

The Bugle Magazine

YOUR monthly FREE Community Magazine.



*From both of us at
The Bugle
Magazine, we wish
all of our readers,
advertisers and
contributors a very
Happy Christmas
and a Peaceful
New Year*



THE 1:1 DIET
by Cambridge Weight Plan

**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

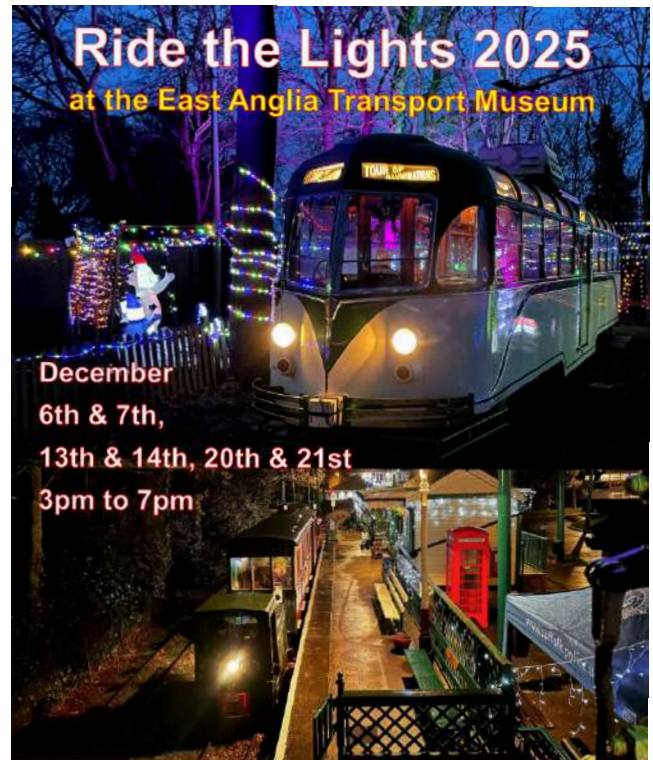
Ride the Lights 2025 at the East Anglia Transport Museum

December

6th & 7th,

13th & 14th, 20th & 21st

3pm to 7pm



Chapel Road, Carlton Colville, Suffolk NR33 8BL

www.eatm.co.uk

01502 518459

events@eatm.co.uk

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



**Free advertising for all our Local Theatres and Village Hall Cinemas.
Contact us today - Tel: 01502 578074 - E: the.buglemag@yahoo.co.uk**



We learn that bees have five eyes and two stomachs at Quince Honey Farm, South Molton, which was founded in 1949 and is a haven to thousands of honey bees.

We stay in a comfortable self-catering apartment at North Devon Resort where we relax and sleep well in decent beds. Harriett (14, Heidi (12) and Henry (9) share a room and we're able to rustle up a quick dinner each night without too much trouble. The dishwasher's a blessing and the shower room's finished to a good standard. Entertainment is provided on site and there's a singer every night. We discover that Harriet, who works at the venue, has a fantastic voice, as she takes to the stage to sing Amy Winehouse's Valerie. We play table tennis and air hockey and our children make friends playing indoor football and tennis with them. We really enjoy going in the indoor swimming pool whenever we like between the hours of 8.30am and 8.30pm, without booking.

At Ilfracombe Chocolate Emporium we take a workshop in all things chocolate and find out that flies pollinate the cacao bean. We didn't know that. Continuing the creative journey we visit Tarka Pottery in Little Torrington. Here we make pots and decorate them during a wonderfully relaxed and friendly two hour workshop with Jax and her team.



Getting on a bike is a great way to see the local area and we're able to do this on mountain bikes along the old railway line into Ilfracombe from Lee Meadow Cycle Hire at Woolacombe, a route suggested by Matt, who runs the business.

There's a sandy beach at Ilfracombe, which feels like a valley because there are properties on either side high above in the surrounding hills. At the entrance to the harbour is Verity, a thought provoking 65-foot tall bronze statue by Damien Hirst. Not far from Ilfracombe is Arlington Court, a splendid historic property that was a private family home for 500 years. Inside this grand stately pile are pillars that at first glance you might think are marble but we learn are a cheap imitation yet still quite effective.



Back in Ilfracombe its museum was founded by entomologist and adventurer Mervyn Palmer in the 1930s and his son still volunteers today. Henry, like his father, is impatient, and so it is a joy to watch him patiently wait for the Amur Leopard to appear at Combe Martin Wildlife and Dinosaur Park. He's an illusive fellow and I think even David Attenborough could become a little exasperated surely. But Henry sits down and waits. And out of the corner of my eye I see what I think looks like a leopard's coat and I jump up and let him know. For once, I'm right. It's a thrill.

Down the road near Barnstaple is Heanton Court, a pub in an old manor house, owned by Vintage Inns where we each have a drink and a two course meal in relaxed unhurried family-friendly surroundings. On our way home we visit Okehampton Castle and stroll round this historic market town and find an excellent music shop full of electric guitars. I don't think we could have done much more during our eight day stay at North Devon Resorts and we'd love to return to the area.

Top Pic: Chocolate making!

Bottom Pic: Charlie the parrot, at Combe Martin Wildlife Park

Calling all businesses! Help The Bugle stay active - advertise with us!

The Fisher Theatre Bungay

www.fishertheatre.org

Sunday 7th December 10am -4pm

CHRISTMAS MARKET

Step into the festive spirit as we open our Auditorium doors, transformed for the Christmas Market! The Makers Market will be a chance to admire and buy from a variety of local artisan, offering unique, handcrafted gifts. Children can also visit Santa in his magical grotto, where they'll receive a present from the man himself.

Tickets for Santa's Grotto available to purchase online or through Box Office

The Bar will be open for tasty treats and drinks.

Fri 19th to Wed 31st December

ROBIN HOOD PANTO

Immerse yourself in the wondrous Sherwood Forest for the merriest panto in tights! Join the legendary hero Robin Hood, the fearless Maid Marion, the mystical spirit of the forest of CherWood, Silly Will Scarlet, Little Joan and the rest of our merry team of outlaws as they square off against the devious Sheriff of Nottingham in this dazzling pantomime packed full of action and adventure



Church Mice Tots

Lunch with Santa on 18th December
11 am till 1 pm
 St Mary's Church Hall (Community Larder)

ST PETER'S SPEXHALL
 Sunday 14th December
 3pm

'TIS THE SEASON
 A Quartet from the
Aurora Consort
 Conducted by Vetta Wise

Join us for an hour of lovely
 unaccompanied singing
 with a short interval

£10 including a seasonal drink
 All proceeds to St Peter's Restoration Fund
 (pay on the door, cash or card)

'Castle Singers' & 'Renaissance'
 Present their concert
"Christmas Dreams"
(Directed by William Drew~Batty)
Saturday, 20th December, 7.30 pm.
St Mary's Church, Bungay
 £8 adults, ~16's free, on the door, refreshments

Halesworth Town
Carol Service

Friday
19th
December

St Mary's
Church
7.00pm

Sing the Carols • Hear the Story
All are Welcome



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

Thursday 4th December. BECCLES & DISTRICT HISTORICAL SOCIETY meets at 7.30 pm at Hungate Church, Hungate, Beccles NR34 9TT. Subject: 'Hatched, Matched and Dispatched' The History of the Census. Speaker: Rowena Burgess. Adm: £3.00 All Welcome.

Saturday 6th December PAKEFIELD SINGERS PRESENT MUSIC FOR ST NICHOLAS DAY. 7.30pm St Mary's Church, Halesworth. Navidad Nuestra - an Argentinian Nativity by Ariel Ramirez and Benjamin Britten's cantata Saint Nicolas, with tenor Evan Ruth, organ Tim Patient, piano, Terry Cunnane guitar Andrew Osborn, and conductor Vetta Wise. Tickets £15 from Halesworth Bookshop, www.ticketsource.co.uk/pakefield-singers and on the door.

Wednesday 10th December QUIET MORNING AT WRENTHAM CHAPEL 10am – 12noon A time for peace and contemplation. Refreshments to be provided. Bring a packed lunch and stay for longer if you like. No charge. Details from Sue Hardy: 07771 882 738

Saturday 13th December, WENHASTON VILLAGE HALL ANNUAL CHRISTMAS BAZAAR from 2 to 4pm. There will be lots of lovely festive stalls for you to browse and maybe buy some Christmas presents for family, loved ones, friends and even treat yourself. There will be a raffle, a tombola, mulled wine and Christmas music played by Waveney Saxs. Cafe open for Tea, Coffee, Homemade Savouries & Cakes. This will be a most enjoyable afternoon and everyone is welcome. For further details contact Carol on: 07864083296 or caz-mike@outlook.com.

Saturday 13th December. FRIGHT FAIR BEFORE GOTHMAS! GOTH CHRISTMAS INDOOR MARKET. - 10am till 2pm Hatfield Hotel, The Esplanade, Lowestoft, Nr33 0QG. Find something unique for the darkling in your life. Even if it's you. Free entry and there's a bar and restaurant there too. Organised by Oh my Goth. Find us on YouTube, Facebook and Instagram.

Saturday 13th December. WENHASTON VILLAGE HALL ANNUAL CHRISTMAS BAZAAR from 2 to 4pm. There will be lots of lovely festive stalls for you to browse and maybe buy some Christmas presents for family, loved ones, friends and even treat yourself. There will be a raffle with some great prizes, a tombola, mulled wine and Christmas music played by Waveney Saxs which creates a warm and lovely Christmas atmosphere. The cafe will be open for Tea, Coffee and Homemade Savouries and Cakes. This will be a most enjoyable afternoon and everyone is welcome so do put the date in your diary and come and join us. For details contact Carol on: 07864083296 or caz-mike@outlook.com.

Sunday 14th December. CHRISTMAS CRACKER: BECCLES CHORAL SOCIETY AND WAVENEY CONCERT BAND St Michael's Church, Beccles, 4.30pm. Get in festive mood with friends and family at Beccles' famous Christmas Cracker concert presented by Beccles Choral Society and Waveney Concert Band. Our Christmas Extravaganza features favourite come and sing carols, traditional Christmas music and other popular seasonal items. This is the one not to miss! Tickets this year just £10 (under 16s free) from ticketsbeccleschoral@gmail.com, Beccles Bookshop or Marion Fox 07586 959326

Sunday 20th December CAEDMON AT CHRISTMAS at Wrentham Chapel from 7pm. Celebrate all things seasonal in music, word and song with a programme consisting of items contributed by some of the audience attending on a bring and share basis. Interval with wine, fruit juice and light buffet. No charge but donations for Christian Aid will be gratefully received. Details from Sue Hardy: 07771 882 738

OMG FAYRES

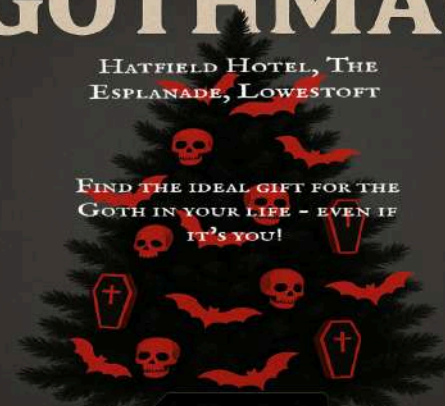
FRIGHT FAIR BEFORE GOTHMAS

HATFIELD HOTEL, THE ESPLANADE, LOWESTOFT

FIND THE IDEAL GIFT FOR THE GOTH IN YOUR LIFE - EVEN IF IT'S YOU!

10AM TILL 2PM

13TH DECEMBER



RE-CYCLE YOUR BIKE

SUNDAY 11TH JANUARY 2026

DROP IT OFF SOUTHWOLD PUTTING GREEN & CAFE IP18 6BN



Unwanted bikes are being collected at the Southwold Cafe and Putting Green, near the Pier, on Sunday from **10 AM to 12 noon**.

Join us in making a difference! Byth Valley Rotary, part of Rotary International, is dedicated to helping local, national, and international communities. For more information, please contact info@blythvalleyrotary.co.uk.

info@blythvalleyrotary.co.uk

This is your last chance to share your pre-loved bikes and bring joy to others!



The Bugle What's On Guide

Even More 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

PAKEFIELD CHURCH & 'THE LODGE' ENTERTAINMENT CENTRE AT CORTON

For information about the entertainment venue, and the cafe, at the Lodge Please contact :

Woburn Farm, Stirrups Lane, NR32 5LE. info@woburnfarm.co.uk

Ax throwing, Archery and Shooting is at weekends. Cycle track Wednesday to Sundays.

For information about Pakefield church events and Hall availability Please contact :

office@pakefieldchurch.com. Please note that Sun evening services now start at 4.00pm

Friday 5th December. At the Lodge, Steve Blacknell. Tales from the Bedroom Wall. Live launch and signing. Starts 7.00. £5pp Tickets and information from info@woburnfarm.co.uk

Saturday 6th December. Pakefield church Christmas Fayre. 1.30 to 3.30. Stalls, games and raffles. Special guest appearance from Santa – just £3.00 including present.

Sunday 7th December. Christingle Services at Pakefield church at 4.00 and 7.30.

Wednesday 10th December. Lunchtime Christmas concert at Pakefield church with Qwind Essential Quintet, 12.00. Warming Soup, Rolls and Drink. Admission Free. Donations to the tower fund always appreciated.

Saturday 13th December. at 6.30 is Messy church in Pakefield church starting at 10.30.

Saturday 20th December. Pakefield church welcome Gt Yarmouth Brass Band for a festive concert. 7.00. Information from office@pakefieldchurch.com

Saturday 20th December. The Big Barn Christmas Disco Bingo 7.00pm. The Lodge, Stirrups Lane, Corton.

Sunday 21st December. Pakefield church Nativity Sunday Service. 10.30.

Sunday 21st December. Pakefield church Carol Service starting at 6.30.

Wednesday 24th December. Pakefield church's Walking Nativity starting at 3.00. Join Joseph as he seeks shelter for expecting mother Mary and the donkey. See the Wise men and Shepherds. Have a warm drink in the church hall before going into church for carol singing around the tree at 4.00. A very popular annual favourite. We look forward to seeing you for all, or part of the event.

Wednesday 24th December. Pakefield church Midnight Holy Communion starting at 11.30pm

Thursday 25th December. Christmas Day Family Holy Communion starting at 11.30am at Pakefield church.

Wednesday 31st December. Watchnight Service at Pakefield church starting at 11.45pm

Wednesday 31st December. The Lodge, Corton. Boots, Beer and New Year for Adults Only, £45. Western attire required for an evening of Country Music. Event includes Bucks Fizz on arrival, tempting grazing board, as well as line dancing. To book or for more information contact : info@woburnfarm.co.uk

THE CUT ARTS CENTRE HALESWORTH TEL: 0300 303 3211



Just a sample of what is on. www.thecut.org.uk Contact The Cut for more info

The fear of long words is called Hippopotomonstrosesquippedaliophobia.



The Bugle What's On Guide

Regular Events

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

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

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

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

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

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

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

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

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

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

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

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

First Wednesday every month 'BECCLES SOCIETY FOR ART' 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 or tel' James on 07399572122

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

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

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

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

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

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

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

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

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

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

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

If you are aware of any events that no longer take place - please let us know!



The Bugle What's On Guide

Regular Events

Continued

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

EAST POINT RADIO

MUSIC FOR THE BABY BOOMERS TO GEN X



Your local internet radio station
is now looking for additional presenters.
Whether you have previous experience or
just would like to give it a try, why not
contact us today?

Email: studio@eastpointradio.com



**Mount Everest isn't the tallest mountain on Earth.
Mauna Kea & Mauna Loa the twin volcanoes in Hawaii are.**

'THROUGH THE LENS' PHOTO COMPETITION IS BACK!

East Suffolk Council's "Through the Lens" photo competition is back, and entrants are being given more chances to win with the introduction of two new categories. The return of 'Through the Lens' follows the success of last year's competition, which welcomed more than 230 entries. This year, photographers of all ages and experience are invited to submit entries for two categories, 'People' and 'Place'. Under-16s will also have their own category, like previous competitions. High street retail vouchers will be awarded to the winner of each category.

From the three winners, one overall winner will be selected. This photograph will grace the cover of the East Suffolk Magazine when delivered to every household in the district next spring. Entrants are encouraged to capture the essence of the district by photographing the people, places and communities that make East Suffolk amazing.

Cllr Caroline Topping, Leader of East Suffolk Council, said:

"Last year's photo competition was extremely successful, proving that we have some keen photographers across the district, and I am excited to see what this year's competition brings.

"Our district is full of amazing people, places and communities with unique stories, all waiting to be captured through the lens. It could be an image of an inspiring person in East Suffolk, a beautiful landscape picture that reminds us just how amazing our district is, or an active and supportive community."



Entries should be submitted via eastsuffolk.co/through-the-lens before midnight on Saturday 31 January. Previous entries will not be considered.

More information can be found at www.eastsuffolk.gov.uk/photo-comp. The competition officially opened on Monday 24 November.

Winners will be announced during the week commencing Monday 23 February, with the three winners each receiving a £100 high street voucher. The overall winner will also have their photograph featured on the cover of the East Suffolk Magazine in the spring.

Picture: Last year's winning image by Jenifer Everett-Day.

Southwold Library
Reading Groups
Christmas Do

Thursday 11th December 6.30pm

Are you in a reading group?

All reading group members welcome to this annual Christmas get together. A chance to compare notes, discuss group favourites (and the ones you hated) and get recommendations for the new year.

Tea, coffee and squash provided but please bring nibbles and any other drinks to add to the evening's offerings.

suffolkcommunitylibraries.co.uk

Suffolk
 Community Libraries



Wenhaston Village Hall
Christmas Bazaar
 Saturday 13th December
 2.00 pm - 4.00 pm

Live Music by
Waveney Saxes
Festive Stalls & Raffles
Café Open - Homemade Cakes

Supporting local organisations
 Come and enjoy the Christmas Spirit

To book your table (provided) - cost £10 - Contact
 Carol 02864 083296 or email caz-nike@outlook.com



Christmas Crooners returns to The Seagull Theatre, Lowestoft – A festive favourite not to miss! Back by popular demand, the much-loved seasonal theatre show 'Christmas Crooners' returns to the theatre on Saturday 6th December, following seven consecutive years of sold-out performances. This cherished holiday tradition promises an evening brimming with exceptional music, laughter, and interactive festive fun.

Celebrating the timeless magic of the Great American Christmas Songbook, the show pays tribute to the legendary voices of the swing and big band era in a lively, nostalgic special in the style of the TV specials of the 1950s, '60s & '70s.

Audiences will be transported back to the golden age of Christmas classics, with performances from Paul, Natalie and Stephen - who have entertained the Queen, BBC Radio 2 audiences, and some of the U.K.'s most prestigious stages. Together, they bring to life songs made famous by such legendary crooners as Frank Sinatra, Dean Martin, Ella Fitzgerald, Andy Williams, Judy Garland, Nat King Cole, Tony Bennett and many more. Expect festive favourites such as 'Have Yourself a Merry Little Christmas, White Christmas', 'Chestnuts Roasting on an Open Fire', 'Santa Baby', 'It's Beginning to Look a Lot Like Christmas' and 'Santa Claus is Coming to Town' - plus many more. With harmonies and timeless tunes, Christmas Crooners promises to have you singing along all night long.

Date: Saturday 6th December at The Seagull Theatre, Lowestoft

Tickets: £13 Full, £11 Concessions Box Office: 0333 666 3366

Online Booking: www.theseagull.co.uk Don't miss this festive spectacular

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

BEFORE & AFTER PHOTOS AFTER JOB COMPLETION
FULLY INSURED AND LADDER ACCREDITED

- Clear Gutters of Debris, Moss, Plants & Dirt
- Wash Gutters, Fascia & Soffits
- Conservatory Roof Cleans
- Greenhouse Cleans
- Minor Repairs

GUTTER REPLACEMENT SERVICES ✓

PHONE/TEXT - 07563112589 WEBSITE- Mikesgutters.co.uk
EMAIL- info@mikesgutters.co.uk (OPEN 7 DAYS A WEEK)

NASA genuinely faked part of the Moon landing. The astronaut quarantine protocol when the astronauts arrived back on Earth was largely just one big show.



Crack In The World

If you just watch the mainstream media like the BBC news, ITV News, Channel Four news and all the other news outlets that regular spin government lies like 'inflation is down' and 'what a wonderful job the government is doing' then it really is time you woke up and smelt the flowers! From external news sources not open to undue influence the following is easily uncovered.

For starters it is not only the British Isles that are just on bankrupt but Europe is heading that way too. Not only can't the European nations agree on very much but they are all seemingly locked into this brainless idea of accepting mass illegal immigration with their women being no safer than ours from the disgusting advances from men who believe that women are the trash beneath their feet and totally subservient to men. Adding to the individual problems, the giant VW plant in Germany has apparently had to close down recently because the supply of rare minerals they need for production of electric vehicles was stopped by the Chinese.

Europe's mess

The Chinese are allying to the Russians and they have agreed with the ever growing BRICS alliance to trade with each other in the Chinese currency – removing their trade from the 'dollar' standard. A serious blow to the west. Germany and others are preparing for war, agreeing huge armaments budgets in the new financial year.

As if things couldn't get any worse, Ursula Von De Leyen the President of the EU (unelected) has declared herself the true leader by telling the European parliament what they must budget for in the coming months. Germany is increasing their armaments budget and France too are telling the people to prepare for war.

Could it be that these idiots actually want to take on Russia or China at the same time as destroying their own individual countries with uncontrolled immigration, astronomical levels of unemployment, alongside a controlling future of ID cards and little or no hope?

Trump's True Colour - Gold.

The USA is similarly falling apart according to reports while Mr Trump plans to paint a room at The White House in pure Gold Leaf. Perhaps he should consider all the unemployed and homeless camping on the streets before he starts trying to impersonate King Midas.

If the future I am painting looks a bit dim, that is because it is. The World Economic Forum are doing their worst and it will not end well for Joe public – the opposite in fact.

Campi Flegrei is Waking

Another event not being reported is the gradual stirring of the Campi Flegrei volcano.

The Campi Flegrei ("burning fields") or Phlegrean Fields is a large, 13-km-wide nested caldera located under the western outskirts of the city of Naples and under the Gulf of Pozzuoli.

On 19th November this year one resident awoke to find her back garden split into two by massive gaping crack. Steam is gushing from the volcano's base and the sea regularly has steam and gas coming up from the sea floor. A population of tens of thousands live in the vicinity of this monster and blows then it is possibly goodbye Europe. Not a thing about it on the Government compliant mainstream news media. Other Volcanoes are blowing their tops - Kilauea on Hawaii is active again just of the last few days as is Mount Semeru in Indonesia. Nothing on mainstream media! Don't look behind the curtain Dorothy - nothing to see here!



TREASURE ISLAND

Join us for a thrilling voyage of discovery, danger and daring, as Robert Louis Stevenson's *Treasure Island* is brought to life on stage at The Cut Theatre in Halesworth this January.

The classic adventure in which young Jim Hawkins finds a treasure map in a dead pirate's sea chest, and sets out with Captain Smollett, Squire Trelawney and Doctor Livesey to find the island where the treasure is buried.

On board their ship, the *Hispaniola*, they encounter the cunning pirate, Long John Silver, and a crew of mutineers, who also want the treasure.

This is a show (with a twist) for the whole family to enjoy. Sing along with all the sea shanties and see if you can spot the parrot! So, hoist the anchor and gather your crew, book your tickets (see our advert for details), and come aboard with Circle 67 on this classic pirate adventure, where fortune favours the bold and X marks the spot.

As our name suggests, Circle 67 was formed in 1967 to bring high-quality theatre to the Blyth Valley area. With your support, we'll keep going! We always welcome new members; so, if you are interested in joining us, or simply want details of forthcoming productions and events, please contact us via our website www.circle67.co.uk

Circle **67** presents

TREASURE ISLAND



**The Cut
Halesworth**

**Fri 30 January, 7.30pm
Sat 31 January, 2.30pm
& 7.30pm**

Tickets available from The Cut Box Office
0300 303 3211, thecut.org.uk
Evenings: £12 adults, £8 children
Matinee: £8 all tickets

Circle67.co.uk

Bungay Community Support
Understanding IT
At Number 28

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

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

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

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

Thursdays 11am - 1pm
No need to book.

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

BCS BUNGAY COMMUNITY SUPPORT

COMMUNITY FUND

Funded by UK Government

Norfolk COMMUNITY

East Angles

bungaycommunitysupport.org.uk

Charity No. 1200141

'This Little Babe'

The Southwold & Reydon Choral Society's Christmas Concert



Friday, 12th December, 7.30 pm
St Edmund's Church, Southwold

Tickets: £12.50, including refreshments
On the door, or Ticketsource (Southwold & Reydon Choral Society)
or telephone: 0333 6663366

Britten: A Ceremony of Carols
Howells: Collegium Regale
Music by Poston, Tchaikovsky and Mathias

Musical Director: William Drew-Batty
Harp: Zoe Anderton; Piano/Organ Alison Evans

(Painting by Helena Drew-Batty)

A comet smells like rotten eggs, urine, burning matches, and... almonds.

AUTUMN/WINTER ACTIVITIES AT SUFFOLK COUNTY MUSIC SERVICE

With county-wide musical activities, Suffolk County Music Service are well-placed to promote not one, but two charities over their forthcoming 2025/26 season.

As part of our commitment to supporting the wellbeing of Suffolk's young people, we are proud to again be promoting James' Team for the 2025-26 academic year.

The organisation was formed in memory of young musician and avid reader James, and they are currently raising funds to buy books for Year 6 pupils which help promote self-confidence and positive wellbeing in young people. They also fund raise for PAPYRUS - Prevention of Young Suicide, who help to break the stigma, start the conversation and save young lives.

SMART Suffolk exists to ensure that young people in Suffolk have access to arts

opportunities to enrich their lives. SMART provides funding to help Suffolk's young people access high-quality music and arts opportunities (including with us) and will be present at our pre-Christmas events.

We are also pleased to announce that as Suffolk County Music Service raised over £1000 for the St Elizabeth Hospice Hop to it Art Trail, their Mascot 'Woody' is due to visit us to say thank you on Saturday 29th November at Ipswich County Music School, Northgate Arts Centre!

Keep an eye out for our events in and around Suffolk, particularly in the lead-up to Christmas, where you will see collections for SMART & James' Team.

Our popular Area Concerts will be on Friday 5th December, so tickets will be on sale via TicketSource.

LODDON ANTIQUES & COLLECTORS FAYRE

Sunday 7th December 8.30am - 3.00pm

£2 Admission • On Site Cafe



The Jubilee Hall,
George Lane,
Loddon. NR14 6NB

*Dogs welcome
on leads!*



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

Dunwich Museum Christmas Fair

Saturday December 6th, 11 - 4pm

Local crafts, trinkets, art, pottery, and more!

Find a special gift for the holiday season and enjoy hot drinks and refreshments as you browse.

In the Dunwich Reading Room

SYCAMORE GAP TREE

The first saplings grown from the iconic Sycamore Gap are set to be planted after the beloved tree was illegally felled, the National Trust has announced.



Five saplings went into the ground this month as National Tree Week kicked off, with more than half of the 49 “trees of hope” from the sycamore to be planted over the course of the week.

The tree, which stood for more than a century in a dip in Hadrian's Wall, was deliberately cut down overnight in September 2023, prompting a national outcry and a police investigation.

Earlier this year, Daniel Graham and Adam Carruthers were found guilty of its illegal felling and were sentenced to more than four years in prison.

The saplings – 49 to mark the sycamore's height in feet when it was cut down – were grown from the seeds and material rescued from the felled tree, which grew on land cared for by the National Trust, and were nurtured at the charity's plant conservation centre.

The first places to plant the trees, which are now between four and six feet tall, include the Tree Sanctuary in Coventry, where a teenage trio set up a project to rescue their city's trees. Saplings have also been planted at a site commemorating the Minnie Pit mining disaster in Staffordshire and at the former military base and location of the protest camp at Greenham Common, Berkshire, which reopened to the public in 2000. Saplings have also been planted at The Rob Burrow Centre for Motor Neurone Disease at Seacroft Hospital in Leeds,

at Hexham General Hospital in Northumberland, and at a veterans' charity, Veterans in Crisis, in Sunderland.

Andrew Poad, general manager for the National Trust's Hadrian's Wall properties, said: “It's incredible to think that the first ‘offspring’ of this very famous tree will be planted – it feels like just yesterday that those tentative first shoots appeared.

“Over the next couple of years, the saplings will really start to take shape, and because sycamores are so hardy, we're confident they'll be able to withstand a range of conditions.”

The very first sapling grown from the



Sycamore Gap tree was gifted to the King last summer and will be planted on behalf of the nation at a later date. More than 500 applications were received to host one of the 49 saplings, the National Trust said. One of the successful applicants is the Tree Amigos, who set up their Tree Sanctuary for unwanted trees in 2023, having planted their tree of hope on Sowe Common North during November.

Early next month, an additional sapling which was given to the school closest to the Sycamore Gap, Henshaw Church of England Primary School, will be planted in its grounds. And another 15 saplings will be planted in each of the UK's national parks in early 2026, including one in Northumberland where the original sycamore stood.

Pic top: The Sycamore Gap tree before the felling vandalism

Pic above: The saplings growing.

You can actually die laughing. A number of people have, due to intense laughter causing a heart attack or suffocation!



News from HALESWORTH DEMENTIA CARERS FUND

The last few weeks have been very good for HDCF. We are now firmly established in our new home at the Patrick Stead Day Care Centre (next to the Rifle Hall). We have moved most of our weekly activities there now, and these include Singing with Friends Wednesdays 2pm – 3.30pm, Seated Yoga on Thursdays from 10.30 – 11.30, Creative Art on Fridays from 10.00 – 11.30, and the Carers' Support group also on Fridays from 2.00 – 3.30. We also still have the Seated Movement to Music at Holton Village Hall on Mondays from 11.00 – 12.15, and the Memory Café on Tuesdays from 2.00 – 3.30 in the Co-op Community Room. On Fridays we are now able to offer Day Care from 9.30 – 3.30, with our fully trained wonderful staff in attendance. If you would like more information about any of our activities, or what we do, please call us on 07990 199632 or email us at info@halesworthdementia.co.uk.

We also have a website at www.halesworthdementia.co.uk and a Facebook page where you can follow us.

We are also able to provide dementia awareness workshops. If you are interested in one please do get in touch with us. We'd love to hear from you

Of course none of this would be possible were it not for the truly magnificent support that we get. So many people support us, run events for us, leave us bequests, and give so much time to helping us. We are truly grateful to everyone who has supported us in any way.

We would like to thank recent donors – Uggeshall Teas, Laxfield Community Market, the Plough Day organisers, Prestige Nursing (who ran an iChameleon shop for us) and the Lodge of Prudence.

100+ Club The winning numbers for November are 112 (£100), 37 (£75), 70 (£50) and 39 (£25).

Carols On The Quay

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

WHAT'S ON:

3.00pm Carols Around the Tree
Craft Fair at 'The Lady of the Lake'
and along the Boulevard
Free Entry to the Museum
Hot Roasted Chestnuts,
Mulled wine, and Mince Pies
outside The Copper Smoke House

Event opens 11 am and closes at 4pm after the carols finish.
Thank you for your support – we hope to see you there!
This is a free event for the public to attend, organised by the Nicholas Everitt Park Trust along with local business owners from Bridge Road.
All money raised will go directly back into the charity to support our park.
Join us for a magical festive day full of seasonal cheer, shopping, and music!

FESTIVE FUNDAY SUNDAY 14TH DECEMBER

The Pavilion, Nicholas Everitt Park, Oulton Broad

10am–12pm & 1pm–3pm

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

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

Don't forget your Christmas jumper –
Theres also a Christmas Jumper Competition!

Plus, meet Father Christmas in his Grotto
(extra charge, pre-booking req'd)

For questions or more info, contact us at the above email or check out our other ads.
All proceeds go to the Nicholas Everitt Park Charity Trust to support the park.
Please note:
You must book a time slot. Spaces are limited and may fill up before the deadline.
No refunds for missed sessions.

No matter what size your budget Our compassion is constant



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



Rosedale
FUNERAL HOME
A FAMILY BUSINESS

Hungate, Beccles 01502 714445 (24hr)
Upper Olland Street, Bungay 01986 892790 (24hr)
Market Place, Halesworth 01986 875588 (24hr)
www.rosedalefuneralhome.co.uk

THE ACCORDION MAN

Robert Cator

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

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





The REAL Story of Mary Magdalene – High Priestess and more Part 3

In one of the Gnostic Gospels, The Pistis Sophia, Mary Magdalene is quoted as saying to Jesus, 'Peter makes me hesitate – I am afraid of him because he hates the female race.' And in the Gnostic Gospel of Thomas we find Peter saying, 'Let Mary leave us – for women are not worthy of life.' It is obvious that Mary is Jesus' second in command here - definitely not Peter..

It is Jesus who pulls Peter to one side and says to him, So if I were to take this beautiful enlightened spirit and place it into a male body - what difference would that make?

As mentioned in 'The Templar Revelation' the question must be asked: Where were all the male disciples? They certainly weren't at the crucifixion; only Mary Magdalene, Jesus' mother Mary and Martha are mentioned. The male disciples fled after the last supper and kept their heads low! They all deserted him. So much for the male-dominated Church that has no time for women as leaders. They listen too much to the words of Paul and Peter. It does them no credit. Does not one person in the Christian Church realise that it was the females who stood by Jesus through the crucifixion and beyond – long after the men like Peter had not only fled the scene but also repeatedly denied him? Is this the man to whom the pope of the Roman Catholic Church is ordained to be a successor? Irony indeed. Actually it may be rather fitting that the corrupt and manipulative Church of Rome allies itself so closely to one who ran away, denying all knowledge of Jesus.

At the time of the 'crucifixion' Mary was pregnant with her first child Tamar. Following the crucifixion Mary went with her family to GAUL Jesus was to join them later (India First) Joseph, Mary, Martha and Lazarus landed in Marseilles. Jesus did indeed join them later. After Mary Magdalene settled in France in the area known as the Languedoc, she gave birth to Tamar. Despite Jesus' frequent travels to such places as India and Ethiopia, preaching spiritual enlightenment, he also spent as much time as possible in France with Mary and Tamar. They had two more children during the next few years, Jesus Justus and Joseph.

Jesus' brother James travelled to England and was granted 12 hides of land at Glastonbury. He was visited later by Mary with her daughter Tamar. It is said that the river Tamar in Cornwall is named after her.

In AD49 Joseph of Arimathea visited Glastonbury with Jesus Justus, eldest son of Jesus and Mary Magdalene. It was now a thriving community. He dedicated a stone in a new chapel to his mother Mary. It is still there today. It is not, as the Christian Church will tell you, dedicated by Jesus Christ to his mother the 'Virgin' Mary. In AD63 Mary died at St Baume and was buried at St Maximus in Provence.

Author's note

Magdalene or Magdala means place of the dove, place of the tower and temple tower. In Micah 4:8, a prophecy perhaps: 'And then Oh Tower of the Flock, the stronghold of the daughter of Zion – unto thee shall it come, even the first dominion, the Kingdom shall come to the daughter of Jerusalem.' In Hebrew the epithet Magdala literally means tower or elevated, great, magnificent. Mary Magdalene was known throughout the centuries in Languedoc tradition as 'Mistress of the Waters' or 'Mary of the Sea', but the association is always with water. To the Gnostics, as indeed the Celts, females who were afforded religious veneration were always associated with water, lakes, wells and springs. Gnosis (or knowledge) was always connected with the female Holy Spirit – which 'moved on the face of the waters'. This was the Holy Spirit of Sophia (Wisdom) said to be incarnate in Mary Magdalene

Because of Jesus and Mary's almost accidental re-enactment of the dying and rising God scenario, Magdalene has, since her death, been likened to Isis herself by her followers. Whenever secrecy or coded writings were required, she was always referred to as Isis.



YOUR LETTERS

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

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

Hello Bugle!

Euro Car Parks, North Quay Retail Park Lowestoft

Yesterday I received a letter from the above company telling me that I had overstayed my visit to the park on 5th November and didn't leave it until 24 hours and fifteen minutes, therefore the fine was £100. So, I presume that I had slept in my car that night. I am 88 years of age and a disabled blue badge holder. I don't go anywhere without my car. I am writing this letter to the Bugle as a warning to other local residents who may fall foul of this company. My bank account shows that I had not made any purchases on 5th, but I had made several on the 6th, so either their camera is faulty or the person in their office who reads the camera pics needs to go to Specsavers.

Jarred off,

Ken Brickell,

Hello Bugle

The Housing Crisis

I read the Grumpy Old Man last month and I have to say I fully agree with everything he said about the current housing crisis.

For the ordinary renter either retired or working on a low wage it is nigh-on impossible to be able to

purchase a house or rent one. The current rents being charged take up just about all of my take home pay, that is without electricity, rates, gas, food and anything towards a car. If I want to buy at the moment I would need upwards of £100,000 as a deposit which is crazy.

Mr Trump is talking of 50 year mortgages but whilst that may ease the burden a little with regard to deposit, the 50 year loan term would mean that the final figure for the purchase of your home would be considerably more. Not an alternative that anyone in their right mind would willingly become saddled with. A millstone around your neck that would not be removed in your lifetime.

Houses both to rent and/or buy are now many, many times the average annual salary and they must come down dramatically. The house price inflation that everyone greeted with glee has not been matched by wages, which have largely remained quite low. We are all slaves to a system not run by us or for us. I feel sorry for the children, what hope do they have, apart from a complete economic crash of the entire world. Start again.

Yours

Jason

Address Supplied



REYDON CHRISTMAS LIGHTS

Tree Lighting of the Christmas Tree

Join us at Jubilee Green
REYDON Suffolk
IP18 6GY

6th December 2025
5.30 pm

Father Christmas will be visiting with his trusted friend

BLYTH VALLEY ROTARY CLUB
Invite you to
'The lighting of the Christmas Tree'
on Jubilee Green, Reydon

Saturday 6th December from 5.30pm
(Switch-on approx. 6pm)

The Wrentham Band
Hot Soup
Tea, Coffee & Hot Chocolate
Mulled Wine

Plus a visit from a special guest.....Ho Ho Ho!

With special thanks to The Randolph Hotel, Reydon
for supporting the evening

Wrap up warm and bring a torch!

There will be a bucket collection in aid of
REYDON CHRISTMAS LIGHTS



CHRISTMAS Party Nights!

AT HALESWORTH GOLF

SATURDAY 6TH & 13TH DECEMBER

FESTIVE CANAPES & FIZZ ON ARRIVAL
TWO COURSE CHRISTMAS MEAL
LIVE BAND
DOORS OPEN FROM 6.30PM, MIDNIGHT FINISH

TICKETS ONLY AVAILABLE IN ADVANCE FROM THE CLUBHOUSE BAR

£48 MEMBER
£54 NON MEMBER

INFO@HALESWORTHGC.CO.UK - 01986 875567 - HALESWORTHGOLF.CO.UK



Lowestoft Town Centre Haven for Adults in Later Life!

Looking for a delicious, home-cooked lunch that won't break the bank? Or perhaps a friendly place to unwind, connect, and get a little extra support when you need it? The Olive Centre is Lowestoft's warm and welcoming community haven for adults in later life, right in the heart of the town centre. Just opposite the library and a short stroll from the town's central bus station, The Olive Centre is open Monday to Friday, 9:30am–3:30pm, offering a safe, social, and supportive space primarily aimed at those around the age of 60 and over, where everyone is welcome and no membership is required.

At 12 noon every weekday, visitors can enjoy freshly prepared, home-cooked meals made with care by the Centre's friendly kitchen team. Each day brings new flavours and hearty portions, with two courses for just £8, that's £5.50 for a main and £2.50 for dessert. With daily specials that change with the seasons, it's no wonder word is spreading fast about just how good this place is for adults in their late life across the area.

But The Olive Centre isn't just about food, it's about community. The venue hosts a vibrant calendar of activities that help adults stay active, social, and connected. Whether you're joining in with bingo, crafts, live music, or just dropping by for a cuppa, there's always something happening and someone to talk to.

For those facing life's practical challenges, Steve, the Centre's friendly support adviser from Age UK Norwich, is on hand to help. Offering face-to-face advice every Tuesday from 9:30am, where the adviser offers support for adults aged 50+ with benefits and entitlements, energy-saving tips, home aids and adaptations, care options at home, housing rights information and tackling isolation and loneliness. His tailored guidance helps people live independently, confidently, and well, providing a lifeline for those who may not know where to turn.

The Olive Centre serves up over 300 home-cooked meals every week!

No membership or booking is required; just walk in and order before 11:30 am.

Located right opposite Lowestoft Library in the Town Centre.

All meals are made fresh on-site using seasonal ingredients.

18 Clapham Rd South, Lowestoft, NR32 1QS.

Opening Mon – Fri, 9:30am–3:30pm

Lunch Served: 12 noon daily. 2 courses, just £8

Support Sessions: Every Tuesday from 9:30am with Steve from Age UK Norwich

So whether you're craving comfort food, companionship, or a bit of extra support, The Olive Centre is here for the local community, a true town centre haven for adults in later life.

The Seagull Theatre Lowestoft

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



Cherie's Christmas Cabaret
Thursday 11th - Sunday 14th December
2.30pm/7.30pm
£15/£13

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

Recommended for 16+



Annie Jr.
Friday 19th - Sunday 21st December
2pm/7pm
£10

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



Santa and the Christmas Wish
Monday 22nd - Wednesday 24th December
10.30am/1.30pm
£8

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

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

The T.Rex dinosaur likely had feathers, scientists in China have discovered.

BONDS MEADOW NEWS

A Positive Twist on the Winter Blues

Winter is upon us, but it hasn't dampened the enthusiasm of our volunteers or the pupils of Limes Academy Primary School. Their recent presence brought immense joy to our ageing souls during a visit to build hedgehog houses and explore the woodland.

We were nearing the completion of bench seating for their future seasonal field trips throughout the year, and the children's excited shouts and screams made our efforts all the more rewarding. Children are the future of any community, and we believe their visits will foster a greater appreciation for the natural world as they grow.



A familiar sense of loss accompanies my excitement each autumn, as I seek out Bond's Meadow's weirdest fungi. With the falling leaves, the security of my vibrant green comfort blanket disappears, revealing a stark, skeletal landscape. I can never get used to this seasonal exposure; it feels unnerving. Yet, this is nature's timeless lesson: no matter how bad things get, life always finds a way to return. This is winter's quiet promise. For those of us

who feel the effects of SAD (Seasonal Affective Disorder), the lack of sunshine is a genuine physical burden. But the cure isn't found at home staring into the glow of a TV or smartphone screen; it's in the muted light of the outdoors. (Picture)

Living near the coast, a winter walk along the shore is a powerful antidote to anxious thoughts. The bracing wind whips the sea into a fury of white-crested waves that thunder onto the sand. Or, you can venture into the isolation of the marshes, where a brittle chill seeps deep into your bones, which are soothed by the sounds of loud, honking calls of geese fleeing across the heavy sky. This boundless sense of freedom is available to everyone. My morning stroll through the maze of grey trunks and the spindly, leafless boughs of Bond's Meadow woodland offers that vital dose of renewal. Nature in winter is not lifeless; it is dormant and full of hidden potential. The fallen leaf returns its life to the earth, while the bare branch steps aside, inviting the sun to awaken the seeds below.

The older I get, the more I find that the faintest glimpse of nature's subtle beauty, such as the frost carving a delicate pattern on a leaf, the dedicated song of a robin in the silence, or the first brave snowdrop, warms my heart more than any perceived human achievement. These moments are not an escape, but a re-connection with a deeper, lasting truth. Winter, by its very nature, heralds the optimism of spring. It is a season of waiting, not of ending. In a world full of pessimistic headlines, the quiet, persistent resilience of the natural world remains the most powerful statement of all. While the world shouts in headlines, our woodlands speak in whispers. Listen intently, it's the only news that truly matters.

Find us at bondsmeadow.org or bondsmeadownews@gmail.com

Picture: The winter skeletal landscape

Bugle info: Please get articles, events and all items for inclusion, to us by the 20th of the month prior to publication. Tel: 01502 578074 E: the.buglemag@yahoo.co.uk



The most common route of exposure to pesticides is via the food that we eat. Pesticides used in agriculture often leave detectable traces of chemicals in, or on, our food, known as 'residues'. The level and type of residues detected on a food item will depend on a range of factors including which pesticides have been used, when in the growing season they were applied and how persistent they are – or in other words, how long they take to decompose.

Unfortunately, we can't see, taste, smell or feel pesticide residues so (other than testing in a lab) we have no accurate way of knowing if a particular food item is contaminated by pesticides. While UK supermarkets do test food items for residues, very few of them make this data publicly available (see who does & doesn't share at pan-uk.org/supermarkets/residues-in-food). In the UK we therefore have little choice but to rely on the annual UK government residue testing scheme organised by the Expert Committee on Pesticide Residues in Food (PRiF).

However, the PRiF testing is extremely limited in scope and tests just 3,000 kilograms of produce each year. It is also presented in a format which makes it almost impossible for the general public to understand. For that reason, every year PAN UK analyses the PRiF data and publishes the "Dirty Dozen" list which is the twelve types of fruit and vegetables found to contain the most residues – <https://www.pan-uk.org/dirty-dozen/>

We do this, not to be alarmist, but to give the public access to information on which food is most likely to contain pesticide residues to enable them to make informed choices about the produce they purchase and consume. PRiF testing results are published on a rolling basis throughout the year, always a year in arrears. This means that when we publish the Dirty Dozen the results are for produce tested in the previous year. Samples collected by PRiF come from a variety of sources including supermarket shelves, street markets, independent shops, and wholesalers. The range of produce is limited, usually in the region of 15-20 different types including fruit and vegetables, meat, dairy and arable products such as bread. PRiF does not test the

same produce each year, making it very challenging to make year-on-year comparisons or identify trends.

PAN UK has chosen to focus its analysis of PRiF testing results on multiple residues, with the Dirty Dozen listing the food types most likely to contain residues of more than one pesticide. This is because our regulatory system is set up to assess the safety of just one pesticide at a time, ignoring the growing body of evidence that chemicals can become more harmful when combined. This phenomenon – known as 'the cocktail effect' – has long-been recognised as an area of concern in the UK and beyond. Despite this, little has been done to understand or prevent the human health impacts that may occur due to long-term exposure to pesticide cocktails.

Looking at the PRiF data, it is very common for individual samples of UK food to have more than one type of pesticide present. In fact, testing has revealed residues of up to 15 different pesticides in one sample. The sad reality is that we are exposed to a range of pesticides in the food that we consume on a daily basis, in addition to all the other chemicals that we are exposed to in both the rural and urban environment.

Whilst we publish results on an annual basis, we have also combined the findings from the last six years of PRiF testing to try and identify the produce that is most frequently contaminated by multiple residues. The table on next page shows the results for the period 2018-2023 inclusive. Note the results for 2024 will be published by PAN UK in December of this year.

The worst offenders are usually citrus of all types, grapes fresh and dried, and soft fruits such as strawberries. Tree fruits such as apples, pears and cherries are also frequently contaminated with multiple pesticide residues. There are numerous reasons for this. With citrus, it is often due to fungicides being applied to stop them rotting during transport and storage. Grapes are susceptible to a variety of pests and disease during their growth phase and pesticides can be liberally applied to try and counter such problems. Continued on next page>>



Similarly, soft fruits such as strawberries and tree fruits like pears and apples are susceptible to pests and the development of diseases during growth, transport, and storage.

To make sure that they don't succumb to these potential problems they are treated, usually prophylactically, with a variety of pesticides. Pesticides are also used to ensure that produce is cosmetically 'perfect' and free of blemishes, for example apple scab. Apple scab makes no difference to the taste or quality of the apple and poses no risk to the consumer. However, it is believed by many retailers that the public want cosmetically perfect fruit even if that does mean using harmful pesticides to achieve that goal.

Glyphosate and the arable sector

But it isn't just fruit and vegetables that can contain pesticide residues. In recent years, there has been an increasing problem with glyphosate residues turning up in bread and other arable produce such as oats, barley, and wheat. The use of glyphosate in the arable sector has sky-rocketed over the last 30 years. The most recent government usage statistics show that, in 2022, approximately 2,010 tonnes of glyphosate active substance were applied to UK arable crops covering 2.4 million hectares of land – an astonishing amount!

In 2022, PAN UK looked specifically at the results for bread products in the PRiF testing data. Our research showed that the proportion of bread containing multiple pesticide residues had doubled to 50%, compared to the previous average of approximately 25% in the preceding decade.

Find more about bread at:

pan-uk.org/half-of-bread-contains-pesticide-cocktails-plus-download-the-dirty-dozen/

Produce	Number of samples	Number of samples with multiple residues	% of samples with multiple residues
Grapefruit	219	218	100
Soft citrus	169	162	96
Oranges	171	156	91
Strawberries	240	206	86
Grapes	584	577	84
Dried Fruit (grapes)	72	59	82
Lemons	192	157	82
Herbs	32	26	81
Cherries	121	98	81
Pre-packed salad	88	71	81
Peaches & Nectarines	194	147	76
Pears	264	195	74



It is thought that much of this rise in use – and associated increase in glyphosate residues in food – can be attributed to the use of glyphosate as a pre-harvest desiccant.

This is where glyphosate is used to artificially dry a crop to make harvesting easier. If the UK Government banned this practice it could overnight significantly reduce the amount of glyphosate residues found in bread and grains.

The approval license for glyphosate is up for review at the end of 2026. Health and environment advocates are calling for the UK government to use this opportunity to impose a ban on using glyphosate as a pre-harvest desiccant, as the EU did in 2023.

Although this might actually happen sooner...

Alde Valley Suffolk Family History Group "Tracing Your Non-Conformist Ancestors" Talk by Liz Yule

This talk will look at the legislation which affected how our nonconformist ancestors worshipped, what records can be found, and how to spot an ancestor who worshipped away from the Established Church.

Liz is a native of East Anglia but now lives in Canterbury, and nonconformity has been a particular area of interest within her own ancestry, but also because both of her parents-in-law served as United Reformed Church ministers.

This hybrid talk takes place on Monday 15th December 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 — at £1.00 for members, £3.00 for visitors, including tea/coffee/biscuits. Good, free car-parking.

Only members can take part in our meetings on Zoom, but it only costs £8 for a year's membership. <https://avsfhg.org.uk/membership/> (website under construction) and Zooming is free.



NEW YEAR'S EVE Celebration

AT HALESWORTH GOLF

DECEMBER | 31 | 7:30 PM - 1:00AM

FIZZ ON ARRIVAL & AT MIDNIGHT*

GRAZING SNACKS/ LIGHT BITES/ SWEET TREATS

DJ & DANCING

FIREWORK DISPLAY OVER THE LAKE

SHUTTLE LIFTS INTO HALESWORTH*

TICKETS ONLY AVAILABLE IN ADVANCE

50.00 member
58.00 non member

*SHUTTLE LIFTS - LIMITED AVAILABILITY
PLEASE BOOK WHEN PURCHASING TICKETS*

info@halesworthgc.co.uk - 01986 875567 - halesworthgolf.co.uk

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



AJS Arthur Jary & Sons Ltd

Est. 1899

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

Office located at:
76 Denmark Road
Lowestoft
Suffolk NR32 2EQ
Email: lowestoft@arthurjary.co.uk

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

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

Wind turbines kill between 10,000 and 100,000 birds each year in the UK.



SOLSTICE CELEBRATIONS

Did You Know?

These days, the word Yuletide is essentially a synonym for Christmastime, but Yule was originally a celebration of the winter solstice, which takes place a few days before December 25. Although the origins of Yule are a little hazy thanks to it being thousands of years old, it's thought to have been an ancient Norse holiday celebrated across Northern Europe. In addition to feasting and drinking, Yule traditions include hanging mistletoe, singing carols, and lighting fires. When Christianity began to sweep across Europe during the 9th century CE, Yule started being replaced by Christmas (although many of its elements carried over).

A few traditions that still bear the Yule name include the burning of a Yule log, and the Yule log cake, or *bûche de Noël*. Yule goats can be found as Christmas tree ornaments and sometimes even as massive straw sculptures.

Saturnalia // The Roman Empire

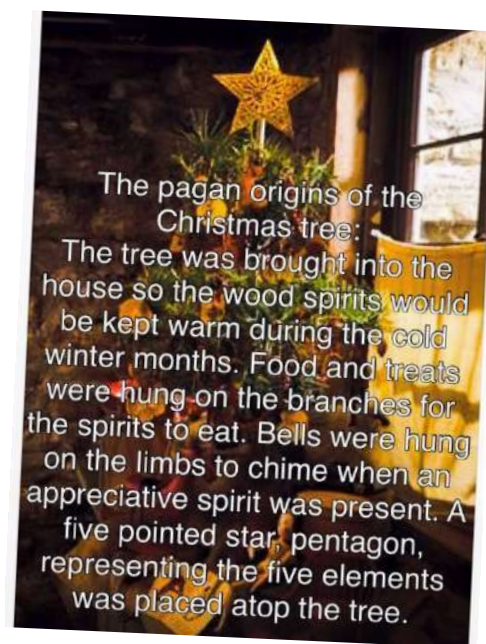
Another ancient festival that was eventually absorbed into Christmas is the Roman holiday of Saturnalia, which was celebrated in honor of the Roman god Saturn. The festivities began on December 17 and usually lasted a full week, with all businesses closing down for the period. Huge banquets were held and plenty of alcohol was drunk. "Who can sing of the spectacle, the unrestrained mirth, the banqueting, the unbought feast, the lavish streams of wine? Ah! now I faint, and drunken with thy liquor drag myself at last to sleep," wrote poet Statius after attending one of Emperor Domitian's lavish feasts during the 1st century CE.

In addition to being a time of partying, Saturnalia was also a time of reversal—enslaved people were temporarily freed, gambling was legal, and a mock king (*Saturnalicius princeps*) was crowned. Gift-giving was also an important part of the holiday; candles were a particularly popular choice. Christians later co-opted the pagan winter celebration—although some, such as the 17th-century Puritan settlers in Massachusetts, rejected the non-Christian roots of Christmas and the merrymaking that went along with it and banned the holiday.

Dongzhi // China and Taiwan

There's an old Chinese saying that "Winter Solstice is as big as the new year" (冬至大如年, *Dōngzhì dà rú nián*). Celebrating Dongzhi—which literally means "winter's arrival"—dates back to the Zhou Dynasty (1045 BCE–256 BCE), but it didn't become an official holiday until the Han Dynasty (206 BCE–220 CE). Although Chinese New Year is the bigger event these days, the winter solstice—which marks the return of both the sun and yang energy—is still celebrated. Families often gather

together and enjoy special foods. In southern China, it's tradition to eat tangyuan (sweet glutinous rice balls), while in northern China, people favor jiaozi (savory dumplings). Legend has it that famed Han Dynasty physician Zhang Zhongjing invented the hot dumplings as a cure for frostbite.



Midwinter Day // Antarctica

Winter in Antarctica is particularly bleak. Not only does polar night mean that the sun doesn't fully rise for several weeks, but there's no one around apart from those overwintering at research bases. To bring some joy to the darkest day, the few people left working throw a Midwinter celebration—which takes place in June due to Antarctica being in the Southern Hemisphere. The tradition was started in 1902 by the British explorers of the Discovery expedition. Robert Falcon Scott, the leader of the mission, noted in his journal that the ship was decorated "with designs in coloured papers and festooned with chains and ropes" and that "the tables were loaded with plum puddings, mince pies, and cakes." The solstice celebration was so fun that the men "agreed that life in the Antarctic regions was worth living." Other Antarctic expeditions carried on this tradition—including those led by Ernest Shackleton—as have the people at the various present-day research bases.

The focus on food has remained a staple of Midwinter to this day. Along with having an extravagant meal, people exchange handmade gifts (there aren't any shops in which to buy presents) and listen to messages from loved ones back home. Some brave souls even streak through the snow, while others watch the Antarctic-set horror film *The Thing* (1982).

December at Halesworth Library

Christmas is around the corner and we have two festive events taking place this month. On Saturday 6th December, Kinetic Adventure are running two sessions making snow globes, from 10.30-12.00 noon and from 1.00-2.30pm. The activities are for children aged five and above and children will need to bring with them a clean jam jar with the label removed. There will also be ice experiments and the opportunity to make bath bombs to take home. Booking is required so please see library staff to register. Please note there is a minimum number required to make these sessions viable.

On Saturday 13th December, there will be a handbell ringing workshop in the library from 10.30 – 12.00. No booking required.

On Friday 5th December, Suffolk County Council Home Education Services will be holding a drop-in session from 11.00-12.30pm.

Christmas closure: the library will be closed on the 24th, 25th and 26th of December and the opening hours on 27th December will be from 9.00-2.30pm.

There will also be sessions of Sociable Sundays on Sunday 14th and 28th December 10.30-12.30pm. This event is hosted and run

by volunteers from the Friends of Halesworth Library. There will be no Board Games session this month but it will return in the New Year.

As the weather cools and the nights draw in, don't forget that all members of the community are welcome to stop by for a hot drink. The Library will also be offering a Kindness Rack (donations of winter clothing much appreciated!).

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 the last Barclays Bank session will be held on Wednesday 10th December, 9.00-5.00pm. Citizens Advice have a drop-in every other Tuesday 10.00-12.00, please ask a member of staff for future dates. We wish you all a very Happy Christmas

We are always looking to increase our readership to let more and more local people know what is going on in their area. Why not let friends and family know about us so they too can go on our mailing list and get The Bugle Community Magazine delivered Direct to their email inbox FREE!

BECCLES PUBLIC HALL & THEATRE

Box Office: 01502 770060

www.becclespublichall.co.uk



Bye Bye Baby – A Tribute to The Jersey Boys

Thu 4 Dec 2025, 7:30PM
Beccles Public Hall And Th...
Fundraising for the Hall



Forbidden Nights

Fri 5 Dec 2025, 7:30PM – 10:00PM
Beccles Public Hall And Th...
Fundraising for the Hall



Lily Phillips + Mark Thomas + Tom Ward (plus support act and MC, David Ward)

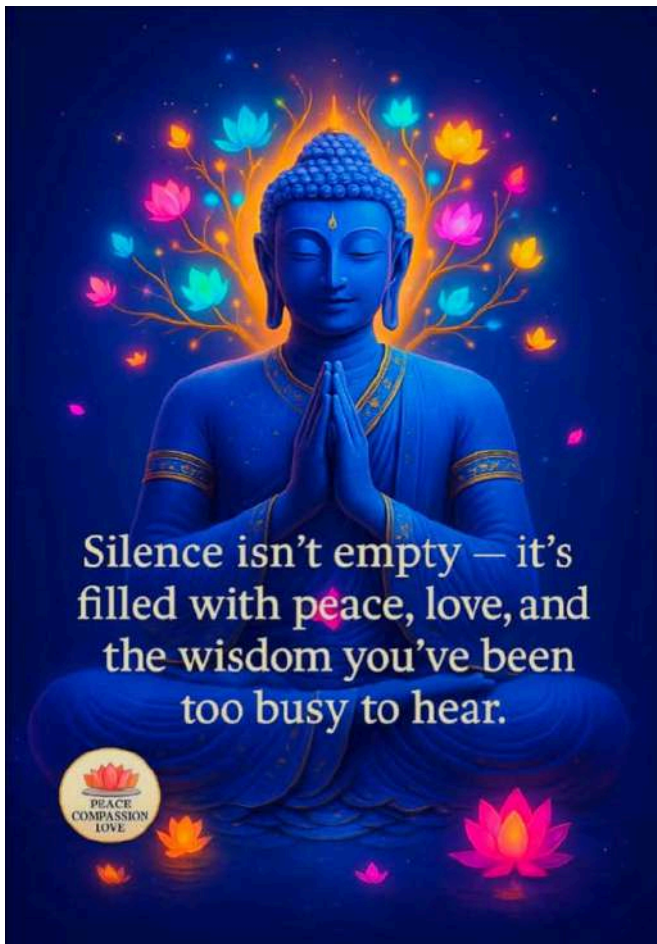
Sat 6 Dec 2025, 7:00PM – 9:15PM
Beccles Public Hall And Th...



Snow White – Family Pantomime

Sat 13 Dec 2025, 2:00PM
Beccles Public Hall & Theat...
Sound Ideas/Beccles Publi...

Snails have teeth. Between 1,000 and 12,000 of them, all over their tongue.



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

Reindeer Beetle Drive!

If you like Bingo you'll love Beetle!

Friday 5th December 7pm
@ Reydon Village Hall
£6 per person plus festive nibbles

Prizes! Raffle!

Never been to a Beetle Drive before? It is lighthearted and sociable fun suiting all ages. A dice based game where the aim is to complete your beetle reindeer first!

Drop in or Book your tickets with Charlotte at 07715388916
frogclock@hotmail.com www.ticketsource.co.uk/reydonvillagehall

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

SHE Choir
Christmas Charity Event

20 December 2025
4:30–6:30pm
Trinity Church, Bungay

Donations on the door & all money raised going to
'Action for Medical Research'

'Come and enjoy some songs, mulled wine and festive treats with us'

Jigsaw Swap Shop

@ Southwold Library

Borrow one and return it or swap for your own

suffolkcommunitylibraries.co.uk

Suffolk
Community Libraries

Community Libraries in this font, keep size larger than 12pt for accessibility. The colourful icons (leaf, heart, flower) can be moved around colours.

Nathan Hunt Tree Services
Professional Arborist

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

ARE ALL OF YOUR ELECTRICAL APPLIANCES PAT TESTED?

I can visit all types of venues, including:
Building Sites, Shops, Factories & Rented/Leased Properties

Call Stan Smith Phone: 01502 589178
Mobile: 07800867742
E: stansmithpattester@outlook.com

SIZEWELL C COMMUNITY FUND GRANT FOR COHERE ARTS

A popular project which gives people the chance to connect with others to socialise and sing to boost their wellbeing has received a £12,535 grant from the Sizewell C Community Fund. Cohere Arts has been awarded the money to deliver 30 “Tonic - singing for health” sessions at Leiston Library over the coming year.

The seated singing group gives older people and those with mobility or other challenges the chance to join a weekly session, make new friends and boost their wellbeing through song. The workshops are popular, with more than 20 residents regularly taking part in guided singing sessions before socialising with others over refreshments.



Dr Amy Mallett, artistic and executive director of Cohere Arts, said: “We are thrilled to receive this award, which will enable the return and continuation of our weekly ‘Tonic - singing for health’ workshops at Leiston Library. Offering a gentle, friendly way to experience the many health benefits of singing with others, the activity has been a hit with Leiston residents since it was piloted in January 2025. Group members have told us that Tonic has given them opportunities to make friends, reduce anxiety and recover from health challenges.”

The Sizewell C Community Fund is managed by Suffolk Community Foundation. It is making around £2m available each year to projects in the East Suffolk Council area which promote the economic, social or environmental well-being of the communities most impacted by the construction of Sizewell C and which enhance people’s quality of life.

Cohere Arts was one of eight projects awarded a share of just over £660,000 in the latest round of grants. Others benefiting included Ogilvie Pavilion & Sports Ground in Aldringham-cum-Thorpe, Rural Coffee Caravan, SAX Community Fridge and Saxmundham Adventure Playground. The latest awards take the total distributed since the fund was launched just over a year ago to around £3m.

For more information about the fund, eligibility criteria and how to apply, visit www.suffolkcf.org.uk or call 01473 602 602.

The “Tonic – singing for health” sessions take place at Leiston Library every Wednesdays between 10.30am and 12pm. There is no need to book in advance.

Picture: Cohere Arts Seated Singing. Credit: ‘Cohere Arts’.

From January 2026 EAST POINT RADIO are producing a monthly newsletter telling you all about the station, its operation and news about forthcoming events etc. You can sign up for the newsletter by emailing them at: studio@eastpointradio.com Keep up with what's going on at YOUR LOCAL INTERNET RADIO STATION.

A horse normally has more than one horsepower.

The Voice Cloud and The Seagull Theatre Present 'A Christmas Special' 2025 – A Free Online Festive Concert for Care Homes Across the UK. The Voice cloud, in association with and funded by The Seagull Theatre, proudly presents the sixth edition of its exclusive festive concert, A CHRISTMAS SPECIAL, on Sunday 7th December at 2:30pm.

This much-loved free-to-watch live show will be broadcast in 4K high-definition from The Seagull Theatre in Lowestoft, Suffolk, bringing a magical Christmas experience directly to care and residential homes across the UK and Ireland.

Created especially for care homes and residential settings, 'A Christmas Special' captures the nostalgia of classic Christmas television from the 1950s and '60s. The 2025 production will feature timeless festive favourites including "White Christmas," "Have Yourself a Merry Little Christmas," "Chestnuts Roasting on an Open Fire," "It's Beginning to Look a Lot Like Christmas," and "Santa Claus is Comin' to Town" among many others.

Now in its sixth year, the production continues a tradition that began in 2020 during the national lockdown. Since then, the show has reached and delighted over 300 care homes across England, Scotland, Wales & Ireland spreading joy, connection, and festive cheer to residents and staff alike.

Participation is completely free of charge. Care and residential homes can register to receive their private viewing link and joining instructions by visiting:

www.thevoicecloud.co.uk/christmas2025 If you're unable to join live, you can also register to receive a "Watch Again" link to enjoy the concert later.



Director of the Voice Cloud, Richard Simpson says:

"A Christmas Special is about creating moments of happiness and togetherness for people who might not otherwise be able to enjoy a live festive performance. We're thrilled to continue this tradition and make it freely available once again."

Sunday 7th December 2025 at 2:30pm Live from The Seagull Theatre, Lowestoft
Free to watch for care and residential homes Broadcast: Live online in full 4K HD

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

AI Plumbing & Heating

Efficient solutions for a greener future

- For all your plumbing and heating requirements
- Specialising in boiler and heating installations
- Gas, Oil and renewable servicing
- 24/7 emergency callout
- Friendly and reliable service

- call now on: 07548 111621
- email us on: anthony_iacovazzo@hotmail.co.uk
- visit us at: www.aiplumbingandheating.co.uk



WASPS

The Blyth Valley and Southwold group of the Suffolk Wildlife Trust welcomed the entomologist Dr Ian Bedford to our November meeting to talk about wasps. These insects aren't usually met with much sympathy, but Ian's talk showed us how to view wasps in a different light.

There are an astonishing nine thousand different species of wasp in the UK. All are excellent pollinators, a great help with pest control, and an essential part of the eco system. The great majority are solitary wasps, which are generally no trouble to us. They may live underground, or in nooks and crannies in trees, bushes, or sheds. Gall wasps create odd little growths on leaves, branches, or acorns to harbour their young. Other wasps are parasitic, using caterpillars and grubs as hosts for their eggs. Some, like the bee wolf, hunt a single species to feed their offspring.

Only about 1% of wasps are social, living in large colonies, and we have eight native species. The yearly cycle begins when a mated queen wakes from hibernation, begins to build her nest, and to lay eggs. The workers, infertile females, then labour to build, protect, feed, and repair the nest. Their lives are short, two to three weeks. Male drones hatch later, and once mated with a new queen, they too die. By late

summer, the wasps' need for sugar makes them uninvited guests at outdoor meals, but Ian suggests we resist the urge to swat them. They sting if provoked, and an alarm pheromone in the venom will attract other angry wasps.

There are kinder, more effective ways to deal with the issue. They dislike certain smells, so have cloves-studded lemons, peppermint tea, or thyme on the table. A false wasps' nest hanging nearby has been shown to be effective, as wasps are territorial creatures. Their value in our gardens is significant, and where possible, they are best left alone. Wasps may even help humans medically, as their complex venom is being studied for new ways to fight bacteria.

It was a fascinating talk that made us look at these useful insects in a much more positive way.

Our next meeting is on Thursday, January 8th, 7.30pm, at Southwold Arts Centre. Local naturalist Tony Brown will talk about 'The Fascination of Fungi'. Admission is £5, to include refreshments, free for under 25's. All are welcome. Penny Mansfield contact us at swtblythvalley@gmail.com <https://www.youtube.com/watch?v=J-p6xFMGK7g>

Did you know? Water might not be wet.

This is because most scientists define wetness as a liquid's ability to maintain contact with a solid surface, meaning that water itself is not wet, but can make other objects wet. ?????



NATURE'S ENDEAVOURS

A brand new smallholding dedicated to sustainable production of naturally grown food. We will be working in complete harmony with the natural world. Hopefully we will have a wild woodland, crops including fruit, vegetables and flowers as well as herbs for natural healing. We will actively promote sustainability, growing your own crops natural way, teaching soil regeneration, creating a microbial enriched Earth essential for healthy crops. Livestock including chickens, bees and a goat will also be present.
Website under construction www.naturalendeavours.co.uk

COMING LATE SPRING 2026

Generic Images

Polar bears aren't actually white. Surprisingly, underneath all their white fur, polar bears actually have jet-black skin.

BEWARE OF SCAMMERS THIS CHRISTMAS

Says Suffolk County Council



With the countdown to Christmas well and truly underway, Suffolk Trading Standards is warning people to be on their guard against festive season scams.

As shoppers look to snap up a bargain the team is urging them to take a few simple steps to avoid being ripped off.

Fake websites, scam texts and bogus competitions are just some of the tactics fraudsters use to rip the public off.

The top five scams to look out for over Christmas are:

Scam delivery texts and emails - You may get an email or text message saying your package has been delayed and it asks you to click on a link to track its status. This link could lead you to a phishing site that steals your personal information. Forward suspicious text messages to 7726 and send scam emails to report@phishing.gov.uk

Fake and copy-cat websites - The holiday season brings endless emails offering deals, sales, and bargains. Some lead to look-alike websites that trick people into downloading malware, making non-existent purchases, and sharing private information. Authenticate a website by checking the address is spelled correctly. Ideally, type it in rather than clicking on a link, or go to www.getsafeonline.org/checkawebsite

Bogus Charities - Only donate to trusted, well-known charities. Before giving, check the charity's name and registration number. You can verify this at the Charity Commission's website at www.charitycommission.gov.uk

Gift Card scams - Fraudsters impersonate one of your email contacts to ask you to buy a gift card for them as a favour. They will typically say they need help buying it as a present as they are too ill, too busy or have an issue with their payment card. The scammer then asks you to share the serial numbers of gift cards to steal the value purchased. If you receive an email asking for personal information or any form of financial help, call that friend or family member on a trusted number and let them know their account may have been hacked.

Fake social media contests, giveaways and bogus sellers - Social media platforms are full of bargains but are also where scammers lie in wait with too good to be true offers.

Fraudsters set up fake pages with offers to catch your eye and encourage you to share. These are designed to "pharm" any personal information that you have publicly available on your own profile. Search for the official page to see if an offer or giveaway is legitimate.

Graham Crisp, Head of Suffolk Trading Standards, said:

"Be wary of offers that look too good to be true and try to stick with reputable websites that you recognise and trust. Be suspicious of requests to make a bank transfer and ensure you research any individual or businesses requesting financial or personal details. These sorts of scams can appear very plausible, and all too often innocent people fall prey to them. Anyone losing money to fraud should contact their bank immediately and report it to Action Fraud on 0300 123 20 40 or at www.actionfraud.police.uk

Suffolk Trading Standards can be contacted via the Citizens Advice Consumer Helpline on 0808 223 1133.

For a weekly email from Suffolk Trading Standards go to www.suffolk.gov.uk/JoinTheFight

CHOOSE FOODS THAT HELP YOU FEEL FUELLED & SATISFIED THIS CHRISTMAS

with James Heward. Fit-NessPoint. High St, Lowestoft

Festive eating doesn't have to mean feeling sluggish or out of control. Start by filling your plate with plenty of vegetables, they're nutrient dense, naturally energising, and help keep you feeling satisfied. Pair them with lean proteins such as turkey, chicken, beef or ham, or opt for lighter breakfast choices like scrambled eggs with cooked tomatoes instead of a heavy fry-up. These swaps help maintain steady energy levels throughout the day so you can enjoy festivities without the mid afternoon crash.

When it comes to dessert, choose the treat you genuinely enjoy most and savour it. There's no need to sample everything, just pick what feels worth it. Tuning in to your hunger and fullness cues can help you enjoy the moment without feeling uncomfortable afterwards.

Be mindful with portions and festive drinks. Portions naturally creep up at this time of year, so try the simple "one-plate rule": take what you want, enjoy it fully, and let that be enough. Drinks can also be an easy place for extra

sugar to add up ... alcohol, festive coffees, hot chocolates and mixers all contribute to that tired, heavy feeling. Try to pace yourself with alcohol, choose lighter or diet mixers where you can, and give yourself alcohol-free days to stay motivated and energised.

Keep moving to boost mood and motivation Movement is one of the most powerful tools for supporting your mood, energy and motivation during the festive period. Whether it's a daily walk in the fresh air, stretching between tasks, or dancing at parties, every bit counts. If you already have a training routine, keep it going whenever your schedule allows, even short sessions or brisk walks can help keep momentum and leave you feeling refreshed rather than rundown.

If you need to switch up your routine in the New Year then let's chat to see if Fit-NessPoint could help you.


Wishing everyone a healthy, happy and energised festive season.

James Heward Fit-Nesspoint'
@fitnesspoint.lowestoft

The
SUANLO TRIO
performing,
'A Trio's Tale'

An intimate evening of music that tells a story, one piece at a time.

Loreto Aramendi (Organ)
Ana Salaberria (Soprano) Suzanna Guterl (Flute)



Saturday 17th January 2025 at 19:30
All Saints Church, Alburgh

Tickets £15.00 each. Children under 12 are free.
Price includes canapes and a glass of wine.
Raffle to be held during the interval.
All proceeds will go to the All Saints Church extension fund.

Call **Ann Wrench** for tickets:
01379 852569 / 07990 524794

New Year's Day

at the East Anglia Transport Museum
11am - 4.30pm

Trams

Trolleybuses

Vehicle displays

Free vintage bus service

Narrow gauge railway

Gift shop

Café

Free bus service

Museum - Lowestoft - Museum

Museum	11:00	Then	16:00	16:35
Rail Stn.	11:13	every	16:13	16:48
Bus Stn.	11:15		16:15	16:50
Seafront	11:20	hour	16:20	16:55
Museum	11:35	until	16:35	----

Additional stopping points:
Oulton Broad (opp. St. Mark's Church), Nolleys, Claremont Pier, Pakefield (Tramways Hotel)



Chapel Road, Carlton Colville, Suffolk NR33 8BL

www.eatm.co.uk
01502 518459

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



Bananas are radioactive. Due to being rich in potassium, every banana is actually slightly radioactive

Handy Numbers Boxes - £8 per month

IAN'S HANDYMAN SERVICES

NO JOB TOO SMALL

Just Call:

01502 219755
07391 126 522

These beautiful little
advert boxes are only
£8 per month - and
let's face it - you are
reading this now!!!

Let your customers
know what you offer!

Alexander Goldsmith

Interior Decorating Specialist

Dulux Accredited

Tel: 01502 806807

www.alexandergoldsmith.co.uk

HOLTON VILLAGE HALL

LIVE MUSIC

The Blyth River Blues Band

Suffolk's Finest Rockin' Blues Band

Playing the music of John Lee Hooker, B.B.King,
Canned Heat, Dr Feelgood, Howling Wolf. Th
ZZ Top, Fleetwood Mac &

Full Bar and snacks
available

With special friends the
Halesworth Ukelele Band

Friday 5th December

Halesworth Ukelele Band: 7:30pm

Blyth River Blues Band: 8:30pm

Tickets just £5:00

Tickets available from the Halesworth Bookshop,
call 01986 874442 or pay on the door.

Holton Village Hall, Lodge Road, Holton, IP19 8RZ

St. Nicholas Church, Wrentham
All Are Warmly Invited This December

Sunday Services - Every Sunday at 11:00am

Holy Communion - Every Wednesday at 12:00 noon
(Except 31st December)

Special December Events

Celebration of St. Nicholas - Sunday 7th at 11:00am

Christmas Carol Concert with the Wrentham Band
Sunday 21st at 6:00pm

Followed by mulled wine and sausage rolls

Christingle Service - Christmas Eve at 4:00pm

Christmas Day Service - Thursday 25th at 11:00am

New Year's Day Service - Thursday Jan 1st at 12 Noon

All are warmly welcomed to your parish church

Business Advertising Rates

Credit Card £20 • Popular Block £25 • Qtr Page £30

Third of Page £40 • Half Page £50 • Full page £75

Prices not subject to vat. Free Advert design service

Free editorial to help your business kick off!

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

Business Directory/Handy Numbers page

5cm x 5cm £8 per month



LOCAL AUTHOR!

МАСКИРОВКА

This fabulous new novel written by Willi Pochinov now living near Halesworth
Nine months after the murder of the Tsar and his family, Willi Pochinov's great grandfather was a teenager aboard HMS Marlborough when the British warship rescued seventeen members of the Russian Imperial Family from Yalta in April 1919. The exiles' luggage, amongst other treasures, included a couple of rolled up Rembrandt's and enough Faberge eggs to make several very expensive omelettes.

The book's story



Captain Edward van der Velde decides to confront the – probably Russian - tanks at the Orwell Bridge in Suffolk. He faces a court martial because he deployed his armed platoon on the A12 without proper authority.

In an attempt to clear his name, he breaks his mess arrest and goes AWOL. Working off books for British Intelligence, his task is to find out who is behind the invasion.

Hunted by the Military Police, Edward is given a new identity by a charismatic oligarch Sir Oleg Meinditksi. He becomes involved in Oleg's coup to depose President Putin.

But Oleg is also plotting regime change in the United Kingdom ... What could possibly go wrong?

An early reader says in their review:

'Maskirovka is an exciting, twisty, witty, entertaining, tender and very fishy thriller.'

Maskirovka is available to purchase at

Amazon: www.amazon.co.uk/dp/1835638481/

It is also available at Branes and Noble, Goodreads and other online bookstores worldwide

A hallmark of Russian strategic planning, Maskirovka uses camouflage, imitation, disinformation, fake news and 'little green men' to disguise Russia's military intentions and actions.

If you enjoyed the sheer cunning of Britain's Operation Mincemeat which convinced the Germans that the D-Day landings would be in Sicily, Maskirovka will be your next obsession. This high-octane political thriller plunges readers into a world where fake invasions, fabricated identities and strategic illusions unsettle not only governments but also the very people caught in their grip.



There's no such thing as a straight line. Zoom in close enough to anything and you'll spot irregularities.



COUNCILLORS FUND NEW KIT FOR KIRKLEY & PAKEFIELD ROYALS GIRLS UNDER 13s FOOTBALL TEAM

A local football team has been given a new look, thanks to some funding from three East Suffolk councillors. Councillors Louise Gooch, Peter Byatt and Malcolm Pitchers gave funding from their Enabling Communities Budgets to the Kirkley and Pakefield Royals U13s Girls team, who have recently received their new kit. The team currently play at Walmer Road in the Norfolk and Suffolk Youth Football League Division 2, and is the only all-girls squad in this league.

Recently, Cllrs Louise Gooch and Peter Byatt attended one of the team's matches to see their funded kit in action. Cllr Louise Gooch, ward member for Kirkley and Pakefield, said: "We thoroughly enjoyed our visit to see the fixture at Walmer Road. Both teams showed talent and dedication, and the game resulted in a well-earned draw. We'll watch the progress of the girls' team with interest and enthusiasm and hope they enjoy great success in their new kit."

Jamie Kirk, Manager of Kirkley and Pakefield Royals U13s Girls, said:

"On behalf of everyone at the team, I'd like to thank you for the generous grant towards our new football kit. This support means so much to the girls and our wider community.

"Not only will the new kit bring a real sense of pride and unity to the team, but it also reinforces the value of investing in youth sports and the positive impact it has on confidence, teamwork and community spirit.

We're incredibly grateful to your commitment to grassroots initiatives like ours. Thank you again for helping us create opportunities and memories that will last a lifetime."

Find out more about the Enabling Communities Budget: www.eastsuffolk.gov.uk/enabling-communities-budgets

Picture: Cllrs Louise Gooch & Peter Byatt with coaching staff and team members in their new kit.



Santa's Grotto
SATURDAY 13TH &
SUNDAY 14TH DECEMBER
10AM TO 4PM

Join us for a weekend of festive fun!
FREE Santa's Grotto
Christmas Pudding Trail
Children's Activities
Colouring Competition
Face Painting (small fee)

FEEL FREE TO JOIN OUR SMALL BUSINESS OWNERS IN YOUR BEST XMAS JUMPERS OR PYJAMAS!

Henstead Arts & Crafts Centre
Toad Row, Henstead, NR34 7LG

ZUMBA FITNESS
EVERY MONDAY
7PM - 8PM
COME AND JOIN FOR SOME FUN!

RUMBURGH VILLAGE HALL
MALT OFFICE LANE
RUMBURGH
IP19 0JD

£7 PER CLASS

STARTING MONDAY 15TH
SEPTEMBER 2025!

Text Lisa on 07955 836858 to book
your place

Walpole Old Chapel
Carols & Readings by Candlelight
Saturday 13th December 3 pm

Wrap up warm, bring a torch,
enjoy a mug of mulled fruit cup & mince pies
Free parking opposite the chapel or community bus

Reserve tickets on
www.ticketsource.co.uk
(Search Walpole Chapel)

The SuAnLo Trio – A Trio's Tale Concert

SATURDAY 17th JANUARY 2026 7.30pm

We are delighted to announce the return of the popular SuAnLo Trio from San Sebastian on the Basque coast of Spain, they will be performing a selection of popular classical and modern music. Appearing at All Saints Church Alburgh Book tickets now from

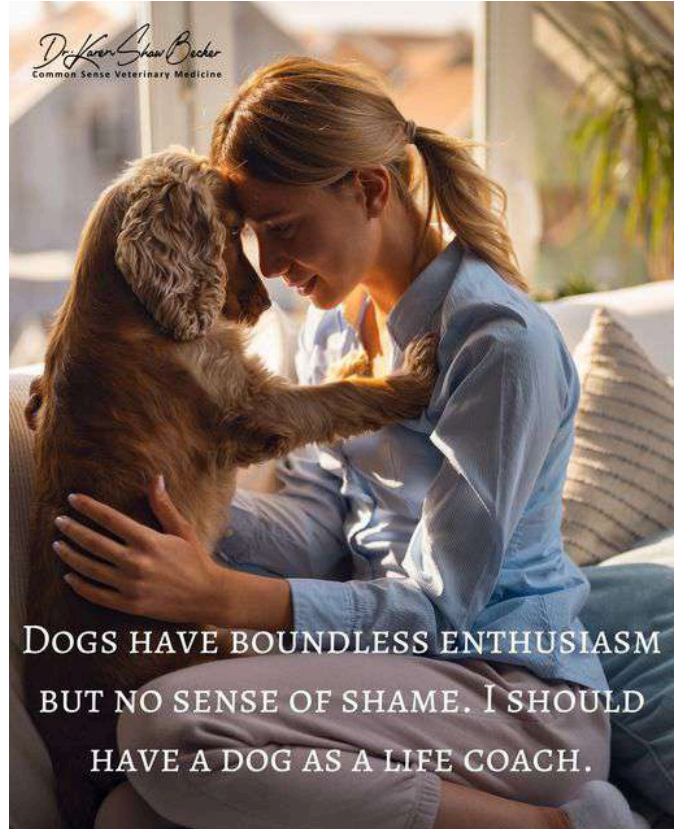
Ann Wrench 01379 852569 / 07990 524794

Email: ann.wrench@btinternet.com

Tickets are £15 for adults, children under 12 go free. Ticket price includes a glass of wine or soft drink and canapes

Loreto Aramendi is a world-renowned musician, principal organist at the Basilica de Santa Maria del Coro and is a Professor at the Conservatoire in San Sebastian. She performs all over the world on some of the finest organs including Westminster Abbey, Kings College Cambridge, Norwich Cathedral, also in the USA, Japan, Canada, Argentina and many more.

Ana Salaberria is an accomplished singer and teacher of classical and popular music. She sings and collaborates with well-known musical groups, choral societies and orchestras. Suzanna Guterl began her musical career specializing in the flute by studying at the Birmingham Conservatoire. Now living in Spain she performs as a soloist and in various musical groups. **See poster on page 29**



A One-Stop Wellbeing Event

Announcing The 4th 'One Stop Wellbeing Event' to help individuals find the right kind of support and services to help with their personal well-being, finances, medication advise etc. This can be extremely overwhelming for some people so this is a one day community event that's free and open to all!

This year the event will take place on Tuesday 20th January 2026 at Waterlane Leisure Centre, Water Lane, Lowestoft NR32 2NH 10am – 4pm. It has grown considerably as we now have over 40 services attending.

Again we have a variety of stalls for information " Private Consultation Rooms " Blood Pressure, Health Checks & Vaccinations will be available.

Also featuring services from many more: Health & Well-being Coaches, Care Coordinators, Pharmacy Tech's, Citizens Advice, East Suffolk Council, Cancer Care Navigators, Big C, Headway, Stroke, DANES Online Services Support, Feel Good Suffolk, MIND and others

Is there a Christmas Day swim this year Daphne?

Yes, it's on Gun Hill Beach at 10:30 Christmas morning

It's organised by Blyth Valley Rotary

Make sure you go to that George.

SOUTHWOLD CHRISTMAS DAY SWIM

Blyth Valley Rotary

www.blythvalleyrotary.co.uk

Gun Hill Beach Southwold IP18 6HF
<https://blythvalleyrotary.co.uk/christmas-day-swim-2025/>

Lifeboats

The Pear Tree Fund

Parkinson's UK

HALESWORTH BRANCH OF CANCER RESEARCH

Despite a rather wet Saturday our Christmas Fair on November 22nd was very well attended and there was a lovely atmosphere in the hall. We are grateful to everyone who came along and supported our event and we were delighted that with your help we raised an amazing £2749.48p. for the incredible work carried out by Cancer Research UK. We hope you all had a nice time and managed to find a Christmas Gift or two. Well done to the two lucky winners of:-

The bonus ball "Gin Hamper" won by P. Fitch bonus ball 35.

The grocery hamper generously supplied by Market Fields won by G Spindler.

Congratulations to everyone who won a prize

We have to say a huge thank you to the following

businesses who supplied the food for our meals:

Halesworth Co-op. Cleveleys. Halesworth Spar. Tesco.

Market Fields Holton.



Thank you very much to the businesses who provided a raffle prize:-

Adnams who supplied two vouchers one for a brewery tour and one for the lighthouse tour.

Mr and Mrs Stephenson Woodside Farm, Allen's Butcher's Halesworth,

Tulula's Fish & Chips Halesworth, and Gecko Shoes Halesworth.

Thank you to everyone who donated the rest of the wonderful raffle prizes also to everyone who baked for the cake stall or made a dessert also to Felicity and the ladies for the lovely table decorations and to anyone else who contributed in anyway.

We have to mention the menfolk who help set up and our lovely volunteers, we couldn't do it without you all, thank you

Cancer Research Dates for Your Diary 2026

Holton Village Hall - All Saturday's

Jumble Sale February 14th. Big Breakfast March 21st Spring Fair May 16th.

Jumble Sale October 17th. Xmas Fair November 21st

Other events:- I-Chameleon Thursday 2nd July - Wednesday 8th July

Maize Maze By Torchlight last Friday in August (28th).

To everyone who comes along to our events, we are extremely grateful for your support, without you all we couldn't raise the vital funds for the ground breaking research that is now without question saving lives. The Committee and Volunteers wish you all A Healthy Peaceful New Year.

Dawn Davis 01986 873640.

Picture: Committee members Sue and Debbie's Christmas gift stall. (Sue)

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 in January Call 01502 578074 E: the.buglemag@yahoo.co.uk