

The Bugle Magazine

YOUR monthly FREE Community Magazine.



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 Str.	11:13	every	16:13	16:48
Bus Str.	11:15		16:15	16:50
Seafrost	11:20	hour	16:20	16:55
Museum	11:35	until	16:35	----



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)



Want to make your New Year's resolution stick this year?

The New Year often encourages new goals. There's no goal more important than a healthier heart!

If you live in Lowestoft, sign up to our Healthy Hearts group programme today where you can:

- Explore goal setting and formation of healthy habits
- Receive advice and information to support heart health- including blood pressure, weight management, stop smoking, physical activity, sleep & stress and more!
- ALL FREE!

“You helped me realise I wasn't alone- thank you from the bottom of my healthy heart.”



To book your space or to find out more, please email us below



healthreferrals@eastsuffolk.gov.uk

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

THURSFORD ★ CHRISTMAS SPECTACULAR



In February of 2025 my wife booked two tickets for the Thursford Christmas Spectacular, up there near Dereham in Norfolk. For most of the year Thursford is a steam and fairground museum but in October and November it transforms into a 1400 seat theatre with a 70 ft wide stage.

I of course had heard of The Thursford Christmas Spectacular but nothing could have prepared me for the feast of first class entertainment that awaited me that day.

Behind the scenes there are nine in the costume team, twelve backstage crew, six sound and lighting technicians.

On stage was an orchestra of thirty four, the female dancers numbered twenty three with lots of costume changes, performing everything from the Tiller Girls to Riverdance.

Fifty Five singers performing everything from wartime hits to Opera with 'Nessan Dorma'.

The quality of everything from the sound, the magical lighting, the professionalism of everyone involved is equal to 'West End' standard - and then some.

If you get a chance to go in 2026 you will not regret it, on the contrary it will stick with you for a very long time - but book early.

Tickets are already selling for 2026

www.thursford.com

Facebook: Thursford Spectacular
Watch the videos on You Tube.



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

St Elizabeth Christmas Tree Recycling

St Elizabeth Hospice in partnership with Just Helping is organising its second Christmas tree recycling "Tree-cycling" scheme in Great Yarmouth and Waveney.

Registration is open from 15 November through to 7 January 2026 with the partnership collecting trees from homes in the following postcodes: NR29, NR30, NR31, NR32, NR33, NR34 and NR35 in return for a donation to support the work of the charity of the local area.

Tree collection will take place on 13 and 14 January, with hospice teams being joined by volunteers from Balfour Beatty, Flagship Services and Medequip who are kindly supporting the work this year, all recycled tree will be used locally for animal feed and pathways, at Wilderley farm.

Chloe Lock, community fundraiser at St Elizabeth Hospice, said: "Please join our 'tree-cycling' scheme this year and turn your festive clean-up into a gift that gives back to St Elizabeth Hospice. "Every Christmas tree recycled helps us raise vital funds to support patients and their families when compassionate care matters most."

To register your tree and to use this service please visit:

www.stelizabethhospice.org.uk/be-a-star/fundraising/treecycling/.

Donations are encouraged, with all funds going towards supporting St Elizabeth Hospice which, [in partnership with East Coast Community Healthcare](#), has cared for more than 6,000 patients and their families in Great Yarmouth and Waveney, since launching in April 2019.

For more information about the partnership's services in Great Yarmouth and Waveney visit www.stelizabethhospice.org.uk/how-we-can-help/hospice-care/great-yarmouth_and-waveney.



Suffolk Community Libraries
SOUTHWOLD ARTS CENTRE & SOUTHWOLD LIBRARY PRESENT

SOUTHWOLD COMMUNITY CINEMA

	DOWNTON ABBEY THE GRAND FINALE (2025) 15 Drama Wednesday 25 February 3pm
	THE LIFE OF CHUCK (2024) 15 Drama / Fantasy Wednesday 25 March 3pm
	THE CHORAL (2025) 15 Drama Wednesday 29 April 3pm

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




WCB COMEDY PRESENTS...



STAND UP IN SOUTHWOLD

Also featuring:
Further acts TBA

27th February
Doors 6.00pm
(Show starts 7.00pm)

Headline Act
Milton Jones

BOOK NOW!
WWW.WCBCOMEDY.COM



The Bugle What's On Guide

For this month

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

Thursday 8th January THE FASCINATION OF FUNGI, Blyth Valley & Southwold Wildlife Group present an illustrated talk by Tony Brown. Southwold Arts Centre. IP18 6JP at 7.30. Adm £5 Inc' Refreshments Raffle. All Welcome

Sunday 18th January. THE START OF HALESWORTH HARMONY'S SPRING TERM at The Cut in Halesworth. (10.30 - 12.30) We're actively looking for new members so come along for a **free taster session** - no experience is necessary, everything is taught by ear, and you'll receive a warm welcome. Email: halesworth.harmony@gmail.com.

Monday 19th January. ALDE VALLEY SUFFOLK FAMILY HISTORY GROUP 'When There's a Will' – Ian Waller – in person at the Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL (behind the Library) and, for members only, on Zoom. The speaker will be talking to us on Zoom. the talk starts at 2.30pm No need to book – just turn up – free for members and £5.00 for visitors, including tea/coffee/biscuits. Good, free car-parking. Only members can take part in our meetings on Zoom, but it only costs £10 for a year's membership – see <https://avsfhg.org.uk/membership/> (website under construction) and Zooming is free.

Thursday 22nd January. THE BALLAD OF AGNES TURNER. Wrentham Chapel, NR34 7LT 7.30pm. A theatrically performed reading by four actors, following the life of Agnes Turner, a wise woman living in a village in rural England, her arrest as a witch, and events thereafter. £10 entry on door Contact Elan Fosten: welcome@wrenthamchapel.co.uk

Sunday 25th January. HALESWORTH HARMONY REHEARSAL at The Cut in Halesworth. (10.30-12.30) Come along for a **free taster session** - no experience is necessary, everything is taught by ear, and you'll receive a warm welcome. For further details, email: halesworth.harmony@gmail.com

Wednesday 28th January. LOWESTOFT U3A – MONTHLY SPEAKER MEETING. This month: The History of Adnams Brewery by Mike Davison. Avenue Hall, 101 The Avenue, Lowestoft, NR33 7LJ Doors at 10am for 10.30 Adm £2.50 Refreshments

Saturday 31st January. WRENTHAM VILLAGE HALL FILM NIGHT. Present, THE SALT PATH starring Gillian Anderson. Certificate 12. Based on the book by Raynor Winn in which a couple lose their home and then discover the husband has a terminal illness as they embark on a year-long coastal trek. This memoir is now the subject of some controversy. Doors open 18.45, film screens 19.30. £5 on the door. Refreshments available. Easy parking.

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

Sunday 8th February. 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.

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



MOTOR-FEST
REYDON - SUFFOLK
EASTERN EVENTS

SATURDAY 28 MARCH | 12NOON - 4PM
REYDON IP18 6PA
SPORTS & COMMUNITY CENTRE, WANGFORD ROAD

**TO DISPLAY A VEHICLE AT MOTOR-FEST 2026,
HEAD OVER TO OUR WEBSITE TO REGISTER -
EASTERN-EVENTS.COM**



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
- December - Holiday

👍 1



The Navajo word 'hozho' expresses harmony, peace, beauty and balance. For a Native American, life is like a great song with each element in perfect harmony with every other, and it is when this natural balance is upset that illnesses, bad harvests, failure of the hunt and other human misfortunes occur. European culture has belatedly discovered the truth of this in relation to the environment. We are now witnessing the fact that reckless interference with the eco-system leads to unforeseen and often catastrophic consequences. However the notion of 'fundamental harmony' that the primal people possess goes much deeper than this. For them, the need for balance pertains to every area of life.

For the individual to be 'well' they must be in balance, both with themselves and in relation to their society and all of the natural world. Each individual is a part of the great Circle of Life. If they live as if they are separate from it, then disaster will inevitably follow – not as some form of retribution from a judgemental god, but because they are singing out of harmony with the Whole, and jarring clashes of disharmony will result.

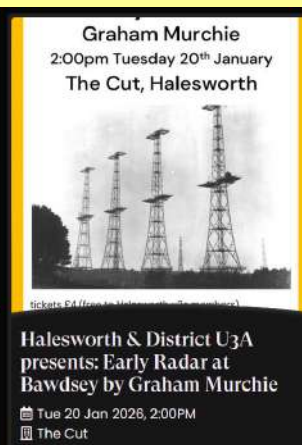
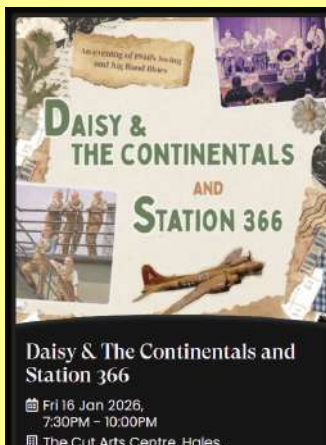
All Native American rituals serve as opportunities to bring the participants into harmony with themselves, with their tribe, and with all of life. The Pipe Ceremonies, the Sun dance, the Sweat Lodge, Smudging and so on all purify the participants by reaffirming for them their interconnectedness with each other and with their world. Every time a Native American says 'Mitakuye Oyasin' – 'We Are All Related' they acknowledge their place as an interconnecting part of the Circle of Life. The well-being of each individual depends on the well-being of all. This is my teaching for a New Year.

"Spirit of the White Bison" □

From the breath of dawn he rises,
woven of mist, mountain, and prayer.
The White Bison — sacred heart of the plains,
keeper of promises,
born from the tears of Earth herself.
The elders say he walks
between this world and the next,
where silence hums like a drumbeat,
and the stars remember our names.
His hooves are thunder,
his breath — the song of renewal.
Where he treads, grass grows again,
and the broken hearts of nations begin to heal.



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

It's a short trip - so live life and be kind.



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.
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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

Who said and in what film: Gentlemen you can't fight in here, this is the war room - answer next month



Your local internet radio station covering the towns of Southwold, Lowestoft, Beccles, Bungay, Halesworth and the world

We broadcast 24 hours a day 365 days of the year!

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Use your smart speaker or any digital device to access

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For details of What's On events please see The Bugle Magazine

Contact us via email: studio@eastpointradio.com



No matter how rich, educated and cool you think you are, ultimately how you treat people defines you



“Birds of prey are lazy... They fly for forty-five minutes a week.”

We learn this interesting fact while at the Falconry Centre at Robin Hill Country Park at Newport on the Isle of Wight. Here we watch Dillon, a white eagle flying majestically above the treetops. Apparently, they just fly to hunt when they're hungry so Dillon lives a pretty active life with his daily demonstrations. He was born during covid and comes from Scotland where he didn't do what was required of him; he wasn't really understood in the way that he is at Robin Hill where Charlotte, his handler, is sensitive to his needs. He responds by doing what is asked of him. Dillon is but one of many attractions at Robin Hill. As we're only visiting for the day we have to make sure we make the most of our time. Making our way over the 100m Canopy Sky Walk in a landscape reminiscent of a rainforest, the children climb through the squirrel run.



At the Bounce Pillow (picture above) we all enjoy a good jump, the children play a game of tag while Caroline and I lie down for a bit. Running up hill to the Snake Slides allows for more steam to be let off. Nearby, we spy the

toboggan run. We each get our own toboggan which is fitted with a lever in the middle – push it forward to go fast and pull it towards you to slow down. Henry (9) sets off first and he has the time of his life, wanting to do it again. We all follow behind and survive!

“I want to go to Digger School,” he announces. “Come on.” So, off we all go to wait our turn. Henry, who gets to do this twice, Harriett (14) and Heidi (12) all master operating the controls on these mini diggers.

Priority return travel with our car on Red Funnel from Southampton to East Cowes makes life as easy as it can be. Red Funnel is thankfully very forgiving of late arrivals, we find. On our outbound journey we get stuck in roadworks, which means we arrive at the port twenty minutes before departure rather than the requested thirty to forty minutes, so we fully expect to be turned away. But we're not. This is really helpful and calms us all down. Then when it comes to the return journey we're relaxing at the seaside and suddenly realise it's past eight o'clock. We're over the other side of the island so get our skates on but once again arrive with just twenty minutes until departure. And again, regardless of my profuse apologies, we are welcomed on to the nine o'clock crossing back to Southampton. So, once again we can calm down. Thank you Red Funnel, you're brilliant. The crossing takes around an hour and it's a very relaxing experience.

On the outbound journey Heidi and I visit both outside decks and enjoy the view of Southampton docks, the cruise liner, the various tugs and tankers that are moored up. On the return journey we sit inside and Henry and I fall asleep for a little while, which makes the journey go even quicker. And before we know it, we all home tucked up in our beds. Info: @robin-hill.com & @redfunnel.co.uk

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

Mindful Yoga with Deborah Beaumont

Enjoy a welcoming space to move, breathe, and reset. You are warmly invited to join my friendly, supportive yoga classes designed to help you feel stronger, more relaxed, and more at ease in your body. All levels are welcome — including beginners.

My classes are very Inclusive with options for every body. There never has been a better time to Focus on wellbeing, strength, Flexibility and relaxation, in our refreshing Calm, welcoming atmosphere. Classes are Ideal for those returning to yoga, as well as those with more yoga experience and those new to yoga also welcome. Yoga is a continuous journey of self exploration.

Your starting point is where you are today. This goes for those new to yoga and experienced yoga students alike. Yoga is an individual practice even within a class situation, tailored or modified to your own needs to make it just right for you, whatever your capabilities or expertise.

I trained with The British Wheel of Yoga and have been teaching since 2009

I myself found the special qualities that yoga has to offer many years ago, the physical practice keeps the body strong & flexible but also the mindfulness throughout the class, the wonderful breathing

practices, visualisations and relaxation helps provide a deep sense of peace and contentment.

With 17 years' teaching experience and training with the British Wheel of Yoga (BWY), classes are taught with care, clarity, and respect for individual needs.

With the challenges & demands we are faced with in daily life, we are often in need pressing our reset button and find that clarity & peace of mind. Come and join us. Book your space today.



Deborah Beaumont

British Wheel of Yoga Teacher since 2009

**Start the New Year Grounded & Well
with Mindful Hatha Yoga**

YOGA CLASSES:

Bloodmoor Community Hall

Dale End, Lowestoft NR33 8WA

Tuesdays 10 - 11.15am

ZOOM YOGA CLASS -Online.

Tuesdays 6.30 - 7.45pm

The Waveney Centre

25 Newmarket, Beccles, NR34 9H

Thursdays 6 - 7.15pm



BOOKING REQUIRED

Contact me: 07916 280 550

E: debsbeaumont@hotmail.co.uk

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Our parents didn't have to force us to play outside - they had to force us to come back inside!



Blinded By The Light

When you get older there is no doubt that your eyes are not what they used to be. They take time to recover when a vehicle has hit you with their lights on full beam, you flash them but by the time they actually dip them, your eyes have been temporarily knocked out to a certain extent. It can take several seconds to recover.

There are two contributing factors in this. One is undoubtedly because the vehicles like the Land Rover Discovery and others are much higher than the normal car and their blinkin' headlights hit you right in the eyeballs. Not only that, the headlights in these vehicles are now of the Xenon lamp type. In case you are not aware the Xenon lamp is filled with Xenon gas and produces a piercing white light. These are the high intensity lamps used in cinemas to project the image onto the big screen. It is an intense light and one that your eyes should not be subjected to, at source!

The time is now to make a rule about the maximum intensity of vehicle headlights and bring it down several notches. After all, there is not that much to see anyway, the road signs are either faded, filthy or broken and laying on the floor.

To make this subject complete how about restoring the white lines on the nearside of the road, people being blinded by those with searchlight mentality can then at least remove their eyes and focus on that until their eyes have a chance to recover.

The Housing Crisis.

You could put this right with a few simple actions that will be bitter pill for the greedy parasites and manna from heaven for the general population of this country. If I was PM this is what I would try to do details to be worked out!

- 1) Mortgages would be set at a maximum of 3.5 times the average trades-person's salary and no more
- 2) Buying a second or third home, or holiday homes would be banned. The only home you can own is the one you live in. Existing 2nd & 3rd

holiday homes of 1-4 bedrooms could be purchased by the local council at the new value.

3) All existing mortgages to be recalculated so that 3.5 times salary is the max. Existing homes with mortgages, would have their values decreased accordingly taking into account duration of mortgage remaining.

4) Any surplus housing stock would be bought by local government and rented to local people on terms and conditions pre 1974. In other words, if you currently live in that local government catchment area. You would have to be married or have been living together for a minimum of three years and you must be in steady full time employment. No houses for



single people or for young people getting pregnant. The male who did the deed must be pursued to take responsibility and pay maintenance for his partner and the ensuing child. Young people must take responsibility for their actions.

One bedroom flats would be available for single people starting out, only if necessary.

5) A new law would be passed that any new homes to be built must have at least a 50 foot rear garden for growing of food and a 20 foot front garden. If detached they must be 20 feet apart. It is only a start of an idea but the basis is sound. Homes are not a commodity to be bought sold or traded. They are a right. Let me know what you think.

January at Halesworth Library

Happy New Year! The new year brings a change at Halesworth library as we look forward to welcoming Laura Bridgland, who is taking up the role of library manager. Laura has worked at Bungay and Southwold libraries as well as providing relief cover at Halesworth from time to time. Laura will be joining us in mid-January, and staff and Friends of the library look forward to working with her in making Halesworth library a welcoming space for all the community.

There will be sessions of Sociable Sundays on Sunday 11th and 22nd January, meet new people and enjoy good conversation over a cuppa and a cake in the welcoming space of the library. Drop in any time between 10.30-12.30pm. The Board Games Café returns on after it's Christmas break. Many games to choose from – old and new ones – or bring along your own favourites. No need for special skills or knowledge. Join us, and have a relaxing afternoon, meet new friends, enjoy tea and cake! Suggested £1 donation to the

Friends of Halesworth Library (organisers of the event). These events are hosted and run by volunteers from the Friends of Halesworth Library. We also hope to hold a Book Talk on Thursday 15th January so keep an eye out for posters and flyers.

Don't forget our regular activities and drop-ins! Every Tuesday 10.00-11.30am there is a free

Rhyme Time & Play session to sing fun songs followed by free play with our toys. Every Wednesday at 10.00am our Time Out sociable group for older people meet for tea and biscuits. The Knit & Natter group meet alternate Tuesdays 2.00-4.00pm, staff can provide dates. Lego Club is on every Saturday 11.00-12.00 and Family Board Games Club every Sunday 10.30-11.30am. You can find advice drop-ins from East Suffolk Council Customer services every Tuesday 10.00-4.00pm and Citizens Advice have a drop-in every other Tuesday 10.00-12.00, please ask a member of staff for future dates.

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!).

We will be closed on 1st January 2026.

A Warm Welcome at the Library

The Friends of Halesworth Library has secured a grant from East Suffolk Council which enables the library to provide a warm space this winter and provide hot and cold drinks, soup, snacks and hygiene products, along with scarves and blankets. Please speak to reception staff or library volunteers to take advantage of this service.



You may be old but at least you got to see the world before it went to poo!

Lowestoft Charity Ball for St Elizabeth Hospice April 18

St Elizabeth Hospice is a wonderful charity providing care for people living with progressive & life-limiting illnesses in East, Mid-Suffolk & Great Yarmouth, and Waveney. The majority of care is entirely free, given to 4000 patients every year. The Charity costs around £12million each year, with the charity raising 70% of funds itself. <https://www.stelizabethhospice.org.uk/>

To support this wonderful work, we are holding a Charity Ball at the Royal Norfolk and Suffolk Yacht club (RNSYC), with dinner, and dancing to the live Band, 'Fine Vintage Nine'. (Picture)



The Club are supporting the Ball by providing the venue, if you've never visited the Cub you're in for a treat, it's a wonderful building, well worth it. Dancers are also in for a treat with Ballroom, Latin, and Party dancing on offer to a live Band after dinner.

So, here's a great chance to dress up, the colour of the evening is violet, the atmosphere will be warm and friendly, great food and music all in a good cause. There will be a prize raffle on the night.

There are three good reasons to come: For the great food and dancing to a live band. It's a beautiful grade 2 listed building, well worth a look. This is all in aid of a really good cause. What's not to like?

The details are all in the poster if you want more information please contact:

Bill Farrow on 07850 870213,
billfarrow133@gmail.com

Tickets go on sale 5th January 2026. See you there!

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When There's a Will.....

Alde Valley Suffolk Family History Group

'When There's a Will' – Ian Waller – Monday 19th January

Family historians are often reluctant to look for a will as they think their ancestors simply did not leave one. This talk looks at the wealth of information they contain, how to find them and what other records support them from those associated with disputes, taxes and personal belongings. No one should rule out the existence of a will and searching for one should be automatic.

Ian Waller (pictured) is a retired professional genealogist with considerable experience in English research. He currently serves as the vice chairman and education officer of the Family History Federation. He is a Fellow of the Society of Genealogists and has authored several books in the Society's "My Ancestor" series.



The talk takes place on Monday 19th January at 2.30pm, in person at the Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL (behind the Library) and, for members only, on Zoom. The speaker will be talking to us on Zoom. The talk starts at 2.30pm. No need to book – just turn up — free for members and £5.00 for visitors, including tea/coffee/biscuits. Good, free car-parking. Only members can take part in our meetings on Zoom, but it only costs £10 for a year's membership – see <https://avsfhg.org.uk/membership/> (website under construction) and Zooming is free.

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Blessed are we who can laugh at ourselves for we shall never cease to be amused.

HARE RAISING NEWS FROM SUFFOLK COUNTY MUSIC SERVICE

As Suffolk County Music Service raised £1004 for their part in the 'hop to it!' campaign, we had a Thank You visit from their Mascot 'Woolly' and their Community Fundraiser, Chloe Lock at Northgate Arts Centre, Ipswich on Saturday 29 November – well-timed in between the Young Voices Choir ending and Ipswich County Music School starting, so lots of children were able to meet him!



County Music Groups News

Do you know a young musician who would like to join a European tour in summer 2026, with a top-class county youth orchestra or wind band? The opportunity is here!

Places are currently available in Suffolk Youth Orchestra (SYO), the premier county music group in Suffolk; who will tour to stunning Sweden, and also Suffolk Youth Wind Band (SYWB), who are off to Palencia in sunny Spain!

With a high level, bespoke programme, SYO & SYWB membership offers rehearsals and exciting performance opportunities throughout the year, performing at prestigious venues including in Europe and coaching by SCMS's professional team of tutors.

If you'd like to be a part of this exciting musical adventure and join SYO or SYWB, you can sign up on our website: <https://suffolkcountymusicservice.co.uk/take-part/county-music-groups/>

Follow us on our Social media pages for more hare-y updates and find out how you can join in! Suffolk County Music Service. [@suffolkcountymusicserviceSCC](https://www.facebook.com/suffolkcountymusicserviceSCC) [@suffolkcountymusicservice](https://www.instagram.com/suffolkcountymusicservice)

Pic: Ipswich County Music School and Young Voices Choir members meet Woolly and Chloe! © Suffolk County Music Service)



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The wisdom of the ancients has always been known but foolishly always ignored by whatever society happens to rule on Earth at any particular time. The wise ones, the keepers of Ancient Knowledge have long since been scattered to the four winds but their truth is occasionally remembered or realised in the minds of a few spiritually enlightened people. Then there are the spiritual seekers of transcendent insight who study various ancient works, such as Gnosis. They rediscover that very real wisdom or part of it over time, with much perseverance.

That Ancient Wisdom from the dawn of time is of the universe itself and it transcends the whims of man. The keepers of such Ancient Knowledge are few but ever present they have generally been ignored by rulers of dynasties and empires alike!

To live in harmony with each other and all of nature is a universal necessity which is interwoven and preserved in the mantra of small indigenous tribes of people, most if not all of them having survived and thrived for millennia like that. Care for one another throughout life, each entitled to a home, food and water within the tribe. They have no greed, no power, no jails, no crime, no locks, no thieves because their small society is built on care for each another. This is not so in a society built on greed, possessions and the lust to possess more than 'the next man'.

Those societies, just like ours, were engaged in a process, that despite history telling of the failures, each new society seems doomed to repeat. The problem is that whenever a dynasty or empire collapses within itself, the people will eventually recover and structure a new society – but on a similar model, where the outcome is inevitably catastrophic for the population as a whole. It always happens. Always they have a ruling class who are aloof from the people they purport to serve. No matter what befalls any nation, the people at the bottom of the power pyramid will always pay the higher price.

As they say: 'absolute power corrupts – absolutely' and that saying has never been more relevant than today as the 'repeat' process is coming to another conclusion, hopefully ushering in a new beginning.

Unfortunately for the ordinary people on planet earth, this world now has a situation in which a certain group of multi-billionaires have parachuted their representatives into almost every government in the world. These multi-billionaires created the technology that most of the population firmly believe they cannot do without (mobiles, computers etc). This technology

now rules the lives of the population and many have lost their connection to the spiritual. We now see hard fought-for rights and freedoms are collectively being removed. The news media is owned and controlled by them and their quest for total control over the entire population of the planet is surely being implemented.

These foolish men and women drunk on power, have once again set themselves above everyone else. We call them 'the elite' but they are parasites. If we let them they will hold the power over life and death and they intend to wield it. Under the auspices of preventing climate change they are bringing in their reign of terror. Wars between countries, worldwide food shortages and starvation of millions is all on their 'to do' list. Mayhem is planned but remember this, it is not the parasites who will go and fight – but the young on both sides who will go forth to needlessly kill others at the behest of the 'elite'. The UK is now planning to open a scheme in which young people can spend a year or two in the armed forces – soon it will be made mandatory. To walk towards a group of people and kill them is against all natural law. These 'elitists' know nothing of the power of the universe and they should know that they are not 'the top of the tree'. They are being watched.

The shift of power from individual countries to a platform of World government is well under way. Climate change, as it is portrayed is a myth. The Climate is always in a state flux, yet they use it as an excuse to bring about their dystopian nightmare of insidious control and nightmarish living. Their actions may well bring about the end of this epoch on Earth. But the universe is fluid and mercurial and whilst the so-called 'elite' think only of vast wealth and control – they lack wisdom. They think only of this life and what they can gain in wealth and possessions whilst they are here. They don't even consider anything outside or beyond this one earthly existence. They are clearly obsessed with possessions and wealth – yet they will leave it all behind when they return to spirit from whence they came. To me they resemble shoppers in a large store, running around grabbing everything of value in sight – before realising that the doors are locked and they cannot take their possessions with them.

Just be aware that you are an eternal, immortal, spirit living multiple lifetimes, each lifetime hopefully adding to your spiritual growth in kindness compassion love and enlightenment. Live, spread kindness and love to all creatures. These so-called elites with their war-mongering and greed are spiritually bankrupt.

Remember the ice cream girl in the cinema? Whatever happened to her?

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

First Light for free

Dear Bugle,

It has been reported that the so called Free First Light Beach Festival is to receive a 1 million pound backing from the Suffolk & East Suffolk Councils next year. This despite all the refurbishment and renovation work that needs to be done in the town of Lowestoft earning it some unfortunate media coverage.

The essential needs as described by previous correspondents to this newspaper. included: a general tidy up of public spaces, accessible public toilets, removal of fly tipped rubbish & graffiti pot holed roads and unsafe pavements, car parking issues, unfinished town centre projects, cleaning up empty and untidy shopfronts and some sign of law enforcement including bye-laws and public security.

People who raise these issues with the various authorities are told that here is no money available. Therefore, is this extra money for the free First Light beach give-away to be allocated from the current account, the reserves or is it to come from an increased Council Tax? Don't any one tell us, the tax paying citizens, that there is no money in the kitty to do these essential services.

Norman Castleton

Lowestoft.

Pic: First Light Festival



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Halesworth Dementia Carers Fund

As we approach the end of the year we can look back and see what amazing things the HDCF have been able to do for all those suffering with dementia, and their families and carers. We are always trying to find new ways to help and improve our activities, and one example is the new seated yoga session. We have also been able to offer full day respite care at the new Patrick Stead Day Centre, where our brilliant staff have made such a huge impact on those suffering with dementia. Of course, none of this would be possible if we didn't have such incredible support in the community. We are truly grateful to all who have made our work possible. We would like to thank all those at the Patrick Stead Day Centre, the local Care agencies – First Choice, Prestige, Christies and Wallfinch, the Pear Tree Centre, the Angel Hotel, Halesworth Volunteers, the Halesworth Co-op, all our wonderful volunteers and group leaders, all

those who have run fund-raising events for us, and every one of you who have helped, supported and donated to us. Without all of you we could not achieve so much.

As the New Year comes in we shall continue to do all we can through our activities, respite care, training programmes etc, and look forward to doing so much more to help those suffering from dementia and their families.

If you would like to know more about what we do, how we can help, or how to become a volunteer or donor then please contact us via info@halesworthdementia.co.uk or go to our website www.halesworthdementia.co.uk You can also visit our Facebook page or call us on 07990 199632.

On behalf of Halesworth Dementia Carers Fund I would like to wish every one of you a very happy and healthy New Year.

John Wood



You learn a lot watching how people treat dogs and elderly people

BONDS MEADOW NEWS

A Day in the Life of a Bonds Volunteer

The alarm goes off at 7:30 am, not a bell from the past, but an irritating electronic chirp. I pause for a moment, savouring the warmth beside me, my soulmate of fifty-eight years, as the grey morning light gently filters through the curtains. Once, that sound would have launched me from bed, mind already racing ahead. These days, I half-hope for torrential rain to excuse a lie-in, but such mercy is rare.

Soon enough, the ritual begins: buttered toast with marmalade, two cups of strong cafetière coffee, then the hunt for gloves, jacket, boots, and beanie. Flask filled, I step into the quiet street. The walk to Bonds Meadow sets the rhythm of the day. I greet everyone I pass, "Morning!" and "Lovely day!", phrases offered with stubborn optimism regardless of frost or drizzle. A returned smile from a stranger is a small kindness that lifts the heart.

Our volunteers gather at our unlikely headquarters: a green metal storage container nearly swallowed by honeysuckle. Conversation hums as we catch up and speculate on what our manager has planned. There's usually a specific task, but much of the work is constant and familiar. Each week brings fresh litter, bottles and abandoned dog-poo bags, left behind as if by some mischievous litter god. It's irritating, but we clear it away all the same.

We fish branches and rubbish from the ponds, a necessary task born of people's long-standing habit of throwing things into water. In the growing season, we battle brambles, nettles, and alexanders to keep footpaths open. We haul heavy barrows of mulch to protect young trees and spread woodchip over muddy paths. It's physical, sometimes tiring work, but satisfying.

At precisely eleven, tools go down and we

return to the container. Donated plastic chairs are set out, flasks unscrewed, and, more often than not, someone produces a slice of homemade cake. By gentle tradition, cake duty falls to whoever cracks first and volunteers to bring a delicacy for next week. This half-hour break is the heart of the day. Conversation flows easily: families, films, memories, music. It's inclusive, unhurried, and warm.



The final hour is spent tidying up, finishing loose ends, and storing tools away neatly, accompanied by familiar promises of "See you next week." New faces come and go; some stay, some drift away. Those who remain find deep reward in giving time to a place they love, in shared purpose, camaraderie, and the honest satisfaction of physical work.

There's one last, private bonus. Back home with a mug of tea and a light lunch, the afternoon often slips quietly away as I nod off in my chair, pleasantly knackered.

If you're ever curious, we're there every Tuesday at 9:30am by the Sands Lane entrance. You'd be most welcome.

Find us at bondsmeadow.org/volunteering or email bondsmeadow@gmail.com.

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Earth's hidden worlds have much to teach us about interdependence, synergy, and balance, writes Guy Singh-Watson

Last month, I found myself peering into two unfamiliar worlds. The more I looked, the more I loved and wanted to understand these often neglected, abused, and exploited deeps. It is no exaggeration to say that our continuing life on earth depends on learning to appreciate, understand, and care for our soils and oceans. An hour peering into a microscope with the University of Nottingham's Emeritus Professor of Soil Ecology, Karl Ritz, had me gasping in wonder as each increase in magnification took us deeper into a labyrinth of sand and silt particles, bound by clay and organic matter, root hairs, and mycorrhizal hyphae providing the porous, moisture-holding architecture for mites, springtails, and nematodes – living their lives as oblivious to us as we are to them, yet highly interdependent.

Karl described the fragility and vulnerability of these underground networks to cultivation and compaction, industrial chemicals and fertilisers, and the starvation imposed when soil is bare and organic matter not replaced. I am far from understanding this dynamically interactive 'whole' ecosystem, but a little knowledge and resultant wonder gives me the motivation, sensitivity, and some tools to better protect and care for it.

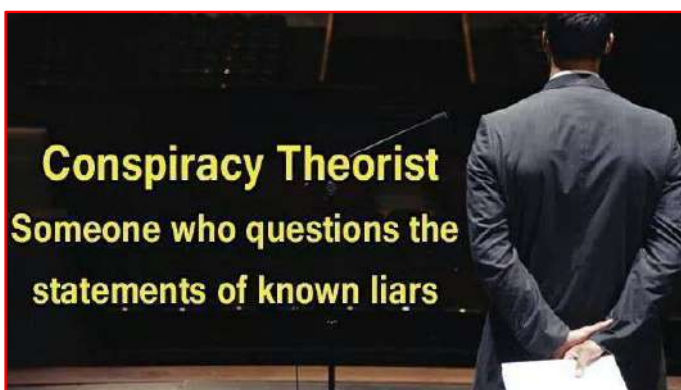
Rewatching David Attenborough and Colin Butfield's 'Ocean' documentary, it struck me again – how the deeper we look into the unknown abyss, the more we reveal the complexity and interrelatedness of all life. We also learn how vulnerable these worlds are to

our exploitation and mismanagement, and how worthy they are of being saved – for their own wondrous sakes as much as for their depleted potential to feed us and regulate our climate (the ocean absorbs 30% of our carbon emissions). What is often portrayed as cutting-edge science and technology are often blundering acts of ignorance, inflicting immeasurable damage on the unknown in pursuit of short-term profits for distant shareholders.

What we can't see, we can't understand. Attenborough's tireless awe sparks something deeply human in us all; the more we learn, the more we come to love and value these complex, crucial worlds. We've also seen from eco marine reserves and agroecological farms that it's not too late – provided we act quickly and don't go past the tipping points of no return, our oceans and soils possess remarkable capacity to recover.

JulieH commented:

In recent years I have become much more conscious of exactly what you describe here, the "communities" that live below and around us but actually are an essential part of what we think of as "ours" too. I would love to learn more. The journey actually began many years ago though as we filed into the lab for a Biology lesson. Some older students had been tasked with dissecting earthworms and their work was on display. Obviously we younger ones had to file past and have a look! I was in total awe and have never been able to look at any organism in the garden since without reminding myself that its internal organs are probably pretty complicated, just like mine.



**As kids it wasn't about who said sorry first -
it was about who showed up the next day like nothing happened.**



BUNGAY BEER FESTIVAL

This February, Bungay is set to chase away the winter blues with the first ever Bungay Winter Beer Festival, taking place on Friday 6th (from 5pm) and Saturday 7th (from noon) at Bungay Community Centre.

This brand-new festival promises to bring warmth, cheer, and community spirit to the heart of the Waveney Valley. Visitors can look forward to an impressive range of local and national session ales, IPA's, porters, and stouts, showcasing the very best of Britain's brewing talent.

There will be something to suit every taste. Food and live music will complement your pint, and a fully licensed bar will offer ciders, wines, and soft drinks for non-beer drinkers.

Make a note, Bungay Winter Beer Festival 2026 is shaping up to be an unmissable date on the beer calendar.

For full details, follow the Bungay Beer and Music Festival Facebook page.

FIRST BUNGAY WINTER BEER FESTIVAL

Friday 6th (from 5pm) and
Saturday 7th (from noon)
February 2026 at
Bungay Community Centre

Winter Beer Festival
from local and national
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Food and live music.



For full details follow the Bungay Beer and
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📍 Fundraising for the Hall



The Blondie Experience

📅 Sat 31 Jan 2026, 7:30PM
📍 Beccles Public Hall
📍 Beccles



This is our life-long dream – to create a working, open smallholding, consisting of one to three acres of garden cropland, promoting a world of practical sustainability and a return to how things used to be. A World of organic, flavourful healthy everyday garden crops.

We are currently actively seeking land through several sources within the South Norfolk, North Suffolk area and hope to have this secured by the spring of 2026. We would love to hear from anyone, farmer or otherwise with an acre or so that is available for such a use.

Upon possession we will commence the regeneration of the large, crop growing section of the land, making it once more, rich and dark and full to the brim with microbes worms & grubs. Nature's finest possible home for crops to not only survive but to thrive, We will 'farm' all kinds of common vegetables and a few long forgotten ones, fruit bushes & plants as well as many Herbs widely used in natural healing – plus a range of flowers both wild and cultivated! Hedges will be planted between the various growing areas to encourage birds and small animals

Other animals too will find a real home on our land. In addition to the wild animals and birds that we encourage, we will also keep Chickens that we will rescue from the cruelty of battery farms and that will finally be relatively free in the fresh air and sunshine. Farm Fresh eggs from our free range hens will be most welcome. We would like to have bee hives, to ensure that we have a regular supply of tasty honey and our live-in pollinators. Finally a couple of Goats (almost free range)

If there is not a wooded area on the land we acquire – then we will initiate a long term plan to create one by dedicating an area to the planting of saplings and young trees for tomorrow's generations. Polytunnels for seedlings and young plants will be ever present.

If we are fortunate enough to have a small wooded area already, we will ensure that there is a carpet of moss and grasses between the trees to

encourage mushroom growth both naturally and through 'planting'. At the edge of the wooded area we will create a small pond surrounded by flowering plants to encourage butterflies, dragonflies and more.

This project is a return to quality growing and we plan to cultivate approximately two thirds of the land with a variety of crops. These planted areas will be individually separated by hedgerows that will encourage birds and a variety of small animals to thrive.

A section of the land will be set aside for the logistics of running such an enterprise. There will be a services area including an office and light storage large shed, and a shipping container for storage of equipment and tools.

We intend to purchase the land entirely ourselves but depending on the cost, a portion of our intended crowdfunding will be set aside to help us achieve this if needed. Crowdfunding is primarily required for tools and equipment purchased for the project as a whole. Tools will include a range of power tools including mowers hedge cutters, drills, wheelbarrows etc.

It should be remembered that this is not a project just for today. It will soon become, we hope, an integral part of the lives of people living locally and beyond. It may sound like a grand plan but it isn't really.

The whole point is to demonstrate to people that changing what we eat and where we get it from, is vital for the health of the whole family. Chemical ingredients in supermarket food has gone past the point of being a worrying trend – to becoming almost accepted as normal with the sheer volume of chemicals in any one product being almost legion.

More news next month when we will be giving details of our Crowdfunding page.

If you feel you would like to be involved please email us at:

naturesendeavours@protonmail.com

Stop following the crowd, they are lost. Follow nature, it knows where yhou need to be

Kirkley People's Forum receives funding to continue giving a voice to local people

Local community group, Kirkley People's Forum is celebrating after being awarded over £17,000 in National Lottery funding and continuing sponsorship from Lowestoft Town Council to support its work in the community. The group, based at the Kirkley Centre in London Road South in Lowestoft, will use the money to provide security and sustainability for the next 2 years.

Kirkley People's Forum is a group of over 20 local residents, all volunteers, who want to support the community to take local action to improve Kirkley. Their aim is to support residents and young people to have a voice and influence over matters that affect them. Their priorities are constantly tried and tested to make sure they reflect the top priorities of local people.

They run weekly groups including: a youth group; a photography group; and a technology support group. Every Tuesday from 11 until 1 they have Kirkley Chat, a drop-in which welcomes everyone, which attracts up to 30 people. There are regular visits from local Police, Councilors and representatives from various agencies.

They empower members of the community to create and lead their own groups. Support and advice is given to become formally constituted and independent. These groups are:- Friends of Kensington Gardens, Friends of Fen Park, Pocket Parks Group, TrueColours, Suffolk Sober Spaces and a support group for people in recovery from addiction. They help to address the inequalities experienced in an area of high deprivation.

Please get in touch if you want more information about Kirkley People's Forum or have an idea for a group: email info@kirkleypeoplesforum.org.uk

David Lawrence, Chairperson of Kirkley People's Forum, says: "We are absolutely delighted that The National Lottery Community Fund and Lowestoft Town Council have recognised our hard work in the community. Our project is now secure for the next two years! It is an exciting opportunity for us to make sure we can continue to make a positive difference in our community"



Beccles Choral Society

After our ever-popular "Christmas Cracker!" concert in December, choir rehearsals resumed on 6th January to prepare for our next concert on Saturday 16th May 2026, 7.30pm at Snape Maltings Concert Hall.

Beccles Choral Society, Phoenix Singers and The Lambeth Orchestra continue their exploration of the masterpieces of romantic choral music with conductor Geoff Lavery in a performance of Elgar's mighty choral work, *The Dream of Gerontius*, widely considered the composer's greatest. The choirs and orchestra will be joined by Suffolk-born mezzo-soprano Diana Moore, internationally recognised Welsh tenor Andrew Henley and former Cambridge University choral scholar bass Christopher Webb.



New members are always very welcome, and you can come along and sing for a week or two before deciding. There are no auditions! Contact beccleschoralsecretary@gmail.com. Later in the year our concerts in St Michael's church Beccles are Haydn's *Creation* with Kingfisher Sinfonietta on 21st November and on 20th December "Christmas Cracker!" with Waveney Concert Band.

Pic: Beccles Choral Society rehearsal. Tuesday evenings at Hungate Church.



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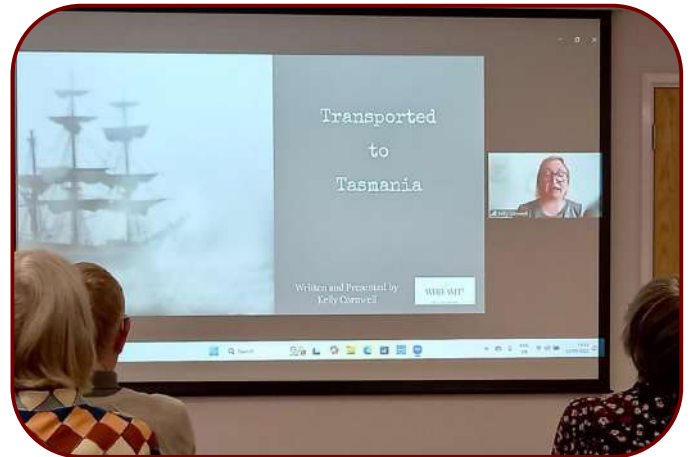
Do the right thing, even when no-one is looking. It's called integrity

AVSEHG Kelly Cornwell: Transported to Tasmania

Members online and in the room and a few guests at the Fromus Centre, Saxmundham, welcomed Kelly Cornwell online in September. Kelly gave several examples of websites one can contact to search for information about relatives who may have been transported to Australasia from Britain.

In the 1800s prisons in this country were overcrowded and deportation to America had ended. Captain Cook had discovered Australia and so in 1787 prisoners began to be transported "down under." A colony for transported people was established in Botany Bay in 1803 and another at Hobart in Tasmania (van Dieman's Land) in 1804. Having taken three months to get there, the prisoners were assigned to a House of Correction and then moved on to work. Records were kept at every stage, both on the journey and once in Tasmania. Names were placed on the Muster Roll, a Conduct Record was kept. Before the end of the prescribed sentence a Ticket of

Leave was granted as a reward for good behaviour, and the names were recorded in a Freedom Register



Kelly shared with us the record of an eighteen year old girl, Rebecca, and talked about how she followed the girl's journey, from her trial for theft of shoes in Britain, until after her release in Tasmania. Kelly was unable to find out what had happened to Rebecca after her release. Rebecca is Kelly's distant relation, so Kelly is hoping for a result through DNA testing.



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01379 852569 / 07990 524794

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In the 60s and 70s we lived for the music, the dances, and the girls. Not 'Likes'.

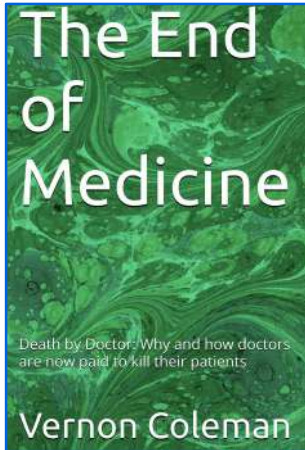
BOOK OF THE MONTH

THE END OF MEDICINE by Dr Vernon Coleman



This is a book that everyone should read. Here are some snippets:

The mythical threat of global warming was invented by a group of insane megalomaniacs



(henceforth known as 'the conspirators' or 'the cultists') decided that the best way to force people to accept the raft of totalitarian laws which they knew they required in order to push through a depopulation programme designed to reduce the world's population by nine tenths, was to convince everyone that something terrible was about to happen.

They knew that it didn't matter what the threat was, a dreadful pandemic or a proposed Martian invasion would both do quite nicely – as long as it could be made to sound convincing and very scary.

Surprisingly most people are still frighteningly naïve and trusting even though almost every politician in the world has proved themselves to be unworthy of our trust. We really should not have any faith in the system because the people running it (whether politicians aides or bureaucrats)

are irredeemably corrupt and greedy. Today the mass of people are blind to what is happening, partly because the truth is being hidden from them and partly because they don't want to know the truth.

And so the false science of global warming was born as a weapon to terrorise and bludgeon the people into submission. Choosing a weather based scare was a cold-blooded decision because it was easier to 'sell' to the gullible than a Martian invasion and a better way to lead us into a global genocide. Global warming was, and is the biggest fraud in history. The excuse of global warming which is leading us into the horrors of Net Zero and The Great Reset.

To help support the myth of global warming the conspirators are blocking the sun (affecting the weather in numerous unknown ways) they are allowing rivers to become blocked, building on flood plains and if you don't believe all this then you are probably naïve enough to believe that the 9/11 attack was orchestrated by a man living in a cave in Afghanistan.

Remember that, on the advice of The World Health Organisation (another conspirator) the cult's followers are forbidden to enter into debates about global warming. Debate is forbidden because there is no sustainable science.

The World Bank have given £41 billion to 'climate causes'. What on Earth did they use all that money for? A fraction of that amount would have ended world famine for one hundred years. Business travellers will spend \$1.5 trillion by the end of 2025. So it is clear that all those company bosses who proselytise about global warming are hypocrites, or simply don't believe the global warming message they share with such empty sincerity.

This book is a veritable mine of truth for those with ears to hear and is a truly fascinating and enlightening read.

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



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Find us on Instagram @thebuglemagazine



That's it for now folks. Next Issue February 1st. E: the.buglemag@yahoo.co.uk