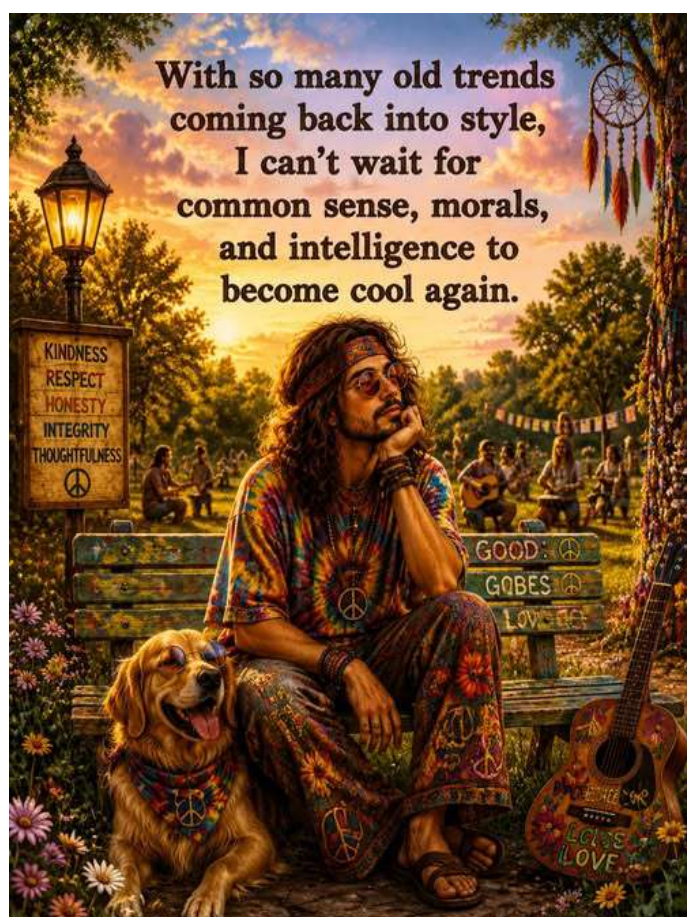


The Bugle Magazine

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

Paddington In Peru
FREE outdoor
Summer Screening
in Leiston
See Page 19

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Lydia Eva/Mincarlo Trust
Jet Adventures
Naturally Healthy
Book Of The Month
Man Made Wonder
Ancient Wisdom
& Much More!



FOR YOUR LOCAL EVENTS & HAPPENINGS IT'S GOT TO BE THE BUGLE - TELL YOUR FRIENDS.

THE TIMES THEY ARE A' CHANGING

News from The Bugle

The times certainly are a changing and not for the better, It is a funny old world today and no mistake - and it is a shadow of the world us oldies knew in the 60s and 70s

Needless to say the world is very volatile at the moment and that is why I believe that community togetherness and oneness is vital and will go a long way to seeing us through what may lay ahead. To that end, even though The Bugle Magazine long since stopped being a business of any kind, we have continued to publish it as a community magazine.

I am sure that in the future, communities that stick together and work together stand a very good chance of riding out whatever may come along. To that end anything from community events like shows, street fun, dances, bingo, cinema and theatre are essential for everyone as collective activities bringing happiness and joy.

The Bugle is produced by us as a bit of a 'labour of love' and we are committed to advertising all community events and happenings absolutely FREE of charge. We can do this because we

own the software that allows us to produce a magazine of professional quality.

Having said that we love supporting local businesses with low cost adverts and support.

Three more theatres have been added to our list of those that we advertise for free each month. We build the adverts, and visit the individual websites to gather info for the ads. Next month we hope to add The Fisher Theatre in Bungay which will complete our list. We wish them all continued success.

This magazine is distributed free via email and we would love you to tell your friends about us and get even more to sign up to get it FREE every month, direct to their Inbox! The more who sign up, the more people we reach! So carry on sending us your event posters and organising lots of community activities for everyone to enjoy. And please tell anyone who is organising any local events to send us all the info!

All good wishes
Anna & Neal

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the good funeral guide

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1940s WEEKEND

Saturday 18th & Sunday 19th July 2026
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*The East Anglia Transport Museum Society Limited is a registered charity (no 240306). All opening hours, times and attractions are subject to availability and prior notice. The museum may not be able to open in some bad weather. Always check our Facebook page before you visit.

Submitting articles? 500 word maximum please. Less if images are included.

Deadline for copy is the 20th of the month preceding publication



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

Wednesday 15th July. WAVENEY GARDENERS CLUB - Jason Breed talk on Herbs and their uses. 7.30pm St Luke's Church Hall Homefield Avenue, Lowestoft NR33 9BX. Non members welcome. www.waveneygardenersclub.uk

Friday 17th July POP ON THE PROMS at Southwold Cafe & Putting Green, North Parade, 6pm - 10.30pm. £25

Saturday 18th - Sunday 19th July.FLOWER FESTIVAL ST PETER'S CHURCH, HOLT 'GAMES WE LIKE TO PLAY' 10.00 am - 4.00 pm Refreshments - Stalls - Tombola . Songs of Praise Service Sunday at 6.30 pm

Thursday 23rd July. LATITUDE FESTIVAL Henham Park featuring Lewis Capaldi, Teddy Swims, Wet Leg, Tom Odell, The Last Dinner Party, Vanessa Carlton, Billy Ocean, Tom Grennan, David Byrne ,The Flaming Lips, Kevin Morby, Dry Cleaning, English Teacher, Just Mustard, Keo, Self Esteem. See Latitude Festival website for more.

Wednesday 22nd July. BOAT & BOOT TRIP FROM BECCLES TO GELDESTON 10am from Beccles Quay Car Park. Join the Broads Authority Rangers for a Boat and Boot trip on the River Waveney.A memorable day of exploration, combining a guided riverside walk with a serene boat trip along the River Waveney aboard the Ranger patrol launch. Along the journey, our knowledgeable guides will share fascinating insights into the area's history, ecology, and the diverse species that thrive in this beautiful natural environment. At midday, lunch at a scenic spot before swapping activities. Those who start with the walk will return by boat, and vice versa. Event suitable for over 16s. Dogs allowed.Please come dressed for the weather, sturdy footwear, sunscreen, snacks/lunch and water. Meet at Beccles Quay (NR34 9BB). If you have any questions please contact Broads Control by emailing Broads.Control@broads-authority.gov.uk or calling 01603 756056.

Friday 24th - Sunday 26th July 5pm SOUTHWOLD FOOD AND DRINK FESTIVAL 10am - 5pm at Gun Hill, Southwold

Saturday 25th July WENHASTON PRODUCE AND CRAFT MARKET 10am - 12.30pm in the village hall IP19 9EP. A wide and ever changing range of good food local produce, cakes, teas and a range of goods from local artisan providers! Details phone Carol 01502 478732.

Saturday 25th July. WRENTHAM VILLAGE HALL FILM NIGHT SONG SUNG BLUE (12A) 2025 American musical based on the true story of two working-class dreamers who form a joyous Neil Diamond tribute band. Stars Hugh Jackman and Kate Hudson. Open 18.45, film 19.30. £5 on the door. Refreshments available.

Sunday 2nd August. BECCLES DUCK RACE. Join the fun on the Quay from 10am. Lots of Stalls and Family Fun

28th - 30th August SOUTHWOLD SOUNDS MUSIC FESTIVAL.Southwold Common for a family-friendly music festival

Tickets: <https://longtallproductions.live/southwold-sounds/> Email: info@longtallproductions.co.uk

KESSINGLAND CARBOOT
WEDNESDAYS

Support a local hub

For Kessingland Car Boot to succeed on a Wednesday, it needs **SELLERS, BUYERS** and commitment to grow.

By supporting this local hub, you're helping to create a new midweek occasion for the community.

Meet friends | Enjoy a cuppa | Have a mooch

The more people who take part, the stronger and more successful it can become for everyone.

St Peter South Elmham Boules Championship 2026

To be Held at Ilketshall St Andrew Village Hall

Sunday 19th July

Registration 9.30am – Please Note – No Entries on the Day

Leagues followed by knockout

Entry Fee £28.00 per team (4 people) Entries Close 12th July 2026

This is a fun event aimed at all ages and abilities. No previous experience necessary.

Food and drink will be available during the day.

Enquiries tim.maycock@btinternet.com or 01985 782296

Proceeds in aid of St Peter's Church

“With the right music you either forget everything or remember everything!”



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

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 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 at Beccles Public Hall 2pm till 4pm. £2pp. Live music followed by tea/cake/chat. More info 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.singing with Helen Hayes. Free entry. Details 01449 707030

Every Tuesday A DEMENTIA CLUB 11am to 2:30pm at The Deaf Centre 50-52 Blackheath Road, Lowestoft NR33 7JG. A safe space where those with dementia plus partners/carers can meet and enjoy various activities & 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

First Tuesday of the Month SUFFOLK CARERS MATTER: Family carers aged 55+ come along to our FREE natter group, 10am – 12 noon. Morrisons Café, 18 Tower Road, Pakefield, NR33 7NG. Contact Sharon: Tel: 01284 333035

First Wednesday every month 'BECCLES SOCIETY FOR ART' meeting at the Club, London Road, Beccles, NR34 9TZ 7.15pm - 9pm. For anyone interested in Art. We have Talks and/or demos about art. A Friendly group of people Email: Beccles.BSA.artists@hotmail.com or tel' James on 07399572122

Every Wednesday. CHAIR YOGA - WRENTHAM VILLAGE HALL. Seated stretching, breath-work and meditation. £6 adm

Every Wednesday. FEN PARK VOLUNTEERS, Kirkley Lowestoft. Volunteers needed to help upkeep of park.12.30 - 4.30pm

Every Wednesday. LOWESTOFT FOLK DANCE CLUB. English Country Dancing. 7.30pm – 9.30pm. St. Mark's Church Hall, Oulton Broad, Lowestoft. NR33 9JX. Suitable for All. Cost inc tea £3.20. Just come along or Enquiries Ann 07751321728

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

First Wednesday of the month. REYDON WI. 2.30pm Reydon Village Hall. E: 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.

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

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 gandjgibbon@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 & Fourth Fridays very month MAH-JONG GROUP 2.15pm – 4.15pm at Southwold Library. £1.00 per person

Last Friday of the month March -October: BLYTHBURGH MINI MARKET AND CAFE, Blythburgh Church, IP19 9LL. 10:30am to 12 mid-day. Stalls selling a variety of items, including cards, girls, 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 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 localcrafts, Hot food & drink in the cafe. 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 phpp. For info/book call 07584246510

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

2nd Sunday Every Month. HEALING SUNDAY AT THE HARMONY CENTRE IN WALPOLE. 11.00 am to 12.30 pm Relax and enjoy a Deep Healing Experience. Bring warm socks and a blanket. £18 To Book: Contact Carol on 0755 779 2013

MAN MADE WONDER



Yikes! This bridge looks kind of scary and also weirdly ethereal, like a confusing impossible bridge that we might see in our dreams. But in fact, it's a real-life structure that can be found in the Xianju county of Taizhou City, in the Zhejiang Province in East China.

This aerial view has snapped what is known as the "Ruyi Bridge", so-called because it resembles a ruyi, a curved object often used as a scepter or talisman and represents power and good luck in Chinese tradition.



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ALDE VALLEY SUFFOLK FAMILY HISTORY GROUP

"Presenting and preserving the past" with Janet Few Monday 20th July 2.30pm in Saxmundham

In a change to our previously advertised programme, the July meeting of the Alde Valley Suffolk Family History Group will be a talk by Janet Few (pictured) entitled "Presenting and preserving the past".

As family historians, we are the current custodians of family memory. With each generation that passes, some of that information leaches away. We owe it to those who follow to halt that erosion and preserve as much as possible of our family heritage. Family anecdotes and memories, photographs and our own reminiscences are part of that legacy, as well as the stories behind heirlooms and artefacts of family significance. These may not be items of monetary worth but their value in our shared past can be incalculable. This talk does not focus on scientific preservation and conservation techniques but on the importance of being a custodian of memory, with a duty to hand that down, giving suggestions as to how that might be achieved.

Dr. Janet Few is a British historian, genealogist, and author specialising in 17th-century social history. Best known for her educational books, living history interpretations as "Mistress Agnes," and award-winning historical fiction, she is the president of the Family History Federation.

The talk takes place on Monday 20th July at 2.30pm, in person at the Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL (behind the Library) and, for members only, on Zoom. The speaker will be talking to us on Zoom. The talk starts at 2.30pm. No need to book – just turn up — free for members and £5.00 for visitors, including tea/coffee/biscuits. Good, free car-parking. Only members can take part in our meetings on Zoom, but it only costs £10 for a year's membership – see: <https://www.avsfhg.org.uk/join-us?section=register> – and Zooming is free.



SOUTHWOLD & REYDON SOCIETY PRESENTS



SOUTHWOLD SANDCASTLE COMPETITION
SATURDAY 11TH JULY 2026

TAKING PLACE ON SOUTHWOLD BEACH IN FRONT OF GUN HILL



REGISTRATION FROM 12:30
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JUDGING FROM 3PM
PRIZE GIVING: 4PM

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 George Double - drums

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 Doors 7pm Show 7.30pm

Box Office 01502 722572
info@southwoldartscentre.co.uk




Tim The Travel Writer

When we visit St Malo we speak French. As an A-level French student my wife Caroline lived in Paris and our daughter Harriett(15) is taking the language for GCSE.

Our French experience starts just after lunch aboard the Condor Ferries Voyager from Poole to St Malo. It's a joyful relaxed time where we relish and savour the patois of the smart, happy, professional French crew. There are some real characters and it's entertaining watching them at their various tasks during the crossing, which stops at Guernsey on the way.

Our gite, in a little village called Plerguer, is one of four old stone cottages, and the owner Madame Gaelle greets us with a roaring fire on this chilly evening. Caroline holds the conversation admirably while I take a back seat (as is often the case during this visit). Harriett listens and learns. We settle in and soon fall asleep. The children enjoy the trampoline here and after a couple of days some German children stay at the gite next door, which gives Heidi the ideal opportunity to sprechen zie Deutsche and the fact that they all love football means that Henry is also happy.

Henry must go to the boulangerie. Why not? So we all troop down to the well presented village – with the newest looking toilets I have seen in a long time - and it's not long before we're standing outside the shop.

"So what are you going to buy then Henry?"

"A pain au chocolat and a croissant," he beams.

There's no better way to learn the language than through your stomach. So, in we all venture. Caroline advises on the French and after some hesitation and repetition in order to make ourselves understood, Henry hands over the cash. Needless to say we return to this shop on several occasions...

Just opposite is L'ecole des Badious where we are greeted by the friendly headmistress Madame Pieplus. We talk to 30 primary school children in French and English. During break time our children are invited to play with the pupils in the playground. This is undoubtedly a good bit of PR for Britain and well received. Although Heidi is learning German for GCSE, the experience has made her want to also master French - she enjoys the French vocabulary.

Time in France draws to a close and we must leave early to board the Condor Ferry Voyager for Guernsey where we stay for the day and night before returning to Poole. After a couple of hours we arrive at St Peter Port and then head for the Peninsula Hotel. The weather is so nice that we spend time on the lovely sandy beach messing about before returning to our well appointed interconnecting rooms where we all enjoy a soak. The children watch some tele and I'm able to read some of my book in between dozing. Bliss. Henry rings reception to organise an early morning call. Later in the evening we discover Vale Recreation Ground, not just any rec but the one where Saints legend Matt Le Tissier played youth football.

For more information visit: brittany-ferries.co.uk plerguer.fr/l-ecole-des-badious peninsula.gg

Watch the videos at www.travelwriter.biz





The Grumpy Old Man

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



I couldn't believe it when I saw this load of twaddle on Yahoo news recently

Cadbury is on a bit of a roll this year when it comes to new product launches. First came the surprisingly delicious new Brunch Bar flavour (with orange and Rice Krispies), then the announcement that a golden-dipped Twirl is on its way later this year. And now, the chocolate giant has dropped another intriguing creation that sounds made for summer - the new Cadbury Dairy Milk Strawberries & Cream Frappé bar. Bringing together all the textures we want from a chocolate bar: Early reviews have been overwhelmingly positive. Shoppers are praising the combination of creamy chocolate and crispy strawberry pieces.

What a load of utter tosh - I would like to know how much Yahoo got from the people who systematically destroyed the great British institution that was Cadbury's. Their products taste evermore like slimy goo and their Easter eggs stayed on supermarket shelves at cut down prices long after the Easter period was forgotten. Cadbury's sales have long since plummeted to all time lows as everything that made Cadbury's, Cadbury's - was systematically destroyed by it's new profit driven corporate owners. Sorry Mondelez International, your version of Cadbury's is tasteless shyte that is unworthy of the name Cadbury's. Perhaps you should remove the Cadbury name and distinctive purple wrapper from your grossly inferior imitation product and call it what it is (see previous sentence for a clue!) It should not be hard for you. You already lost the 'By Appointment' stamp after Queen Elizabeth II tasted the liquid diarrhoea soon after your purchase of the brand.

Say Goodbye to Real Chocolate

On another note, despite Cocoa being at it lowest price for years, that still is not enough for the greedy monoliths producing your chocolate bars - with ever increasing prices and ever reducing quality and taste. Now the race is on to produce 'Lab Grown', 'Cultivated' chocolate with cells taken direct from the cocoa bean. You couldn't make this shyte up! The big 'chocolate' manufacturers are queuing up to profit from the Frankenstein mentality of it all. Watch out!

Knighthoods

Can anybody tell me what happened to Knighthoods? When did they become so meaningless and purchasable? I can understand ordinary folks getting well-deserved knighthoods or MBEs and the like, that is right and proper but it seems to me to be out of hand now. Tony B Liar started it all with a seat in the Lords for a few of his mates who helped make him rich - but it has gotten worse. Why oh why do the likes of David Beckham get a Knighthood? That kind of honour devalues the Knighthood in the eyes of many people. He only played football - Yes he was good at it but so are thousands of people in any chosen career - all doing a good job without the fame. Quietly getting on with it. And he now has a star on the Hollywood walk of Fame. Has he been in a quality film - ever? Apart from lending his name to Bend It Like Beckham, starring Keira Knightley!

The New Bins in Suffolk.

Blimey there has been a lot of shouting about the new refuse bin 'system' recently implemented by ESC and MSDC. New bin colours and one with a different colour lid and a tiny bin one foot high for the leprechauns to use. I don't know how much 'food waste' you can get in there between collection days but it isn't much! Not to mention the rats. We have rats in our part of the world, as big as cats and I have seen the huge chunks taken out of the big bins by those hungry little babes. Can you imagine the mess they would make of the Leprechaun bins? No, they can probably lift the lid quite easily and climb in, nosh all the grub and use it as a shelter in inclement weather. Handy!

And Finally - The tons of literature sent out to every household, full colour leaflets/brochures telling you what you can put in what bin and the lengthy list of confusing collection days - must have cost an amount equivalent to the GDP of Bolivia. As someone said to me the other day; Why didn't they just put a simple sticker on every bin saying what you COULD put in there?

The best ideas are always the simplest I find.

Psychologist: The person who watches everyone else when a beautiful girl enters the room

Halesworth Dementia Carers Fund

Golf Day — Over £5,600 Raised!

We are absolutely thrilled to report that our recent charity golf day was a tremendous success, raising over £5,600 for the Fund. This is an extraordinary result and a testament to the generosity of everyone who took part, sponsored a hole, donated prizes, or helped to organise and run the event on the day. Huge thanks to everyone at Halesworth Golf Club and our main sponsor, Suffolk Car Centre for your continued support.

Every penny raised will go directly towards supporting people living with memory problems and the family carers who look after them in Halesworth and the surrounding area. We are enormously grateful to all of our supporters, and look forward to making this an annual fixture in the Halesworth community calendar. With special thanks to all our sponsors:

Suffolk Car Centre, Go Explore, Durrants, Cecil Amery, Huus, Van Dijk, Dynamic Dental Studio, Pearce and Kemp, Spectra, Broadway, Townsend Electrical, Micro Press, Gentleman's Row, AW&D Hammond, Jordan Fencing, Walfinch, Attik, M.R.W.C.S Electrical, S.J Geomatics, Richardsons Gun Shop, Hoppa Bus, Terry Jeffery, Thorpness Golf Club, Aldeburgh Golf Club, Southwold Golf Club.

Introducing Hands Up for Halesworth

We are delighted to be part of an exciting new community initiative: Hands Up for Halesworth. This project has been created to make it as easy as possible for local people to discover the many voluntary organisations in Halesworth and the surrounding towns and villages and to find out

how they can get involved. If you have a few hours to spare and would like to give something back to your community, visit:

www.handsupforhalesworth.co.uk

to see what's available and how you can help. HDCF is proud to be listed on the platform.

Volunteering with us is a rewarding and meaningful way to support people affected by dementia in our community. Whether you can offer a few hours a week or a little more, we would love to hear from you:

www.handsupforhalesworth.co.uk

Day Centre — Spaces Available

Our Day Centre at the Patrick Stead Day Care Centre, London Road, Halesworth IP19 8LR continues to provide a warm, friendly, and stimulating environment for people living with memory problems. We cover Halesworth and the surrounding towns and villages, and we currently have spaces available. We meet as follows
Fridays 9:30am – 3:30pm Spaces available now!
Our Day Centre is free to attend, there is just a £5 charge for a hot lunch (donations always welcome). Activities include music, reminiscence, crafts and gentle exercise in a supportive and sociable setting. As well as the Day Centre, HDCF offers a range of support for people affected by dementia and their carers:

Get in touch 07990 199632

info@halesworthdementia.co.uk

www.halesworthdementia.co.uk

Registered Charity No. 1170477



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JULY 3



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JULY 11



TALES OF PETER RABBIT AND BENJAMIN BUNNY
JULY 31

www.thoringtontheatre.co.uk E: info@thoringtontheatre.co.uk

I was wondering why the ball was getting bigger – and then it hit me.

SONG SONG BLUE

**Seagull Theatre
Pakefield
Sat 17th July
7.30pm**

This Summer, music lovers can experience a tribute to one of the world's most iconic singer-songwriters. 'Song Sung Blue' – The Music of Neil Diamond in a very special performance marking 60 years since his first hit single — the show returns to The Seagull Theatre on Friday 17th July, complete with extra songs and a freshly updated show.

Following sold-out appearances every year since 2022, this tribute to one of the world's biggest musical icons celebrates six decades since Diamond's debut hit and sales of more than 130 million records. The show is packed with hit after hit, including Sweet Caroline, Cracklin' Rosie, I'm a Believer, Forever in Blue Jeans, Red Red Wine, Beautiful Noise, You Don't Bring Me Flowers, Love on the Rocks, I Am... I Said and many more.



Fronted by Stephen, a seasoned performer with over 20 years of professional stage experience, Song Sung Blue pays tribute to Neil Diamond's heartfelt voice, iconic songwriting and dynamic stage presence. Joined by his talented backing singers, Stephen delivers a fast-paced, emotionally charged journey through Diamond's greatest hits — spanning his solo catalogue and the timeless songs he wrote for other legendary artists.

Song Sung Blue is a love letter to the music of Neil Diamond, capturing the spirit and energy of his classic performances from the 1960s, '70s and '80s. It pulls at both the feet and the heartstrings, promising an unforgettable evening that will have fans — old and new — singing along all night.

Friday 17th July 2026, 7.30pm. The Seagull Theatre, Pakefield, Lowestoft, Suffolk, NR33 0JH

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or online at www.theseagull.co.uk

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I think I am, therefore, I am ... I think. George Carlin

FOLK EAST 2026

Folk East Festival is back

21 22 & 23 August 2026
The Sotterley Estate, Suffolk

RICHARD THOMPSON with ZARA PHILLIPS, EDDI READER, THE YOUNG'UNS, ELEPHANT SESSIONS THE MAGPIES, SAM CARTER SINGS NIC JONES, ELLIE GOWERS, MICHAEL MCGOLDRICK & TIM EDEY ...& there's more!

The annual FolkEast festival takes place from Thursday 20th to Sunday 23rd August 2026, at the site of Sotterley Estate, near Beccles.

There are also ceilidhs and workshops, Youth Moot and young folk frolics Jackalopes and dwile flonking, storytellers and authors, discussions, debates and sessions for song and instrument, Gardeners Cornered and throw down potters, makers and shakers, poets and performers and everything in between.

FIND OUT MORE AT www.folkeast.co.uk



The Seagull Theatre Lowestoft



Tuesdays till Sept 1st



Saturday 11th July



Friday 17th July



Saturday 18th Sunday 19th July

Box Office 0333 6663366 www.theseagull.co.uk E: info@theseagull.co.uk

When you step on the brakes, your life is in your foot's hands.

The Lydia Eva & Mincarlo Charitable Trust



The Mincarlo - Lowestoft's own Sidewinder Fishing Trawler - which was built by Brooke Marine in 1961-2 for the

local fishing Family WH Podd & later owned by Boston Putford with the name of 'Putford Merlin', rocks gently on her moorings at The Heritage Quay, Lowestoft, her restoration is slowly continuing.



Mincarlo was launched from the famous Brooke Marine yard on September 25th 1961, one of three single-screw motor vessels built for W.H. Podd Ltd at a cost of £75,600 per ship. She and her sister vessels - Bryher and Rosevear - were named by the Podd family after small islands in the Scillies.

Her fishing career lasted 13 years, during which she was among the top half-dozen vessels in the 50 to 60-strong Lowestoft fishing fleet. Her catches mainly consisted of cod, plaice, haddock, skate and sole.

Mincarlo was known as a sidewinder because her nets went over the sides, unlike the now universal stern or beam trawlers. Her fishing gear comprised two otter trawls, each of which was fitted with otter boards - trawl doors designed to keep the net open. The nets were

attached to heavy, 40 ft long ground ropes which held them on the seabed and 'tickled up' any fish lying on or below the sand. Putford Enterprises bought Mincarlo and continued to use her for fishing until June 1975. Two years later she was converted and began a new career as a rig standby vessel in the busy southern North Sea gas fields.

She was renamed Putford Merlin but in 1989 at the age of 28, she was made redundant, replaced by a purpose-built standby vessel, and laid up at Brooke's yard.

Putford eventually sold her for £1 to the Lydia Eva Trust, which had been set up to preserve the world's last surviving steam herring drifter.

The organisation was renamed The Lydia Eva and Mincarlo Charitable Trust and work began on restoring the two historic vessels. A newly refurbished Mincarlo was opened to the public in 1998. They are living reminders of East Anglia's amazing fishing heritage.

LT412 Mincarlo is moored on Lowestoft's Heritage Quay to the left of the South Pier.



Her sister ship The Lydia Eva is moored on South Quay, Great Yarmouth. The nearest Public Car park is on Hall Quay, Just North of the Bridge. Approximately 150 yards.

The nearest Railway Station is approximately 3/4 mile to the North.

Naturally Healthy

With Riverford Organic.

Last year, Wicked Leeks reported on a global carcinogenicity study on the chemical herbicide, glyphosate, manufactured and sold globally as Roundup. The global study found that rats developed multiple types of cancerous tumours when exposed to glyphosate levels deemed safe under EU law. Research was conducted by Italy's Ramazzini Institute, including Professor Michael Antoniou from King's College London.

"This is the first study to actually evaluate the long term acceptable daily intake of glyphosate. What's also unique is that it compares two commercial formulations used by farmers. What we find is that leukaemia was detected at all doses of those subject to glyphosate, including, most worryingly, those exposed to the lowest dose," explained Professor Antoniou.

In 2015, the WHO's International Agency for Research on Cancer (IARC), found that the herbicide was "probably carcinogenic to humans." Since 1990, glyphosate usage in the UK has risen by 1000% – much of this growth driven by its prevalent use as a pre-harvest desiccant, applied to cereal crops including wheat, barley, and oats, just days before harvest to speed drying and make harvest more predictable. Detectable residues of glyphosate then remain in the food we eat – in fact, glyphosate is such a persistent chemical that 28% of bread samples tested by Pesticide

Action Network (PAN UK) were found to contain glyphosate chemical residues.

But new research by Riverford finds that 79% of people have never even heard of it and 70% were unaware that traces of weedkillers like glyphosate can remain in the foods we regularly eat, which is why Riverford is calling on the UK Government to ban its use as a pre-harvest desiccant – a practice that has already been banned in Europe.

"Farmers don't use these chemicals without reason," says Riverford founder, and organic farmer, Guy Singh-Watson. "Glyphosate is effective, affordable and dependable. It helps manage weeds and reduces the need for more

labour-intensive methods. It sounds efficient, and commercially it is. But it comes at a cost we can no longer ignore. In this case, the benefits in reduced food prices are infinitesimally small but the risks substantial; it just doesn't add up."

Riverford's research also revealed that 66% of people are outraged that glyphosate is used in the UK food system at all. Glyphosate has also been linked to environmental harm, reducing soil health, polluting waterways, and negatively impacting wildlife including our pollinators, but "this is not about blaming farmers," continues Singh-Watson. "Many are working within a system where prices have been driven down to a level where herbicides like glyphosate feel like the only commercially viable option. But that dependence is part of the problem – locking farming into synthetic chemical use while damaging soil, water and biodiversity."



"We need to balance food production with the health of people and the environment. In this case, the benefits simply do not stack up. Continuing to spray crops just before harvest is a risk we do not need to take; the risk to our health and the environment are out of proportion to the benefit in reducing costs. It's madness, and the UK government should be doing more," concludes Guy Singh-Watson. We do not need to ban glyphosate overnight. But we can take a clear first step to prevent it from directly entering the food chain by banning its use so close to harvest, as a pre-harvest desiccant.

BOOK OF THE MONTH

DIRT - THE EROSION OF CIVILIZATIONS by David R. Montgomery

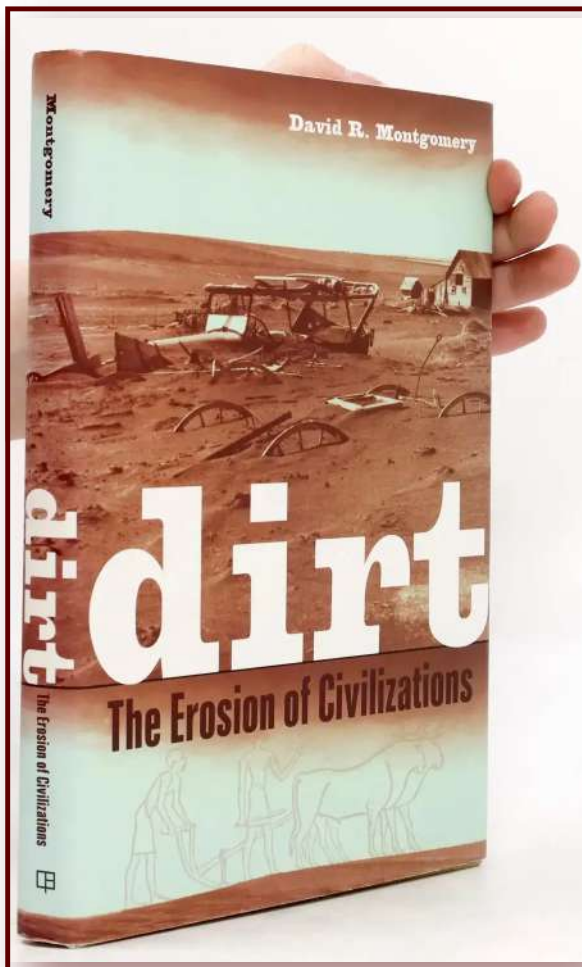
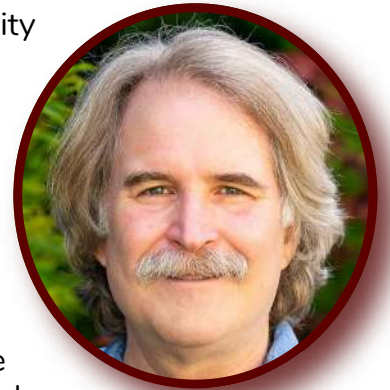
The twin problems of soil degradation and erosion have plagued humanity since the dawn of agriculture. Although these problems are mostly of

our own making and well within our power to solve, citizens, the media and politicians don't seem to take them as seriously as volatile financial markets, climate change, or any other number of societal challenges. And yes, how we treat the land, how we treat the soil is fundamental to the health and survival of modern civilization. I wrote this book because over the course of several decades, I came to see soil as a resource every bit as important as things we would all recognise as essential. But who, really thinks of soil - of dirt - as a vital resource?

Archaeologists have documented links between soil loss and the decline or collapse of ancient societies around the world David R Montgomery.

Dirt - or soil- is everywhere we go. It is the root of our existence, supporting our feet, our farms and our cities. This sweeping, provocative book blends natural and cultural history to show how soil erosion caused past civilisations to crumble and how modern agricultural societies and practices face a similar fate unless they shift to more sustainable practices.

This is a story we cannot afford to ignore..... well and eloquently written. *The Financial Times*



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JET ADVENTURES!

at Lowestoft Heritage Quay



The Suffolk coast can look surprisingly different when viewed from the water. Jet Adventures offers boat trips from Lowestoft's South Pier, giving local residents and visitors a chance to explore the harbour, coastline and wildlife from a fresh perspective.



Trips take place aboard *Shearwater*, a distinctive yellow jet boat designed to carry up to 12 passengers. Operated by an experienced local skipper and crew, the boat offers an enjoyable way to see a side of Suffolk and the southern North Sea that is easy to overlook from the shore.

One of the most popular outings is the trip to Scroby Sands, a large sandbank off Great Yarmouth which is home to a thriving colony of seals. The journey provides views of the coastline and offshore wind turbines before the boat slows down near the sandbank. The seals are wild animals, so every visit is slightly different, but they are often curious and may swim close to the boat of their own accord.

For those looking for a shorter trip, the Lowestoft Harbour and Lake Lothing tour

explores the town's maritime past and present. The route takes in fishing vessels, commercial shipping, historic boats and the changing waterfront, with commentary along the way. It is an interesting outing for visitors, but also for local people who may never have seen the harbour from this perspective.

Jet Adventures also offers coastal sightseeing trips and private boat hire for families, friends and groups. A more unusual addition is *Murder on the Mincarlo*, an interactive murder-mystery experience. Guests begin aboard the historic fishing trawler *Mincarlo*, follow clues during a boat trip around the harbour and then complete the mystery at Fisherman's Wharf.



Waterproof clothing is available when needed, and trips are suitable for a wide range of ages. Whether you are entertaining visiting relatives, looking for something different to do during the school holidays or simply fancy seeing the coast from a fresh angle, Jet Adventures offers a memorable local day out. Trips depart from South Pier, Lowestoft.

Further details and online booking are available at jetadventures.co.uk.



EAST POINT RADIO LIVE FROM THE MINCARLO

It was a sunny and warm morning on Saturday 23rd May as the motley crew from East Point Radio in Lowestoft invaded LT 412 Mincarlo (nestled quietly on Lowestoft Heritage Quay) and set up a mobile Studio in the Galley. The ship being open to the public all weekend, it was considered an ideal time to promote both 'The Lydia Eva & Mincarlo Charitable Trust' and shout a little about your Local reliable East Point Radio.

Not to be confused with East Suffolk One, East Point Radio is a community station of long standing in the area that started broadcasting over 10 years ago as Blyth Valley Community Radio which was based in Southwold.

By the time the engineer had installed everything needed, the Galley had just enough room to squeeze in a presenter. Bang on time at 11am (on both days) the normal shows on East Point Radio were suspended and the live broadcasts commenced. For both days, four presenters covered one hour each with music concentrating on the music featured on pirate radio stations of the 60s, Caroline and Radio London.

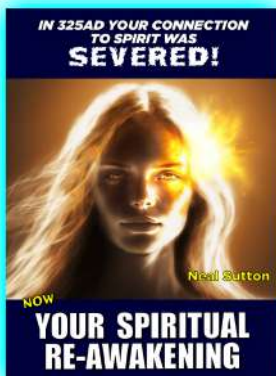
Both of these broadcast pop music in those long-gone days before Radio One, when all that was available on BBC radio was The Light Programme or the Home Service. Caroline was anchored just outside the UK territorial waters off the coast at Felixstowe. Radio London was similarly situated off the coast of Frinton-On-Sea in Essex.



East Point Radio played the hits of yesteryear as the people came on board to have a look round the ship, fascinated to be able to watch presenters doing their thing. On the Sunday broadcast one young visitor, ten year old Tommy, was invited by the presenter to introduce a record. His dad filmed him as he stood and announced 'You Sexy Thing' by Hot Chocolate. Now that is community broadcasting.

Top Picture: Ernie Artis, Chairman The Lydia Eva & Mincarlo Charitable Trust Ltd, talking to East Point Radio

Bottom picture: John Kitching. Owner of Jet Adventures, talking to East Point Radio

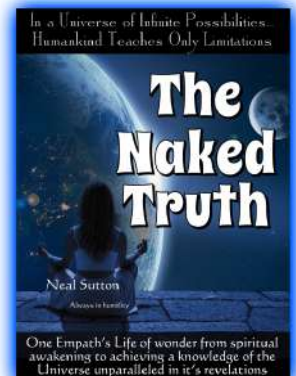


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It is certainly true that the more you live a life of Spiritual Awareness and you allow that knowledge to guide you through the worst that mankind can do, then the better you are placed to realise, and to largely ignore his abject stupidity. Mankind is on a sticky path that will, if he is not careful, lead to the destruction of what he currently and wrongfully, holds dear. Epochs have come and gone, civilisations have come and gone and it will continue to happen long after this particular foolish, ignorant and broken society has done it's worst. *You see, mankind was not meant to live like this.*

Life on Earth at this moment falls far short of that which it could be - and what it *should* be. The purpose of life on Earth is not to obtain riches and possessions, these are of the Earth, temporary and fleeting. When your body dies - you will immediately leave that body behind, along with all your earthly possessions. You will return once again to your spirit home. A short Earthly life pursuing riches, fame or power is futile and without merit. The purpose of life on Earth is definitely *not* served.

But time after time civilisations have always followed this destructive path - and it has always been because some humans are ruled by greed. You are taught to do well in school, to earn more money and get rich. It is the mantra of human society. Remember too that once this greed gets a hold on you, it is an insatiable master. It can never be fully satisfied because with greed comes power.

So here we are in 2026 and this society is showing signs of nearing its end. Those who created the technology that man, woman and child cannot now do without, are richer than Midas and wielding power as never before. They know everything about the users of their products because the technology has been designed that way.

They will seek to control every aspect of the lives of (almost) everyone on Earth. Or, at least, that is their goal. I don't know how this

is going to play out but I watch what is happening with interest.

As I said earlier in this article, life was not meant to be like this - and it certainly was not. Mankind has damaged the planet as well as every other creature inhabiting it. But it is those in power that have done the harm, the rich who do not care, the industrialists who save money by polluting for profit. They should be careful because the energy of the universe and the planet itself is aware of their acts of stupidity. Already the energies are changing and the Earth itself grows restless. Other life is visiting the planet and watching the mayhem unfold.

So how was mankind supposed to live on Earth? Well there are many people living on Earth and living their lives well, caring, loving, kind, helping and are considerate towards all creatures not just human - but all of nature. These people are present the world over, quietly ignoring wealth, for they know that it is false and fleeting. Good people doing good things because they cannot stand by and watch any creature in need or want. They are the ones who know the real meaning of life. *It is to grow in spirit, in love, kindness and consideration of all life on Earth.* Thus, the purpose of life on Earth is to grow spiritually. In doing so, you rise above Earthly greed.

Life is but a fleeting moment in your eternal, immortal existence. Make a difference and remember - You should always do good because you want to, because you genuinely want to. However, if you do good deeds just because a religion falsely promises you heaven in return, you will be disappointed.

You will have learned nothing and the purpose definitely is not served. The rich will leave all their wealth behind. It is a pity they don't realise that and change their ways, but if all that motivates you is money and power, then your Earthly journey this time around is in vain - the purpose of your life, unfulfilled.

Wherry Events July

Wherry Yacht Charter is bringing you the very best of the Norfolk Broads for one week only this July.

Starting on Tuesday 14 July, one of the three remaining wherry yachts will be stationed at the Museum of the Broads, Stalham. Guests can book a two-hour experience that offers a full package: a sail on a wherry yacht to Barton Broad, a ride on the museum's steam launch Falcon or electric launch Marsh Harrier, and access to the museum itself. Tickets are on sale now for just £38 per person at www.wherryyachtcharter.org. The wherry will remain at the museum through 15 and 16 July, available for viewing free of charge.

On Thursday 16 July, A Wherry Merry Night At The Museum promises an exclusive evening of fun at the museum from 5pm onwards. A Wherry Yacht will be open for tours and fifty-minute boat trips will be offered on Falcon or Marsh Harrier, followed by musical entertainment from the wherry charity's resident lounge singer, Andy G. Delicious, freshly baked pizza from Monzu Pizza will be available to purchase on site, and a bar will be close at hand. Tickets cost £12 per person early booking is advised at www.museumofthebroads.org.uk.

Saturday 18 and Sunday 19 July see the return of the ever-popular Wonder of Wherries event. This year it will be hosted at the majestic How

Hill, just outside Ludham, and, due to overwhelming interest, will run for the full weekend.

All five wherry yachts and pleasure wherries will come together, making for a spectacular occasion on the staithe. Short sailing experiences will be offered from 10am daily on the wherry yachts for just £15 per adult or £7.50 per child. Three-hour Cake & Sail experiences will run both morning and afternoon on the pleasure wherry Ardea for £45, which includes tea, coffee and, of course, a delicious selection of cakes. Advance booking is recommended at www.wherryyachtcharter.org. The beautiful Egyptian-themed wherry Hathor will also be available for the public to view free of charge, although small donations to support the maintenance of these historic vessels are always welcome. How Hill House will be open to explore, including its beautiful gardens. There will be live musical entertainment in the grounds, together with various stalls selling the best of Norfolk produce, arts and crafts.

To bring the celebrations to a finale, Sunday 19 July will feature special guest performances on the staithe from Sirens of the Helm at 3pm—Norfolk's only female shanty group—and vocalist Sandra B at 5.30pm, entertaining audiences with musical covers spanning the decades.

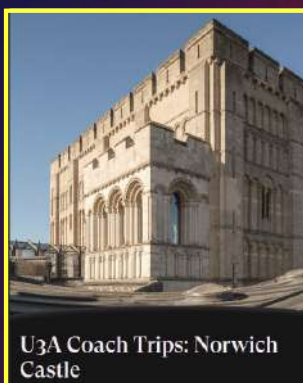
This entertainment is free for all to enjoy.

The Cut Arts Centre Halesworth



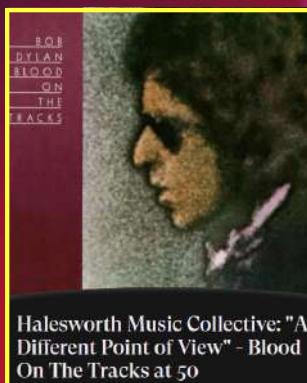
Gigspanner Big Band

Saturday 11th July 8pm



U3A Coach Trips: Norwich Castle

Tuesday 21st July 9.30am



Halesworth Music Collective: "A Different Point of View" - Blood On The Tracks at 50

Tuesday 23rd July 7pm



A Saucerful of Floyd

Saturday 15th August 7.30pm

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www.thecut.org.uk

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PADDINGTON IN PERU

It's 50 years since Leiston Town Council bought the town's cinema to save it from closure and to commemorate this occasion the film is being shown at Victory Road Recreational Ground on Saturday 1 August

Get your marmalade sandwiches ready - Leiston is gearing up to host a free open-air screening of *Paddington in Peru* this summer. Delivered in partnership with Sizewell C, The Long Shop Museum and Leiston Events Group, the event will celebrate 50 years since the Town Council saved the much-loved Leiston Film Theatre. Taking place at Victory Road Recreational Ground on Saturday 1 August, the event promises a bear-y special evening, complete with food and drink stalls and a fireworks finale to round off the celebrations.

Wayne Burns, General Manager of Leiston Film Theatre, said: "I am so pleased that our community can gather together to celebrate the fact that our town is home to Suffolk's oldest cinema. The Town Council made a bold move in 1976 when they effectively saved the town's cinema, not only securing the venue's continuation, but also as a major asset for Leiston. It's not always been easy, but the Film Theatre remains, thanks to the Town Council's ongoing commitment and belief in its cultural importance."

Paddington in Peru was selected by the

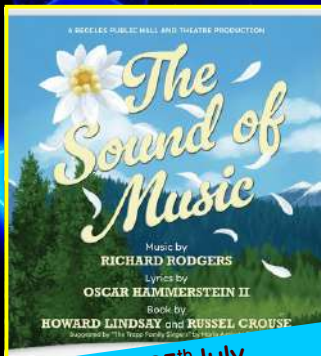
community through a vote on Leiston Film Theatre's Facebook page. The much-loved bear triumphed over strong competition from Disney's live-action *Lilo and Stitch*, and *A Minecraft Movie*.

Originally opened as the Leiston Picture House in October 1914, Leiston Film Theatre has been a cornerstone of the town's cultural life for 111 years. After a decline in cinema attendance in the 1970s, the venue was saved from closure in 1976 by the Town Council, which has since invested in carefully updating the building to meet the expectations of today's audiences.

Today, the cinema continues to bring people together, standing as both a historic landmark and a thriving community asset at the heart of Leiston. Gates open at 18:00, with the film starting at 19:30. Fireworks will begin shortly after the film ends.



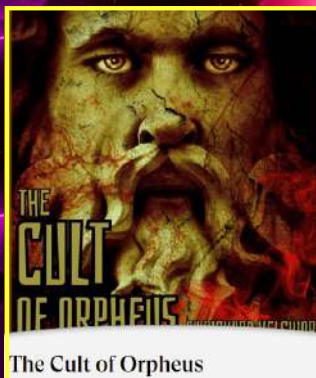
Beccles Public Hall & Theatre



17th - 25th July
Check website for times.



Saturday 1st August



The Cult of Orpheus

Sunday 2nd August



Wrong Jovi

Saturday 15th August

www.becclespublichall.co.uk Box office: 01502 770060

A recent study showed that 6 out of 7 dwarves aren't Happy.

Halesworth Branch of Cancer Research

For more info please contact Dawn Davis 01986 873640



The Committee and Volunteers would like to thank everyone who came along to our Spring Fair which we held at Holton Village Hall on Saturday 16th May. We hope that all of you who stayed for lunch enjoyed the food.

We have received some really nice comments about the meals, which means a lot to us, so thank you very much.

It was a lovely friendly community event and the hall looked very pretty with all the flower table decorations, thank you Felicity and ladies for doing these and thank you to everyone who took one home for a small donation.

We are so grateful that so many of you support our events and we are delighted to say that you raised an amazing £2518.36p towards the incredible work carried out by Cancer Research.

We have to say a huge thank you to the following businesses for providing items used for our meals: Cleveleys, Co-op Halesworth, Spar Halesworth and Tesco's Beccles.

Their support makes a massive difference to us and we are extremely grateful to them. Thank you to all the committee members and

volunteers who made the soup, pies, and desserts that we served at lunch time.

We would also like to thank the following businesses for providing items for our raffle:- Adnams, Africa Alive, The Wentworth Hotel Aldeburgh, Serenity Ceramics, The White Hart. Congratulations to everyone who won a raffle prize and thank you all for taking part. Thank you to Market Fields Holton for donating the lovely food hamper which raised £242 and was won by D Cadle. The Bonus Ball Gin Hamper was won by M. Page with Saturday 16th May lottery bonus ball 20. A special thanks to Woottens of Wenhasdon for donating some fantastic plants for the plant stall. Thank you to everyone who contributed in any way.

Thursday 2nd - Wednesday 8th July. We are in the I-Chameleon pop up shop in The Thoroughfare Halesworth from: We have something outside the shop each day. Thursday is Tombola. Friday we have Jane Bastow with her very popular plant stall. Saturday is cake day. Monday it's books and jigsaws. Tuesday the Ukulele Band are playing for us from 11.00am(ish) to 11.45am(weather permitting), please come and join in. In the shop we will have lots of bargains and we will have some nearly new clothes (with good labels eg. Seasalt, Dash, Fat Face, Weird Fish, Boden etc).

We apologise as all our events are cash only.
Dawn Davis

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If you're pining for a good tree pun, it's a pity they're not more poplar.

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Suffolk County Music Service

Suffolk County Music Service is progressing a range of environmentally friendly improvements at its Martlesham base to boost energy efficiency. Recent upgrades include a new heating system powered by air-source heat pumps, with a mix of infra-red panels and air conditioning units providing year-round comfort. Work is also underway on a new insulated roof with solar panels, and two EV charging points will soon be installed in the car park through Suffolk County Council's Plug in Suffolk scheme.

County Music Groups - Applications Open!

We are currently accepting applications to join Suffolk's premier youth music groups for the next season of quality music-making from September onwards. Suitable for brass, percussion, string and woodwind players, our County Music Group programme offers a varied range of activities throughout the year with Suffolk Youth Orchestra, Suffolk Youth Wind Band and Suffolk Young Strings. This includes rehearsal days, an Easter residential rehearsal course, concert tours (this year to Spain and Sweden) and performances at venues such as The Apex in Bury St Edmunds and Snape Maltings Concert Hall. Visit our website for how to apply:

<https://suffolkcountymusicservice.co.uk/take-part/county-music-groups/>

Forthcoming events that we have coming up and hope to see you soon!

Sunday 5th July. South Suffolk Youth Jazz, St Margaret's Church, Soane St next to Christchurch Park, part of Ipswich Music Day

Tuesday 4th August. Suffolk Youth Orchestra Prom Concert, at Snape Maltings

Fri 21st - Sun 23rd August. Folk East, at Sotterley Estate nr Beccles. This is an especially exciting collaboration with the FolkEast organisers, as we'll be offering violin decorating workshops each morning of the festival (paint and brushes supplied, and of course enough decommissioned violins too!) followed by a playing session in the afternoon. Details can be found on our website.

Sunday 6th September. County Music Groups Gala Concert, at Snape Maltings

Please visit our website www.suffolkcountymusicservice.co.uk/take-part, where you can learn more about the wide range of activities we offer your children and young people at various locations across the county.

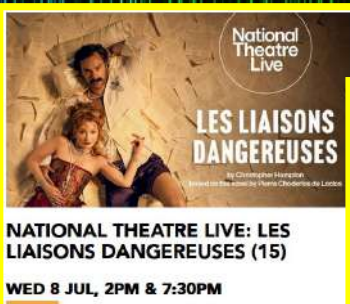
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SUMMER AT HALESWORTH LIBRARY

We have lots of activities planned over the summer to keep your children occupied. On Wednesday 29th July 10:00-11:00 we will be hosting a sports themed craft club, FREE, but booking required – contact the library to secure your place! On Friday 31st July we will be hosting a chess taster session – drop in anytime between 2:30-4:30pm. Whether you are a complete beginner or looking to develop your skills, we hope to see you there!

On Wednesday 5th August we welcome Mini Monsters to the library with their creepy crawly roadshow. £1 per child, booking required. Choose between our morning session 11:30-12:30 or afternoon session 1:30-2:30. On Wednesday 12th August we welcome local artist Anita Andrews 1:00-3:00pm for a craft workshop, again £1 per child, booking required. Anita will also be running an all day workshop on Friday 21st August, 10:00-3:00pm, showing children (aged 8+) how to create their own notebooks. Lunch provided, £1 per child, please book in advance. On Wednesday 26th August 10:00-11:00 we are hosting a rainbow fish craft club, FREE but booking required. Not forgetting the Reading Quest which will be returning at the end of July, make sure you pop into the library to sign up and collect your casebook to carry you through the summer!

The library hosts regular activities and drop-ins. Come and join us every Tuesday 10-11:30 for a free Rhyme Time & Play session to sing fun songs followed by free play with our toys. Refreshments also provided for parents! Wednesdays from 10am our Time Out sociable group for older people meet for tea and biscuits. The Knit & Natter group meet alternate Tuesdays 2:30-4:30pm. We also have a new Mah-jong group that meet on the first Friday of the month, 2:00-4:00pm. At this early stage, the group is open to experienced players and if you have your own Mah-jong set, please bring it along with you. Lego Club runs every Saturday 11:00-12:00 and Family Fun Time every Sunday, 10:30-11:30. You can also drop-in for advice from the East Suffolk Council customer services team every Tuesday 10:00-16:00 and

Citizens Advice are here alternate Tuesdays, 10-12:00. Please ask a member of staff for more details. On Tuesday 7th July we will have our local PCSO visiting for a drop in session, 10:30-11:30.

The Friends of Halesworth Library are inviting you to join us for Sociable Sundays on 12th and 26th July, meet new people and enjoy a chat over cake and a cuppa in the library! Pop in anytime between 10:30-12:30pm. Join the Friends for their Board Games Cafe on Monday 29th June, 2:00-4:30pm. There are plenty of games to choose from, or feel free to bring along your own favourites. Join us and have a fun afternoon, meet new friends and enjoy tea and cake! Suggested donation £1 to the Friends of the library who kindly volunteer to run these events.

The Friends of Halesworth Library will be holding their AGM at 6.30 p.m. on Tuesday, 30th June at the library. Anybody may attend the meeting, but voting rights are restricted to members of the Friends. Copies of the agenda, the report of the trustees to members and accounts for the year to 31st March 2026 will be available for collection from the library from 15th June. Following the formal business, there will be a panel discussion and audience Q&A reviewing the transition of the library service to Suffolk County Council in 2025. We will also discuss the future projects and activities of the Friends group under the new in-house provision. The panel will include Daniel Harvey, Library Operations and Delivery Manager, Suffolk Community Libraries and Councillor Annette Dunning Suffolk County Councillor for the Halesworth Division and ambassador of the Library. Come along, share your views, and be part of the conversation about the future of our library.

And finally! Did you know that the library can deliver books and audiobooks straight to your door? If you're unable to visit the library, one of our friendly volunteers can come to you. Please contact us on 01986 506062 for more details.

THE GHOST OF WENHASTON

Opposite the Star Inn in the village, a footpath leads from Star Hill to Narrow Way and, along that path is the site of an old stile, known for many years as Peggy's Stile and said to be haunted by a woman of that name who appeared to passers-by in the gloom at dusk and late at night.

While Peggy is described by some witnesses as looking like an old woman, or witch, others say that she has appeared to them in the form of an animal renowned for being gentle and kind: a donkey.

Wenhaston is steeped in history: a stone's throw from the site of Peggy's Stile crop marks indicated that a ring ditch had once been close by, surrounding a Bronze Age burial mound and excavations in 2009 revealed prehistoric activity in the area alongside Roman, Anglo-Saxon and medieval settlements. The village also boasts a "druid stone", known by locals as the Devil's Stone, which sits in a hollow called Devil's Pit – a glacial erratic – and the Wenhaston Doom, a

500-year-old painting of the Day of Judgement in which sinners are gobbled up by a giant fish. The threat of the terrifying witch-donkey woman used as an invisible menace and a timely warning to children to stay on the righteous path or face punishment from a creature that feeds off darkness and fear. But Peggy was probably conjured up by parents to



frighten children into good behaviour who were told, up until relatively recently, that if they didn't do as they were told, that Peggy would "get" them. Pic: Peggy's Stile today



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Local Theatre Starts New Cancer Peer Support Group With Help From Macmillan

Popular local community venue the Seagull in Pakefield, started a new group this week. Alongside its already extensive programme of support activities for the community, they have now added a weekly Cancer Support Group for people who are experiencing cancer or who have cancer in their lives in some way. Funded by Macmillan Cancer Support, the new group meets every Thursday at 10am at the Seagull and is intended as a welcoming peer support group. Alongside free refreshments, the group will offer people the chance to meet others in similar circumstances and swap experiences. It's intended to be an opportunity to chat, make new friends and socialise in a supportive environment. Anyone whose life is being affected by cancer is welcome to come along and there is no requirement to book ahead. However, if you would like to know more you can contact the Seagulls co-ordinator Liz Reeve on liz@theseagull.co.uk



the seagull

CANCER SUPPORT GROUP

A new welcoming peer support group for those who have had cancer or who are living with cancer in their lives.

THURSDAY

10am - 11.30am

Studio 4, The Seagull

the seagull Email liz@theseagull.co.uk for more information **MACMILLAN CANCER SUPPORT**




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Too much of a good thing can be wonderful. ~Mae West

WHITE OWL'S WORLD

While I was out walking in the countryside recently I stopped by a farmer's field and knelt down onto the earth and grass. I looked at the soil of the field full of plants and I looked at the soil again. I tried to break the earth open and look down to see what was living in the soil - and there was nothing.

The Earth crumbled between my fingers - it was completely devoid of life.

I stood up and looked around, the field was very large, a crop I did not recognise was swaying in the breeze as the sun shone down upon it. It was not so much what I could see, but all the things that were missing.

The crop I did not recognise was rape. It is apparently left to go to seed and then harvested for the seeds to manufacture Rape seed oil for cooking. As I travel round I see many fields with this crop growing and I suspect that the farmers are paid to grow them by some big company miles and miles away. This is alien to me. My relatives years ago lived in relatively small tribes and they grew food for the tribe's immediate need. They also hunted for that immediate need as well. They did not use the land to grow things they could not eat, to send it far away to be used by someone else.

In those far off days my people grew things that they needed to eat and they stored them and shared the 'bounty' with others.

They did not need fertilisers that seem to kill the Earth Mother's own microbes and small creatures who live in the soil. It is those who

enrich and darken it with goodness and many additional forms of life. In direct opposition to this are the pesticides and the many chemicals that are applied to both crop and soil to alter nature's way of things, to 'improve' the crop, making it more sturdy, more hardy and more chemically altered. I understand you using the term 'Frankenstein Crops' for they are, in my humble opinion, far from nature.



Why do you not grow crops to feed local people? Why do you have such large fields and where are all the hedges and the creatures that once filled the countryside? I think your practices and your chemicals have removed much of the Earth Mother's wonderful world. It does not bode well for the future. Humans must learn the untold harm that they do to the Earth and their fellow human beings - unless as I suspect, they do know and they just don't care. If that is the case it is indeed a sad world.



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PINK LADIES TRACTOR RUN

More than 180 ladies rev up for This Much-Loved Pink Celebration

The engines are ready and the pink is brighter than ever as the iconic Pink Ladies' Tractor Road Run returns on Sunday 5th July for what promises to another stellar year.

More than 180 ladies – including many first-time drivers – are preparing to take part in the much-loved charity convoy, driving decorated pink tractors along a 20-mile route through south Norfolk and north Suffolk.

Now in its 22nd year, the unforgettable event has raised an astonishing £1.36 million for Cancer Research UK's breast cancer appeal since it first began in 2004 as a one-off fundraiser.

This year, organisers are setting their sights even higher, hoping to smash through the £1.5million fundraising milestone.

Thousands of supporters are once again expected to line the roads, villages and gardens along the route, transforming the countryside into a sea of pink bunting, banners and fancy dress as they cheer on the convoy.

Organiser Annie Chapman, who drives one of the oldest tractors on the run – a 1950 David Brown Cropmaster – said the event's success continues to amaze her.

"What an amazing achievement for a bunch of ladies on tractors, to have raised over £1 million in 21 years for breast cancer research! This year, we have £1.5 million in our sights and, with a huge effort from everyone involved, we really can achieve it. Cancer hasn't gone away so neither can we. We must continue to raise funds for this very worthwhile cause."

Among this year's first-time Pink Ladies is Penny Jackson-Smith from west Norfolk, who had never driven a tractor before signing up for the event. Penny has taken on many fundraising challenges over the years, after being diagnosed with breast cancer at 39. She said:

"Twenty years ago I was diagnosed with breast

cancer. After 2 surgeries, I started chemo in May 2006. I'll be 59 in July and I wanted to fundraise again for breast cancer research. The tractor run appealed to me as it's something a little different. I'm looking forward to decorating the tractor and have so many pink ideas. Cancer Research UK funded a trial for breast cancer to reduce the length of the course of chemotherapy which I agreed to participate in. It's time for me to raise funds again."

"I've had one tractor driving lesson so far and it was so much fun, it raised my spirits and made me feel so happy. I'm really looking forward to another drive or two before the big day."

The convoy will begin at Thorpe Abbots Airfield before travelling through Thorpe Abbots, Brockdish and Upper Weybread, arriving in Harleston at around 12.30pm. Drivers will then stop for lunch from 1pm to 3pm at Gawdy Hall Meadow, Redenhall, where supporters are invited to bring a picnic and enjoy the celebrations. The return route will pass through Pulham St Mary, Rushall and Langmere Green before heading back to Thorpe Abbots Airfield.

Last year, a record breaking 192 tractors took part, helping raise an incredible £136,850 towards the ever-growing fundraising total.

Annie added: "An event of this size simply wouldn't happen without the support of so many people. Huge thanks go to the tractor owners, landowners, marshals, collecting ladies and everyone else who helps make the day possible. It really is a huge team effort."

Donations for this year's event can be made via: <https://fundraise.cancerresearchuk.org/unite/pink-ladies-tractor-road-run-2026>

For more information please visit www.ladiestracorroadrun.co.uk

PICTURES NEXT PAGE

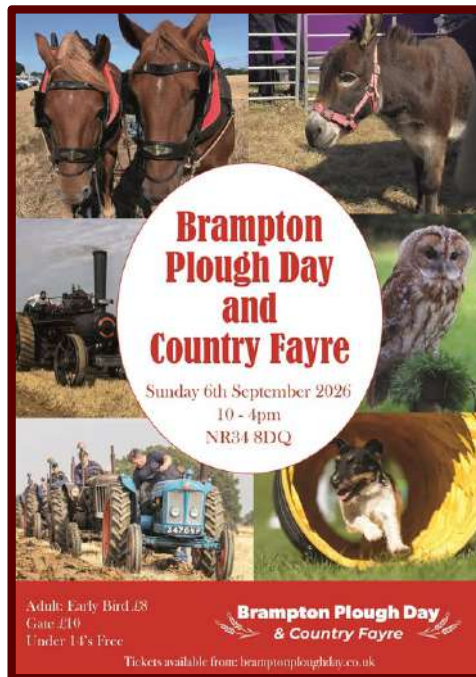
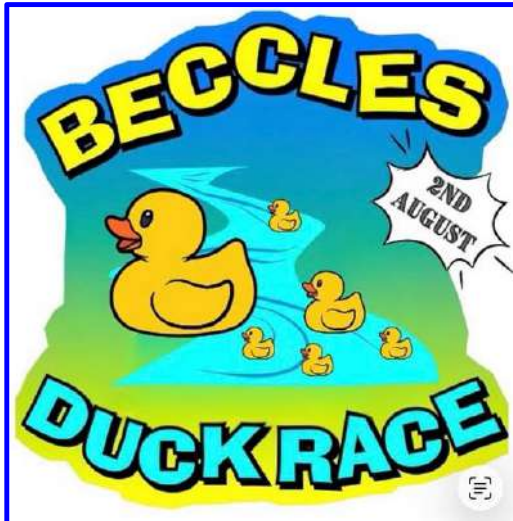
THE FABULOUS LADIES 2025 & 2026 SET TO BE BIGGER!



Images: Jono Slack

I definitely want Brooklyn to be christened, but I don't know into what religion yet. ~ David Beckham

SO MUCH GOING ON!



Waveney Gardeners Club

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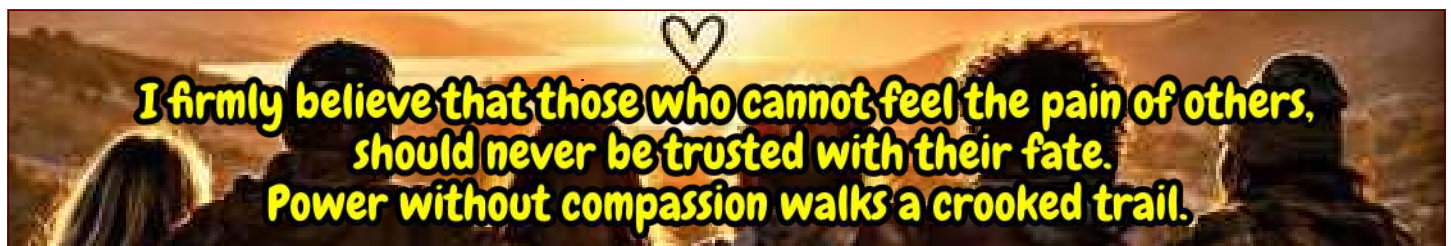
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That's it folks! Back in August. Stay happy, look after each other & be kind.