

The Bugle Magazine

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



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Grandma knew:

- 1 **Garlic for immunity, honey for the throat.**
- 2 **Lemon in the morning, better digestion all day.**
- 3 **Ginger for the stomach, chamomile for the soul.**
- 4 **Turmeric for inflammation, black pepper for power.**
- 5 **Apples for health, walnuts for the brain.**
- 6 **Oats in the morning, steady energy all day.**
- 7 **Bone broth for strength, herbs for healing.**
- 8 **Blueberries for the cells, green tea for the mind.**
- 9 **Beets for the blood, spinach for the iron.**

Submitting articles? 500 word maximum please. Less if images are included.
Deadline for copy is the 20th of the month preceding publication

EASTER EGG HUNT!

Beccles Carnival is delighted to announce its first ever Beccles Easter Egg Hunt at Beccles Quay on Saturday 4th April 2026. The event is open to all children up to age 16, offering a fun and family-friendly activity to kick off the Easter weekend. To take part, families must pre-register using the following link: <https://forms.gle/cSYhGzadYJwma3AY9>

Entry is £5 per child, with a choice of various time slots to ensure a smooth and enjoyable experience for everyone. Each child taking part will receive an Easter egg once they have completed the hunt and found the hidden plastic eggs around the Quay.

Yazmin Feek, one of the Beccles Carnival organisers, shared her excitement about the new event:

"It's egg-citing to bring our first Easter Egg Hunt to the home of Beccles Carnival (15th & 16th August). It will be great fun for children to take part, and the best part is they get to take home an Easter egg. It will bring our local community together. I'm hoping to expand the event next year depending on its popularity."

The Beccles Easter Egg Hunt aims to bring families together, celebrate the spirit of the town, and raise anticipation for the main Beccles Carnival weekend later this summer.



A MESSAGE FROM THE BUGLE MAGAZINE

Hi Everyone

Welcome along to another edition of our little community magazine. Firstly let me put you out of your misery with the answers to last month's picture questions:

Page 25: The film was BLACK SWAN

The star was Natalie Portman

Page 26: Picture left was of silent film star Louise Brooks and the mystery pop star was Marianne Faithful. Taken the day she was 'discovered' aged just 15.

You will undoubtedly find a few more pictures to identify from time to time. Enjoy.

This month some of our page tags are looking at space facts, just in case you thought we were alone! Have a fabulous Easter and be kind, caring and considerate to everyone .

Happiness

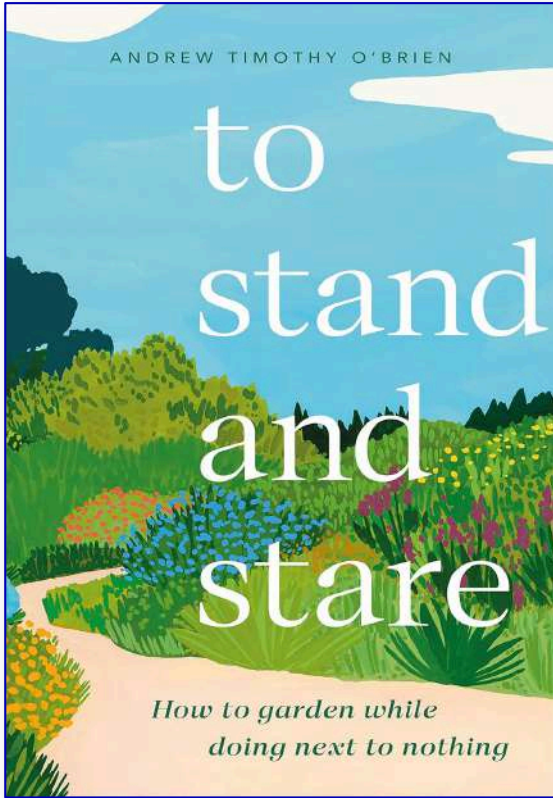
Anna & Neal



BOOK OF THE MONTH

To Stand and Stare - Gardening while doing next to nothing.

Andrew Timothy O'Brien



The author starts by making an obvious observation: “Let’s get one thing straight. Your garden will get along quite well without you. It just won’t be your garden. It will be that piece of land where once a garden was, and there is no tragedy in that. Every square inch of our planet’s surface is trying to get back to a state where it feels at ease with itself, a way of being from which forestry and agriculture, road building, town planning and, yes even gardening continually strive to hold it back. This is not whimsy, this is science.”

“And as I labour, unseen by me, someone else plants nettle and cleaver, herb robert and wood avens, wild strawberry and creeping buttercup, foxglove, dandelion, forget me not and dock - each will grow, flower and seed, and all of this while asking nothing from the human gardener.....

A garden is created out of intention and held in that state by force of will. It involves partnership and compromise. A coming together of human and nature. It can be a beautiful relationship or one fraught with frustration on both sides”.

Weaving strands of mindfulness with botany, philosophy and practical gardening, Andrew Timothy O'Brien shows us a new way of being in the garden.

By thinking from the ground up and following the pattern of a plant’s growth through the seasons we can gain a deeper connection to our gardens.

To Stand and Stare advocates for a more low-intervention way to garden that will help transform your space into a refuge for self-care relaxation and renewal

Opposite image: Andrew Timothy O'Brien



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The “twinkle” effect that stars have is actually an optical illusion –the Earth’s atmosphere skews the stars’ light, making it look twinkly.



The Bugle What's On Guide

For this month

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

Saturday & Sunday 5th & 6th April, THE BRITISH COUNTRY SHOW SUFFOLK Monster Trucks, Stunt Teams, We Love Dogs and more. See article in this magazine. 10am - 5pm Henham Park, Beccles. NR34 8AD www.britishcountryshow.co.uk

Monday 6th April. HALESWORTH TO SOUTHWOLD NARROW GAUGE RAILWAY OPEN DAY at Blythburgh Station just off the A12 near the village hall. 10.30 am - 3.45pm. See the restoration of the 1879 station, engine and trucks. Free entry to the site plus free tea, coffee and home made cakes.

Thursday 9th April. BECCLES AND DISTRICT HISTORICAL SOCIETY meets at 7.30pm at Hungate Church, Hungate, Beccles, NR34 9TT. **Subject:** The Suffolk Regiment on the Western Front WW1 **Speaker:** John Greenacre, **Admission:** £3pp. Non members are very welcome.

Saturday 11th April. HALESWORTH UKULELE BAND CONCERT at St Peter's Church, Holton, 3.00 to 4.30. Refreshments available, Raffle. Tickets £5 available from 01986 873575 or Halesworth Bookshop (cash only please)

Sunday 12th April & Sunday 19th April HALESWORTH HARMONY REHEARSAL at **The Hub** in Huntingfield. (10.30-12.30) Come along for a free taster session - no experience is necessary, everything is taught by ear, and you'll receive a warm welcome. For further details, email: halesworth.harmony@gmail.com

Saturday 25th April SPRING QUIZ at Alburgh Village Hall. Open 6.15pm for 7pm start. Tickets £10 to include supper. Bookings 01986 788934. Prizes, Raffle, Bar. Proceeds to All Saints Church Alburgh

Saturday 25th April. WRENTHAM VILLAGE HALL FILM NIGHT. THE CHORAL (15). Stars Ralph Fiennes and Roger Allam. As WW1 rages Dr Guthrie takes over a choral society that's lost most of its men to the army. Alan Bennett's witty script and beautiful music deliver a feel-good old fashioned British appeal. Doors open 18.45 with film screening 19.30. £5 on the door. Refreshments available.

Saturday 25th April & Saturday 2nd May. OPEN TASTER DAYS at Halesworth Angel Bowls Club at 2 p.m. Everybody welcome, no experience necessary. Casual dress, flat as possible soles and heels. Halesworth Angel Bowls Club is located at Dairy Hill, Halesworth IP19 8JS

Tuesday 28th April HALESWORTH REPAIR CAFE at The Cut Arts Centre, 2pm - 4pm Just turn up.

Wednesday 29th April. LOWESTOFT U3A MONTHLY SPEAKER MEETING at Avenue Hall, 101 The Avenue, Lowestoft, NR33 7LJ. **Speaker:** Steven Fordham, Watchkeeper for National Coastwatch Institution. Doors open 10.00am Adm: £2.50 Refreshments: Free

Sunday 3rd May. BECCLES ANTIQUES MARKET Over 100 dealers on site plus a food village offering great hot & cold fayre. 8am-3pm at The Quay, Beccles NR34 9BB Free Entry. All enquiries telephone 01502 711174

Thursday 7th May. BECCLES & DISTRICT HISTORICAL SOCIETY MEETS at 7.30pm at Hungate Church, Hungate, Beccles, NR34 9TT. **Subject:** Minstrels and Mayhem. **Speaker:** Kate Jewell. Adm £3 all welcome.

Every Wednesday. CHAIR YOGA - WRENTHAM VILLAGE HALL. Join us for a gentle blend of seated stretching, breath-work and meditation. Just turn up and give it a try! First session free trial. Thereafter £3

Pakefield Church Events & Events at The Lodge Entertainment Centre, Corton

Thursday 2nd April. PAKEFIELD CHURCH MAUNDY THURSDAY. Agape meal with Holy Communion. 6.30pm

Thursday 2nd April. No St Peters & Johns Kirkley Ladies meeting.

Saturday 4th April. HOLY SATURDAY 9.30 am Pakefield Parish Prayer Walk. 7.30 Service of New Fire.

Sunday 5th April. SUNRISE SERVICE EASTER SUNDAY Pakefield church gather at 6am to witness the sun as it rises over the sea. followed by breakfast.

Sunday 5th April. 7.00 EASTER HOLY COMMUNION. 10.30 **FAMILY HOLY COMMUNION** followed by children's egg hunt in the church.

Sunday 5th April. GEORGIS FALLS (live group) at The Lodge, Stirrups Lane, Corton 4pm - 7.30. events@woburnfarm.co.uk

Friday 10th April. FRIDAY NIGHT HOEDOWN FEATURING FOXY'S LINE DANCING AND DJ DAZZ. The Lodge, Stirrups Lane, Corton. £10. Book tickets through events@woburnfarm.co.uk

Thursday 16th April. KIRKLEY LADIES GROUP St Peter & John's church hall. 2pm Talk bell ringing by Jeremy Warren. £3pp

Sunday 19th April. PAKEFIELD CHURCH ANNUAL PCM after the morning 10.30 service - followed by lunch.

Thursday 30th April. KIRKLEY LADIES GROUP in St Peter & John's church hall at 2pm Bingo £3 pp

According to Earthsky.org, when you look up at the night sky, you can see for about 19,000,000,000,000,000 (19 quadrillion) miles.

The Rural Coffee Caravan



Ann Osborn, Chief Executive Officer of The Rural Coffee Caravan (RCC), will retire at the end of May after more than two decades supporting some of Suffolk's most isolated rural communities. Ann, who was awarded the British Empire Medal in 2025 and received an Honorary Doctorate from the University of Suffolk in 2023 for her contribution to the county's charity sector, has led the organisation since its earliest days.

Ann joined the charity soon after it was founded in 2003 by the Revd Canon Sally Fogden MBE, helping recruit its first volunteers, shaping its early "village visits" model and building strong referral and service delivery partnerships with local authorities, advice organisations, community groups and statutory agencies. Under her leadership, Rural Coffee Caravan has grown to nine staff, hundreds of volunteers, and a fleet of Coffee Caravan vehicles making over 550 village visits a year, compared with just 15 in 2003. Its innovation and good practice have also captured the attention of national policy makers and the national media.

In April, the charity will welcome its new CEO, Alice Sim, who joins from community engagement and project management roles at Suffolk County Council (Suffolk Information Partnership) and Community Action Suffolk (Good Neighbour Network Development).

Ann Osborn, outgoing CEO, said:

"I am absolutely delighted that Alice has been appointed.

She understands the organisation, has been a supporter for many years, and will bring a fresh pair of eyes to guide the charity into its next chapter. I know the organisation will be in very good hands with her. Alice will add her own touch while caring for Sally's legacy and the community spirit that has shaped Rural Coffee Caravan since the beginning.

"I will be spending more time growing 500 Suffolk Reasons — a small local fundraising group where 500 people each donate £1 a week to give £500 to a person or family in need. We are working hard to reach, and hopefully exceed, the 500-member milestone. I will also be contributing further in my role as a Director of the East of England Co-op. But I will always be a passionate supporter of Rural Coffee Caravan. I am immensely grateful for everything it has given me personally, and I could not be prouder of our team and the positive difference they make, day in and day out, to the lives of rural residents."

Picture: Alice Sim New CEO of The Rural Coffee Caravan.



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Did parents in the 60s really let their kids roam the neighbourhood all day long without phones or water bottles and just say - BE BACK BEFORE DARK?

Oulton Broad Water Sports Centre



Despite the seemingly endless rain, the recent sunny spells reminds us that Spring and Summer are not far away. Here at OBWSC however, our Charity continues to provide on-the-water activities and training and we are busily planning for the peak season ahead.

As ever we will be providing training courses and fun activities and initiatives using our extensive portfolio of equipment (including sailing dinghies, rowing, canoes, kayaks, paddle boards, wing and windsurfing rigs and safety boats). These are available to both individuals and groups and are supervised by our trained staff.

Hiring of our paddle craft will be on offer after Easter. One of our aims, as in past years, is to continue to provide subsidies to young people in the more disadvantaged parts of our community. An example of this is a recent award by the Lentonbrook Foundation which will allow us to offer almost 50 free places during the Spring school holidays.

Along with a number of courses, these Spring Activities are also available to book online – likewise our annual Summer Activity Weeks – coming soon!

OBWSC is always looking for both trained staff and volunteers. If you think that you could help or support us, please contact Graham Colam at: enquiries@obwsc.co.uk

We hope to see you on the water soon.

Look out for what's on or send us an enquiry on our website: www.obwsc.co.uk



There are 226 moons in our solar system.

Tim The Travel Writer

The importance of vaccines and antibiotics take centre stage at the History of Science Museum in Broad Street, Oxford. Here there is a room dedicated to penicillin and eradicating typhoid – Oxford scientists have played an important part in this.

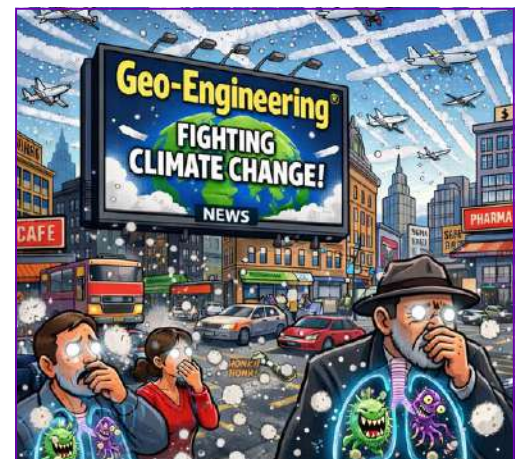
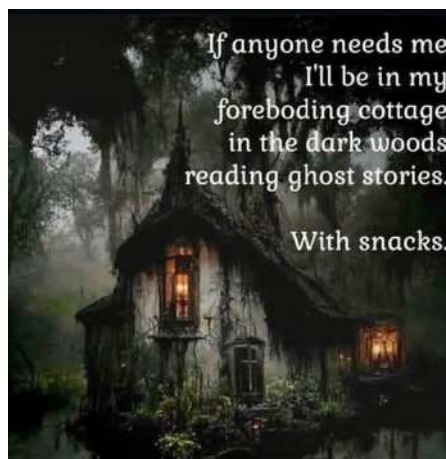
We park in Oxford using parkingcupid.com which allows us to easily pre-book a space on a driveway only five minutes walk from the city centre. This removes all worries about car parking during our time here.

There's major construction work in Oxford causing diversions, which means that the usual five minute drive to the parking space takes well over an hour. We're diverted into the clean air zone, against our will, where there is a charge of £5 a day for non-electric cars. This must be paid by midnight the following day otherwise hefty fines apply. Due to the diversions we also end up in a bus lane where we are photographed and subsequently fined £35 if we pay promptly, rising to £70 if we take our time. So beware of Oxfordshire County Council's money making initiatives. Our hard earned cash is going to help plug their rising £163m debt.

We stay on a half board basis in two interconnecting rooms at Holiday Inn Oxford for two nights where it's simple to park in the car park directly outside. The moment we arrive we're greeted by a friendly receptionist who makes check-in easy, which we're very grateful for because the journey, which should have been an hour, has taken two-and-a-half due to an accident on the M27.

The hotel has been stylishly revamped and includes arty scenes of Oxford throughout – in the dining areas together with verses of poetry by WB Yeats, who although he didn't study in Oxford had numerous volumes published by Oxford University Press.

Dinner is a wonderfully relaxed affair. On both nights we enjoy starters and main meals but it's only on the second night that we have room for desserts. The first night we opt for starters of tasty loaded nachos with cheese sauce, sour cream, guacamole, pico de gall and lime followed by cod and chips for me and tagliatelle primavera with asparagus and leek for Caroline. Pizzas for the children. I have a pint or two of Goose Island beer while Caroline has a cider and the children, Pepsis. The second night's basil soup with toasted ciabatta and Club sandwiches are a winning combination, especially when accompanied by a couple of pints of ice cold thirst quenching Guinness, I find... Henry is in his element because he gets ice cream for dessert and is able to watch the football on the massive television in front of us. After a peaceful sleep we indulge in breakfast which is a wonderful unhurried experience that goes on until 11am. There are cooked and continental options and plenty of good quality coffees, hot chocolate and fruit juices. It's even possible to request poached or boiled eggs. My favourite has to be the full English breakfast but then I also quite like the continental with the yoghurt, croissants and pain au chocolate. It's a buffet and Henry takes it upon himself to be waiter to Mummy.



PLANET JUPITER HAS 79 MOONS.



The Grumpy Old Man

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



Its a Mad Mad Mad Mad World

That may have been the title given to a crazy film in the 1960s but right now what is going on in the world beggars belief. I was a Trump supporter when he was first elected this time around. He sorted out the border with Mexico and he sorted the woke idiocy and I thought that finally after the Biden term, this man can do some good. Sadly it wasn't to be. Trump turned the national guard onto the homeless. Threatened the sovereignty of Canada and then Greenland, brought in tariffs that only led the other countries to do the same against the USA. Then he conspired with the genocidal maniac Netanyahu to launch a war against another nation without senate approval and against his military advisers and seriously underestimated the sheer firepower of Iran. If you watched our own diabolical mainstream media then all you got was doctored, watered down stories that tried to maintain the narrative that Trump was right. He was wrong and now he wants an 'exit ramp from a war he started that he couldn't finish - except by going home. I doubt his mental capabilities right now and I think he should be impeached or retired on health grounds. As it turns into a potential world war our illustrious prime minister is supporting the madman. Fun times ahead

Housing Ladder Up In Flames - thank goodness

House price inflation is out of control, particularly here in Suffolk where the building of Sizewell C is producing havoc on the A12 in both directions and the county has a massive influx of workers paying inflated prices to buy or rent anything they can, The powers that be have taken over the old Pontins camp in Pakefield to house their workers, caravan parks are being swallowed up as is every house in the vicinity that is 'rentable' being rented to Sizewell workers at seriously 'off the chart' prices. I recently saw a two up and two down terraced house in Leiston up for £3,600 per month. It too was snapped up. What chance do our young people have or anyone else in the area, against such behaviour. So it is inevitable that young people will leave the area - go and live and work somewhere else, perhaps permanently. And when the Sizewell thing is built and that massive influx of necessary labour skills finally packs up and goes home - who will rent those houses then?

There is not a housing ladder anymore because there is only one way house prices can go now, and that is down. With mortgages even a year ago at twelve times salary, it was and is - insane. House prices must crash dramatically and return to a level that is within reach of all. No wonder that as I drive around I see many properties with mobile homes in their back gardens for sons/daughters to occupy as the housing market is now completely broken.

The World Economic Forum

Since 2000 we have endured a plandemic with vaccinations that would neither cure the thing or stop you spreading it. (so pointless really) We had funerals with no mourners allowed, no having a coffee on the beach because that was against the rules. For the first time in history we could transmit a 'disease' we didn't have to those who were immunised against it! And do you remember when you couldn't eat inside - so they erected plastic bubbles outside, so you could be inside outside, and that was ok? But largely the people were compliant.

Now we have uncontrolled illegal immigration diluting the very fabric of our society, Trump joining Israel in an unsanctioned war to satisfy the religious ravings of Netanyahu and a future of mass food and fuel poverty crippling the ordinary person - but not the rich.

We have puppet government and the WEF controls them all.

Say goodbye to the life of fun and freedom that you once knew.



The planet Venus spins backward; its sun rises in the west and sets in the east.

CHAPLIN - THE FINAL SPEECH FROM 'THE GREAT DICTATOR'



Chaplin spent many months drafting and re-writing the speech for the end of the film, a call for peace from the barber who has been mistaken for Hynkel. Many people criticised the speech, and thought it was superfluous to the film. Others found it uplifting. Regrettably Chaplin's words are as relevant today as they were in 1940. This is Chaplin's Final Speech in The Great Dictator, Chaplin's first talkie.

I am sorry, I don't want to be an emperor. I don't want to rule or conquer anyone. I should like to help everyone if possible. Jew, Gentile black man or white. We all want to help one-another, human beings are like that. We want to live by each others happiness, not by each others misery. We don't want to hate and despise one another. And this good Earth is rich and can provide for everyone. The way of life can be free and beautiful, but we have lost the way.

Greed has poisoned men's souls, has barricaded the world with hate, has goose-stepped us into misery and bloodshed. We have developed speed but we have shut ourselves in. Machinery that gives abundance has left us in want. Our knowledge has left us cynical, our cleverness hard and unkind. We think too much and feel too little. More than machinery, we need humanity. More than cleverness, we need kindness and gentleness. Without these qualities life will be violent and all will be lost.

The aeroplane and the radio have brought us closer together. The very nature of these inventions cries out for the goodness in men - cries out for universal brotherhood - for the unity of us all. Even now my voice is reaching millions throughout the world. Millions of despairing men women and little children. Victims of a system that makes men torture and imprison innocent people.

To those who can hear me I say, do not despair. The misery that is now upon us is but the passing of greed, the bitterness of men who fear the way of human progress. The hate of men will pass and dictators die and the power they took from the people will return to the people. And so long as men die, liberty will never perish.

Soldiers, don't give yourselves to brutes. Men who despise you, enslave you - and regiment your lives - tell you what to do, what to think and what to feel. Who drill you, diet you and treat you like cattle, use you as cannon fodder. Don't give yourselves to these unnatural men, machine men with machine minds and machine hearts. You are not machines. You are not cattle. You are men. You have the loved of humanity in your hearts. You don't hate. Only the unloved hate. The unloved and the unnatural!

Soldiers, don't fight for slavery - fight for liberty. In the 17th chapter of Luke it is written: The kingdom of God is within man - not one man, nor a group of men but in all men. In you! You the people have the power, the power to create machines. The power to create Happiness. You the people have the power to make this life free and beautiful. To make this life a wonderful adventure. Then in the name of democracy, let us use that power - let us all unite. Let us fight for a new world. A decent world that will give men a chance to work, that will give youth a future and old age a security.

By the promise of these things brutes have risen to power - but they lie - they do not fulfil that promise. They never will. Dictators free themselves. They free themselves but they enslaved the people. Now let us fight to fulfil that promise.

Let us fight to free the world, to do away with greed and hate and intolerance. Let us fight for a world of reason, a world where science and progress will lead to all men's happiness. In the name of democracy, let us all unite.

The full video of his speech is on YouTube.



One "light-year" measures the distance traveled by light in one year. This is equivalent to 5.88 trillion miles (9.5 trillion kilometers).

East Point Pavilion Lowestoft Early April Events!

The Easter Hop! Thursday 2nd April Kids Party
Come along to The Easter Hop! A fun-filled party at East Point Pavilion, for children and families. Meet the Easter Bunny, enjoy magic, dancing and party games with children's entertainer 'The Tricky Twister' who will finish off the celebration with a colourful balloon creations for each child to take home.
£7*per child (recommended for ages 4-10yrs)
£2*per adult *plus booking fee. Book Here:
[The Easter Hop! at East Point Pavilion event tickets from TicketSource](#)



FARMERS MARKET Introducing your local producer! First Saturday of the Month April 4
Love local? Our Farmers Market takes place on first Saturday of the Month (Feb - Nov). Join us this April to restock your local baked goods, fresh food & delicious produce made right here in Suffolk. We're proud to be supporting local producers and artisans, and bringing a great farmers market experience to Lowestoft. Skip the supermarket and buy the best home grown & handcrafted goods that also support your local community.

Breads & pastries from Penny Bun Bakehouse • Gluten free foods from Pakefield Pantry
Cakes & sweet treats from Ziggy's Kitchen • Houseplants from Ilex Alba
Wellness tonics, teas and salves from My Mind & Soul • Home fragrances from Conscious By Nature
Jams & preserves from ART's Craft Kitchen • Homemade dog treats from Waggy Tails Hampers
Homegrown seasonal flowers from Yellow Ley Flowers and more...

We look forward to growing our Farmers Market this year and if you're a local producer who would like to get involved in 2026, we'd love to hear from you.
For stall enquiries email: molly@firstlightlowestoft.com

Folk at the Pavilion presents Reg Meuross

Thursday 2 April 2026
19:30 20:30 East Point Pavilion,
Royal Plain
Lowestoft



Children still need a childhood with dirt, mud,
puddles, trees, sticks and tadpoles

Wherry Yacht Charter Celebrates National Tea day!

As National Tea Day is marked on 21 April 2026, the story of Britain’s favourite drink can be traced beyond kitchens and cafés to the working waterways of East Anglia. Among them is Great Yarmouth port, once a busy maritime hub where trading wherries played a quiet but vital role in commerce.

Trading wherries were shallow-drafted sailing vessels distinctive to Norfolk and Suffolk, ideally suited to carrying cargoes inland along rivers and broads. While coal, grain and timber were their mainstays, tea also formed part of the valuable goods unloaded at Great Yarmouth and transported to market towns and estates. As tea drinking grew in popularity during the 18th and 19th centuries, these vessels helped ensure a steady supply of the prized leaves to local communities.

As commercial trade declined, wherries found a new purpose. Many were converted into pleasure wherries, and later wherry yachts were built specifically for leisure cruising, supporting the rise of tourism on the Norfolk Broads. Tea remained an essential part of this experience, enjoyed by passengers as they relaxed on deck whilst leisurely cruising through reed-lined waterways. Today, as Britons raise a cup on National Tea Day, the legacy of the wherry offers a reminder that tea’s journey has always been about more than taste—it is also a story of

transport and transformation.

Wherry Yacht Charter Charitable Trust restores and operates five of the eight remaining historic wherries: Hathor, Ardea, Olive, White Moth and Norada. Whilst available for private charter, guests are also encouraged to join one of more than forty scheduled sailings running from May through September.



In celebration of National Tea Day, Wherry Yacht Charter is giving away to one lucky winner two places for either a Cake & Sail, or Tea at Twilight scheduled sail during the forthcoming season. Tea will of course be included.

For your chance to win simply send a short email to jk@wherryyachtcharter.org, with subject National Tea Day Competition, and email text listing the names of the 5 wherries lovingly maintained by Wherry Yacht Charter. Email entries must be received by 30 April 2026. For more info or to book a sailing please visit www.wherryyachtcharter.org

The Cut Arts Centre Halesworth


INK Festival
4 day Ticket

2026 INK FESTIVAL: 4-Day Ticket April 16-19 2026 - £130.00 (Parental Guidance advised for under 13s.)

Thu 16 Apr 2026, 9:30AM - Sun 19 Apr 2026, 6:30PM

The Cut Arts Centre, Halesworth and Festival Venues across...

Astrophotography
Chris Mead
2:00pm Tuesday 21st April
The Cut, Halesworth



Halesworth & District U3A presents: The Science of Astrophotography by Chris Mead

Tue 21 Apr 2026, 2:00PM

The Cut
Suffolk

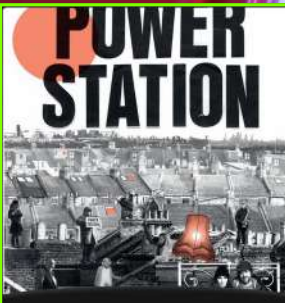


Honey & The Bear

Thu 23 Apr 2026, 7:30PM - 10:00PM

The Cut Arts Centre, Halesworth
Suffolk

POWER STATION



Halesworth ASH: Power Station

Fri 24 Apr 2026, 7:00PM - 9:30PM

The Cut
Halesworth

Live

ALL MY SONS
ARTHUR MILLER
LIVU VAN NOYE



National Theatre Live: All My Sons

Tue 28 Apr 2026, 7:00PM

The Cut
Halesworth

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

The Milky Way galaxy has an estimated 100 billion stars.

Halesworth Angel Bowls club


Halesworth Angel Bowls Club will be holding 2 open taster days on Saturday 25 April & Saturday 2 May at 2 p.m. All welcome, no experience necessary. Casual dress, flat as possible soles and heels.

We are aware that many people think that bowls is an old people's sport. We are not ashamed of this. Bowls is a low impact sport and it helps reduce injury risk, boost cognitive health, and combat social isolation. It helps reduce injury risk and boosts cognitive health. We were happy to receive a grant from the Pargiter Trust whose mission is to ensure older people have the support they need to maintain independence and live healthy, happy lives. Bowling is a fun and social way to stay active. It involves moderate physical activity, including walking. Halesworth Angel B. C. prides itself on being a fantastic social club.

On the other hand, as a club we are concerned that we need to spread the word wider. We are supporting, with the aid of a grant from Halesworth Town Council, the introduction of bowls into the PE curriculum of our two local primary schools Edgar Sewter and Holton St. Peter. Each school is being lent a kit specially designed for children. We hope to see them competing on our Green at the top of Dairy Hill. We know that we could not perform unless our Green is in good condition. Nick Gardener and his team have done an excellent job in improving it over the winter. It's essential that we keep it well watered and recently the Country Fair Trust has helped us with a grant to improve our irrigation system. Thank you Heveningham Hall

Halesworth Angel Bowls Club is located at Dairy Hill, Halesworth IP19 8JS

Intuition is your body's wisdom alerting you to something your mind hasn't figured out yet. Listen. Get curious. Hear what it wants you to know.



EARSHAM HALL



COURTYARD MARKET

Saturday
4th April & 2nd May
10am-1pm

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The Milky Way galaxy is about 100,000 lightyears across.

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25 years ago, the UK was in the grip of a devastating foot and mouth outbreak. The countryside was locked down, vast numbers of cattle, sheep and pigs were being destroyed, television screens filled with distressing scenes showing piles of carcasses and burning pyres, and the livelihoods of thousands of farmers and other rural businesses faced ruin. The crisis eventually led to the culling of more than 6 million farm animals, and cost the economy more than £8 billion. The risks of another major outbreak of foot and mouth, or other livestock diseases, are all too real.

Indeed, in the last few weeks, Cyprus reported foot and mouth cases in cattle and sheep, following outbreaks in Germany, Hungary, Slovakia and Austria. And late last year, an outbreak of African Swine Fever (ASF) in Spain sparked widespread concern. Both diseases can be carried in meat, dairy or other food products, as well as livestock themselves, and for this reason, as a precaution, personal imports of many foodstuffs into the UK are currently banned.

Given this, it was all the more remarkable (and worrying) when the Environment, Food and Rural Affairs (EFRA) Select Committee got in touch recently to say it was publishing new data which highlighted how a “significant number” of commercial consignments of imported meat and dairy products were being allowed to come into the UK without being checked for dangerous diseases.

The Committee had found that lorries arriving at the Port of Dover with potentially unsafe imports were not showing up for hygiene checks at the dedicated border control post (BPC) at Sevington, near Ashford in Kent, twenty two miles inland from the port itself, exposing a major flaw in the UK’s post-Brexit biosecurity defences.

Government data provided to the Committee had revealed that some 18 per cent of all consignments selected for inspection in November of last year failed to be checked after drivers didn’t turn up at the BPC. The number of such “drive-bys”, as the government classifies

them, appears to have increased, the Committee said, with figures from August last year showing lower numbers of incidents. In an EFRA evidence session held recently, DEFRA officials told the Committee that “follow up” checks on vehicles that do not attend for inspection are carried out. But, according to the Committee, they did not explain how frequently this happens or how they are undertaken as they do not hold data.

Only last September, EFRA published a damning report highlighting how the Sevington BPC was “inadequate” because it relied on drivers acting in good faith by taking consignments for checking, with little risk of enforcement if they failed to do so. This week, the Committee said it had become clear “that many flout this requirement and continue driving to their delivery destination, and there remains the opportunity to unload consignments prior to presenting at Sevington itself.” Alistair Carmichael MP, the Committee’s chair, said: “This new evidence paints a picture of a dysfunctional system. Unchecked meat and plant products carrying potentially devastating diseases are being let in through the front door. The risks to our livestock [...] are grave and very real. The Government has put all its eggs in the Sevington basket and it needs to make this system work at least until a new system can be agreed with the EU.”

This latest failing follows a string of enquiries and investigations last year which highlighted widespread holes in the UK’s overall defences against animal diseases, both at the country’s borders and in domestic livestock tracing systems. A quarter of a century on from the 2011 foot and mouth disaster, this is clearly unacceptable. One farming source told the AGtivist it amounted to “a scandal” that would “come back to haunt us all”.

Given the devastation that would be caused if another outbreak was to occur, all farmers, and anyone who cares about the UK’s countryside and food supply, should be very angry that this has been allowed to happen.

**In the blink of an eye everything can change, so love fiercely,
forgive often and play hard.**



SPRING AT HALESWORTH LIBRARY

We have a busy spring planned at Halesworth Library – read on below to find out more about what you can discover in the library!

Come and join us on Wednesday March 25th 10.00 -12.30 for a special Time Out+ session. We will be making Easter themed rush-work nests, decorated eggs and turning our hand to needle felting too! This event is free, but donations are welcome. Open to all adults. Kindly funded by the Friends of Halesworth Library.

On April 4th 10.00 - 3.00 we will be celebrating our very own Halesworth Library Day! We welcome customers old and new to find out about all the great things the library has to offer. If you haven't got your library card yet, why not sign up on the day? It's free to join and only takes a few minutes to sign up – just bring some ID with you and our friendly staff will be able to help. There will be a book sale on the day with cake and refreshments available. We hope to see you there! This event is organised by the Friends of Halesworth Library who will be there on the day if you would like to chat with them about how you can also get involved in supporting the library.

On Thursday, 16th April at 2.30 p.m. the Friends welcome back Suffolk-based creatives Jackie Carreira (a patron of the Friends of Halesworth Library) and Andy Deane. They will bring us an informative and fun talk about playwriting, and about Quirk House Theatre, their East-Anglia advocating grassroots company. Some will remember the couple's first visit to Halesworth Library, back in November 2018 when Quirk House Theatre put on a performance of Jackie's award winning play, "Talking in the Library". That was just the start of their supportive relationship with us. Come and join them for an entertaining afternoon. Entry is free. Please contact the Friends at friendsofhalesworthlibrary@gmail.com to reserve a place, or speak to staff at the library.

With Easter on the way we will be hosting extra activities for children. Pop along to the library on Tuesday 31st March and 7th April 10.30-

11.30 for some Lego club fun and a children's craft club on Friday 10th April, 10.30-11.30. The library also hosts regular activities and drop-ins. Come and join us every Tuesday term-time 10.00-11.30 for a free Rhyme Time & Play session to sing fun songs followed by free play with our toys. Refreshments also provided for parents! Wednesdays from 10.00 our Time Out sociable group for older people meet for tea and biscuits. The Knit & Natter group meet alternate Tuesdays 2.00 – 4.00. Lego Club runs every Saturday 11.00 -12.00 and Family Fun Time every Sunday, 10.30-11.30. You can also drop-in for advice from the East Suffolk Council customer services team every Tuesday 10.00-16.00 and Citizens Advice are here alternate Tuesdays, 10.00-12.00. Please ask a member of staff for more details.

The Friends of Halesworth Library are inviting you to join us for Sociable Sundays on 5th (please note, the rest of the library will be closed on this day) and 19th April: meet new people and enjoy a chat over cake and a cuppa in the library! Pop in anytime between 10.30-12.30. Join the Friends for their Board Games Cafe 30th March and 27th April 2.00-4.30. There are plenty of games to choose from, or feel free to bring along your own favourites. Join us and have a fun afternoon, meet new friends and enjoy tea and cake! Suggested donation £1 to the Friends of the library who kindly volunteer to run these events.

Thank you to everyone who attended our mask making workshops in February half term. The event was a big success and fun was had by all involved! The children's creations filled our window display! The Friends kindly funded these workshops, and we hope to run more in the future.

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



Alde Valley Suffolk Family History Group

LOOKING AT MILITARY RECORDS with Graham Bandy

At a recent meeting members of the Alde Valley Suffolk Family History Group were treated to a master class by Graham Bandy in ways to identify service records, and the history of their ancestors by identifying pieces of kit and uniforms. The meeting was held at the Fromus Centre, Saxmundham on Monday 16th February, and Graham and several of the audience were on Zoom.

Graham started his talk by telling us of his long term interest in the Armed Forces and military history from a young age. He had served in the Army twice, once in the Royal Military School of Music and for a second time as an Army nurse. He writes articles each month for Family Tree magazine.

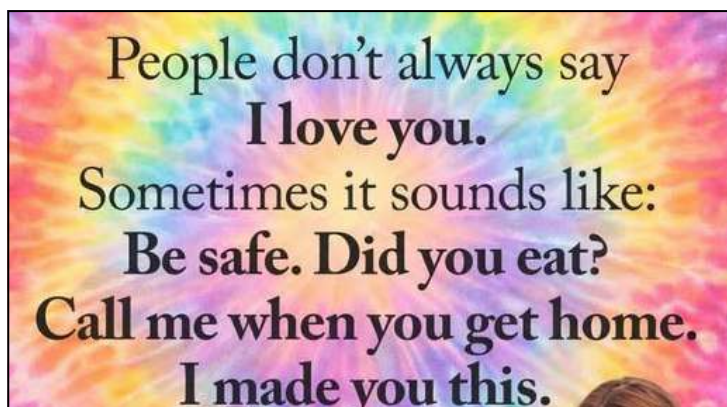
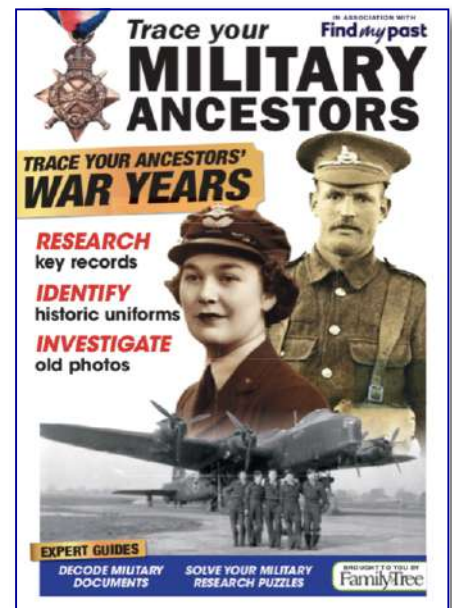
Looking at photographs of people in uniform he was able to correctly identify which units they had served in and at what time. If there was a picture of a First World War soldier wearing or carrying a steel helmet the photograph was taken in 1916 or later: Graham told us that Britain didn't use steel helmets until then. It seems easy if you know your uniform items and Graham certainly did. The position a badge was placed on a tunic or sleeve told him during which period the item was worn. Cap badges, medals, styles of headgear, belts, collar badges and cuffs all help to date the uniform wearer accurately. These also help him to identify in which theatre of war they served.

To find out more about our ancestors it would be easy if we could ask them what we want to know. Unfortunately most of us don't think to do that until all family members who would know the answers to our questions are no longer with us. So we need to look at surviving documents and old photographs. The census may help, rolls of honour, birth, marriage and death certificates can also give clues. If your soldier is seated on a horse, a military horse will be wearing two sets of reins.

The senior service is the Royal Navy, which has been in existence for more than one thousand years. Naval officers' records starting in 1660 can be found at The National Archives. Any surviving documents prior to that date will be found at The National Archives under the State, Chancery and Exchequer series. Searching The National Archives website for your sailor ancestor should prove fruitful. Army lists for Officers started in 1703 and have been published annually from 1740. Lists for other ranks began in 1809. The Royal Air Force began officially on 1st April 1918; the Air Force lists have been published since 1919 and are available at The National Archives.

All in all a most interesting afternoon and very useful for anyone wanting a steer on how to find out more about the military history within their family. One piece of warning from Graham – Artificial Intelligence cannot be trusted, so tread carefully!!

Pat Carter



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LOCAL EVENTS FUN IN THE COMMUNITY

**EAST SUFFOLK
WARM WELCOMES**

**Activity Afternoons
@Southwold Library**
Weekdays from 2.15pm

Card Games every Tuesday, Crochet & Craft every Wednesday, Rummikub 1st & 3rd Thursday, Scrabble 2nd Thursday, Board Games 4th Thursday, Poetry 1st Friday, Mah-Jong 2nd & 4th Friday

Ongoing jigsaw all other afternoons

**Free Hot Drinks,
Soup & Fruit
All Day.**

Friends of Southwold Library

Suffolk Community Libraries
EASTSUFFOLK
HM Government

STEPS FOR RESEARCH
FANCY DRESS CHARITY PARADE!

In aid of **THE BRAIN TUMOUR CHARITY**

STEP UP FOR A CURE!

SUN 16TH AUGUST
FUN FOR ALL THE FAMILY!
COSTUME PARADE - SOUTHWOLD PIER - 14:00

EMAIL: JOHN_HUGGINS@BTINTERNET.COM FOR DETAILS

SAVE THE DATE!
BANK HOLIDAY MONDAY
25TH MAY 2026
12NOON - 4PM
BUNGAY COMMUNITY CENTRE

**FAMILY
Fun
DAY**

Join the Thursday Club for fun, friendship, and creativity at The Hub!



**Thursday Club
at The Hub**

Every Thursday from 2-4 PM
Brick Kiln Lane, Huntingfield, Halesworth, IP19 9QH

Come join us!

Everyone is welcome! Games, pottery, crafts and good company along with the best tea in Huntingfield!

STILES & BREW'S
PETER PAN
A MUSICAL ADVENTURE



**Players Theatre
Lowestoft**

MARCH 31ST - APRIL 5TH, 2026

**TODDLER
GROUP**

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ST EDMUND'S HALL, SOUTHWOLD

Come along for play, songs, crafts, snacks, and friendly faces!
Perfect for babies, toddlers & their grown-ups
Everyone welcome - just drop in

£1 per child (6 months and over)
£1.50 per adult

TERM TIME ONLY

The Seagull Theatre Lowestoft



Hedda Gabler

Thursday 2nd April
7.30pm
£13

A tale of ambition, manipulation, and the desperate search for freedom, Hedda Gabler remains one of theatre's most compelling portrayals of a woman struggling against the confines of her world.



Marcellas Minute to Midnight

Saturday 11th April
7.30pm
£12/£10

Marcella is great at multitasking. She is a teacher, a wife, a mother, a carer. But now in her mid-sixties, has she run out of time to fulfil her own dreams and aspirations?



Blubber

Thursday 23rd April
7.30pm
£10

Katie's taken up synchronised swimming. She's buoyant and beautiful, but it's a lot harder than they thought. When the promise of campy fun and liberation fails to materialise, Katie feels further from her body than ever before.



Vikings

Saturday 2nd May
7.30pm
£12/£10

Five years ago, James's best friend was diagnosed with cancer and told he had three months to live. His last wish was to be given a full viking burial. This is the story of how James gave his best mate the send-off he wanted.

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

According to NASA, the name "Pluto" was proposed by Venetia Burney, an 11-year-old girl from right here in England

Ancient Wisdom

Shining a light on life today

Neal Sutton. Empath/Author

Modern Stupidity Has Grown To New Heights Of Bonkers!

If you were asked by a person from a galaxy far far away, to proffer the problem with the world - you would not have to answer in any great detail because the problems with this planet are all, without exception, caused by mankind. And therein lies the rub, 'man' is not 'kind'.

Over the course of my relatively short incarnation on earth, I have watched as society in the UK that once was reasonably happy and free - become more and more self-centred, controlled and most of all greedy. The greed of the disgustingly rich is without equal and unfortunately those who say they have the answer to mankind's 'salvation' - religious institutions - they too appear to have been bitten by the greedy bug, hoarding billions in various forms from precious artifacts to gold itself. Their institutions are spiritually worthless and, I am afraid, morally bankrupt.

But greed is everywhere and in the minds of nearly everyone in some form or another. At the top of the human tree there are the super rich, the tech giants who have more billions than they can possibly count - or spend in several lifetimes but still they lust for more. They are the ones who buy elections, parachute their flunkies into top government jobs and control the world. Governments do not operate for the good of the people - not any more (if they every did) - exactly the opposite I am afraid. They are there now with one overriding purpose - to make you poor, control every aspect of your life and most importantly, to represent the lunatics who wrongly believe they will not die, sitting as they so wrongly believe, at the top of the human tree.

Their billions have blinded them to the true reality of life. Their God Complex is complete. An unshakeable belief characterised by consistently inflated feelings of personal ability, privilege, or infallibility. They are highly dogmatic in their views, meaning the person speaks of their personal opinions as though they were unquestionably correct. These people exhibit no regard for the conventions and demands of society, and demand special consideration or privileges. They can do no wrong, their word is quite literally gospel. They are arguably the most dangerous humans on planet earth.

In their lust for ultimate riches and power mankind has raped and pillaged the earth's resources, polluting the blue planet to the point of exhaustion, destroying the natural environment that took mother nature so long to perfect. He seems blind to the fact that the planet he so readily destroys is the same one that supports his life's breath every single minute.

Now the Earth herself is awakening to the parasite on her back. Earthquakes and volcanoes are active in Hawaii, Indonesia, the Ring of Fire and The United States. Huge sink-holes are appearing from Florida to Italy as The Earth herself has had enough of the arrogance of man.

The people of Earth need to end the Greed.

In contrast to all this stupidity, being content in life is a wonderful thing. To wake up every day and be happy is more than most people today can imagine possible, but it is.

Greed can occupy your very soul. Let us return to kindness, compassion and caring for others . Time to relearn happiness and contentment.

Both the insanely rich rulers of the world and the many religions - I have studied them and I have found them wanting.

In the woods and meadows, we walk without knowing it, upon the wisdom that we seek'



**I'm not gracefully ageing,
I'm fiercely evolving with a Bohemian spirit that refuses to be tamed**

HALESWORTH BRANCH OF CANCER RESEARCH

Our first event of the year, our very popular Jumble Sale, was a great success. The hall was very busy with people enjoying catching up with each other over a cup of tea and a slice of delicious cake and finding some bargains on the various tables and clothes rails. We are always so grateful that you all come along to support our events and we are delighted to tell you that you raised a fantastic £1324.94p. Thank you to Halesworth Co-op for providing a lovely hamper for the raffle which contributed £111 to our total and was won by G. Butler with yellow ticket 88. Thank you to everyone who baked for our refreshments.

We held our AGM on Thursday 5th March in Maureen's meeting room at Halesworth Co-op. Our President Dr. Clarke opened and also closed the meeting with some encouraging remarks about how far cancer treatments have advanced since he qualified 60 years ago. He also praised the successful year that the group had with all the fundraising events and how important it is to continue to raise money so that Cancer Research can continue its groundbreaking research.

The election of officers (Chair, Vice Chair, Secretary and Treasurer) remains the same and all the committee members were happy to continue to serve except for Valerie who stood down as she is hoping to move shortly, however she and husband Michael happily have said they will continue to help us for as long as they can. We are very grateful for everything they have done for The Halesworth Branch of Cancer Research and wish them well.

Our Area Manager, Sophia France was also present and informed the group of the science behind some of the research and how it is making a real difference to so many people especially people at high risk of getting cancer with preventative treatments before the cancer appears.

We will have completed our second event of the year, "The Big Breakfast" by the time you read this and we will let you know how we got on in the next edition of the magazine. We don't have an event in April but looking ahead our Spring Fair is in Holton Village Hall on Saturday 16th May, please pop the date on your calendar. We totally rely on your support and we are extremely grateful that you all continue to attend our events. Thank you so much.

For info contact Dawn Davis 01986 873640 Picture: Jumble sale event.



Beccles Antiques Market at Beccles Quay NR34 9BB

Sunday 3rd May 8am-3pm

OVER 100 DEALERS
selling antiques,
retro and
collectables!

FOOD VILLAGE
serving hot & cold food,
with plenty of open
space to sit and eat

FREE ENTRY

Mars and Venus are the only planets in our solar system that do not have moons.

SUFFOLK COUNTY MUSIC SERVICE OPPORTUNITIES FOR EVERY CHILD

Suffolk County Music Service (SCMS) is helping thousands of children and young people across the county discover music as a source of confidence, creativity and connection. As a long-established part of Suffolk's cultural landscape, the service is committed to making high-quality music education accessible to every child, whatever their background.

Working closely with schools, SCMS delivers whole-class and small-group programmes that introduce pupils to instruments and build essential musical skills. Many young people begin their musical journey here, before progressing to individual instrumental or vocal lessons taught by specialist music teachers who nurture technique, self-expression and confidence [Picture above: WCITFest – the annual celebration of Schools' Music



SCMS also ensures that financial circumstances never prevent a child from learning music, offering a range of support options to keep lessons within reach for families.

Beyond lessons, the service runs a wide range of ensembles, orchestras, bands and choirs, giving young musicians the chance to rehearse together, perform publicly and experience the excitement of collaborative music-making. These opportunities help build resilience, teamwork and friendships that often span schools and communities.

<<Pic: Members of Suffolk Youth Wind Band

A strong commitment to inclusion underpins all SCMS activity. The service supports young people with special educational needs and disabilities, adapting teaching so everyone can participate meaningfully and benefit from music's unique power to support communication and wellbeing. Pic: Specialist music tuition taster >>

By developing creativity, discipline and teamwork, SCMS equips young people with skills that last a lifetime. More than an education provider, it is a cultural asset for Suffolk—enriching communities, supporting local events and helping the next generation find their voice through music. Find out more at <https://suffolkcountymusicservice.co.uk/>.



One of the reasons your lungs feel refreshed when walking through a pine forest is because of an anti-inflammatory compound called a-Pinene, found in conifers. It is used as a bronchodilator in the treatment of asthma and abundantly present in marijuana.

Once upon a time, all food was ORGANIC.

The Sun takes up about 99% of the Solar System's mass.

Beccles Carnival Launches Search for Miss Beccles 2026 Plus Beccles Prince & Princesses

Beccles Carnival is delighted to announce that entries are now open for Miss Beccles 2026 and the Beccles Prince & Princess titles. The much-loved selection afternoon will take place on Sunday 24th May, and all entrants must attend to take part. This year's competition offers young people and adults across the community the chance to shine, grow in confidence, and become proud ambassadors for Beccles throughout the 2026 Carnival season.

Entry Criteria

Beccles Prince & Princess, ages 8–14 Must live within 12 miles of Beccles or attend a Beccles school

Miss Beccles 2026 Ages 17–45 Must live within 12 miles of Beccles or work in Beccles

A Chance to Be Part of the Magic

Did your child wave excitedly at our 2025 Prince or Princess during the parade and dream of being up there themselves? Now is their moment. Becoming part of the Carnival Court is a truly unforgettable experience full of pride, community spirit, and memories that last a lifetime.

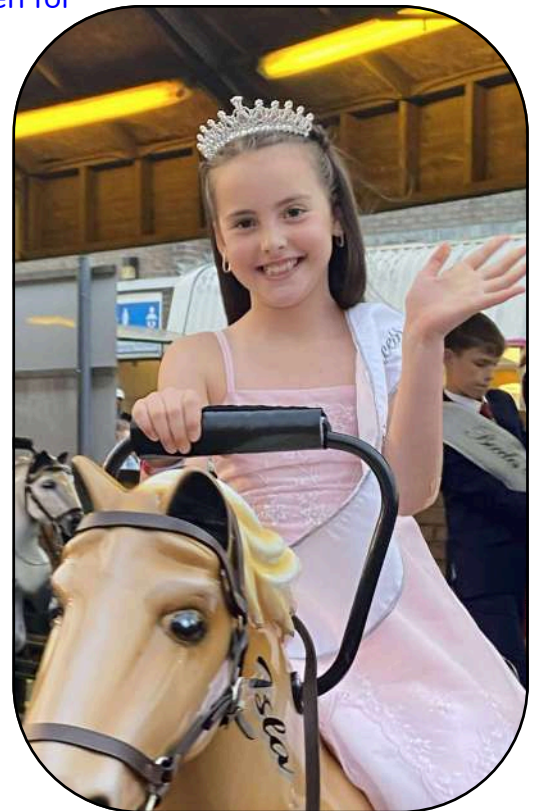
All winners will also have the unique opportunity to raise funds for a Beccles-based charity or organisation of their choice, making a real difference in the community they represent.

Cash Prizes & Confidence-Building Fun

Every winner will receive a cash prize, and all entrants will enjoy a welcoming, supportive environment. If you think you're "not confident enough", this is exactly the kind of experience that helps people grow many past winners say it boosted their confidence more than they ever expected.

How to Enter: All entrants must preregister using our official Google Form:

<https://forms.gle/scvnuhJem9QijL26A>



Beccles Public Hall & Theatre

Playwright, Ursula Parker, Director and Storyteller David Lewis-Lewis presents the stories of the young passengers on board the Titanic during her maiden voyage

The Children of the Titanic

Children of the Titanic
 📅 Thu 9 Apr 2026, 7:30PM
 📍 Beccles Public Hall and Th...
 📍 Beccles

SENSATION

ABBA TRIBUTE BAND

Sensation - A Tribute to ABBA
 📅 Sat 11 Apr 2026, 7:30PM
 📍 Beccles Public Hall and Th...
 📍 Beccles

Dave Thomas
BLUES BAND
Independent Blues Awards Best Contemporary Blues Band

The Dave Thomas Blues Band
 📅 Fri 10 Apr 2026, 7:30PM
 📍 Beccles Public Hall & Theat...
 📍 Beccles

THE CARPENTERS EXPERIENCE

The Carpenters Experience
 📅 Fri 1 May 2026, 7:30PM
 📍 Beccles Public Hall and Th...
 📍 Beccles

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

When you think there's no hope left, remember the lobsters in the tank in Titanic's restaurant

THE BRITISH COUNTRY SHOW

At Henham Park Sun 5th & Mon 6th May 10am - 5pm

Come along to The British Country Show Suffolk this Easter Bank Holiday Weekend at the wonderful Henham Park. Set to be a true Easter extravaganza, there is something for the whole family to enjoy.

This year we are bringing some amazing BRAND NEW attractions, including MonsterTrucks starring the incredible Big Pete, the world's only real monster truck. Standing 16ft tall and 12ft wide, weighing 7.5 tons, Big Pete can leap 15ft into the air and crush anything in his path - an unforgettable sight for any event. Joining him is Grim Reaper, a lighter, modern monster truck with a sparkle in its bodywork that flies through the air and leaves crowds in awe, delivering that ultimate WOW factor.



Throughout the day you can enjoy high-energy BMX stunt displays, the thrilling Kangaroo Kid Stunts team, the ever-popular Dog and Duck Show, and spectacular Falconry Displays by Angie and Rick, who will also have a fantastic static bird display for visitors to meet up close. Our History Revisited village offers an interactive and educational experience for everyone, while talented fly fishermen demonstrate their craft. Food lovers can watch live cookery demonstrations featuring wonderful cooks, foragers and mixologists, and browse our fabulous exhibitors offering quality products while supporting small and local businesses. Entertainment continues all day with magic shows from the amazing Merkele from Britains Got Talent, Punch and Judy, the awe-inspiring Buccaneers touring musical, and fun, family-friendly wrestling guaranteed to raise a laugh. Great live music from talented local musicians will keep the atmosphere buzzing.



Our hugely popular We Love Dogs area returns with charity fun dog shows featuring over 20 fun classes and 20 pedigree classes, along with an owner and celebrity lookalike competition, dog agility, Dogs Have Got Talent, flyball and much more. In 2023 alone, We Love Dogs raised close to £18,000 for charity.

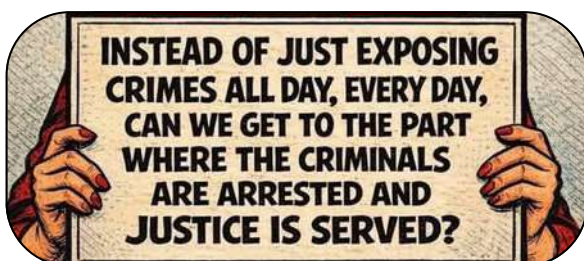
There is plenty for younger visitors too, including meet-and-greet superheroes, puppet shows, Punch and Judy, reptiles, a traditional fairground, and the Petting Farm where you can meet animals big and small and even enjoy a donkey ride.



If you are looking to try something new, visit our rural crafts area where skilled artisans demonstrate rare and traditional crafts made with passion and pride.

Watch our incredible Speed Chainsaw Carving team in action or try your luck at our Archery Have A Go experience. And finally, don't forget our FREE Easter Trail. Complete the trail and return to the entrance to receive your Easter eggs. The British Country Show Suffolk promises a fun-filled day out for all ages combining entertainment, education, countryside traditions and unforgettable attractions.

The British Country Show Suffolk 10.00am – 5.00pm on Sun 5th and Mon 6th April at Henham Park, Beccles, Nr The Quarry, Suffolk, NR34 8AD Ticket info : www.britishcountryshow.co.uk



It's backwards! We are PRIVATE, the government should know nothing about us. They are PUBLIC and we should know EVERYTHING about them!

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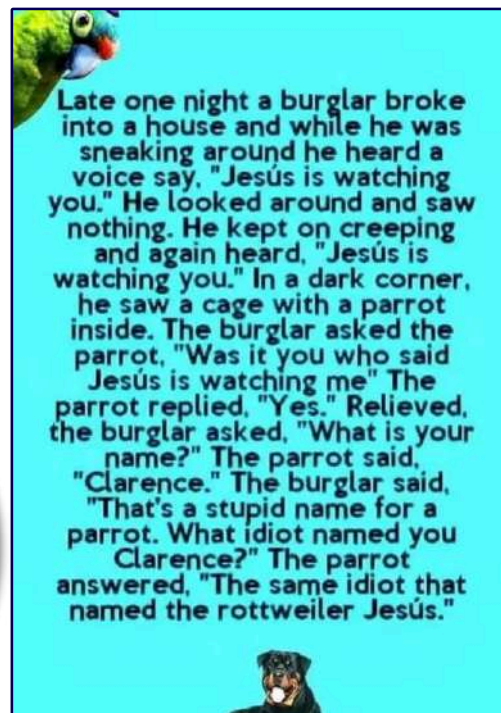
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Late one night a burglar broke into a house and while he was sneaking around he heard a voice say, "Jesús is watching you." He looked around and saw nothing. He kept on creeping and again heard, "Jesús is watching you." In a dark corner, he saw a cage with a parrot inside. The burglar asked the parrot, "Was it you who said Jesús is watching me?" The parrot replied, "Yes." Relieved, the burglar asked, "What is your name?" The parrot said, "Clarence." The burglar said, "That's a stupid name for a parrot. What idiot named you Clarence?" The parrot answered, "The same idiot that named the rottweiler Jesús."



THE 1:1 DIET
by Cambridge Weight Plan

Have you been encouraged to lose weight for health reasons?

Don't know where to start?
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Ros Asplen

07775238126 · rosasplen23@gmail.com



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Lowestoft's Sunrise Film Festival Launches Fundraising Campaign to 'Rise Again' After Becoming Newly Independent CIC

Sunrise Film Festival, Suffolk's largest film festival and a champion of diverse and under represented voices in cinema, has launched a fundraising campaign entitled **Support Sunrise To 'Rise' Again**, calling on the community, organisations, and supporters to help secure its future after the festival's parent charity entered administration earlier this year.

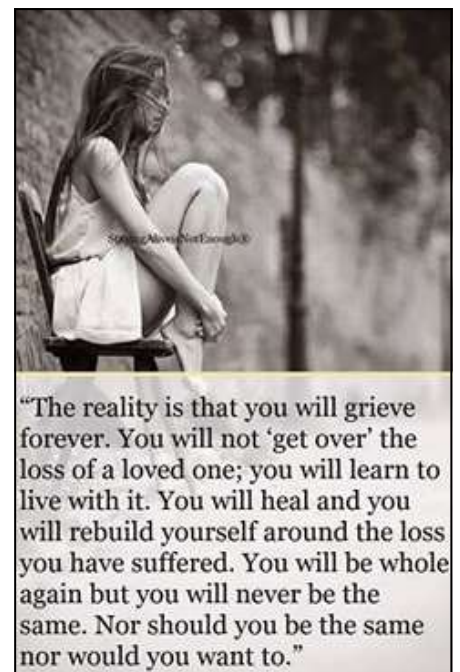
In February 2026, the regional charity under which Sunrise operated went into administration. To save the festival and safeguard its long-term future, the Sunrise team worked rapidly to establish a new, fully independent non-profit organisation, Sunrise Film Festival CIC. (Community Interest Company) While this marks an exciting new chapter for the festival, it also comes with significant financial pressure. Sunrise is now seeking community support to demonstrate the value of its work and to build the stability needed to grow as a newly incorporated organisation.

As Sunrise Film Festival CIC moves forward, its vision remains clear. Expanding access to independent cinema in coastal and rural communities. Championing diverse stories and under represented film makers. Inspiring young people to explore careers in film and the creative industries

Strengthening Lowestoft's cultural identity and creative economy. Ensuring the festival remains welcoming, accessible, and community-centred. Joshua Freemantle, Chair of the Board, Sunrise Film Festival CIC said:

"Sunrise has always been about giving people in our coastal community, from all backgrounds, access to cinema and opportunities that are often out of reach. When the charity we were part of collapsed, we faced a choice: let the festival disappear, or fight to rebuild it. We chose to fight. Becoming an independent CIC opens up an exciting future for Sunrise, but we are also rebuilding from the ground up. This campaign is about ensuring we can continue uplifting diverse filmmakers, supporting young people, and bringing powerful cinema experiences to Lowestoft and beyond. We're asking our community, partners, and supporters to help us rise again, so in 25 years' time we're still here championing new voices and celebrating the stories that bring people together."

Supporters can donate via the campaign page: <https://sunrisefilmfestival.co.uk/supportsunrise> All contributions, whether financial or in the form of professional support, can help strengthen the festival's future



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AN INTRODUCTION TO COUNSELLING SKILLS



Our Introduction to Counselling Skills is a great starting point for anyone wanting to know more about counselling or thinking about whether they would like to train.

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This course will run over 6 Wednesday evenings:
Apr 29th, May 6th, 13th, 20th,
June 3rd, 10th
6pm to 8pm

SELECTION CRITERIA:

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COURSE AIMS:

- Improve your listening skills
- Develop skills to use in the workplace
- Understand the difference between counselling and helping



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EASTER BUNNY HUNT RETURNS TO SOUTHWOLD PLAY PARK!

Plus in July - The First Southwold Sausage Summer Festival

The popular family-friendly Easter event at Old Hall Farm near Southwold is back for the Easter Holidays, alongside a busy summer schedule. Each year, the Play Park, which is home to Southwold Maize Maze during the summer months, opens its gates for its popular Easter Event, which includes an Easter Bunny Hunt and the Golden Egg Challenge.

The event will run from Saturday 28th March – Sunday 12th April, for the duration of the school Easter holidays. It's a fun day out for the whole family, with seven cheeky bunny character boards hidden discreetly around the play park. It's the task of visitors to find the bunnies and complete their sticker card to receive a prize. Over the Easter weekend, on Friday 3rd and Saturday 4th April, Wendy Rabbit will be joining the bunny hunt at the venue, adding extra fun for young visitors. The two-day Easter Antique and Vintage Fair will also take place on the same dates in the big barn. The play park is open from 9.30am – 4.30pm each day during the Easter Holidays, with last entries at 2.30pm.

The Golden Egg Challenge is becoming a firm favourite; each day, a golden egg is carefully hidden in the play park, with a prize up for grabs for the winner, including summer maize maze family tickets! It's best to arrive in good time for this one as, once the Golden Egg is found each day, you'll have to wait until the next day for another chance.

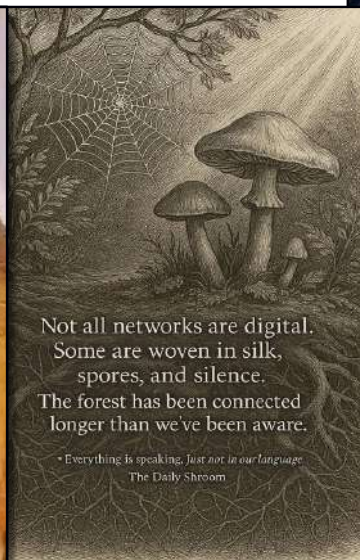
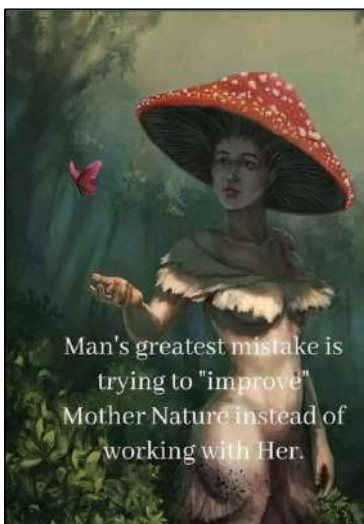
Alongside the Easter activities, tickets include access to all facilities within the play park, which includes three jumping pillows, double zip line, ride on tractors, nest swing, climbing towers and slides, downpour derby water play, two giant sand pits, and the recent addition of play cafés and kitchens.

On Saturday 4th July, the park will also be hosting the first ever Southwold Sausage Summer Festival in conjunction with the original Southwold Sausage Walk founder, Laura from Empire Training. We hope to see hundreds of Sausage Dogs (and their owners!) descend on Old Hall for a day of live music, food, walks, market stalls and more, all focusing on celebrating the brilliant Dachshund!" Bella adds. The event will be a ticketed only event. Tickets go on sale very soon, with information on where to get tickets shared on social media.

Visitors note: the maize mazes are not planted until May, which means the mazes and go kart track will not be open until late July. Until then, the play park and the accompanying events offer a day full of fun for everyone.

Tickets for the Easter event are available online (£2.50 for adults, £7.50 for children), where there is an advantage over gate prices (£3 for adults, £8.50 for children). For further information and to book tickets:

<https://www.southwoldmaizemaze.co.uk/easter>.



**The Sun is 109 times wider than Earth
- It could fit over 1.3 million Earths inside.**

Halesworth Dementia Carers Fund

Latest news....

Activities Update

Seated Movement to Music: Every Monday at Holton Village Hall 11.00 – 12.15

Memory Café: Every Tuesday in the Co-op Community Room 2.00 – 3.30

Seated Yoga: Every Thursday at the Patrick Stead Day Centre 10.30 – 11.30

Singing with Friends: Every Thursday at the Patrick Stead Day Centre 2.00 – 3.30

Creative Art: Every Friday at the Patrick Stead Day Centre 10.00 – 11.30

Carers Support Group: Every Friday at the Patrick Stead Day Centre 2.00 – 3.30

We also offer Day Care on Fridays from 9.30 – 3.30 (Booking required).

Other services

HDCF is able to offer an advocacy service for anyone needing help with things like doctors appointments, and we can also offer training days for any organisations that would like to enhance their staff training programme.

100+ Club

The latest winning numbers are: 102 (£100), 17 (£75), 156 (£50) and 70 (£25).

To join the 100+ Club please contact Anna on 07721 842802

Golf Competition

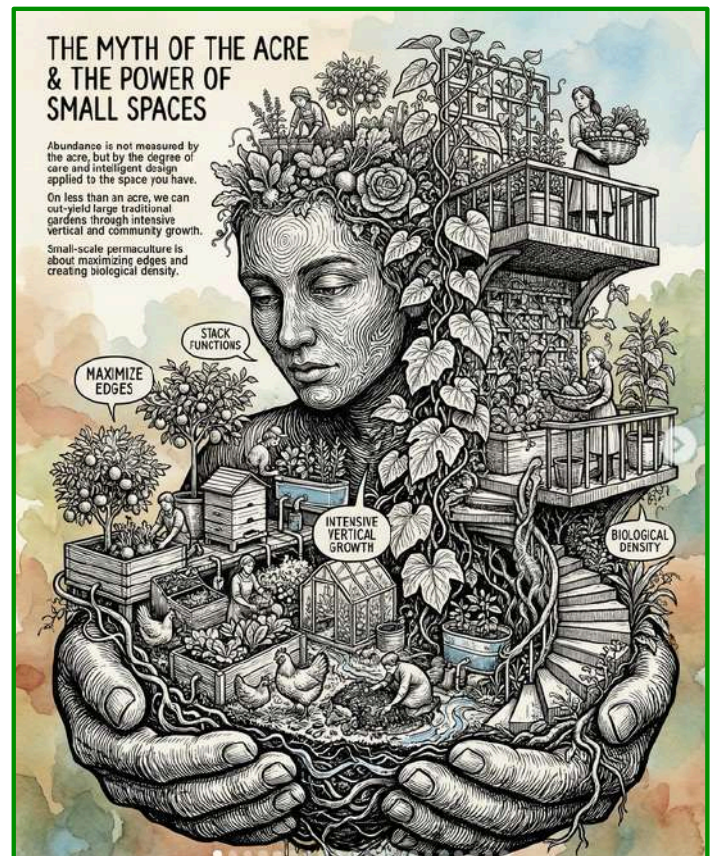
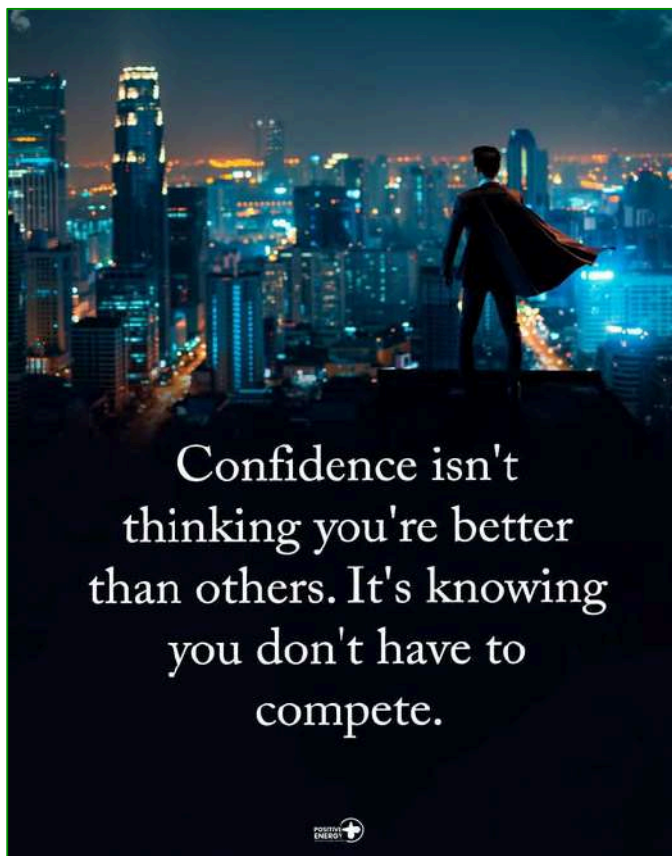
There will be fund-raising golf tournament at the Halesworth Golf Club on 6th May. We would love to hear from people wanting to enter teams or help with the sponsorship.

For full details please call John Giles on 07789 991046.

For full details of all our activities please contact us on 07990 199632, go to

info@halesworthdementia.co.uk, visit our website at

www.halesworthdementia.co.uk or see our Facebook page.



Mae Jemison was the first real astronaut to appear on Star Trek.

Women Who Inspire

Women Who Inspire, an enjoyable evening at Halesworth Golf Club on March 16th, 2026, to celebrate the thirteenth anniversary of Blyth Valley Rotary and honour International Women's Day. The audience was captivated by the remarkable stories of our three dedicated speakers. Organised by Rosie Carter and Rotarian Gillian Warren, this event shone a light on the achievements of extraordinary women and celebrated International Women's Day.

Megan Bray shared her inspiring journey, beginning with her pursuit of a teaching career in PE at Loughborough University, which changed after a broken ankle led her to earn a degree in geography. Following a decade in the pharmaceutical industry, her move to Suffolk, motivated by her family legacy, inspired her to become a firefighter. Proudly, she became the first female on the crew at Beccles and now serves at Lowestoft South station, where she discovered her true purpose. Megan's belief that it's never too late to embrace new challenges inspires us all. Passionate about community and teamwork, she embodies the idea that our paths can be unique and fulfilling. <https://www.firefighterscharity.org.uk/>

Sally Walker gave us her inspiring journey, from RAF Cadets training in Beccles to joining the army. Sally grew up in Suffolk, she joined the British Army at 19 and dedicated 24 years of service, with tours in Bosnia, Northern Ireland, Iraq, and Afghanistan, along with postings at the Ministry of Defence and

the British High Commission in Canada. After leaving the Army in 2018, Sally found her passion in the charity sector, serving as Head of Philanthropy at the Royal College of Physicians. She also chairs Veterans With Dogs, helping match assistance dogs with veterans facing mental health challenges, and is involved with the Petersfield Open Air Swimming Pool and Veterans Can. Plus, she has a master's degree in Philanthropic Studies from the University of Kent! Her passion today is the charity known as Veterans with Dogs: <https://veteranswithdogs.org.uk/>

Our last speaker was Lorraine Bliss MBE! She recently retired as CEO of St Edmunds Society in Norwich, where she made a significant impact on young people since 1991. Lorraine continues to support youth projects as a Trustee of The Joe Dix Foundation, raising awareness of child criminal exploitation and knife crime. Her work has transformed St Edmund's Society into a valuable resource, offering around 150 training opportunities each week, mainly in construction. Lorraine was honoured with an MBE from HRH Prince William and was recognised as one of Norfolk's '100 Most Inspiring Women' for her contributions. <https://joedixfoundation.co.uk/>

After a lovely meal together, we enjoyed a game of sudden-death reverse bingo. Each speaker received £500 for the benefit of their Charity.

I WANT TO RID OF CLOCKS AND LIVE BY THE RISING SUN

WORSHIP THE MOON

WALK OFF THE BEATEN PATH

LIVE ON MY OWN TERMS

FALL IN LOVE WITH EVERYONE I MEET

COLLECT STORIES TO TELL

FREE MY GYPSY SOUL

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WHITE OWL'S WORLD

In Native American Spirit Wisdom we see truth in all creatures of the Earth, We see their wisdom before us in every way. Let us take the Whale for example. Whale is very much like a swimming library. Whale carries the history of Mother Earth and is said to have been placed here by the ancients of the dog star Sirius.

Biologists say that Whale is a mammal and very possibly lived on land millions of years ago. In tribal legend, Whale's move into the ocean happened when the Earth shifted and Lemuria, the motherland, went below the waves.

All of our petroglyphs speak of the Motherland Mu, and the disaster that brought the Red Race to North America from the west, beyond the great waters. The symbols in our petroglyphs speak of rivers and mountains crossed by our ancestors when they sought solid ground as the waters receded.

Whales saw the events that lead to the settling on Turtle Island (the land you call America) and has kept the records and the knowledge of the Motherland alive. It is said that Mu will rise again when the fire comes from the sky and lands in another ocean on Mother Earth,

The native medicine people are waiting for this event as the next sign of Earth changes. Earth children will have to unite and honour all ways and all races in order to survive.

Recently I have seen, small meteors crashing to Earth in the USA. I hear of volcanoes erupting and earthquakes being felt in many countries and I am concerned.

Is this the start of that time when mankind must honour all ways and all races to survive ?

I fear that man will not be able to do this, even to save himself because those who rule are arrogant and know not how to humble themselves in order to feel with their hearts.

The Earth Mother will then do as she must.



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A few of the original Star Trek cast have had their ashes launched into space.

BLYTH VALLEY ROTARY

Blyth Valley Rotary, formerly known as Southwold and District Rotary, was established in April 1960 and is part of Rotary International, a global charitable organisation with over 1.6 million members and over 35,000 clubs in 200 countries. We are a non-profit organisation, which means every penny we raise goes to a worthwhile cause. All members of Rotary are volunteers. We are a non-religious, non-political, and inclusive group. Despite having only 32 members, Blyth Valley Rotary and its friends do an incredible job serving our community by raising funds for good causes, both locally and sometimes internationally. We cover towns and villages in the Blyth Valley region, including Halesworth, Wrentham, Wangford, Reydon, Walberswick, Blythburgh, and Southwold.

We organise many events, including our annual Southwold Christmas Day Swim, which, last year (2025), despite having to cancel the event due to treacherous weather, raised over £3,000 through the valued supporters and donations. The amount to be shared among Southwold RNLI, the Peartree Fund, and the Parkinson's Charity.

Additionally, we apply our organisational skills to help manage successful events such as the Women Who Inspire Evening, Starlight Walk, Brass on the Grass, Southwold Street Festival, Henham Steam Country Fair, Covehithe Plough, Bikes to Africa and support Light Up Southwold and the Reydon Christmas Lights. We support the Reydon Community Pantry, Southwold Food Bank, local school projects, and even started a RotaKids group at St. Felix School this year.

We typically meet on Thursdays at 6:30 PM at the Sole Bay Bowls Club in Reydon. Our meetings include a drink and a meal, followed by a short discussion about our future plans or a guest speaker. Our club strapline is "Doing good is not only fulfilling but also creates a positive ripple in the world around us. Together, we can transform lives, uplift our community, and find fun in helping others. Let's unite to inspire and protect one another! We are Blyth Valley Rotary." We have social evenings, theatre trips, boules evenings, putting-green-friendly games, and more.

President Ronnie Carter warmly invites you to celebrate Blyth Valley Rotary's 66th Charter Night. With Speaker Grp Capt Andrew Coe (Retd OBE). Join us for a wonderful evening with a scrumptious menu and an inspirational speaker. Let's celebrate our community's spirit of volunteering! £35 per person. Info: info@blythvalleyrotary.co.uk.

Group Captain Andrew Coe, OBE, is a retired RAF officer who transitioned to the private sector in 2025 after 28 years in the military. He is a Mentor for NATO DIANA and the Founder. In 2025, after a 28-year military career—including service as a Tornado G4 pilot in Iraq, Afghanistan, and Romania, and various senior leadership roles in high-profile international operations. If you would like to get involved in our community and learn more about Blyth Valley Rotary, please visit our website: www.blythvalleyrotary.co.uk. Or contact our Secretary, Steven Seagar, info@blythvalleyrotary.co.uk. We welcome friends of Rotary to join us for any of our events or functions.



BLYTH VALLEY ROTARY

Speaker is Gp Capt (Retd) Andrew Coe O.B.E.

CHARTER NIGHT CELEBRATION

SATURDAY 25th April 2026 6.30 PM

Celebrating Rotarians Past and Present

Halesworth Golf Club, Halesworth

info@blythvalleyrotary.co.uk




2025 after 28 years in the military. He is a Mentor for NATO DIANA and the Founder. In 2025, after a 28-year military career—including service as a Tornado G4 pilot in Iraq, Afghanistan, and Romania, and various senior leadership roles in high-profile international operations. If you would like to get involved in our community and learn more about Blyth Valley Rotary, please visit our website: www.blythvalleyrotary.co.uk. Or contact our Secretary, Steven Seagar, info@blythvalleyrotary.co.uk. We welcome friends of Rotary to join us for any of our events or functions.

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the seagull

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Weekdays from 2.15pm

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Suffolk Community Libraries EAST SUFFOLK COMMUNITY LIBRARIES HM Government



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Wildlife

Short Annual General Meeting
followed by a film

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by Canoe**
Featuring Paul Heiney

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Refreshments and Raffle
Admission Free

What's On
suffolkwildlifetrust.org

★★★★★ The UK's biggest celebration of short drama. The Paper

★★★★★ Thought provoking, smart and funny productions. EADT

★★★★★ The world should pay attention to INK. The Times

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Halesworth Repair Café
17 Nov · 📍

Halesworth Repair Café dates for 2026 – at The Cut, Halesworth

- Tuesday 27 January - 2.00 to 4.00pm
- Tuesday 24 February - 2.00 to 4.00pm
- Saturday 28 March - 10.00 to 12 noon
- Tuesday 28 April - 2.00 to 4.00pm
- Tuesday 26 May - 2.00 to 4.00pm
- Saturday 27 June - 10.00 to 12 noon
- July - Holiday
- August - Holiday
- Tuesday 22 September - 2.00 to 4.00pm
- Tuesday 27 October - 2.00 to 4.00pm
- Saturday 21 November - 10.00 to 12 noon

Charity Ball
In Aid of St Elizabeth Hospice
Saturday 18th April 2026
(Carriages at 23.30)

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We will sit down for dinner at 19.00 and later join

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We run free workshops at locations across Suffolk, where you can ask any driving related questions, and have a refresh on the Highway Code.

Contact us for a list of dates and venues for 2026
T: (01473) 341517 E: jane.holland@suffolkhighways.org
or visit our website: www.suffolkroadsafe.com

Suffolk County Council

SuffolkRoadsafe
CUTTING CONSCIOUSLY

SAMARITANS
Lowestoft & Waveney District

**Do something
you're proud of**

Would you like to find out more about volunteering with the Lowestoft & Waveney Samaritans?

Our Volunteer Recruitment event at Riverside Business Park, Lowestoft, starts 10.30
Saturday 21st March 2026

Email: Lowestoft.Director@Samaritans.org to book your place and get more info.

Volunteer with us
We will train, mentor and support you all the way.

To find out more and apply, visit
samaritans.org/volunteer

Email Lowestoft.Director@samaritans.org
Visit us: Unit 6 Riverside Business Park
Lowestoft
NR33 0TQ

There are only three things that always tell the truth - small children, drunks and Lycra

TIME TO THINK AHEAD A BIT!

With all the nuttiness going on the world, everyone seems to be talking about the looming fuel crisis but something is coming that will be far worse than that, and that is the impending food crisis. That crisis will be long lasting and will cut deep into everybody's life. Not only from container ships not getting through but also the war on farmers will, unless it is stopped, mean that in 2027 shops will be virtually empty. That scenario is already planned. There never has been a more time when growing your own food has been more essential than now. We need to be turning those pristine lawns over to vegetables and fruit.

We are in the process of acquiring a portion of land to create a Homestead for just such a purpose (see ad below) If you would like to help in any way, please get in touch on the email below. Time to forget property values and the things that ultimately don't really matter. Feeding you and your family must be uppermost in all our minds over the coming months.



There will come a time when only those who know how to plant will be eating.

NATURE'S ENDEAVOURS **A Homesteading Project for our Future**

Complete Soil Restoration/Regeneration
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If you are interested in the project
Email: naturesendeavours@protonmail.com

The Bugle Community Magazine

Prepared and published as a digital on-line magazine in a garden shed in Uggeshall, nr Beccles using professional software.

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

Articles for submission max 500 words please!

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

Contact us tel: 01502 578074

E: the.buglemag@yahoo.co.uk



That's All Folks – Back on May 1st Contact us on 01502 578074
E: the.buglemag@yahoo.co.uk