

THE BUGLE MAGAZINE

Your Community Magazine Serving Lowestoft • Beccles • Bungay • Halesworth • Southwold & beyond!
The best guide to events & happenings, plus regular features and quirky content!



Welcome to the April Bugle!

Packed full of good vibes and fun times



Garage Door Solutions

Call, message or email for a **FREE** no obligation quote

Mobile: **07525 488610**

Office: **01502 349007**


Email: **gds.sales@hotmail.com**

Instagram: **[garage_door_solutions](https://www.instagram.com/garage_door_solutions)**



CARAGE. DOOR. SOLUTIONS

COMING UP AT **the seagull** APRIL '24



The Pirate Show - Hidden Treasure

Thursday 11th - Saturday 13th April
10.30am and 1.30pm
£7

Avast Ye Landlubbers! Shiver Me Timbers! It's time to batten down the hatches, hoist the jolly roger, mop the deck and join us on this swashbuckling adventure! It's all hands on deck and time to gather the best young scallywags around. Help us find the treasure, while singing some jolly songs in this brand new Pirate Show!

Suitable for buccaneers aged 3 and up!

Our theatre now seats 150 audience members, so shows this year will be bigger and better. Alongside this our foyer is being extended, so there is more room to chat, socialise and wait when coming to see a performance!

We also offer dementia friendly events during the week, music activities and opportunities for youth!

More information about the Seagull - theseagull.co.uk

Choc full of events, happenings and features for our area! Email. The.buglemag@yahoo.co.uk

Welcome to The Bugle Magazine!

Hi there everyone,

Welcome to the April issue: April 1st is fools day of course, and it is also Easter Monday. It's Unicorn day on 9th April, National Pet day on the 11th - Earth Day on 22nd plus Shakespeare's day on the 23rd and on the 25th April it is Penguin day looking at the problems endured by penguins at this time.

We are always pleased to advertise both in our What's On Guide (and with a poster image subject to available space) details of any events that you are organising for clubs groups societies or fund raising activities of any kind. Contact details are below. There are literally loads of events happening in our area right now, most of which are raising money for local good causes and you will find them throughout the magazine. Don't forget to shop local whenever you can and always use cash where possible and if the big stores go 'card only' and self checkout then why use them? Every self checkout you see is a job lost!

Keep our community vibrant and alive!

Neal

Originated and published by Anna & Neal Sutton, Firs Cottage, Church Rd, Uggeshall, Beccles. NR34 8BH

Tel: 01502 578074 Email: the.buglemag@yahoo.co.uk

Published on the 1st of every month. Copy deadline 20th ish of the preceding month

'The Bugle Magazine' on Social Media: Facebook & Next Door!

On Next Door just go to 'Neal Sutton' and there you will find any and all posts for The Bugle



The Bugle Advertising Rates

Credit Card £20 • Popular Block £25

Qtr Page £30 • Third of a Page £35

Half Page £50 • Full page £75

Prices not subject to vat •

We offer a free Advert design service and Free editorial to help your business kick off!

We will gladly re-imagine your advert at any time free of charge

YOU CAN NOW BOOK AND PAY FOR 12 MONTHS IN ADVANCE, THEREBY TAKING ADVANTAGE OF THESE INCREDIBLE DISCOUNTS

Credit Card £130 £10.80 per month

Pop Block £195 £16.25 per month

¼ page £220 £18.30 per month

1/3 page £240 £20.00 per month

Half Page £350 £29.16 per month

We will refresh your advert at anytime without charge

Prices not subject to VAT

QUIZ NIGHT

Do you have what it takes to be the ultimate quiz champion? Then, gather your friends and join us for Quiz Night!

Tea, coffee, hot chocolate 50p
Bring your own booze 🍷🍷

Saturday, 6 April
7PM-9PM

GUNTON ESTATE COMMUNITY HALL
Hollingsworth Road

£5 TABLE OF 6
OR £1 PER PERSON

GuntonCommunityHall@gmail.com

"If it can't be reduced, reused, repaired, rebuilt, refurbished, refinished, resold, recycled or composted, then it should be restricted, redesigned or removed from production."

Venue Hire

Hire our Discovery Room for your event!

£20 an hour + VAT



Suffolk Wildlife Trust

Enquire at carlton_centre@suffolkwildlifetrust.org

2024

INK
from pen to performance

The Cut Halesworth

APRIL
11/12/13/14

ANDREW DRINKWATER
Painter & Decorator

13 Queens Road
Bungay
Suffolk
NR13 1RN

Tel: 01986 894730
Mob: 07894 478220

Email: andrew.drinkwater65@gmail.com

THE ACCORDION MAN
Robert Cator

Traditional sing-a-longs
Scottish & Irish Tunes
Cabaret, Parties, Care Homes - Theatres

Tel: 01986 895464
Mob: 07884 167 867
E: theaccordionman@outlook.com

The magazine with FREE fund raising event coverage! Email details to the.buglemag@yahoo.co.uk

New Leaf Reydon and Southwold Working at Might's Bridge.

We were there again with some of the team. The additional person (no hi-vis) is Anne Clarke, who very kindly brought our group egg and bacon sandwiches out of the goodness of her heart!. Thank you Anne.

Our team cleared much more of the invasive Alexander plants to make room for the bulbs we have planted. Native daffodils, winter aconite, and snowdrops. More to do on the Reydon side.

We collected many bags of litter too as well as a stop go sign someone decided would be good for the eels below the bridge. Stella beer cans are very common. Perhaps the council could install some bins for us.



WRENTHAM BOWLS CLUB

OPEN DAY WED 24TH APRIL

You are invited to our FREE OPEN DAY on Wednesday 24th April between 3pm and 7.30pm. You can find out about the club, have a go at bowling and chat over tea or coffee and biscuits! You must book your time slot (3pm, 4.30pm, or 6pm) in advance. Flat-soled shoes must be worn – bowls can be borrowed.

Fiona Phone: 01502 675560 or email: fiona.e.anderson@gmail.com

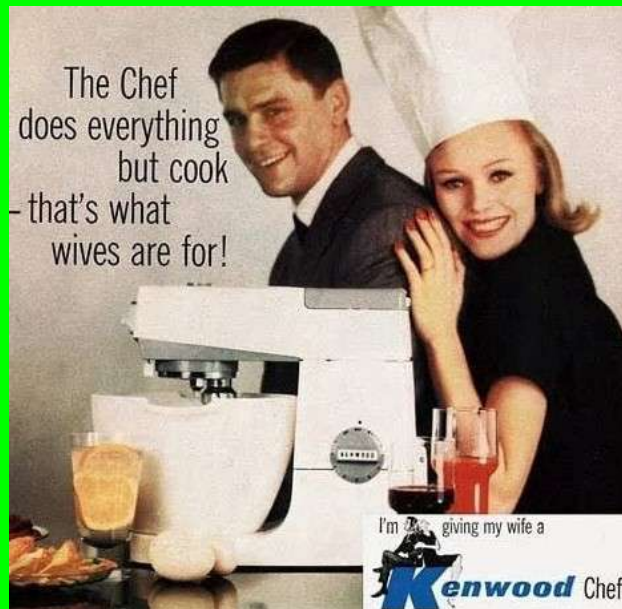
Edna Phone: 01502 578311 or email: e.utting@btinternet.com

Check the village website for more information: www.wrentham.org.uk (sports and recreation)

Our "ROLL UP SESSIONS" start on Tuesday mornings from 23rd April onwards. Start time is 9.45am (£1.50 for members or £2 for non members – includes tea/coffee and biscuits!). Flat-soled shoes must be worn – bowls can be borrowed.

Our excellent green opens on Sun 22nd April

Old adverts that wouldn't be acceptable today



1960s advert - and she loves him!

The Divorce!

An elderly man in Phoenix Arizona calls his son in New York and says "I hate to ruin your day son but your mother and I are getting a divorce, forty five years of misery is enough."

"Dad what are you talking about?" The son yells.

"We can't stand the sight of each other any longer," the old man says "We're sick of each other and I am sick of talking about this, so please phone your sister in Chicago and tell her," and he hangs up.

Frantic the son calls his sister who explodes on the phone. "They're not getting divorced if I have anything to do with it" she shouts, "I'll take care of this."

She calls Phoenix immediately and screams at the old man, "You are NOT getting divorced, don't do a single thing till I get there. I am calling my brother back and we will both be there tomorrow, until then don't do a thing, DO YOU HEAR ME?" and hangs up.

The old man hangs up and turns to wife and says "OK they're coming for Thanksgiving - now what do we tell them for Chistmas???"



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



What's On Guide

This guide is a free service open to all local fund-raising events & clubs. Entries subject to edit and available space. Incomplete entries will not be included. Email events in the format below to: the.buglemag@yahoo.co.uk

Thursday 4th April - Beccles and District Historical Society meets at 7.30pm at Hungate Church, Beccles NR34 9TT
Topic: Entertainment in Elizabethan England. Speaker: Sarah Doig Admission £3.00 All Welcome

Thursday 11th April. Lowestoft Archaeological and Local History Society. Meeting at South Lowestoft Methodist Church (corner of London Road South and Carlton Road) at 7.30pm. Talk: The Story of Walpole Old Chapel and its Community. Speaker Miriam Stead. Members free; visitors £2. All welcome.

Thursday 11th April 7.30pm Blyth Valley & Southwold Wildlife Group. A short Annual General Meeting followed by a film: "Secret Rivers - The Waveney Part 2" starring Paul Heiney. Southwold Arts Centre IP18 6JP. Refreshments & Raffle Admission Free

Thursday 11th April Uggheshall Cinema - Uggheshall Old School Hall. Doors Open 7pm. Admission only £3. Always an interval for Tea Coffee and snacks that are included in the price! Film this month: 'The Colour Room' starring Phoebe Dynevor. Story of the life of Clarice Cliff who overcame her humble beginnings to become the celebrated ceramic artist we know today.

Thursday 11th April in St Peter & St John church hall, Kirkley, Ladies Group. Talk and demonstration of sign language with Ann Jillings. Meeting opens at 2.00. Just £3.00pp

Sunday 14th April Loddon Antiques & Collector's Fair, St Georges Hall, Loddon NR14 6NB 9am – 3pm Over 40 stalls, Entrance £2 children free. Hot & Cold refreshments Contact KC Fairs for details on 01502 711174 or 715771

Saturday 20th April Quiz night at Wrentham village hall in aid of Action Medical Research. 7pm for 7.30pm start. Teams of 6 (max). Raffle Bring your own drinks/nibbles. . Tickets £5 per person available from : Sue - 07946 203084 Jane - 07795 232783 Joan 01502 473665 Come along and have fun whilst supporting this very worthwhile charity.

Saturday 20th April 11am till 3pm - Handmade and local business Fair. The Hatfield Hotel, The Esplanade, Lowestoft, NR33 0QG. Free entry. Organised by OMG Fayres. www.facebook.com/omgbyjenni

Saturday 20th & Sunday 21st April Halesworth Angel Bowls Club. Open Weekend, Dairy Hill, Halesworth. Come along at 2 p.m. either or both days. Very Friendly club. Come along and have a go. Male or female. Young or old. No experience necessary. Refreshments available

Saturday 20th April Spring Quiz at Alburgh Village Hall IP20 0BZ. Doors open 18.15 for a 19.00 start. A varied quiz with prizes for the winning table. Raffle. Bar open. Tickets £10 to include a Ploughman's supper from 01986 788732

Sunday 21st April. Drive It Day at Wrentham Chapel. Classic vehicle will be out and about on the roads. Wrentham Chapel will be holding an Open House 10am – 4pm offering pit stop facilities of refreshments and loo for anyone taking a break. Visitors welcome to view historic chapel and admire some of the vehicles (no charge) There will be a short, informal act of worship at 3pm. All welcome. Details Sue: 07771 882 738

Thursday 25th April in St Peter & St John church hall, Kirkley, Ladies Group. A chance to enjoy the singing of 'Tapestry' starting at 2.00. £3pp.

Thursday 25th April. Lowestoft Archaeological and Local History Society. Meeting at South Lowestoft Methodist Church (corner of London Road South and Carlton Road) 7.30pm. Talk: Lowestoft 1944: The year the tide turned. Speaker Bob Collis. Members free; visitors £2. All welcome.

Saturday 27th April, from 10 to 12.30pm The first Wenhaston Village Hall Produce and Craft Market of 2024. A lovely variety of handmade cards, jewellery, homemade jams, handmade knitted items, Dexter Beef and other plant and food produce on sale and more. Cafe open for Tea, Coffee and Homemade Savouries & Cakes. Everyone welcome Carol on: 07864083296.

Saturday 27th April, Wenhaston Village Hall presents A Night of Clairvoyance with the famous Clairvoyant Steven Treadaway. Tickets are on sale at Wenhaston Post Office and are £12 or on the door on the night (subject to availability). Bar and a 50/50 raffle. Doors 7.00pm, start 7.30pm . This is sure to be quite a fascinating evening! Call Carol on 07864083296 for details.

Saturday 27th April - Wrentham village hall film night. OPPENHEIMER (15). 2023 Biographical thriller starring Cillian Murphy as Oppenheimer and his role in the development of the atomic bomb. Open 17.45 with film at 18.30. Please note due to the earlier start time due to the length of the film and there will be a short comfort break. Only £5 on the door including refreshments. All welcome. Easy parking.

Saturday 27th April, 6.30 for 7pm. Blyth Valley Rotary Club hosts our **Charter Night** with entertainment from Stella Goodey and Phil Brooke singing and playing traditional jazz, and early classic blues. It is our 'birthday' celebration and is an important part of our year, when we celebrate all the work Rotarians and Friends of Rotary do for the Community. The evening is to be held at Halesworth Golf Club. Smart dress. The club was formed in 1960. E: info@blythvalleyrotary.co.uk

Thursday 2nd May - Beccles and District Historical Society meets at 7.30pm at Hungate Church, Beccles, NR34 9TT
Topic: The Women's Land Army in Suffolk. Speaker: Nicky Reynolds. Admission £3.00 All welcome

Saturday 4th May. Car Boot Sale, 10.00am Holton Church Paddock. £6 in advance - £8 on the day Tel: 01986 835752 or 07944 267 733 or 01986 872467. Refreshment Tent, Barbeque, Raffle and Church Stall In aid of St. Peter's Church Holton (Halesworth)

Save even more money on advertising in The Bugle. Now you can get a massive discount on 12 month's advertising! See page 2 for just how much you can save!

Follow your inner moonlight; don't hide the madness.

What's On Guide

This guide is a free service open to all local fund-raising events & clubs. Entries subject to edit and available space. Incomplete entries will not be included. 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 at Beccles Public Hall from 2pm till 4pm. £2 per person. Live musical entertainment & by tea/cake/chat. Contact Jenny: (01502) 714828" or 07528 373 117

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

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

Every Tuesday. Art Classes at Blyburgate Hall, Beccles 7.00pm -9.15pm. Tutor: John Patchett IEA New artists welcome. Enquiries: telephone 01502 710491, or email info@john-patchett.co.uk

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

First Tuesday of every month. Want advice on tracking down your ancestors? Come to Leiston Library, IP16 4ER, The Alde Valley Suffolk Family History Group. 2 to 4pm will offer guidance and help. No need to book, just turn up.

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

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

Every Wednesday in Fen Park, 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. St Lukes Church, Homerfield Avenue, Oulton Broad. Whitten Pantry £3 for 12 items of food plus free hygiene products, shampoo soap etc. Info Email: josephinefowler@talktalk.net

Every Wednesday Evening at 7.30pm. at St. Marks Church Hall, Bridge Road, Oulton Broad: The Folk & Square Dance Club. All welcome. A gentle way to keep fit & enjoy yourself. Refreshments. Info call:07732 60 20 62.

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

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.

Every 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. Always an interval for Tea Coffee and snacks included in the price!

Thursdays Fortnightly. St Peter and St John's 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 information please contact Eileen on 0781 8674 77

Every Saturday morning 10am - 12noon 'Coffee at St Eds' 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

First and Third Saturday's Beccles 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 phpp. For info/book call 07584246510

Lowestoft and District Talking Newspaper are in need of a Treasurer!

We provide a weekly talking Newspaper for the blind and sight impaired.

We would love to hear from anyone who can help us by spending a couple of hours a week and attend a committee meeting every 8 weeks.

Please contact Rodney Scase (chair) 01502 539656 and leave a message.



"People say nothing is impossible, but I do nothing every day." – A. A. Milne



Garage Door Solutions

The bespoke friendly service from a local family-run Business

We are a family run door installations and repairs company installing market leading doors custom sized to your requirements. We operate throughout the Lowestoft, Great Yarmouth and Norwich areas

You can get an on-line quote on the same day, just follow us on Instagram at 'garage_door_solutions' for a quotation to supply and fit your dream door. We are offering our customers the ability to obtain a quote from home with our on-line quote system. This allows you to generate a guide price based on your product, style, measurements and choice of colour.

We also offer a complete repair service for your existing garage door. This is anything from replacement cables to motors or reprogramming a new remote control key.

Now you can get a quick local service with experienced engineers for peace of mind with no hidden costs! Call, message or email for a free no obligation quote:

Mobile: 07525 488 610 Office: 01502 349007 Email: gds.sales@hotmail.com

See our advert on the front page!



SPRING EGG HUNT

SUNDAY 7TH APRIL 2024

10AM – 2PM

Map and prize - £4.50 per child, cash only.

Collect the map to find the letters to make a spring themed word and win an egg!

Maps and prizes to be collected from The Pavilion, next to the Bowls Green in the Park.

NO NEED TO BOOK JUST TURN UP AND ENJOY!



Oh, give me
the beat,
boys, and
free my
soul,
I wanna get
lost in your
Rock 'n'
Roll,
And drift
away

KESSINGLAND



CARBOOT & MARKET

EVERY SUNDAY - NR33 7TF

**NEED CASH?
SELL FROM JUST £7!**

TABLE HIRE • CLOTHES RAIL HIRE
CARBOOT SHOP

Stepping Out
with
Healthy Feet

ANGEL
PODIATRY

book online: www.angelpodiatry.com

**We can assess, diagnose and treat
Muskuloskeletal disorders that affect
your foot, ankle and lower limb**

Our Podiatrists can treat:

- Sport related injuries
- Plantar fasciitis
- Foot & ankle pain
- Orthotic prescription
- Fascial manipulation
- Shockwave therapy
- Steroid injection
- Children's foot problems
- Corns, callus & verruca
- Ingrowing nails
- Fungal nails

43 Thoroughfare Halesworth IP19 8AR
Tel: 01986 874531
E: reception@angelpodiatry.com

AJS

**Arthur Jary
& Sons Ltd**

Est. 1899

*Your local family run
Independent Funeral Director
and Memorial Specialist
Pre-Paid Funeral Plans*

Office located at:
76 Denmark Road
Lowestoft
Suffolk NR32 2EQ

Email: lowestoft@arthurjary.co.uk

Also at:
Great Yarmouth • Gorleston • Bradwell
Caister • Acle

www.arthurjary.co.uk
Tel: (24 hrs) 01502 581506

Light travels faster than sound. This is why some people appear bright until you hear them speak.

Wangford Post Office Changes



The indoor facility closed on Thursday, 21st March, and was replaced by the mobile van on Wednesday 27th March.

However, Wangford Community have objected strongly to their intention to locate the van in the layby outside the church, and they have agreed to move it to the Community Centre car park.

As we feared, there is to be a reduction of 50% in the service provided. Unlike the other outreaches, Wangford will still have 2 visits per week, but on consecutive days, and for only 1 hour each day.

As of now the new hours are:

Wednesday 10.30 – 11.30 am Thursday 2.30 – 3.30 pm
in the car park at Wangford Community Centre



Easter Egg Hunt - Open until April 14th!

Spring is in the air, and what better way to celebrate than by joining our exciting and colourful Easter Egg Hunt! This isn't just any hunt - it's a journey of fun, filled with the spirit of Easter and the joy of discovery. And the best part? It's absolutely **FREE** to enter!

From the 29th of March to the 14th of April 2024, we invite you and your family to embark on an enchanting trail. As you follow the clues and explore, the excitement builds with every egg you find. And guess what? Every participant will be rewarded!* Yes, every single entry wins a charming small prize, ensuring that no one leaves empty-handed. But hold on, there's more! Completing the trail doesn't just find all the eggs; it also enters you into our grand prize draw.

The rewards are simply spectacular! You could win Marina Theatre Vouchers, perfect for a night of entertainment. Or how about a fun-filled outing with Richardson Family Bowling? And let's not forget the Family Easter Treats Hamper, full of goodies that will make your Easter celebration even more special. Head to Lowestoft Library to collect your entry form and follow the clues, don't forget your pen!

So, gather your family, bring your friends, and join in the joy and community spirit of our Easter Egg Hunt. Check out www.discoverlowestoft.co.uk or Discover Lowestoft on Facebook



Did you know?
A well-made cotton or
hemp grocery bag can be
re-used over 7,000+ times,
before wearing out?
There really is no excuse
to use plastic anymore



BECCLES ANTIQUES MARKET

On Beccles Quay **SUNDAY 5TH MAY**
8AM-3PM

A wide variety of Antique/Collectables/Vintage Stalls
Parking available on site and within walking distance
Tel Kate on: 01502 711174

Never apologize for showing feeling. When you do so, you apologize for the truth.



"I love playing in the street and not having to worry about traffic," says Henry (7) during his visit to Milestones Museum in Basingstoke, Hampshire. We're able to go back in time for a day. In what is little more than an aircraft hangar, streets of Victorian houses and many long gone Hampshire businesses can be found. As we wander round with our helpful audio guides, I ponder whether an architect was employed to design these excellent buildings. There's a tram, an old bus, even a marvellous teddy bear museum, a pub and sweet shop that are open for business during certain hours.

We learn about engineering and in 1915 William Tasker & Sons built a steam traction engine for a customer in Gosport. It's a real eye opener that such a business existed in Hampshire and it is sad that this, as with so many, ceased to survive as the world changed.

Visiting an attraction like Milestones is particularly helpful at this time, I feel. It shows us that change has always been with us and that you have to adapt to survive. But it does open your eyes to the fact that so very few companies actually last the duration with many being acquired and ultimately forgotten. Milestones is full of such firms including Gales the brewer, which sold out to Fullers in 2006. Webber's the Basingstoke vehicle dealership had traded for over a century and was taken over by Harwoods in 2018. Thornycroft, the vehicle manufacturer lasted until 1977.

Here is an attraction where you can while away the best part of a day. There's time to sit on a bench in the High Street where we enjoy our picnic and savour the surroundings. Our children Harriett (12), Heidi (10) and Henry (7) can roam free without a problem, explore and complete their trail. There's an alleyway through a terrace property. The windows are open and you can overhear a conversation; a man wants his fresh shirt for the dance



tonight.

Meanwhile a washerwoman strolls past us, in period attire. We're hoping that she tells us a yarn about her life but unfortunately she questions why our children do not have mobile phones. We weren't expecting that. We had hoped to leave all that nonsense behind for the day. While it's a nice idea that volunteers can dress up and walk around the museum, it would really add to the atmosphere if they actually got into the part.

The sights and sounds enhance our travels back to the 1800s. There's a distant clip clop of horses. I didn't know that there were 20,000 horses in Hampshire before WWII. Then as mechanisation took hold, reliance on our four-legged friends plummeted. I enjoy spending time in the garage and listening to the conversation between the vicar and the mechanic.

For more information visit: www.milestonesmuseum.org.uk

KESTREL ARBORICULTURAL SERVICES

**TREE FELLING • HEDGE TRIMMING
CROWN REDUCTION**
Call the experts today

f Fully Qualified and Insured Tree Surgeon
undertaking all your arboricultural needs **ig**

**Tel: 01502 385052 E: info@kestrelarb.co.uk
www.kestrelarb.co.uk**

Date
Sunday 28th April 2024
Time
10:00-15:00
Location
**Carlton Marshes,
Burnt Hill Ln,
Carlton Colville,
Lowestoft NR33 8HU**

Eco Fair
LOCAL SELLERS. LOCAL EXHIBITORS.
CHILDREN'S ACTIVITIES. ECO TALKS.
WORKSHOPS.

FREE ENTRY

**Suffolk
Wildlife Trust**

A bank is a place that will lend you money if you can prove that you don't need it.

DESMOND'S



There cannot be many people in and around Lowestoft who have not heard of Desmond's! After 10 years in London Road South but just a little further up – Desmond was proprietor of Desmond's Pizza Restaurant before he took a break and travelled around Europe on a Honda moped.

Anyone who knew Desmond, the lovable, friendly and somewhat eccentric restaurateur knew that he would be back – and better than ever.

Now he has just opened Desmond's again in London Road South at an all new location and he is back where he should be – his flair for cooking gorgeous things is once again raring to go.

Experience the dynamic atmosphere of Desmond's for yourself – you will not regret it



DESMONDS
147 LONDON ROAD SOUTH

OPENING HOURS
WEDNESDAY 10.00-14.00
THURSDAY 10.00-14.00
FRIDAY 10.00-14.00 & 18.00-21.00
SATURDAY 10.00-14.00 & 18.00-21.00

**OTHER HOURS AVAILABLE
FOR PRIVATE DINING**
07968636647



Your local internet radio station covering the towns of Southwold, Lowestoft, Beccles, Bungoy, Halesworth and beyond.

We broadcast 24 hours a day 365 days of the year!

Through the night our fiendishly clever auto dj provides a wide variety of music from many different decades.

In our daytime live programmes our own local DJs are spinning the discs for your enjoyment, see schedule on the website for details
www.eastpointradio.com

Use your smart speaker or any digital device to access East Point Radio
You can also find details of our popular What's On Diary on the website
For inclusion please contact us via email: studio@eastpointradio.com



I always arrive late at the office, but I make up for it by leaving early.

Your Letters to The Bugle

Through the car window junk food!

Dear Bugle

I note from the East Suffolk Council Planning website that an application for a Krispy Dreme Doughnut new drive-thru kiosk and ancillary facilities on Horn Hill has been given the go-ahead. This adds to the many drive-thru eateries and drink easy establishments that have sprung up surrounding the third river crossing, the Gull Wing, at the exit and entrance points.

The issues concerning traffic control or lack of it are going to be interesting but there has been considerable debate in the national & local press plus the TV media concerning the effects of these fast food places combined with the lack of exercise on public health and the repercussions for the NHS. There is also the issue of highways and bye-ways being used as litter baskets for these consumption through the car window establishments.

Apparently, the NHS spends some £6.5 (gov.nhs) billions per year on obesity related diseases. So why is it that the local councils pass these questionable establishments so easily? Is it because of fear from the legal teams these large organisations use to get their own way? Naturally, local councils don't want to incur the financial penalties involved. Have the government so denuded the planning authorities of so much power that anything goes least of all for the holistic considerations & consequences of their decision making? Like good diet, exercise and well being?

Yours

Norman Castleton

What did you say???

Dear Bugle

Two years ago I was tested for and given NHS hearing aids. They were okay, but when the batteries needed changing, they required fingers more nimble than my 86-y-o ones. My daughter told me how many thousands of pounds it would cost to buy new ones

on the High Street. So I Googled rechargeable hearing aids on line. I found some skin-coloured ones advertised at about £40. I read most of the reviews and everyone raved about them. To be fair, almost all came from the US of A and they rave about everything. But then I thought, complete with a USB charging lead they cost £40 - what the hell? So I ordered a pair. They turned up about two or three weeks later.

They come in a little charging unit complete with a USB cable and a pack of rubber cups to suit every size of ear. THEY ARE AMAZING! With the NHS ones, my TV sound is set on about 21/22. With these it is set on 12/13. A huge improvement. Yesterday I returned the NHS ones to Paget. The receptionist had never seen or heard of my replacement hearing aids and was suitably surprised when I showed her my new aids. I have to admit that these skin-coloured ones are my second pair.

A friend told me of a friend of his who everyone was fed up with shouting at. My first pair were white and I didn't like that, so I told him that I had ordered a pair of skin-coloured hearing-aids and they were a pound cheaper than the white ones.

I told him that when the skin-coloured ones arrive, he could have the white one for his friend to see if they would help her. I have handed them over, but have no idea of the result yet because I only see my friend once a week and he similarly see his other friend just once a week. But with the cost on the High Street being what it is, I would encourage readers with hearing problems to invest £40 in these rechargeable aids. Money seriously well spent. Further to the High Street, the replacement rubber cups can only be bought on the High Street if you bought their very expensive hearing aids. I found loads on-line for diddly squat.

Yours

Ken Brickell



Halesworth u3a presents: Hospitals before the NHS - an illustrated lecture

The Cut Arts Centre, Halesworth IP19 8BY
Suffolk

Tue 16 Apr 2024, 2:30PM

ASPLEN'S SERVICES

Maintenance & Advice

Ponds • Water Features

Pumps & Filtration Systems

Fence & Shed repairs,

Lawn Mowing.

Tel: 01502 219755 Mob: 07391 126 522

E: asplengardenservices@gmail.com



CAROLE THE MOLE CATCHER

FOR A NO-OBLIGATION
CONSULTATION OR QUOTATION
PLEASE CONTACT US

KEEP CALM AND
CALL CAROLE!
THE NINJA MOLE
CATCHER
01508 471916
07918 187837



CAROLE@CAROLEMOLECATCHER.CO.UK
WWW.CAROLEMOLECATCHER.CO.UK

The man who smiles when things go wrong has thought of someone to blame it on.



Mark Thomas is coming to The Seagull Theatre

Mark Thomas: Gaffa Tapes: Warm Up! The Seagull Theatre, Lowestoft Friday 10th May 7.30pm Tickets - £12

Join Mark as he tries out material for his brand-new show. Jokes, rants, politics, play and the occasional sing song. If you don't know what he does - ask your parents!

In his time he has won awards, forced a politician to resign, changed laws on tax and protest, become Guinness Book of Records world record holder for number of protests in 24 hours, taken the police to court 3 times and won, walked the length of the Israeli Wall in the West Bank and generally mucked about trying to have fun! This show is more of the above.

"You'll leave recommitted to the fight against this appalling authoritarian government, to keep that tradition alive." - Guardian 2021

Recommended for 18+ www.theseagull.co.uk



Harleston Players present Dick Barton - Special Agent

The Cut Arts Centre, Halesworth IP19 8BY
Suffolk

Tue 23 Apr 2024, 7:30PM

Looking for an Accountant?

- Self Assessment
- Corporation Tax
- VAT Returns
- Payroll & CIS
- Auto Enrolment
- Charity Accounts
- Independent Examinations
- Company Formation
- Bookkeeping
- Business Plans & Forecasts
- Incomplete Records
- HR & Administration

Let someone take care of the numbers

VAT • TAX RETURNS • ACCOUNTS • PAYROLL

☎ 01508 333040

✉ office@abcabacus.co.uk

🌐 www.abcabacus.co.uk



ABACUS
a name you can count on
Accountants
Book-Keepers
Consultants



EAST COAST
FUNERALS

Associated with
Golden Charter
Funeral Plans

TAKING THE TIME TO LISTEN

- ✓ Personal Service
- ✓ Direct Cremations
- ✓ Funeral Plans

call **01502 217060** 24 hours

Owl Building Battery Green Rd Lowestoft NR321DH
Visit www.eastcoastfunerals.com



Visit You Tube: Cinemas Lost Forever
Find videos on
The Palace Thetford Odeon Clacton
Odeons & ABC Ipswich Palace Hadleigh
The Picture House Ipswich
Odeon Lowestoft ABC Wakefield
ABC Haymarket, Newcastle Upon Tyne
Regal & Kino Walton on the Naze
Comet Mildenhall Picture House Diss
Odeon Bishop Auckland Mayfair Bungay
Regal ABC Great Yarmouth
Regal Odeon Colchester
Regal & The Cinema Beccles
Assembly Rooms Ritz Southwold
& Many more!
Find us on Facebook: Cinemas lost Forever

If evolution really works, how come mothers only have two hands?

The Grumpy Old Man

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

Parliament - the ship of fools

So the 650 idiots in parliament have just voted themselves a 5.5% pay rise, taking them up to £90,000 per year. Now I am not sure about you but I don't think any one of them is worth any pay rise at all. I think it's a bloody cheek because not only are they on that high wage, some of them also get paid under the table for lobbying on behalf of big business whether it is against the public interest or not. During Convid they were awarding their mates contracts to supply 'protective equipment' – contracts worth more than you earn in a life time. The Tories are 'hooray Henry' elitists with zero credibility. Not a single member of the public voted for Rishi the man who tells more stories than Jackanory. He has promised for what seems like years to 'stop the boats' but Britain is still being let down and its identity is being watered down with the ever-flowing tide of illegal immigrants.

Inflation is soaring (don't believe what they tell you to the contrary) Energy companies making kazillions profit while people choose whether they heat or eat and countless tens of thousands of economic migrants continue landing on our shores getting handouts. Boris promised Brexit but got it in name only as we are still effectively governed by Europe. Britain is broken and virtually bankrupt and we cannot look after our own because we are too busy chucking money away with the migrants and getting involved (or threatening to) in wars that we don't have the capacity to make a difference in. The Tories are a spent force who deserve to be relegated to the political wilderness for 100 years.

So what about Mr Starmer? Is he going to be a good leader? Is he going to help put Britain back on it's feet, or has it gone too far? Nobody knows because he isn't saying what he is going to do. He probably reckons he can now get in without saying anything. But remember this, his party is so closely linked to the Tories on policy that you could get a fag paper between them – so you won't see much change.

The Convid plandemic and the associated lies of parliament and ministers caused all those who were awake to what was really going on, to lose faith in our government totally. It was clear then, if it wasn't before, that this government is the most corrupt, self serving and morally reprehensible bunch of baboons ever to have darkened the doors of that previously hallowed place. Oliver Cromwell entered parliament on behalf of the people many years ago as the parliament of rich idle self-serving parasites were in the process of voting themselves in for another term of office. Throwing the sceptre onto the floor he demanded that they all leave those hallowed benches that were designed and constructed to be a parliament of people 'working for the people' not for their own gratification and monetary enrichment. "GO!" He said: "for you have stayed too long and done no good."

Well this shower of marauding scum are no better than those who infected that place so long ago. We might be holding an election soon but it will be an unfair one with little or no choice. Remember the Labour party will bring little or no change except perhaps a bigger 'woke' agenda with more policies that further deny nature and known science in favour of all manner of new laws and dictats to further strangle free speech as we once knew it. This election is being held to give the people the illusion of choice, when in reality both of our so-called candidates and many of their number are all in favour of the World Economic Forum and Agenda 2030. Time for another Oliver Cromwell with the fortitude to declare 'enough is enough'

And finally

In May Mr Sunak is set to sign Britain up to a World Health Organisation agreement that only they (The WHO) will have the right to declare a pandemic and the right to make vaccinations MANDATORY, thereby removing your autonomy over your own body and your freedom to choose what gets injected in to it and what doesn't. It has now gone way past 'No Jab - No Job' and 'No Jab - No Fly'. The kid gloves are apparently off. You WILL have the jab. This calls to mind The Prisoner TV series in 1966 - "I am not a number I'm a free man" to which he was told "You are number six"

Is there no end to the current tyranny infecting the world. I fear it will only happen with much violence and loss of life - Not that those doing the sabre-rattling ever go to fight!

Reydon Village Hall
at the heart of the community

Golden Anniversary Appeal Fund

BINGO

Friday 5th April 6.30pm
Eyes Down 7.00pm

@ Reydon Village Hall

£5 per person

Bring your own refreshments or purchase soft drinks/snacks

Prizes! Raffle!

Book your tickets with Charlotte at Southwold Library
07715388916 froglock@hotmail.com

All funds towards the RVH Golden Anniversary Appeal Fund to repair, renovate and refit the hall

SOUTHWOLD MAKERS MARKET

Open 10am - 4pm on selected Saturdays

United Reformed Church Hall, off High Street, Southwold

www.southwoldmakersmarket.co.uk

f southwoldartisancraftmarket | southwoldmakersmarket

"Do come in, you never know what you might find!"

ST EDMUNDS HALL, Southwold
EVERY WEDNESDAY 9.30-11.30
(term time only)

SOUTHWOLD baby & toddler group

ALL CHILDREN WELCOME BETWEEN 0-5yrs

Toys, games, crafts, singing, socialising and a pummy snack
£1 per baby/toddler over 6 months
£1 per adult: cup of coffee & biscuits for adults

Post us on Facebook or Instagram for the latest updates

ST EDMUNDS HALL

When you're in love it's the most glorious two and a half days of your life.



THE EAST ANGLIA TRANSPORT MUSEUM



Recently we went down to The London Transport Museum at Covent Garden and whilst it was good we were surprised at how small it was! In it's defence it was all inside and static and although there were lots of buttons to push and interactive things for the children, I was a little disappointed at how little was actually on show.

I couldn't help but compare it to the wonderful East Anglia Transport Museum that we can enjoy on our own doorstep. There is a plethora of buses & trams from all eras and even a train! There are shops and a cafe bus and tram rides and helpful staff are always on hand They hold regular events for the whole family and I believe they have the double-decker bus used in the film TO SIR WITH LOVE!

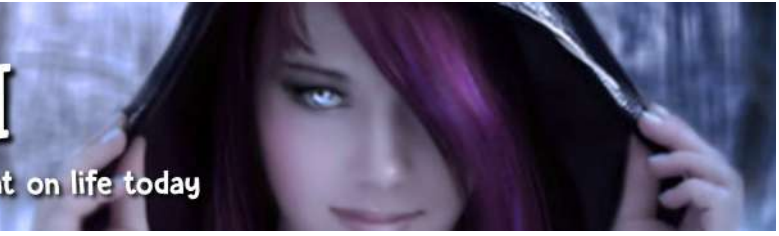


The East Anglia Transport Museum. Chapel Rd, Carlton Colville, Lowestoft. NR33 8BL
Tel 01502 518459. Find them on Facebook website: www.eatransportmuseum.co.uk

The guy who invented the first wheel was an idiot. The guy who invented the other three, he was a genius.

ANCIENT WISDOM

Shining a light on life today



CROP CIRCLES: All done with rollers and rope? Not Possible

You have all seen pictures in the press of Crop Circles that cover huge areas and the complexity of design is nothing short of breathtaking. Patterns display anything from a depiction of the Mayan calendar to what appears to be a DNA strand.

Like everything else that comes to us from a higher intelligence or indeed from the world of spirit, Crop Circles have their share of fraudsters, they have their share of debunkers and their share of 'rational explanations'.

Of course there are fraudsters making Crop circles but for now, let's concentrate on real Crop Circles, for, contrary to popular opinion, they are not a relatively new phenomena. They are mentioned in academic texts from the late 17th century and over 200 are reported and recorded prior to 1970. It is fast becoming an undisputed fact that Crop Circles are organised harmonic forms that manifest around the world, the result of an energy interacting with the physical world,



the ground, near the plant's first node. In special cases the stems are bent about 6 inches from the top of the seed head. Such features defeat the hoax argument, since a plank or garden roller is required to flatten the crop to the ground, resulting in clear damage to the plants. The plants appear to have been subjected to a short and intense burst of heat which softens the stems to drop just above the ground at 90 degrees, where they re-harden to their new and permanent position, without damage! Plant biologists are baffled by this and it is the single most method of identifying the real phenomenon. The tremendous application of local heat found at newly created circles is also responsible for altering the local water table as millions of gallons of surface and sub-surface water is evaporated!

Crop Circles also show existence of Ultrasound – sound above the normal hearing range – and such frequencies are known to exist at ancient sites such as stone circles, long burrows, tumuli, dolmens and menhirs. And like all sacred sites, the Crop Circles appear at the intersecting points of the earth's magnetic pathways of energy. Other evidence shows how the floors of laid plants are swirled in mathematical proportions relative to the Golden mean, the fundamental vortex used by nature to create organisms such as shells and sunflowers. The floor of the Crop Circles can have up to five layers of weaving, all in counter-flow to each other, with every seed head intact and placed beside each other as if in a museum case. Genuine Crop Circles are not perfectly round but are slightly elliptical, (a hoax, requiring a central rope cannot effectively achieve this, and never has) Their edges are crisply defined from the flattened crop as if drawn with a compass and incised with surgical precision.

Crop Circles alter the local electro-magnetic field; often compasses cannot locate north, cameras and cellphones malfunction. Local farm animals avoid Crop Circles or simply act agitated hours before one materialises. Crop Circles generally form at night between the hours of 2 and 4am during the shortest evenings of the English year. A lucky few appear to have witnessed large balls of incandescent colour, project a beam of golden light into a field which the next morning displays a new circle.

in this case, plants. The energy is comprised of light, sound and magnetism. To date, Crop Circles have been reported in 29 countries and have appeared in mediums such as wheat, barley, canola, trees, ice, rice paddies and even linseed.

Eye witnesses to Crop Circles forming (and there have been a few) speak of shafts of light descending from the sky or the presence of orbs. There is even a photograph of one such incident that has been scientifically examined and proven to be authentic. The shafts of light are clearly visible. So how do we know when a Crop Circle is genuine?

In genuine formations the stems of the wheat, barley etc are not broken but merely bent, normally about an inch off

Continued on next page

The worst time to have a heart attack is during a game of charades.

ANCIENT WISDOM

Shining a light on life today

Continued

During a surveillance project in 1989 a Japanese TV crew filmed a Crop Circle manifesting in the early hours of the morning, showing a swirling motion of energy lasting less than 15 seconds.

At Stonehenge in 1996 an RAF pilot declared nothing to report when flying over the area of the monument at 4-15pm. Yet 15 minutes later a second pilot reported a huge 900ft formation resembling the Julie Set computer fractal. Comprising 149 circles and aligned along a spiral curve, it lies within view of the well patrolled monument. It took a team of 11 people, no less than 5 hours to survey the formation. Picture opposite >>>



People have experienced strange and yet wonderful sensations when entering a circle to examine it. There are corroborated reports of one investigator who was suffering from a dislocated shoulder and was undergoing weeks of physiotherapy. He spent all day surveying a circle and when he emerged from it his shoulder was completely healed. He is a scientist. His doctor confirmed the recovery. It was not an isolated incident.

Jumping on the bandwagon in the late 1980s was a group originally called Team Satan, they later changed their name to Circle Makers. These people claimed responsibility for making Crop circles, and no doubt, they have made a few. There are several Crop circles out there that have been made by the Circle Makers but they are crude and obvious.

They tried to claim responsibility for the 1996 Stonehenge circle mentioned above, despite the fact that two RAF pilots, a gamekeeper and a security guard all claim that the formation appeared within a 15 minute window one Sunday afternoon. Don't forget also, that it took a team of 11 people 5 hours to survey it!! It appears the Circle Makers have a fabulous ability to bend the laws of physics, levitate above the untouched wheat and master the laws of invisibility and make time stand still in order to complete their work!

The Circle Makers became the media darlings however and gained lucrative commissions from both the BBC and Sky – even Mitsubishi, for whom they made a Crop Circle shaped like a van! It took them two full days, they did not work at night.

The evidence, both practical and scientific in favour of a higher intelligence being the creators of Crop Circles is overwhelming. Despite this the government and the media continually try to debunk the idea by paying large sums of money to so-called Circle Makers, to commissioning TV programmes and newspaper articles to 'expose all crop circles as frauds'. Large swathes of the public agree with the hoax theory, not because they are influenced by such programmes particularly, but for a far more base reason.

It is man's inability to accept that he is NOT the only intelligent being in the universe. Not only that he is singularly incapable of taking on board the fact that there are vastly more intelligent beings out there. There are over 200 billion stars like our sun in the known universe and it is naivety bordering on crass stupidity not to realise that we cannot be alone.

Maybe these higher evolved beings are trying to tell us something very important, without declaring themselves and therefore removing our free will? Its up to us you see, all they can do is nudge. We should pay attention.

HOME FROM HOME DOG CARE

Due to popular demand we are now offering a bespoke

DOG VISITING SERVICE

For people who are out for the day, at work etc. We visit your dog 1-3 times in the day, to walk, sit with and play with - to make their day! Limited spaces. Covering Uggeshall, Wangford & surrounding area.

We also offer just **DOG WALKING!**



Tel: 01502 578074 Mob: 07484 70 60 49
Email: twilightbark2022@yahoo.com

**EAST POINT PAVILION
LOWESTOFT**

STAR WARS DAY

**SATURDAY
MAY 4TH**

**10AM - 4PM
FREE ENTRY**

<https://www.eastpointpavilion.com/events/star-wars-day>

When I was a boy I was told that anybody could become Prime Minister. I'm beginning to believe it.

BENZO'S GOURMET BURGERS EXPAND INTO LODDON!

A new gourmet burger business which began trading in Suffolk just two months ago is expanding to a Norfolk pub.

Benzo's Gourmet Burgers opened its first restaurant in Halesworth at the end of January under owner Benjamin Helmer.

On the menu are "dirty" burgers, loaded fries, desserts and "all the delights in life you need".

The business specialises in dirty burgers, loaded fries and desserts (Image: Benzo's Gourmet Burgers)

Mr Helmer and his team are bringing Benzo's to the Kings Head pub in Loddon where their food will be available for eat-in or takeaway.

It is available from the Kings Head in Loddon now! (Image: Benzo's Gourmet Burgers)

Mr Helmer said: "There'll be top quality burgers and delicious homemade desserts and we will be bringing big butcher meat breakfast and lunches after a month or so."

The new venture will cater to people in Loddon as well as Beccles and Bungay via a delivery service available on its website.



Circle 67 present: Nell Gwynn

The Cut Arts Centre, Halesworth IP19 8BY
Suffolk

Thu 2 May 2024,
7:30PM - 10:00PM



2024 INK FESTIVAL: Day Ticket - Sunday 14 April 2024 - £25.00
Parental Guidance advised for under 13s

The Cut Arts Centre, Halesworth
and Festival venues across the town

Sun 14 Apr 2024,
9:30AM - 7:00PM

PAKEFIELD CHURCH for info Email: office@pakefieldchurch.com

Friday 5th 12th 19th, 26th April. Larder on the Hill at Bloodmoor Community Centre. Open 3.00 to 6.00.

Every Thursday the school Uniform bank for children living in the NR32 & NR33 area is open at Bloodmoor Hill Community Centre between 9.00 and 12.00. Russell Lord is collecting any unwanted school uniform items for the Uniform Bank at Bloodmoor Community Centre. please consider donating them to the Uniform Bank where they will find a new home and help reduce waste. Email hello@bhcc.uk

Mondays to Saturdays informal Morning Prayers. 9.00 to 9.30.

Sunday 8.00 alternate weeks Holy Communion or Morning Worship.

Sundays 10.30 (except the 1st) are 'All Age Morning Worship'. All services include Holy Communion and are streamed.

Every Sunday at 4.00pm, on alternate weeks, are Holy Communion and Evening Prayers.

Wednesdays 9.45 Holy Communion.

First Thursday of each month is Messy church for children 3.15 to 5.30. Parents and carers most welcome.

Sadly it is not possible to have a Messy Vintage Group in April

Every Friday between 10.00 and 12.00 is the churchyard gardening group. Please come along if you enjoy gardening and would like to meet with others sharing the same interest.

What's going on with events at other churches in our area? Let us know - email: the.buglemag@yahoo.co.uk

HOLTON ROAD GARDEN CENTRE

A good range of wellie boots,
work boots gloves & socks

A Range of onion sets & garlic.
Young vegetable plants

Books, Greeting Cards & Jigsaws!

Everything you need for your pets
from Hamsters to Horses!

Visit Market Fields Farm Shop

36 HOLTON ROAD, HALESWORTH

TEL: 01986 872761

OPEN 7 DAYS A WEEK



They say marriages are made in Heaven - but so is thunder and lightning

Healing Naturally

We all know that the best way to maintain our bodies in good shape is to take care of them in a much better fashion than 21st century living tends to offer! The heavily processed foods in supermarkets and in fast food 'restaurants' is nothing short of a disgrace to our species and a quick look at ingredients on the packaging will offer only a small clue to what actually lurks inside the product. Concern is also growing about the role of chemicals used in the packaging of many products!

There never has been a better time to consider becoming more savvy about what we put in our mouths expecting our bodies to be able to cope with it. As food insecurity grows and the quality of supermarket food is questioned, there never has been a better time to think hard about where you source the food for you and your family.

That is why we are starting The East Coast Community Food Project which you may have seen in this magazine in recent issues. We have applied for Community Interest Company status with both HMRC and The Revenue Service, which means any profits from our efforts are 'ploughed back' (forgive the pun) into the community. See advert below on how you can help us to grow this project for all and please contact us if you feel this project is something you would want to be a part of.

Below are details of some events that are upcoming from our recent contacts at Lowestoft Town Council, East Suffolk Council, Community Action Suffolk and food networking officers throughout the county!

Sunday 7 April: Walk and Talk around Earlsway Farm 10:00-13:00 (arrive at 09:45 for prompt start)

Walk and talk around the complex issues to do with land management, food, farming and climate, thanks to Richard Symes. Earlsway Farm – April 7th Sunday – Halesworth ASH This event is free but please email Halesworth ASH and let them know if you are planning to come so they can estimate numbers halesworthash@gmail.com Earlsway farm, Bramfield, IP19 9AD. There are plenty of parking and toilet facilities. Web site: <http://earlswayfarm.co.uk/> Contact Rachel: 07920055888

Friday 19 April: Screening of film Six Inches of Soil followed by Panel Q&A, 19:00-21:30, Woodbridge Community Hall. The film Six Inches of Soil tells the story of remarkable farmers, communities, small businesses, chefs and entrepreneurs who are leading the way to transform how our food is produced and consumed. After the film there will be a panel Q&A session. Event organised by Deben Climate Centre. Admission £6. SIX INCHES OF SOIL - Film and Q&A Panel Tickets, Fri, Apr 19, 2024 at 7:00 PM | Eventbrite

Tuesday 23 April: Healthy Stock and Healthy Soil, 10:00-13:00 at Herne Hill Farm, Chediston

This event organised by Pasture for Life – Certified 100% grass-fed meat, milk and dairy looks at two key factors in your livestock business. How to best manage your grazing and arable practices to improve soil health and how to manage your livestock to reduce inputs and increase the health and productivity of your animals.

The event will take place at Herne Hill Farm, Chediston, Suffolk, and will involve a farm walk and talk as well as ample chance to discuss best practice in soil and livestock management. Register via Eventbrite: RCF East Anglia: Healthy stock and healthy soil = healthy bank balance Tickets, Tue 23 Apr 2024 at 10:00 | Eventbrite

Saturday and Sunday 18 and 19 May: Wakelyns Open Agroforestry Weekend

Come and see organic agroforestry in action at one of the oldest, most diverse agroforestry sites in Europe, in Fressingfield here in Suffolk. Guided walks, information, delicious food and more. A fun community event for everyone with an interest in agroecological farming and the environment. Free admission but registration required. Agroforestry Open Weekend 2024 – Wakelyns

EAST COAST COMMUNITY FOOD PROJECT

Working with the community to promote food sustainability

Become part of the project

We are literally starting from the ground up!

Looking for land and a whole lot more

Email Neal: eccfoodproject@yahoo.com

Phone 07387 292 739

We plan to create our own smallholding and involve other growers however small or large to barter and trade, set up markets. We want to involve local schools too!

My psychiatrist told me I was crazy and I said I want a second opinion. He said okay, you're ugly too.

Life as an artist, talk at Halesworth Library

A life long painter, Suffolk born Tessa Newcomb will be giving a talk on the pleasures and difficulties of life as an artist at Halesworth Library on Thursday 18th April at 2.30 p.m..

A painter of the every day, Tessa's paintings have been described as the observed and the imagined intertwined and reflecting the places she paints. Her pictures have been shown extensively in East Anglia and she has had 9 shows at the Crane Kalman Gallery in London.

Tessa is a patron of The Friends of Halesworth Library and supports their work in providing improved facilities at the library. The event and the refreshments are free but donations to the Friends are always welcome.

As this is expected to be a popular session it helps if you would sign up in advance, by calling the library on 01986 875095 or emailing: friendsofhalesworthlibrary@gmail.com.



Harcov
PRESENTS
The Greatest INK
SUNDAY FUNDAY
A free community day of musical theatre delights

14 April
11.00am - 4.00pm
Market Place
Halesworth

Free Pizza for Kids
Mad Hatter Magic
Sleep Fighting
Circus Workshops
Food & Bar
Photobooth & Dress Up
Punch & Judy
Face Painting

FIND OUT MORE
[inkfestival.org](http://www.inkfestival.org)

WCB COMEDY PRESENTS...
STAND UP IN SOUTHWOLD

Sol Bernstein
Gavin Webster
Headline Act
Seann Walsh
MC Karen Bayley

Friday 5th April
Doors 6.00pm
(Show starts 7.00pm)

TICKETS £20
BOOK NOW!
01502 722572

WWW.WCBCOMEDY.COM

SUFFOLK LIBRARIES WHERE I BELONG

Trainmaster Suffolk

Terrific Train Fun!
Thursday 4th April 12.30pm & 1.45pm
@ Reydon Village Hall

Miles of track and trains to play with plus ride on train and a train roller coaster!

£4 per child for 1 hour's play!
Limited spaces. Book your place today!

01502 722519 southwold.library@suffolklibraries.co.uk
www.ticketsource.co.uk/suffolklibraries

OMG Fayres Presents
Find us on Social Media

SMALL BUSINESS AND HANDMADE SHOPPING EVENT

Hatfield Hotel,
The Esplanade, Lowestoft, NR33 0QG

20TH APRIL
11AM TILL 3PM
FREE ENTRY

ARE YOU LONELY OR STRUGGLING AND IN NEED OF A COMPANION OR SOME HELP IN THE HOUSE?

Ros's Companion Support Services

Ros's Companion support services are on hand to help you on a regular or when required basis.

My Service :

- Companionship
- Light housework
- Light food preparation
- Help with personal care
- Take to appointments or out socially (locally)
- Sit with you while your carer goes out

A little about me!
I have 20 years of experience as a qualified nurse in the hospital/hospice environment. I have also worked in care homes and in the community. I enjoy talking and listening to people, helping people with leisure activities and jobs within the home to maintain their independence. Also, I believe in the importance of confidentiality.

I will work within Beccles and surrounding areas within an 8-mile radius.

GET IN TOUCH TODAY!

07584 629180
rosasplen23@gmail.com
[Roscompanionsupportservices](https://www.facebook.com/Roscompanionsupportservices)

Quality Standard Approved Services

Older people shouldn't eat health food, they need all the preservatives they can get.



As spring approaches, the team behind First Light Festival are hosting an array of events at East Point Pavilion ranging from live music and comedy to the popular monthly makers' markets. Overlooking Lowestoft's stunning South Beach, East Point Pavilion is fast becoming a hot-spot for music, comedy and cabaret style theatre.

TOAST Thursday 4th April

The East's biggest regular poetry night, visits the Pavilion as part of their 'Toast Coast' Tour. Headliners are Martin Figura and Laurie Bogler.

Poet Laurie Bogler recently published a new pamphlet called "Makeover", a book dripping with nostalgia, cigarette ash and sour cream dip. Lit by too-close TV screens and too-bright calorie counters, Bolger's poems explore growing up, differing bodies and societal expectations.

"Intimate, warm, and with teeth clenching wit, Bolger turns the domestic into an epic." Joelle Taylor
 Martin Figura is a Norwich based poet whose poetry ranges from biting satire to the dark material of Whistle.
 "Figura was a revelation – funny, sharp and on top form." Robert McCrum, The Observer

Pay what you can tickets (between £5-£11) for TOAST are available online and from East Point Pavilion.

Friday 5th April. Lowestoft Comedy Club

A brand new and exciting Lowestoft Comedy night presented by Hooma Comedy and East Point Pavilion is introducing the very best talent from across the UK. First Friday of every month starting on 5 April with Tom Alban, Stephanie Laing, Nelson Gombakomba and Danny Ward. £7.50 in advance / £10 on the door subject to availability

Wednesday 10 April 7.30pm Pavilion Performers Open Session (free)

Friday 12th April. Looking For Me Friend: The Music of Victoria Wood

We welcome the star of BBC1's 'All Together Now', Paulus The Cabaret Geek, alongside Michael Roulston (Fascinating Aida) on piano, performing "The most feel-good show in town" (The Daily Mail), The show has spread nostalgia and laughter throughout the UK with the seal of approval from Victoria's very own school chums and colleagues. (£12.50)

Paulus is now bringing this sublime tribute to Victoria Wood to Britain's most easterly town. It will be an evening of pure joy filled with Victoria Wood's best-loved songs, including the iconic 'Ballad of Barry & Freda' (Let's Do It) and the classic 'It Would Never Have Worked'. So, bring your Woman's Weekly, your hostess trolley, zip up your cocktail slacks and get booking.



Wednesday 10th April & Friday 10th May 'Turn Up & Play'

A new monthly opportunity for local musicians of all ages to perform and connect. Hosted by local musicians Greg Powles, the 'turn up and play' evenings will also give the opportunity for First Light Festival New Dawn musicians to showcase their music. The open sessions are an inclusive, friendly space led by experienced practitioners and everyone is welcome!

Sunday 28th April Spring Makers Market

The popular monthly markets return this spring..Celebrate the best of the season by visiting the Spring Makers Market with stalls from over 20 of the region's best creatives and small businesses.

The full East Point Pavilion programme can be found on their website. www.eastpointpavilion.com

PRESENTERS PROFILE




Richard & Karen Ruth

Richard and Karen are Suffolk born and bred and met 20 years ago whilst working with a charity based in the Waveney Valley where they are still living.

Now self-employed and looking for another adventure Richards' connection with DJ Paul Ronson led to 'Richard the Gardener' on his EPR 'Sounds of the 70S' show and a suggested collaboration with Karen to host a new 'Back to the 80S' show.

Their radio experience is virtually 'nil' so will be learning live on the air waves. Wow what an opportunity. Paul has supported and guided them all the way from getting the gear installed to manning the control desk and preparing for a weekly show. 'Back to the 80S' will be live every Sunday 4:00 to 5:00pm starting in April.

So, watch this space and join 'Team Ruth' on their broadcasting journey by listening to EPR - your local community station.

<http://tunein.com/radio/East-Point-Radio-s270080>

We never really grow up, we only learn how to act in public.

££ THE BATTLE FOR CASH ££



It seems undeniable to even the most dedicated of people who prefer to think otherwise, that there is an inexorable force at work that is radically changing or attempting to change everything that we always, perhaps naively, took for granted.

Freedom of speech, freedom of movement and freedom of opinion are all under threat - you have to watch what you say and do - as society seems to be going utterly mad in denying real science and nature in favour of ideals.

Part of the new '1984' control is the removal of cash from society - and it is coming soon - if we let it. Supermarkets have removed staffed check-outs, preferring that you checked yourself out and have your picture taken whilst you stand there, which is added to the wealth of information they are all gathering on their customers.

Primark in Bury St Edmunds recently opened a new store with only one cash till and a line of card payment self checkouts! Subway in Norwich (station) have gone 'touch screen' ordering and card payment. The only person the premises that you actually see is the person who hands you your food. The race to get rid of cash is well underway, to be replaced by government digital currency. No more freedom to spend the cash in your pocket - it won't be there. The bank will hold it all.

That should scare you more than a little. When you make a withdrawal at certain banks now, the cashier asks you what you want the money for - an unheard of practice just a few short years ago. Your money your business. That is without taking into account the great big elephant in the room which is the unemployment that this digitisation of payment for goods in shops inevitably creates.

Odeon cinemas experimented with a 'staffless' cinema in London a couple of years back and it was



a disaster. Card payments for tickets in the vast and empty foyer, all sweets ices and drinks via a faceless vending machine. The whole experience was soulless for those attending. The human interaction lost forever - no smiles, no friendly staff to chat to - human contact reduced to a minimum. In an age where human interaction will cease, as robots, according to the tech giants, will replace many if not most jobs, I can only hope that one day in the not to distant future we will realise the importance of human connection.



Sign seen in small shop

CASH IS KING

CASH IS OUR PREFERRED METHOD OF PAYMENT

With CASH we retain 100% of its value

The Card Processing Companies Get 0%
The Big Banks Get 0%

Support Your Local Independent Business By
PAYING CASH
Let's Kepp CASH ALIVE!

What a Cashless Society means:

It doesn't mean 'mostly cashless' and you can use a 'wee bit' here and there
Cashless means: Fully Digital - Fully Traceable - Fully Controlled

A Cashless Society means:

- No tuck away cash for those wishing to leave domestic violence
- No more marketplace purchases for cash to get a better deal.
- No more garage/car boot sales
- No more cash donations to hungry/homeless as you pass
- No more cash presents to children by grandparents on birthdays/Christmas
- No More money in birthday cards
- No more piggy banks or tooth fairy for your child
- No more private selling of bits and bobs from your home for a bit of cash
- Less choices of where you purchase based on affordability

BANKS WILL HAVE FULL CONTROL OVER EVERY PENNY YOU OWN
EVERY TRANSACTION YOU MAKE IS RECORDED
ALL OF YOUR MOVEMENTS AND ACTIONS ARE TRACEABLE.

A small trader with a card machine said:

"We had almost £500 in card charges this month. That is enough to make my part time staff member full time, or 70% of my electricity bill for the month.

We also had internet problems the other day which meant that people couldn't pay because they were carrying no cash or cards - just Apple pay. Please for the sake of small businesses and to keep physical money going, please carry cash. Especially for small purchases as the flat fee for each purchase often wipes out what small profit we make on those items."

One tequila, two tequila, three tequila, floor.

BUNGAY CAMERA CLUB

All you need to know - like....

Where do we meet?

The club meets on the second and fourth Wednesday of each month from 7.30pm to 10pm (doors open at 7pm). The venue is Broome Village Hall, Sun Road, Broome, Bungay NR35 2RW. The hall is DDA compliant with easy wheelchair access. There is plenty of free parking.

What about equipment?

You don't need an expensive camera. Our first-ever 'Image of the Year' photograph was taken using a mobile phone! Photographers with any kind of equipment can join in and learn how to make the very best of it. We're not 'camera snobs' - we're about taking good photographs and helping others to do so. Our Progression Group is specially for those who want help to advance their photography.

What does it cost?

The costs of membership are: £40 per year for ages 18+ £20 per year for ages up to and including 17* £1.50 fee each meeting to cover tea, coffee & biscuits.

The club year runs from January to December with pro-rata fees available for those joining partway through the year.

If you are interested in joining the club you are welcome to come along to two trial meetings free of charge (excluding certain events)

What do members get?

Our meetings are very varied, offering practical help sessions, competitions, talks by guest speakers, photography and image editing tutorials, indoor and outdoor photography sessions.

Full details at www.bungaycameraclub.co.uk

* Please note that any guest or member under 16 years old must be accompanied by a responsible adult at every meeting they attend. This chaperone may join the club or not, as they wish.

If they are not a club member, no payment will be required (except certain events)



YES I'm old school. I have good manners, I show others respect and I will always help those who need me. It's not because I'm old fashioned, It's because I was raised properly. I'm Proud to be Old School. Friends and good manners will carry you where money won't go. I used to walk into a room full of people and wonder if they liked me... Now I look around and wonder if I like them. "Good manners have much to do with the emotions. To make them ring true, one must feel them, not merely exhibit them." Amy Vanderbilt



The Library Annexe Church Plain
Loddon NR14 6EX Tel: 07534 946143
www.loddoncommunitygym.com

To celebrate the Gym's 10th anniversary on April 26th we're holding a
1,000 miles in a day CHALLENGE!!

We are looking to raise much needed funds for the Gym and also the British Heart Foundation!

Please support our CHALLENGE to WALK, PEDAL and ROW 1,000 miles in 12 hours!

Plus there will be CPR demonstrations by a representative from the BHF!

Details available in the gym and online.



Make a Will or Power of Attorney

Personal service in the comfort of your own home

For further information or to arrange a free consultation call now on

01502 801401

E: tony.atkinson@anglianwillwriting.co.uk

www.lowestoftwillwriting.co.uk



If you die in an elevator, be sure to push the up button.

THE ALDE VALLEY FAMILY HISTORY GROUP

In February over twenty visitors and members of the Alde Valley Suffolk Family History Group were in the Fromus Centre in Saxmundham, to be joined by another fifteen members on Zoom, to hear Dr Colin Chapman talk about Family History and Education Records.

Dr Chapman began with an overview of resources available to a family historian, then he took us back to the very early schools: St Paul's School in London was founded in 1125 by the Bishop of London, Richard Beaumais. Winchester College was founded by William Wykeham in 1382 and its statutes date from 1400. The purpose of these schools was teaching children on spiritual matters.

Henry VIII established many educational institutions from the proceeds of the Dissolution of the Monasteries between 1536 and 1541. However, these funds did not always get to the schools. Edward VI followed his father's example and founded King's School in York and Newland Grammar School.

Following that, merchants who had made their fortunes in London often made endowments to set up schools. For example, Lawrence Sheriff set up Rugby public school. Alde Valley Academy in Leiston is run by the Trust that administers Sir John Leman High School in Beccles. John Leman was a wealthy merchant from Beccles who established this school in 1631.

Colin showed us pictures of early classrooms, typically several classes being taught at once in the

same room. Teachers would use a switch as punishment: both practices lasted until Victorian times. He emphasised that girls as well as boys attended school.

In 1698, the Charity School Movement began. Known as hospitality schools, they provided board and lodging for poor pupils, who wore coats of distinctive colours to identify them (and also make it easy to trace them if they absconded).

In 1811, the first National Schools were founded for Church of England pupils. Non-conformist parents generally sent their children to Lancastrian Schools, which used the Monitorial System of Joseph Lancaster, a Quaker. There were often both types of schools in large towns and cities.

Parish schools in the 19th century were free to attend for both boys and girls. However, they were very often taken out of school at the age of 5 or 6 to start helping in the home or earning a wage, however small. Thus they couldn't practice the reading and writing that they had learnt.

Colin closed by recommending more useful sources.

Angie Skelcher.

Further programme: all at 2.30pm at The Fromus Centre, Saxmundham

15 April AGM

20 May The 1939 Register

17 June The Pirate Radio Revolution of the 1960s



1 Graze White Horse
THE RESTAURANT & PUB

2 WAVENEY HOUSE HOTEL
THE HOTEL BY THE RIVER

3 BEAR & BELLS

4 OLD SCHOOL
Cafe

A TASTER EVENING

Some of Beccles' best establishments are coming together to present a unique Taster Evening, in aid of the Mayoral Appeal

TICKETS
£40

(4 small plates at each venue included)

Tickets available at from Beccles Town Hall, please call on 01502 712109 or email admin@becclestowncouncil.gov.uk to book.

★ **Second date added** ★

WHEN	STARTING AT	TIME
Friday 19th April	Graze White Horse New Market, Beccles	6.30 pm

Starting at Graze White Horse, and visiting Waveney House Hotel, Bear & Bells and ending at Old School Cafe for coffee and dessert.

admin@becclestowncouncil.gov.uk 01502 712109 facebook.com/becclestowncouncil

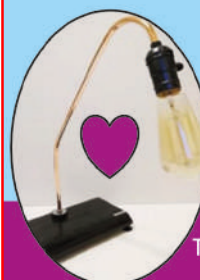
Only dead fish go with the flow!

Nathan Hunt Tree Services

Professional Arborist

Crown reduction specialist
All aspects of tree work undertaken
Contact Nathan -07900 734 124
Nathan.khan15@gmail.com

LAMP REPAIRS & CONVERSIONS



Why not let me turn an old lamp or almost any household item into an Electric Lamp??

LARGE STOCK OF LAMPS & CABLES

**Plus Business Electrical
Pat Testing Service Available**

Call Stan Smith Now!

Tel: 01502 589178 Mob: 07800 86 77 42
E: stansmithpattester@outlook.com

Don't let schooling interfere with your education. Mark Twain

News From Halesworth Dementia Carers Fund

100+ Club

We are delighted to say that our 100+ Club now has 136 members. At our March draw the winning numbers were: 113 (£100), 112 (£75), 76 (£50) and 118 (£25). If you would like to join the 100+ Club please contact Anna on 07721842802.

Seated Tap Dancing

This is a new group that gives a great way to keep active and stay fit while having a lot of fun. It is led by Garth and it takes place every Friday in the Co-op Community Room from 12.30 – 1.30. New members are very welcome to join the group.

Family Carers Support Group

This group gives an opportunity for people caring for dementia sufferers to come together, and get mutual support over a relaxing tea or coffee. Looking after loved ones can be so hard, and we hope that by meeting up people can talk about their situation and find comfort chatting to others in a similar situation. The group meets in the Co-op Community Room on Friday afternoons from 2.00 – 3.30.

Ladies' Lunch

The ladies get together on the 4th Tuesday monthly, so the next one is on 26th March at The Angel,

Halesworth. It is run by Arlette Smith and Arlette sends out menus a couple of weeks before the lunch takes place.

As well as the lunch there is a 50/50 raffle and a box for small change or donations. In the couple of years that they have been meeting they have raised hundreds of pounds for HDCF, and we are so grateful to them.

It is a lovely friendly group and they would welcome new members. If you would like to join the group please call Arlette on 01986 469101 or 07717795581. She would be able to give you all the information, and welcome you to the group.

HDCF is very busy seeking ways to help those caring for loved ones with dementia. We do work very closely with the Pear Tree Centre and local care agencies. If you would like to use our respite care service, or come to one of our various groups then do please contact us and we would be pleased to help you.

We can be reached at:

info@halesworthdementia.co.uk

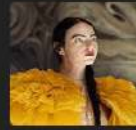
You can also get a lot of information about our activities on our Facebook page.



2024 THE INK FINALE THE BIG BAND NIGHT £20
Suitable for all ages

The Cut Arts Centre, Halesworth IP19 8BY
Suffolk

Sun 14 Apr 2024, 7:00PM



Poor Things (18)

The Cut Arts Centre, Halesworth IP19 8BY
Suffolk

Wed 17 Apr 2024, 7:30PM

THE TAKE THAT EXPERIENCE

★★★★★
"THE CLOSEST THING TO TAKE THAT"
★★★★★
"AN EXPERIENCE YOU WON'T WANT TO END"
★★★★★
"A SHOW YOU'LL NEVER FORGET"
★★★★★
"AN EXPERIENCE YOU WON'T WANT TO END"

Saturday 6th April 2024
Southwold Arts Centre 7.30pm
Tickets £21 from the box office 01502 722572
Online www.ticketsource.co.uk - search Southwold Art Centre
Proceeds to The Brain Tumour Charity

No matter what size your budget
Our compassion is constant

- Home Visits
- Funeral Finance
- Direct Cremation
- Affordable Choices
- Pre-paid Funeral Plans
- Personal Touches
- Bereavement Support Groups and Resources

the good funeral guide.

Rosedale FUNERAL HOME
A FAMILY BUSINESS

Hungate, Beccles **01502 714445** (24hr)
Upper Olland Street, Bungay **01986 892790** (24hr)
Market Place, Halesworth **01986 875588** (24hr)

www.rosedalefuneralhome.co.uk

anglia print LIMITED

"printing with the environment in mind"

INTERNATIONAL IEMA AWARD WINNERS!

IEMA Sustainability Impact Awards 2019 WINNER

Reduce Reuse Recycle

Norwich: 01603 629291
Beccles: 01502 715551
www.angliaprint.co.uk

RENEWABLE ENERGY YES PLEASE

The early bird gets the worm, but the second mouse gets the cheese.

The Wherry Maud Trust



April 2024 marks the start of the celebrations of the 125th anniversary of the historic Norfolk trading wherry, "Maud", being built and the 25th anniversary of her successful restoration and re-commissioning. "Maud" is a very special wherry, the last of the typical clinker-built trading wherries to sail on the Norfolk Broads and Rivers.

Wherry Maud Trust are holding an Artists & Makers Show, as a major fundraiser for the ongoing maintenance of "Maud". The show will be held at the beautiful Ranworth Village Hall, Broad Road, Ranworth, NR13 6HS over the bank holiday of Sunday 5th & Monday 6th May. "Maud" will be available for viewing and will be moored at the Broadland Conservation Centre at Ranworth (Norfolk Wildlife Trust).

The show will take place from 10am until 5pm on Sunday, 5th May and Monday, 6th May with admission being free. The event will showcase the work of East Anglian artists and craftspeople. Hanging work will be on display in various media – watercolour, oil, acrylic and prints. Other items for sale will include wood-turned pieces, studio pottery and textiles. Teas, coffees and home-made cakes will be served throughout the two days.

Visitors will be welcomed by volunteer members of the Trust who will be happy to chat about "Maud", her history and current use.

WHERRY MAUD TRUST
CELEBRATING MAUD'S 125th ANNIVERSARY



ARTISTS AND MAKERS SHOW

RANWORTH VILLAGE HALL
BROAD ROAD, RANWORTH, NR13 6HS

SUNDAY 5th MAY & MONDAY 6th MAY
10AM - 5PM

FREE ENTRY
REFRESHMENTS AVAILABLE

A MAJOR FUNDRAISER
FOR THE MAINTENANCE OF MAUD

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

Goldsmith & Co.
The Suffolk Wallpapering Company

www.goldsmith-wallpapering.co.uk

A person who is nice to you,
but rude to the waiter is
not a nice person.

Led Free AND CO

A TRIBUTE TO
LED ZEPPELIN • FREE & BAD COMPANY

**SEAGULL THEATRE
LOWESTOFT**

SAT APRIL 20TH 7.30PM



TICKETS £12 • THESEAGULL.CO.UK • 01502 589726

Southwold Happy Rabbit Crafts
Presents

**SPRING
CRAFT
FA YRE**

Plus
New and preloved arts & Crafts
supplies sale at reduced prices

SAT APRIL 20TH 10-4PM
**United Reform Church Hall
Southwold High St**

www.shre-crafts-southwold.co.uk

WENHASTON VILLAGE
HALL
PRESENTS

A NIGHT OF CLAIRVOYANCE

★ 27TH APRIL 2024 ★

FAMOUS
CLAIRVOYANT
STEVEN TREADAWAY



7pm for a 7.30 pm start.
MEDIUMSHIP • SO/SO RAFFLE • REFRESHMENTS

TICKETS £12 ON THE DOOR / POST OFFICE
CALL CAROL 07864 083296 FOR DETAILS

When I hear somebody sigh, 'Life is hard,' I am always tempted to ask, 'Compared to what?'

SOUTHWOLD WILDLIFE TRUST

The March meeting of the Blyth Valley and Southwold Suffolk Wildlife group welcomed Rupert Masefield, from the Suffolk Wildlife Trust, to tell us about the local Kittiwake project. Many people will be aware of the great numbers of kittiwakes nesting in Lowestoft, and Rupert discussed both the bonus of a nature success story, and the nuisance that this abundance of birdlife has brought with it.

Kittiwakes are of the gull family, but they are smaller, and spend their winters in the harsh north west Atlantic waters. They come ashore in spring to nest, usually on tiny cliff ledges, and raise their two chicks.

They feed exclusively on fish and sand eels, and each parent takes it in turn to fly out to sea for food, covering huge distances over three to four days.

Kittiwakes are in serious decline globally, but numbers are increasing in Suffolk, and Lowestoft has become a centre of breeding. No-one really knows why, but kittiwakes first started to move into the town in the 1950's, and their numbers have continued to increase. The smell of large amounts of guano, and the noise of so many birds, has caused a nuisance to town dwellers, and over the years many measures have

been tried to persuade kittiwakes to leave public buildings, and move to artificial sites. However, some measures, such as netting, were potentially harmful to the birds. As a result, the Suffolk Wildlife Trust has brought together local interest groups to form the Lowestoft Kittiwake Partnership, aiming to find safe solutions. There is to be a Kittiwake Officer who will work with local people and businesses to keep kittiwakes safe and reduce the problems with nesting on buildings.

The offshore 'kittiwake hotels' you may have seen, were constructed by a windfarm company as mitigation measures for sea birds. Decoy kittiwakes are being used to encourage nesting activity, and it is hoped that with time, these will be inhabited by these attractive but vulnerable birds.

Our next meeting is on Thursday, April 11th, 7.30pm, at the Southwold Arts Centre, IP18 6JP. There will be a brief AGM, followed by a film, 'Secret Rivers – the Waveney, part two', featuring Paul Heiney.

There will be refreshments. Admission free
Penny Mansfield
contact: swtblythvalley@gmail.com

I take Metformin for the Diabetes caused by the Hydrochlorothiazide I take for high blood pressure which I got from the Ambian I take or insomnia caused by the Xanax I take for Anxiety that I got from the Wellbutrin I take for chronic fatigue which I got from the Lipitor I take because I have high Cholesterol - because a healthy diet and exercise with regular Naturopathic and or Medical Herbalist care is just too much trouble!

DIRECT FROM THE USA...
EBAN BROWN



FORMER LEAD SINGER OF THE STYLISTICS
One Night Only

SOUTHWOLD ARTS CENTRE
SATURDAY 20TH APRIL
Tickets £27
www.southwoldartscentre.co.uk
Tel: 01502 722572

Mystery Picture - Where is this?



Last month's photo was Mkt Plain Lowestoft

As you get older three things happen. The first is your memory goes, and I can't remember the other two.

CITIZENS ADVICE OPENS IN KESSINGLAND

We are delighted to announce that Citizens Advice East Suffolk will provide a monthly drop in service in Kessingland on the first Monday of every month from 10am-12 noon from 3rd June 2024. open every Wednesday, Thursday and Friday.

Since the formation of Citizens Advice East Suffolk, our services have been reviewed to ensure they meet the needs of the people in our communities. Establishing a presence in Kessingland will extend our reach in the Lowestoft area.

Chiara Saunders, Chief Officer, Citizens Advice East Suffolk comments “With our offices spread from Lowestoft in the north to Felixstowe in the south, we identified Kessingland as an area we have not been present in. Making sure we are accessible to as many East Suffolk residents as possible is an important part of our work. The start of the Kessingland service, coincides with the opening of a new office in Woodbridge.”

Starts: With a trial session on Monday 8th April 2024, due to Easter

Time: Will continue after that on the first Monday of the month from 10am-2pm

Venue: Marram Green, Kessingland, Nr LOWESTOFT, NR33 7AH

Citizens Advice East Suffolk is an independent Charity and is part of the Citizens Advice national network. We are responsible for raising our own funds to operate in the East Suffolk area. If you are able to donate to support our running costs please do contact us via info@caes.org.uk or Donate via JustGiving from our website – www.cases.org.uk

New from April: Drop in at Kessingland

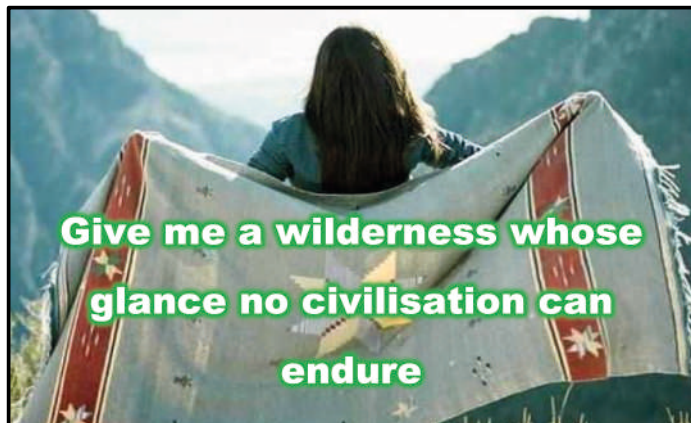
Whatever the problem, we're here for free, impartial and confidential advice

- Debt & money
- Housing
- Benefits
- Consumer
- Family
- Work
- Immigration
- Health

Face to face drop in KESSINGLAND
First Monday every month 10.00am to 12.00pm
Marram Green Kessingland NR33 7AH
Call us on 0800 278 7866 or email us via caes.org.uk

citizens advice East Suffolk

Our offices are in:
Beccles • Felixstowe • Laiton
• Lowestoft • Woodbridge plus
outreach centres across the region



SUFFOLK LIBRARIES WHERE I BELONG

Medieval Knight Crafts

Accompanying "The Canterbury Tales" @ Southwold Arts Centre

Free Crafts @ Southwold Library
Tuesday 2nd April 11.00am
Swords, shields, castles and much more!
No need to book, just drop in.

The Canterbury Tales @ Southwold Arts Centre
The Canterbury Tales - By Half Cut Theatre
Thursday 4th April 4.00pm
Packed full of laughs and loves, music and mayhem. Come on this raucous journey which will delight young and old alike.
Book for the show at www.southwoldartscentre.co.uk

OLD HALL SOUTHWOLD CAFE & WALKS

Spring Makers Market

FREE ENTRY

Sunday 28th April 2024
10am - 3pm

OVER 50 STALLHOLDERS UNDER THE COVER OF OUR BIG BARN!

Live music | Onsite cafe | Free parking

OLD HALL CAFE & WALKS, HALESWORTH ROAD, REYDON, IP18 6SG

Rainbows

Come and Join Rainbows

What we do: Making friends, Outdoor activities, Badges and skills, crafts and cooking

Your nearest unit is **Reydon Girls 4-7**

Mondays 4.45pm
Reydon Village Hall, Lowestoft Road, Reydon IP18 6RF
Enquiries please contact Sally
Email sallybird@aol.com or call on 01502 723259