

The Bugle Magazine

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

**We Visited Kew Gardens!
See more on Page 2**



Waveney Gardeners Club

SUMMER Show

SATURDAY 15TH AUGUST
1.30pm - 4.30pm

SUNDAY 16TH AUGUST
10.30am - 3.30pm

CARLTON COLVILLE COMMUNITY CENTRE
HALL RD, CARLTON COLVILLE
NR33 8BT

- Flowers, Fruit, Vegetables,
- Handicrafts and Cookery
- Tombola, Home Made Cakes and Plant Sale

CASH ONLY EVENT
ADULT ENTRY £2
EXHIBITORS AND CHILDREN FREE

PLANT SALE

Waveney GARDENERS CLUB

FOR INFO AND SCHEDULE CONTACT
www.waveneygardenersclub.uk

SHOW MANAGER
Andrew Bretton 01502513709

The Accordion Man Presents

The Greatest Little Ol' fashioned Variety Summer Show

Richard Whymark **The Accordion Man** **Special Guest Sadie Louise**

A Fantastic Evening of Music, Comedy & Magic

Saturday 8th August 2026
Doors open 7.00pm
Show starts 7.30pm

Licensed Bar

Tickets £15
Table booking (8 people) £100
Tickets Available online using QR Code
or contact via phone 07884 16787/email -
theaccordionman@outlook.com

Ilketshall St Andrews Village Hall, School Road, Beccles, Suffolk, NR34 8HX

Scan to book

We Went To Kew Gardens

See more at: www.kew.org

Near the end of July, we visited The Royal Botanic Gardens at Kew, commonly known as Kew Gardens. Founded in 1759 in southwest London, today it is a UNESCO World Heritage Site. It is spread over 630 hectares, houses over 50,000 plant species and more than 8.5 million preserved specimens in its herbarium. It features iconic glasshouses like the Palm House, the Japanese Gateway, the Temperate House as well as many others. It also proudly maintains beautiful woodland walks, a Treetop Walkway, a Great Pagoda and so much more. It also has its own police force, the Kew Constabulary, since 1845.

It's a stunning sanctuary less than 30 minutes from central London, offering a perfect escape from the city buzz. Housing the "largest and most diverse botanical and mycological collections" globally, this UNESCO World Heritage Site is also one of London's most popular attractions.

Kew Gardens has more than 50,000 different plants in its living collection and over 7 million preserved specimens. It's not just a pretty space; it's a veritable treasure trove of plant-based knowledge, with over 750,000 volumes and illustrations contained in its library.

Kew has a great variety of food, drinks and ice creams available but don't try to see everything Kew has to offer in one day – You won't!



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

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



The Bugle What's On Guide

For this month

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

Sunday 2nd August. BECCLES DUCK RACE. 10am – 5pm Beccles Quay Free Entry Live musical entertainment on stage throughout, food and craft stalls, many family-friendly activities, inc: Andy the Clown, Pakefield Pastures Petting Zoo Face painting, children's rides, and much more. Duck Race starts 2:00pm.

Saturday 8th August. HALESWORTH MONTHLY PRODUCE MARKET in St Mary's Church 9am - 1pm. Lots of fantastic local suppliers, fresh bread and pastries, meat, cakes, chutneys & jams, books, produce & more. Refreshments also available.

Saturday 8th August. SACRED SOLUTIONS WELL-BEING & GIFT FAIR at The Harmony Centre, Walpole 10am -3pm.

Friday 21st and Saturday 22nd August THE BUNGAY BEER & MUSIC FESTIVAL 2026. With events at The Crisp Bungay Maltings Building as well as the town's football and cricket ground. Featuring a full programme of live music, an extensive selection of beers, food trucks, stalls and a family friendly afternoon.

More info at bungaybeerfestival@gmail.com or the Facebook page.

Friday 21st August HALESWORTH BRANCH OF CANCER RESEARCH MAZE BY TORCHLIGHT 6.30-9.30 pm at Old Hall Cafe, Southwold. Tickets £9. To Book please Go To Their Website or In Person At The Cafe. All proceeds go to Halesworth Branch Of Cancer Research. Stalls, games, fun for all the family. DON'T FORGET YOUR TORCHES

Friday 28th - Sunday 30th August SOUTHWOLD SOUNDS MUSIC FESTIVAL Join us on Southwold Common for a family-friendly music festival this August Bank Holiday weekend. **Tickets:** <https://longtallproductions.live/southwold-sounds/> Email: info@longtallproductions.co.uk

Saturday 29th August. WRENTHAM VILLAGE HALL FILM NIGHT. THE BALLAD OF WALLIS ISLAND. CERTIFICATE 12A. 2025 British comedy-drama. Tim Basden and Carey Mulligan star as a folk duo who reunite to perform for an eccentric wealthy fan, Tim Key, on a remote island. Open 18.45 film 19.30. £5 on the door including refreshments.

28th - 30th August SOUTHWOLD SOUNDS MUSIC FESTIVAL. Southwold Common for a family-friendly music festival
Tickets: <https://longtallproductions.live/southwold-sounds/> Email: info@longtallproductions.co.uk

Tuesday 15th September. THE START OF HALESWORTH HARMONY'S AUTUMN TERM AT THE CUT in Halesworth. 7.00-9.00 pm) We're actively looking for new members (especially men!) so 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.

Ross's COMPANION SUPPORT SERVICES

Are you lonely and need company?
Do you find it difficult to leave a family member at home alone.

I sit with you or your family member who you find difficult to leave unattended.

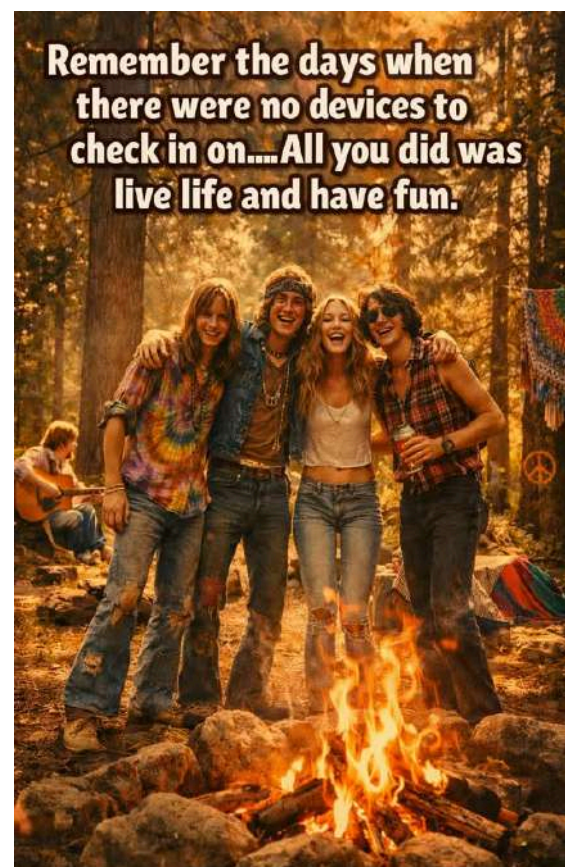
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I have six locks on my door all in a row.
When I go out, I lock every other one. I figure no matter how long somebody stands there picking the locks, they are always locking three.

Your stomach produces a new layer of mucus every two weeks – otherwise it will digest itself.



The Bugle What's On Guide

REGULAR EVENTS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Every Saturday morning, COFFEE AT ST 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 SUFFOLK LIBRARIES CHILDREN'S ACTIVITIES 10am – 4pm Games Lego stories etc.

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

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

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

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

BLACK SHUCK FESTIVAL!

Friday 31st July, Sat 1st & Sun 2nd August

From theatre, music and performance, to art, literature, and history, the Black Shuck festival will offer exciting and thrilling activities for all ages and abilities, immersing visitors in the rich folklore of the region, set in the stunning natural environment of Bungay and the Waveney valley.

The East Anglian legend of Black Shuck tells of a wild black dog that entered Bungay's St Mary's Church during a violent storm on 4 August 1577. The animal then reappeared at Blythburgh church, where the beast was trapped and its claw marks, burned into the surface of the door, can be seen to this day.

For centuries, visitors and residents alike have marvelled at the details of these mysterious events and its protagonist, The Black Dog of Bungay, or Black Shuck. There remains a lingering superstition that Black Shuck still haunts the dark, lonesome lanes of Bungay and other Suffolk towns.

Living in the collective imaginations of local writers and artists of all mediums, the Black Shuck legend still influences the works produced here and continually attracts visitors to this unique and wonderful town.

The festival was established in 2022 to reclaim the legend, and the date, for the town of Bungay. The 2026 Festival promises to be the best yet!



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

The Odeon Bury St Eds • Picture House Ipswich
Kinnodrome Kessingland • Regal Beccles
Assembly Rooms/Ritz Southwold
Cosy Cavendish • Empire Playhouse Central BSE
The Corn Hall Halesworth • Palace Hadleigh
Public Hall Lowestoft • Mayfair Bungay
& many more across the country

cinemaslostforever@yahoo.com

Craft and Wellbeing Fair

29th August 11am till 3pm

Waterlane Leisure Centre
Water Lane, Lowestoft, NR32 2NH

free entry — items you won't find anywhere else

Find us on social media

You are not paranoid if they really are out to get you! Harold Finch, Person of Interest

SNIPPETS*SNIPPETS*SNIPPETS

BUNGAY MARKET BUTTER CROSS RESTORATION



A major £130,000 restoration project has started at Bungay Butter Cross, one of the town's most recognised historic landmarks. The essential repair work is being carried out on the structure, which was built in 1689 and stands at the heart of Bungay's market area. The project is expected to take around three months to complete. For local residents, traders and visitors, one key point is that Bungay's long-established Thursday markets are set to continue without disruption while the work is carried out. The repair schedule has been planned to allow the markets to operate as normal throughout the project.

The Butter Cross is owned and managed by Bungay Town Trust, which is overseeing the restoration. As work progresses, the Trust has also launched a public appeal to give local people the opportunity to contribute financially towards the project. The Trust says the landmark remains an important part of Bungay's heritage and is seeking community support to help preserve the historic structure for the future.

The work represents a significant investment in one of the town centre's best-known buildings, with repairs aimed at protecting the Butter Cross, ensuring it remains a feature of Bungay town centre for years to come.

Pear Tree Fund Annual Charity Golf Day

Our 11th annual golf day takes place on Friday 28 August at Halesworth Golf Club.

A limited number of team entry spots are still available and are priced at £50 per person, which includes a bacon bap, tea or coffee and a two-course lunch at the golf club. If you would like to play and support the charity please email:

beth.yates@peartreefund.org
to secure your space.

A raffle will also take place and is shaping up to be very exciting. We are still on the hunt for further raffle prizes - if you would like to donate, please drop your item into the centre or email Beth to arrange collection. Thank You. See you on the day.

HALESWORTH HARMONY

Halesworth Harmony's rehearsal day and time are changing. Following many years of Sunday morning practices, from the start of the new choir year on September 15th our rehearsals will be held approximately fortnightly on Tuesday evenings, 7-9 pm, usually at The Cut in Halesworth.

So if Sunday morning singing wasn't your thing, why not give us a go on a Tuesday evening? There are no auditions, you don't need to read music and your first session is free. All voices are welcome, but we particularly need more men - whether budding bass, tuneful tenor or just a complete beginner! We look forward to seeing existing and new members for an enjoyable year of singing together.

For further information and confirmation of rehearsal dates, please email:

halesworth.harmony@gmail.com

Additional What's Ons

August at The Lodge, Corton.

The Lodge is proud to offer a variety of events and activities including the Cycle Skilz area, a functions venue including an on-site Tepee, children's pedal tractors, Cafe, and Entertainment Barn that is also available for private hire. We are very pleased to welcome Justin Hawkins and Friends in August.

Sunday 2nd August: Live music with THE BAKERY

Saturday 8th August: NESS FEST 3 with five live bands. Attractions include the animals from Pakefield Pastures that now includes donkeys, alpacas, lambs, goats, & pigs. A chance to be up close with these beautiful animals with no charge involved. Lots of activities including line dancing. The fabulous Baker girls bring the Festival to a close. Donations are for the St Elizabeth and East Coast Hospice

Saturday 15th August: Pop Punk Music night 7pm Sunday 16th August: IBIZA 2pm afternoon Party & top DJ's

Saturday 22nd & Sunday 23rd August: We welcome Justin Hawkins for a weekend of music!

Saturday features Justin's live solo work whilst Sunday he presents a specially curated DJ set of rock, glam, classics, hidden gems, guilty pleasures and more. Admission tickets cover the two days.

Many events are free whilst others do have a charge.

For info on these events, regular activities and availability please check with :events@woburnfarm.co.uk
info@woburnfarm.co.uk The Lodge, Stirrups Lane, Corton, NR 32 5LE O1502 730537

Pakefield Church on the Cliff. Contact: Ruth Coles. O1502 218150. Office Mon. Wed. & Fri. 10 to 12noon.
office@pakefieldchurch.com

Regular Services Sundays 8.00, 10.30 (live streamed) and 6.00. Church open daily from 9am to 6pm

August Events

Wednesday 12th, F.I.S.H. in the church hall, Thur 20th, F.I.S.H. in the church hall.

Saturday 22nd, at Bloodmoor Community Centre Boot Sale and pop-up stalls raising funds for Pakefield Pastures, the mobile Care Farm. 10am to 2pm. Pitch Booking and info contact Katey O7834 910714

Monday 31st, Bank Holiday Craft Fayre in the church 10am to 3pm. Look out for our renowned 'sea breeze bacon butties'. NO MESSY Vintage or Church this month.

Kirkley Ladies Group is having its annual summer break.

Lowestoft Recorded Music Society

The Autumn series of programmes for the Lowestoft Recorded Music Society begins on Monday 7th September in the upper room of the United Reformed Church at 2 pm.

The first programme in the series features a varied range of classical and light music recordings by famous artists.

New members are made welcome and details can be obtained from the web-site as follows:

www.thefrms.co.uk/lowesft.htm
or by contacting

Eileen Pembroke 01502 581381 or
Norman Castleton on 01502 537253.

THE PERKS OF REACHING THE AGE 60 OR 70 OR 80

Kidnappers are not very interested in you.

In a hostage situation you are likely to be released first.

No-one expects you to run – anywhere!

People call at 8pm and ask: 'Did I wake you?'

People no longer view you as a hypochondriac

There is nothing left to learn the hard way.

Things you buy now won't wear out.

You can live without sex but not your glasses.

Your supply of brain cells is finally down to a manageable level.

And this notice is in big print for your convenience!

And please remember never ever take a sleeping pill and a laxative on the same night!!

Tim The Travel Writer

Making memories is something that's often forgotten in the rush-dash of everyday life. Half-term is a great opportunity to do things out of the ordinary so here's what we do:

Family portrait

We meet photographer Michal Boniecki at Southampton Cenotaph, the First World War memorial designed by Sir Edwin Lutyens in Watts Park. Mike's really personable and knows what to do to achieve the best photos. He's offering a 10% discount on family/pet shoots to readers of this article.



Exbury Gardens

The steam train takes us on a 20 minute ride around the grounds. There are some fabulous plants, many varieties of rhododendrons and hydrangeas. Afterwards we mooch around the grounds. It's an extremely hot day and the tall established trees provide much needed shade while the occasional water sprinkler ensures that Henry particularly, enjoys himself running in and out of the spray. He finds throwing a stick at the Bell tree makes it chime. We're able to rest on a bench overlooking the river. "I love the peaceful Japanese garden," says Caroline. "The reflection of the Japanese maple on the water's amazing."

The Tokyo Head Spa Experience

Caroline's appreciation of all things Japanese continues when she's treated to a nurturing

Head Spa treatment at Chloe's Head Spa at 104 Albert Road in Southsea, which claims to rejuvenate the mind, body and soul. The customer's transported away from the hustle bustle of Albert Road to a haven of peace and tranquillity. "My passion for Japanese culture and the healing power of these treatments inspired me to create this sanctuary," says Chloe Lawler, who prides herself on attention to detail, which is so refreshing. It's such a restful environment, tastefully decorated in calming colours – there's a relaxing aroma and Chloe is so friendly and welcoming, which puts customers at ease. Chloe was inspired to travel to Japan to learn how to deliver authentic Japanese Head Spa.

Isle of Wight

Travelling with our car to the Isle of Wight with Red Funnel Ferries from Southampton to Cowes takes just an hour. We arrive in good time for our 10am crossing and find the process of arriving and embarking as easy as can be. We head for Osborne House, which is only a five minute drive from the port, just up the hill.

There's a Mystery Mission activity booklet to keep the children occupied. As part of this we meet hugely professional Secret Agent Riddle (from Hoopstar Theatrical) in her secret agent attire. She gives the children a wonderfully engaging introduction to the world of spying and espionage and Gustav the pigeon. Our children have to come up with their own spy names so we have Agent Basil Fawltly (Heidi), Agent Sorbet (Harriett) and Agent 67 (Henry).

Nearby is Albert Cottage, which is a 10 minute walk from Osborne House. This establishment used to be part of Queen Victoria's Osborne House estate. We dine like royals. We have drinks in the garden before taking our places in the comfortable restaurant where we're treated to a wonderful roast beef lunch with massive Yorkshire puddings, cauliflower cheese, vegetables and gravy. The carrot puree is a novelty and we like the way the beef is presented on top of the roast potatoes. For dessert Caroline and I choose a pleasing lemon posset complete with raspberries and granola. The children love their ice cream sundaes.

Watch the videos at www.travelwriter.biz



The Grumpy Old Man

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



Amazon and The High Street

The demise of the 'High Street' started with that great charade known as The Covid 19 Plandemic. As all the lies told by government ministers, officials, doctors and such are gradually being laid bare, we now know about the fiddles and the 'inside' contracts that were never fulfilled yet invoices with noughts running across the page were passed for payment. All this while we stayed home and the government partied. But I digress. When we were all locked down we stopped going to the pictures, obviously. We also stopped going shopping and many people got used to 'staying in'. Consequently cinemas, small shops, pubs etc suffered terribly. But the elitists (parasites) did not of course. One of them owns Amazon and his business sky-rocketed as everybody ordered everything from there. Amazon drivers obviously were exempt from the rules!

As Amazon filled the gap to serve the imprisoned population Jeff Besos (owner of Amazon) made cZillions more profit. Do you think Amazon will still be relatively cheap once the High Street shops have all closed? Covid kick-started the world change that now includes rampant surveillance, facial recognition, the birth of Digital ID, and a cashless society. Try thinking back to the 1960s - is the country better now? No. We have a government of self-serving, lying, treacherous B~~~~~s being run by The World Economic Forum. They don't work for you anymore. If they ever did!

Music Festivals: What Went Wrong?

I know I am considered an old git now but I can't help looking back with nostalgia and longing for the music events of the early 70s. I used to attend what was known as a 'Tree Fair' and they were held every year in a meadow or two belonging to a friendly farmer. (where did they all go?) We would turn up in our cars with our girlfriends for a fun weekend with tent, goodies, alcohol, enough to eat for a couple of days like sandwiches, cake, etc. That would be needed if the on-site bar-b-q was not up to muster - but it always was. You parked your car in a nearby meadow, got your stuff and went to the camp area. No admission charge There you could pitch where you wanted to. There was a couple of lorry trailers for the bands, a bar and a

bar-b-q. The bands used to play for no fee but lots of folks put money in a big jar on the trailer for them. The food was reasonably priced as was the bar. It was a rockin' good weekend and a reasonably priced one. There was never any trouble, it was all good-natured and all about enjoying yourselves. What fond memories.

What you have today is massive events covering several acres. The top name bands ostentatiously fly in by helicopter as if to demonstrate their wealth to their adoring followers. Several stages are playing simultaneously and the crowds appear frenetic but mostly happy. The admission price is the same as a mortgage and you can't take in your own food or drink, no, you have to purchase from a vendor who has himself paid a small fortune to be there, so you know you are gonna get robbed again! - You have to camp outside the perimeter and all you are allowed to bring from your tent onto the site is yourself, the clothes on your back and a bulging wallet. Countless thousands attend these events, though I can never see why - and long queues form to purchase the drinks and eats from various vendors at prices you would not normally dream of paying - but all your stuff is back at your tent so you are royally screwed. The trouble is that these events are all big businesses now and all the fun and togetherness of the music fairs is lost in the searches you endure to see if you smuggled in anything that you shouldn't have done, the arm and leg you cut off in order to pay for food, and the human crush you suffer trying to get anywhere near your favourite band. You paid to see Kylie - so did the other 2,000 who are nearer to the stage than you! All made worse by the miles you will walk in the course of that your day. I personally prefer our old low key affair. Relax man. Turn up, tune in and drop out.

And Finally:

So Starmer has gone and we now have a Prime Minister parachuted in, who nobody in the UK voted to be so. I don't know much about him but he is Labour. - A party that has done sweet FA for anyone but the rich and those who come here illegally, while penalising the indigenous Brits. So he and Starmer are two cheeks of the same butt. We are royally screwed I reckon.

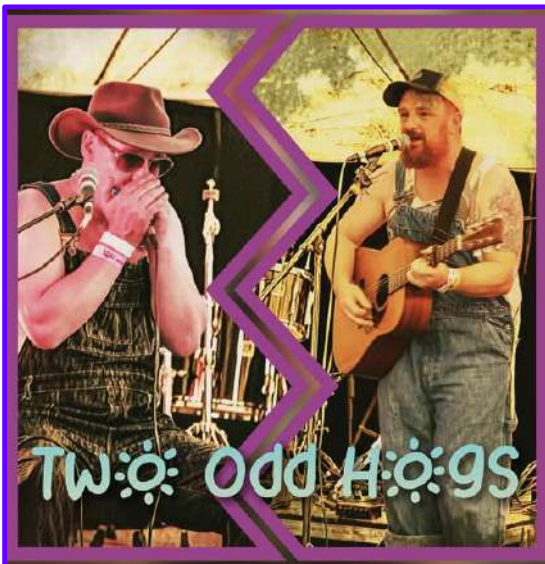


BUNGAY BEER & MUSIC FESTIVAL

The Bungay Music and Beer Music Festival 2026, 21st and 22nd August at The Crisp Malting's Pavilion Live Music, Food Truck, Great Beers and Ciders. Bungay Beer and Music Summer Festival is back on the 21st and 22nd August! Same place at the lovely Bungay Maltings sports ground. The bands, tents, food trucks and children's entertainment are booked, you will not be disappointed. Live Music, ales, ciders, wines, fully licensed bar and facilities, food trucks, free entry with donation to charity

This year the BBMF will be supporting our own local charity in with donations to Bungay Community Support- BCS. You may or may not know about these guys but they do a great job for our community and are currently on a drive to

raise money for a new premises.



Picture top:
The Dumpy
Conquerors

Left: Two Odd
Hogs

Right: Logo for
Wake Up The
Nation



More at Facebook: Bungay Beer and Music Festival

THE THORINGTON THEATRE
Theatre in the woods off the A12 south of Southwold. IP17 3RB

Romeo & Juliet 4 August 2026	The Sword in the Stone 5 August 2026	The Cursed Ring: A Viking Saga 7 August 2026	Thingumajig Puppets 27 August 2026
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www.thoringtontheatre.co.uk E: info@thoringtontheatre.co.uk

"Happiness is not the absence of problems but the ability to deal with them."



As Suffolk's biggest film festival, we're passionate about creating an inclusive platform for filmmakers here in East Anglia.

Sunrise Film Festival is a film festival that makes film accessible and proudly showcases independent films to audiences across overlooked communities in the UK. We've proudly been the bright colourful film festival since 2021 loved by filmmakers for the friendly grassroots feel. We're a small team, but our festival packs impact, showcasing film in one of the most deprived communities in England and we've awarded as well as showcased some impactful stories along the way.



From Thursday 20 to Sunday 23 August, discover 263 films across 52 separate screenings, including relaxed screenings, curated shorts, feature films, music videos, and virtual reality experiences. With a record number of entries this year, totalling 305 hours of film, our 2026 lineup is our most exciting yet.

For the full programme check out the website www.sunrisefilmfestival.co.uk



EAST POINT RADIO

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Also view our full programme schedule & sign up to receive our free monthly newsletter!



Bungay Community Support Launch Appeal

What would Bungay lose?

-  The Food Hall
-  Outreach Services
-  A Community Hub
-  Activities & Groups



Bungay Community Support has launched an appeal to raise £400,000 to secure a permanent home and protect the services it provides for local people.

The charity says having a permanent base is vital to safeguarding its work for the future. It warns that without a long-term home, a number of key community services could be at risk.

These include its Food Hall, which supports local households, as well as advice and practical support, outreach services, wellbeing provision, community groups and activities, and a safe place for people to turn during difficult times.

The organisation is encouraging local residents and businesses to support the campaign by making a donation or helping to spread the word. Bungay Community Support says securing its own premises will help ensure services continue to be available for the community for years to come.

For more information email: bungaycsinfo@bungaycs.org.uk Tel: 0300 365 2995

In 1937, the United States government passed a law, based entirely on lies, that completely altered the course of the world's 10,000 year relationship with a plant.

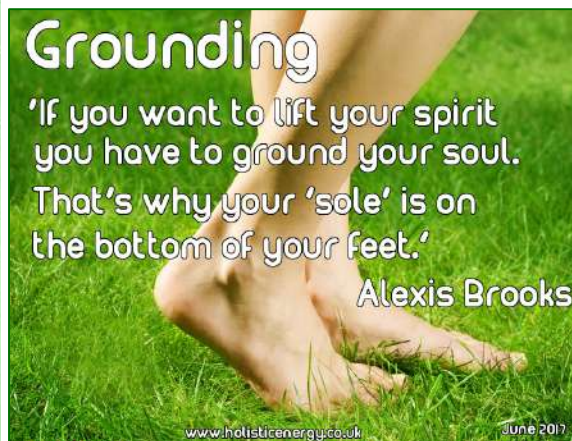
Now, almost a century later, the lies have unraveled and the people are demanding to once again have legal access to the world's most beneficial plant.



Grounding

'If you want to lift your spirit you have to ground your soul. That's why your 'sole' is on the bottom of your feet.'

Alexis Brooks



www.holisticenergy.co.uk

June 2017

We walk, without knowing it, upon the treasure we seek.

Thomas D'Ansembourg



www.moretreeslessassholes.org

The Seagull Theatre Lowestoft



Friday 21st August 7.30



Steve Hall 60s Plus Show
Saturday 22nd August



Lowestoft Jazz Festival
Jim Mullin & Nigel Price
Quartet Sept 4th 7.30pm



Saturday 12th September
7.30pm

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Contact Haley to book a taster session:
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07775653949



Brampton Plough Day and Country Fayre
Sunday 6th September 2026
10 - 4pm
NR34 8DQ

Adult: Early Bird £8
Gate £10
Under 14's Free

Brampton Plough Day & Country Fayre
Tickets available from: bramptonploughday.co.uk

HIGHFIELD HOUSE IN THE SUN
Saturday 1st August
12-3.30pm

SPECIAL GUESTS:
STUBBS FARM ALPACAS 11AM
WILD ENCOUNTERS 1PM
LUCY SHORT 2.30PM
THE PEAR TREE FUND
RAFFLE DRAW 3.30PM

REFRESHMENTS
BBQ 12-2PM
JIM'S ICE CREAM VAN 1.30-3.30PM

ALL MONIES RAISED FROM THE RAFFLE GO TOWARDS THE PEAR TREE FUND

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HALESOWAT
IP19 8LP

Always remember: When a woman says 'What?' it is not because she didn't hear you. She is giving you a chance to change what you said!

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"Almost" is the longest word in the English language with all the letters in alphabetical order.

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eatm.co.uk
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Naturally Healthy

With Riverford Organic.

Pick up a pack of tomatoes in Tesco from Nightingale Farms or chicken from Aldi's Ashfield Farm and you assume they are farm-fresh products direct from select producers with traceable provenance. Think again.

These are 'fake farm' brands whose sole aim is to give the impression that they come from English smallholdings, when this couldn't be further from the truth, with devastating consequences. It could be a mass-produced tomato from an unsustainable, plastic-covered, Spanish holding, or intensively reared, factory-farmed meat that's polluting British rivers. With its images of traditional tractors, animals on grass and healthy trees, it's easy to be fooled by branding that has a bucolic air to it. Every single day, shoppers are duped and it's an issue emblematic of a deeply dysfunctional UK food system.

For the last six years, a number of big supermarkets have sold fake farm brands despite threats of legal action, consumer campaigns and angry farmer groups rightfully raging about deceit, but to no avail. Back in 2016 there was a media frenzy, as the race to the bottom of the grocery market saw fake farm labels proliferate. At the time, Tesco's former chief executive, Dave Lewis, told *The Independent*: "Our new fresh food brands are performing very well, with over two-thirds of our customers having bought products from the new range."

The issue went quiet through the fog of Brexit, the pandemic then pinched consumers' pockets and the cost-of-living crisis set in. During this shaky period, Tesco continued to fill their shelves with fake brands from the likes of Willow and Redmere Farms, seven in total, with reassuring messaging such as 'trusted,' 'stringent quality' and 'high standards,' while Aldi ploughed on with its own fictional farm labels, with zero motivation to change.

Wholly unethical, yet inarguably profitable, David Hughes, Emeritus Professor of Food Marketing at Imperial College London, points out that "for Tesco, using fake farm brands has worked out really well in terms of securing the lower end of the market against really hot competition."

Earlier this year the issue reared its head again with headlines such as 'Pressure mounts to ban supermarkets use of fake farm names' in the *Daily Express* and 'Calls to ban fake farm names' in the *Daily Mail* with fresh pleas from Riverford's founder Guy Singh-Watson to ditch them. This was part of evidence given to UK Parliament, which is investigating supermarket superpower. There is also an ongoing government consultation on making food labelling fairer, which is focused on country of origin and method of production.

The big question now is, should supermarkets be allowed to get away with this? The consensus is no. Are these fake brands hiding bad farm practices? Of course. Tesco buys chicken from Avara Foods, one of the UK's biggest food producers owned by US multinational Cargill. In 2020, the *Guardian* and partners uncovered evidence that Cargill supplied Tesco, Asda, McDonald's, Nando's and others with chicken fed on imported soya linked to thousands of forest fires and at least 300 sq miles of tree clearance in the Cerrado savannah. These are fake 'British' farms that can be traced all the way back to the rainforests.

Tesco sells chicken under its Willow Farm brand. Avara Foods now faces a multi-million pound legal case over pollution of the River Wye from law firm Leigh Day. The industrial scale of the issue, involving 23 million chickens at any one time is mind boggling, affecting 4,000 square kilometres of land in England and Wales, two and a half times the size of Greater London. It's not a farm, but an Intensive Poultry Unit (IPU) – despite the bucolic name on the packet.

The number one aim of fake farm branding is to provide subliminal reassurance when consumers make split second decisions as they shop, and it works. Why? They give people that touchy feely, very non-specific idea about food origin, with traditional images of what a farm may look like, and it's all part of the mythology around food that supermarkets are peddling.

Spotted a fake farm brand on the shelf?

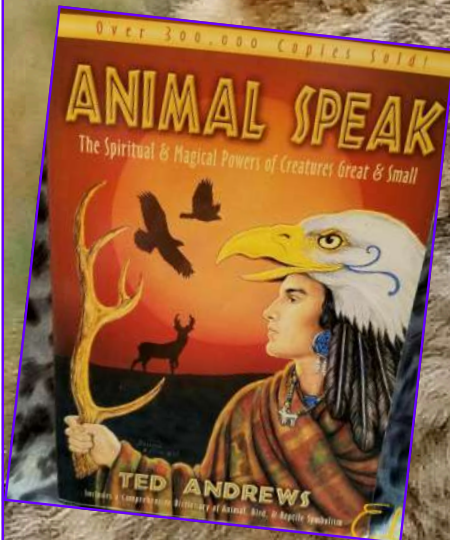
Share and tag Riverford on Instagram @wickedleeksmag, or email a pic to wickedleeks@riverford.co.uk

BOOK OF THE MONTH



ANIMAL SPEAK

By TED ANDREWS



Open your heart and mind to the wisdom of the animal world, Coyotes urge us to adapt to changing circumstances, as do bats in a similar manner but with a twist! Lions embody strength and courage. Others remind us to take time to play. Animals have many lessons for humans, but before we can learn from, we must be able to speak with them!

Animal Speak provides techniques for recognising and interpreting the signs and omens of the natural world. Meet and work with animals as totems and spirits by learning the language of their behaviours within the physical world.

It also contains a comprehensive dictionary of animal, bird and reptile symbolism.

Animal Speak is available at any good bookshop.

ISBN D - 87542 - 028 - 1



Baby Boomers To Gen X



Have you ever heard a DJ on the radio and thought: 'I could do that'?

Well East Point Radio is currently looking to recruit volunteer presenters.

If you think you have the personality, flair and enthusiasm for music that the job demands, why not send in a demo' programme on MP3 or contact us on:

studio@eastpointradio.com

**** CAMPSITE COMEDY TO DEBUT AT LEISTON FILM THEATRE ****

A BRAND NEW COMEDY DRAMA
WRITTEN BY WAYNE BURNS

WELCOME TO ARCHERS

MOURNING CAMPERS

Set in a Suffolk holiday camp in the 1980s, Mourning Campers follows the drama, behind the scenes and on stage at Archers Holiday Camp. At a time when the package holiday is growing in popularity, what can be done to keep the campers coming?

Find us on Facebook

Appearing LIVE at Leiston Film Theatre
Friday 25th - Sunday 27th September 2026
NOW BOOKING - ☎ 01728 830549
🖱 www.leistonfilmtheatre.co.uk

A brand-new comedy drama is to premiere at the Leiston Film Theatre in September and tickets are already selling well.

Mourning Campers has been written by Leiston Film Theatre manager Wayne Burns and is being brought to the stage under his 'Team B Productions' banner, who are also responsible for creating the venue's popular annual Pantomimes.

Mourning Campers is set in a Suffolk holiday camp in the 1980s and follows the drama behind the scenes and on stage at Archers Holiday Camp. At a time when the package holiday is growing in popularity, what can be done to keep the campers coming? Thankfully, the campsite owner has an idea and it's now up to the staff to make it a success.

The idea for this comedy drama, which is deemed suitable for ages 16+, came literary out of the blue – 35,000 feet off the ground! "We were returning home from Florida in 2017 and I grabbed a few airline serviettes and scribbled various notes about possible characters, their mannerisms and a potential storyline to help me through the flight! These notes then sat in my box until 2024, when I finally started work on a draft script in earnest." said Wayne, who originally hoped to bring the show to the stage in 2025, but ended up postponing it until 2026, as he wasn't happy about one section of the script.

Wayne was a huge fan of the 1980s BBC sit-com Hi-de-Hi and in 2016 met

Jeffrey Holland, who played the comedian Spike Dickson in the hit TV series. "I told Jeffrey that I was hoping to write a script about a Suffolk holiday camp and he wholeheartedly encouraged me to do it – so I did!" said Wayne.

Wayne has been busy buying up authentic props for the production, as well as making a custom-built set for the play – on top of working on Team B Productions next family Pantomime, Sleeping Beauty, which appears at the Leiston Film Theatre in January 2027.

"Mourning Campers is something very different for us all and requires a different discipline from those performing on stage. It's a very exciting exercise for us and there's already a lot of interest in this particular production." said Wayne.

Mourning Campers appears live at the Leiston Film Theatre on Friday 25th, Saturday and Sunday 27th September 2026.

Tickets are available from the venue box office on 01728 830549 and via the Leiston Film Theatre website at: www.leistonfilmtheatre.co.uk

BRASS ON THE GRASS

Brass on the Grass 2026 Brought Live Brass Band Music to Halesworth Town Park. Blyth Valley Rotary Club's inaugural Brass on the Grass concert brought music, community spirit and a summer atmosphere to Halesworth Town Park on Saturday 4th July 2026.

Despite warm temperatures, visitors enjoyed an afternoon of excellent live brass band music in the park's relaxed setting.

The band's varied programme was well suited to a summer afternoon and was warmly received by those who attended.

The event followed weeks of planning by a small team of Rotary members, Friends of Rotary and volunteers. Stalls, gazebos and bunting helped transform the park into an inviting venue, and many visitors commented on the welcoming atmosphere. Kelly from

Halesworth Town Council praised the event's appearance and the calm, summery ambience created by the organisers.

One organiser said, "Seeing the park filled with music, smiles and people enjoying themselves made all the hard work worthwhile."

Refreshments, crepes, ice creams and pizza proved popular throughout the afternoon, while the teddy stall attracted visitors of all ages. Rotary collection buckets, together with generous donations from the public, stallholders and members of the public, helped boost the day's fundraising. All profit from the event will go to Cardiac Risk in the Young @Tobyforever23.

(Halesworth Group . C.R.Y, or Cardiac Risk in the Young, is a national charitable organisation helping to raise awareness of young sudden cardiac death, including sudden arrhythmic death syndrome. C.R.Y was established in May 1995 by Alison Cox MBE and is based in the

United Kingdom.

<https://www.c-r-y.org.uk/> We are unable to share with you at this point how much was raised from the event.

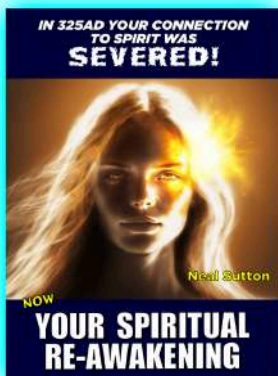
Blyth Valley Rotary Club extends sincere thanks to everyone who helped before, during and after the event. Particular thanks go to the honorary Rotarians, Friends of Rotary, volunteers and supporters who collected and erected gazebos, decorated the park, served refreshments, ran stalls, welcomed visitors and helped clear everything away afterwards. The event showed what can be achieved by a small but dedicated team working together.

Special thanks also go to the band for providing such a high-quality afternoon of entertainment. Their excellent musicianship and carefully chosen programme were enjoyed by all.

While organisers would always welcome more visitors, it was encouraging to see so many families, friends and park users stopping to enjoy the music. Many people were pleasantly surprised to discover the event taking place, which gives the club plenty to think about as plans begin for next year.

Blyth Valley Rotary Club would like to thank everyone who supported Brass on the Grass and helped make its first year such a success. The club hopes the event will become a regular feature of Halesworth's summer calendar.

For more information about Blyth Valley Rotary Club or to find out how to get involved in supporting local community projects, visitors are always welcome at future club meetings and events. info@blythvalleyrotary.co.uk

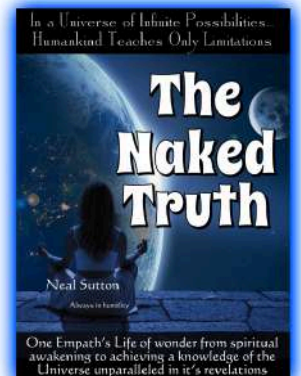
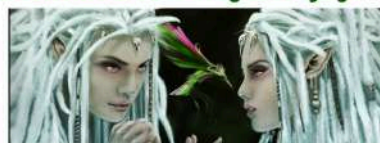


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Shining a light on life today

Ancient Wisdom

Neal Sutton. Empath/Author

On my life's journey both in this material, corporeal world (which I must have volunteered for at some point, I am sure) and being a member of the society that man created, I am exceptionally glad that, at a very young age, I was able to connect to the energy of nature itself. As my connection grew, I came to be shown all manner of things that put this crazy messed up world of man into perspective. With a deep connection to the very real energy of the planet and the universe itself I have been privileged indeed to witness and be shown so much. It is a connection that is open to all and it is a two way connection! The 'state of knowing' that it gives you, enriches your life and it inevitably allows you to plainly see that the world of mankind is being torn apart. Torn apart by two things in particular GREED (gripping you like a plague) and RELIGION. (The Trickster) It is broken and nature is hurting.

Now let's straighten up a few things about life on Earth. Here are a few undisputed facts that anyone having a real spiritual connection can tell you.

You don't 'die' - only your body dies, at which point you will leave it behind and return to being a non-corporeal entity, as you were previously. Life after 'death' is a certainty - Just as is Life before this life. This life is temporary and when your body dies you just go home. At that point, what you did or didn't do in your life will have immense significance, make no mistake about that!

You are an eternal immortal being living multiple lifetimes, that is without doubt.

I have seen many ghosts (spirit entities) - I have helped them to pass back and leave behind the negativity that was keeping them here, negativity from experiences in their most recent life.

Life on other planets is a cast iron certainty. I have seen some of their work, I actually saw one such being - humanoid form - walking in a park some years ago. The recognition was mutual. It is all in the energy.

Religions, all of them are false and do NOT represent the truth of the universe. They were all created as control mechanisms, nothing more. Doing good deeds to earn yourself a free pass to 'heaven' is a terrible, catastrophically

flawed lie. Having said all that, goodness can be found in churchgoers. They are merely ill-informed.

Remember this: Those with a spiritual connection do the right thing because they know in their very soul it is the right thing to do. It is written throughout their core like lettering through seaside rock. A person with love in their heart could never ignore a situation where help is needed. It would be unthinkable, they just couldn't do it.

It starts with a deep spiritual connection, one that grows as life progresses. For them, acting with kindness, compassion and consideration for all of nature is as natural as falling off a log. No promise of reward is offered or required. That is the all-important difference.

Doing good things to earn you a ticket to a heaven is a false, and therefore futile action. The secrets of your heart are known to those in spirit.

For those who believe only in this corporeal world of greed and possessions, well they have to learn a couple of things, like, you are going to leave it all behind when you return home, so gaining more and more wealth is a fools enterprise. You merely create greedy siblings! Primarily the rich and powerful care only for themselves and are spiritually bankrupt. The rich rule this planet like they are going to live forever - (they are not) They rule with not one care for those less fortunate than themselves. They own the governments and elections are only held to give the people the illusion of choice.



Corporeal living was never about everyone in the world becoming enlightened, caring, loving, compassionate and considerate all at once. Spiritual enlightenment is happening every day though, all over the world. Spirits in a corporeal body finding that connection...

More Local Events

BUNGAY

BEER & MUSIC FESTIVAL 2026



FREE ENTRY

AT CRISP MALTINGS PAVILION BUNGAY NR35 2RU

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WITH LIVE MUSIC FROM 7.30PM THE LIKES OF US	WITH LIVE MUSIC FROM 2.30PM TWO ODD HOGS
9.30PM WAKE UP THE NATION	4.00PM LAST LAUGH LANE
FOOD TRUCKS SWEET TREATS	6.30PM DUPPY CONQUERORS
FAMILY SATURDAY AFTERNOON WITH FREE YOUNGSTERS YOUTH ACTIVITIES	9.00PM THE X MEN
BRING A PICNIC BLANKET OR CAMPING CHAIRS ALL DONATIONS GO TO BUNGAY COMMUNITY HUB CHARITY	FANTASTIC SELECTION OF OVER 40 BEERS AND CIDERS WITH FLINT VINEYARD WINE AVAILABLE SUPPORTED BY A FULLY LICENSED BAR FOR EVERYTHING ELSE

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WE WILL ROCK YOU

Music and Lyrics by **QUEEN** Story and Script by **BEN ELTON**
Original Vocal Score by **BRIAN MAY, ROGER TAYLOR & MIKE DIXON**

6TH - 8TH AND 13TH - 15TH AUGUST
at THE MARINA THEATRE

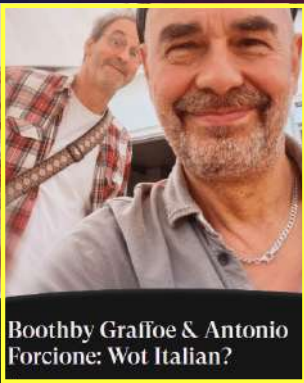
Tickets on sale from February 1st, 2026

the seagull MARINA THEATRE LOWESTOFT

"WE WILL ROCK YOU" is presented through special arrangement with and all authorised performance materials are supplied by Theatrical Rights Worldwide (TRW), www.theatricalrights.co.uk

What is life? It is the flash of a firefly in the night. It is the breath of a buffalo in the wintertime.
It is the little shadow which runs across the grass and loses itself in the sunset.
Blackfoot. Native American

The Cut Arts Centre Halesworth

 A Saucerful of Floyd Saturday 15th August 7.30pm	 Boothby Graffoe & Antonio Forcione: Wot Italian? Saturday 26th September 7.30	 Cut Sessions presents FLOOK Friday 9th October 7.30	 Cut Sessions: Lindisfarne Wednesday 4th November
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Tel: 0330 303 3211 **www.thecut.org.uk**

Today is the oldest you have ever been, and the youngest you will ever be again!
Eleanor Roosevelt

LIFE-CHANGING PROGRAMME, SUPPORTED BY SIZEWELL C, OPENS DOORS TO WORK AND EDUCATION



A pioneering programme backed by Sizewell C has helped young people from under-represented communities transform their futures, with participants securing jobs, apprenticeships and university places.

The Beyond Boundaries Programme, delivered by Sizewell C's social partner Ipswich and Suffolk Council for Racial Equality (ISCRE), launched in October as a two-year pilot to help 15 to 21-year-olds build the skills, confidence and connections needed to access sustainable, well-paid careers.

Through coaching, mentoring and tailored skills development at ISCRE's hub in Ipswich, the programme has supported young people to overcome barriers to employment, education and training, while raising aspirations and unlocking new opportunities.

The first cohort of 25 participants has already delivered significant results, including:

- Two full-time roles, including a position with Sizewell C as a Recruitment Administrator
- One paid summer internship with Sizewell C's Regional External Affairs Department and one apprenticeship with a local company. Several additional applications currently awaiting decisions.

Participants also reported significant improvements in their personal and social skills, alongside greater confidence and a clearer understanding of how to achieve their longer-term goals.

Chelsy, 18, from Ipswich, who took part in the

programme, and secured an internship at Sizewell C, said: "I feel like I've grown so much and I'm much more confident about my abilities. I'm excited to be starting my internship and learning from those around me. When I look back, I've come so far, and I'm very proud of what I've achieved."

Jay, 18, from Ipswich, added: "Before the Beyond Boundaries programme I had no motivation. I was bored every day, and I didn't know what direction to take. Since taking part in the programme, I've secured a full-time role as a games designer. I'm now full of motivation and living a great life."

The programme offered extensive support through 64 hours of mentoring, 128 one-to-one sessions, and contributions from 21 guest speakers and visitors, including representatives from Sizewell C supply chain partners.

Participants also took part in seven educational and career-focused visits, including a trip to Sizewell C's London office, helping them gain valuable insights into future career opportunities. A graduation event was held at Venue 16 in Ipswich to celebrate the achievements of those involved.

Chris Young, Head of Sizewell C's Employment Affairs Unit, said:

"At Sizewell C, we are absolutely committed to working collaboratively to create as many pathways as possible into our project, while also helping to open-up wider employment opportunities within the local community, of which we are very much a part."

A second cohort of Beyond Boundaries participants is due to begin the programme later this year, continuing efforts to ensure more young people can access the skills, support and opportunities needed to succeed."

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Nathan.khan15@gmail.com

Halesworth Dementia Carers Fund

Day Centre Now Open on Wednesdays

We're pleased to share that our Day Centre is now open on Wednesdays as well, giving families living with dementia even more support through the week. If you'd like to know more about places, times, or how to get involved, please get in touch with us.

Highly Commended at the Norfolk and Suffolk Health and Care Awards 2026

We are delighted to announce another award for our work! Halesworth Dementia Carers' Fund Volunteers were Highly Commended in the Treatment to Prevention category at the Norfolk and Suffolk Health and Care Awards 2026 — recognition of the difference this project makes for local families living with dementia. A huge thank you to everyone involved: our volunteers, carers, and supporters. This achievement belongs to all of you.

i-Chameleon Pop-Up Shop, 20th–26th August — Donations Needed

Halesworth Dementia Carers' Fund is requesting donations for our annual pop-up shop, held at i-Chameleon on the Thoroughfare from Thursday 20th to Wednesday 26th August, to raise funds for our award-winning work supporting local families living with dementia.

We are looking for: Plant pots (not plastic) and plants, Designer clothes, Good quality children's clothes, Branded leisure wear, Good quality jewellery, China & glassware, Cake (to be donated on Friday 21st August)

Please bring your donations (except cake) to the Patrick Stead Day Centre on Thursday 14th August, between 10.00am and 2.00pm. If you'd like us to collect your items, or can pledge a cake, please call Anna on **07721 842802**.

Peasenhall Open Gardens

A wonderful £690 was raised for us at Peasenhall Open Gardens. Thank you so much to the organisers for such a lovely weekend, and to everyone who visited and supported the event.

Can You Help? Volunteers Needed

We're looking for volunteers to help with our events, or for someone who could run an event on our behalf, which we would be happy to support. If you have an idea, some spare time, or would simply like to get involved, we would love to hear from you.

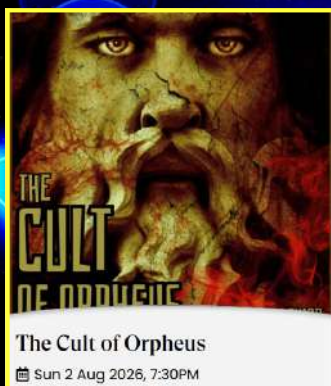
Halesworth Dementia Carers' Fund

Patrick Stead Day Care Centre, London Road, Halesworth, Suffolk IP19 8LR

Tel 07990 199632 · info@halesworthdementia.co.uk · www.halesworthdementia.co.uk

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Beccles Public Hall & Theatre



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

Unless you try to do something beyond that which you have already mastered, you will never grow

USAAF HERITAGE TRUST

The United States Army Air Force Heritage Trust, hereafter referred to as the USAAF Heritage Trust, has formally secured a 125-year lease on Communal Site 4 at the former USAAF Station 125, Bungay, the wartime home of the 446th Bomb Group, known as the Bungay Buckaroos.

Following the signing of all documents on 16 July 2026, contracts were formally exchanged on the morning of 17 July 2026, securing the future of this nationally significant wartime site. To mark the occasion, members of the Le Grys Family Trust, all five trustees of the USAAF Heritage Trust and a small group stakeholders and supporters gathered inside the former American Red Cross Aero Club. Together, they raised a glass and shared refreshments while reflecting on the journey that has brought the project to this historic moment.

The seven-acre site contains an exceptional collection of surviving Second World War buildings, including the former American Red Cross Aero Club, Medical Inspection Nissen hut, local produce, grocery and ration stores, Sergeants' Mess, dining hall and kitchens, together with a selection of wartime showers, latrines and blast shelters.

The USAAF Heritage Trust exists to preserve,

conserve and restore what is believed to be the last remaining complete and unaltered Communal Site on any former USAAF airfield; as a vehicle with which to educate and promote a wider understanding of all aspects of the impact and operations of the USAAF in the United Kingdom during the Second World War.

Although the Trust is based at the former home of the 446th Bomb Group, its wider purpose is to commemorate and celebrate the history of all aspects of the United States Army Air Forces in Great Britain during WW2, including the men and women of both the Eighth and Ninth Air Forces.

The Trust is chaired by Andrew Hadingham, with Kerry Wilmot serving as Vice-Chair, alongside fellow Trustees Clive Stevens, Chris Warne and David Pratt.

Vice-Chair Kerry Wilmot said:

"This is far more than a collection of wartime buildings. It is a place where thousands of young men, together with the women who supported them, lived, worked, rested, celebrated, grieved and formed friendships that reached across the Atlantic. Every pathway, doorway and room holds a story. Securing the future of Site 4 gives us the opportunity to preserve those stories and share them with generations to come."

*My wife used to say 40 is the new 30.
Lovely woman
but banned from driving.*



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2nd August
Sarah Mai - Vocalist
at 12.30pm & 2.30pm

9th August
Professor Jingles Punch & Judy
at 12pm, 1pm, 2pm & 3pm

16th August
Lee Chapman - Vocalist
at 1pm & 3pm

23rd August
The Tricky Twister
12pm-2.30pm

30th August
Andy The Clown
at 11.30am, 1.30pm & 3.30pm



Medical science has made such tremendous progress, there's hardly a healthy human left!

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Aug 20 - 23 Earlham Park, Norwich



Rock N Roll Circus brings together the best of live music and world-class circus performance in one unforgettable show. Audiences can experience top music artists alongside breathtaking circus acts, creating a high-energy spectacle, where incredible live music meets the excitement, skill, and visual magic of the circus! It is a welcoming and accessible festival, making it a great choice for first-time festival goers. With a friendly atmosphere, clear facilities, and an exciting mix of live music and circus entertainment, it's designed to be enjoyable for everyone.



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You can also get involved in the circus activities yourself, led by the local Circus school to offer everyone a chance to get involved and learn circus skills. Get inspired by incredible shows at Rock N Roll Circus and join us for drop-in circus skills sessions in our dedicated area. We'll have juggling, diabolos, plates, hula hoops, flower sticks and more!

NORWICH: Rock N Roll Circus (Earlham Park) From Norwich city centre or the train station, you can take the First Bus routes 25 or 26, which run directly to Earlham Park Gates near the festival site.

See more at www.rocknrollcircus.co.uk/norwich

See the poster advert in this magazine on page 27

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AUGUST AT HALESWORTH LIBRARY

We have lots of activities planned over the summer to keep your children occupied. On Wednesday 5th August we welcome Mini Monsters to the library with their creepy crawly roadshow. £1 per child, booking required. Choose between our morning session 11:30-12:30 or afternoon session 1:30-2:30. On Wednesday 12th August we welcome local artist Anita Andrews 1:00-3:00pm for a craft workshop, again £1 per child, booking required. Anita will also be running an all day workshop on Friday 21st August, 10:00-3:00pm, showing children (aged 8+) how to create their own notebooks. Lunch provided, £1 per child, please book in advance. On Wednesday 26th August 10:00-11:00 we are hosting a rainbow fish craft club, FREE but booking required. Please book at the library for all these events! We are also hosting a themed Lego club, every Tuesday during the summer holidays between 11:15-12:15. Drop in session, no booking required. Not forgetting the Reading Quest which runs everyday through the summer holidays – drop in between 10:00-12:00 and 2:00-4:00pm to speak with our dedicated volunteers.

The library hosts regular activities and drop-ins. Come and join us every Tuesday 10-10:30 for a free Rhyme Time session to sing fun songs! Refreshments also provided for parents!

Wednesdays from 10am our Time Out sociable group for older people meet for tea and biscuits. The Knit & Natter group meet alternate Tuesdays 2:30-4:30pm. We also have a new Mah-jong group that meet on the first Friday of the month, 2:00-4:00pm. At this early stage, the group is open to experienced players and if you have your own Mah-jong set, please bring it along with you. Lego Club runs every Saturday 11:00-12:00 and Family Fun Time every Sunday, 10:30-11:30. You can also drop-in for advice from the East Suffolk Council customer services team every Tuesday 10:00-16:00 and Citizens Advice are here alternate Tuesdays, 10-12:00. Please ask a member of staff for details.

The Friends of Halesworth Library are inviting you to join us for Sociable Sundays on 9th and 23rd August, meet new people and enjoy a chat over cake and a cuppa in the library! Pop in anytime between 10:30-12:30pm. Suggested donation £1 to the Friends of the library who kindly volunteer to run these events.

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.



THE GHOST OF RAYNHAM HALL

Raynham Hall Norfolk

Family seat of the Marquess of Townshend, Raynham Hall is also home to the "Brown Lady," who is thought to be the ghost of Dorothy Walpole, (picture bottom) sister of the Statesman Sir Robert Walpole, whose husband Lord Charles Townshend imprisoned her in her quarters at the hall when he discovered that she had had an affair with the rakish Lord Wharton.

Crestfallen she either wasted away until her death in 1726, her suffered a mysterious, not to say suspicious, tumble down the grand staircase where she broke her neck.

Her ghost has become a classic of English haunting with its strangely illuminated face from with dark hollows instead of eyes.

The novelist Captain Maryatt encountered her in a corridor one night when he was staying at the hall. She "glanced at him in the most diabolical manner"



upon which he drew his pistol and shot her. The bullet passed straight through the phantom and was later discovered embedded in a door.

A Country Life photographer even succeeded in taking a photograph of the ghost in 1936 which continues to baffle experts who can find no evidence of trickery or fakery.

In 1936 Captain Hubert C Provand (a 'Country Life' magazine photographer) was taking pictures of Raynham Hall. As Provand was setting up his shot near the staircase. His assistant shouted for him to take the photo 'now' as something was descending the staircase. The result is the world famous photo(above) said to be that of Lady Dorothy Walpole



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Your Letters

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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

Hi Bugle,
Some Banks are now departing their support for what was affectionately known as Mastercard on Credit Cards, customers will be receiving new CREDIT Cards from their respective providers. The reason for flagging this up is, the CUSTOMER is responsible for ensuring that ANY payments which are due for items such as Holiday Bookings / Payments etc from their old Mastercard accounts must be transferred to their new Credit Card by notifying the respective recipients, failure to do this could result in complications in payments being made, and penalties for non-payments. If in doubt ASK, THIS COULD SAVE YOU A LOT OF AGGRAVATION.

A lot of Bank Customers might not be aware of this situation.

Here is another very worthwhile check if you

have a " Pay as you go " or other deal on your Mobile Phone. I regularly check my Balance sometimes twice a week on the Credit level on my Phone account, just as well I do because recently while checking the Balance it had gone from £9.95 to £0.25 pence within a day although I had sent no Texts or made any calls, and had no service charges, I called my Network provider in this case EE / Virgin who told me this was probably due to a " Glitch " in their system..... I wonder how many other " Glitches " are happening across Mobile Phone Networks, and how many folk unlike myself do not challenge their " Network " provider.

I received an apology and a refund to my Mobile account within minutes. The moral of this true story, do not accept anything at face value... if in doubt shout! After all its YOUR MONEY.

Steve Johnson.

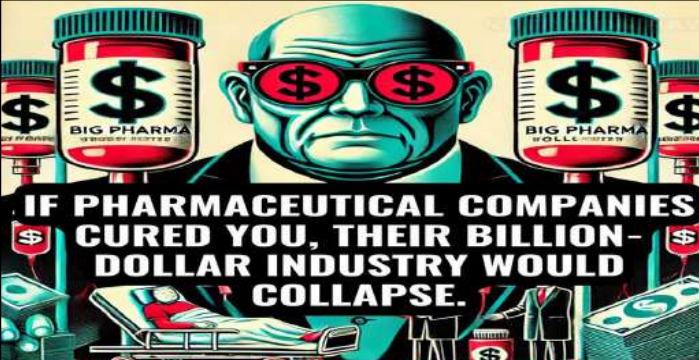
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SUNDAY 23RD AUGUST
MADNESS

A TO Z

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- Fill my heart with **gratitude.**
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**Pear Tree Fund
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2026**



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WHITE OWL'S WORLD

It is true that your religious beliefs were written on tablets of stone by the flaming finger of an angry god. My people have no such god in the sky, and an attempt to keep to your ten commandments is soon proven to be impossible, particularly in the white man's world of today. Today's world is a world in which many of it's inhabitants have lost their way and are finding life to be to cruel and almost impossible to maintain.



The red man looks at the world of the white man and feels for him, but it is now long past the time when the white man chose unwisely. The white man lives his entire life on the earth Mother in the pursuit of monetary gain and 'bettering himself'. He pays lip service to his 'god' and thinks that writing out a cheque to a charity or other such good cause will buy him a place in the heaven of his religion.

Native American peoples do not follow any religions and never have - but our rich spiritual traditions guide and shape Native American communities even today, keeping heritage alive and meaningful. Native American spirituality builds on a deep understanding that sees the universe as an interconnected web of relationships. We see all parts of existence as sacred, which differs from Western religious traditions that often draw lines between sacred and everyday life.

Native American peoples have a unique way of looking at the world that shapes their relationship with everything around them. Their spiritual framework has spirits that exist in all things, from animals and plants to natural features and a knowledge that every creature and plant on Earth has a spirit/soul that is eternal and immortal. We recognise that powerful supernatural beings affect daily life. The need to stay in harmony with all creation is paramount. These beliefs create a way of seeing the world where humans belong to nature as key parts of a bigger spiritual system.

Native American spirituality and the natural world share a bond that goes deeper than just appreciation. This connection defines both identity and purpose. The land means much more than a resource to indigenous peoples – it lives and breathes with both physical and spiritual meaning.

This special bond shows up in regenerative relationships passed down through stories about creation, ceremonies and languages over many generations. Ancient teachings stress deep respect for the land, life, and all relations – whether they walk on four legs, fly with wings, or take other forms.

Communities sit at the heart of Native American spiritual traditions. They support both personal and group spiritual growth. Spiritual practices bring people together naturally for ceremony, mourning, celebration and gratitude.

The idea of community reaches beyond immediate family to include the whole tribe. Members see each other as relatives, whether they share blood or not. This broader sense of family creates a support system that makes both individual and shared spiritual experiences stronger.



Halesworth Branch of Cancer Research

For more info please contact Dawn Davis 01986 873640

Regrettably we had to cancel our street collection which was due to take place in Halesworth outside Coopers and The Angel on Friday 26th June due to the incredible weather. With temperatures above 30 degrees it would have been extremely foolhardy to go ahead.

Now some good news. We did go ahead with our collection on Saturday 27th June in the Co-op as it was lovely and cool in the store. Thank you to everyone who popped some money into our collecting goblets raising £188.77p. We also have to say thank you to everyone on the committee at Holton Village Hall for inviting us to have a stall at their Classic Car Day on 21st June. It was a fantastic day, beautiful weather, lots of classic cars, lovely food and lots of happy people and a very successful day. We raised £170 on our Cancer Research Stall which was brilliant.

At the time of writing we are half way through our week in The I-Chameleon pop up shop in The Thoroughfare from 2nd- 8th July. We have had a very successful plant day on Friday and with Jane Bastow from The Laburnum's and another very successful cake day on Saturday, thank you Gill and Paula. More on this in the next edition of The Bugle Magazine.

Our next big event will be The Maize Maze by Torchlight on August 21st at The Old Hall Cafe Southwold 6.30pm - 9.30 pm. (see Maize Maze event feature in this magazine on next page!)



Tickets can be pre-booked via their website nearer the time, please keep looking for when the tickets go live or they can be purchased in person at The Old Hall Cafe. We will have some traditional fete games. The ever popular Welly Wanging, Marbles in a Flower pot, Quoits etc and a few stalls. We are sorry for any inconvenience but our games and stalls will be cash only.

Thank you everyone for continuing to support our fund raising events and helping Cancer Research UK in their truly amazing groundbreaking work in their fight to beat cancer.

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Southwold Maize Maze Celebrates the Future of Farming Old Hall Farm, Southwold. Cafe & Walks

The seasonal tourist attraction - The Maize Maze is based on a former dairy farm, located in an attractive position by the Suffolk Coast and River Blyth estuary.

Now in its 21st year, the design of this year's maize maze explores the exciting ways modern farming is changing to adapt to new technology and protect the planet. Turning the countryside into a hands-on adventure, this year's mazes demonstrate to visitors how technology, sustainability and clever new ideas are helping farmers grow food in smarter and greener ways.

With the recent popularity of Clarkson's Farm, which in its latest series sees Clarkson and the team trial modern technology such as the AgBot T2 driverless tractor and the FarmDroid FD2 on Diddly Squat Farm, this year's theme expands on this exciting new curiosity of modern farming. Across the maze, visitors can discover interactive boards on soil health, pollinators, water conservation, farming technology and more. With child-friendly challenges and a stamp trail woven through the pathways, 'Fields of the Future' brings tomorrow's farming to life in a way that's playful, positive and fun.

This year's theme has three maze designs for visitors to explore. The mini maize, designed especially for younger children, is a sunflower design, with a different coloured finger stamp to collect on each petal. The big maze this year has two parts; a pig design, taking inspiration from the local landscape and a tractor design, representing the advancements in technology, crop health, weather and water management.

Will Hall recently returning to the family business to join his Mum Bella, says:

"It has been an exciting time preparing for this year's summer season, working alongside my mum to design the mazes, decide on the themes, challenges and information boards,"

Entry to the maize maze includes access to all facilities within the Play Park, plus the pedal go-kart track within the maze. This 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 outdoor play kitchen and café.

With multiple food options, including Old Hall Café, which is now under the management of local bakery business Tudor Bakehouse, the Snack Shack within the play park, and The Pizza Parlour, it's the perfect destination for a fun-filled day out.

Southwold Maize Maze officially opened for the summer season on 18th July and opens daily until Sunday 6th September.

For further information about the summer maize maze season and to book tickets go to:

<https://www.southwoldmaizemaze.co.uk/> or tel: 01502 723091



Free Summer Holiday Creature Crafts for Kids

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Reading Quest at Halesworth Library

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Illustration of a dog, a cat, a rabbit, and a bird.

Suffolk Community Libraries Suffolk County Council

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Holding on to anger is like drinking poison and expecting the other person to die. Buddha

Sizewell C contractors revive popular BMX track



Sizewell C contractors have revived a popular BMX track in Leiston, with significant improvements completed in time for the summer holidays. Workers from Jackson Civil Engineering, Toppesfield, Ovenden, Lynch, and ATM volunteered their time, expertise, and resources to give the pump track a much-needed makeover after it had fallen into disrepair in recent years.

The upgraded facility was officially opened on Monday by Cllr Nicky Corbett, Mayor of Leiston-cum-Sizewell Town Council, which owns the track and supported the project. Around 20 children and their families also attended the celebration.

Charmaine Emmerson, whose son uses the track, said: "It looks absolutely brilliant. It was always busy down here before, and the track is now big enough for multiple children to use it at the same time. We will be spending a lot of time down here in the summer."

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Lowestoft-Born Filmmaker Brings Award-Winning Solo Feature Film Home for Special Screening at Sunrise Film Festival

Award-winning psychological thriller **DISREMEMBER** will return to filmmaker Matthew Simpson's hometown this August for a special one-off screening followed by a live audience Q&A at Sunrise Film Festival.



Created entirely by Simpson with no crew, no cast and no budget, the film has gone on to win multiple Best Feature awards before making its US premiere at the renowned Cinequest Film Festival in California. The screening takes place on 20 August 2026 at the

Marina Theatre as part of Sunrise Film Festival's fifth edition. Following the screening, the audience will have the opportunity to hear directly from Simpson about how the award-winning feature was created completely alone.

Simpson wrote, directed, produced, shot, edited, performed and handled every other aspect of the production completely solo. The project took more than six years to complete while he continued working as an actor and commercial director, with filming taking just twenty days in a warehouse apartment in Hackney, London.

DISREMEMBER follows an ex-military alcoholic who begins experiencing unexplained blackouts, and the more he tries to stop them, the worse they get, until he realises they are being triggered by a trauma his mind is fighting to forget.

The film has since been recognised on its own

merits, winning Best Narrative Feature at the BAFTA- and BIFA-qualifying Aesthetica Film Festival, Best Feature at London Breeze Film Festival, and both Best Feature and Best Actor at Unrestricted View Film Festival.

Critics have been equally enthusiastic. UK Film Review awarded the film calling it: "An astounding piece of filmmaking and a proper production triumph."

Film critic Rich Cline awarded the film saying: "The inventive filmmaking creates a narrative that's thoroughly gripping and thematically provocative."

DISREMEMBER has also attracted national attention, with the film and its festival success featured by BBC and ITV News.

Born and raised in Lowestoft before training as an actor at the Italia Conti Academy of Theatre Arts, Simpson has since built a career on both sides of the camera. His acting credits include *Masters of the Air*, *Annihilation* and *EastEnders*, while his commercial directing work has seen him direct campaigns for international brands.

"Bringing **DISREMEMBER** home to Lowestoft feels incredibly special," said Simpson. "I made the film completely alone over many years, never imagining it would travel internationally or receive the response it has. To now share it with a hometown audience, and talk about the journey afterwards, is something I'm really looking forward to."

Simpson is currently developing his second feature, *Beats Per Limit*, another boundary-pushing film which he hopes to shoot in Lowestoft.

The Bugle Community Magazine DIGITAL & ON-LINE

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

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NEW TELEPHONE NUMBER

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

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



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