

The Bugle Magazine

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

Welcome to June!

Inside this month:
First Light Festival
Beccles Carnival
Testosta Tones
White Owl's World
Copper for Crops
Ancient Wisdom
Local Theatres
Wherry Art
Bungay Broad Street Gallery
& More...



Just a Friendly Service

EVENT POSTER DESIGN

Up to A4 white with colour fonts £10

Up to A3 size - colour fonts £15

Print quality

sent to you as jpeg/PNG or Tiff

TIMELESS NEGATIVES

Old photographic negatives

(mono or colour) Converted to positive

images in jpg png or tiff

£15 per hour

VINYL RECORDS

Converted to MP3 files

Tel: 07873 925 898

E: nealsutton@yahoo.com

1940s WEEKEND
 Saturday 18th & Sunday 19th July 2026
 11am-5pm

Authentic Manzeu' Pie and Mince

featuring live music by **The Vibettes!**

• Visiting Vehicles
 • Re-enactments
 • Trams & Trolleybuses
 • FREE Offsite Bus Service
 • Trade Stands

Adults	Children	Concession
£12	£7	£10
16-59	5-15	60+

plus all the usual museum attractions
eatm.co.uk
01502 518459
 Chapel Road, Carlton Colville, NR33 8BL

free Park & Ride by first bus

Cook at Home Tips

Tiny Kitchen, Big Flavors

Dessert Sauce Recipes (9 Ways)

Nine Decadent Sauces — Perfect for Ice Cream, Cakes & More!



Chocolate Sauce <ul style="list-style-type: none"> • ½ cup heavy cream • ½ cup chocolate chips • 2 tbsp sugar • 1 tsp vanilla extract 	Caramel Sauce <ul style="list-style-type: none"> • 1 cup sugar • 4 tbsp butter • ½ cup heavy cream • ½ tsp sea salt 	Strawberry Sauce <ul style="list-style-type: none"> • 2 cups strawberries • ½ cup sugar • 1 tbsp lemon juice • 1 tsp cornstarch
Vanilla Custard Sauce <ul style="list-style-type: none"> • 2 cups milk • 3 egg yolks • ¼ cup sugar • 1 tsp vanilla extract 	Salted Caramel Sauce <ul style="list-style-type: none"> • 1 cup sugar • 5 tbsp butter • ½ cup heavy cream • 1 tsp sea salt 	Raspberry Sauce <ul style="list-style-type: none"> • 2 cups raspberries • ½ cup sugar • 1 tbsp lemon juice • 1 tsp cornstarch
White Chocolate Sauce <ul style="list-style-type: none"> • ½ cup heavy cream • ½ cup white chocolate • 2 tbsp sugar • 1 tsp vanilla extract 	Blueberry Sauce <ul style="list-style-type: none"> • 2 cups blueberries • ½ cup sugar • 1 tbsp lemon juice • 1 tsp cornstarch 	Butterscotch Sauce <ul style="list-style-type: none"> • ½ cup brown sugar • 4 tbsp butter • ½ cup heavy cream • 1 tsp vanilla extract

Tiny Kitchen, Big Flavors

BAKING SODA vs. BAKING POWDER



Baking Soda	Baking Powder
What It Is: <ul style="list-style-type: none"> • Pure sodium bicarbonate • Needs Acid to React • Reacts immediately 	What It Is: <ul style="list-style-type: none"> • Baking Soda + Acid + Starch • Often 'Double-Acting' • Reacts twice
Acids It Needs: <ul style="list-style-type: none"> • Buttermilk, Yogurt • Brown Sugar, Honey • Vinegar, Lemon 	What It Needs: <ul style="list-style-type: none"> • Just Liquid + Heat • No extra acid
Best For: <ul style="list-style-type: none"> • Chewy Cookies • Crispy Crusts • Browning 	Best For: <ul style="list-style-type: none"> • Fluffy Cakes • Light Biscuits • Airy Muffins

THE BUGLE COMMUNITY MAGAZINE

Hi Everyone

As we announced last month, it's all happening at The Bugle as we are preparing to move house at the end of June. We have a new phone number for The Bugle which is active now

07873 925 898

Please use this one from now on.

Our old landline will not be ours from July 1st.

Our email remains: the.buglemag@yahoo.co.uk

Community spirit and oneness with each other is vitally important in these changing times. Keep organising activities and getting to know the folks who live near you. Community is so important.

Don't forget your friends can sign up to receive

The Bugle Community Magazine

Free Direct to their Email Inbox

Happiness to all

Anna & Neal

Forward the email containing this magazine to friends and family and help our community to grow!



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

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



The Bugle What's On Guide

For this month

This is a free service open to all local fund-raising events & clubs.
 Entries subject to edit and available space.
 Email events in the format below to: the.buglemag@yahoo.co.uk

Saturday 6th June. THE LOWESTOFT LONGSHOREMEN appearing live at Alburgh Village Hall. An evening of Sea Shanties & our local fishing industry. Open 6pm. Tickets £15 per head including supper! Book now on 01986 788934

Saturday 13th June. MIND BODY AND SPIRIT FAIR. 11am till 3pm at the Hatfield Hotel, The Esplanade, Lowestoft, NR33 0QG. Free entry. Organised by OMG Fayres.

Saturday 13th June TOP SINGER & SONGWRITER STEVE TILSTON LIVE at The Canopy Theatre, Hungate, Beccles, Suffolk NR34 9TT Beccles. Martello Promotions www.ticketsource.co.uk/martello-promotions

Saturday 20th June. HALESWORTH HARMONY CONCERT "SONGS FOR A MIDSUMMER EVENING" at The Cut Arts Centre, Halesworth, 7.30 pm. Tickets £10 from Cut Box Office, Tel: 0300 303 3211 / Email: boxoffice@thecut.org.uk

Sunday 21st June. HOLTON AND BLYFORD CLASSIC CAR DAY returns on Fathers Day to Holton and Blyford Village Hall Open 10am - 4pm With stalls, both inside and out - Bar open as will the BBQ and the ice cream van just waiting to dispense great treats! Tombola and music in the Hall, the kitchen open with loads of home made cakes and scones-sausage rolls by Don as usual! It's all FREE to visit and for vehicles to enter all we ask is a donation as we are urgently needing to have our driveway resurfaced. All monies made will go towards that. Holton & Blyford Village Hall, Lodge Road, Halesworth IP19 8RZ Any queries or to book a stall please email. wendmend@gmail.com.

Wednesday 24th June. CAEDMON EVENING AT WRENTHAM CHAPEL. Enjoy a varied programme of seasonal music, word and song. Any attending who would like to contribute an item to the entertainment only needs to come prepared on the night. Items are then organised into a balanced programme with an interval to enjoy a light buffet with wine & fruit juice. Admission is free. Any donations towards the upkeep of the chapel will be gratefully received. Contact Sue Hardy on 07771 882 738.

Saturday 27th June HALESWORTH REPAIR CAFE at the Cut Arts Centre, Halesworth 10am - 12noon Just call in.

Saturday 27th June. SUMMER FETE, ALL SAINTS CHURCH ALBURGH t 1.30pm The playing field, Alburgh IP20 0BZ. A traditional fete with something for everyone. Display by the pupils of Alburgh with Denton Primary Academy, Cream teas, tombola, raffle, cakes, books, plants, Vintage cars, tractors & more. In aid of All Saints Alburgh Church funds

Saturday 27 June. WRENTHAM VILLAGE HALL FILM NIGHT. HAMNET (12a). Historical fiction that reimagines the life of William Shakespeare's family following the death of their 11 year old son, Hamnet. Open 18.45 with film screening 19.30. £5 on the door. Refreshments available.

Saturday 11th July. THE ARMED MAN. KARL JENKINS: A MASS FOR PEACE. 7pm at Great Yarmouth Minster. The Pakefield Singers with The Orchestra of St. Nicholas Academy. Conducted by Vetta Wise. Tickets £12 from www.ticketsource.co.uk/pakefield-singers plus Great Yarmouth Minster and Allen's Music Centre

WHAT'S ON AT 'THE LODGE' - CORTON

The Lodge is proud to offer a variety of events and activities including the Cycle Skillz Trails area, Restaurant, and Cafe, a Functions & Entertainment Barn plus Tepee available for private hire. Plus Free use of children's pedal tractors. For information please check with :Woburn Farm Stirrups Lane, Corton, NR 32 5LE Email: info@woburnfarm.co.uk

June events include..Weekends Archery and Shooting classes

Sat 6th June & Sat 20th June. PRIVATE WEDDING **Thurs 25th June. CLOSED FOR A PROM.**

Sat 13th June. HOEDOWN IN THE BARN with Foxy's Line Dancing and Country DJ

Wed 17th June. LIVE SCREENING OF ENGLAND V CROATIA in the Barn - unrestricted view. Sun 21st June **THE BAKERY.**

Tues 22nd June. LIVE SCREENING OF ENGLAND V GHANA in the Barn with unrestricted view.

Sat 27th June. BIG BARN BINGO Followed by live screening of **WORLD CUP FOOTBALL.**

Sun 28th June. FATHERS DAY. BBQ, BEER AND BAND

Pakefield Church on the Cliff.

Contact: Ruth Colles. 01502 218150. Office open Mon/Wed/Fri 10am to 12pm Email: office@pakefieldchurch.com

Regular Services

Sundays' 8.00, 10.30 and 6.00 . Informal service in the hall at 10.30

Saturday 20th June. GREAT YARMOUTH BRASS BAND CONCERT. 7pm Adm £7.

Saturday 20th & 21st June. FIRST LIGHT FESTIVAL

Thursday 26th June. NO Messy Vintage

Thursday 26th June. PAKEFIELD WEDDING CHOIR SINGS. Adm FREE, open to all. Any donations towards maintenance!

Saturday 27th June. SUMMER QUIZ. 7pm. £3 pp. For tickets contact Ruth. BYO drinks/nibbles. Raffle.

Sunday 28th June. ORDINATION OF LORRAINE LIGHT. 10.00 Norwich C of E Cathedral. Everyone is welcome to join with us at Norwich. Ruth has sign up sheets if anyone would like to go and/or can offer a lift.

Judge not a man by his possessions - but by the fewness of his wants



The Bugle What's On Guide

**REGULAR
EVENTS**

This is a free service open to all local fund-raising events & clubs.
Entries subject to edit and available space.
Email events in the format below to: the.buglemag@yahoo.co.uk

Every Monday. 'MONDAY LEISURE PAINTERS' gather at Oulton Village Community Centre 2pm - 4pm. Bring your own refreshments. One week free trial then an annual fee of just £30. For more Contact Shirley on: 01502 511098

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

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

First & Third Monday each month FORGET-ME-NOTS, meetings for folk with memory problems at Beccles Public Hall 2pm till 4pm. £2pp. Live music followed by tea/cake/chat. More info contact Jenny: (01502) 714828" or 075 283 73 117

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

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

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

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

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

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

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

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

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

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

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

First Wednesday of the month. REYDON WI. 2.30pm Reydon Village Hall. E: amandapriestley@btinternet.com

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The Testosta Tones

Live at The Seagull

The TestostaTones bring the final chapter of their 1950s Doo-Wop trilogy, 'Let'sGo to the Hop', to the Seagull Theatre. After two popular outings with The Story of Doo-Wop and Shake, Rattle and Roll, the group return with the final instalment of their '50s theatre show trilogy to the Seagull Theatre on Thursday 4th June.

Let's Go to the Hop continues the celebration of the golden era of vocal harmony groups, transporting audiences back to the 1950s and 60s when Doo-Wop helped shape the sound of early rock 'n' roll. Expect slick harmonies, sharp suits and plenty of nostalgia as the group perform some of the most iconic hits of the period.

The TestostaTones have sung for the Queen, Olly Murs and Arnold Schwarzenegger, and have appeared in several live performances on BBC Radio 2. Their show has been described as "the missing song from the soundtrack of a Martin Scorsese movie."

Audiences can look forward to timeless hits from legends including Elvis Presley, Buddy Holly, Chuck Berry, The Everly Brothers, Bill Haley & His Comets, Gene Vincent, Eddie Cochran, Ray Charles and many more — a feel-good night of music guaranteed to get toes tapping and everyone singing .



Richard Ainslie, member of The TestostaTones, said: "We're thrilled to be bringing Let's Go to the Hop to the Seagull Theatre. It's the perfect finale to our Doo-Wop trilogy and a real celebration of the music that started it all. Audiences can expect an evening full of energy, fun and truly iconic songs."

Tickets are £14 with concessions at £12 and are available from the Seagull Theatre box office on 0333 666 3366 or online at www.theseagull.co.uk

With previous sellouts on each visit, early booking is recommended.

Appearing live!

The Lowestoft Longshoremen

An evening of hearty & lively
Sea Shanties (songs of the sea)



At **ALBURGH VILLAGE HALL**
Saturday 6th June Open 6pm
Tickets £15 inc Buffet Supper

Box office: **01986788934**

In aid of All Saints Church Alburgh

WENHASTON

Produce & Craft Market

SATURDAY

25th July 2026

10am - 12.30pm

In the Village Hall IP19 9EP

A wide and ever-changing range
of local foods and produce,
crafts, plants, home baking and
pre-loved treasures.

New stallholders always welcome... Stall Fee €10

To book your stall (provided) contact:

Carol

Tel: **01502 478732** or

Email: caz-mike@outlook.com

Raising funds for Village Hall maintenance

ALBURGH CHURCH SUMMER FETE

On The Playing Field Alburgh
Saturday 27th June from 1.30

A fantastic display by pupils of
Alburgh with Denton Primary
Academy.

Plus Cream Teas, raffle, tombola,
cakes, books, plants etc
Plus Vintage Cars and Tractors

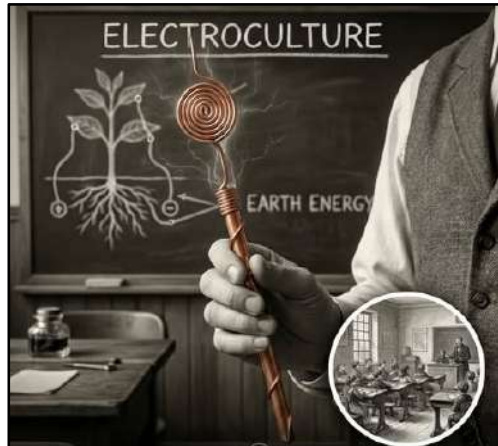
In aid of All Saints Church Alburgh

Those who seek their applause from outside - have their happiness in another's keeping

What 'THEY' DON'T WANT YOU TO KNOW... READ ON...



ALL THROUGHOUT THE 1800s ELECTROCULTURE WAS TAUGHT IN SCHOOLS... IT WAS A PRACTISE WHERE A COPPER ANTENNA IS PLACED INTO THE SOIL NEXT TO A PLANT WHICH WOULD DRASTICALLY INCREASE THE SIZE OF THE PLANT...



ELECTROCULTURE WAS REMOVED FROM THE SCHOOL CURRICULUM IN 1908...
HERE'S WHY...



ELECTROCULTURE WORKS BECAUSE THE EARTH HAS AN ELECTRIC CHARGE AND PLANTS RUN ON ELECTRICITY... THEREFORE WHEN COPPER IS PLACED INTO THE GROUND (THE GREATEST CONDUCTOR) IT CONDUCTS THIS ELECTRICITY TO THE AREA OF THE PLANT, CHARGING THE PLANT.



BUT THAT'S NOT ALL... THEY UNDERSTOOD THAT FREE ATMOSPHERIC ENERGY SURROUNDS US THAT THE COPPER CAN ALSO CONDUCT, CREATING AN ELECTRICAL CIRCUIT FROM THE ATMOSPHERE'S ENERGY HARNESSSED AT THE TOP OF THE ANTENNA AND THE EARTH'S ENERGY AT THE BOTTOM...



THIS ELECTRICITY IS THEN CHANNLED TO THE PLANT, INCREASING THE SIZE OF THE PLANT BY UP TO 10X THE ORIGINAL SIZE, INCREASING THE SIZE OF THE YIELDS THE PLANT PRODUCES AND EVEN ACTS AS A NATURAL PESTICIDE AGAINST PESTS...



BUT AS SOON AS THE ELITES REALIZED THIS COULD MAKE EVERYONE SELF SUFFICIENT AND ALSO THE FACT IT EXPOSED THE TRILLION DOLLAR FERTILISER INDUSTRY, IT WAS PULLED FROM SCHOOLS AND ALL DOCUMENTS WERE DESTROYED PROVING ITS EFFECTIVENESS...

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Email: stansmithconsultancy@outlook.com



Whether you think you can or think you can't, you're right. Henry Ford

Tim The Travel Writer

A good quality family time can be had in Exmouth. We're only here for a day but that's enough to create lasting memories. A leisurely three course meal at Prezzo in The Strand is an excellent start.

"I love Italian food," says Heidi (13) as she soaks up the atmosphere. The interior design is tasteful and welcoming. We all enjoy seeing the David Hockney prints adorning the upstairs walls. Our table is downstairs in front of a large window providing views of the street and allowing the welcome sun to warm our backs.

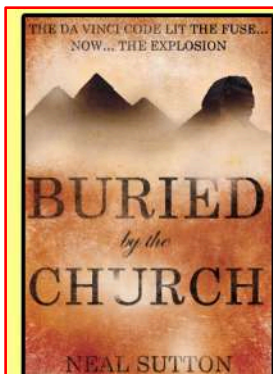
As Henry grows it's pleasing to see him trying new foods and when he chooses a garlic bread starter I do feel proud of the little man. He wouldn't have done that a few years ago. He's quite happy with the children's menu. His cheese and tomato pizza pleases him and he says that it's as good as any he has had and he knows, he likes his pizza. His large Coke also brings a smile of satisfaction to his little face as does his mango and chocolate ice cream dessert. Lucky boy. He gets to go to more restaurants than I did when I was his age. He's always the one we need to be happy and then we can relax.

I join him and have a garlic bread starter but accompanied with a Prezzo Pale Ale (which Henry tries...), a new line, which is very welcome. It's a really tasty, refreshing afternoon drink, not too heavy. I could get used to this way of life. This is followed by a delightful spaghetti carbonara with chicken. The portion is just right. Caroline's chicken Caesar salad is delicious, she tells me, although a little too much for her. The girls' margherita pizzas are enjoyable – they do like seeing the large pizza oven in the restaurant. The warm chocolate fudge cake and ice cream for dessert is a sure winner for

Harriett and me while Caroline prefers an Italian coffee and vanilla ice cream. Heidi is rather partial to her ice cream, too. Finishing off with a latte gives me that much needed kick to explore this port town.

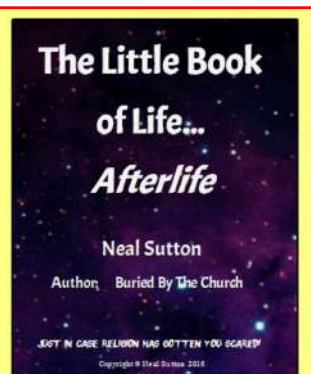
Saying our goodbyes we mooch off, noting the model dinosaurs along the way and head in to Exmouth market in an old building where a variety of independent traders offer everything from sweets to wool, guitars to CDs. We enjoy browsing and from there head for the beach. The sun is still shining but it's a blustery changeable day and it soon starts to rain but that does not deter the hardened kite surfer we enjoy watching who seemingly loves the conditions. We watch him fly up into the air on a number of occasions and wonder how on earth he copes. It must be freezing up there. We wander off the beach to a nearby park where the children find a trampoline, swings and even a zip wire. Henry then spies a football stuck in a hedge that he enjoys trying to dislodge without any luck.

Time passes and we saunter back to our car, which incidentally we park for free on the road side, not too far away from the town centre. But beforehand we visit the Grade II listed Holy Trinity Church built in 1825 and home to a lovely grand piano, which Heidi cannot resist playing.



**PUBLISHED BOOKS AVAILABLE
DIRECT FROM THE AUTHOR
PHONE NEAL 07873 925 898**

**Buried By The Church £8.99
The Little Book of Life, Afterlife £4.99
Collection from Uggeshall
or carriage arranged at cost**





The Grumpy Old Man

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



A Person's Honour

How times have changed from the caring society of my youth. Just for a moment lets look at renting a house, because make no mistake, that is exactly what it boils down to now. In 2026 you do not take possession of a home on an open-ended agreement with people who trust you and actually care. All that has gone.

That society of mutual respect and genuine concern has been lost across just a few decades. It was replaced with greed. In my youth I watched grown men shaking hands on a deal and that was enough. It was enough because back then a handshake meant something. It meant that if you broke the agreement your honour would be called into question. Your character and standing in your community would be severely damaged. I have seen men shake hands and know that the deal was as good as written in stone.

In this time of greed and dishonour the character of men cannot be trusted. It is a time almost totally corrupted by greed, as ably demonstrated in governments, big business and the so-called elites. These are the people obsessed with adding to their already considerable hoard of money. End of.

Food is Toxic

If you are not aware of it already, I will slip this little bit in - Food is toxic. Quite apart from the caillions of chemicals added to the food you buy in the supermarkets, you also have to cope with the fact that farming is so commercialised now. The fields of crops are so huge today that most hedgerows and ditches of old, have been eradicated. Gone are the huge numbers of field voles, field mice, rabbits and hares that were once a common sight in the countryside - They are apparently pests and might eat some of the crops.

Without the hedgerows you have fields the size of a small country. No hedges to act as windbreaks, no creatures to feed the birds - so bird populations are decimated as are the insects. When was the last time you spent a summer day washing hundreds of dead insects (bug splatter) off your car windscreen on a hot day? 70% of insects present in the 1970s are now gone from the UK. Eradicated by chemicals.

But the crops themselves are bio-engineered as well now - bio-engineered to grow shorter so the stronger winds will not affect them. The crops are sprayed goodness know how many times with goodness knows what - and the people doing the spraying have to wear full protective gear - that does not inspire me. Recently a farmer near me sprayed a crop with something that seemed questionable. The run-off from which was running into the ditch like bright orange squash. Insane.

Add to that the obvious chemtrails dumping unnatural concoctions of god knows what into the atmosphere above your house and you have a world gone absolutely mad for profit and the ones in charge care not one jot about you.

1984 Confirmed

Kier Starzi has actually announced his intention to go ahead with digital ID for everyone in this country. He is totally ignoring public opinion against this system of control. If you don't comply you won't be able to get a job, go shopping, do to the doctor or take part in society in any way.

The government under Tony Blair, oh sorry Keir Stazi will decide what you can buy and what you cannot. It will decide what you watch and how often you travel and where to. Welcome to the future I have been warning you about since the covid scam. Stop the world I want to get off.

This Changing World

It's not just this country that is changing for the worse, America is dying, France and other European countries are similarly affected by the influx of foreign nationals many of whom are violent. The closure of shops, places of entertainment, the creeping government control of the lives of populations. The removal of rights freedoms and government state benefits plus food shortages, farmers facing new restrictive laws and more, are all a part of the plan for the future.

You Will Own Nothing and You WILL Be Happy is the cry of The World Economic Forum, for whom extreme personal wealth is their sole reason for living with their snouts firmly dug into the trough of life. They openly tell us that we will OWN nothing. So who will own it all?

Them of course. Time to awaken.

BROAD STREET GALLERY in Bungay



The recently opened Broad Street Gallery in Bungay town centre will be taken over by seven of the best contemporary artists in this area this July. Titled 'SEVEN@BROAD STREET' the exhibition is being coordinated by Bungay's own popular husband and wife artistic team, Paul and Ally Zawadzki

(also known as PAZ YAMOR and owners of the art workshop Artzone Bungay at 24A Upper Olland Street). In addition to Paul and Ally, the other participating artists are Hilary Barry, Shirley Easton, Corrin Tulk, Diana Capstick and Joe Cassidy.

The exhibition starts Sunday 28 June 2026, and finishes Saturday 25 July 2026, and the gallery will be open 7 days a week from 10am - 5pm. Private View and meet the artists event is Thursday 2 July 2026 from 5pm, all welcome.



Paul says:

"This will be colourful and inspirational exhibition showcasing the diverse talent from local contemporary artists who we have gotten to know as friends. The Broad Street Gallery is a new space, and it is an honour to have been invited to curate this show. It is a perfect opportunity to introduce new work by artists, some of whom may be unfamiliar to people in this area."

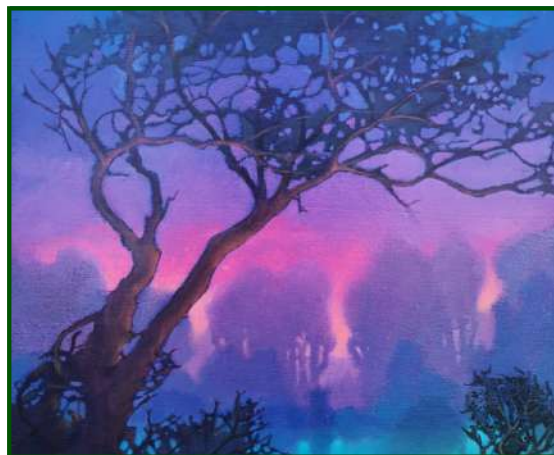
Contact Details:

The Broad Street Gallery, 9 Broad Street, Bungay. NR35 1EE

Email: info@broadstreetgallery.co.uk

www.broadstreetgallery.co.uk

Paul and Ally's website: www.artbear.co.uk



Visit You Tube 'Cinemas Lost Forever'

*The channel dedicated to remembering
cinemas that are sadly lost to time, inc...*

The Odeon Bury St Eds • Picture House Ipswich
Kinnodrome Kessingland • Regal Beccles
Assembly Rooms/Ritz Southwold
Cosy Cavendish • Empire Playhouse Central BSE
The Corn Hall Halesworth • Palace Hadleigh
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HOLTON ROAD GARDEN CENTRE

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Books, Greeting Cards & Jigsaws!

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HOME COOKING IS BEST

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SOUFFLE PANCAKES



- 2 large eggs
- 2 tbsp milk
- 1/4 cup cake flour
- 1 tsp cornstarch
- A squeeze of lemon juice
- 2.5 tbsps sugar

THICK & FLUFFY PANCAKES



- 1.5 cups plain flour
- 2.5 tsp baking powder
- 1/2 tsp salt
- 1 tbsp sugar
- 1 1/4 cups milk
- 1 egg
- 2 tsp vanilla extract

LIGHT & THIN PANCAKES



- 3 eggs
- 1.5 tbsps sugar
- 2 tbsp milk
- 3/4 cup plain flour
- 2 tbsp cooking oil

Donuts

(Makes 12)

Ingredients

Donuts:

- 2 cups all-purpose flour
- 1 cup sugar
- 1/2 sp baking powder
- 1/2 sp salt
- 2 tsp vanilla
- 2 tbsp melted butter
- 1 tsp vanilla extract
- Vegetable oil for frying

Glaze:

- 2 cups powdered sugar
- 1/4 cup milk

Method

1. Preheat oven to 375°F (175°C)
2. Whisk flour, sugar, baking powder until fluffy
3. Combine wet and dry ingredients
4. Chill dough 30 minutes until smooth
5. Roll out to 1/2 inch thickness
6. Fry donuts 1-2 minutes until edges are golden
7. Drain on paper towels to glaze
8. Mix glaze set before serving

- Chill dough 30 minutes

Topping Ideas

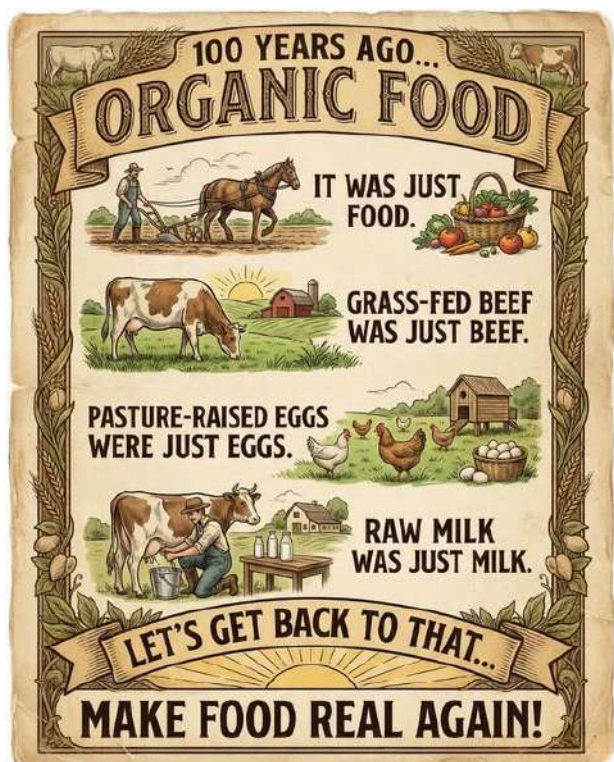
- Chocolate glaze



91



8



→ Condensed Milk ←

Condensed Milk Cake

INGREDIENTS

- 1 can of sweetened condensed milk
- 3 eggs
- 1/2 cup of melted butter
- 1 cup of all purpose flour
- 1 teaspoon of baking powder



When everything is coming your way, you're in the wrong lane

UGGESHALL STRAWBERRY TEAS

Come and enjoy a wonderful weekend of Strawberry Teas In Uggeshall
Saturday 13th & Sunday 14th June 2pm -5.30pm

At The School Hall NR34 8EN £8 each Children under five £4

This replaces the Uggeshall Country Teas usually held July/august. Different Date
 Different Format - but you can be assured of the Same Warm Welcome!

A Delicious cream tea with fresh, locally grown strawberries in a beautiful Suffolk village setting!

**HOME MADE CAKES, PLANTS AND PRODUCE & THE FAMOUS BRIC-A-BRAC AND BOOKS
 & NEW THIS YEAR - CRAFTS! CASH PREFERRED • FREE PARKING
 SLIGHTLY DIFFERENT LOCATION • EVERYONE WELCOME**

The teas were originally the brainchild of retired art teacher Robert White, church organist and choir master at St Mary's Church, who lived at Valley Farm, Uggeshall with his wife, Muriel. Robert and Muriel decided to open their home to visitors, helped by neighbours Joy and Colin Hill and family.



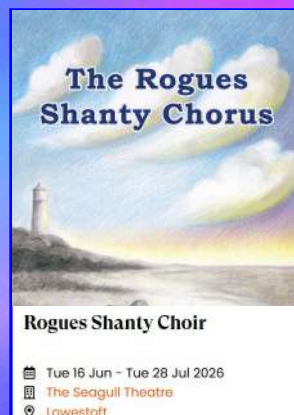
Robert created posters advertising 'Farmhouse Teas', tables were set throughout the White's lovingly restored old Suffolk farmhouse and, weather permitting, in the beautiful garden. The people of Uggeshall, a village with a population of less than 200, became increasingly involved making bread, cakes, rusks, scones, fancies, and jam. Volunteers waited at table, carried water, filled urns and teapots and washed up.

When Muriel passed away in February 1992, the Farmhouse Teas became too much for Robert. Increasing numbers of visitors were turning up, so it was moved to the Old School and renamed Uggeshall Country Teas. Its fame spread and visitors now come from further and further afield – holiday makers from Southwold and Aldeburgh, some even arranging their holiday dates to coincide with 'The Teas'. Now the 'teas' have been renamed Uggeshall Strawberry Teas!

More than £100,000 has been raised over the years.

Robert White would be proud of the achievements of his brainchild.

The Seagull Theatre Lowestoft



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

How deep would the oceans be without sponges?

STEVE TILSTON AT BECCLES

TIME TO LET GO OF THOSE STRESSES!



STEVE TILSTON IN BECCLES - JUNE 13TH

55 years on from his debut album Veteran singer-songwriter Steve Tilston is on tour in the UK from May to July playing songs from throughout his career including his highly acclaimed final album 'Last Call'. Steve was the inspiration for the film 'Danny Collins' that starred Al Pacino.

He is playing in Beccles on the 13th June. ...as seen on Later with Jools Holland & BBC Four Songwriters' Circle ...BBC Radio 2 Folk Award Winner – Best Original Song

The writer of the classics *The Slipjigs and Reels*, *Here's to Tom Paine* and the award-winning *The Reckoning*, Steve Tilston continues to surprise with his song-writing prowess. Steve is also a dazzling guitarist drawing from folk, blues, jazz and classical to create a sound that is recognisably Tilston.

He took a turn in the spotlight a few years back when the story of his "lost" letter from John Lennon inspired the Hollywood movie *Danny Collins* featuring Al Pacino.

LIVE at The Canopy Theatre, Hungate, Beccles, Suffolk NR34 9TT Beccles. Get tickets!
www.ticketsource.co.uk/martello-promotions

Note: Concert time not supplied but ticket source will obviously know!

**Did You Know?
Bananas are berries but
Strawberries are NOT!**

A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they'd be asked the "half empty or half full" question. Instead, with a smile on her face, she inquired: "How heavy is this glass of water?" Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralysed. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes."

She continued, "The stresses and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralysed – incapable of doing anything."

It's important to remember to let go of your stresses. As early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night.

Remember to put the glass down!
How very true.

Mind Body and Spirit Fair



13th June 11am till 3pm

**Hatfield Hotel
on Lowestoft seafront**

Free entry



Find us on social media

Naturally Healthy

With Riverford Organic.

Leanne Werner wants to green our cities and grow more food

Almost all the fruit and veg consumed in London and other large urban centres across the UK is produced beyond city boundaries. The capital is neither resilient in food production, nor are most city dwellers meaningfully connected to the land where food is grown.

But growing in cities provides multiple benefits – boosting air quality and biodiversity, whilst reducing the urban heat island effect. In a time of soaring food prices and concerns over public health, such projects also boost food security and sovereignty, as well as lead to healthier diets. This is why Leanne is passionate about growing and greening urban spaces.



The numbers are stark. The nation imports 45% of its veg and 83% of its fruit, according to [government figures](#), while 83% of the UK population is urban. It makes sense to boost food resilience where it's needed – within cities, reducing imports, food miles and cutting down on fossil fuel use. With soaring petrol prices, sparked by sprawling war/conflict in the Middle East, this is a no-brainer.

“A lot of people in the capital don't have their own gardens and many children have never planted anything so they are removed from nature. It is so amazing to see city dwellers growing things. These plants can also absorb pollution and lower the air temperature within built up areas – this is important with global warming,” explains Leanne Werner.

She adds: “There's so much scope to de-pave more neighbourhoods and plant wildlife-friendly plants. Hedges are also brilliant for nature, they absorb a lot of pollution, so do trees. There's a lot of work at the moment looking at what vegetation is going to thrive in urban spaces, because the climate is changing – it's either very wet or very hot, especially in the capital.”

Leanne is co-founder of [Wilder](#), a London-based social enterprise focused on creating more spaces for wildlife, boosting biodiversity, and growing produce in urban settings. The organisation has worked on greening and de-paving spaces around Tate Britain and Tate Modern, Borough Market and Kings College, as well as community projects in council estates and schools. They also want to [wild one square mile](#) of Southwark.

“Food growing can also boost biodiversity in cities. When we're designing new housing estates and new build environment projects, we should be putting green areas and food at the centre of these developments. This is now the case in other countries,” states Leanne.

In recent times she has travelled to Canada and the U.S. as part of a [Churchill Fellowship](#) to look at cities there, some of which have more progressive laws than the UK, legislating for green roofs and giving over more space to nature and food growing within city boundaries.

“The University of Toronto has huge growing spaces on top of their buildings, where young people learn to grow their own vegetables. They produce a lot of food for students and food banks, while in Detroit they have 'agri-hoods,' amazing food growing city spaces. The authorities have a database where you can look for renting or buying land relatively cheaply. In Vancouver they are also growing food in disused car parks and roadside verges,” details Werner, a former London councillor.

She adds: “This is about rethinking how we use urban spaces here in Britain. It's also about giving people back power and agency to grow their own plants. We should definitely be planting more within UK cities, but there's a lack of policy to support this.”

Picture: Leanne Werner (Riverford) See more at www.wickedleeks.riverford.co.uk

BOOK OF THE MONTH



LULU IN HOLLYWOOD

Louise Brooks

Expanded Edition Paperback

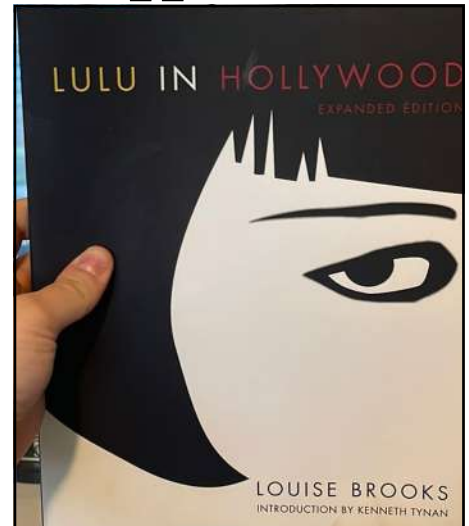
Essential writings by this icon of the silent era, re-released in print 100 years after Louise Brooks arrived in Hollywood

Louise Brooks was an independent girl who refused a few roles because she would not use the casting couch as so many others were persuaded to do, in those early days of Hollywood, though she did embark on a wild and passionate affair with Charlie Chaplin for just a couple of months in the summer of 1925. The famed actor was twice her

age, she was 18, he was 36 - and he was married! Brooks described Chaplin thus: "He was a very beautiful man, beautiful skin, beautiful hair and white teeth and a fine little body" she added, "I have never seen a man happier than he was at that particular moment, at the peak of his genius."

At that time Brooks was a dancer with The Ziegfeld Follies

Lulu in Hollywood is an intimate collection of eight autobiographical essays by Louise Brooks, silent film darling and icon of the flapper era. Ranging from her childhood in Kansas and her early days as a Denishawn and Ziegfeld Follies dancer - to her friendships with Martha Graham, Charles Chaplin, W. C. Fields, Humphrey Bogart, William Paley, G. W. Pabst, and others. Brooks's writing offers a rare glimpse into her extraordinary life. Including her revelatory "Why I Will Never Write My Memoirs," Lulu in Hollywood also features Kenneth Tynan's 1979 essay "The Girl in the Black Helmet," which revived interest in Brooks's work and was the best discussion of her film work to appear in her lifetime.



**"There is no Garbo, there is no Dietrich,
there is only Louise Brooks."**

– Henri Langlois, Cinémathèque française

Beccles Carnival News

15TH & 16TH
AUGUST
2026
**SEE YOU
AT THE
QUAY?**
BECCLES CARNIVAL
WEEKEND NR34 9BB
www.becclescarnival.co.uk
#becclescarnival



The 2026 Ambassadors have been chosen!



What an incredible afternoon at our Selection Event and we are so proud to finally announce our new Ambassadors.

**Miss Beccles: Laura Rudd
Princess One: Ella Louise Springall Pollard
Princess Two: Imogen Loud
Beccles Prince: Neddy Varney**

Beccles Carnival is delighted to announce the return of Beccles Got Talent 2026

Inviting performers of all ages and abilities from across East Anglia to step forward and shine in this year's competition. Closed auditions will take place on Sunday 14th June, with two age categories open for entry: 5–17 years - 18 and over (with no upper age limit)

Whether you can sing, dance, play an instrument, perform comedy, or even have a talented animal, the Beccles Carnival team wants to hear from you. If you've got a skill that deserves a stage, this is your moment to step into the spotlight.

The excitement will build toward the Grand Final, held live on stage on Saturday 15th August as part of the annual Beccles Carnival Weekend. Finalists will perform in front of a live audience for the chance to be crowned one of the region's standout talents of 2026.

Audition slots are limited, and early booking is strongly encouraged.

To secure your audition, email: becclesgottalent@outlook.com

A spokesperson for Beccles Carnival said, "Our community and wider region are full of incredible talent, and we're thrilled to provide a platform that celebrates performers of all ages."

LOCAL EVENTS FUN IN THE COMMUNITY



**Beccles
HOSPITAL FETE**

Saturday 27th June 2026 - 1pm

June Glennie Dancers
Music provided by Sir John Leman Students
The Rogues Shanty Chorus


Raffle, Stalls & Games, Ice Cream, Tombola, Skittles


Tea & home-made cakes by Beccles Inner Wheel

HOSPITAL FETE
BECCLES
27th JUNE

PLANT STALL CAKE STALL TOMBOLA ICE CREAM

Proceeds to 'Friends of Beccles Hospital' and other Medically Related Local Charities
Organised and promoted by the Rotary Club Of Beccles
Charitable Trust number 1100871




**HALESWORTH TO SOUTHWOLD
NARROW GAUGE RAILWAY CIO** 

**Our Free Charity Events at Blythburgh Station:
Station Open Days in 2026:**

Sunday May 17th, Sunday July 26th, and *Sunday Sept. 13th

***with model railway show and Halesworth Heritage Open Days**

10.30 'til 3.45




The 1879 station is being restored from complete dereliction by volunteers. Come and see the progress.

Free entry to site, free tea, coffee and home-made cake. Model railways, displays, films at the Village Hall. Guided tours.

Passenger train rides (VERY SHORT!) (chargeable separately) will be provided, in our new coach, on part of the original line – **this is the very first year that there have been passenger trains here since 1929.**

Our locomotive is battery powered and is wholly solar-charged

How to find us: the station is on the northern edge of Blythburgh village, almost opposite the White Hart pub. **There is no car parking at the station, except Blue Badge disabled parking, by the Village Hall. Please park in the field next door to the Holy Trinity Church car park. Parking is signposted.**



59F Thoroughfare, Halesworth IP19 8AR
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07379 789665 01986 874240
halesworthtosouthwoldrailway@gmail.com

The Cut Arts Centre Halesworth

Wm Person presents
The Lost Concert
Treasures & relics of the distant west
by The Cut Arts Centre



Piano, Voice and a bit of mystery...

W.M. Person's Saturday Sessions: The Lost Concert
Sat 13 Jun 2026, 1:30PM - 3:15PM
The Cut Arts Centre, Halesworth, Suffolk

Control or Conserve?
Dr Ian Bedford
2:00pm Tuesday 16th June
The Cut, Halesworth



tickets £4 (free to Halesworth U3A members)
https://thecut.org.uk/

Halesworth & District U3A presents: Garden Bugs: Cohabit - Control or Conserve? by Dr Ian Bedford
Tue 16 Jun 2026, 2:00PM
The Cut

Charmed Life Productions presents never-2-late.com by Hilary Mason



Thu 25 Jun 2026, 7:30PM - 10:00PM
The Cut Arts Centre, Halesworth

Live
LES LIAISONS DANGEREUSES



National Theatre Live: Les Liaisons Dangereuses
Thu 2 Jul 2026, 7:00PM
The Cut
Halesworth

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

The early bird gets the worm but the second mouse gets the cheese in the trap



Ancient Wisdom

Shining a light on life today

Neal Sutton. Empath/Author

In true spirituality it matters not whether a spirit is born male or female – all are spiritual beings on a human journey of discovery, learning and development. Whether that spirit chose a female or male body is absolutely immaterial in that respect. It is the spirit that counts – not the body it inhabits. It is the spirit that chooses what it does, makes the decisions, takes the actions it takes – the body merely performs the tasks. That is why when Peter (the blessed rock on which the unholy Roman Catholic church is built) said to Jesus, ‘Let Mary (Magdalene) leave us, for women are not worthy of life.’ Jesus said, ‘Oh, shall I take her away and make her a man and would that be good enough?’ The point Jesus was making was simple - so if this wonderful spirit full of love, compassion and understanding that far outweighs yours, Peter, was in a male body, would you accept what they say without question?

This little disagreement was dropped at the council of Nicaea in 325AD but is recorded in other surviving earlier ‘gospels.’ Jesus was clearly appalled at Peter’s lack of understanding of the spiritual. Unfortunately Peter’s backward, unhelpful teaching survived and thrived in the ‘Christian religion’. There is no spiritual reason for a woman not to be a spiritual teacher of any kind. Spirituality is definitely not a religion, nor is it not an institution to become a part of, or affiliated to. It does not demand your money or your subservience. – It is, quite simply, a way of life, much like many of the Native American people, for whom life was a gift and was to be lived in harmony with nature and all the creatures of the planet as well as the rocks and plants. They had no need of churches for they lived a good life. Nature was their church, everything in it, their relations – to be honoured and respected. Living a Spiritual life is thinking at every decision-making moment, ‘Is this the right thing to do? Who will I hurt if I do this? Who will I help spiritually if I do this? Who in my little corner of the world is better off spiritually for having known me?’

You will not need a church. You will not need to confess your ‘sins’. You will never need a priest. You will not need to fear a hell that does not

exist. All these things are part of the problem. Living a good life in compassion and love for others – and that includes animals, birds, insects, rocks and plants – that will make you whole. Being a Spiritual person you are acutely aware that everything on earth is alive with energy, every plant animal and bird.

A Spiritual person will feel connected with every other creature on a level of loving compassion. The Spiritual person will never hunt for sport or for fun. A Spiritual person will never see any joy in taking the life of another creature in this way. A Spiritual person will look into the eyes of the creature and feel the love, the fear and desperation in the animal’s energy.

Those people who hunt for sport and the kill are far from spiritual and are out of balance with nature and the energy of the universe. They see themselves as being in control of nature and able to kill with impunity – but they damage themselves and will regret their actions upon returning to spirit. They feel not the terror of the fox, that they chase until the lungs of the creature are fit to burst and they send half-starved dogs in to kill. Or they shoot majestic creatures like lions, stags, elephants & tigers from a safe distance, later posing with their ‘trophy’. These creatures are not your trophies. They are fathers, mothers brothers & sisters living lives given them by a universal energy far greater than you.

Some religious people argue that as man was given ‘stewardship over the animals’ according to the bible, that he can treat them as he wishes. He is out of balance with all other life on the planet and he does not see it.

Stewardship over the animals means that they are yours to care for, much as your children. All animals are sentient beings, beings who live, love and are capable of so much. They are clothed by nature in the finest coats – every hair or feather individually grown just to protect them and care for them. On a whim a hunter snatches that from them, just for fun, or maybe it is just because they can. But they are wrong – so wrong. What the universe has given these animals and birds they have snatched away in a lust for blood.

The life was not theirs to take.

Support bacteria - it is the only culture some people have

Your Letters

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

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

Dear Bugle

I thought I would send you this as you don't seem to mind free opinions in your wonderful publication. Actually it is a refreshing change from 'normal' magazines and I feel happy to offer you my take on how this world has been ruined since the 1990s and so-called big tech invaded people's minds and their homes. To the extent that most of the population are quite ok to have smart tellies, meters, doorbell cameras, Alexa and every other piece of unnecessary tech spying gear firmly established in their homes. Google, Meta and all the tech giants are busy stealing your information, your conversations and opinions - all of your 'data'.

And don't get me started on climate change - if the governments of the world possessed a brain cell between them they would end climate change in a heartbeat - and here's how:

Reduce airline flights by 50%. Ban private jets immediately. Stop all space exploration until we learn to live together on this planet in peace. We don't want to go out there infecting other worlds with our selfishness, violence and greed. Until every country can feed, house and care for it's own people we should not even consider spending money on war - none at all, ever.

Back to climate change - it should be law that all bottles must be made of glass for milk, beer, pop, and they must be returnable with a deposit charged. If we could do it in the 50s & 60s we can do it now!

Supermarkets must end plastic shrink-wrapping

of fruit & veg and end plastic bags for fruit, using brown paper bags instead. In addition, all shopping bags at checkouts must be hemp or hessian. That will help stop the ocean being filled with plastic. It's so simple!

Enforce all existing laws that pertain to pollution of the land, sea and the atmosphere (or make some) - and prosecute big business with long jail sentences and multi-billion pound/dollar fines. Stop destructive chemtrails immediately and prosecute the government departments all over the world who endorse it. They are killing the planet and us with it probably. It's crazy!!

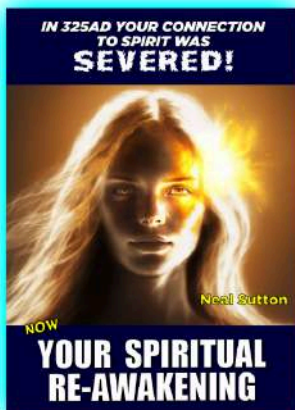
Finally go back to natural farming. I quite agree with the report in the Bugle recently calling for the ban on destructive and poisonous chemicals in farming. The hedgerows must return and all the wildlife with it. The soil must be regenerated and we must start growing real food and not Frankenstein crops.

Giant corporations have taken over all those businesses that produced wonderful cakes, chocolates and all the things we used to love, stripped them of quality ingredients and kept just the name. It stinks and they deserve to fail - miserably and I can't wait for it to happen.

What we really need is a government FOR the British people and for goodness sake start caring about the quality of life for everyone instead of your own personal riches.

That will do for now

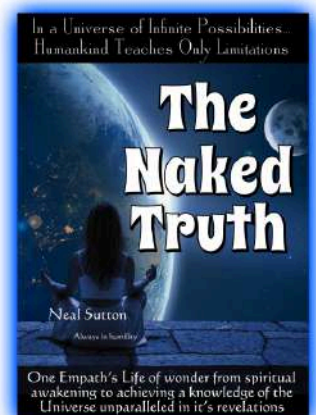
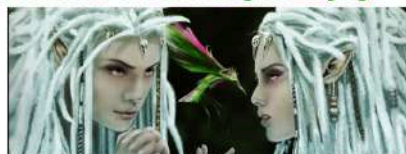
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Change is inevitable - except from vending machines

FREE WHERRY EVENTS at HOW HILL & SALHOUSE BROAD TO SUPPORT WHERRY YACHT CHARTER CHARITY

For centuries, the Norfolk Wherry has been more than just a boat—it has been the artistic soul of the Broads. The relationship between wherries and art began in the early 19th century, with members of the renowned Norwich School of Artists, such as John Crome and John Sell Cotman, frequently featuring them in landscapes as essential elements of Norfolk life. These early works captured the dramatic contrast of the black sails against the vibrant marshlands.

As the Victorian era progressed, the rise of railways saw trading wanes, prompting a dramatic evolution. Enterprising captains converted their working vessels into luxurious pleasure wherries to cater to a new wave of Victorian and Edwardian tourists discovering the Broads. To ensure passengers' clothes remained clean, the tarred sails were replaced with pristine white canvas. Artists quickly gravitated to these "white-sailed" vessels, capturing their elegance. Renowned artists like Leslie L.H. Moore, who produced iconic watercolour scenes in the early 20th century, frequently painted these leisure scenes.

By the Edwardian period, pleasure wherries, such as the famous Egyptian themed *Hathor* commissioned by Norfolk's Colman family and built in 1905, had become moving works of art themselves, often featuring opulent interiors. These picturesque vessels became a mainstay in art galleries, cementing the wherry as a symbol of both commercial heritage and leisure. Today, the few remaining wherries are treasured by artists, maintaining a 200-year legacy of beauty on the water. Wherry Yacht Charter is delighted that Su Haywood will be returning to How Hill with her art exhibition to be held alongside *Hathor* on 23rd to 25th May, 10am till 4pm daily. Su is a Norfolk-based multi-media artist known for her work inspired by the Norfolk landscape.



Many pieces will be both on display and available for sale. Su will also offer a unique piece as a prize to be made available to one lucky member of the public that attends the exhibition, with entrance to the draw being free of charge.

Those seeking a hands-on approach with their art have an opportunity to take part in a plein air sketching workshop with another fine Norfolk artist, Emily Bird. Emily has always been inspired by her deep love for the Norfolk coast and countryside and her work often captures the moment when light falls perfectly upon the landscape. She will be leading the workshop on 22nd June on the staithe at How Hill overlooking our flagship wherry, *Hathor*. The event will commence at 4.30pm with tea and cake. Spaces are limited to 12 seats, and costs only £20 per person. Being just a day after Father's day this would form a unique gift for any budding artist. Booking is therefore essential at www.wherryyachtcharter.org. Picture: Artist painting the *Hathor* at How Hill

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Two Bedroom Ground Floor Flat
Good Decorative Order
Fitted Kitchen
Gas Radiator Central Heating

£650 pcm. Tel: 01502 713853

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Good Decorative Order
Quiet Position (Non Smoker)

£550 pcm. Tel: 01502 713853

HALESWORTH DEMENTIA CARERS FUND

Hello from the team at Halesworth Dementia Carers' Fund! We've had a brilliant few weeks and have lots to share with you this month, from a fantastic national award to a wonderful community golf day, a film afternoon, and some exciting events coming up. Here's all the news...

We are absolutely over the moon to tell you that HDCF has received a Highly Commended in the Respite Care and Carer Support category at this year's UK Dementia Awards, run in association with the Journal of Dementia Care.

The awards ceremony took place on 30th April and brought together dementia care organisations from all over the UK, including Scotland and Wales, so to be recognised at that level as a small, community-based charity is truly something special. We couldn't be prouder.

This achievement belongs to **every single one of you**, our wonderful volunteers, our hard-working trustees, and most importantly, the amazing people living with dementia and their carers who make everything we do worthwhile. Thank you, from the bottom of our hearts.

Our Golf Day on Tuesday 6th May was a huge success, a brilliant event enjoyed by all who took part. We are absolutely thrilled by the generosity shown, and a massive thank you goes to everyone who played, volunteered, sponsored, donated prizes, or simply cheered us on. You know who you are! We'll be sharing the **full amount raised** in next month's news, watch this space. We have a feeling it's going to put a big smile on your faces!

We're delighted to announce that our next **Dementia Awareness Workshop** will be taking place on **Saturday 5th July**. Everyone is welcome — whether you're a carer, a family member, a friend, a professional, or simply someone who'd like to know more.

Full details, including time and venue, will be confirmed very soon. In the meantime, if you'd like to book a place or find out more, please don't hesitate to get in touch, places are likely to be popular so it's worth registering your interest early!

As always, if you or someone you know could benefit from our support, or if you'd simply like to find out more about what we do, please do get in touch.

With warm wishes from everyone at HDCF

Tel: 07990 199632 **Email:** info@halesworthdementia.co.uk **Web:** www.halesworthdementia.co.uk

Beccles Public Hall & Theatre



The Beatles Experience

Sat 6 Jun 2026,
7:30PM - 9:45PM
Beccles Public Hall And Th...



Soul Galore

Fri 26 Jun 2026,
7:30PM - 11:55PM
Beccles Public Hall And Th...
Fundraising for the Hall



The Dusty Show

Sat 13 Jun 2026, 7:30PM
Beccles Public Hall and Th...
Beccles



Very Santana - The Ultimate Celebration of Carlos Santana

Thu 4 Jun 2026, 7:30PM
Beccles Public Hall And Th...
Fundraising for the Hall

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

Halesworth Branch of Cancer Research

I can't believe that we are already in May and that by the time you read this we will have completed our Spring Fair in Holton Village Hall. I will let everyone know how we got on in the next edition of the magazine.

We have two smaller events, but no less important, in June.

We will have a stall at The Classic Car Day which is on June 21st at Holton Village Hall. (see the What's On Guide in this magazine!) Please look out for us as I hope we will have something to tempt you.

We also have our street collection in Halesworth which we have over two days. On Friday 26th June we will be in the town outside The Angel and outside "Coopers" and on Saturday 27th June we will be at The Co-op. We are very grateful for any amount you kindly pop into our collecting goblets as every penny really does count.

Unfortunately we can't do "tap and go" kind of payments. We are sorry for any inconvenience.

Please say hello to our volunteer collectors if you see them as it will brighten their day.

Our next big event is our week in The I-Chameleon pop up shop 2nd - 8th July. We hope to have our usual extras each day outside the shop, cakes on Saturday, Ukulele on Tuesday, Jane's plants on Friday etc. We would welcome good saleable items of Bric -a -brac, please contact me if you think you have anything suitable.

Forward notice, The Old Hall Cafe has very generously offered to do The Maze By Torchlight again for us this year. This is a really fun evening whatever your age. The date this year is Friday 21st August. Please check The Old Hall website nearer the time to buy tickets online.

Thank you all so much for supporting us as we raise money for Cancer Research, you are making a real difference and saving lives. For more info please contact me:-Dawn Davis 01986 873640

Exciting times continue at Suffolk County Music Service!

Next in our busy summer programme is our Annual WCIT Festival. 'WCIT Fest' celebrates a year of music-making in Suffolk schools, bringing together large numbers of young musicians. Events take place from 15 - 26 June at venues in Bury St Edmunds, Ipswich and Lowestoft. Parents are invited to attend afternoon performances, giving children the opportunity to rehearse and perform together - often for the very first time.

Applications are now open for talented young musicians to join our County Music Groups, Suffolk's flagship youth ensembles offering a season of high-quality music-making. Open to brass, percussion, string and woodwind players, our County Ensemble programme offers a rich variety of opportunities throughout the year, including Suffolk Youth Orchestra, Suffolk Youth Wind Band and Suffolk Young Strings.

Participants can enjoy rehearsal days, an Easter residential course, prestigious concert tours (this year to Spain and Sweden), and performances at leading venues such as The Apex in Bury St Edmunds and Snape Maltings Concert Hall.

Remissions are available to support families who may need financial assistance, helping ensure that all young people have the opportunity to take part. To find out more about the wide range of activities available for children and young people across the county, please visit: www.suffolkcountymusicservice.co.uk/take-part

Follow us on our social media pages for more updates and find out how you can join in!

[@suffolkcountymusicserviceSCC](https://www.instagram.com/suffolkcountymusicserviceSCC)

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Every Sunday from 10 am, simply turn up & join in!

Any questions? Get in touch: minischair@southwoldrfc.co.uk



CRAFT EVENT

Saturday 20th June
10AM - 2PM

Hosted by Purple Heart Events

- Uplands Community Centre
- Ashburham Way
- Lowestoft
- NR33 8LJ

- ♥ Free Entry
- ♥ Loads of Off Street Parking
- ♥ Wheelchair Accessible
- ♥ Refreshments & light snacks available, all proceeds go to Brainwave Independence

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Saturday
July 11th 2026
7pm

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Great Yarmouth Minster or Allens Music Centre
www.pakefieldsingers.com and follow on Facebook

What happens if you get scared half to death – twice?

FIRST LIGHT FESTIVAL

Now in our sixth year, we're back on the beach for a full weekend of live music, dance, storytelling, art, science, workshops, wellbeing sessions and loads of family-friendly fun. We're also very excited to share the first names joining us on the beach this year: 6Music DJ, broadcaster and music label owner Jamz Supernova; folk singer, songwriter and multi-instrumentalist Seth Lakeman; sound artist, nature beatboxer, composer and DJ Jason Singh; and comedian and Fast Show writer Simon Day.

The solstice celebrations don't stop there. Expect sunrise yoga, a fish feast, and Jason Singh's Suraj (Punjabi for 'Sun') — an immersive, long-form sound experience created for deep listening as dawn breaks. Blending nature field recordings with live vocalised percussion and inspired by the morning raga Bhairav, it's a beautifully meditative way to welcome the day and connect with the world around you.

We're also thrilled to be working with Britten Pears Arts on a brand-new co-commission for the summer solstice. Turkish-born singer-songwriter, composer and interdisciplinary artist Tendertwin will create a new piece marking the 50th anniversary year of Benjamin Britten's death, connecting his birthplace and final home. Written for a small ensemble with participatory elements, the work explores cycles of life and existence, drawing inspiration from lunar and tidal energy and the rhythms of nature.



And yes — our Wild Beach Campsite and Cliff Top Campervans are back – both exclusively open for the festival weekend only. It's the only chance to camp on a beach anywhere in England, putting you just steps from the festival action, while campervans get to soak up the views from a special clifftop spot.

The Parade starts at East Point Pavilion at 11:00 on 20 June 2026. Follow The Marina Samba Band, our schools and community groups, and Lowestoft's own SOL, NEPTUNE and SPECTRUM as we moon walk to the opening of the festival on the beach. The Opening parade is the culmination of our work with local community groups, in-house school workshops, assemblies, and public sharing sessions, which are delivered in partnership with CEFAS and Space East. It'll be out of this world!

Join the Parade! Come to East Point Pavilion at 11:00 on Saturday 20 June and dress to impress as we head to the beach and kick off First Light Festival!

FIND OUT MORE AT firstlightlowestoft.com/events

[See You On The Beach](#)

THE MARINA THEATRE LOWESTOFT



YOURHYTHMICS
SAT 13 JUN, 7:30PM



SCHOOLS DANCE FESTIVAL TIDE OF TALENT: LOWESTOFT IN MOTION
WED 17 JUN, 6:30PM



SHOWADDYWADDY
FRI 26 JUN, 7:30PM



A JAMES BOND CONCERT SPECTACULAR
SUN 5 JUL, 7:30PM

Box Office: 01502 533200 Email: info@marinatheatre.co.uk

Why do psychics have to ask you for your name?

TALK: RESEARCHING YOUR PAUPER ANCESTORS

Alde Valley Suffolk Family History Group present for you 'Researching Your Pauper Ancestors' with Clare O'Grady

At some point in their lives, many of our ancestors would have been in receipt of some form of poor relief, either from the parish or from a Poor Law Union. This talks discusses the records that you can use to find out more, especially:

Accounts of the Overseer of the Poor, Settlement records, Vagrancy examinations and passes, Pauper apprenticeships, Workhouses pre and post 1834 & Pauper migration

Clare is a professional genealogist and researcher and qualified tutor with over 10 years professional experience. She has an MSc in Genealogical, Palaeographic and Heraldic studies from the University of Strathclyde and is a member of the Register of Qualified Genealogists and an associate member of AGRA. Her website is <https://herefordshiregenealogy.com/>

The talk takes place on Monday 15th June at 2.30pm, in person at the Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL (behind the Library) and, for members only, on Zoom.

The speaker will be talking to us on Zoom. The talk starts at 2.30pm. No need to book – just turn up — free for members and £5.00 for visitors, including tea/coffee/biscuits. Good, free car parking. Only members can take part in our meetings on Zoom, but it only costs £10 for a year's membership – see <https://www.avsfhg.org.uk/join-us> and Zooming is free.



NEW WEBSITE FOR FAMILY HISTORY GROUP !

The Alde Valley Suffolk Family History Group (AVSFHG) has recently launched a new website: <https://www.avsfhg.org.uk> that has been designed to bring together information about the group's activities in a modern and simple to navigate hub, easily accessed by scanning a QR code.

Partly made possible by a generous donation from the Sizewell C Community Fund, the website also incorporates a dedicated Members' Area full of all sorts of interesting goodies!

Much easier to navigate than the previous website, anyone can easily find details of monthly talks and events; free family history research sessions and advice; and paid up members have free access to monthly talks at the Fromus Centre in Saxmundham (either in person or online via Zoom). In addition to all this, a copy of the Group's very informative quarterly newsletter; and notifications about events, discounts and family history special offers from the likes of Ancestry and Findmypast.



THE GHOST OF THE REGAL CINEMA STOWMARKET



The Regal Cinema in Stowmarket in Suffolk is not a paranormal hotspot but it has a long history of paranormal activity in and around its projection room.

The activity has been witnessed by successive projectionists from the 1950s through until the time that the cinema was gutted and turned into a triple screen in 2020.

At that time the original projection room above the foyer was removed. Now there is just a void in its place with hanging lighting illuminating the revamped foyer area.

Nothing of the structure of the original projection suite remains.

The ghost of the Regal, nicknamed 'Percy' by projectionists, was often seen when looking in a mirror or reflective glass. Occasionally objects were moved around overnight and contractors working late often reported an uneasy 'presence' and the sound of switches being used. (Image: Regal 1936)

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STRUTT YOUR MUTT!

Strutt Your Mutt is nearly here and the team here at Wangford Vets are SO excited to welcome you all back! The date is Sunday 7th June and we cannot WAIT to see you and your gorgeous dogs back at Benacre (NR34 7BL)

We've got a stunningly beautiful walk for you — choose from 2.5 miles or 6 miles — and when you get back, don't forget to grab your dog's very special thank you rosette. They've earned it.

Then it's time for a well earned chill with homemade cakes and refreshments from Emma at the Fen Lane Deli in Beccles. Absolute treat.

You'll also get to meet some of the lovely team (and amazing dogs!) from Hearing Dogs for Deaf People, the charity benefitting from this year's event. It's going to be such a good day.

Visit our website for more information <https://struttyourmutt.co.uk/> go to 'take part' for tickets (£5) Tickets also available from event organisers, Wangford Vet Clinic 01502 578999





HALESWORTH VOLUNTEERS

PACING TO PAGET 2gether



Shaun and friends will be walking 80k, around Halesworth and on the treadmill at Perform Fitness!



TURNING PACING INTO £'S FOR HALESWORTH VOLUNTEERS

SCAN TO SUPPORT OUR CAUSE!



TURNING PACING INTO £'S FOR HALESWORTH VOLUNTEERS



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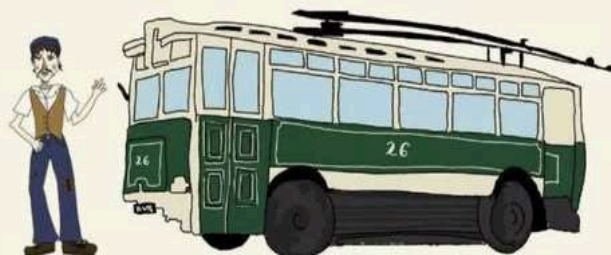
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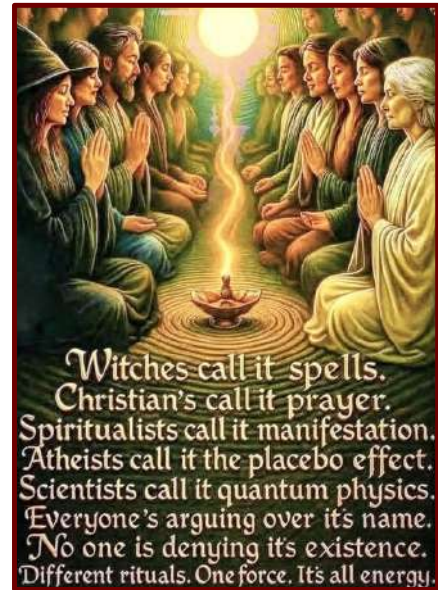
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SUN 5 JULY

THE MUSIC PRESENTS A
JAMES BOND
CONCERT
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SEE ADVERT ON PAGE 23

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WHITE OWL'S WORLD

The Native American phrase, For All My Relations, is becoming well known to the white man. The Lakota words for this are Mitakuya Oyasin. But this does not mean just your brother, sister, mother, cousin or father. It means your cat, the bird your cat catches, the mites within his feathers, the tree that gave him a home and the forest in which it stood and the sky and clouds above it.

In this, the true and accurate view of the world, all things are alive, all things have a spirit and a spirit energy about them. Nicholas Black Elk the Lakota holy man, made famous in the book Black Elk Speaks by John Neihardt, had a vision as a child:

"Then I was standing on the highest mountain of them all, and around about beneath me was the whole hoop of the world. And while I stood there, I saw more than I can tell, and I understood more than I saw, for I was seeing in a sacred manner the shape of all things in the spirit and the shape of all shapes as they must live together like one being. And I saw that the Sacred Hoop of my people was one of many hoops that made one circle, wide as daylight and of starlight. And in the centre grew one almighty flowering tree to shelter all the children of one mother and one father. And I saw that it was holy."

The Sacred Hoop is a huge council circle that contains all of life. Sitting in a circle means that no one place is better than any other and all beings are equal. We share the world with all other 2 legged people as well as the four-leggeds the standing people (trees) the plant people, the swimming people (fish) the crawling people, the flying people and the rocks, rivers and clouds. All of our relations, all beings, sit in the Sacred Hoop in their own particular and special place. Do nothing that will allow you to have power over others. Respect all of your relations on Earth. Have this power over yourself and be wise. We can be our own worst enemy.

Go quietly on your journey through this life. Be kind, careful, thoughtful and considerate. Love unconditionally and leave tracks for others to follow.



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JUNE AT HALESWORTH LIBRARY

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

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

The Friends of Halesworth Library are inviting you to join us for Sociable Sundays on 14th and 28th June, meet new people and enjoy a chat

over cake and a cuppa in the library! Pop in anytime between 10:30-12:30pm. Join the Friends for their Board Games Cafe on 1st and 29th June 2:00-4:30pm. There are plenty of games to choose from, or feel free to bring along your own favourites. Join us and have a fun afternoon, meet new friends and enjoy tea and cake! Suggested donation £1 to the Friends of the library who kindly volunteer to run these events. Come and join us for our regular monthly book talk on Thursday 4th June, 7pm. The Friends of Halesworth Library will be hosting Natalie Meg Evans "Love, Loss and the Blitz: Why I write stories of the Second World War"

Natalie is an award-winning local author, based in Cratfield, and a long term supporter of Halesworth Library.

Entry is free but please book a place. Email: thefriendsofhalesworthlibrary@gmail.com or phone the library.

And finally! Would you like to volunteer with us over the summer to help deliver our summer reading programme for children? The Reading Quest takes place again this year and we are looking for volunteers to help us! Please fill out an application form online and we will be in touch (go to the Volunteer with Us section on Suffolk Community Libraries website).

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Mary Magdalene Christianity's Hidden Goddess
What Happens When We 'Die', & more

A word from Rosedale Bereavement Support

Grief and loneliness

Mother Teresa once said that loneliness is the 'Leprosy of modern society' and the most severe form of poverty. It is ironic that even though we have more ways than ever to communicate with others, almost a quarter of adults regularly experience loneliness. The rates are higher amongst younger adults. TV, internet and social media have made many of us so self-contained that face-to-face interactions can sometimes feel awkward and difficult.

The death of a loved one can make many people feel they want to withdraw from others and hide away with their pain. Grief can be isolating as we struggle to process our feelings alone, not wanting to burden others or show the depth of our sorrow. Even if we live with others or have close friends or family members, we can still be lonely for **THAT** special person and the relationship and closeness we shared. Suddenly, there are big gaps in our life that we are aware of, every moment of every day.

It is possible to feel 'lonely in a crowd'. Being surrounded by people at a social event may emphasise our loneliness and detachment from others.

For those who have lost a partner, coming home to an empty house can feel unbearable, many particularly struggle with long, dark winter nights. Having a TV or radio on can help to fill the silence.

Many bereaved people confess to talking to their loved ones' photo. No, this does not mean they are going mad! It is simply a way of maintaining the connection with that special person.

There are many responses to loneliness, some are helpful whilst others may not serve us well in the long term. Turning to alcohol can be a natural response for some. It can be a way of temporarily numbing the pain. In moderation, it offers relaxation and an occasional outlet for stress. However, it is important to notice if it

becomes a crutch that we need to lean on in order to function day to day and an avoidance strategy for facing our real emotions.

We all need something to lean on in life and there is no shame in that. Many find support and comfort in faith, friendship, a job or volunteering, interests and hobbies, music and artistic activities. Of course, we can never replace what our loved one brought to our life but finding the right coping strategies which are beneficial and not harmful, can be a way of filling the loneliness with connection, purpose and fulfilment. Here are some ideas:

Engage in regular physical exercise- walking outdoors, gardening, join a gym, sports club or exercise class. Volunteer in a local charity or get involved in community initiatives. Pet ownership can be beneficial and therapeutic. Dog walking is good exercise and a great way to meet people. Pets are wonderful company giving us a reason to get up in the morning and a friendly welcome when we get home.

Take up or re-engage with a hobby. Meeting like minded people is a great way to build connections. Organisations like The university of the Third Age (U3A) offer regular talks, meet ups and outings for the retired community. Book groups, choirs and art/craft classes are a great way to meet people. 'Men's sheds' offer friendship and practical projects to get involved in. Perhaps consider talking to a counsellor or wellbeing professional – there are many private options or your GP will be able to refer you.

Join one of Rosedale's Bereavement Support Groups- all groups are confidential and offer a place to talk and connect with others who are also grieving. Call 01379 640 810 to reserve your free place.

Article written by Sarah Howard, Rosedale Funeral Home Bereavement Support Group Facilitator

**All Saints Church Alburgh – Summer FETE Saturday 27th June from 1.30 pm
On the playing field, Alburgh IP20 0BZ**

Come and enjoy a traditional fete with something for everyone. There will be a fantastic display by the pupils of Alburgh with Denton Primary Academy. Plus all the usual wonderful attractions
-Cream teas, tombola, raffle, cakes, books, plants etc Plus Vintage cars and tractors
In aid of All Saints Alburgh Church funds

~ ~ WHAT'S ON & MORE ~ ~

BUNGAY TOWN U18's

THURLOW NUNN TRIALS

MALTINGS MEADOW - BUNGAY

THUR 18 JUNE - 6PM
WED 24 JUNE - 6PM
SAT 27 JUNE - 1PM

THURLOW NUNN YOUTH LEAGUE
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Every Friday
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Is it too hot for your dog?

Dogs can struggle in hot weather – too much heat puts them at risk of dehydration and heatstroke. This guide helps you spot the signs and keep them cool and comfortable.

32+°C
 HIGH RISK | Potentially life-threatening heat.

28-31°C
 HIGH RISK | Dangerous for all dogs but possibly life-threatening for some.

24-27°C
 CAUTION | Most dogs will find this heat very uncomfortable.

20-23°C
 CAUTION | Possible risk depending on your dog so avoid long exercise outdoors.

16-19°C
 LOW RISK | Unlikely but stay aware.

12-15°C
 LOW RISK | Phew. No evidence of heat stroke.

For more advice, head to pethealthclub.com

Middleton Open Gardens

6th & 7th June

18 Gardens 11am to 5pm Refreshments at the pavilion available all day



(last entry 4.15 pm)

Adults £5.00 - children free
 Guide allows admission for whole weekend

Family Bug Hunting Sessions
 Have fun, catching and learning about the many different wildlife species that inhabit our gardens

Arts, Crafts, Vintage, & Plants event in the Bell Inn barn

Guides available from:
 The Pavilion, Recreation Ground (post code IP17 3NZ) & at Middleton Moor (IP17 3LW)

Major fundraiser for Holy Trinity Church, Middleton
 Also supporting East Anglian Air Ambulance & Project40seven
 Contact Christine Burgess: 07826-840478 or christineburgess29@gmail.com

BINGO

FRIDAY 19th JUNE
 REYDON VILLAGE HALL

DOORS OPEN AT 6.30pm, EYES DOWN AT 7pm

£5 FOR A BOOK OF 8 GAMES, £3.50 FOR CHILDREN

LOTS OF PRIZES FOR ADULTS & CHILDREN

REFRESHMENTS AVAILABLE OR BRING YOUR OWN

RAFFLE

** PAY BY CASH OR CARD ON THE NIGHT **

IN AID OF REYDON CHRISTMAS LIGHTS 2026



Halesworth and District u3a

Garden Bugs-Cohabit Control or Conserve?

Dr Ian Bedford

2:00pm Tuesday 16th June
 The Cut, Halesworth



tickets £4 (free to Halesworth u3a members)
<https://thecut.org.uk/>
 email: info@thecut.org.uk
 0300 303 3211
 or at the door

u3a
<https://halesworthu3aite.uk/>

Every Wednesday, 9am-1.30pm



Halesworth Market

Market Place, Halesworth



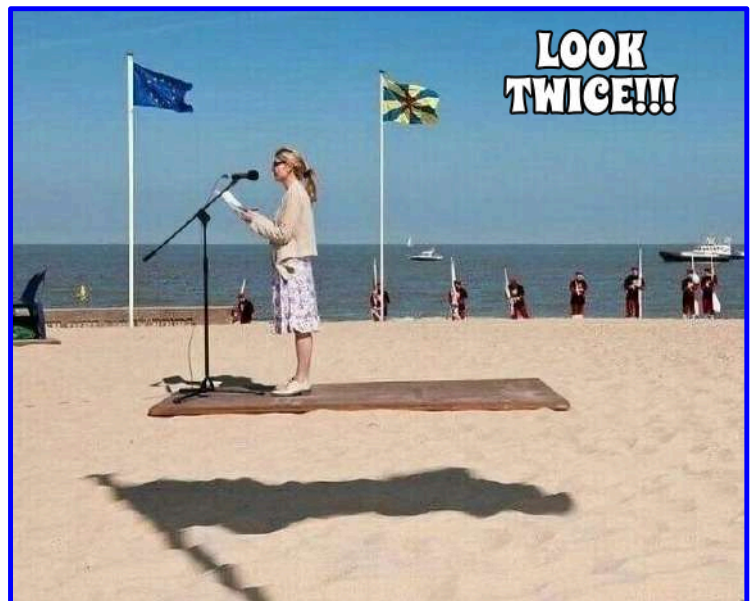
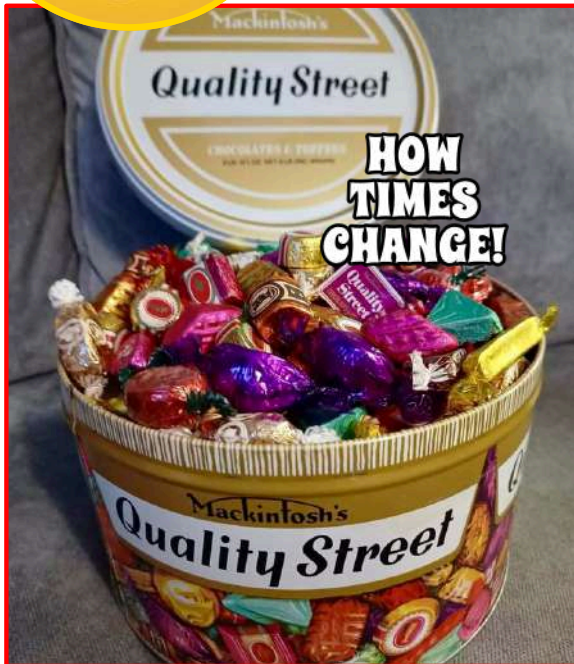
Songs for a Midsummer Evening

Saturday June 20th
 7.30pm at The Cut
 Halesworth

TICKETS £10
boxoffice@thecut.org.uk
 Tel: 0300 303 3211

HALESWORTH HARMONY

END WITH A GIGGLE!



The Bugle Community Magazine

DIGITAL & ON-LINE

No charge is made for any advertising for local theatres, village hall cinema, touring theatre shows or any community fund-raising events.

Articles submitted max 500 words please!

Business advertising is offered at low cost and every effort is made to help local businesses survive and thrive.

NEW TELEPHONE NUMBER

07873 925 898

Tell your friends they can sign up for the Bugle free at

E: the.buglemag@yahoo.co.uk Help Spread the word!



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