBER CHOIR. SPRING'S SWEET VOICE: Choral music from Byrd to Bacharach. 7.30pm. Holy Trinity Church, Blythburgh, Suffolk IP19 9LP. Tickets £15. Under 18s £7.50 Direct booking link: <https://www.voxcetera.co.uk/event-details/springs-sweet-voice-choral-music-from-byrd-to-bacharach>

Wednesday 21st to Saturday 24th May. EXHIBITION OF PAINTINGS BY HULVER CONTEMPORARY PAINTERS. United Reformed Church, High St, Southwold. Open daily from 10am to 5pm. Do call in. Admission free.

Saturday 31st May. MIND BODY AND SPIRIT FAIR 11am till 3pm - Hatfield Hotel, The Esplanade, Lowestoft. Readings, gifts, crystals, jewellery, skin care, wellbeing, room fragrance, healing and lots more. It's free entry and there's refreshments available too. Organised by OMG Fayres.

Send your events listings to: the.buglemag@yahoo.co.uk



Cashless Supermarkets

So as the march towards a dystopian future for us ordinary mortals continues, I am informed that four of our wonderful British supermarkets are complying with the wishes of the World Economic Forum (home of the elitists, look it up) and are soon to be 'Card Only' - no longer accepting cash. I would hope that the great British public will stop using them in their millions. No cash - no customers! But I am awfully afraid this will not happen as the strangely compliant people of the UK continue to do the bidding of the rich and powerful. This role out is in preparation for Central Bank Digital Currency which means the government and the banks can view all transactions as they happen and stop the payment if they so desire - and they will, make no mistake. The removal of cash is coming if you let it. Remember those days not so long ago when you went shopping in the town with your cash and spent it as you wanted to? Those days are ending, soon the banks will have to agree to ALL your purchases and the silent majority will allow it to happen by doing nothing.

I have been called a conspiracy theorist many times since the Covid plandemic and so far I have unfortunately been proved right each time. Did you know they are now withdrawing Covid vacccs' following the high number of unexplained deaths of young people SINCE the pandemic?

>>As as aside see 'Healthy Living' on page 13 for more supermarket unholy shenanigans.

Potty Training

Last month I mentioned kids starting school still not having been potty trained, and this week I see a report that confirms just that. A report by 'Cheeky' confirms that just 61% of kids are potty trained by 2.5 years old, compared to 95% in 2004. Fact: 7% of children are STARTING FULL TIME SCHOOL still wearing nappies.

Reusable nappy users potty train earlier - by age 2.5, 72% were dry, compared to just 54% of disposable users. Why does this matter?

Because waiting longer to potty train can impact a child's independence and confidence. And disposable nappy companies aren't helping—their business model relies on keeping kids in nappies for as long as possible. There's a sobering thought.

StarmaGeddon Sabre-Rattling

I saw a picture recently of Keir StarmaGeddon sitting in the captain's chair in the control room of a British nuclear submarine. This was a photo-opportunity for Starmer to attempt to position himself as a world leader as he apparently commented something along the lines of 'Putin is scared because we have more nuclear weapons than him' What the heck? He has also 'held talks' with Macron, who has told his populace to prepare for war! Are these two wannabees for real? I seriously doubt Britain has got the capability either in personnel numbers or hardware, to go to war. Starmer should leave negotiating to Trump, who at least is talking about a peaceful solution and despite the European bluster, will hopefully negotiate a lasting peace. And as for Starmer talking of conscription - I will just say that in the last few years many young people don't even know what sex they are, (thanks to the loony left) and are far too busy being offended, so the likelihood of them fighting a war is nonsensical.

Who would fight on Britain's behalf now anyway? Starmer has paid scant regard to British pensioners whilst showering Ukraine with billions of pounds. When it came to foreign aid, that infamous and disputed £22 billion black hole was not even mentioned. He has disregarded the will of the people to stop the boats - instead giving illegal immigrants everything from hotels to, spending money, X boxes and driving lessons. I think the British public might just tell Starmer to stick his pantomime war. The elitists run the world but why is it always the ordinary people who have to lose their lives in their millions at the behest of their governments - Not this time.

You can wrongly call me 'Far Right' if you want to, but it is more a case of Right So Far!

Rachel from Customer Services

Why? Just why is she still in the job - or Lammy or for that matter Two Tier Keir as well?

The Empire State Building gets struck be lightning on average 23 times every year



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Regular Events

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 Email events in the format below to: the.buglemag@yahoo.co.uk

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. Free entry. Details 01449 707030

Every Tuesday A DEMENTIA CLUB for people living with dementia, memory loss or confusion. 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

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

Every Tuesday. ROLL UP LAWN BOWLS SESSION at Wrentham Bowls Club.- open to members (£1.50) and non-members (£2) start on May 6th, 9.45am for 10am start. Off Mill Lane NR34 7JQ Further info: www.wrentham.org.uk

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: family carers aged 55+ can come to our FREE natter group, 10am – 12 noon at Morrisons Café, Pakefield, NR33 7NG. Contact Sharon: Tel: 01284 333035

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.

First Wednesday every month BECCLES SOCIETY FOR ART 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. Talks and/or demonstrations about art. Friendly group Email: 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. 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

Every Wednesday THE FOLK & SQUARE 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. Info call: 07732 60 20 62.

First Wednesday of the month. REYDON WI Come and join us. 2.30pm Reydon Village Hall further info contact: 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. No experience required. Only £1.

Every Thursday til 29th May PACE OF MIND WALKING & RUNNING GROUP at 5.30pm Venue: Sparrows Nest Bowling Club, Whapload Rd, Lowestoft NR32 1XG Our friendly activities take place in green and blue spaces (including forest bathing) and are suitable for people of all levels of fitness. Participants engage in an activity of their choice, during which they can meet and chat with other people. Contact: Paola at paceofmind@norfolkandwaveneymind.org.uk

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.

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.

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

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 for 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 canteen. 01502 722519 southwold.library@suffolklibraries.co.uk



The Bugle What's On Guide

Regular Events

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

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

Every Friday: PAKEFIELD CHURCHYARD GARDENING GROUP. 10.00 to 12.00. 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 MAH-JONG GROUP Learn and/or play Mah-Jong. 2.15 – 4.15 at Southwold Library. £1. pp

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 and drink in the cafe area Spacious free parking . 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 pphp. 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

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WRENTHAM WELCOMES.. THE COAT OF HOPES



The Coat of Hopes is a patchwork coat that is on an ongoing walk through Britain. Made, worn and walked by hundreds of people during and since its pilgrimage from the south coast of England to COP 26, the UN climate summit, in Glasgow 2021.

The Coat is made up of pieces of blanket into which people have worked their griefs, remembrances, prayers and hopes for the place they call home. It carries an invitation to share our love and responsibility in facing this climate and ecological emergency.

You are invited to meet up and try on the coat when it stays in Wrentham On Monday 17th April at Wrentham Village Hall NR34 7NX at 3.30pm to 5pm and Wrentham Chapel, Chapel Road, NR34 7LT from 7pm - 8.30pm

Join us to meet, try on the coat and hear the story and song of THE COAT OF HOPES before we travel on to Halesworth on Tuesday 8th April Visit our website to find out more: <https://www.coatofhopes.uk/> If you would like to walk with the Coat of Hopes, please email yes@coatofhopes.uk All are welcome.

We would love to see you there.



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Mum of Three Wins Prestigious Business Award After Welcoming Third Child

Juggling the demands of running multiple businesses while raising three young children is no easy feat, but Rachel Ducker has proven that it's possible. After welcoming her third child in August last year, the entrepreneur's business Bounce Magazine, has now been recognised with the prestigious 'Business Hero' award at The East of England Small Business Awards 2024.

Rachel is the driving force behind three successful businesses. Balancing entrepreneurship and motherhood has required determination, resilience, and adaptability. From managing client projects to overseeing editorial content and business growth, Rachel has continued to push forward, demonstrating that women can thrive in business without sacrificing family life.

Her journey hasn't been without challenges.

The shift to digital media during the COVID-19 pandemic forced her to completely rethink her approach to the magazine. Despite setbacks, she remained committed to her goals, rebuilding and expanding her ventures while also growing her family.

Bounce Magazine, originally a modest monthly handout in Bury St Edmunds, has evolved into a trusted and engaging digital publication. The transition from print to digital was a turning point, with Rachel leading the magazine through uncertain times to become a widely recognised platform with a growing readership and significant social media presence. The publication continues to provide valuable content and support businesses, reinforcing its strong community roots.

Alongside these ventures, Rachel also has over 34,000 followers on her Instagram account, where she demonstrates how she balances family life with work. Through her platform, she shares insights into her daily routines, business successes, and the realities of juggling multiple roles, inspiring other women to pursue their own ambitions.

Ms. Ducker shared her thoughts on winning the award: "Balancing a growing family with running multiple businesses hasn't been easy, but I wanted to show that motherhood and entrepreneurship can go hand in hand. Receiving this recognition after 13 years of hard work—just months after having my third child—makes it even more special." Picture: Rachel Ducker



EAST POINT RADIO LIVE AT THE KIRKLEY CENTRE LOWESTOFT!!

SATURDAY 19th APRIL

Come and meet East Point Radio presenters at 10am - 3pm as part of "EASTER IN KIRKLEY" broadcasting programmes live on the day from the Centre!

EAST POINT RADIO
YOUR LOCAL COMMUNITY ON-LINE RADIO STATION





85 % of lightning strikes to humans - hit men!

Halesworth to Southwold Narrow Gauge Railway (CIO)



BLYTHBURGH STATION OPEN DAY

Free entry to site, free tea, coffee and home-made cake. Our demonstration goods train will be 'hauled through the power of the sun': the 89-year-old battery-electric locomotive is now charged by solar panels. Re-instated main line track, platform, and goods sidings. Narrow-gauge goods wagons. Award-winning restored original Goods Shed. Landscaped live steam model railway. Display of found artefacts. Heritage railway display, refreshments, railway book sale, and railway films in the Village Hall. See our progress in the unearthing and restoration of this unique and historic 1879 narrow gauge station.

How to find us: the station is on the northern edge of Blythburgh village, almost opposite the White Hart pub. There is **NO CAR PARKING** at the station, except Blue Badge disabled parking, by the Village Hall. Please Park in the field next door to the Holy Trinity Church car park (do not use the church's own car park). Parking is signposted.

www.halesworthtosouthwoldrailway.co.uk
07379 789665 01986 874240
halesworthtosouthwoldrailway@gmail.com

**HALESWORTH TO SOUTHWOLD
NARROW GAUGE RAILWAY CIO**

**Free 2025 Events at
Blythburgh Station:**

**Open Days: Sunday May 11th & Sunday
July 20th**

**Open Day and Model Railway Show
Sunday September 14th**




Free entry to site, free tea, coffee and home-made cake.
Our demonstration goods train will be 'hauled through the power of the sun': the 89-year-old battery-electric locomotive is now charged by solar panels.

Re-instated main line track, platform, and goods sidings. Narrow-gauge goods wagons. Award-winning restored original Goods Shed. Landscaped live steam model railway. Display of found artefacts. Heritage railway display, refreshments, railway book sale, and railway films in the Village Hall.

See our progress in the unearthing and restoration of this unique and historic 1879 narrow gauge station.

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Pick up a pack of tomatoes in Tesco from Nightingale Farms or chicken from Aldi's Ashfield Farm and you assume they are farm-fresh products direct from select producers with traceable provenance. Think again. These are 'fake farm' brands whose sole aim is to give the impression that they come from English smallholdings, when this couldn't be further from the truth, with devastating consequences.

It could be a mass-produced tomato from an unsustainable, plastic-covered, Spanish holding, or intensively reared, factory-farmed meat that's polluting British rivers. With its images of traditional tractors, animals on grass and healthy trees, it's easy to be fooled by branding that has a bucolic air to it. Every single day, shoppers are duped and it's an issue emblematic of a deeply dysfunctional UK food system.

For the last six years, a number of big supermarkets have sold fake farm brands despite threats of legal action, consumer campaigns and angry farmer groups rightfully raging about deceit, but to no avail. Back in 2016 there was a media frenzy, as the race to the bottom of the grocery market saw fake farm labels proliferate. At the time, Tesco's former chief executive, Dave Lewis, told The Independent: "Our new fresh food brands are performing very well, with over two-thirds of our customers having bought products from the new range."

The issue went quiet through the fog of Brexit, the pandemic then pinched consumers' pockets and the cost-of-living crisis set in. During this shaky period, Tesco continued to fill their shelves with fake brands from the likes of Willow and Redmere Farms, seven in total, with reassuring messaging such as 'trusted,' 'stringent quality' and 'high standards,' while Aldi ploughed on with its own fictional farm labels, with zero motivation to change.

Wholly unethical, yet inarguably profitable, David Hughes, Emeritus Professor of Food Marketing at Imperial College London, points out that "for Tesco, using fake farm brands has worked out really well in terms of securing the lower end of the market against really hot competition."

Earlier this year the issue reared its head again with headlines such as 'Pressure mounts to ban supermarkets use of fake farm names' in the Daily Express and 'Calls to ban fake farm names' in the Daily Mail with fresh pleas from Riverford's founder Guy Singh-Watson to ditch them. This was part of evidence given to UK Parliament, which is investigating supermarket superpower. There is also an ongoing government consultation on making food labelling fairer, which is focused on country of origin and method of production.

Should supermarkets be allowed to get away with this? NO! Are these fake brands hiding bad farm practices? Of course. But the fact is, we don't have the data because there is no direct route to any of these 'farms'. They don't exist. And what goes on inside the 'units' or factories supplying Woodside or Suntrail Farms is impossible to fathom and that lack of clarity on provenance and production suits the supermarkets just fine. Yet there are a few things we do know.

Tesco buys chicken from Avara Foods, one of the UK's biggest food producers owned by US multinational Cargill. In 2020, the Guardian and partners uncovered evidence that Cargill supplied Tesco, Asda, McDonald's, Nando's and others with chicken fed on imported soya linked to thousands of forest fires and at least 300 sq miles of tree clearance in the Cerrado savannah. These are fake 'British' farms that can be traced all the way back to the rainforests.

Tesco sells chicken under its Willow Farm brand. Avara Foods now faces a multi-million pound legal case over pollution of the River Wye from law firm Leigh Day. The industrial scale of the issue, involving 23 million chickens at any one time is mind boggling, affecting 4,000 square kilometres of land in England and Wales, two and a half times the size of Greater London. It's not a farm, but an Intensive Poultry Unit (IPU) – despite the bucolic name on the packet.

"People are going into Tesco, purchasing Willow Farm chickens supplied by Avara, and not knowing that these products are potentially contributing to the destruction of this river. Fake farm brands give the sense of wholesome, small-scale production, masking the reality of industrial systems that produce so much of our groceries," explains Rob Percival, Head of Food Policy at the Soil Association.

"Look behind these brands and they can also be unethical in terms of how they treat farmers. You have tens of thousands of producers potentially supplying into these single fake brands, disadvantaging farmers as well as consumers."

Although only 15% of lightning strikes hit women - still more women are killed!

B&B Young Peoples Theatre Group

THE PLAYERS' THEATRE LOWESTOFT!



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SHOW TIMES

Tuesday 8th April, 2025	-	7:30pm
Wednesday 9th April, 2025	-	7:30pm
Thursday 10th April, 2025	-	7:30pm
Friday 11th April, 2025	-	7:30pm
Saturday 12th April, 2025	1:30pm	6:30pm
Sunday 13th April, 2025	1:30pm	6:30pm

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8TH - 13TH APRIL
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WHAT'S ON

Suffolk Wildlife Trust

Blyth Valley and Southwold Wildlife Group Annual General Meeting

Thursday 10 April 2025 7:30pm start

A brief run through of the year followed by a 30-minute film from the Paul Heiney series about his canoe trips on East Anglian rivers. Food and drink available after the film. No entry fee, but donations welcomed for the refreshments. Booking not required.

Do something wild every day
suffolkwildlifetrust.org

SUFFOLK LIBRARIES WHERE I BELONG

The Lowestoft Longshore Men Sing Sea Shanties

Sunday 27th April 5.00pm @ Southwold Library

Tickets £5 Book at Southwold Library 01502 722519
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www.ticketsource.co.uk/suffolklibraries.co.uk

Southwold Town Mayor's Charity Concert

A celebration of local musical talent Presented by the Southwold Music Trust in association with Southwold Town Council

Friday 2nd May 2025
7pm to 8pm
St. Edmund's Church Southwold

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Paranormal Investigators

They are a peculiar breed, these 'Paranormal Investigators'. Firstly their very name confirms their limited ability, 'Para'-normal. This is (in today's society) applied to anything that is outside of the 'normal' life experience or scientific explanation. It is quite correct as many if not all 'investigators' live life outside of an enlightened, awakened existence. They are children of the society they were born into. Complete with society's belief systems and structure.

If however we all lived a more connected life, a life of spiritual awareness and universal knowledge, we would all know that such things are very real, not only that but we would all be aware that the universe is populated by many, many species of what we call 'extra-terrestrial'. We would be aware of our undeniable link to nature, planet earth and every creature that runs, walks, crawls or slithers upon it, as well as every plant from the tiny daisy to the mighty redwood tree. But we don't. Society has not been built like that. We have a myriad of religious belief systems built on everything from fear, sin and guilt, to the promise of being met in 'heaven' by 57 virgins backed up with the threat of an eternity in a lake of fire and torture. All bunkham.

In a universe of infinite possibilities, mankind teaches only limitations. The result is that sadly the populace do not believe in life on other planets, which is plentiful and they visit us regularly. What you are thinking as you read this might demonstrate to you how effective your indoctrination has been! We are part of nature, alive in energy just as every living thing. To not believe in the healing power of plants, is not to believe in nature itself. Is it not strange that mankind separates himself from nature, seeing himself as master of it, rather than being merely a single strand in the web of life. For every disease or bodily condition on Earth there is a plant/herb to treat and cure it. Mankind ignores this, and takes a severely flawed path.

As a lifelong (virtually) empath, I often wonder what good these so called Paranormal Investigators actually do. They set themselves up with all sorts of equipment to measure (apparently) when a ghost is present and what it is saying to you. Then the 'investigator' will try to get the ghost to set off a piece of equipment or move something static in the room. Once this has happened the investigator will have recorded his 'proof' of haunting and his work is done. That, after all, is the reason they were contracted, to see what is going on and provide proof of a 'presence'. Added to this some so-called investigators will attempt to goad the spirit into reacting violently towards them and that could prove dangerous or at the least, very frightening - but it makes a good You Tube video! Some of these investigators have carved out a good living producing programmes for TV, streaming and You Tube, where they garner many viewers and/or followers. Most of the videos are lacking of any real proof of haunting. None of them offer any real assistance to the spirits lingering there, and that represents a monumental failure.



In my life of working with the energy of the planet I have visited many sites where spirits linger and are manifestly visible or audible at times. To me the primary goal was always to find out why the spirits linger and to ensure that they are collected in love by higher evolved spirits.

My concern is never 'why are they opening cupboards and walking the halls'. It is why are they here? What keeps them here and what is the simplest path to a wonderful resolution?

Light from the sun takes 8 minutes to reach Earth

YOUR LETTERS

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

Email your letters to the.buglemag@yahoo.co.uk

Dear Bugle

We all love our pets but this new trend of 'dog friendly' really isn't making it as such for us!! Sorry but how can it be hygienic eating a meal with dogs under the table? Surely it isn't expecting too much to leave your pet at home or in your vehicle for an hour? And surely it's totally unfair on the dogs too, far too many lovely foodie aromas around?

Last year we stayed in a fabulous country hotel in Wales, not only was it dog friendly but they had purpose built kennels attached to the building yet still owners brought them in to the restaurant! How selfish. Our bedding smelt of digs and because of that we will never return.

What do other readers think?

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Calling all Golfers

Halesworth Dementia Carers Fund will holding a Golf Competition on Wednesday 7th May at Halesworth Golf Club. If you would like to take part and enter a team then we would love to hear from you. Full details can be obtained from Sara Higgins at Halesworth Club, tel 01986 875567 or email hgl@gmail.com, or by calling John Giles on 07789 991046. John would also like to hear from you if you would like to be a sponsor.



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Mild autumn weather also means bigger spiders in homes!

Halesworth Dementia Carers' Fund

with Pippa Evans

H.D.C.F. is delighted to express heartfelt gratitude to Heveningham Hall Country Fair Trust for their ongoing support in awarding us a very generous grant of £20,000. This donation will play a vital role in enabling us to continue providing essential support to families living with dementia in our community.

The Heveningham Hall Country Fair Trust, a registered charity, is well-known for its successful events, including the annual Country Fair and the Heveningham Fireworks. All proceeds from these events go directly to charity, benefiting a wide range of local causes.

"We are incredibly grateful for the continued partnership with Heveningham Hall Country Fair Trust" said Nicky Kelly, Vice Chair of H.D.C.F. "This generous grant will directly support our work with families impacted by dementia, and it helps to ensure that we can continue offering the vital services they rely on. We look forward to strengthening this relationship and working together to make a difference in the lives of those we serve". H.D.C.F. is committed to supporting individuals and families affected by dementia, offering resources, education, and care for both those diagnosed with dementia and their caregivers.

For more information see www.halesworthdementia.co.uk or email info@halesworthdementia.co.uk We also have a Facebook page.

H.D.C.F. is proud to announce the successful completion of its transformative reminiscence project, "Remembering Yesterday, Caring Today", which has provided vital support to

people living with dementia and their carers. The project, which ran for eight weeks, saw 13 participants – including 7 individuals living with dementia and five carers – come together each Saturday at the Pear Tree Centre in Halesworth. Over three hours each week participants explored and rediscovered their past lives through laughter, music, play and conversation, creating cherished memory books to treasure at home.

"We are thrilled with the impact "Remembering Yesterday, Caring Today" has had on both the participants and the facilitators" said Nicky Kelly, Vice Chair of H.D.C.F. "This project has not only promoted positive well-being and social inclusion but has also helped foster a strong sense of community and shared understanding between people living with dementia and their carers".

The sessions were led by five trained facilitators, with additional support from two volunteers. The project was made possible thanks to the generosity of the Pear Tree Fund, which donated use of their space for the sessions. Quotes from participants reveal the deep impact of the project:

"That I am not alone" – Participant with dementia.

"We were strangers when we met, and now it feels like family" – Carer.

"It has been a privilege to be part of such an incredible project" - Facilitator

The project was affiliated with the European Reminiscence Network, founded by Pam Schweitzer. The Network promotes the use of reminiscence activities to improve the lives of people living with dementia by helping them reconnect with their past'

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Sunday 17th August
2025
Entries open now email becclescarnival@outlook.com for entry form it is free to enter for all decorated entries need help getting a lorry email us we can help!
Open to all groups, pubs, Shops, Businesses, dance groups, Street Performers etc, great publicity and fun

WEDNESDAY MARKET
9am - 1.30pm
Halesworth Marketplace
TOBY'S EGGS
Fresh and Local
FREE RANGE EGGS

SONIC WAVE

SONIC WAVE is an exciting new concert series debuting on Friday, June 13th at The Cut in Halesworth. Behind it are Françoise Lamy and Graham Daniels of Suffolk-based artists Addictive TV. Designed to champion grassroots music, the series highlights artists who cross over folk, world, jazz, electronic and contemporary styles, featuring a dynamic mix of touring performers and local talent. This new initiative will bring an eclectic palette of musical experiences to rural Suffolk, and for many of the artists it will be their first time performing in East Anglia.

Lamy, creative producer said: “We’re really excited about bringing some incredible original music to our doorstep all year round while nurturing the grassroots music scene at the same time.”

A Suffolk resident these days, she added: “Receiving a grant from the Arts Council to launch this project is a huge vote of confidence in what we do. With venues around the country shutting down and touring costs soaring, the music scene is struggling. It’s more important than ever to support local artists and venues. Sonic Wave is our way of widening music offerings and helping keep rural Suffolk’s music scene strong.”

The first night on June 13th 2025 is a double-bill with Zambian-Scottish singer-songwriter Namvula, who The Guardian called “a true original” and who’s been enchanting audiences with her heartfelt melodies; and Norwich duo Sunda Arc (two-third of the well-known jazz-influenced Mammal Hands) who combine analogue synths with live saxophone, piano and bass clarinet to create rich and expansive soundscapes.



In September, Sonic Wave moves to The Fisher in Bungay, we will cover this in the May edition.

Both Lamy and Daniels have been involved in organising many music and arts initiatives over the years, including the music festival Optronica with the British Film Institute at the IMAX and BFI Southbank, the media-arts festival Splice in east London that saw over 100 international artists booked, and more recently the east London community music project Plugged, that also continually streamed performances during the pandemic.



Their new endeavour Sonic Wave continues their work in showcasing talent and promises musical discoveries for residents of rural Suffolk.

Tickets which are £12/15 can be purchased direct at The Cut in Halesworth
More summer dates in the May issue of The Bugle Community Magazine

Picture top: Namvula. Credit: Ottavia Castelliny

Picture bottom: Sunda Arc. Credit: Alex Kozobolis

In July 2021 the rainfall in Kerala, India was blood red.

WOMEN WHO INSPIRE

a night to remember at Halesworth Golf Club, March 7th. By Dr Kathy Ryan MBE

This is the twelfth year Blyth Valley Rotary has celebrated International Women's Day. While the wine flowed, inspiration, motivation, and raw emotion filled the audience as our three incredibly passionate speakers told stories.

Rotarian Dr Cathy Ryan MBE, set the scene, highlighting this year's theme of Accelerate Action. Reflecting back over the past 12 years and how our Action has helped so many women, locally, nationally and internationally. How lives have been saved, women's charities helped and individuals given the confidence to go forward to follow their dreams.

The first speaker was Rising Star Holly Rowley White, just 17 years old. Her passion for flying started when she was 14, she achieved her pilot's licence at 16, and she is now heading skywards to be a fighter pilot in the RAF. She gave an insight into how women pilots are still in the minority and how skills should be recognised equally and not gender related. She exuded confidence and is a true role model for young women to fight for their dreams.



A hard act to follow, but Dr Janee Miller OBE, gave us laughter and amazement as she shared her life story of being Miller the Mosquito Killer. Her work in Africa researching mosquitoes and diseases and helping to eradicate Malaria was groundbreaking and helped save millions of lives. She made us laugh with her plastic tubing and how, she had to suck the mosquitos into the tube to identify and eradicate. Then leaving the mosquitoes behind, we learnt that she continues to volunteer but is now focused on the Help2Ukraine Suffolk. Janee has supported the Suffolk Team raising funds to buy 4 ambulances and more on the way. She was also part of the team that drove them through the dangerous war zones to deliver them. We were amazed at her determination and bravery.

After a fantastic dinner and a game of 'heads and tails', the proceeds of which went to 'Lend with Care,' which supports women's groups through micro financing, it was time to welcome our final speaker.

Angela Williams, a fellow Rotarian, had just returned from The Gambia, where she was teaching teachers and students how to use 'sight boxes'. A practical box of resources helping to educate blind children to play and grow in confidence and independence. It was incredible to see children playing, walking, and having fun independently while learning. This was life changing for these students. .and for Angela. Angela had worked with the Sight Trust in Liverpool and committed to changing the lives of children internationally. Angela overcame personal tragedy to take the 'sight box' initiative to the Gambia. Her husband had passed away only a few weeks before, but she was determined to carry on with the work they started together. Angela is now planning another trip, but incredibly it's a one-way ticket, as she feels this is her future and she knows her husband Nigel will be with her in spirit

The Deputy Lord Lieutenant of Suffolk, Erica Clegg, ended the evening by thanking the speakers for their dedication, motivation, and commitment to the work they do, as well as their passion and drive for enabling change and improving the lives of Women.

Thank you Walfinch Home Care Suffolk Coastal, our Sponsors



HALESWORTH DAY OF DANCE

Plan your day!



11am Welcome & Massed Dances

11.25am Procession & Massed Dances

11.50am - 4pm Dance Schedule below

12.40pm Music Session - The White Swan

12.40pm The Big Strum in The Thoroughfare

2.20pm The Big Strum at The White Swan

4.15pm Joining Dances & More at The White Swan

7.30pm The Ceilidh!! at The Rifle Hall



	The Library	The Tap Room (the bridge)	The White Hart	The Angel	The Market Square	The White Swan	The White Swan (indoors)
11:50-12:30	AnnieMation Granta Blue Belchamp	Oxblood Green Dragon Fiddlesticks Golden Star	Kemp's Men Boudicca Rumburgh Haughley Hoofers	Holt Ridge Sutton Masque Danegeid	Sonya's Academy Hoxon Hundred Slack Ma Girdle Alive and Kicking	Chelmsford Chelmsford Pretty Grim	
12:40-13:20	Busking Spot	Sutton Masque Granta Blue Dragon Haughley Hoofers	The Big Strum	Boudicca Golden Star Alive and Kicking	Pretty Grim Holt Ridge	Slack Ma Girdle Hoxon Hundred Kemp's Men	Music Session
13:30-14:10	Busking Spot	Belchamp AnnieMation Rumburgh	Green Dragon Chelmsford Chelmsford	Sonya's Academy Danegeid	Busking Spot	Oxblood Fiddlesticks	
14:20-15:00	Chelmsford Chelmsford Green Dragon Holt Ridge	AnnieMation Boudicca Granta Blue Golden Star	Holt Ridge Sonya's Academy Pretty Grim Haughley Hoofers	Fiddlesticks Rumburgh Slack Ma Girdle	Kemp's Men Belchamp Danegeid Oxblood	Granta Blue Alive and Kicking Hoxon Hundred Sutton Masque	The Big Strum
15:10-16:00	Sonya's Academy Oxblood Alive and Kicking Slack Ma Girdle	Belchamp Fiddlesticks Kemp's Men Pretty Grim	Chelmsford Chelmsford Sutton Masque	Golden Star Green Dragon AnnieMation	Haughley Hoofers Boudicca Rumburgh Granta Blue Hoxon Hundred	Belchamp Danegeid Holt Ridge	

Saturday 5th April - Be There!!!

CEILIDH by Woodbridge Dance Troupe
with **HARBOUR LIGHTS BAND**
in association with **HALESWORTH DAY OF DANCE**

CALLER - PAM ROSS
RIFLE HALL - HALESWORTH - 1919 8411
SATURDAY 5 April - 7 - 10:00pm
Tickets: £10/Students £5
www.ticketsource.co.uk **BYO Refreshments**

EASTER MARKET
Saturday 19 April
10am-4pm

Triangle Market
Lower Wyke's Market at the
Historic Triangle

ANNUAL PARISH MEETING
24TH MAY 2024
3pm - 8pm

HALESWORTH TOWN PARK IP 19 8RT
THIS EVENT IS OPEN TO EVERYONE!!

LIVE MUSIC, FOOD, DRINK, FACEPAINTING, STALLS
APM MEETING STARTS AT 6PM AND WILL GIVE ALL HALESWORTH RESIDENTS A CHANCE TO ASK QUESTIONS

In 525BC a sandstorm buried hundreds of soldiers in the Egyptian desert

HOLIDAYS & TRAVEL

With Tim Saunders

A weekend away that feels more like a week! That's our experience of Brighton.

From our parking space in Buckingham Road - booked through justpark.com - we have driveway parking and can forget about the car altogether. We stay at Leonardo Hotels in Stroudley Road, near the railway station. Two bathrooms, each with a bath, as well as a shower in our interconnecting rooms.

Dinner at Bistro du Vin in Ship Street is down the other end of the city by the seafront. It's a beautiful old building, superbly maintained. Our waitress for the evening is Paulina, who greets us and takes our coats. This is sophisticated dining celebrating French cuisine. When Paulina expertly pours the Pinot Grigio she does so with one hand behind her back, cradling the bottle in her other hand, ensuring that she doesn't lean over the diner. These little things make for a superior dining experience. The cutlery and glasses are pristine and the white table cloths are crisp and immaculate when we arrive (not when we leave...). For starters Henry has melon and a red berry compot as do his sisters, Heidi and Harriett. Henry loves the melon. Curry soup for Caroline, prawn cocktail for me. It's the main course where Bistro du Vin really excels. Caroline goes for Beef Provençale and the beef melts in the mouth, one of the diners on the next table agrees. My cod and vegetables can't be faulted. The accompanying glazed carrots, parsnips and French fries make for a really delightful meal. Henry enjoys his two Cumberland sausages and chips. The girls have chicken. A sundae follows for Henry's dessert while the girls have crème brûlées.

Back at our warm hotel we all have a good night's sleep thanks to Leonardo Hotels' Dream beds and fresh white bed linen. By eight-thirty next morning we're in the brightly coloured, modern dining hall having a leisurely breakfast - we don't need to check out until eleven. There's so much choice; continental, full English and vegetarian. I have to try a little of each and it's all very good.

It's only twenty minutes' walk to the Sealife Centre, which is the oldest aquarium in the world! Housed in quite a magnificent Victorian building some of its large windows are cleverly incorporated into some of the fish tanks. As we arrive photos are taken by eventsphototeam.com. There are so many sea creatures here, of all shapes, colours and varieties. Virtual reality from ImmotionVR helps us to further immerse ourselves at Sealife. We each sit down and strap a headset on, which introduces us to Manta rays and makes us feel like we are actually in the boat speeding through the water in somewhere like the Maldives.



At The Royal Palace we learn that this India inspired dome-roofed John Nash architectural wonder was built from 1787 to around 1815 for King George IV as a party palace and that the artist Constable, who lived in the city for a while, couldn't stand it. As you might expect, this once royal residence is lavishly decorated with exquisite wallpapers and chandeliers. The banqueting hall is massive.

Our time in Brighton draws to a close but it's been an enriching experience.

For more information: leonardohotels.co.uk hotelduvin.com visitsealife.com
eventsphototeam.com justpark.com brightonmuseums.org.uk

Royal Pavilion, Brighton BN1 1EE. Tel 03000 290900

HALESWORTH BRANCH OF CANCER RESEARCH

Hello everyone. By the time this article goes out we will have held our annual Big Breakfast and I will let you know how we got on in the next edition of The Bugle Magazine.

We held our AGM on Saturday March 1st in the Co-op Community Room which was very well attended. All the officers were re-elected and the committee remains the same.

Dr Clarke our President opened the meeting and praised the advances being made by Cancer Research, in his closing remarks he thanked the committee and volunteers for continuing to raise funds for this vital research.

Sophia France our Area Relationship Manager then explained some aspects of the current research being carried out, especially on two vaccines. Ovarianvax for ladies who have the BRCA gene mutation which means they are at a higher risk of getting Breast or Ovarian Cancer and also Lungvax for those at high risk from lung cancer. These are incredible strides forward in our race to beat cancer, but we

can't do it without your help and support, so please continue to visit our events throughout the year. Our next event will be our Spring Fair on Saturday 17th May in Holton Village Hall 10.30am-2pm.

We will be serving light lunches and delicious desserts from 11.30 am and we will have all our usual stalls. Also we always have a garden stall at our Spring Fair so anyone who has green fingers please think of us as you start the seed sowing and taking cuttings season and perhaps do a few extra for our stall, we would be very grateful and your contributions would be greatly appreciated.

Our annual street collection dates are now confirmed as Friday 27th June Halesworth Thoroughfare and Saturday 28th June Halesworth Co-op. Please stop and say hello to our collectors, we are all very friendly and it brightens our day if you stop for a chat.

Thank you for supporting Cancer Research UK. For more information please contact:- Dawn Davis (Chair) Tel:01986 873640.

May's Starlight
10km Charity Walk
Saturday 17th May 2025

Walk starts 7pm—Registration from 6pm
Barbecue and bar open from 6pm
Start at Old Hall Southwold Café and
Walks, Halesworth Road, Reydon
IP18 6SG
In aid of:
Sole Bay Care Fund
and
Dementia UK
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Registration £15 in advance £20 on the day
Information and Register at:
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NORFOLK OPEN STUDIOS EVENT CANCELLED.

Organisers have announced that this year's Norfolk Open Studios event will sadly, not go ahead.

The award-winning scheme, which was set to celebrate 30 years in 2025, saw fewer applications from artists, creators and makers wanting to take part this year, making the event unfeasible.

Over the course of three decades, Norfolk Open Studios has shone a spotlight of thousands of the county's artists at all stages of their careers – from school and college students through to emerging talent and established and professional artists.

Norfolk Open Studios was due to take place between 12th and 27th July 2025.

For more info on Norfolk Open Studios visit their website : www.norfolkstudios.org

Waterspouts can make sea creatures rain down from the sky.

Volunteers Brighten Up Southwold with Bridge Makeover and Blooming Verges

The local volunteer group, **New Leaf Reydon and Southwold** has been busy enhancing the area's natural beauty with a series of community-led monthly projects and general maintenance of the area, including regular litter picks.

The group recently completed a significant makeover of **Mights Bridge** in Southwold. This involved a much-needed repainting of the bridge 2024, Followed by a dedicated effort to remove invasive plants like Alexander's and Green Aconite that were choking out native species. To encourage biodiversity, the volunteers have replaced the invasive plants with a vibrant array of native bulbs. This includes cheerful daffodils, enchanting foxgloves, delicate winter aconite, graceful snowdrops, fragrant lavender, colourful poppies, and a touch of bluebells, among others.

Today, the group took another step towards enhancing the local environment by erecting bird boxes throughout the area. These will provide safe nesting sites for a variety of bird species, further enriching the local ecosystem.

Looking ahead, **New Leaf Reydon and Southwold** have ambitious plans to create a thriving bluebell wood. This exciting project will not only enhance the visual appeal of the area but also provide a valuable habitat for local wildlife.

"We are incredibly proud of the work our volunteers have accomplished," said Patrick Huggins creator of the **New Leaf Reydon and Southwold** volunteer group.. "These projects are a testament to the power of community action in creating a more beautiful and sustainable environment for everyone to enjoy."

We have received an agreement from **Southwold Millennium Foundation** to finance £250 worth of bluebell bulbs and their permission to use the land to create a bluebell wood next to the **Stella Peskett Millenium Hall**

New Leaf Reydon and Southwold, encourage anyone interested in joining their volunteering efforts to contact, to text to 07881503529.

We welcome donations <https://www.justgiving.com/crowdfunding/patrick-huggins-2?>
<https://www.facebook.com/newleafreydon>

Thank you to everyone who has supported this initiative, in particular **Reydon Parish Council** and **Suffolk Wildlife**. There are many others who have supported, but too many to mention. It's been very encouraging for the team of volunteers

A massive thanks, to **Ann** from the **Pitstop** in Southwold who has been so incredibly generous in supplying us with her bacon or egg rolls. *Patrick Huggins*



A look at The Cut Arts Centre, Halesworth, Box Office 0300 303 3311

<p>The Promised Land (15) 📅 Wed 9 Apr 2025, 7:30PM 📍 The Cut 📍 Suffolk</p>	<p>National Theatre Live: Dr Strangelove 📅 Thu 10 Apr 2025, 7:00PM 📍 The Cut 📍 Halesworth</p>	<p>Love Lies Bleeding (15) 📅 Wed 16 Apr 2025, 7:30PM 📍 The Cut 📍 Suffolk</p>	<p>Conclave (12) 📅 Wed 30 Apr 2025, 7:30PM 📍 The Cut 📍 Suffolk</p>

The Story of Doo-Wop The TestostaTones

The Seagull Theatre, Lowestoft Thursday 22nd May,

The theatre show *The Story of Doo-Wop*, performed by vocal quartet, The TestostaTones, arrives at The Seagull Theatre, Lowestoft, on Thursday 22nd May.

The production explores the history of the Doo-Wop vocal style, which emerged in the 1950s and played a key role in shaping early rock and roll. Originating from street corners, barbershops, and churches, Doo-Wop groups captivated audiences and quickly transitioned from performing on the streets to dominating the airwaves and recording studios.



The Story of Doo-Wop is uniquely presented as a live radio broadcast, hosted by disc jockey Chuck Anderson, who takes the audience on a journey through the golden era of Doo-Wop. Featuring performances by The TestostaTones, a group that has sung for The Queen, Olly Murs, and Arnold Schwarzenegger and has been featured on BBC Radio 2, the show brings classic hits to life, including 'Blue Moon', 'Earth Angel', 'Runaround Sue', 'Teenager in Love', 'Why Do Fools Fall in Love', and 'In The Still of the Night', among many more.

Group member Richard Ainslie says, "We are really looking forward to performing at The Seagull Theatre. It's always a joy to bring this music to life, and we can't wait to share the experience with the audience in a rare visit to our hometown."

Tickets for the show are priced at £14 (£11 concessions) and are available from the theatre box office on 01502 589726 or online at www.theseagull.co.uk

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In 1995 hailstones bigger than cricket balls fell in Texas USA

The Cupper Family

A talk by Geoffrey Robinson. Report by Jane Evans

The Alde Valley Suffolk Family History Group (AVSFHG) were delighted to welcome to the Fromus Centre, Saxmundham in February, Geoffrey Robinson who delivered a highly entertaining and informative talk about the Cupper family from Suffolk who emigrated to America the latter half of the 19th Century. Geoffrey Robinson is a well-known speaker and author as well as member of Worlingworth Local History Group and Records Secretary to the Suffolk Local History Council. Geoffrey informed us that Henry Adams Cupper was born 1st April 1845 at Benhall Place Farm, Benhall Low Street which is a small village just a couple of miles from Saxmundham.

Henry Cupper was brought up in Benhall and then Framlingham, educated at a private school in Yoxford and then trained in farm management by his uncle. He met Cordelia Harriet Capon and they married in 1872. Cordelia was born at Red House Farm in Framlingham in 1849, hailing from a well-respected farming family, so the marriage merged two Suffolk farming families. Geoffrey explained that here in the UK the price of grain had dropped due to cheap American imports and because the National Agricultural Labourers Union wanted increased pay for farm labourers, the farmers sacked their workers and employed non-union labour. It was a time of threatened harvests and turmoil, all good reasons for the Cupper family to consider emigration to the promised fertile soil of America.

The family emigrated from Liverpool to New York on a steamship the SS Abyssinia, a weekly mail carrier owned by Cunard. Their passage cost about 60 guineas and arrived 2 days late due to stormy weather, and Cordelia was pregnant with their 4th child. They then took the train from New York, an 8-9 day journey stopping for water for the

engine, not the passengers, on their way to Oregon where they stayed for a year. They eventually settled at a homestead which they obtained by "squatters rights", a few miles northwest in what is now known as Cupper Creek, near Monument, Oregon.



Cupper Family photo taken c1895, back left to right: Cordelia "Ethel" Cupper, Frederick "Fred" Cupper, Henry Adams Cupper; front left to right: Morton Capon Cupper, Cordelia Harriet (Capon) Cupper, and Percy Albert Cupper (photo courtesy of Hank Cupper)

Evidently a Native Indian uprising forced the family into Fort Heppner in 1878. To put this era into perspective Geoffrey mentioned that just two years earlier in 1876 General Custer had been defeated at the Battle of Little Big Horn!

In 1885 the family returned to Suffolk in order to purchase horses and livestock to take back. From a Dennington Lodge auction Geoffrey ascertained that Henry Cupper purchased Suffolk Punches, 2 colts and a mare as well as Suffolk sheep.

How did Geoffrey know so much about the Cupper family? As part of his research Geoffrey had managed to trace the last descendant of the family, Hank Cupper. They kept in touch and eventually met up in person in the USA in 2012!

The talk was fascinating and many in the audience knew of their own families emigrating to the New World, so this pioneer family's story brought it all to life.



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ON INSTAGRAM

Barn Owls & Red Kites

The Blyth Valley and Southwold group of the Suffolk Wildlife Trust welcomed Simon Dudhill, from the Hawk and Owl Trust, to talk about his work with barn owls and red kites. Simon has worked for many years with owls and other raptors, monitoring their progress, and building nest boxes suitable for each type of bird. Owls don't build their own nests, but rely largely on outbuildings and trees. The reduction of these habitats has meant that now 80% of barn owls use large oblong or triangular boxes, which you may well have seen. If a barn owl chick falls out of its box, it is in grave danger, as its parents do not look for it, or try to feed it. However, it is sometimes possible to foster a found chick by placing it in another carefully selected nest box. Simon and his colleagues monitor over 800 boxes in an area radiating out from Peterborough. They are licensed to check and ring the birds, and happily this species is now generally secure.

The second part of the talk was about red kites. Spain has asked the RSPB for help with its declining red kite population. Northamptonshire is highly populated with

kites, and it is here that Simon, as part of a team, is finding chicks to help with this project. The scheme has been running for three years now, and so far ninety-six chicks have settled into their new homes. The process is done with great care. Forestry England supplies experienced and licenced climbers who can bring chicks down to the ground. There is always one chick left in the nest, and the same nest is not revisited for three years. They are carefully and fully health checked, ringed, and fitted with GPS trackers before their journey to their new habitat. They are now breeding successfully with local birds, and rearing their young.

The photography was beautiful, and it was a fascinating and enjoyable evening.

Our next meeting is back at the Southwold Arts Centre, IP18 6JP, on Thursday April 10th, at 7.30 pm. There is a short AGM, followed by a film, *The River Gipping*, featuring Paul Heiney. There are refreshments and a raffle. Admission free.

Penny Mansfield. contact us at swtblythvalley@gmail.com

FORGET me NOTS

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COMING UP AT the seagull  **APRIL '25**

The Gull Rep presents Man of Mode
Wednesday 2nd April
7pm
£5
The Gull Rep young creatives bring you sleek, stylish and outrageous nonsense in this fast-paced adaptation of the infamous restoration comedy *Man of Mode*.

fEAST Theatre presents Tales from the Motherland
Friday 4th April
7.30pm
£11
This comic tale brings you the funny but poignant stories of three mothers whose secrets, lies and misdemeanours create havoc in the lives of their adult children.

Robin Hood
Thursday 10th - Saturday 12th April
10.30am and 1.30pm
£8
Take a trip with us to Sherwood Forest this Easter holiday and join Robin Hood and his Merry Men on their adventures through jolly old England. With all the laugh-out-loud moments you have come to expect from the early years pantomime team.





The wind doesn't make a sound until it blows against an object.

VOXCETERA CHAMBER CHOIR presents **SPRING'S SWEET VOICE: CHORAL MUSIC FROM BYRD TO BACHARACH**

Saturday 24 May, 7.30pm at Holy Trinity Church, Blythburgh, Suffolk

Following their triumphant concert last spring, London-based chamber choir Voxcetera will return to the "Cathedral of the Marshes" in Blythburgh, Suffolk on 24 May to share a programme of choral music featuring compositions by Mozart, Byrd, Brahms, Elgar, Ola Gjeilo, Karl Jenkins, John Rutter and more.

The concert features both traditional European sacred music, and secular treats including selections of Elgar's charming "Songs from the Bavarian Highlands" and John Rutter's haunting arrangements of folk songs from his collection *The Sprig of Thyme*. There will also be work by the popular and prolific choral composer Paul Ayres including his version of Burt Bacharach's (They long to be) *Close To You*.

Jane Hopkins, Voxcetera's founding conductor, says:

"Bringing Voxcetera to Holy Trinity Church last year was something of a bucket-list fulfilment. And having enjoyed such a warmly receptive audience, we were all excited to come back and share more music. I'm lucky enough to have become very familiar with this part of the world - I married a boy from Wangford - and seeing the "Cathedral of the Marshes" towering over the landscape at the end of journeys from London always feels like a

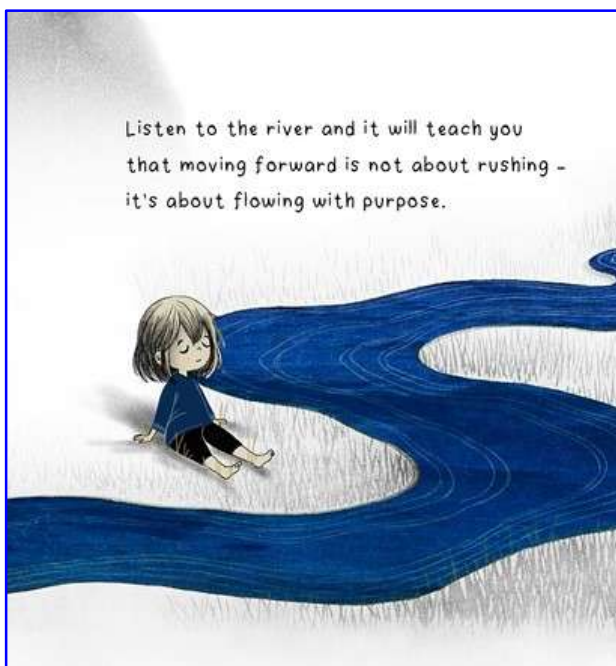
happy and magical welcome.

"This year's programme is full of variety – you'll hear music that is moving, uplifting exhilarating, plaintive, and just plain fun.



There's something for everyone to enjoy."

Founded in 2009, Voxcetera has performed at venues across the capital including the prestigious St Martin-in-the-Fields, St John's Smith Square and the South Bank Centre and at events for the British Library and Science Museum, as well as further afield in the UK and overseas. This concert is the choir's fourth visit to Suffolk, having also performed in Newmarket and Earl Soham. The choir will be accompanied by Paul Ayres on piano and organ. Tickets are available now from www.voxcetera.co.uk. See our ad on page 31



WANTED
ROBIN HOOD

10th - 12th April, 2025
10:30am and 1:30pm

CERYS ROSCOE
as
MAID MARION

SUFFOLK Community Foundation
0333 666 3366
www.theseagull.co.uk

the seagull
inspiring our community through the arts

SUFFOLK COUNTY MUSIC SERVICE: HELPING YOUNG MUSICIANS TO THRIVE

Suffolk County Music Service fully supports Ed Sheeran's letter to the Government and the call for a UK wide £250 million Music Education package this spring.

Suffolk County Music Service remains dedicated to supporting schools and young people, both in delivering the national curriculum and in nurturing young instrumentalists within their settings. Our Music for Schools offer for 2025/26 has just been launched, ensuring that pupils in educational settings across Suffolk can continue to benefit from our high-quality music education provision.

We are committed to making music accessible to all—children eligible for remissions or free school meals can benefit from free instrument hire, half-price individual lessons, and reduced or free membership to all of our music groups. We offer weekly musical activities across the county for children and young people, to take

their playing to the next level. Beyond this, our more advanced young musicians are currently preparing for our residential course in two weeks' time, culminating in a spectacular Easter Concert that will showcase the incredible talent nurtured within our service.

As we continue to flourish, we are excited to announce that we are relocating our administrative base to Martlesham next week, establishing a dedicated, standalone centre to further strengthen our support for schools, young people, and the wider community.

Suffolk County Music Service remains committed to inspiring and supporting the next generation of musicians, ensuring that music remains an integral and accessible part of education in our region.

For more information about our programmes & opportunities, please visit: www.countymusicservices.co.uk.

NATURAL PAINKILLERS

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- BANANA: RELIEVES MUSCLE CRAMPS
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- CHIA SEEDS: SOOTHES JOINT STIFFNESS
- GRAPEFRUIT: ALLEVIATES SWELLING AND INFLAMMATION

FREE
Experience the magic of community with immersive theatre activities for all ages at the INK Festival

SUNDAY INK FUNDAY

Punch & Judy, Face Painting, Live Music, Free Pizza for Kids

27 April 11:00 – 16:00
Halesworth Market Place
inkfestival.org

ARTS COUNCIL ENGLAND, Backstage Trust DURRANTS, HALESWORTH TOWN COUNCIL

COMPANION PLANTING FOR RAISED BEDS

- TOMATOES & BASIL
- CARROTS & ONIONS
- CUCUMBERS & NASTURTIUMS
- PEPPERS & MARIGOLDS
- LETTUCE & RADISHES
- ZUCCHINI & BORAGE

Kirkley Chat

Everyone is welcome

Make new friends, find out what's happening in Kirkley or just have a chat

Every Tuesday 11am-1pm

The Community Suite, The Kirkley Centre, 154 London Road South

Kirkley Parish Council

Fortnightly Free Ukulele Classes
Tuesday Evenings

7.00pm - 7.45pm: Beginners Class
8.00pm - 9.00pm: Ukulele Jam Session

the seagull

For information email: community@theseagull.co.uk

ARTS COUNCIL ENGLAND

SUFFOLK LIBRARIES WHERE I BELONG

Jigsaw Swap Shop

@ Southwold Library

Borrow one and return it or swap for your own

For each minute of the day, 1 billion tonnes of rain falls on the Earth.

THE LADY IN THE CHECK-OUT LINE

At the end, the Alzheimer's had left his mother a lost, old woman who would sit all day in her geriatric chair staring off into the distance. He would visit her at the church home and sit by her side, trying his best to lure the old light back into her eyes, hoping to see for just a moment the spark of recognition that would sometimes reappear out of the blue. On their last day together she was particularly feeble, and the afternoon had been long with silence. He had turned sadly to leave when he felt her hand reach for his. When he looked back into her eyes, they were soft and alive, and he could see that his mother recognized him. He felt her hand tighten around his. She leaned close and said, in words just above a whisper, "There was a woman in the check-out line who thought you were the most beautiful baby."

That was all. Soon her eyes went dull, and there was no elaboration, and he knew that none would come. The next morning, the call came from the home, and

they told him that his mother had died in the night. In the years that followed he thought often about his mother's last words to him and about the woman in the check-out line. She was in his thoughts when he wrote, "Sometimes the most lasting memory is of the smallest kindness," and again, "There is no effect more disproportionate to its cause than the pleasure bestowed by a small compliment."

There was a woman once who took a moment to compliment a young mother on her baby. Did she ever think again of her kind gesture? Did she imagine that her words would be carried in another person's memory for a lifetime? Did she guess that fifty years later, a dying old woman, searching her crippled memory for words to console a grieving son, would say to him, "There was a woman in the check-out line who thought you were the most beautiful baby."

~~ Robert Brault

New: Free Family History Advice in Aldeburgh

Interested in family history? Want to track down that elusive ancestor? Grappling with your family tree? Then come along to Aldeburgh Library, Victoria Road, Aldeburgh, IP15 5EG between 2 and 4pm on the 3rd Wednesday of the month, when members of the Alde Valley Suffolk Family History Group are there to offer free advice and guidance.

No need to book in advance – just drop in! Similar drop-in sessions have been running at Leiston and Saxmundham Libraries for some years, and have been so popular that we now cover Aldeburgh as well.

EAST POINT PAVILION

Lowestoft

Early Years Easter Party
Monday 7 April 2025
10am - 11.30am

Tickets:
£5 child (2-6 years)
£2 adult




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Spring Into a Good Book This April at Halesworth Library!

As we welcome the warmer months, take advantage of our lovely garden at Halesworth Library and choose a book to read out in the sun! Or if you're looking to keep your little ones entertained throughout the Easter holidays, we will have different activities, games and books (of course!) out everyday for everyone to enjoy. Every Saturday, 12-1pm, we have a new drop-in Lego Club and on Sunday 13th and 27th, 10:30-11:30 we have 'Family Board Game Club'. On Saturday 19th April, 11am-12pm come along to make some Easter baskets in preparation for Easter Sunday! Please note that the library will be closed on Friday 18th, Sunday 20th and Monday 21st April, in line with the Easter bank holidays.

There's still time to book a place to attend the 'Thursday Book Talk' on Thursday 27th March at 7.30pm. The Friends of Halesworth Library welcome author Natalie Meg Evans, to celebrate the debut of 'Murder at Merry Beggars Hall' written under her new guise as mystery writer, Kay Blythe. Where do the ideas come from, how many twists make a plot and most intriguing of all, Whodunnit... and why? To find out, call us on 01986 875095

or email friendsofhalesworthlibrary@gmail.com to book your place.

Our usual programme of events will continue throughout the month, so bring your little ones along every Tuesday 10.00-11.30 for our free Rhyme Time & Play session to sing fun songs followed by free play with our toys. We also hold a Time Out group for older people every Wednesday 10am to make new friends and chat over a cup of tea. There will also be a session of Sociable Sundays on 6th and 20th April 10.30-12.30pm and Board Games Cafe on Monday 31st March and Monday 28th April 2-4.30pm, both hosted and run by volunteers of the Friends of Halesworth Library.

You can find advice drop-ins from East Suffolk Council Customer services every Tuesday 10.00-16.00 and Barclays Bank on Wednesdays 09.00-17.00. Citizens Advice have a drop-in every other Tuesday 10.00-12.00, please ask a member of staff for future dates.

Did you know that the library can deliver books to your home? If you're unable to visit us at the library, one of our volunteers can come to you. Please contact us on 01986 875095 for further information.

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VOXCETERA

COMING UP AT the seagull APRIL '25

Anna Pancaldi
Friday 18th April
7.30pm
£11
An enchanting and noteworthy London-based singer-songwriter influenced by the likes of Joni Mitchell, Carole King and proves a rare talent and an artist to remember through her wondrous vocals and thought-provoking songbook.

Ryan Redwood
Saturday 19th April
7pm
£7 in advance/£9 on the door
From signing with management at Recordstars PR, releasing his hit track 'Old News' this summer, which gained airplay from multiple independent radio stations, and playing a legendary gig at Off The Square for 'This Feeling', it's clear that this promising artist is becoming absolutely unstoppable.

Purple Jimi and the Cultish
Friday 25th April
7.30pm
£12
Purple Jimi deliver a full-on show that features all of your favourite Hendrix tunes, performed with an energy and virtuosity that transcends tribute band status.

FIRST LIGHT FESTIVAL

SEE YOU ON THE BEACH
21-22 JUNE

A cubic mile of ordinary fog contains less than a gallon of water.



I stood talking with two men recently as they were watching a pair of pigeons sitting on a wire. One of the men looked up and said "There is a good dinner."

He went on to tell me that they make a lovely pie. 'But aren't they vermin?' I asked. 'Yes' he said unhesitatingly 'but they still make a good pie!' He smiled.

I looked up at the pigeons as they sat there lovingly preening one another and the conversation continued.

I thought of the letter I had once received about a Muntjac injured on the road, the writer of which was really was quite dismissive of the animal. Once labeled as vermin, that appeared to herald the end of any concern for the creature, much like the Muntjac and rats.

The man went on to say that vermin is defined as any animal, insect or bird that damages crops trees and/or habitat, and as pigeons damage crops, they are vermin. Vermin appears to be a label that mankind has attached to any animal that he does not want to share the planet with. Any animal, bird or insect that he thinks he can do without. The label of 'vermin' seems to imply that the eradication of this species would not be mourned, in fact, it would be actively encouraged perhaps.

I have seen the love that pairs of pigeons, doves, even the humble sparrow share with

each other. I have seen questioning despair in the eyes of Muntjac, dogs, cats and other animals as they lay dying after being hit by vehicles. They lived their lives in balance. They may have eaten crops, chewed at trees or dug burrows but that is what they do. Carrying disease is also something that they do.

If you travel to indigenous tribes the world over and speak to the sages and the shamen they will show you plants that heal and the plants that you must not touch because they will harm you. They will show animals that are poisonous and very dangerous to life. They do not want to kill these animals, snakes and insects. Nor do they want to kill the plants that are harmful. They respect all life and leave it alone. None are labeled as vermin and treated with contempt. If Great Spirit has put the plant there, they say, then it has a purpose in the web of life.

Modern man is so far out of balance with all of nature and the universe itself. He is merely a single strand in the web of life and is NOT it's master, though he sees himself as such. His ignorance controls his destructive actions. It is time to look to true spirituality and the workings of the universe in terms energy, frequency and vibration.

Only then will mankind grow in true wisdom

It's kind of scary when the weatherman is the closest one to telling you the truth on the news!

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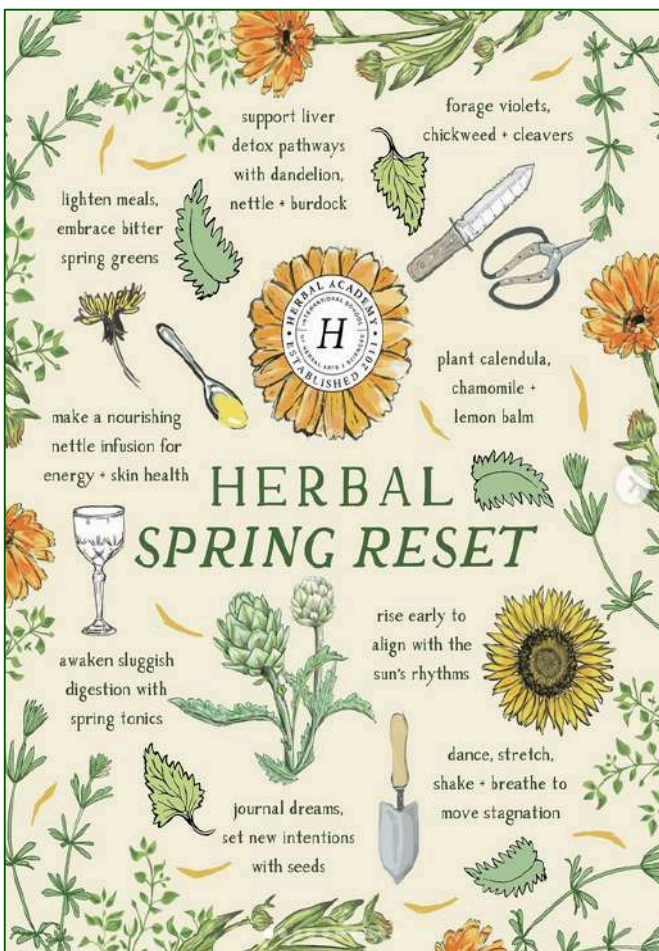
The ultimate sacrifice

A long time ago I worked as a volunteer at a hospital. There was a little girl, who suffered from a serious disease. The only chance for her recovery was a blood transfusion from her five-year-old brother, since he had experienced the same disease and had miraculously recovered. Thus he had the needed antibodies to struggle with this illness.

So the doctor told about the situation to the boy and asked him, if he is willing to give his blood to his sister. He hesitate only for a moment, then the little boy took a deep breath and said: "Yes, I will do this, if it will save her life". During the transmission his sister was laying in bed next to him. The boy looked at her and smiled, but gradually his face became pale and his smile faded.

He asked the doctor with a trembling voice: "Will I start to die now?"

The little boy thought that he would have to give all his blood to save the life of his beloved sister and yet he did not hesitate. Anon



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Building upon its success as a BIFA qualifying short film festival, SFF 2025 promises an expanded and diverse cinematic experience, showcasing 187 exceptional short films from 42 countries across the world.

This year's festival will feature a rich tapestry of stories from across their 10 competition categories, highlighting the talent and creativity of emerging filmmakers. The programme includes new additions such as a dedicated 'SFF for Free' offering, Virtual Reality (VR) experiences, and the World Premiere of a Lowestoft-based online series entitled Time Travelling with Myself.

"We're looking forward to welcoming you back to Lowestoft's very own Sunrise Film Festival. This year marks our fourth annual edition and 2025 is our second edition as a BIFA qualifying short film festival.



We're proud that our festival continues to be affordable to access whilst the cost of living continues to rise, as well as opportunities to access culture becoming ever more inaccessible. More than ever a platform like ours is needed to make the industry more equal and representative of the diversity of those who work within the film industry, said Joshua Freemantle, Leading Founder of the Festival.

We look forward to welcoming many of our nominees, filmmakers and audience Behind our selected films to Lowestoft in-person this May, as we continue to grow this celebration of independent film on the East Anglian Coast."

The festival's programming reflects a commitment to diversity and accessibility, with thematic strands designed to cater to a wide range of interests. Highlights include:

East Anglia on Film: Championing local stories and homegrown talent.

Sharing Our Stories: Exploring the myriads of ways to be human.

It's Giving Comedy: Celebrating the breadth of the comedy genre.

Are You Afraid: A frightful late-night horror and thriller strand.

The Next Wave: Highlighting the work of exceptional filmmakers at the beginning of their careers.

Let's Talk Mental Health & Break the Stigma: Addressing commonly misunderstood topics, amplifying lived experiences and the importance of mental health.



Pic top: Time Travelling With Myself. Bottom Pic: Chloe Beale Programming lead. Continued>>



"This year, Sunrise Film Festival welcomed a record number of short film submissions, equating to just over 124 hours of watching. With this spike in submissions came greater diversity in themes, styles and stories than we've ever seen before

The films you'll see at SFF this year are bold, enlightening and outrageous, telling important stories from across the UK and for the first time ever in-competition from across the world. Our programme is arranged into thematic strands, meaning that whatever you're interested in, we've got it covered, said Chloe Beale, Programming Lead of the Festival.

We once again recruited a group of volunteer curators, working alongside our festival's founding team, to build a bumper programme that showcases the incredible talent and creativity of emerging filmmakers."



The festival extends its gratitude to the dedicated team of volunteers, including online screening committee members, judges, and the festival committee, who make this event possible. Special thanks are also given to Lowestoft Town Council for their continued backing, our sponsors and partners who have contributed to the festival's success, including the support from Film Hub South East distributing funding from the BFI Film Audience Network, awarding funds from the National Lottery in order to bring this project to more audiences across the UK.

Sunrise Film Festival has become one of the UK's largest celebrations of diverse stories and underrepresented filmmakers since its inception in 2021.

For more information about the programme, ticketing, and festival events, please visit <https://sunrisefilmfestival.co.uk> Picture: Joshua Freemantle

That's all folks - Keep spreading the happiness and the love
We are back in May. Contact us: the.buglemag@yahoo.co.uk 01502 578074