

# The Bugle Magazine

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



**Welcome to our 'New Look' February issue**

## HOME FROM HOME DOG CARE SERVICE



- **Daytime Stays**
- **Overnight Stays**
- **Weekend Stays**
- **Holiday Stays**



We look after your dog in our caring home environment in Uggeshall! Bungalow & Garden  
 We care for only one dog at a time (two if they live together) When you need a loving home for your dog whilst you are away - Contact us!  
 Areas Covered. Beccles Wangford Wrentham Bungay Halesworth Southwold etc  
 Holiday care for Cats, Rabbits, Chickens and all domestic animals.  
 but not snakes or spiders etc - sorry!

Tel: 07484 70 60 49  
 E: twilightbark2022@yahoo.com



**Have you been encouraged to lose weight for health reasons?**

Don't know where to start?  
 The 1:1 Diet can help!

Getting started with The 1:1 Diet is simple and flexible.

You can order a Taster Pack directly from our website, which allows you to sample our products and experience the quality for yourself or just get in touch with me.

Once you've tried the products, Your experienced Consultant Ros will reach out to guide you through the next steps of your journey.



**Face to Face Or Virtual Meetings**

**Ros Asplen**

07775238126 • rosasplen23@gmail.com

# THE STORY OF SWING (Rat Pack to Basie to Buble)

## LOWESTOFT Marina Theatre Friday 6<sup>th</sup> February



Presented by Award winning vocalist and World Class trumpet player, **Gareth John** and featuring the stunning SOS Big Band - **The Story of Swing** takes you on a musical journey through decades of the iconic genre of swing and big band music.

Featuring the classic, much-loved hits of Bobby Darin, Frank Sinatra, Dean Martin and Sammy Davis Jr, right through to modern day crooners such as Michael Buble, Robbie Williams, Matt Goss, Paul Anka and Harry Connick Jr.

Gareth is renowned for his top-class showmanship, performing from the heart with huge passion for the genre. His stage presence and natural rapport with the audience are second to none. Not surprising, as he has shared the stage with many household names, including The Beautiful South, The Specials and many more. Gareth will also be joined by some very special guests on the night.

'First class singer and band, playing big band and swing music the right way' Dennis Rollins MBE

'A very professional show that is a 'must-see'  
Andy Pierce, BBC Radio Leicester

'I love what Gareth and the band have done with this, a really fun evening for all'  
Carol Leeming MBE FRSA

'Gareth is the British Buble, pure and simple' Darren Bazzoni, Tribute Magazine

Tickets for the show can be purchased from -  
<https://storyofswing.com/>



## THE TREE OF LIFE

An Exhibition celebrating the tree in culture and its importance to our wellbeing



Paintings by

Nigel Colebrook, Richard Morgan and Nigel Moody

Video by Omid Djalili

Photographs by John Butterfield

The Cut Halesworth

January 20th to February 21st 2026

Cafe and Galleries open Tuesday to Saturday

10am - 4pm

The Cut, New Cut Halesworth IP19 8BY  
info@thecut.org.uk



**Businesses! Why not advertise with us? Rates start at just £8 pcm**  
Tel 01502 578074 E: [the.buglemag@yahoo.co.uk](mailto:the.buglemag@yahoo.co.uk)

# NATURE'S ENDEAVOURS

We at The Bugle Magazine are completely aware of the future that our illustrious government have planned for us in close collaboration with the World Economic Forum and the global elitists. Since 2020 and the pandemic, the UK has completely changed from the free society that it was - with Cinemas, Theatres, Night Clubs, Pubs, reasonable shop prices, cash freely flowing and a general happy vibe - to what we see today. The move towards digital currency and digital ID, unstoppable immigration, while society crumbles before our eyes. I don't think that we should be under any illusions that another political party would change this because they will not. If they had any feeling for the country at all, they would have turfed this shower out of power and restored order - alas, they have done nothing.

So, this year, right now we are actively seeking to purchase approx one acre of land to create a Homestead/ Smallholding upon which we can totally restore and regenerate the soil and grow a range of fruit, vegetables, and healing herbs and keep rescued chickens, bees and even a goat or two. Although we have some funding we are launching a Crowdfunding page very shortly to help us be able to get working more quickly. As soon as the Crowdfunding is launched we will post about it on our 'Instagram' page for you.

To prove our commitment we are looking at making all advertising in The Bugle FREE of charge (probably from the March issue) with only a suggested donation to the Crowdfunding page instead of a payment to The Bugle. What do you think?

So in short, if you know of an acre of disused or unwanted land preferably with roadside access then we would be interested. More information will be available from our Crowdfunding page or by emailing us at [naturesendeavours@protonmail.com](mailto:naturesendeavours@protonmail.com) If you feel you can help in any other way do please get in touch Thank you



## NATURE'S ENDEAVOURS

A Smallholding Project for Future Generations

**Complete Soil Restoration/Regeneration**  
**Hedgerows Restored • Organic Fruit, Veg & Herbs**  
**Chickens • Goats • Bees • Wild Wood • Healing Fungi**  
**Flowers Wild & Cultivated •**



Email: [naturesendeavours@protonmail.com](mailto:naturesendeavours@protonmail.com)



# 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](mailto:the.buglemag@yahoo.co.uk)

**Thursday 5<sup>th</sup> February. BECCLES & DISTRICT HISTORICAL SOCIETY MEETS** at 7.30pm at Hungate Church, Hungate, Beccles, NR34 9TT Subject: Hiding in Plain Sight: a Miscellany of Heritage Features in Beccles. Speaker: David Gurney. Admission: £3.00. Welcome to All

**Sunday 8<sup>th</sup> February. 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](mailto:halesworth.harmony@gmail.com).

**Saturday 14<sup>th</sup> February. HALESWORTH BRANCH OF CANCER RESEARCH JUMBLE SALE.** 10am - 12pm at Holton Village Hall, Lodge Road, IP19 8RZ. Tea/Coffee, Delicious Cakes, Bric - a - brac, Books, Toys Ladies, Men's, Children's clothes etc.

**Sunday 15<sup>th</sup> February. SNOWDROP DAY** at Gable House, Redisham NR34 8NE. Open for The National Gardens Scheme 11 - 4pm. Admission £5.00. Soup lunches, tea and cake. Snowdrops, aconites, cyclamen and other plants. Tel: 01502 575298

**Saturday 14<sup>th</sup> February. CHARITY WOODLAND BALL TO SAVE RINGSFIELD HALL .** We love Ringsfield Hall Woodland Ball! Starts 7pm - Carriages at midnight. Dress to impress or woodland ball fancy dress. Live Music, DJ, walkabouts, woodland themed cocktails and some surprises! £35 after Pay that ( +gift aid and full name) to [www.crowdfunder.co.uk/p/help-kinda-education-save-ringsfield-hall](http://www.crowdfunder.co.uk/p/help-kinda-education-save-ringsfield-hall) Reference "Love Ringsfield" -We will send you a ticket number

**Sunday 22<sup>nd</sup> February. 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](mailto:halesworth.harmony@gmail.com).

**Wednesday 25<sup>th</sup> February LOWESTOFT U3A – MONTHLY SPEAKER MEETING.** Canon Peter Doll, Canon Librarian & Vice Dean of Norwich Cathedral, Talk on History of Norwich Cathedral. Doors: 10am. Admission £2.50 Refreshments: Free

**Saturday 28<sup>th</sup> February. WRENTHAM VILLAGE HALL FILM NIGHT. DOWNTON ABBEY: THE GRAND FINALE.** The cinematic follows the Crawley family and their staff as they enter the 1930s Doors open 18.45 with film screening 19.30. £5 on the door. Refreshments available.

**Saturday 7<sup>th</sup> & Sunday 8<sup>th</sup> March. DAFFODIL FESTIVAL** at St Mary's church Henstead NR34 7LD from 10-4 pm. Come and see the daffodil displays, buy Mothering Sunday and Easter gifts from our craft stall and enjoy a delicious drink and cake. Contact Gillian 01502 219265 for further details.

**Sunday 8<sup>th</sup> March. 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](mailto:halesworth.harmony@gmail.com).

**Saturday 28<sup>th</sup> March. WENHASTON PRODUCE AND CRAFT MARKET** from 10 to 12.30pm. A variety of handmade cards, jewellery, home-made 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 and indoor plants and much more. Cafe open for Tea, Coffee, Home-made Savouries & Cakes. New stallholders are welcome especially, a cheese maker, pork butcher, also fresh fruit and vegetables, chocolate maker. Everyone welcome. For further details contact Carol at: [caz-mike@outlook.com](mailto:caz-mike@outlook.com)

During Winter months The Lodge Cafe and cycle track at Woburn Farm, Corton are open daytime Thurs Fri Sat & Sun, for Axe throwing, Archery and shooting by arrangement. Cycle course also open. For info on this and events contact The Lodge, Woburn Farm, Stirrups Lane, NR32 5LE.

[info@woburnfarm.co.uk](mailto:info@woburnfarm.co.uk) Special events, parties etc can also be booked through this address.

**Monday 2<sup>nd</sup> February. CANDLEMAS** Evening Prayer starting 6.30 in Pakefield Parish church.

**Monday 2<sup>nd</sup> 9<sup>th</sup> 16<sup>th</sup> & 23<sup>rd</sup> February. FOXY'S LINE DANCING.** 7pm Just £7. The Lodge, Woburn Farm.

**Wednesday 4<sup>th</sup> 11<sup>th</sup> 18<sup>th</sup> & 25<sup>th</sup> February. FOXY'S LINE DANCING FOR BEGINNERS.** 7pm just £7. The Lodge, Woburn Farm. [info@woburnfarm.co.uk](mailto:info@woburnfarm.co.uk)

**Saturday 14<sup>th</sup> February. VALENTINE DAY** at The Lodge Pizza, Proscetto and chocolate topped strawberries plus live act. Two for £49.50. Open from 7.00. [info@woburnfarm.co.uk](mailto:info@woburnfarm.co.uk)

**Monday 16<sup>th</sup> February. FIVE WEEK COURSE ON 'LEARN THROUGH LENT'** at Pakefield church hall starts at 7.00 Office Mon, Wed and Fri 10.00 to 12.00 Church Office :- 01502 218150

**Thurs 19<sup>th</sup> February . KIRKLEY LADIES GROUP** (formally St Peter & John's Ladies Group). Tapestry Singers at Kirkley church all. Starting 2.00 just £3.00 pp.

**Saturday 21<sup>st</sup> February. PAKEFIELD PARISH QUIET DAY** Starting at 10.00. We will be joined by Garrie and Jill from Woodbridge. Please can you book, via the Parish Office, by Feb 13<sup>th</sup> , with any dietary requirements.

**Saturday 28<sup>th</sup> February. TABLETOP SALE** in Pakefield church hall. To check if any pitches are available please contact Ruth at the Parish Office :- 01502 218150

# The Fascination of Fungi

A hardy number of people braved the stormy wind and rain to come to our local Suffolk Wildlife Trust January meeting in Southwold. Tony Brown, a local naturalist of many years' experience, presented a talk on the wonders of fungi. He explained that there is no scientific difference between a toadstool and a mushroom, as they are both essentially the same thing. The fungus that we see above the ground is the fruiting mechanism of the mycelium beneath, whether that is in the soil or within rotting wood.

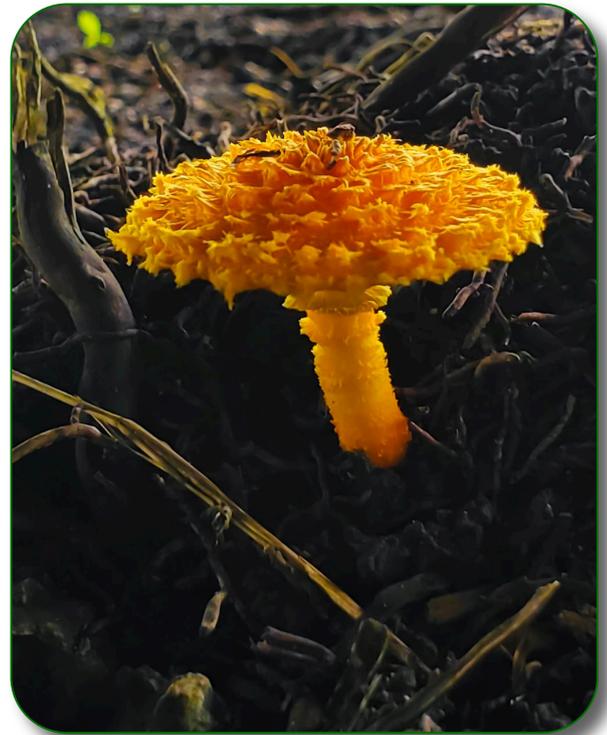
Mycelium can run considerable distances underground, and in the USA, some honey fungus mycelium has been found to be thirty miles long. No wonder it can spread so quickly. Many fungal species have gills that store and spread the spores, but others have pores, 'teeth', or, as in the case of the ink cap, a cap containing spores that dissolves into a black ink, which was once used by medieval monks as a writing material.

Tony is an expert photographer, and we were treated to a fascinating visual account of the huge range of fungi, from bracket fungus to puff balls, coral tooth and dead man's fingers: from startling whites to reds, ochres, yellows - the breadth of colours and shapes was extraordinary, and many were photographed locally. However, one rule Tony emphasised several times was never to eat any fungus unless you are completely certain of its identity. The Deathcap is as deadly as it sounds!

We all enjoyed such a visual presentation, and it certainly encourages us to observe our natural surroundings more carefully.

Our next meeting is on Thursday, February 12th, at 7.30pm, at the Southwold Arts Centre, IP18 6JP, when Martin Tickler will talk about House Martins. Entrance is £5, to include refreshment, under 25's are free, and it is open to everyone.

Penny Mansfield. Contact us as [swtblythvalley@gmail.com](mailto:swtblythvalley@gmail.com)

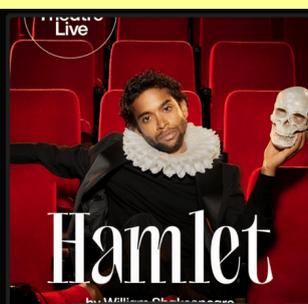


**THE CUT ARTS CENTRE HALESWORTH TEL: 0300 303 3211**



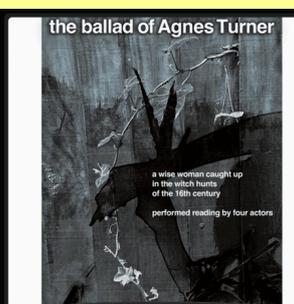
Cut Sessions: Andy Fairweather Low

📅 Thu 5 Feb 2026,  
7:30PM - 10:00PM  
📍 The Cut  
📍 Suffolk



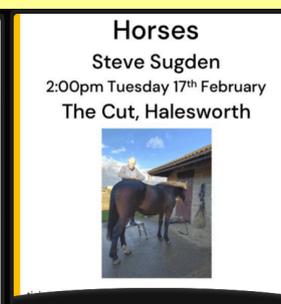
National Theatre Live: Hamlet

📅 Thu 12 Feb 2026, 7:00PM  
📍 The Cut  
📍 Halesworth



Sweetbriar: The Ballad of Agnes Turner by Jan Farnery

📅 Fri 13 Feb 2026, 7:30PM  
📍 The Cut  
📍 Halesworth



Horses  
Steve Sugden  
2:00pm Tuesday 17th February  
The Cut, Halesworth

Halesworth & District U3A presents: Chiropractic for Horses by Steve Sugden

📅 Tue 17 Feb 2026, 2:00PM  
📍 The Cut  
📍 Suffolk



Cut Sessions: Solana

📅 Sat 7 Mar 2026,  
7:30PM - 10:00PM  
📍 The Cut  
📍 Suffolk

Just a sample of what is on. [www.thecut.org.uk](http://www.thecut.org.uk) Contact The Cut for more info

**Nature is considered sacred and needs no changes by mankind**



# The Bugle What's On Guide

## Regular Events

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Entries subject to edit and available space.  
Email events in the format below to: [the.buglemag@yahoo.co.uk](mailto: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](mailto: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](mailto:Sharon.hobbs@communitiestogether-ea.org)

**First Wednesday every month 'BECCLES SOCIETY FOR ART'** at The Waveney Centre, New Market, Beccles. (Next door to Hughes electrical). 7.15pm - 9pm. For anyone interested in Art not just artists. We have Talks and/or demos about art. Friendly group Email: [Beccles.BSA.artists@hotmail.com](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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.

*Starting next month Regular Events will be found on our website and will be featured in the magazine only every few months.*



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## Regular Events

Continued ...

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Entries subject to edit and available space.  
Email events in the format below to: [the.buglemag@yahoo.co.uk](mailto:the.buglemag@yahoo.co.uk)

**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](mailto: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 13<sup>th</sup> 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/](http://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

A CHARITY BALL IN AID OF RINGSFIELD HALL

We ♥   
Ringsfield  
Hall

Woodland Ball

Saturday February 14<sup>th</sup>  
Starts 7pm • Carriages at midnight

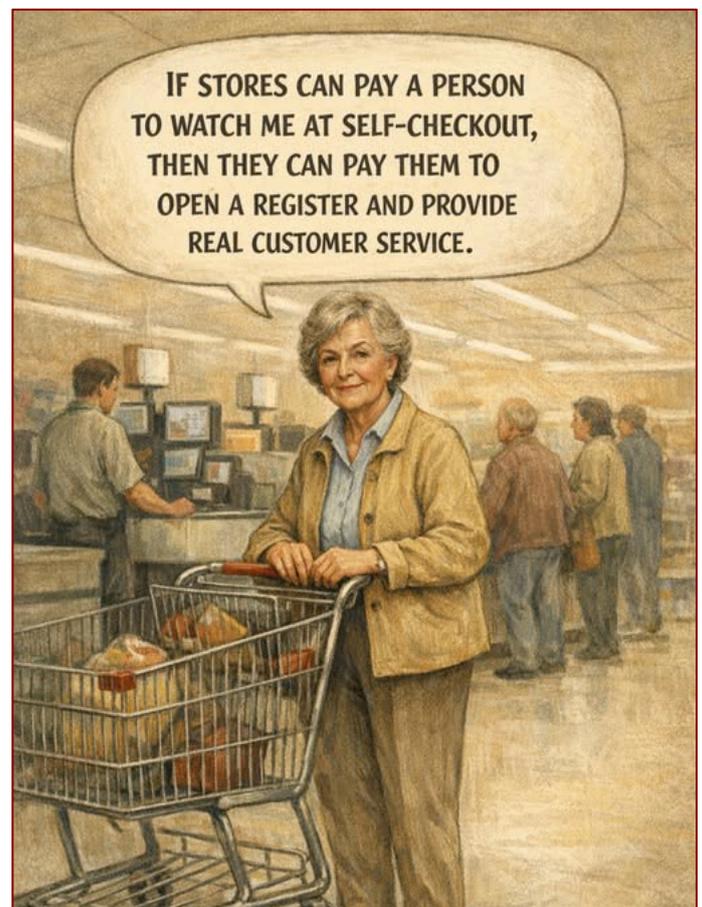
Dress to impress or woodland ball fancy dress, live music, DJ, walkabouts, woodland themed cocktails and some surprises!

Tickets £30 If bought before the end of the year - £35 after  
Pay that (+ gift aid and full name) to  
[www.crowdfunder.co.uk/p/help-kinda-education-save-ringsfield-hall](http://www.crowdfunder.co.uk/p/help-kinda-education-save-ringsfield-hall)  
Reference "Love Ringsfield" - We will send you a ticket number

Ringsfield Village Hall,  
Church Rd, Ringsfield Corner, Beccles NR34 8NT

 Scan here for more information and to donate or visit [kindaeducation.org.uk](http://kindaeducation.org.uk), email [info@kindaeducation.org](mailto:info@kindaeducation.org)

 Kinda  
Education



**There are many great voices – but remember, not all of them are human**

# TONY'S

**AT LAST - A CHOCOLATE  
MAKER WHO CARES ABOUT  
ETHICAL SOURCING AND  
REAL TASTE!**

If like me and many others you have noticed the rapid decline in the quality of the chocolate in our shops recently, then I have some good news! We are all aware that global corporations have taken over all our wonderful old chocolate institutions and systematically stripped the products of their quality and taste. At the same time they sneakily kept that familiar household name, to keep us all believing that the product is the same - well it isn't!! Cadbury's, Rowntree MacKintosh, Fry's and others are long gone although their names still appear on the sub standard crappy tasting products that shamefully still carry their once proud name.

## TONY'S CHOCOLONELY



Well, there is a new kid in town and his name is TONY! This is the chocolate manufacturer recently found to be the absolute best tasting most ethically produced chocolate bar around. The company enjoys a great working relationship with cocoa growers and are working to end exploitation of workers, forced labour, child labour and deforestation.

**TOGETHER WE'LL  
END EXPLOITATION  
IN COCOA**

You Can read all about it on their website: <https://uk.tonyschocolonely.com/>

Tony's is available at most supermarkets.

Don't get me wrong - it isn't the old Cadbury's reborn but it is close - very close!

### FLAT TO LET

Mount Pleasant Road, Reydon.  
Two Bedroom Ground Floor Flat.  
Good Clean Decorative Order  
Gas Radiator Central Heating  
Quiet Position (Non Smoker)

£700 pcm. Tel: 01502 713853

### ASPLEN'S SERVICES

#### Maintenance & Advice

Ponds • Water Features

Pumps & Filtration Systems

Fence & Shed repairs,  
Lawn Mowing.

Tel: 01502 219755 Mob: 07391 126 522  
E: [asplengardenservices@gmail.com](mailto:asplengardenservices@gmail.com)



**Someone told me I was delusional - I almost fell off my unicorn!**

# HOLIDAYS & TRAVEL

With Tim Saunders



Getting away from it all is what a holiday is all about. A chance to unwind, forget about responsibilities and recharge. We actually manage this during our trip to Guernsey.

The wind picks up so we're concerned that glamping might not be the best idea but Jane and Danny at Camp de Rêves reassure us that since establishing the business in 2019 the storm proof luxury tents have experienced winds of up to 90mph without a problem. Our self-catering coastal accommodation is much more hotel than safari tent thanks to high quality fixtures and fittings and its own shower room. Camp de Rêves, which recently won a King's Award for Enterprise in recognition for its sustainable practices, has a games room, which Henry loves.

With a view to keeping mainly himself entertained, we visit Golf 19 in Rohais de Haut where we while away three hours tackling a particularly challenging pirate crazy golf course thanks to the water. From St Peter Port a 20 minute ferry ride takes you to the unspoilt car-free paradise of Herm. On the sandy beach the children run in and out of the waves. As I paddle I spy oystercatchers, a seal and even a bull nosed dolphin.

A relaxed three-course meal in the brasserie at The Old Government House Hotel, the island's only five star hotel introduces us to ostentatious surroundings, a jazz playing pianist and civilised conversation. Henry enjoys his French fries, pizza, Pepsi and sundae. The children's menu is designed like a ration booklet with information about what kiddiwinks had to endure during the occupation.

This helps make ours realise how lucky they are. It also helps ensure that all food is eaten. As I savour my ice cold Guinness, fresh warm homemade brioche, made today, is delivered to our table, with Guernsey butter. Delicious. Afterwards an appetizer; a single slice of cucumber with a dash of homemade hummus. An interesting and tasty combination. I ask the waitress what wine she recommends to accompany my duck confit, spinach and strawberry and Caroline's cod, pesto and new potatoes. "We have a vineyard in South Africa and produce a lovely red wine. I'd have that," she suggests.

To our delight there are a number of French speaking Condor Ferries' staff, all very smartly dressed in their Brittany Ferries uniforms, aboard the slick Voyager catamaran from Poole to St Peter Port. We try our best to converse in French, which is particularly good for Harriett who is learning the lingo and also makes you feel like we're travelling abroad even though we're not. It takes about three hours to get to Guernsey. We sit in the comfortable dining area people watching and chatting as the vessel cuts through the water. The children while away the time playing cards when they're not eating their paninis and drinking. My tuna mayonnaise salad is very welcome as is the sparkling mineral water. Rough seas feature in our return journey but despite this the captain makes good time and it's smoother than expected. We're able to enjoy our continental breakfasts without issue and relive the highlights of our break while contemplating our next trips. Pic: St Peter's Port



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**Youth is a gift of nature - but old age is a work of art**



# Halesworth Dementia Carers Fund

As we go in to the new year I would like to clarify who exactly the HDCF is. It is a completely independent registered charity run for the benefit of families in the Halesworth area who have someone suffering from dementia. We are not part of Dementia U.K. We are also completely separate from the Pear Tree Centre, Halesworth Volunteer Centre, Golden Memories and the Alheimers Society, though we do work very closely with them and the local care agencies.

Unlike the above organisations, we do not have any paid administrators. HDCF is run by a board of 12 Trustees who are all volunteers, and none of whom receives any payment or remuneration. This means that every penny we raise is used to support our charitable work. As a registered charity we hold an AGM every year which is open to the public, and gives people the opportunity to receive a financial report and meet the Trustees.

We run a series of activities every week, and full details are on our website. We are able to offer a full day of respite care every Friday at the Patrick Stead Day Centre, where people suffering from dementia are looked after by our fully-trained staff. Spaces are limited so it is very important to contact us regarding this provision. We are also able to offer advice regarding what sort of services are available, though we do not offer specific medical advice.

For more information on the work of Halesworth Dementia Carers Fund please go to [www.halesworthdementia.co.uk](http://www.halesworthdementia.co.uk), contact us on [info@halesworthdementia.co.uk](mailto:info@halesworthdementia.co.uk) or call us on 07990 199632 or go to our Facebook Page.

We are here to help you. On behalf of HDCF may I wish you all a very healthy and successful 2026. John Wood

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# The Grumpy Old Man



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

First of all, thank the stars that the bloated annual ritual known as Christmas, is over for another year. I know that even in the 1970s we were saying that the whole thing was too commercialised and that the real spirit of Christmas was gradually giving way to greed and gluttony. According to earlier, ignored gospels, Jesus was born on March 9<sup>th</sup> (hence lambs at the birth) but the emerging church apparently moved the celebration to December to overshadow celebrations for the Winter Solstice, which made sense to them I suppose.

But look at the thing now, we have kids clammering for stuff like Ipads, computer game consoles and games. Everything is done to excess. Parents spend terrifying amounts of money on their precious little darlings. Their bedrooms, rather than resembling Santa's grotto, look more like a Curry's Warehouse with screens and controllers everywhere alongside a new TV for their bedroom and probably a mobile phone too. Not because there was anything wrong with the old one - but just because a newer one was available! We are bringing kids up to expect the latest tech' gear and accept that someone somewhere will be monitoring everything they do. How many older kids received some serious literature, calligraphy sets, artists equipment or books that could inspire them? Kids today are apparently losing the ability to even write with a pen! Never mind, they can now learn how to kill characters and send blood spurting - without a second thought. We are sleepwalking into a dark land. Adults are overspending on an event that is largely over by 3pm Christmas day. I think it is time to regain perspective. What about you?

## British Army

The British army has never been so small in number, reportedly 70,000. I don't know if that includes all the top brass and the back room tech specialists, logistics, organisers and mechanics etc or not. The number is quite small for a nation pondering the idea of going to war. I had hoped that with advances in technical capability, the need to send untold numbers of young men (and women) to fight and die for their country would be outdated and seen as the stupidity that it truly is. In any event, does Starmer really believe that serious numbers of young people in the UK are ready to go and fight, get maimed and probably die because 'their country expects'? I would have thought that with no hope of a reasonable future for those young people, plus our 'government's' utter disdain for the indigenous British population, that the queue to join the 'Starmer Army' would be very short indeed.

Perhaps he should get some of the immigrants currently lounging in government funded hotels to volunteer! Fat chance. Sadly though, we see the world's wealth shunted from pillar to post and the leaders of France, Germany and others freely talking about some sort of proxy war with Russia or China, and Donald Trump painting the interior of the White House in Gold Leaf whilst a growing number of his people are homeless and jobless. If that isn't enough he now wants to TAKE Greenland off the Dutch. Is the world going stark staring mad?

## Cash is King.

In the very near future all shops will go cashless - cash will disappear as Digital Currency is introduced. Your mobile phone that is currently welded to your hand knows everything about you. Who you talk to, what you say, where you go for how long. When that wonderful BritCard is introduced, which it will be, all that info will be stored on there, along with your credit history, your medical history and all your banking and financial transactions. Government will have complete record of everything you do - all the time. Your Smart TV, Smart Meter, Alexa, Computer, Mobile Phone and even you new car have made that a certainty.

When you go to the supermarket and your transaction is almost complete, the Central Bank Digital Currency System will know what you are purchasing and can instantly stop any purchase in seconds.

"I'm sorry madam that purchase has been disallowed - you reached your monthly allowance for meat last week."

The likes of Google, Apple, Microsoft, Meta and others have given you the toys you cannot do without. They have by now harvested billions of gigabytes of information on you.

I think our collective goose is cooked. 1984.

*Butterflies rest when it rains because the rain damages their wings.  
Its ok to rest during the storms of life. You can take off again when it has passed.*

# Naturally Healthy

## With Riverford Organic.

Over half of children's playgrounds tested in England were found to be contaminated with glyphosate, leading to fresh calls to ban the use of herbicides and pesticides in public spaces. Most children are curious; many are grubby. They put dirt in their mouths and get up close to soil, sandpits and weeds with their hands and faces, especially in playgrounds and parks across the country. They touch and brush against slides, swings and play equipment as they enjoy time outdoors — and then put their fingers into their mouths without a second thought. But there is a silent, odourless and unseen toxin potentially lurking on all these surfaces: glyphosate and glyphosate-based herbicides (GBHs).

The world's most widely used herbicide has contaminated environments that are meant to be among the safest — the places where children play. Glyphosate residues and its toxic breakdown product, AMPA (aminomethylphosphonic acid), were found in eight of the 13 playgrounds tested, from Cambridgeshire to London and from Kent to Buckinghamshire, according to new research by the Pesticide Action Network (PAN).

None of the playgrounds were located close to farmers' fields, indicating that the contamination came from herbicide use by councils or local authorities to control weeds in public playgrounds for cosmetic purposes. Hackney was the only location where glyphosate was not detected. This London borough went pesticide-free in all its parks more than four years ago.

"These are places where children should be having a healthy time. There is absolutely no need for them to be exposed to this harmful chemical," says Nick Mole, policy officer at PAN UK. "This study is indicative of a wider problem across the UK. Glyphosate contamination in children's playgrounds is likely to be fairly common. Many kids could be literally playing with poison."

He continues: "We are now calling for every playground in the UK to be pesticide-free." Although the sample size was small, PAN believes the scale of glyphosate use in playgrounds is vast. Last year, a Freedom of Information request sent to 368 councils across the country found that 73 per cent still use pesticides in parks and green spaces, with at least 354 tonnes of glyphosate applied by local

authorities. This is equivalent to the weight of 23 double-decker buses.

"Our studies have shown that exposure to glyphosate is a significant risk factor for the development of a range of serious health conditions, including fatty liver disease, kidney disease and, most worryingly, a wide range of cancers, including leukaemias," says Professor Michael Antoniou, Professor of Molecular Genetics and Toxicology at King's College London.

He adds: "The assertion by government regulators that glyphosate is 'safe' does not stand up to the latest scientific scrutiny, which shows that a 'safe' dose of glyphosate is, at present, unknown. All efforts should be made to reduce glyphosate use in both agricultural and urban settings, and to eliminate unnecessary routes of exposure, especially for children."

Compared with adults, children are particularly susceptible to pesticide absorption. Their skin is more permeable, they inhale more air and absorb more moisture, and they are less able to detoxify harmful substances. Exposure to pesticides during critical periods of brain and body development can also have long-term health effects. Playing with poison

The study also found residues of four other pesticides at the playgrounds tested by PAN UK, including two highly hazardous substances — carbendazim and benomyl — both of which have been banned in the UK for a number of years. It is unclear where they originated, but they were detected at a playground closer to farmland. Their presence could be due to illegal use by maintenance teams controlling weeds in public spaces, or spraying by nearby farmers. "The best course of action is to stop pesticide applications immediately in playgrounds," says Mole. "There is no justification for using this herbicide, and there are safer, viable alternatives for weed control."

Pesticide-free alternatives are already widely used in other countries and include hot foam, steam or flame treatments. Acetic acid can also be deployed, alongside manual methods such as hand sweeping, hoeing, steel brushing and mulching. These approaches can be combined with programmes that promote biodiversity and accept a degree of 'weediness' in parks.

Cont'd on next page>>>>

**You have to be a certain age to remember – I've Got a Tiger In My Tank!**

# Naturally Healthy

## With Riverford Organic.

However, some options require upfront capital investment.

“There are thousands of examples of towns, cities and villages around the world that manage perfectly well without glyphosate,” says Mole. “It is used primarily because it is cheap. Central government should support cash-strapped local authorities to phase out herbicides by offering interest-free loans to purchase new equipment, if we want a healthy and sustainable future for both people and the environment.”

He adds: “There also needs to be a more joined-up approach. New equipment can be shared between local authorities to reduce costs.”

Happening elsewhere — why not the UK?

Countries including France, Belgium, Denmark, Luxembourg, Bulgaria and the Netherlands have all introduced nationwide bans on pesticide use in public spaces. Most Canadian provinces and some cities in the United States have done the same — and they continue to manage playgrounds effectively.

This stands in stark contrast to the UK, where glyphosate is still widely used. According to PAN UK, glyphosate-based herbicides account for 96 per cent of all pesticide active substances used by local councils. One of the biggest concerns is that there is no clear understanding of the true volumes of this chemical in soils or watercourses across the British Isles.

“That’s because there is no granular monitoring, whether in parks and green spaces or in rural farming areas,” explains Mole. “The Environment Agency and the Health and Safety Executive need to step up. We need to know what is being sprayed into our environment and what we are all being exposed to. We also have no clear data on pesticide use in schools, playing fields and playgrounds. How can you measure what you don’t know?”

He adds: “This study also dispels the myth that glyphosate breaks down almost immediately after application and is therefore safe. We have shown that it persists in the environment — as

does its breakdown product, AMPA, which is also toxic.”

Studies have linked AMPA to a range of health problems, including liver disease and liver cancer. For this reason, PAN UK is urging all UK councils to adopt its three-year phase-out plan and join the 50 councils that have already gone pesticide-free.

Campaigners are now calling on the UK, Scottish, Welsh and Northern Irish governments to follow their European counterparts and take action. The UK government is also expected to launch a public consultation on whether to reapprove glyphosate, due to be tabled early this year, with a final decision expected in mid-December 2026. A Private Member’s Bill, led by Siân Berry MP, is also progressing through Parliament to end pesticide use by local councils in England.

“We urge other UK councils to address their pesticide use,” says Alastair Binnie-Lubbock, a councillor in Hackney, London. “While it may seem daunting at first, it’s actually not that difficult. Councils can save money in the long run, and the decision is hugely popular with residents.”

In the meantime, pressure from concerned parents and local communities is likely to remain the main driver of change — particularly as scientific evidence linking glyphosate exposure to increased cancer risk continues to grow.

More than ten years ago, the World Health Organization classified glyphosate as ‘probably carcinogenic to humans’. Since then, Bayer — the manufacturer of glyphosate — has paid out more than \$10 billion to over 100,000 people who claimed they developed non-Hodgkin’s lymphoma following exposure. A further 60,000 legal claims remain outstanding.

Nick Mole sums it up: “Can you put a price on our children’s health? No. We need to take action now.”



The miracle is not to walk on water - the miracle is to walk on this green Earth, loving all of it.

# Ancient Wisdom

Shining a light on life today

Neal Sutton. Empath/Author

To those of us who are versed in the ways of the ancients and have a connection to the spirit energy which abides within us and which is all around us, the world of man seems to be reaching the end of times - again.

What mankind today (again) fails to understand is that this planet called Earth is a living planet - alive, in and with the energy that makes up the universe itself. Added to this, every living creature upon the Earth, is alive in varying forms of this energy also. It is this energy which creates a 'connectedness' between all things, whether you realise it or not - it is so.

That is why we talk of connecting with nature when we go for a walk in woodlands or by rivers, or meadows. We are really re-connecting with our TRUE nature. To do this we feel the inbuilt need to go to areas largely unaffected by the hand of man. Why? Because the world of man is corrupt, greedy and severely out of balance. It is a fact that deep down inside ourselves we *all still* know that in these places we reconnect with the spirit, the essence and the peace of life as it was meant to be. In these Natural World settings we are once again reconnecting with our true selves, home and peace,

Long ago mankind severed his connection to the universal energy and replaced it with religions, each with varying degrees of subservience. All of them lack truth, all of them are mechanisms of control - all 300 plus. This severing from the natural energy resulted, over time, in mankind

seeing the natural world as a commodity to used, manipulated and controlled for his own needs.

Nature was no longer his brother but quickly became his slave. The result - the lands are mostly barren, chemical filled dusty soil, raising Frankenstein crops. Supermarket products are pumped with unnatural chemicals, land, rivers, streams, forests and even the sky are all polluted with the chemical concoctions of ignorant and greedy humans. Consequently the planet that gave them life is currently finding it almost impossible to sustain anyone.

We were not meant to live in poverty while others are rich beyond their wildest dreams. Nor were we meant to be watched, controlled or manipulated by those who would seek power over us, denying our freedoms. This is against all natural law and there will be consequences.

Now is the time to go to that forest or that garden and reconnect. Then you will KNOW that you are part of something far greater.



After all: This life is but a fleeting moment in your eternal existence.

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Medicine is not Health Care. Food is Health Care. Medicine is sick care.

# UPCOMING Events for FEBRUARY SOUTHWOLD ARTS CENTRE

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# THE SOUTH

(featuring members of The Beautiful South)

coming to **NORWICH Epic Studios on Sunday 15<sup>th</sup> March!**

The South are back on the road and do what they do best - perform the songs of that great British pop institution, the Beautiful South, to the thousands of fans of these timeless classics.

The South are an impressive 9-piece band who feature former members of The Beautiful South including singer Alison Wheeler and lifelong sax player Gaz Birtles. Since Dave Hemingway, the original singer, left the group at the end of 2016, Gaz has moved across to front the band with Alison and taken on vocal duties. Gareth John joins both Gaz and Ali on vocals bringing his talents to the forefront making him a third vocalist as part of the new set-up.

Since the demise of The Beautiful South in 2007, this exciting live band have spent 16 years touring the theatres and festivals of the UK up and down the country, bringing back the full sound and arrangements of these treasured songs - A Little Time (the number one single), Perfect 10, Rotterdam, Song For Whoever, Old Red Eyes Is Back, Good as Gold, Don't Marry Her plus many more singles and album tracks as well as a few choice South originals. These songs span an impressive 18-year career starting way back in 1989!



The South are:

Alison Wheeler (Vocals), Gaz Birtles (Vocals), Phil Barton (Guitars), Steve Nutter (Bass), Dave Anderson (Drums), Karl Brown (Percussion), Gareth John (Trumpet/Vocals), Su Robinson (Sax) and Andy Price (Keyboards).  
Let's Carry On... Regardless!

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Thursday 19<sup>th</sup> Feb 2pm



Led Free & Co. Sat 21<sup>st</sup> Feb 7.30 pm



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**The only animal capable of destroying all other life is mankind. It is our choice.**

# AVSFHG Zoom Meeting

Army Records' – Graham Bandy, Monday 16th February in Saxmundham

This talk will include researching soldiers' papers, regimental diaries & uniforms. Graham Bandy has had a passion for military history since he was a young child. He is a very well known speaker and lecturer for the Society of Genealogists.

The talk is on Monday 16th February 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://avsfhg.org.uk/membership/> (website under construction) and Zooming is free.

If you have any photographs of military uniforms or medals that you would like to ask Graham Bandy about, please send them to [sec@avsfhg.org.uk](mailto:sec@avsfhg.org.uk) several days before the talk.



## GALANTHUS

Through the darker days at the end of the year, we wait with baited breath for the first flowers to emerge from the cold soil.....the Snowdrops.

They give such joy to the start of the year, their pure white flowers showing against the earth and with little competition.

They look so fragile when the frosts (and this year) the snow prostrates them on the ground, but all is not lost for when the temperature rises, and the snow clears, they lift their heads as is to say "we were only resting!"

They lift our hearts and give such hope that better times are coming – but a really special time to see them is in the bright moonlight, when all you can see are the nodding purity of their heads stretching away into the darkness.

Not only a pleasure to us, but to the bees that dare to venture out so early looking for food, bending the heads of the snowdrops with their weight.

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As they mingle with the Hellebores the garden becomes a sight to behold.

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[www.arthurjary.co.uk](http://www.arthurjary.co.uk)  
Tel: (24 hrs) 01502 581506

Bugle info: Please get articles, events and all items for inclusion, to us by the 20<sup>th</sup> of the month prior to publication. Tel: 01502 578074 E: [the.buglemag@yahoo.co.uk](mailto:the.buglemag@yahoo.co.uk)

# HALESWORTH BRANCH OF CANCER RESEARCH

The Committee and Volunteers would like to thank you all for making 2025 such a successful year raising funds for the incredible work of Cancer Research.

We hope that when you come and support our events you all have a lovely time enjoying a slice of delicious cake, finding a few bargains or meeting friends in the hall, but the reason we all work so hard putting on these events is that we passionately believe that the future is bright and we will beat cancer with your continuing support and generosity.

On this note we would encourage you to watch a series of 3 programmes on Channel 4 called the Cancer Detectives it really shows how grateful they are for the funds we all raise. The programs follows the research of three doctors as they each work on their own project. One on a vaccine to stop you getting lung cancer which is now being trialled, one working on brain tumours making the biggest leap forward in 30 years and one working on a simple blood test to detect cancer before it is visible on a scan, as we know early detection is the key to a successful outcome of a cancer diagnosis. So please continue to support us in 2026 as we welcome friends old and new to our events. Here is a reminder of our events calendar which you may like to add to your diaries.

Our events In Holton Village Hall are all on a Saturday.

Jumble Sale February 14<sup>th</sup> Big Breakfast March 21<sup>st</sup> Spring Fair May 16<sup>th</sup> Jumble Sale October 17<sup>th</sup> Christmas Fair November 21<sup>st</sup>

Our other events:- I-Chameleon July 2nd - 8th Thoroughfare Halesworth. Maize Maze by Torchlight last Friday in August (28th) to be confirmed.

We would like to thank Holton Village Hall for everything they do for Cancer Research we are very grateful for their help and support.

As you can see our next event here is our Jumble Sale, can we ask you please not to leave jumble at the village hall prior to the sale as we are unaware of items left there. This would help us enormously, thank you very much. Please see our jumble sale notice in the "What's On" section for more details.

We must sincerely apologise to everyone at Angel Podiatry as unfortunately they were not included in the "Thank You" list of businesses who very generously donated a raffle prize at our Christmas Fair in November. We are so sorry that this occurred and we hope that you will continue to support us. Thank you very much for your generous raffle prize.

Our AGM will be coming up soon (February/March) unfortunately we may miss the deadline for The Bugle magazine to give the date and venue as we only know this at short notice so please check local social media / facebook pages as everyone is welcome to come along to meet us all and see what we do. For more information please contact:- Dawn Davis 01986 873640.

## EAST POINT RADIO

**Your local Internet Radio Station covering Southwold, Lowestoft, Beccles, Bungay, Halesworth and The World!**

We broadcast 24 hours a day 365 days of the year

In our daytime programmes our own local DJs are spinning the discs for your enjoyment.

Listen again to daytime programmes overnight.

Listen via the Tune In App, Smart Speaker, Smart Phone, Smart TV or via the website, where you will also find our full programme schedule

[www.eastpointradio.com](http://www.eastpointradio.com)



Surround yourself with people who make you hungry for life,  
who touch your heart and nourish your soul.

# FEBRUARY AT HALESWORTH LIBRARY

With chilly days and darker nights still here for a while, now is the perfect time to curl up with a good book. Did you know that the library can deliver books to your home? If you're unable to visit us at the library, one of our volunteers can come to you. Please contact us on 01986 875095 for further information.

The Friends of Halesworth Library has secured a grant from East Suffolk Council which enables the library to provide a warm space this winter and provide hot and cold drinks, soup, snacks and hygiene products, along with scarves and blankets. Please speak to reception staff or library volunteers to take advantage of this service. The library will also be offering a Kindness Rack (donations of winter clothing much appreciated!).

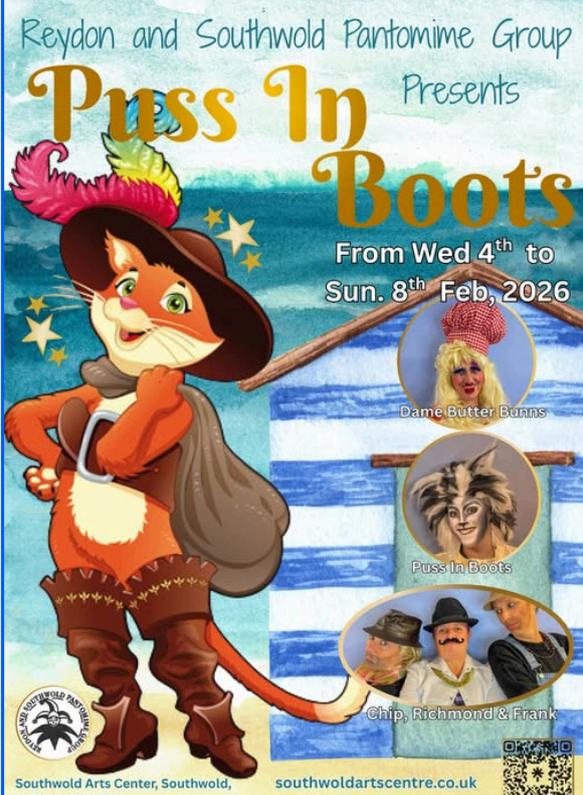
Watch out for information on children's activities at the library over half-term, but don't forget our regular activities and drop-ins! Every Tuesday 10.00-11.30am there is a free Rhyme Time & Play session to sing fun songs followed by free play with our toys. Every Wednesday at 10.00am our Time Out sociable group for older people meet for tea and biscuits. The Knit & Natter group meet alternate Tuesdays 2.00-4.00pm, staff can provide dates. Lego Club is on

every Saturday 11.00-12.00 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 10.00-4.00pm and Citizens Advice have a drop-in every other Tuesday 10.00-12.00, please ask a member of staff for future dates.

There will be sessions of Sociable Sundays on Sunday 8th and 22nd February: meet new people and enjoy good conversation over a cuppa and a cake in the welcoming space of the library. Drop in any time between 10.30am and 12.30pm. Board Games Cafe is 23rd February 2-4.30pm. There are many games to choose from, old and new ones, or bring along your own favourites. There's no need for special skills or knowledge. Join us, and have a relaxing afternoon, meet new friends, enjoy tea and cake! There is a suggested £1 donation to the Friends of Halesworth Library.

These events are hosted and run by volunteers from the Friends of Halesworth Library. We also hope to hold a Book Talk on Thursday 19th February so keep an eye out for posters and flyers, or email the Friends at [friendsofhalesworthlibrary@gmail.com](mailto:friendsofhalesworthlibrary@gmail.com)

Reydon and Southwold Pantomime Group  
**Puss In Boots** Presents  
From Wed 4<sup>th</sup> to Sun. 8<sup>th</sup> Feb, 2026



Dame Butter Bunn  
Puss In Boots  
Chip, Richmond & Frank

Southwold Arts Center, Southwold, Suffolk, IP18 6JP  
[southwoldartscentre.co.uk](http://southwoldartscentre.co.uk)




Raising little ones can put a strain on household budgets  
Why not become a member of Merry Go Rounds  
We are here to support & help you!

Every 2nd and 4th Monday of the Month  
9:00 AM - 11:00 AM

Browse our amazing selection of new and good quality pre-loved clothes for 0-3 years!  
Enjoy a free hot drink & a 50p bacon roll!

Toys, books, and games available to keep children occupied while you browse

Due to storage limits, we are unable to take ad hoc clothing donations.  
Please follow our Facebook page requests for items we may need, ask at Number 28 or contact us.

Only criteria for becoming a member is living in a 6 mile radius of Bungay & at least 1 child under 3yrs old

For more information, follow us on our socials.

No Cost for Items but Donations Are Always Welcome

Bungay Community Support  
Open Tuesday-Thursday  
28 Wingfield Street, NR351EZ  
[bungaycsinfo@bungaycs.org.uk](mailto:bungaycsinfo@bungaycs.org.uk)  
0300 355 2995



Charity No. 1200141  
[bungaycommunitysupport.org.uk](http://bungaycommunitysupport.org.uk)

**Give your heart to a dog, he will never break it**

# SCAMS AND FRAUD

## With Suffolk County Council

A bargain... or fraud? Lloyds Bank have revealed the top five purchase scams in 2025. Vehicle and vehicle accessories, Ticket scams, Clothes and accessories, Personal items (e.g. perfume, hair extensions), Driving lessons and tests. The bank saw a surge in ticket scam reports, as demand for events like Glastonbury, the Oasis tour and major football fixtures were sky-high, leading people to seek out hard-to-secure tickets where they could. Scammers then struck through dodgy social media posts, fake websites, and online marketplaces. Driving lessons and test scams saw the biggest rise in scam reports, in percentage terms. The bank also predicts that ticket scams will be big in 2026 and found that more than 70% of purchase scams happen on Meta-owned platforms.

Each year, the Student Loans Company pays billions of pounds directly into students' bank accounts. Scammers take advantage of these payment windows by sending out convincing text messages, emails and phone calls that appear to come from trusted organisations, often claiming there is an issue with a payment that needs urgent action. REMEMBER! The Student Loans Company will never ask you to confirm your personal or bank details by text or email.

Check the quality of the communication - misspelling, poor punctuation and bad grammar are often signs of phishing. Keep an eye out for any suspicious looking emails, phone calls or text messages, especially around the time of an expected payment. Scam emails and text messages are often sent in bulk at the same time and are unlikely to contain both a first and last name. These commonly start - 'Dear Student'. Messages that convey a sense of urgency are also unlikely to be genuine - for example 'failure to respond in 24 hours will result in the account being closed'. Think before you click. If a student receives a suspicious message, they should report it to SLC's Economic Crime Unit immediately by emailing [report@phishing.gov.uk](mailto:report@phishing.gov.uk) and calling the dedicated hotline on 0300 100 0059.

### Reporting;

Report a scam to Trading Standards via Citizens Advice Consumer Service. You can either report a scam by: contacting the consumer helpline on 0808 223 1133. If you have been the victim of fraud, report it to Action Fraud. You can call 0300 123 2040.

**SUSPICIOUS EMAILS:** Forward suspicious emails [to report@phishing.gov.uk](mailto:to report@phishing.gov.uk) .

**SUSPICIOUS TEXT MESSAGES:** you can forward it to 7726. The free-of-charge '7726' service enables your provider to investigate and take action if malicious content is found.

**FAKE WEBSITES:** The National Cyber Security Centre (NCSC) has the power to investigate and remove scam websites. [It's free to report a suspicious website and it only takes a minute](#). By reporting suspicious websites, you can help us stop cyber criminals and protect others online.

**ADVERTS:** [Report scam or misleading adverts to the Advertising Standards Authority](#). You can report adverts found online, including in search engines, websites or on social media. You can also: [report scam or misleading adverts to Google](#) if you found them in Google search results [report to Bing](#) if you found them in Bing search results.

### DOORSTEP CRIME/ROGUE TRADERS

If someone has called at your home uninvited and carried out work that you are unhappy or worried about, or if you want to report an incident on behalf of a friend, neighbour or relative, call the Citizens Advice Consumer Helpline on 0808 223 1133.

If you feel threatened or in immediate danger: Call the Police on 999.

### REPORT TO TRADING STANDARDS

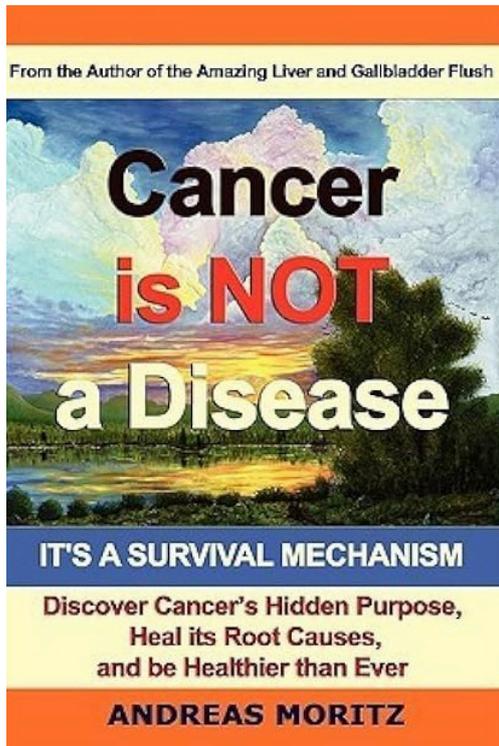
They welcome information on any dishonest or criminal trading practices. Examples of things you can report to us via the Citizens Advice Consumer Service include: Illegal tobacco and vapes. Food sold with incorrect allergens information or past its use by date. Sale of alcohol / tobacco / vaping products to underage children. Livestock welfare issues. Unsafe or dangerous goods and products. False statements / misleading information (including price and costs.) Unlicensed firework storage. Visit the [Citizens Advice Consumer Service website](#) for contact methods, including telephone, webform and online chat.



**If you are lonely, dim all the lights and pop on a horror film,  
after a while it won't feel like you are alone anymore**

# BOOK OF THE MONTH

**CANCER IS NOT A DISEASE - IT'S A HEALING MECHANISM** by Andreas Moritz



In this book you will discover Cancer's Hidden Purpose, heal it's root causes and be healthier than ever. That is the claim of the author - and speaking as one who has recently seen and heard evidence of natural cures for this condition, I urge you to read it. George had lost one of his kidneys to cancer a year earlier, after emerging from the operating room the doctors gave him a clean bill of health. They used the famous, "We got it all" utterance to instil hope and encouragement. Of course it made a lot of sense to him; after all, they had removed the tumour - along with the entire kidney. Nevertheless just several months later the second kidney also started filling up with cancer and the only 'reasonable' advice they had for him was to take care of his personal affairs.

Fortunately for George he didn't die. In total defiance of the death sentence that his doctors had pronounced George felt that there should be something else he could do to at least extend his life by a few months.

Within a mere three weeks (of consulting with me) and dealing with the root causes of his illness, the cancer had receded to a tiny speck, and during his next major check up at the German

Cancer Clinic six months later, the deadly cancer was nowhere to be found. Fifteen years later George still enjoys a state of excellent health with no indication of a malfunctioning other kidney.

The author claims and maintains that removing the underlying conditions that force the body to produce cancerous cells sets the preconditions for the complete healing of our body, mind and emotions.

Cancer Is Not a Disease shows you why traditional cancer treatments and even cancer diagnoses are often fatal, what actually causes cancer and how you can remove the obstacles that prevent the body from healing itself. Cancer is not an attempt on your life; on the contrary, this 'terrible disease' is the body's final desperate effort to save your life.

Unless we change our perception of what cancer really is, it will continue to threaten the life of nearly 1 out of every 2 people. This book opens the door for those who wish to turn feelings of victimhood into empowerment and self-mastery and disease into health.



**You are a ghost in a meat coated skeleton, made from stardust, riding a rock hurtling through space. What do you really have to fear?**

# WHITE OWL'S WORLD

23



## The Circle Of Life

Man has a poor understanding of life,  
he mistakes Knowledge for Wisdom.

He tries unravel the secrets of Great Spirit.

He attempts to impose his laws and ways upon Mother Earth,  
even though he himself is part of nature, he chooses  
to ignore it for the sake of his own immediate gain.  
But the laws of Nature are far stronger than the laws of man  
Man must awake at last, and learn how little time there remains  
before he becomes the cause of his own downfall,  
and he has so much to learn, to learn to see with his heart.

He must learn to respect Mother Earth  
- she who has given life to Everything:

to the Rivers, the Lakes, the Oceans and the Winds:  
to our Brothers and Sisters, the Animals and the Plants.

He must realise that this planet does not belong to him  
but that he has to care for and maintain  
the delicate Balance of Nature for the sake of the Well-being  
of our Children and all Future Generations

It is the Duty of man to preserve the Earth the Creation of Spirit  
Mankind being but a grain of Sand in the Holy Circle which  
encloses all of life.



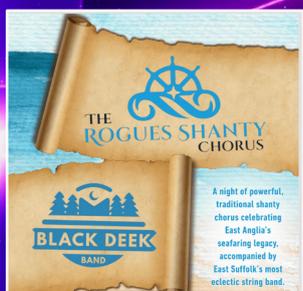
# BECCLES PUBLIC HALL & THEATRE

[www.becclespublichall.co.uk](http://www.becclespublichall.co.uk)

Box Office: 01502 770060



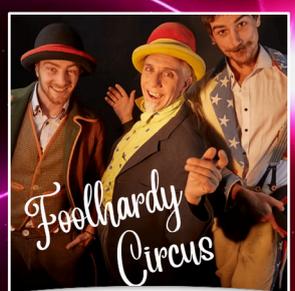
**Bowjangles - Classically Untamed**  
 Thu 5 Feb 2026, 7:30PM  
 Beccles Public Hall and Th...  
 Beccles



**The Rogues Shanty Chorus and The Black Deek Band**  
 Sun 8 Feb 2026, 2:00PM  
 Beccles Public Hall And Th...  
 Fundraising for the Hall



**Groovy UV**  
 Sat 14 Feb 2026, 2:00PM  
 Beccles Public Hall and Th...  
 Beccles



**Foolhardy Circus**  
 Tue 17 Feb 2026, 2:00PM  
 Beccles Public Hall and Th...  
 Beccles



**Buddy Holly's Winter Dance Party**  
 Fri 20 Feb 2026, 7:30PM - 10:00PM  
 Beccles Public Hall And Th...  
 Fundraising for the Hall

Just a few decades ago parents let there kids roam the neighbourhood all day  
with only one instruction: "Be home before it gets dark" Yes really!

# IT WAS A 'ONE STOP' HEALTH & WELLBEING EVENT

Victoria Rd, Surgery  
Oulton Broad

**Wow, wow, wow what can I say but 'AMAZING'!!  
What am I talking about? Well let me tell you.....**

It was our One Stop Health and Wellbeing Event held on Tuesday 20 January and it brought local health and community services together in one welcoming space, making it easier for residents to access support all in one place. The event welcomed over 65 services, offering advice, information, health checks, and vaccinations in a relaxed and friendly environment.

This was the fourth One Stop Health and Wellbeing Event, reflecting the ongoing commitment to supporting local communities and recognising just how important days like these are. By bringing services together under one roof, events like this help reduce barriers, encourage early intervention, and ensure people can access the support they need at the right time.

On the day, 20 NHS Health Checks were completed, and 72 vaccinations were delivered, helping to protect local residents while also promoting conversations around prevention, wellbeing, and healthy living. The event also strengthened partnerships between services, enabling better joined up working for the benefit of the community.

The event was organised by the Primary Care Network (PCN) and hosted by Victoria Road Surgery, with Care Coordinator Samantha Caplin and Health & Wellbeing Coach Lisa Knights leading the day.

Feedback from attendees and stallholders has been overwhelmingly positive, with many praising the friendly atmosphere and the convenience of having so many services available in one place. Organisers, Samantha and Lisa, are already looking ahead to next year's event, planned for January, with the date to be confirmed – residents are encouraged to keep an eye out for further details. Samantha Caplin.



## HOLTON ROAD GARDEN CENTRE

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

A range of onion sets & garlic.  
Young vegetable plants

Books, Greeting Cards & Jigsaws!

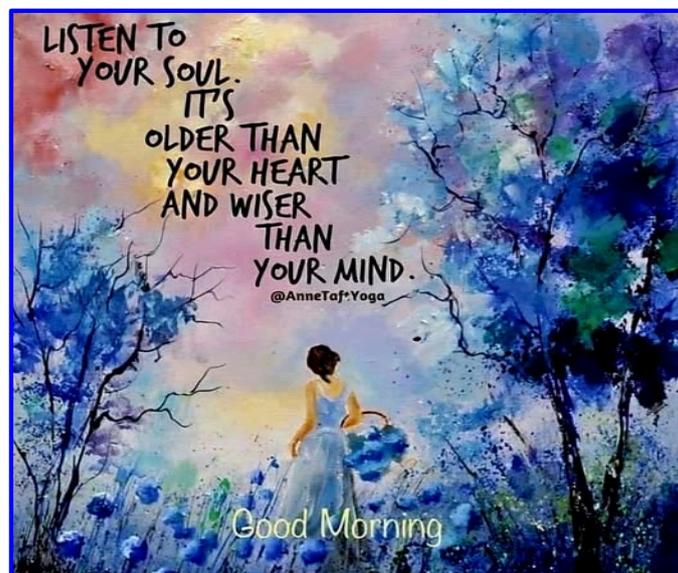
Everything you need for your pets  
from Hamsters to Horses!

**Visit Market Fields Farm Shop!**

36 HOLTON ROAD, HALESWORTH

TEL: 01986 872761

OPEN 7 DAYS A WEEK



# Wherry Yacht Charter introduces 'Tea at Twilight' As part of 2026 sailing programme

Wherry Yacht Charter will be launching its summer season on 1<sup>st</sup> May 2026 with an expanding variety of sailing experiences, including a new Tea at Twilight sail. Customers can experience a magical 3 hour trip sailing towards sunset on the beautiful Norfolk Broads... a quieter, relaxing time of day, all whilst enjoying delicious tea and homemade cakes.



The first Tea & Twilight trips leave from Wroxham at 4pm on the following dates: Thursday 21<sup>st</sup> May & Tuesday 9<sup>th</sup> June Other trips include sailings whilst enjoying morning or afternoon tea and cakes and the much in demand fish and chip supper at Wroxham Yacht Club.

For nature lovers there are several sailings which stop at a nature reserve only accessible by river and other trips include a visit to the Museum of the Broads. People who just want to relax and enjoy the beautiful views and wildlife on the Norfolk Broads are also catered for with many day sails setting out from Wroxham, How Hill, and some from Ranworth and Stalham.

An ever popular highlight in the schedule are the full day sailings including a delicious buffet-style lunch and snacks on Hathor, the flagship Egyptian themed pleasure wherry.



The charity also organises a programme of free events including musical performances at How Hill where Hathor is moored from 1<sup>st</sup> May to 30<sup>th</sup> September and open to the public for guided tours during the summer months.

Day trips and charters are the main source of income for WYC which restores, maintains and operates five of the remaining eight wherries in the world.

Visit [www.wherryyachtcharter.org](http://www.wherryyachtcharter.org) for more details and to book a wherry trip or charter.

**ANGIE'S CURIOUS CREATURES**

## DRAGON TAILS AND SLIMEY TRAILS

East Point Pavillion  
11-12pm + 1-2pm  
Tuesday 17th February - £5 per child

Meet and hold Toothless, Shelly & Sheldon and Speedy & Scooby  
Make your own dragon tail to wear and listen to a snail story!

Call Angie to book on 07787299453  
\*Animals may change without notice

Let your dance be wild,  
your voice honest  
and your heart untamed.

## LOVE IS IN THE AIR #2

**Vetta Wise's**  
SINGING MASTERCLASS

SONG, CAKES, AND LOTS OF IDEAS!

10 AM - 5 PM | SAT 28  
FEBRUARY

**HOLTON CHURCH**  
COME ALONG AND LISTEN

BOOKINGS & MORE INFO:  
VETTAWISE23@GMAIL.COM

# CHESNEY HAWKES



# Norwich Waterfront Monday 16<sup>th</sup> March.

Chesney Hawkes became one of the biggest pop stars of his era with his irresistible mega-hit 'The One and Only', becoming one of the most recognisable songs of a generation.

A GIG CARTEL PRESENTATION BY ARRANGEMENT WITH ILA PRESENTS

# CHESNEY HAWKES

SMASH IT TO PIECES TOUR MARCH 2026

THURSDAY 6TH BATH KOMEDIA	SUNDAY 15TH BARNSELY BIRDWELL VENUE
FRIDAY 6TH GLOUCESTER GUILDHALL	MONDAY 16TH NORWICH WATERFRONT
SATURDAY 7TH KENDAL BREWERY ARTS	TUESDAY 17TH COLCHESTER ARTS CENTRE
SUNDAY 8TH GLASGOW ORAN MOR	WEDNESDAY 18TH LONDON BUSH HALL
TUESDAY 10TH CARLISLE OLD FIRE STATION	FRIDAY 20TH BIRMINGHAM O2 ACADEMY
WEDNESDAY 11TH STOCKTON ARC CENTRE	SATURDAY 21ST CHESTER THE LIVE ROOMS
THURSDAY 12TH LEEDS BRUDENELL	SUNDAY 22ND EXETER PHOENIX
FRIDAY 13TH MANCHESTER BAND ON THE WALL	

VIP TICKETS AVAILABLE  
NEW ALBUM LIVING ARROWS OUT NOW  
CHESNEYHAWKES.COM | THEGIGCARTEL.COM

Having spent over a decade in LA, Chesney is finally back and bigger than ever, with his long-awaited comeback album 'Living Arrows' securing BBC Radio 2's coveted 'album of the week', and spawning the hit radio singles 'Get A Hold Of Yourself', 'Live Forever' and 'LOUD!'.

With regular major television appearances including his iconic BBC Radio 2 'Piano Room' and recent advance to the final of 'Celebrity Big Brother', Chesney is very much back in our lives, our ears and our hearts - Guilty pleasure to National Treasure! Tickets start at £26.00 are available



from: <https://www.thegigcartel.com/Artists-profiles/Chesney-Hawkes.htm>

**Yes! We're BACK**

## QUIZ

Saturday 21 March 2026  
in Wangford Community Centre  
7.00pm for 7.15pm start

Teams of 4 (maximum) £10.00 each person which includes  
Hot Dog and Apple Crumble and Ice Cream

To book your team please contact Rachel Dade or Edna Utting  
on 01502 445891 or [racheldade@hotmail.co.uk](mailto:racheldade@hotmail.co.uk)  
[e.utting@outlook.com](mailto:e.utting@outlook.com)

Proceeds to St Elizabeth Hospice, Beccles  
in memory of Linda Pepper

No bar so please bring your own drinks (and nibbles) and glasses  
Raffle - a prize would be gratefully received

**Trainmaster Suffolk**

## Terrific Train Fun!

Thursday 19th February 10.30am & 11.45am  
@ Reydon Community & Sports Centre

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

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

01502 442817 [southwold.library@suffolklibraries.co.uk](mailto:southwold.library@suffolklibraries.co.uk)  
[www.ticketsource.co.uk/southwoldlibrary](http://www.ticketsource.co.uk/southwoldlibrary)

**Suffolk**  
Community Libraries

Back by popular demand!

## Sea Shanty Evening

Saturday 28th March  
Reydon Village Hall

Come and join us for something a little bit different!

Bring your own drinks

Enjoy a seafood platter and an evening of music from **The Lowestoft Longshoremens**

**£20 per person**

Doors open from 6pm, food served 6.30pm  
Music starts around 7pm

Limited spaces - must be booked in advance  
Please contact Jackie on 01502 723380  
or email: [reydonchristmaslights@gmail.com](mailto:reydonchristmaslights@gmail.com)

Special Treasure Chest Raffle  
Tickets sold on the night

## Weigh your baby @ Southwold Library!

Tuesday - Friday:  
10am - 1pm & 2pm-6pm  
Saturday: 9.30am - 1pm & 2pm-5pm  
Sunday: 11am-4pm  
No booking required

**Suffolk**  
Community Libraries

**Suffolk**  
County Council

**If YOU are cold, THEY are cold.**

## PLEASE bring your pets inside.

Like humans, cats & dogs are susceptible to frostbite & hypothermia.

**You have been criticising yourself for years and it hasn't worked. Try approving of yourself and see what happens!**

# Saint Felix School proudly presents

# THE ADDAMS FAMILY MUSICAL

Saint Felix School proudly presents The Addams Family Musical - School Edition 7:00 pm 11th to 13th February 2026 at The Silcox Theatre, Saint Felix School Don't miss out. Book your place now: See below links!

A delightfully spooky musical comedy featuring music and lyrics by Andrew Lippa, a book by Marshall Brickman and Rick Elice, and orchestrations by Larry Hochman. The show is based on the beloved characters created by Charles Addams.

Wednesday Addams, the family's dark-loving daughter, is growing up – and she has a surprising secret that only her

father, Gomez, knows. She has fallen in love with a kind and “normal” young man from a very different family. As Gomez struggles to keep Wednesday's secret from Morticia, events come to a head when the two families are brought together for a dinner that leads to unexpected, and hilarious results.

Featuring unforgettable characters including Morticia, Gomez, Uncle Fester, Pugsley, Grandma, Lurch, and the entire Addams clan, The Addams Family Musical is a heart-warming and humorous story about love, honesty, and the importance of family – with just the right amount of spooky fun.

Don't miss out. Book your place now: <https://www.trybooking.com/uk/events/landing/103618#TheAddamsFamily#AddamsFamilyMusical#SchoolEdition#SaintFelixSchool#SilcoxTheatre#SchoolMusical#YouthTheatre#LiveTheatre#MusicalTheatre#SpookyFun#CreepyAndKooky#FamilyMusical#FebruaryShows#SupportSchoolArts#BookNow#IndependentSchool#AnEducationByTheSea#BroadenYourHorizon#southwold#reydon>

SAINT FELIX SCHOOL PRESENTS...

## The Addams Family

SCHOOL EDITION



11<sup>TH</sup>, 12<sup>TH</sup> AND 13<sup>TH</sup> FEBRUARY 2026, 7PM  
SILCOX THEATRE, SAINT FELIX SCHOOL, IP18 6SD




Spring Craft Fair  
14th March 10-4 pm  
High quality handmade crafts by local crafters  
a different craft on each stall  
SHRC  
Southwold Happy Rabbit Crafts  
URCH, HIGH STREET, SOUTHWOLD IP18 6DN  
next to Fairfax and Favour  
well behaved dogs welcome

Reydon Village Hall  
... at the heart of the community.  
Golden Anniversary Appeal Fund

## Ceilidh!

Saturday 21<sup>st</sup> March 7-10pm  
@ Reydon Village Hall with the:



ONCE BITTERN  
CEILIDH BAND

£15 per person including meat or vegetarian chilli  
BYO alcohol. Soft drinks & snacks available  
Book your tickets in advance with Charlotte 07715388916  
[froglock@hotmail.com](mailto:froglock@hotmail.com) or online  
[www.ticketsource.co.uk/reydonvillagehall](http://www.ticketsource.co.uk/reydonvillagehall)  
All funds towards the RVH Golden Anniversary Appeal Fund to repair, renovate and refit the hall



What we know as 'The 10 Commandments' were contained in 'The Egyptian Book of The Dead', and that was written 700 years before Moses was born.

# UNUSUAL AURORA BOREALIS DISPLAY OVER THE UK!

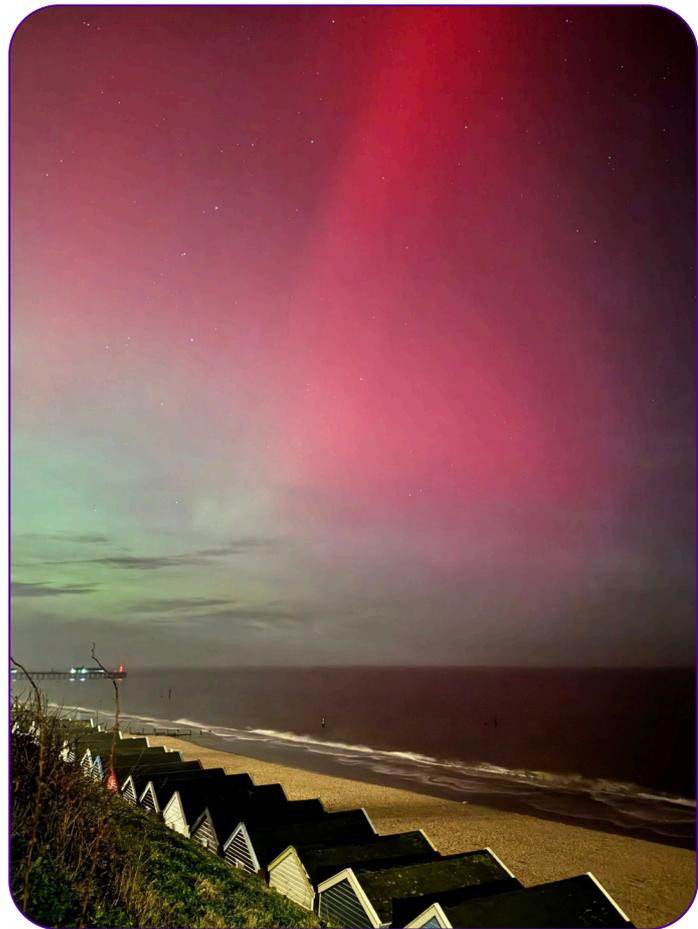
A fast coronal mass ejection (CME) that left the Sun on the 18<sup>th</sup> of January created an unusually prominent and spectacular display over the night skies in our region.

While opportunities to witness the aurora are not uncommon during this active phase of the solar cycle, whether it will be visible hinges on two critical factors: the timing of the CME's arrival and the local weather conditions on the Tuesday evening. Both seem to have collaborated to give us a stunning display

The CME is a major burst of charged particles ejected from the Sun's atmosphere. These particles travel through space and, upon reaching Earth, can disturb the planet's magnetic field. When the disturbance is strong enough, a geomagnetic storm develops, increasing the chances of aurora activity.

During geomagnetic storms, energy from the incoming solar particles interacts with gases high in Earth's atmosphere. Oxygen and nitrogen emit light at different wavelengths, creating the colourful displays typically associated with the northern lights, from soft greens to vivid reds and purples.

CMEs of this size are relatively common during the current stage of the solar cycle, which naturally brings periods of heightened solar activity. As a result, opportunities for aurora sightings can occur several times a year, especially during the darker months.



Sometimes you just have to be thankful for all the troubles you don't have...

~The Wild Soul

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"Some people talk to animals - not many listen though. That is the problem". A A Milne

# Lowestoft Town Hall Clocks

As the Town Hall Project continues to progress, the refurbished clock faces have been returned. The restoration work on the clock faces was carried out by Haward Horological Ltd, who are specialist clockmakers and repairers, with the restoration part of the work to keep as much of the original heritage features, including the weather vane that was restored in 2025 and the recently removed stained glass windows from the Council Chamber.



This work is just a small but vital part of Lowestoft Town Council's complete refurbishment of the iconic Town Hall. For more information check out the website: [www.lowestofttowncouncil.gov.uk](http://www.lowestofttowncouncil.gov.uk)

Photographs by Julian Claxton.

## Pop Pickers at The Seagull Theatre

Step back in time with Pop-Pickers: A Swinging Sixties Chart Show Pop-Pickers Returns: A Brand-New Swinging Sixties Chart Show Step back in time once again as Pop-Pickers: Version Two returns to the stage on Friday 13th March with a fresh take on its much-loved swinging sixties chart show.

Following the success of the original production, this new version delivers another vibrant celebration of one of music's most iconic decades, packed with unforgettable hits and timeless favourites from the 1960s – a decade that changed music forever. Audiences can expect sun-kissed California surf pop, smooth 60s soul, feel-good girl groups, and the distinctive twang of folk-rock, alongside the sounds that defined an era. From the birth of rock 'n' roll and the soulful magic of Motown, to the unstoppable rise of Beatlemania and the British Invasion, Pop-Pickers: Version Two is a nostalgic journey through a legendary chart countdown. Bringing the era to life in true 60s style are Stephen and Paul from Full House, alongside Natalie and Penny from The Vibettes. With rich harmonies, infectious energy and authentic vintage fashion, they deliver a toe-tapping, singalong show that captures the spirit and excitement of the swinging sixties.



Whether you're revisiting old favourites or discovering the magic of the 60s for the very first time, Pop-Pickers: Version Two promises another evening of timeless classics and feel-good fun.

Tickets are £14 (£12 concessions) and available from the Seagull Theatre box office on 0333 666 3366 or at [www.theseagull.co.uk](http://www.theseagull.co.uk)

Join us on Friday 13th March for a brand-new chart countdown and celebrate the songs that shaped history – all over again.

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For booking head to my website  
[Downtoearth-yoga.co.uk](http://Downtoearth-yoga.co.uk)

**New 'Breathe' - gentle chair-based yoga Sessions**  
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 Wrentham Village Hall, London Rd, Wrentham, Beccles NR34 7HJ  
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\*Launching with a FREE TASTER Wednesday 4th February 2026\*  
 Followed by 7 weekly Wednesday sessions subsidised by Fit Villages at £3 per week. (Then hopefully, it will be continued by the instructor for years to come!)

Breathe is a friendly, chair-based yoga class for older adults and anyone who'd like to move gently, feel calmer, and be part of something local and uplifting. We focus on simple movements, easy breathing and shared moments - no floor work, no pressure, just good company and a chance to feel better together.

You can book your space on <https://bookwhen.com/sarahsyogospace> or contact Sarah Lewis for more information on; [sarah@tendher.co.uk](mailto:sarah@tendher.co.uk)

For further information contact Tyler Beales on [tyler.beales@eastssuffolk.gov.uk](mailto:tyler.beales@eastssuffolk.gov.uk) or 07748 181434

**QUIZ NIGHT**  
 12 February 2026  
 Fundraising for Halesworth & District Museum

Come along and test your general knowledge with some fun-filled quirky questions!

- Halesworth Golf Club Bar & Restaurant
- Entrances: £15 per person including supper or £6 without food
- Choice of Chicken, Cheese & Bacon Burger or Mushroom & Halloumi Burger
- Quiz starts at 7:00 (Doors open at 6:00)
- Teams of 4, or join up with new friends on the night!
- Auction of Pledges & Raffle
- All proceeds go to support our local Museum

Reserve your table:  
[accounts@halesworthmuseum.org.uk](mailto:accounts@halesworthmuseum.org.uk)  
 text or call 07730 970737 or 07843 235887

See you there!

**VINYL VIBES**

**WEDNESDAY EVENINGS**  
 6PM - 7PM  
 STUDIO 3, THE SEAGULL  
 AGES 14 - 18

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TO BOOK A PLACE, EMAIL: [SUPPORT@WELL-CHILD.CO.UK](mailto:SUPPORT@WELL-CHILD.CO.UK)

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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

Find us on Instagram @thebuglemagazine



That's all folks! Back on March 1st. Contact us on 01502 578074  
 Email: [the.buglemag@yahoo.co.uk](mailto:the.buglemag@yahoo.co.uk)