

The Bugle Magazine

YOUR monthly FREE Community Magazine.



Sunday 5th October 2025

10 am until 4 pm

**Cake Stall—Barbecue—Refreshments
In Aid of Prostate Cancer UK**

For more information go to ...

www.blythvalleyrotary.co.uk/ploughday



In association with



The Accordion Man Presents
The Greatest Little Ol' Fashioned Variety Show

"A fantastic show, full of music, magic & laughter"



Friday 21st November 2025

Doors Open 7.00pm & Show Begins 7.30pm

Tickets £15

**For tickets contact the box office on 01986 897130
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The vanilla plant only flowers for one day, which makes harvesting challenging and the average human being consumes 45kg of sugar a year.... These are just some of the facts learnt at the Eden Project during our five-day trip to Newquay. This attraction in a reclaimed china pit at Par, about forty minutes from Daish's Hotel Barrowfield where we stay, is home to domes housing a rainforest and a Mediterranean environment. The overriding message is that if we respect nature then it can help us. A rainforest (which is vital for our weather system and covers six to seven per cent of the Earth's surface) the size of 10 football pitches is lost every minute (the single biggest direct cause of tropical deforestation is conversion to cropland and pasture).

Back at Daish's hotel we enjoy long relaxing swims in the heated indoor swimming pool where no booking is required. At dinner I opt for the tasty homemade soup, which varies from carrot and coriander to pea and mint. Mains include tuna salad through to fish and chips. Desserts include cake, ice cream, cheese and biscuits. Frank and his son run this hotel like a well-oiled machine. Prior to our stay, the children receive a golden ticket, which they present to Frank who issues a goody bag. The golden ticket is a lovely, memorable touch.

After a comfy night's sleep we fall into a routine of after breakfast swimming and then leaving the hotel to explore. At the Bowgie Inn - Cornish for cow shed - which is what it was many years ago, the now modern structure provides sea views and a pleasant environment to eat and socialise. A menu of local ciders and ales includes Lushingtons, a thirst-quenching pale ale. Caroline has a bitter shandy and the children, lemonades. The tasty nacho starter is like a spicy Bolognese with sour crème, which is a meal in itself. My chicken burger and chips follows and I do enjoy this. Steak & Ale pie is the choice for the girls while Henry's



sausage and chips pleases him. Local art adorns some of the walls. Another gem of a discovery is Tintagel Castle in the village of Tintagel.

Tintagel Castle is an important medieval fortification paying homage to that famous Cornish myth King Arthur who was born here. There's a sculpture of him at the top of this mesmerising windswept landscape with fantastic coastal views. The footbridge suddenly wobbles, sending hearts into mouths.

Castle Drogo on a near 600 acre Devon estate is the last castle to be built in England. Constructed and designed by Edwin Lutyens between 1911 and 1930, it was ordered by multi-millionaire Julius Drewe. It's built entirely of local granite. The gardens are inspirational. The National Trust's celebrating its 50 year ownership of this property, which started with a letter asking if they'd be interested in taking it on. There are various games around the gardens to keep the little ones occupied. Henry loves the space hoppers.

Picture: Drogo Castle. Watch the videos at www.travelwriter.biz



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BONDS MEADOW

Flagging A Thought

In search of inspiration for this article, I found myself walking in Bonds Meadow, observing the familiar woodland sights and sounds. Suddenly, a disturbed, panicked pigeon flew into the tree canopy, taking refuge on a wind-swaying branch. This incident sparked my thoughts on the current national phenomenon of flags appearing on lamp posts and fences.

A flag is the ultimate symbol of human desire to create, define, and border. It represents the concept of the nation-state, a human invention that divides the continuous geography of the Earth into named, governed, and contested territories. By its very nature, a flag is exclusive; you are either under its flag or not, a citizen or a foreigner. The meaning of a flag is not inherent in its fabric but is projected onto it by human history, law, and collective agreement. It symbolises abstract ideas like liberty, revolution, federation, or bloodshed, concepts that do not exist in the natural world.

Above me, that tree branch commanded a similar elevated stature as the Union Flag. This branch symbolised universal and borderless organic unity, representing the natural reality that pre-exists all human constructs and will ultimately outlast them. The wind that moves a branch in Bonds Meadow is part of the same global atmospheric system that will later move a branch on every continent throughout the world. The tree itself does not recognise the political border it grows on. Its “meaning” is its own existence; it doesn’t symbolise resilience, but rather resilience in physical form. It doesn’t symbolise life, but rather a manifestation of life. Its value and truth are intrinsic, not bestowed.

The human world of flags is defined by ideas, borders, conflict, and transient political orders. In contrast, the natural world of branches represents universal laws, interconnectedness, and enduring biological reality. We rally, fight, and die for our flags, yet we all ultimately live under the same sky, on the same planet, subject to the same natural forces. The silent, unwavering tree branch serves as a gentle rebuke to human tribalism, reminding us of our fundamental, shared belonging to the Earth.

“A flag is a question. The wind through a tree is the answer.”

(Attributed to various modern authors; an anonymous piece of internet wisdom)

As I continued my walk, I spotted a wren, several great tits, and a chaffinch by the pond, as well as noticing the abundance of berries on the hawthorn, holly, and sloe on the blackthorn.

My grandmother would have said it’s a sign that a hard winter was to come.



Demonstrating that nature knows no borders, late October and November witness a significant exodus of birds from the UK. Many species migrate south to warmer wintering grounds. Bonds Meadow will lose some species of seabirds, raptors, and passerines, all of which vacate the country throughout the month on their southerly migrations. The specific wintering destinations range from southern Europe and North Africa to as far away as southern Africa for species like swifts, swallows, and nightingales. While the UK loses many bird species in November due to migration, the influx of winter visitors from the north, such as fieldfares and redwings, compensates for this loss.

www.bondsmeadow.org



If everything around you seems dark, look again, you may be the light.



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

Saturday 4th October. OKTOBER FEST - BUT NOT AS YOU KNOW IT! The Lodge, Stirrups Lane, Corton. See Facebook or telephone 01502 730537 for price and tickets. 5.00 to 11.00 Fun & Games 5.00 to 7.00. Agent Orange 8. to 11.00.

Sunday 5th October. HARVEST FESTIVAL SERVICE in Pakefield church 10.30. Tinned and packaged food will be distributed to those in need. Any monetary donations will be sent to Tearfund.

Sunday 5th October. HALESWORTH HARMONY REHEARSAL at The Cut in Halesworth. 10.30 - 12.30 Come along for a free taster session - no experience is necessary, everything is taught by ear, and you'll receive a warm welcome. For further details, email: halesworth.harmony@gmail.com.

Thursday 9th October. KIRKLEY LADIES GROUP, St P & J's church hall. 2pm Talk on Gin Making and Beyond. Just £3.

Friday 10th October. NEIL FRANCIS. The Lodge, Stirrups Lane, Corton. 8.00 to 11.00. Adm Free.

Saturday 11th October. HARVEST QUIZ, in the church hall Pakefield, just £3pp including nibbles - bring your own drink! Tickets available from: office@pakefieldchurch.com or tel: 01502 730537 (Mon, Wed & Fri mornings)

Sunday 12th October. SONS OF MARK. The Lodge, Stirrups Lane, Corton. Admission Free.

Saturday 18th October. JUMBLE SALE Holton Village Hall, Lodge Road IP19 8RZ. 10am – 12pm. Bric-a-brac, Books, Toys, Ladies, Men's, Children's clothes etc. Tea/Coffee and Delicious Cakes

Sunday 19th October. HALESWORTH HARMONY REHEARSAL at The Cut in Halesworth 10.30 - 12.30. Come along for a free taster session - no experience is necessary, everything is taught by ear, and you'll receive a warm welcome. For further details, email: halesworth.harmony@gmail.com.

Sunday 19th October. THANK YOU TEA in Pakefield church hall at 2.30.

Friday 24th October. PAKEFIELD CHURCH PATRONAL CAFE. Info: office@pakefieldchurch.com or tel: 01502 730537.

Saturday 25th October. HALLOWEEN SPECIAL DISCO BINGO. A chance to dress up and get in the mood to be frightened. Facebook, info@woburnfarm.co.uk or 01502 730537 for price and tickets.

Saturday 25th October. GOTHIC INDOOR MARKET. 11am till 3pm Hatfield Hotel, The Esplanade, Lowestoft, NR33 0QG. Free entry and there's also a restaurant there too. Organised by Oh My Goth Fayres.

Saturday 25th October. WRENTHAM VILLAGE HALL FILM NIGHT 'A COMPLETE UNKNOWN' - Early Bob Dylan bio-pic. Certificate 15. In 1961 an unknown 19 year old Dylan arrives in New York with his guitar and forges relationships with musical icons on his meteoric rise. Open 18.45, film 19.30. £5 on the door. Refreshments available. Easy parking.

Saturday 25th October. WENHASTON PRODUCE AND CRAFT MARKET from 10 to 12.30pm A lovely variety of handmade cards, jewellery, homemade jams, cakes, honey, handbags, knitted cardigans and other items, soaps, face serums, beautiful framed prints, handcrafted wood brooches, keys rings, fridge magnets, tote bags our famous Dexter Beef, garden & indoor plants and much more. Cafe open for Tea, Coffee, Homemade Savouries and Cakes. New stallholders are welcome, especially, a cheese maker, pork butcher, fresh bread maker, also fresh fruit and vegetables, chocolate maker. Please park so as not to cause obstruction. Further details contact Carol at: caz-mike@outlook.com

Thursday 29th October KIRKLEY LADIES GROUP. St P & J's church hall, 2.00 with Paulette Holland recounting her travels in India. Just £3.

Saturday 31st October PAKEFIELD CHURCH PATRONAL CAFE. Info: office@pakefieldchurch.com or 01502 730537

Friday 31st October. MONTHLY MINI MARKET & CAFE at Blythburgh Church, IP19 9LL 10.30am to mid-day. Stalls selling homemade cakes, local honey, jewellery, greeting cards, knitted goods, clothes, bric-a-brac, and various gifts, etc. Refreshments available including tea, coffee and homemade cakes. Free parking in the large Church Car Park. EVERYONE WELCOME!

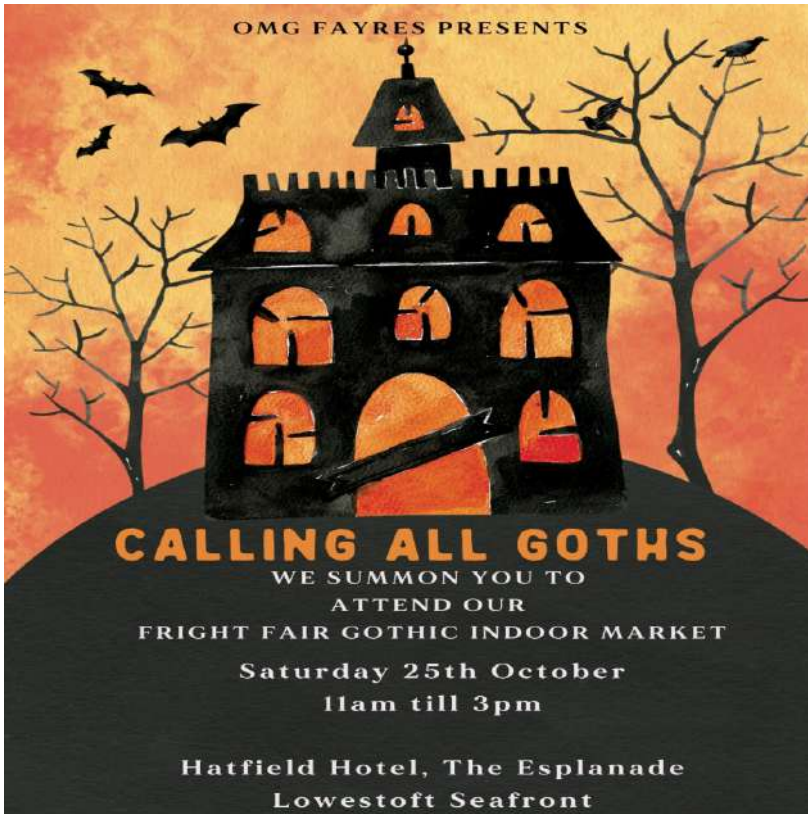
Thursday 6th November - BECCLES & DISTRICT HISTORICAL SOCIETY meets at 7.30pm at Hungate Church, Hungate, Beccles, NR34 9TT Subject: Lowestoft and the Kindertransport Speaker: Andy Pearce Adm: £3 all welcome

Sunday 9th November. HALESWORTH HARMONY SINGING DAY WITH SIAN CROOSE (10.30-16.00) - at The Cut in Halesworth. No experience necessary, everything is taught by ear. For details, email: halesworth.harmony@gmail.com

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

Saturday 29th November. CHRISTMAS FAYRE at Ilketshall St Andrew. Village Hall. 10am - 3pm. Come and join us at our very popular annual event and get ready for Christmas. A variety of stalls selling locally made crafts, produce and Christmas gifts, fun games & a fantastic raffle. Delicious refreshments available throughout the day. Plenty of parking.

OMG FAYRES PRESENTS



CALLING ALL GOTHS
WE SUMMON YOU TO
ATTEND OUR
FRIGHT FAIR GOTHIC INDOOR MARKET
Saturday 25th October
11am till 3pm
Hatfield Hotel, The Esplanade
Lowestoft Seafront

WEDNESDAY MARKET

9am - 1.30pm

Halesworth Marketplace

Regular stalls include:
Fruit & veg, Eggs, Bread,
Fish, Cheese & Pies,
Soaps & Skincare & Crystals



Bungay FOOD, DRINK & GIFT STREET MARKET
Sunday 5th October
9am-3:30pm
FREE ENTRY

Baby Bounce & Tot Rock
@Southwold Library

Instruments, clapping, jogging & action rhymes
Every Sunday
Every Tuesday
10.30-11.00am

For babies & toddlers of all ages



wordplay

Suffolk Community Libraries | Suffolk County Council

START AT 10:00 AM

Breast Cancer Awareness Month

18 Oct 2025

WEAR SOMETHING PINK! EVERYONE WELCOME

COFFEE MORNING TO RAISE FUND FOR BREAST CANCER NOW!

The Highfield Arms,
Highfield House,
London Road,
Halesworth

BEREAVEMENT SUPPORT GROUPS

Pear Tree Centre, Bungay Rd, HALESWORTH

This complimentary 8 week course is open to all, no matter how long ago your bereavement or which Funeral Director has been used.

Rosedale BEREAVEMENT SUPPORT GROUPS

www.rosedalefuneralhome.co.uk

We shall be starting our next group on
Mon 6 October, 2.00-3.30pm

BOOKING ESSENTIAL

To register your interest please contact Lucy Cootes on 07753 299925 or email lucy@rosedalefuneralhome.co.uk

THE CUT ARTS CENTRE HALESWORTH TEL: 0300 303 3211

WOMEN'S PARTS Three women by Cliff Edge Theatre Many voices Ages 16 & over Tender Sex Startling Violence Disturbing Dodgy humour Cliff Edge Theatre presents: Women's Parts Sat 11 Oct 2025, 7:30PM - 9:30PM The Cut Halesworth	Live  IMELDA STAUNTON National Theatre Live: Mrs Warren's Profession Thu 6 Nov 2025, 7:00PM The Cut Halesworth	 Chemistry - A Tribute to Rush Sat 4 Oct 2025, 7:30PM - 10:00PM The Cut Arts Centre, Hales... Suffolk	DR FEELGOOD 'DOCTORS ORDERS ANNIVERSARY TOUR' 2025/6 Cut Sessions: Dr Feelgood - Doctor's Orders Anniversary Tour Fri 14 Nov 2025, 7:30PM - 10:00PM The Cut Suffolk
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Just a sample of what is on. www.thecut.org.uk Contact The Cut for more info

Keep your chin up, so you can see the sunshine.



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 info Contact Shirley on: 01502 511098

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



The Bugle What's On Guide

Regular Events Continued

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



MATT

'It's not worth making the journey. There's a three in 31,000 chance we'll be sent back to France'

Half Term Fun!

Halesworth Scarecrow Festival & Pumpkin Trail

Tuesday 28 October

**£5 Adults
£3 Kids**

Return on any train!

Book by Thursday 23/10




SUFFOLK AUTHOR PUBLISHES BOOK SET PARTLY IN WALPOLE AND HALESWORTH



Hilary Lepine, author from Pakefield, has published an historical novel, titled "A Scandal and a Legacy", set partly in Walpole and Halesworth. Starting in 1836, it tells the story of eighteen-year-old blacksmith Silas Turner, an idealist, passionate about injustice, the desperate situation of workers in rural East Anglia, and his family's acceptance of their "station in life."

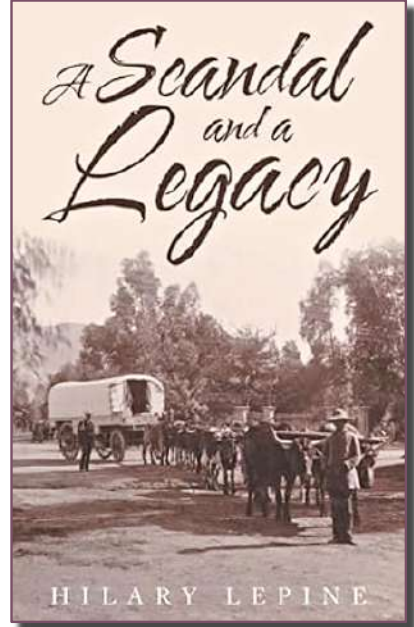
Silas plans to leave family and sweetheart to seek a new life in America, promising to return with land and money, and claim his sweetheart's hand. There, fate takes a hand, as he eventually makes his way west with the pioneers.

Forward to 2013, his descendant, Silas Turner 5th (Sy), comes to Halesworth to see for himself the places he has read about in his forbear's journals, and to discover the truth.

In a tale of love and loss, of friendship and betrayal, Sy uncovers the surprising truth of his ancestor's early life in England and meets the woman who will help him close the circle on his unfinished ancestral story.

Hilary is a former teacher, who also worked in mental health. Under the pen name Lottie Thorn, she has written three children's books, following the fortunes of mouse "Mabel", who lives in her church at Henstead.

"Mabel and the Little Star", "Mabel and the Little Hen", "Mabel and the Little Daffodil" are all available on Amazon. "A Scandal and a Legacy" is available on Amazon or <https://www.balboapress.com/en-gb/bookstore> or at Halesworth Book Shop.



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HALESWORTH BRANCH OF CANCER RESEARCH

On Friday 22nd August six of our committee members and volunteers were in Beccles for the first time collecting outside QD stores. The staff in the store were so welcoming and we are extremely grateful to Mr George for allowing us to carry out the collection.

Thank you to Helen F for organising the collection and also taking part along with committee members Helen K, Dot and volunteers Sheila, Gill and Paula.

The collection raised £172.44p. Thank you to everyone who stopped and popped some money into our collection goblets.

Our next big event in August was our Maze by Torchlight on Friday 29th. By kind permission of Bella at The Old Hall Cafe Southwold. They are so very generous as they donate all the entrance money to us at the Halesworth Branch and we can't thank them enough for their continuing support. The ticket sales this year raised £1179 which is an amazing amount.

Our games, stalls and donations on the night raised a further £315.11p to give a grand total of £1494.11p. Thank you Bella, Emily and all the staff at The Old Hall cafe and a big thank you to the two lovely boys who did all the heavy lifting for us.

Thank you to everyone who came along to the maze and I can only apologise for the terrible downpour whilst some of you were in the maze. One minute everyone was taking photos of the incredible sky and the next the rain was monsoonal.

I hope that despite the rain you had a good time and enjoyed the adventure.

Congratulations to the adults and children who won prizes on our games and congratulations to C Potter who won the hamper raffle with number 57.

Our next event is our very popular Jumble Sale on Saturday October 18th in Holton Village Hall. (please see the "What's On section") We always welcome good clean saleable items but unfortunately we can not take electrical items or large pieces of furniture. Please do not leave any items outside the village hall as we only book it for the day and we would be unaware of anything left there.

Thank you all for continuing to support the work of Cancer Research, we truly can not do it without your kindness, support and generosity.

For more information please contact me. Dawn Davis 01986 873640



Do you have a Question about Care? We're here to help.

FREE, no-obligation care advice and signposting to help you find the best care solutions to fit your needs.



Funding Information



General Care Advice & Signposting



Choosing a Care Provider



Complex Care



Inspected and rated

Outstanding ☆



01728 605 107



care@christiescare.com

**Christies
Care**
Est. 1987
Living independently at home

The human spirit needs places where nature has not been rearranged by the hand of man



‘UNITE THE KINGDOM’ MARCH



Government supporters and the loony left wasted no time branding the UNITE THE KINGDOM march in London ‘The Tommy Robinson March’ and they indulged in some really inaccurate reporting – police hurt – trouble – all the usual exaggerations . I saw a march and gathering estimated to be in excess of one million people including whole families happily marching together. A march for England and Great Britain. The atmosphere was jovial and convivial. The purpose of the march and subsequent gathering was to send a very loud and clear message to this government that free speech must be reinstated in this country and that that the supposed



‘rights’ of illegal migrants should not take precedence over those of the indigenous population. Furthermore that the covering up of systematic and systemic abuse of indigenous young females has to end. Speakers at the rally included Katie Hopkins, Elon Musk, Dutch activist for rights and freedoms - Eva Vlaardingerbroek (Picture left) Courtney Wright (12) (picture right) schoolgirl sent home from school for wearing a Union Jack dress on ‘Diversity day’. Make no mistake, despite the best efforts of the BBC and other left leaning news outlets, the UNITE THE KINGDOM march and gathering did just that – it clearly did unite millions of ordinary British people fed up with the loss of their rights and freedoms, fed up with the systematic abuse of young girls and the despicable cover-ups that have seen few if any brought to justice. Disgusting behaviour for any government.

Rubbish Motorists

You may not believe it but I go out for a walk most mornings. Not far, just around my village for almost a mile. Part of my walk I am on a fairly busy road between villages and I have to say I am sometimes stunned by the amount of litter carelessly tossed out of car windows to pollute the countryside and endanger wildlife. It is a more upmarket type of inconsiderate git nowadays because there are not so many Coke cans and chip wrappers found, more like bl....dy Costa coffee cups that probably never biodegrade, alongside sandwich wrappers. I don’t care what pay bracket you are in or how upstanding you think you may be. Don’t be an idiot - just take your litter home and dispose of it thoughtfully. You could always throw it in your own front garden.

More Cameras Than Ever and ‘SMART’ technology - 1984 Is Here

I have mentioned before on this page about the use of facial recognition cameras at major public events and how I feel about this dystopian method of data gathering. I shudder to think how many surveillance cameras there are in the UK today. Some people have them in every room in their homes so they can watch the cat or the dog or the kids while they are not there. Doorbell cameras watch your front step and path to get a picture of people nicking your deliveries. Inside your new cars, Big Brother now has cameras in the dash watching your every move – goodness knows where that feed is being sent to! When you go to the supermarket there are cameras over every check out including the ones where you check yourself out. Most of these are facial rec’ as well. Convenience stores, filling stations and even sandwich shops are now equipped with these unholy spying machines. Your smart meter is spying on you, remember it stands for **Self-Monitoring, Analysis, and Reporting Technology**. If you have a ‘smart’ telly then your privacy is a thing of the past, and don’t get me started on Alexa and her shady look-a-likes. They wrote the book on spying on you for big brother. Apart from all that, you’re fine for another month!

GAME LOWESTOFT

First Light Festival Presents: Game Lowestoft Lowestoft's first-ever gaming festival celebrating gaming in all its forms

This October, Lowestoft's East Point Pavilion and The Battery will transform into a hub of gaming culture as Game Lowestoft comes to town. This FREE ENTRY, 2-day event will showcase the very best of digital and tabletop gaming while celebrating the region's growing place in the UK's gaming and creative economy.

The weekend will include digital gaming, tournaments, talks, role-playing adventures, and free play zones. Presented by First Light Festival CIC and funded through the Lowestoft Community Partnership and East Suffolk Council Enabling Communities Fund, the event will be delivered in collaboration with The Fort, Skyward Fire Games and Game Anglia. Whether you're a seasoned player, a casual gamer, or simply curious about the culture, Game Lowestoft promises a welcoming and action-packed line-up:

Saturday 11 October, The Battery, 119 London Road North, Lowestoft, 12:00 – 20:00

Tournaments, Talks & Free Play

Test your skills in FIFA face-offs, Mario Kart showdowns, Smash Bros, Street Fighter and more. Play the hottest new releases alongside retro classics, bringing together generations of gamers. Gain insight from live talks with industry experts offering a rare chance to learn from professionals working in the gaming sector.

Sunday 12 October, East Point Pavilion, Royal Plain, Lowestoft, 10:00 – 16:00

Step into a World of Adventure – in partnership with Skyward Fire Games

Take part in immersive Dungeons & Dragons sessions and Pokémon Tournaments guided by expert game masters.

Explore the art of storytelling, world-building, and character design through interactive workshops. Experience live demonstrations from role-playing creators and discover how gaming fuels imagination and collaboration.

Enjoy classic board games and try new games and designs.



The event creates a space where people of all ages can come together, share their passion, and discover new ways to play. Families are encouraged to join in, with activities designed for every age group, from children picking up a controller for the first time to long-time players reliving the classics.

Artist and Game Developer, Henry Driver said:

“Game Lowestoft features award winning games from local developers and further afield, with talks from these incredible creators too. There will be playable demos from upcoming games, alongside recent hits, VR experience, and classic social games like Mario Kart and Fifa. It's been a pleasure to help with this new festival and bring together some of the region's finest game developers.”

The event has been made possible with the support of the Lowestoft Community Partnership, East Suffolk Council Enabling Communities Fund, and Lowestoft gaming partners The Fort and Skyward Fire.

For more information visit www.gamelowestoft.com or email info@firstlightlowestoft.com

My bed is a magical place where I suddenly remember everything I was supposed to do.

THE GENERATION THAT WILL NEVER COME BACK

We were the generation that walked to school and walked home again
The generation that played outside and spent all their free time with friends.

The generation whose only curfew was when the street lights came on!
Our cameras used black and white film and we only had 12 shots on a roll! We kept the photos in albums that we kept in a cupboard.
Today, your whole gallery lives in a cloud.

Ours was a generation that played with Tonka Trucks, Matchbox and Dinky toys
It was generation that collected picture cards from packets of Brooke Bond Tea

A generation that found, washed & returned empty beer and Corona bottles to the local shop or pub Off Sales for 3d back on the bottles, then bought a tasty Co-op Orange squash with the money. We went to town and met friends in record Shops, listened to the latest ones, bought vinyl albums and singles to play on our record Player. We owned our media

A generation that collected photos and scrap books of clippings, that played board games and cards on rainy days. A generation whose TV went off at midnight after playing the national anthem A generation that had parents who were actually there. A generation that laughed under the covers in bed so parents didn't know we were still awake. A generation who went to youth clubs with friends and got chips from the chippy and a coke on the way home.

A generation that is passing and unfortunately, will never return!!
I loved growing up when I did. It really was the best of times.



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PINK LADIES TRACTOR RUN RAISES RECORD £136,850

The iconic Pink Ladies' Tractor Road Run has raised a phenomenal sum for charity this year, following the 21st outing of this much-loved event. Recently, organisers announced the 2025 fundraising total to the surprised gasps and shouts of 'wow' by those gathered. The total was announced for the first time at the event's annual celebration evening in front of hundreds of supporters including this year's Pink Ladies, the support crew, marshals and the wider team. The first Pink Ladies' Tractor Road Run took place in 2004, and this year's collection takes the total raised by the event to more than £1.36million – all in aid of Cancer Research UK's breast cancer appeal. In July, a record-breaking 192 ladies took part in the 2025 run with a convoy of tractors swathed in pink travelling a 20-mile route through south Norfolk and north Suffolk.

Organiser Annie Chapman said: "Last year, the run raised an incredible £127,150. My husband, John, and I quietly agreed that we were never likely to raise that sort of money again in a single year. But my wonderful Pink Ladies have this year proved us well and truly wrong. 192 of them turned out on the 6th July to raise an extraordinary £136,850 for Cancer Research UK's breast cancer appeal. "It is amazing. It is humbling. I am deeply grateful to all the fantastic, caring people who every year make the Ladies' Tractor Road Run an outstanding success. In 21 years, we have raised £1,360,000! "Thank you to everybody for whatever you have done for this tractor run, none of it would happen without a full team effort."

At the presentation, Annie was joined by Karen Thompson, who took part in the run for the first time this year and who presented the cheque to Sophia France, Relationship Manager for Norfolk and Suffolk at Cancer Research UK.

Karen said: "I've watched the Pink Ladies Tractor Run year-on-year in Harleston and every time I said, wouldn't it be great to be sat on one of those tractors.

"My world changed last year when I was diagnosed with ovarian cancer. It tore our world apart. I'm now in a position that people wouldn't have had pre-2019, with treatment that Cancer Research UK are very much a part of delivering. Ongoing research and the money that funds that is absolutely vital and I'm living proof of that and I'm benefiting from that.

"Annie and John, what you've done over the last 21 years, to the tune of £1,360,000, it's phenomenal. You never know when you're going to need to draw on the treatment that that research provides."

On receiving the cheque on behalf of Cancer Research UK, Sophia said: "It's seldom that I'm speechless. Karen, thank you for bravely sharing your story, it's stories like yours which actually bring home why these phenomenal people do what they do".

This year's Run took place on Sunday 6th July and torrential rain, followed by brilliant summer sunshine, didn't deter the thousands of people who turned out along the route to cheer the ladies on. Houses and businesses were bedecked in pink bunting, banners and flags with many supporters dressed head-to-toe in pink.

For more information about the event please visit www.ladiestracorroadrun.co.uk

Picture: Annie Chapman, Karen Thompson, present the cheque to Sophia France, Relationship Manager for Norfolk and Suffolk at Cancer Research UK.



GAME-CHANGING SPONSORSHIP BY CRISP MALT



A sponsorship deal by Crisp Malt has been heralded as 'game-changing'. The 5-year agreement, worth £15,000, will make all the difference to the Bungay & District Sport Association, according to its vice chair, Stuart Smith. He says,

"Between them, our football, cricket and tennis clubs have around 450 members, but our facilities are used by far more people than that. Our pavilion plays host to club meetings and events; award-nights; family celebrations; weddings and wakes.

"The Association is run by volunteers, and generating income to keep everything going is a constant challenge. Crisp's investment is a game-changer because it brings some financial certainty and allows us to plan. That's really important when it comes to running the pavilion, and keeping things going for our football, cricket and tennis clubs.

"We're really grateful to Crisp and have renamed our club-house the Crisp Malt Pavilion."

Crisp's Ditchingham Maltings is just down the road from the club grounds. Julian Cobb, site manager at the maltings, says, "The Association does a fantastic job. It is a real hub of the community - and we are delighted to support it."

Members of the Association celebrated the announcement of the sponsorship deal at the Bungay Beer and Music Festival in the Crisp Malt Pavilion.

"What could be a more appropriate celebration than raising a glass of beer made with barley grown on nearby farms and malted locally by Crisp?" says Stuart.

Picture Credit Andy Abbott.



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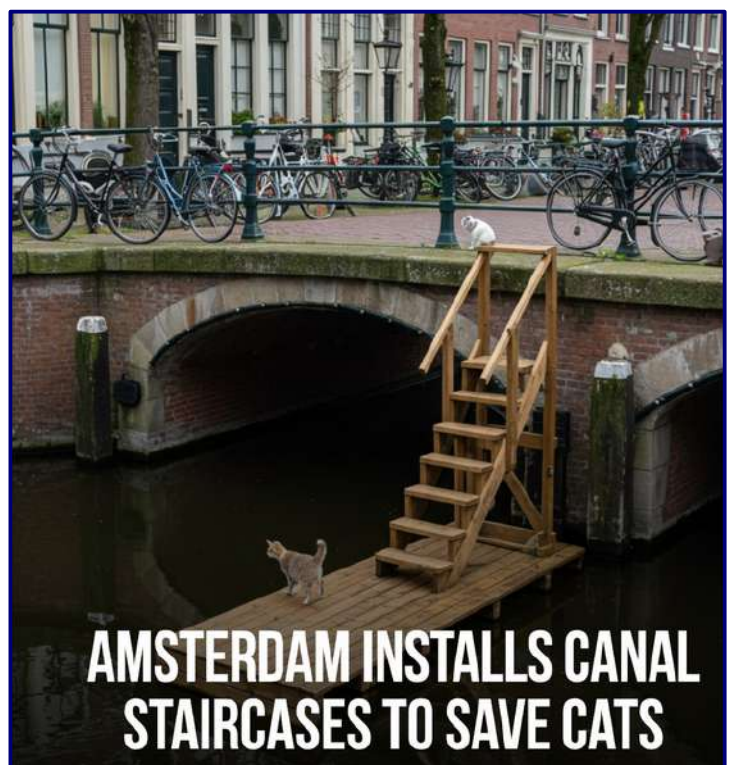
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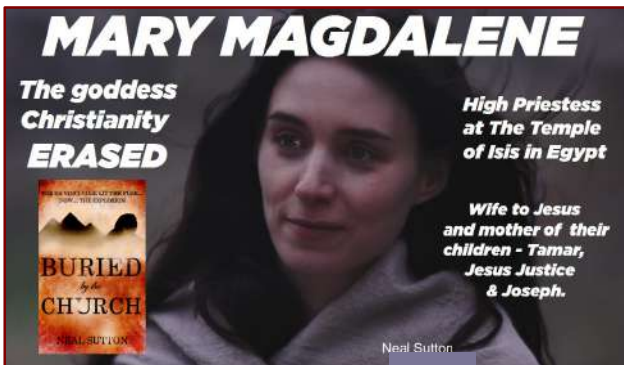
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When Jesus started his quest he first sought the Astronomer priests at Heliopolis in Egypt (explained in my book *Buried By The Church*) and he was approaching 30 years of age. His long journey took him up the Nile path to the island of Philae where he saw a temple with an inscription over the entrance that read:

'Come to me all you who are burdened and I will set you free'.

The words inspired Jesus to enter this, the Temple of Isis.

Those words would later be used by him in his teachings.

Jesus met many of the initiates of the temple and stayed there with them for many weeks, becoming an initiate himself. Among others, he studied the Egyptian Book of the Dead and this too influenced his teachings.

'My father's house has many mansions' is taken from it.

The Lord's Prayer, that he was to use later, is in fact the Isis Prayer. It contains 'Amun Amun who art in heaven' and 'On Earth as it is in heaven' or 'as above, so below'

It was during his stay at The Temple of Isis that he met and fell in love with a certain priestess Mary Magdalene. The lady whom the Christian Religion has utterly, completely and intentionally defamed, reducing her to the role of prostitute. Her true role was so much greater than any church will ever admit.

Right from the start and the Garden of Eden, the Bible portrays the female as the villain. She is the corrupter of man! Make no mistake: our patriarchal Churches have fun demeaning and blaming the female. Yet who stood below the cross to support Jesus when the so-called 'blessed rock' Peter and the divine Paul had denied Jesus and fled into the darkness like scurrying rats? The females stood by him: Mary, his mother; Mary Magdalene, his wife, and her sister Martha.

In the New Testament we see phrases like 'keep your women silent in Church'. And does it not seem strange that we have a male Holy Trinity? God the Father, God the Son, God the Holy Ghost. A clear agenda is evident to all readers: that women are 'unworthy'. But this teaching is clearly wrong. When Jesus was asked by his disciples why it was that he let Mary Magdalene speak, he replied: 'Whoever shall preach the word of love is divinely ordained to speak.' (Gospel of Thomas) There is nothing ambiguous about that statement.

The Bible says 'keep your women silent in Church', but this is clearly against Jesus' teachings and all that he knew. They are the words of Paul, who we know, from writings not included in 'The Bible' – to be a woman hater. We also know that both Paul and Peter were against women because they felt threatened by the high esteem in which Jesus held Mary Magdalene. Since biblical times women have been regarded as second-class citizens. The Church banned female priests for centuries.

In *The Templar Revelation* authors Lynn Picknett and Clive Prince state that:

'It is clear from the way that [Mary Magdalene] is mentioned that she was the most important of all Jesus' female disciples, all of whom are almost totally ignored by the Church. First century Jews may have had sociological and religious problems with the concept of important women, simply because of their culture, more recent critics have no excuse'.

During the never-ending arguments about women priests, extraordinary misrepresentations of Jesus' followers were cited as proof that women were not meant to be members of the clergy. It is now clear that Jesus had over 70 disciples, many of whom were female. It was the insecurity of Jesus' male disciples, so threatened did they feel by the presence of the Magdalene as a disciple, that led them to be derisive toward women as a whole. This situation was made entirely worse by Pope Gregory I in the relatively early days of the Roman Catholic Church who declared that as the Gospel of Luke had stated that Magdalene had 'had seven demons cast out of her', she must have 'perfumed her flesh with forbidden acts'. Since that time the Church has depicted her as a prostitute.

As Lynn Picknett says in her excellent book, *Mary Magdalene – Christianity's Hidden Goddess*:

'Only in 1969 did the Roman Catholic Church repeal Gregory's labelling of Mary as a whore, thereby admitting their error. Though the image of Mary Magdalene as a penitent whore has remained in the public teachings of all Christian denominations. Like a small erratum buried in the back pages of a newspaper, the Church's correction goes unnoticed, while the initially incorrect defamatory article continues to influence readers'.

The Oxford English Dictionary defines Magdalene as 'A REFORMED PROSTITUTE' another legacy then, of a corrupt Catholic Church. Next month: Magdalene Part Two



"The only mystery in life is why the kamikaze pilots wore helmets." - Al McGuire

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This first-of-its-kind event will be a day to remember, filled with artisanal treasures, delicious seasonal food, and the joy of community. The 19th-century mill, already home to a riverside café, hair salon, art gallery, boutique shops and more, provides the perfect backdrop for this festive gathering.

Wander through stalls of locally crafted goods — from hand-forged jewellery and cosy knitted scarves to unique home décor and festive decorations. Treat yourself or find that perfect gift while enjoying the sights, sounds, and flavours of the season.

With the River Waveney flowing alongside and twinkling winter cheer all around, it's the ideal way to step into the magic of the holidays while supporting talented local makers and food vendors.



1793



1893



2024

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www.earshammill.co.uk

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SATURDAY 4TH OCTOBER 10AM - 4PM



Includes preparation of thieves vinegar, used traditionally to protect from plague, that we can use today to protect from infections. We will also look at medicinal mushrooms that are proven to boost immunity, some of which we can harvest ourselves.

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I'm not a complete idiot, some parts are still missing.

LOWESTOFT MEN'S SHED

A project aimed at improving wellbeing and encouraging social interaction is going from strength to strength – with the help of funding from six East Suffolk councillors. The North Lowestoft Men's Shed applied for £3,270 in Enabling Communities Budget funding to install four solar panels onto their sheds. Currently, the group operates from a piece of land in Denmark Road. A single, solar-powered shed was built on the site in July 2023, and East Suffolk Council recently donated several beach huts to the group. There are no main services on the land, so there is a need for solar panels to give power and light to the new buildings. The new beach huts are being rebuilt as workshops, giving the group a place to learn new skills and widening their membership capacity. Councillors Tess Gandy, Edward Back, Keith Robinson, Janet Craig, Andree Gee and Peter Byatt each gave funding from their budgets towards the solar panels. Councillor Tess Gandy, ward councillor for Harbour & Normanston and lead councillor for this project, said:

"Myself and my fellow councillors are pleased to provide funding towards this brilliant initiative. Supporting groups such as North Lowestoft Men's Shed to continue to thrive, and expand their membership, is a great way of using our ECB

budgets. We are all so pleased to support such an amazing group, which amongst its many functions, tackles social isolation in our local community."

John Ellerby, Chair of North Lowestoft Men's Shed, said:

"We're thrilled to have received this grant from several of our local councillors' Enabling Communities Budgets. It will mean that we can install more solar panels, vital for bringing power and light to our re-imagined beach huts, also donated by East Suffolk Council, and widen our membership that's open to everyone. This is another of our ambitious plans for the Men's Shed coming to fruition and we are grateful for all the support we receive.

"We look forward to working with East Suffolk councillors in our negotiations with Network Rail for our ultimate aim - the use and restoration of the old Menzies distribution depot, right next door."

The installation of these solar panels also contributes to the group's aim of becoming a carbon neutral community group. There are several Men's Sheds across the district. More information on the benefits of these groups and their ability to reduce social isolation can be found here: <https://menssheds.org.uk/sheds/>



Image: (L-R) shows: Andy Adams, Brian Trott, John Carvosso, Vic Sanders, Jim Nichol, Daved Hawtrey, John Ellerby, Russell Brinded, (all Shed members) with Councillors Tess Gandy, Keith Robinson, Janet Craig, Peter Byatt, Adree Gee and Edward Back



Carcinogenic meat served on most school menus 68% of councils serve nitrite-cured meat in schools, latest research finds

Many kids in England returned to school this month after a hot summer of beach swims and BBQs. But those hoping their young ones would be served up the healthiest of hot dinners as the weather turns cooler are in for a shock, according to research published by the Coalition Against Nitrites.

“Our Freedom of Information survey of 173 local authorities found that 68 per cent of councils are serving nitrite-cured meats such as bacon and ham in schools,” the coalition of scientists and food safety experts wrote. “Only 16 per cent of local authorities had stopped the practice, with the remainder unable to provide clear information on school-meal menus.”

Nitrites are commonly added to processed meats like bacon and ham to preserve their colour, flavour, and shelf life. However, they have also been strongly linked to cancer – 10 years ago the World Health Organisation classified processed meat as ‘Group 1, carcinogenic to humans’.

“We know schools are under great pressure on many fronts, but it is really not acceptable that many are putting the health and wellbeing of children at risk by serving nitrite-cured meats,” explained professor Chris Elliott, founder of the Institute for Global Food Security at Queen’s University Belfast. “It is the antithesis of what schools want to achieve [and] we have safe alternatives to nitrites that are now becoming more widely available in supermarkets,” he added.

No more nitrites

Professor Elliott is the face of the coalition which, when formed earlier this year, called on the UK Government to ban nitrites. Currently, they are permitted as a processing aid so long as the levels are below certain thresholds. UK limits remain higher than those in the EU, though, with meat companies having to cut permissible levels pretty much in half by next month.

“What’s happening in Europe is a really positive step and a stepping stone to a total ban,” professor Elliott told *Wicked Leeks*.

“France, which is a country of meat eaters, has been very supportive and pushed the EU on this,” he added.

Some major manufacturers have also begun to make moves – Nestlé is among the ones looking at all its meat products and taking out nitrites and nitrates. Marks and Spencer and Waitrose also sell nitrite-free bacon. In fact, nitrite-free bacon has been available in British supermarkets since 2017, thanks to food company Finnebrogue and its ‘Naked’ brand.

“To have a bacon produced naturally, that doesn’t require such chemicals to be added or formed during processing, is a very welcome development,” said professor Elliott at the time. Finnebrogue used a combination of innovation and natural fruit and spice extracts to come up with a bacon that is made without the need for added nitrites.

There are costs to nitrite-free, though, which has put the brakes on this substitution at scale.

“We are not really trying to engage with the meat industry,” Elliott told *Wicked Leeks*.

“They know they can do it but they also know the costs.” Indeed, the curing agents cost more, and meat processors would also need to invest in equipment and new processes.

As well as using economics as an excuse, the industry also points to food safety, and how nitrites help limit the growth of bacteria that cause the life-threatening illness botulism. This however has been poo-pooed by research commissioned by the meat industry, and reported by *The Observer* in 2019.

Professor Elliott agrees. He said the scientific literature he looked at was “so woolly”; it was like this advice had been “passed from generation to generation like folklore”, he added.

However, the industry can hide behind the FSA’s current stance, which was explained in a recent article by foodservicefootprint.com: ‘A bigger bone of contention is whether they [nitrites] are needed in the first place.

Continued on next page....

Naturally Healthy

with Riverford Organic - Part 2

The FSA continues to view nitrites as important preservatives.

James Cooper, deputy director of food policy at the FSA, says there is “strong scientific evidence that they hinder the growth of harmful organisms, in particular the bacteria responsible for botulism which can be life-threatening”. Cooper adds: “They are one of the ways manufacturers can choose to protect against growth of these harmful organisms. Other methods include using salt, other food additives or a shorter use-by date, or a combination of factors, depending on the product.”

The coalition maintains that with new technologies now available to produce processed meats without nitrites – while maintaining the same taste, appearance, and cost – there is “no justification for their continued use”.

As the coalition continues on its website: “There is a growing consensus of scientific opinion that nitrites in processed meats react with secondary amines to produce

carcinogenic nitrosamines in the stomach when the meat is cooked and ingested. A wealth of evidence from the World Health Organisation, UK, US and European universities, as well as government agencies, has directly linked the consumption of processed meat to colorectal cancer.”

Other supermarkets and most fast food chains seem to be keeping their heads down for now, according to Elliott – which is why he and his team are targeting regulators like the FSA in a bid to change the rules. A total ban is what they are after but a lowering of the limits in line with the EU would be a decent start.

“The research on schools got us a lot of attention,” Elliott said, adding that there is more to come very soon – and this time in relation to hospital food. He and his team are also working “more quietly” with artisan producers and hopes to have news of a commitment from one the better-known producers by the end of the year.

Perhaps just in time for those pigs in blankets.



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A little about me:

I worked as a qualified nurse in the hospital/hospice environment.
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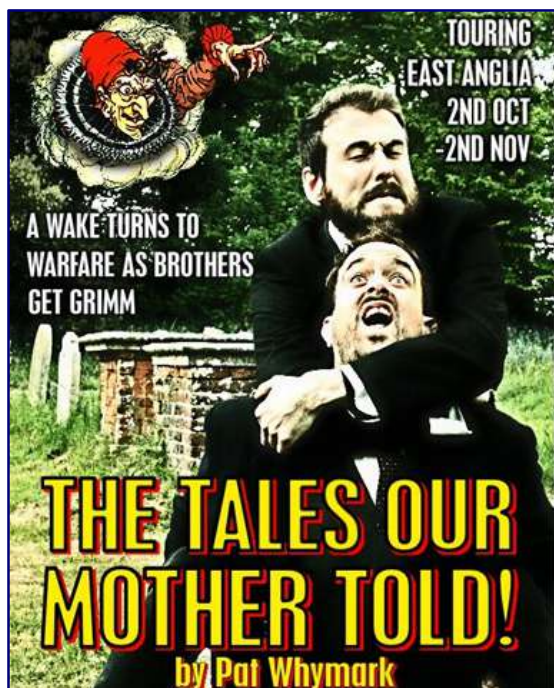



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"What a tangled web we weave, when first we practice to deceive"

TOURING EAST ANGLIA - 2ND OCT - 2ND NOV

At their mother's memorial service, estranged brothers Brian and Dennis Cox remember the tales she told them as children - and as adults.

Some were fables of homespun wisdom, some were her own versions of the grimmest fairy tales. Did they help the brothers in their life path, or did they make the forest darker and the way less clear? Were her stories just for fun, or a kind of smokescreen, an enchanted mist that enticed them to strange parts, then left them without Google maps?

As the brothers try to work out their differences they bring to life the dark and twisted tales of their childhood with music and story telling, aided by the mysterious Puppet Master Common Ground are committed to keeping small-scale theatre alive and well in East Anglia, presenting shows that are, first and foremost, entertaining. Featuring live music, performed by our company of skilled actor-musicians, our productions are theatrically inventive, character-based and always emotionally engaging. Age guidance - 12 and above

More info on our website. www.commongroundtc.co.uk

Diss Corn Hall - Tuesday 7th October, 7.30pm

Castle Community Rooms, Framlingham - Sat 11th Oct, 4pm & 7.30pm

Bardwell Tithe Barn Sunday - 12th October, 7.30pm

Fisher Theatre, Bungay - Weds 15th October, 7.30pm

Campsea Ash Victory Hall - Friday 24th October, 7.30pm

Beccles Public Hall & Theatre - Tuesday 28th Oct, 7.30pm

Laxfield Village Hall - Weds 29th October, 7.30pm

Southwold Arts Centre - Thurs 30th October

Aldeburgh Jubilee Hall - Friday 31st October, 7.30pm



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The difference between stupidity and genius is that genius has its limits.

OCTOBER AT HALESWORTH LIBRARY

Exciting things are happening at Halesworth Library this October! We start the month with a Quiz Afternoon on Thursday 2nd October at 2:15pm, hosted by the Friends of Halesworth Library. We're looking for teams of 4 to take part, it's £12 a team and booking is essential. Please email friendsofhalesworthlibrary@gmail.com or call 01986 506062 to book. If you've not got a team, please do contact us and we can match you up!

As part of 'Poetry in Aldeburgh's' pre-festival libraries programme, we're very excited to host Poetry People's specialist community poets Dean Parkin and Naomi Jaffa. On Friday 17th October at 10:30am-12:30pm, Dean and Naomi are running a free 'Finding Family Lines' poetry workshop. Suitable for both new and seasoned writers, this welcoming session will offer a mix of inventive exercises and inspiring sample poems to prompt reconnections with those relatives, episodes and memories that continue to shape our lives. Spaces are limited, please call 01986 506062 to book your free space.

As part of their 'Thursday Book Talk' series, the Friends of Halesworth Library will be hosting a book talk on Thursday 16th October at 2:30pm. Further details will be published in due course, on our website suffolkcommunitylibraries.co.uk, social media channels or speak with a member of staff.

The October half-term will also see the first set of art workshops for young people, as part of a gift from Edna Comport who was a local resident and regular user of the library. This year's workshops will be hosted by Francesca Armour-Chelu and Meraylah Allwood. Specific details will follow on our social media channels or speak with a member of staff from October. During the school half-term, the library will be taking part in the town's scarecrow festival and trail - look out for our spooky display! On Tuesday 28th October 10:30am-12:30pm, we'll be joined by Suffolk Archives who are running a craft session for families.

There will also be sessions of Sociable Sundays on Sunday 5th and 19th October 10.30-12.30pm and Board Games Cafe on Monday 27th October 14:00-16:30, both hosted and run by volunteers of the Friends of Halesworth Library.

Not forgetting our regular activities and drop-ins! Every Tuesday 10-11:30am there is a free Rhyme Time & Play session to sing fun songs followed by free play with our toys. Every Wednesday 10am our Time Out sociable group for older people meet for tea and biscuits. The Knit & Natter group meet alternate Tuesdays 2-4pm, staff can provide dates. Lego Club is on every Saturday 12-1pm and Family Board Games Club every Sunday 10:30-11:30am. You can find advice drop-ins from East Suffolk Council Customer services every Tuesday 10.00-16.00 and Barclays Bank on Wednesdays 09.00-17.00. Citizens Advice have a drop-in every other Tuesday 10.00-12.00, please ask a member of staff for future dates.



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Alde Valley Suffolk Family History Group

The Hollond Family of Great Ashfield House, Suffolk – a Talk by Dave Steward – Monday 20th October 2.30pm in Saxmundham

Great Ashfield House, built in 1755, had a history of extensions and renovations. It is described as a "lost palace" in some accounts, and is Grade II listed. The Hollond Family were known to have moved in cultured circles, with Stanley Spencer visiting and painting there in the 1920s.

After Arthur Hollond's death, the family's connection to the outside world diminished. The daughters' unconventional lifestyle, including sleeping outdoors in various weather conditions, led to them being viewed with suspicion by some villagers.

The house fell into disrepair, and the family lived in relative isolation, with the daughters adopting a unique, nature-focused lifestyle.

Dave Steward is a local historian well known for researching family trees as well as giving talks on local history subjects in the East Anglian region



The talk takes place on Monday 20th October at 2.30pm, in person at the Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL (behind the Library). The talk starts at 2.30pm. No need to book – just turn up — at £1.00 for members, £3.00 for visitors, including tea/coffee/biscuits. Good, free car-parking. The speaker will be present in person, and the talk will NOT be on Zoom.



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Monday

(9 - 12noon) Monday Montage with Mark. (12noon to 2pm) Monday Music Mix. (2 - 4pm) Afternoon Delight with Brian. (4 - 7pm) (Alternate Weeks) Monday Musicals/ Great International Songbook. (7 - 8pm) The Golden Hour. (8 - 9pm) Rob Polland Radio hour

Tuesday

(10 - 11am) The Golden Hour. (11am - 12noon) Pick of the Pops. (12noon to 1pm) Much More Motown. (1 - 2pm) The James Family Show. (2 - 3pm) Rob Polland Upbeat Country. (3 - 5pm) Auto DJ Non Stop Music. (6 - 7pm) Smooth Jazz with Paul. (7 - 8pm) Sounds of The 60s Pirates. (8 - 9pm) Back To The 80s with TeamRuth.

Wednesday

(10 - 12 noon) Rob Polland 60s Chart Show. (12 - 1pm) Sounds Of The 70s. (1 - 3pm) Auto DJ Non Stop Music. (3pm - 4pm) Rob Polland Radio Hour. (4 - 6pm) All That Jazz with Brian. (6 - 7pm) Let's Go To The Pictures. (7 - 8pm) Rob Polland Upbeat Country Show. (8 - 9pm) Love Train - The Best Love Songs with Mark

Thursday

(10 - 11am) The Golden Hour. (11 - 1pm) The Luvly Londoner Phil Lee (1 - 3pm) Afternoon Delight with Brian. (3 - 4pm) Repeat of Love Train with Mark. (4 - 5pm) The James Family Show. (5 - 6pm) Sounds of The 60s Pirates! (6 - 7pm) Back to The 80s with Team Ruth (7 - 9pm) The 60s, 70s and some 50s with Dennis.

Friday

(10 - 11am) The Rob Polland Radio Hour. (11 - 12noon) Let's Go To The Pictures. (12 - 1pm) Sounds of the 70s with TeamRuth. (1 - 3pm) Auto DJ Non Stop Music (3 - 4pm) Smooth Jazz with Paul. (4 - 5pm) Rob Polland Upbeat Country. (5 - 6pm) Much More Motown (6 - 7pm) Pick Of The Pops. (7pm to 9pm) All That Jazz with Brian

Saturday

(9 - 11am) 70s to 00s with DJBaz. (11 - 12noon) Much More Motown. (12 - 2pm) Saturday Music Mix. (2 - 3pm) James Family Show. (3 - 4pm) The Golden Hour. (4 - 7pm) (Alternate Weeks) Monday Musicals / The Great International Songbook. (7 - 8pm) Sounds of the 70s with Team Ruth. (8 - 9pm) Let's Go To The Pictures

Sundays

10 - 11am) The Golden Hour. (11 - 1pm) The Luvly Londoner Phil Lee. (1 - 3pm) The 60s, 70s and some 50s with Dennis. (3 - 4pm) Smooth Jazz with Paul. (4 - 5pm) Sounds of The 60s Pirates. (5 - 6pm) Back To The 80s with Team Ruth (6 - 8pm) Rob Polland 60s Chart Show (8 - 9pm) Pick Of The Pops

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

WELLBEING EVENT TO RETURN

East Suffolk Council's 'Well Minds Event' is returning in 2026, following the success of the inaugural event in 2025. The event is aimed at spreading awareness of mental health issues and the support available locally.

Lowestoft Sixth Form College will host the event on Tuesday 17 February 2026 from 9:00–14:00, with several workshop facilitators already confirmed to be in attendance.

As well as stalls from local groups, there will be a range of workshops educating attendees on areas of mental health, including youth mental health services, neurodiversity and building compassionate communities. Two key speakers, Trevor Stevens and Hollie Middleton, will also talk about their lived experience with mental health.

Both statutory and voluntary organisations working to support mental health in the north of East Suffolk are invited to attend. To confirm attendance, please use this link:

eastsuffolk.co/well-minds-guest-booking

Organisations are also invited to be a part of the event by booking a stall. This provides a

fantastic opportunity to showcase work, connect with other organisations and contribute to a meaningful cause. To book a stall, please use this link:

eastsuffolk.co/well-minds-stall-booking

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

"We are so pleased to see this event return for another year. Improving the mental health outcomes of residents is one of this administration's priorities. Good mental wellbeing is key to building strong communities and achieving positive life outcomes, and this event offers the tools to achieve this.

"We encourage organisations to come together to raise awareness, share resources and spark positive change by attending the Well Minds Event."

The event has been organised in partnership with Lowestoft Sixth Form College and is funded through the East Suffolk Community Partnership Board.

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REDUCING LONELINESS

Popular local venue, The Seagull Theatre in Pakefield, has unveiled a new series of priorities for the year ahead, this week. Working in collaboration with the East Suffolk Community Partnership, the Seagull will be developing a series of activities aimed at reducing the loneliness amongst several key groups.

Responding to a call to action from the Community Partnership in May this year, the Seagull has developed a multi strand approach to combating loneliness for local people. Reducing Social Isolation and Loneliness is one of the four key priorities for the Community Partnership Board which is part of the new East Suffolk Isolation and Loneliness Network. During October 2023 to March 2024 (2023/24) the Community Life Survey 2023/24 found:

7% of adults (approximately 3.1 million people in England) reported that they felt lonely often or always. This is a slight increase of one percentage point from 6% in 2021/22. Prior to 2023/24 this measure had remained broadly stable at between 5% and 6% since 2013/14. 1 in 10 adults (10%) reported high levels of indirect loneliness (a score of 8 or 9). This is a slight increase of one percent from 2021/22 (8%), but in line with levels in 2020/21 when this measure was introduced into the survey (9%).

Despite the headlines and focus of activities to combat loneliness often being on older people, the prevalence of people who said that they 'often/always' feel lonely is actually highest amongst 16–24-year-olds. Having said that there are significant numbers of people who often/always feel lonely across all age bands in East Suffolk.

The Seagull project is one of four in East Suffolk aimed at finding new ways to tackle this phenomena. Over the next 12 months the Seagull will be exploring three new strands of work to combat loneliness in specific groups. The largest of these strands will be a series of whole day and half day art workshops which will be run in collaboration with Messums, the internationally renowned gallery who are

currently developing Messums East in the Old Post Office building in Lowestoft Town centre. Building on pilot workshops which were run earlier in 2025, these workshops will be aimed specifically at people living in the most deprived parts of Lowestoft and will be entirely free to access.

Alongside the ongoing art workshops, there will be a specific strand of work designed to provide additional art groups for neurodiverse adults. The Seagull has been developing its provision for Neurodiverse people over the last couple of years, and this work will complement the existing groups for neurodiverse musicians which the theatre has developed in collaboration with local not for profit specialists Swell Music CIC.

Lastly the Theatre will be expanding their provision for young people in the early stages of poor mental health, specifically those aged between 14 and 18. This group are often disproportionately affected by loneliness and isolation due to their poor well-being and the Theatre will be developing new activities alongside its specialist partner MN Well Child Support CIC to address this. The new activity will be based around discovering new music, sharing young peoples favourite tracks and enjoying listening to popular music in a group space. Supported by specialist well-being practitioners, the group will be designed to build confidence and social interaction specifically for those young people who feel isolated and may have experienced issues like bullying or trauma.

Seagull Deputy Manager Des Reynolds said, "We are really excited to work with the Community Partnership to tackle the pervasive issue of loneliness and isolation. So many of our friends within the Lowestoft community face this issue, and we are acutely conscious that often it is those with additional challenges such as neurodiversity or poor well-being who are disproportionately affected. We hope that over the course of the next 12 months we will be able to develop new effective ways to address this issue and look forward to sharing what we learn with our community partners."

If you think you are too small to make a difference, try sleeping with a mosquito.

NEW SEASON - NEW SOUNDS

Join Suffolk's County Music Groups

Suffolk County Music Service has kicked off an exciting new season for young musicians across the county, with the revamped Suffolk Youth Jazz Programme now established at Martlesham Primary Academy, next to the Service's new home on Blacktiles Lane. Young musicians keen to explore jazz can get involved at a special Jazz Come & Play Day on Sunday 12 October – the perfect chance to try out the programme in a fun, supportive setting – for Free!

Alongside this, the county's flagship ensembles – Suffolk Youth Orchestra, Suffolk Youth Wind Band, and Suffolk Young Strings – are also recruiting. Members enjoy weekly rehearsals, an Easter residential, and inspiring concerts at prestigious venues such as The Apex and Snape Maltings. Previous tours abroad have included Spain and France, with more adventures on the horizon.



For those still deciding, a further Free Come & Play Day on Saturday 25 October offers another opportunity to experience an ensemble before committing at Northgate Arts Centre, Ipswich. Sign up now or find out more: <https://suffolkcountymusicservice.co.uk/take-part/county-music-groups/free-come-and-play-days-registration-form/>

Join us for a season of inspiration, creativity and top-quality music-making along with life-long friendships and memories. We can't wait to welcome you! Follow us on our social media pages for more updates and find out how you can join in! FACEBOOK: [@suffolkcountymusicserviceSCC](https://www.facebook.com/suffolkcountymusicserviceSCC) INSTAGRAM: [@suffolkcountymusicservice](https://www.instagram.com/suffolkcountymusicservice)



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For more information please see Lowestoft Repair Cafe on Facebook or email lowestoftrepaircafe@gmail.com



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IS IT TOO SOON?



Cherie's Christmas Cabaret

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

Cherie and her guests are back for another year of Christmas mayhem and this year's Cabaret comes live from Santa's workshop in the North Pole! Expect the usual gift of musical numbers, comedy and variety audiences have come to expect and enjoy from Cherie and her special guests.
Recommended for 16+



THE SEAGULL THEATRE'S
PRODUCTION OF
Annie Jr.
19TH - 21ST
DECEMBER 2025
Friday 19th - Sunday 21st December
2pm/7pm
£10

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



Santa and the Christmas Wish

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

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

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

CAROLS ON THE QUAY

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

This is a free event for the public to attend, organised by the Nicholas Everitt Park Trust along with local business owners from Bridge Road.
All money raised will go directly back into the charity to support our park.

Join us for a magical festive day full of seasonal cheer, shopping, and music!

What's On:

- Carols Around the Tree - 3:00 PM
- Craft Fair - at The Lady of the Lake and along the Boulevard
- Free Entry to the Museum
- Hot Roasted Chestnuts
- Mulled Wine, and Mince Pies - outside The Copper Smoke House

The event opens at 11 AM and closes at 4 PM after the carols finish.

Thank you for your support - we hope to see you there!

OULTON BROAD XMAS EVENTS!

COME MEET FATHER CHRISTMAS!

Nicholas Everitt Park - Clerk's Office Grotto

Sunday, 14th December 2025

10:30 AM - 2:30 PM

Father Christmas is making a magical visit - just for you!

Step into his cosy grotto and receive a special gift!
(Age & gender appropriate - £6 per child)

Booking is essential - limited spaces available!

Email: admin@ob-pc.gov.uk

Payment required in advance (bank transfer or cash)

Deadline to book: 28th November

Time slots will be allocated - no walk-ins!

FESTIVE FUNDAY!

Taking place on the same day - pre-booked entry only.

Contact us for more info or see our other poster!

Hosted by Nicholas Everitt Park Charity Trust
All proceeds go back into the charity

No refunds for missed or cancelled bookings. Sessions may fill up early, so book soon!

Festive Funday

14th December

10am-12pm & 1pm-3pm

The Pavilion, Nicholas Everitt Park, Oulton Broad

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

How to join:

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

Don't forget your Christmas jumper - we're also hosting a Christmas Jumper Competition!

Plus, meet Father Christmas in his cozy Grotto (extra charge, pre-booking needed).

For questions or more info, contact us at the above email or check out our other poster.

All proceeds go to the Nicholas Everitt Park Charity Trust to support the park.

Please note:

- You must book a time slot.
- Spaces are limited and may fill up before the deadline.
- No refunds for missed sessions.

POP THESE IN YOUR DIARY NOW!!

EXHIBITION OF AWARD-WINNING DANCE FILMS AND VIDEO INSTALLATION BY LOWESTOFT-BORN CHOREOGRAPHER AND FILM MAKER ROSEMARY LEE

Award-winning choreographer Rosemary Lee returns to her hometown of Lowestoft to present a remarkable collection of video and film works - some filmed in East Anglia - which she has created over the past 40 years. Step into her world to experience the captivating video installation

LIQUID GOLD IS THE AIR

and explore a series of 5 acclaimed short dance film.

These magical dance films transport you to beautiful places, whilst highlighting the grace and individuality of every performer - from a 9-year-old boy leaping through sand dunes, a little girl dancing in a forgotten garden, to a cast of over 70 intergenerational performers gliding through a cathedral of trees.

The selection on display has been developed in collaboration with a diverse range of artists. Several have been commissioned by the BBC and many have been presented worldwide.

Described as "One of the most gifted, level-headed and articulate artists in the UK", (Animated), Rosemary is widely recognised for her work with performers of all ages and for creating choreography that animates unusual and unexpected spaces.

Visitors are invited to experience Rosemary's films and installations throughout the exhibition's opening hours from **1 - 8 October, 11am – 3pm (closed on Sunday 5 October)**.

In addition, a special presentation, taking place on **1 October from 7pm – 8.30pm**, will offer audiences the opportunity to hear directly from Rosemary herself - presenting a selection of her films, sharing insights into their creation and reflecting on the influence of Lowestoft and its surrounding landscapes on her work and engage in conversation with the audience.

Location: The Battery, 119-125 London Road North, Lowestoft NR32 1LZ

The Battery is a wheelchair accessible venue.

Tickets are £6 and available to book at <https://firstlightfestivalcic.com/whats-on/moving-worlds>

Rosemary's films have been made for the BBC, galleries and festivals and her installations have toured to a variety of venues nationally and internationally. In 2019, she was commissioned to create **Circadian**, a work especially for the inaugural First Light Festival. It was performed by 24 dancers from across the eastern region on Lowestoft's south beach over a period of 24 hours, beneath the Fisheries Laboratory where her grandfather and later her father were once directors. She was awarded an OBE for her contribution to dance in 2023.

<https://www.artsadmin.co.uk/artists/rosemary-lee> Link to trailer: <https://vimeo.com/91053578>



Sails & Ales Comes to East Point Pavilion – A Maritime Celebration for All Ages

East Point Pavilion is delighted to present **Sails & Ales**, a free-entry, 1-day celebration of the rich maritime heritage of Lowestoft from past to present. Set against the Pavilion's dramatic coastal backdrop, the day will feature live music, demonstrations, a seafood BBQ, seafaring ales, stalls, and performances that bring the town's seafaring spirit to life.

The day starts at 11.30am with storytelling kicking off the packed programme of live entertainment. Live music will be on offer throughout the day from **Svetla**, **Lowestoft Longshoremen**, and **Milton Hide**, plus there will be demonstrations and stalls from **Lowestoft Maritime Museum**, **Excelsior Trust**, **Mincarlo**, **Barge Number 9**, and the **RNLI**.

A delicious seafood BBQ will be on offer throughout the day provided by local fisherman Colin De Block, plus local ales including Lacons Encore, Adnams Ghost Ship and Verdant Lightbulb on tap, plus bottled beers including St Peters Brewery Golden Ale 4.7%, St Peters Organic Best Bitter 4.1%, St Peters India Pale Ale 5.5%, Adnams Southwold Bitter and Adnams Ghost Ship AF.



The celebration doesn't end when the sun goes down. In the evening, you can enjoy a special evening concert featuring the **John Ward Trio** and **The Rogue Shanty Buoys**. Expect soaring harmonies, powerful storytelling, and foot-stomping sea shanties celebrating East Anglia's folk traditions. With the John Ward Trio's lyrical depth and the Rogue Shanty Buoys' infectious enthusiasm, this unique concert promises laughter, singalongs, and a celebration of coastal culture that will leave you smiling long after the final chorus. The concert begins at **7PM**, tickets priced at **£10** (plus booking fee),

available online at <https://www.eastpointpavilion.com/events/sails-ales>

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- ✓ Access to preloaded SIM cards for individuals experiencing Data Poverty or living on a Low Income

To book a place at the next session, contact CTEA:
Call: 01449 707030 or email:
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FREE monthly sessions, booking is essential!

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- ✓ Build your Skills & increase your Confidence
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- ✓ Supported access to online Information, Advice & Guidance
- ✓ Access to preloaded SIM cards for individuals experiencing Data Poverty or living on a Low Income

To book a place at the next session, contact CTEA:
Call: 01449 707030 or email:
infocommunitiestogether-ea.org

All the things I really like to do are either immoral, illegal or fattening.

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FAMED MUSICIAN RAY COOPER APPEARING LIVE IN BECCLES

Former Oysterband man Ray Cooper is set to tour the UK in November. Ray won awards with the band and was nominated by Fatea in 2021 for the male artist of the year, and album of the year in 2024 in a German music critics prize.

He is playing in Beccles on the 8th November at The Canopy Theatre, Hungate church, Beccles at 8pm £14 + £1.05 booking fee <https://www.ticketsource.co.uk/booking/select/korbpjpoapb>



Ray Cooper, a.k.a. Chopper, is a story based singer-songwriter and multi-instrumentalist living in Sweden. Previously with Oysterband, Ray decided to go solo in 2013. Since that time he has written, recorded and released 5 solo albums and completed over 40 tours in Europe, Canada, and the UK. On stage Ray sings and plays cello, guitar, mandolin, piano and harmonica.

Former bands included Amazorblades, 3 Mustaphas 3 and OK Jive as well as many session recordings with producers such as Steve Lillywhite, Martin Rushent, Joe Jackson, Phil Chevron, Edwin Starr and Pete Bellotte, before eventually hooking up with Oysterband with whom he toured in 27 countries, recorded 19 albums, and won many awards.

Ray's music straddles folk, americana, world, rock and the singer-songwriter tradition, drawing on his wide experience in all these areas, from playing ceilidh music or rocking out on festival stages with Oysterband, to playing Swedish folk music in the local Sörmland tradition where he lives. Ray's fifth solo album 'Even For A Shadow', released in May 2024, was nominated for album of the year in the Folk and Singer-songwriter category for the German music critics prize. 'Preis Der Schallplatten Kritik'. For more info go to: <https://linktr.ee/RayCooper>.

THE INVITATION, by Oriah Mountain dreamer

It doesn't interest me what you do for a living.

I want to know what you ache for and if you dare to dream of meeting your heart's longing.

It doesn't interest me how old you are.

I want to know if you will risk looking like a fool for love, for your dream, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon...I want to know if you have touched the centre of your own sorrow, if you have been opened by life's betrayals or have become shrivelled and closed from fear of further pain.

I want to know if you can sit with pain, mine or your own without moving to hide it or fade it or fix it. I want to know if you can be with joy, mine or your own, if you can dance with wildness and let the ecstasy fill you to the tips of your fingers and toes without cautioning us to be careful to be realistic to remember the limitations of being human.

It doesn't interest me if the story you are telling me is true. I want to know if you can disappoint another to be true to yourself. If you can bear the accusation of betrayal and not betray your own soul. If you can be faithless and therefore trustworthy.

I want to know if you can see Beauty even when it is not pretty every day. And if you can source your own life from its presence. I want to know if you can live with failure yours and mine and still stand at the edge of the lake and shout to the silver of the full moon, "Yes."

It doesn't interest me to know where you live or how much money you have. I want to know if you can get up after the night of grief and despair weary and bruised to the bone and do what needs to be done to feed the children.

It doesn't interest me who you know or how you came to be here. I want to know if you will stand in the centre of the fire with me and not shrink back.

It doesn't interest me where or what or with whom you have studied. I want to know what sustains you from the inside when all else falls away.

I want to know if you can be alone with yourself and if you truly like the company you keep in the empty moments.

Blyth Valley & Southwold
Wildlife Group
**Review of Carlton and
Worlingham Marshes**

S.W.T. Reserves
illustrated talk by

Vicky Eyles

7.30pm

Thurs 9th October

Southwold Arts Centre

IP18 6JP

Admission £5 inc refreshments
(under 25's free)

Raffle - everyone welcome



What's On

suffolkwildlifetrust.org



**Suffolk Roadsafe
GrandDriver**

Are you a driver aged 60+?
Would you like advice on how to keep
driving safely for as long as possible?

Suffolk County Council's Road Safety Team
are holding FREE GrandDriver workshops on:

Tuesday 14 October 10am - 1pm
at **Bungay Community Centre,**
Old Grammar Lane, Bungay

Other dates and venues may be available.
Please contact Jane Holland on (01473) 341517 to book your place,
or email: jane.holland@suffolkhighways.org
Please note that booking is essential.

www.suffolkroadsafe.com



HALLOWEEN
31ST OCTOBER 2025

10am to 12pm and 1:30pm to 3:30pm
The Pavilion, Nicholas Everitt Park, Oulton
Broad

It's time to get your craft on.
Paint a figure, make a creepy crawly spider
and you can't forget the pumpkin!

Pre-booking is essential, £4 per child. To book please
email admin@ob-pc.gov.uk

Prize for the best dressed in each session so get
your best outfits on and join us!

T&C's - Payment will be required up front to secure your space. Payment to be made via bank transfer
or cash. Bookings are non-refundable. Event booking will close before the
deadline if all spaces get filled. This event is put on by Nicholas Everitt Park, Charity Trust. All money raised will go back into
the Charity. Thank you for your support.

more events...

Southwold Literary Festival
7 - 9 November 2025

Robert Ashton
Storyteller of vanished rural traditions

Jasper Forde
Wildly inventive, genre-bending novels

Sophie Hannah
Poirot writer & Queen of the thriller

Wendy Holden
Author of "The Teacher of Auschwitz"

India Knight
Sunday Times Journalist on new book "Home"

Neil Lanham
The James Herriot of antiques

Richard Negus
Suffolk conservationist & hedge layer

Michelle Paver
Chilling tales of unease in nature

Sarah Perry
"The Essex Serpent" author on grief & loss

Robert Ross
Biographer of Monty Python's Terry Jones

Alison Weir
Legend of historical fiction

Tickets on Sale 1st September 2025
southwoldartscentre.co.uk
ticketsource.co.uk/southwoldlibrary

Southwold Arts Centre

Friends of Southwold Library

Southwold Books

suffolkcommunitylibraries.co.uk

Suffolk Community Libraries

Suffolk County Council

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Join us at u3a Lowestoft

Come along and meet new Friends

We want to help you keep busy and enjoy your spare time and find new interests.

- Walking Groups
- Bridge & Whist
- Country Dancing
- Art for All
- Table Tennis
- Mixed Craft Group
- Social History
- French & Spanish
- Games
- And more.....

Contact Us Phone Number 07767 431565 Website https://lowestoft.u3asite.uk/

u3a

HALLOWEEN

at the East Anglia Transport Museum
Sat 25 & Sun 26 October 3pm to 8pm

Dare you ride after dark?

TERROR

Free vintage bus service to Lowestoft

Children's witch hunt

Face painting

Chapel Road, Carlton Colville, Lowestoft, Suffolk NR33 8BL

www.eatm.co.uk

01502 518459

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

Bungay Community Support Understanding IT
At Number 28

Do you need some help or advice with using your mobile phone, tablet or laptop?

If so, why not pop along to our Understanding IT Sessions where our tech-wizz Ryan can help you out!

Get one-on-one support to become familiar with your devices, from accessing the internet to spotting scam emails.

Whether you're a beginner or need help with a specific issue, come in & ask for Ryan.

Thursdays 11am - 1pm
No need to book.

Bungay Community Support
Open Tuesday-Thursday
28 Wingfield Street, NR351EZ
bungayinfo@bungaycs.org.uk
0300 365 2995

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Norfolk Community

SUFFOLK

Charity No. 1200141

f @

bungaycommunitysupport.org.uk

Light up Southwold

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

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

Live Entertainment in the Market
Place from 2:30

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

Lifeboats ADNAM'S

Light Up Southwold Just Giving

AUCTION OF PROMISES

Join us to raise money for our new clubhouse

SATURDAY OCTOBER 25TH @ 7PM
STELLA PESKETT HALL, SOUTHWOLD

We already have some amazing lots from some very generous members and local businesses for you to bid on including:

BUNKERS WILL FARM SHEPHERDS HUT STAY
TENNIS COACHING SESSIONS
ADNAM'S BREWERY TOUR
ELECTRIC PICTURE PALACE TICKETS
SOUTHWOLD BEACH HUT HIRE

SOUTHWOLD PUTTING & AFTERNOON TEA
FOCUS ORGANIC HAMPER
SCAN THE QR CODE TO SEE ALL AVAILABLE LOTS

TICKETS £5
 FOR WELCOME DRINK & NIBBLES

Please pay direct to Southwold & District Tennis Club:
 Sort Code: 30 15 64
 Acc No: 00684981
 and please message Sara on 07702 031519 to let her know once payment has been made.

If you'd like to donate something for the auction please call Sara on 07702 031519

CRAFT FAIR

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

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

Suffolk
 SOUTHWOLD ARTS CENTRE & SOUTHWOLD LIBRARY PRESENT

SOUTHWOLD COMMUNITY CINEMA

BRIDGET JONES: MAD ABOUT THE BOY
 (2025) 15
 Comedy / Romance
 Wednesday 1st October
 3:00pm

MR BURTON
 (2025) 12A
 Drama / Biography
 Wednesday 5th November
 3:00pm

BLACK BAG
 (2025) 15
 Thriller
 Wednesday 3rd December
 3:00pm

Tickets - £5 including refreshments
 Book a ticket at southwoldartscentre.co.uk or visit the box office tel : 01502 722572
 Southwold Arts Centre
 Cumberland Road, Southwold IP18 6JP

Reydon Village Hall
 ... at the heart of the community.

Golden Anniversary Appeal Fund

Ceilidh!

Saturday 25th October 7-10pm
@ Reydon Village Hall with the:

ONCE BITTERN
CEILIDH BAND

£15 per person including bottomless soup, cheese & bread
 BYO alcohol. Soft drinks & snacks available
 Book your tickets in advance with Charlotte 07715388916
frogclock@hotmail.com or online
www.ticketsource.co.uk/reydonvillagehall
 All funds towards the RVH Golden Anniversary Appeal Fund to repair, renovate and refit the hall

JOIN US AT SOUTHWOLD PUTTING & CAFE ON THE GREEN

CHARITY PUTTING TOURNAMENT

A Day of Fun for a Great Cause

HELP US SUPPORT THE BRAIN TUMOUR CHARITY TODAY

October 26th 2025
 for a memorable day!

THE BRAIN TUMOUR CHARITY

COME RAIN OR SHINE PUTTING TOURNAMENT 2025

Craft Fair

WESTHALL APPLE & PUMPKIN FESTIVAL
SAT. OCTOBER 4TH FROM 1PM - 4PM
WESTHALL VILLAGE HALL IP19 8RQ

A COMMUNITY EVENT FOR EVERYONE TO ENJOY

Enjoy a variety of locally handmade crafts as part of the Westhall Apple & Pumpkin Festival.
 Lots of entertainment inside and out for everyone to enjoy.
 Come along for an afternoon of fun and enjoy the view!

50th ANNIVERSARY

OUR VILLAGE HALL IS 50 YEARS OLD ON THE 4TH OCTOBER

You are all invited to come along and enjoy the celebrations

There will be a Children's Treasure Hunt on Church Common at 1.00pm

Local artists will be displaying their artwork for sale

The Café will be open from 10.00am - 12.00pm serving the usual Homemade Cakes & Savouries and BBQ Bacon Baps will be available outside in the car park

Lickety Ice creams will be on sale in the car park in the morning and early afternoon

From 7.00pm - 10.30pm Wenhaston's finest musical groups will be entertaining us in the hall along with other entertainments

The bar will be open

There will be a celebration Birthday Cake

Please do come along and help us celebrate our lovely Village Hall on its 50th Birthday - Entry is free

Happy 50th Birthday

FISHER YOUTH THEATRE GROUP PRESENTS

THE SNOW QUEEN

ADAPTED FOR THE STAGE BY SALLA FRANK-THOMAS
 WITH MUSIC BY WILLIAM FARRINGTON
 FROM THE HANS CHRISTIAN ANDERSEN ORIGINAL STORY WRITTEN IN 1843 IN DESIGN
 TRANSLATED BY M. H. JAMES

FISHER THEATRE

4 - 6 December

Evenings: 7.30pm | Matinee on 6th at 2pm
 Tickets £8-11 | Box Office: 01986 897130 | fishertheatre.org

A SUFFOLK CELEBRATION

CONCERTO-FINALE
SUFFOLK CHAMBER ORCHESTRA

ARTISTIC DIRECTOR - NOEL VINE
 'CELLO - WILLIAM BASS
 PRESENTER & ILLUSTRATOR - JAMES MAYHEW

MUSIC BY
BACH | HAYDN | BRITTEN | ELGAR

SUNDAY 26TH OCTOBER 2025 AT 4 PM
ST MARY'S CHURCH, BUNGAY

TICKETS: WWW.TICKETSOURCE.CO.UK/SUFFOLKCELLO



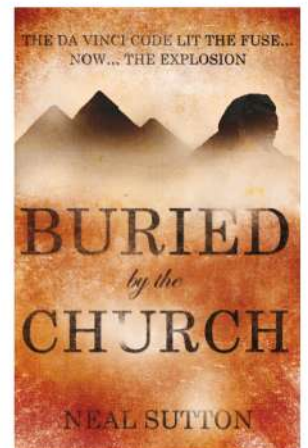
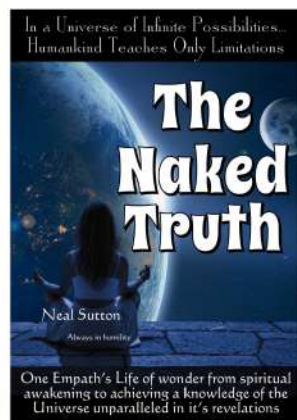
When office life had bite.

The dress code was fierce, the phones had cords, and typewriters clicked with authority.

In the 1970s workplace, there were no Slack notifications or endless Zoom calls. Instead, it was the era of short shorts, tall boots, buzzing typewriters, and the steady hum of real conversations across the office floor.

Every desk carried a touch of personality, every phone call mattered, and every outfit made its own statement. It was a time when work felt more tangible, less virtual, and full of style. Would you trade your emails and video calls for a rotary phone and a stack of carbon paper?

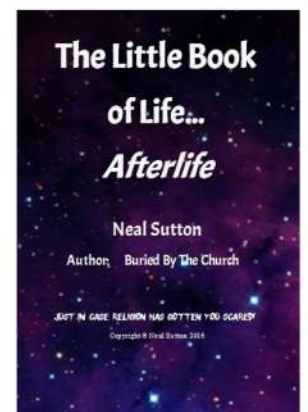
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from the Author £8.99

Little Book of Life
available from the author
£5.99



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

Keeping the community alive and smiling



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

Instagram & Next Door @thebuglemagazine



That's All Folks - Back in November! Call 01502 578074 E: the.buglemag@yahoo.co.uk