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Aldeburgh Gazette

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SERVING ALDEBURGH, THORPENESS & THE LOCAL COMMUNITY

The Aldeburgh Gazette appears for community news, letters and entertainment.

£1.00

Funding available to support Community Wellbeing in Aldeburgh, Leiston and Saxmundham

Voluntary organisations, community groups and town and parish councils in Aldeburgh, Leiston, Saxmundham and the surrounding villages are invited to apply for grant funding to support people's wellbeing.

The Aldeburgh, Leiston, Saxmundham and villages Community Partnership is offering funding through its community wellbeing grant scheme, which is now open for applications. Grants of between £500 and £5,000 are available and applications are welcome from groups and organisations working to improve mental health and wellbeing, improve and increase existing or new provision locally, to improve awareness of national and local support services and to signpost people to relevant services when necessary.

Contd/



Do you have a spare room that could be making you money?

Would it make great accommodation with a little bit of work?

If the answer to this is yes then maybe a Sizewell Housing Grant could be the key to you unlocking that extra source of income!

The Construction of Sizewell C will bring workers into the area who will be looking for accommodation. Your spare room may be what they are looking for.

We have Minor Works Grants and Renovation Grants available to help bring unused rooms/annexes back into use to let out to Sizewell C workers.

Additional support may also be available to improve the Energy efficiency of the property up to an EPC C.*

*All available Government and OFGEM promoted grants must be applied for first, where available.



For more information, scan this QR code

www.eastsuffolk.gov.uk/sizewell-c-housing-grants



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Cllr Katie Graham, Chair of the Aldeburgh, Leiston, Saxmundham and villages Community Partnership said: “One of the Community Partnership’s priorities is improving the mental health and wellbeing of our residents, and our new grant scheme will help local groups to deliver new projects or support existing ones which boost the general wellbeing of our communities.”



Katie Graham

For more details, and to apply, please visit: www.eastsuffolk.co/wellbeing
Applications close at 9am on Tuesday 8 April.
Last year, the Community Partnership funded over 13,000 leaflets to be distributed to households and businesses in the Community Partnership area to make residents aware of the council’s Well Minds booklets. The booklets provide a valuable resource for people in need of mental health support and are available from community settings across the district, including libraries, community centres and the council’s network of Warm Welcomes. You can also view the booklet online: www.eastsuffolk.co/wellminds



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Modernist home of celebrated composer gains special heritage status

The former home of eminent composer Imogen Holst has been granted special protection following an application by East Suffolk Council’s Heritage team.
The modernist, single-storey property, in Church Walk, Aldeburgh, has been Grade II listed in recognition of its architectural and historic interest. Imogen Holst arrived in Aldeburgh as Benjamin Britten’s musical assistant, and later went on to become Artistic Director of the Aldeburgh Festival.
Designed by Aldeburgh neighbours Jim and Betty Cadbury-Brown, and built from 1962 to 1964, the property still contains furniture belonging to Imogen and her composer father, Gustav Holst. Now owned by music education charity Britten Pears Arts, and available as a holiday let, Nine Church Walk can also be visited by the public for Heritage Open Days each year.
Following a visit from a member of East Suffolk Council’s Heritage team in September 2023, an application was made to Historic England for the building to be recommended for listing by the Department for Culture, Media and Sport.



Late Winter Breaks

Stay a little longer on the beautiful Suffolk Coast and take advantage of our Late Winter Breaks. Rates start from £243 per room for two people sharing a standard twin or double room, per night, for a minimum of two nights.

This great value offer includes:

- A complimentary cream tea with home-made scones, crumpets or toasted tea cakes on one day of your stay.
- A box of delicious chocolates in your room.
- A three course dinner each evening in our elegant restaurant.
- A full English cooked breakfast each morning.

For more information or to make a reservation, please call 01728 452312 or e-mail stay@wentworth-aldeburgh.co.uk and quote “Two night or more rate”.



Principal Design and Heritage Officer, Robert Scrimgeour said: “It was apparent to the Heritage team that Holst’s house was of special architectural and historic interest, by virtue of its intact, unaltered interior; interesting design by well-respected modernist architects; and association with a nationally eminent composer with very strong links to Aldeburgh, including Benjamin Britten, Peter Pears and the Aldeburgh Festival.

“The Heritage team concluded that this special house, with its unique associations, represented a very special survival in the centre of the thriving seaside town of Aldeburgh, and deserved recognition and future protection. It was on this basis that the team submitted



the house for listing and is very pleased at the outcome.”

Listed buildings

Duncan Wilson, Chief Executive of Historic England, said: “The listing of 9 Church Walk celebrates an architecturally significant modernist home and a significant piece of musical history. The property tells the story of Imogen Holst’s contribution to British music and her connection to the Aldeburgh Festival, which continues to enrich our cultural landscape today.”

For more information on the property and Historic England's Missing Pieces Project, inviting people to share pictures and stories of places on the National Heritage List for England, visit the Historic England website.



WALKING FOOTBALL

**STARTING THURSDAY 6TH MARCH
AND EVERY THURSDAY 11AM - 12.30PM**

VENUE :THE OLD GENERATOR STATION
KINGS FIELD, ALDEBURGH

A GAME FOR THE OLDER GENERATION AIMED AT THE OVER 50'S BUT ALL ADULTS OVER 18 ARE WELCOME, BOTH LADIES AND GENTLEMEN.

A SIMPLE GAME OF 3 TOUCH FOOTBALL PLAYED AT WALKING PACE, WITH NO RUNNING, JOGGING, TROTTING ALLOWED.

IT IS PRIMARILY A GAME TO IMPROVE YOUR FITNESS AT A SLOWER PACE WITH ZERO CONTACT. NO TACKLING, OR SHOULDER CHARGING OR ANY OTHER PHYSICAL CONTACT IS ALLOWED.

GAMES CAN BE PLAYED BASED ON 5 A-SIDE GUIDELINES, OR LARGER TEAMS UP TO 11 A-SIDE AND PITCH SIZE VARIED ACCORDINGLY.

**WHY NOT COME
AND GIVE IT A
TRY!!**

CONTACT THE OLD GENERATOR STATION
FOR MORE DETAILS

Ipswich Chamber Choir Mark Padmore *patron*

Saturday 05 April, 6pm
Snape Maltings Concert Hall

J S Bach
St Matthew Passion

Amici Voices
Rachel Ambrose Evans soprano
Rebecca Leggett mezzo-soprano
Sebastian Hill tenor
Edmund Saddington bass
Nick Pritchard Evangelist
Michael Craddock Jesus

Ipswich Chamber Choir
Choristers of St Edmundsbury Cathedral
The Geldart Ensemble
Rachel Stroud leader
Benedict Collins Rice conductor



Tickets £15-35
box office 01728 688303
Online at brittenpearsarts.org





A Talk on the Archaeological Discoveries at the Sizewell C development site

Arranged by Aldeburgh & District Local History Society

Following a highly successful exhibition of archaeological discoveries made by Oxford Cotswold Archaeology at the Sizewell C Development Site, ADLHS is delighted to welcome Alexander Bliss, their coin specialist, as the next speaker. Alex will be giving an overview of the exciting finds that range from the Neolithic period to World War II and give insights into the discovery of a historically significant hoard of over 300 mint-condition silver coins found in a lead and cloth package. The discovery provides valuable insight into the social and political upheaval of the 11th century – and provides further evidence that regime change, following the coronation of Edward the Confessor in 1042, caused great uncertainty amongst the population. The hoard was featured in BBC2’s ‘Digging for Britain’ in January.



Archaeological Talk
Wednesday 19 March 6pm
SUNDAY MEAT DRAW: 4.30-5.30pm
16, 23 & 30 March, 6 April
MONDAY NIGHT QUIZ: 7.30-11pm
17, 24, & 31 March, 7 April

NO MEMBERSHIP. OPEN TO RESIDENTS & VISITORS.
For booking or general enquirers, please call
01728 453399
info@oldgeneratorstation.co.uk
www.oldgeneratorstation.co.uk



Kings Field,
Aldeburgh
IP15 5HY

The talk will be held at the **Old Generator Station Aldeburgh IP15 5HY on Wednesday 19th March commencing at 6pm.** All welcome. Entrance: Members £3, non- members £5.

The Society is concerned with the local history of the area covered by Aldeburgh, Thorpeness, Leiston, Snape, Iken, and Sudbourne, in Suffolk England. We welcome everyone who shares our interest in the study and promotion of local history. We seek to facilitate and encourage research into the history of the area, record present day events for future generations and publish outcomes of the Society’s work. We have conducted archaeological explorations. Each winter we have a series of lectures and in the summer organise guided visits to places with historical interest within East Anglia. Just come and try this interesting talk and learn more about our area’s fascinating past.

To find out more go to **www.adlhs.org.uk**

Help shape the Air Quality Strategy for East Suffolk

Following revocation of the last Air Quality Management Area within East Suffolk at the end of 2024, East Suffolk Council is looking to update the Air Quality Strategy for the district.

There are no longer any areas in East Suffolk with air pollution levels above the national objectives, however improving air quality remains a priority for the council due to its impacts on health and the environment.



Sally Noble

From Tuesday 4 March, people living and working in East Suffolk and the surrounding area are invited to help shape the direction of the Strategy and submit their views through a short online survey.

Cllr Sally Noble, cabinet member for the Environment, said: *“Poor air quality negatively affects the health and wellbeing of our residents and whilst the air quality in East Suffolk generally is very good, we will continue our efforts to reduce air pollution and strive for reductions in emissions wherever possible. We would like to hear from residents on what they feel should be included in our updated Air Quality Strategy and I would encourage residents to complete the short survey.”*

To complete the survey, please visit: eastsuffolk.co/air. The survey will close on Wednesday 2 April. Views can also be submitted in writing to Environmental Protection, East Suffolk House, Riduna Park, Station Road, Melton IP12 1RT. Find out more about the council’s work on air quality at www.eastsuffolk.gov.uk/air-quality

Alde Vally Ramblers

Alde Valley Ramblers is a very friendly and sociable group, part of the Ramblers Association whose mission is to open the way for everyone to enjoy the simple pleasures of walking and they will step up to protect the places we all love to wander. Our group is based in the part of the Suffolk Coastal District lying between the Rivers Blyth and Deben but we do occasionally walk in areas further afield.

Our membership stands at about 120 which makes us rather small as Ramblers groups go but we are edged between the larger groups of Ipswich and Waveney. We are also a fairly new group having been formed as recently as 1995. There are usually on average about 15 to 20 members on a walk led by a member who will have reced the walk beforehand and noted any possible problems or hazards.

We provide regular guided walks in the beautiful Suffolk Coastal area and these usually take place on a Sunday every two weeks starting at 10.00am. Recent walks have been from Hollesley Common (6 miles) and Benhall (5miles) and the next one on 16 March will be from Knodishall (6.2 miles). The group is run by a small committee who meet regularly with an AGM held in November. We have a Christmas lunch which has been held at the Wentworth Hotel for the last couple of years and there is a proposal for a picnic this coming summer.

There is an annual membership fee to join the Ramblers Association (£43 p.a single or £58 p.a. joint). Non-members are very welcome to come on a few of our walks and there is no fee to pay for joining a walk on a trial basis. Well behaved dogs are welcome unless specifically stated in the walk details (found on our website ‘www.aldevalleyramblers.org.uk’).



We have an active working party who regularly help to maintain and preserve the paths that make up the local rights of way network. They do this as volunteers in close association with the Rights of Way Office of Suffolk County Council. Their work will include clearing overgrown paths, erecting and repairing footpath marker posts, bridge repairs and building steps with handrails on paths with a short and steep incline. They have a variety of tools for their work but work that needs specialist equipment is done by contractors appointed by the County Council.

Over the last few years the working party has conducted surveys in preparation of the King Charles 111 England Coast Path. Some of you may have noticed new marker posts displaying the unique disc representing the path in Aldeburgh and particularly on the coastal path between Thorpeness and Dunwich where a number of repairs have also been made. This construction work would have been done by contractors. Our group is advised regularly by the Rights of Way Office of any proposed changes, closures or diversions to existing footpaths and invited to give our views.

This has been particularly important recently in view of all the construction work relating to Sizewell C and the proposed converter stations at Friston and on the edge of Saxmundham. There has been a campaign in recent years entitled ‘Don’t Lose Your Way - Saving Lost Paths’. Our group has also been involved in this and the Ramblers Association have found 49,000 paths nationwide that could be lost.

Proof has to be provided with evidence that the path has been used over the last 20 years before it can be added to the definitive map which is a record of all the official footpaths, bridleways, and byways in the county. The map for Suffolk is maintained by the County Council and can be viewed on line.

www.aldevalleyramblers.org.uk



Alde Valley Suffolk Family History Group


“Life in the Wrens” – Manette Baillie

Manette Baillie, now aged 102 and living in Benhall, Suffolk, was only 17 when Britain declared war on 3rd September 1939. Initially she joined the Land Army but had to return to London after six months because her sister was having a baby. A year later she decided to join the Women's Royal Navy Service, called the Wrens.




This is an in-person talk where Manette Baillie will recount her story serving in WWII, from her enlistment, two years overseas service and final demobilisation in the UK after the war ended.

The talk takes place on 17th March in person at the Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL, Suffolk (behind the Library). The talk starts at 2.30pm. No need to book – just turn up — at £1.00 for members, £3.00 for visitors, including tea/coffee/biscuits. Good, free car-parking.









ALDE VALLEY SUFFOLK FAMILY HISTORY GROUP



OUR RESEARCH PROJECTS

- Surveys of local graveyards
- Leiston Grammar School photographic archive
- Leiston house plaques
- War Memorials





aldevalleyfamilyhistorygroup.onesuffolk.net

Future programme: all at 2.30pm at the Fromus Centre, Saxmundham:

Mon 28 April Annual General Meeting


And don't forget we have a vast amount of local information which is not available online at our archives in Leiston. See what we have here: www.avsfhg.org.uk/hc/help-centre/



Suffolk Concert Band returns to Aldeburgh

The Suffolk Concert Band is looking forward to playing at the Aldeburgh Jubilee Hall on April 6th with great anticipation.

It has been far too many years since the band played in the AJH and this spring they bring a programme entitled Commemorate and Celebrate. The former is marking the end of hostilities in 1945 and will include a fairly rare performance of William Alwyn's Desert Victory. The work is from music written for the film of the same name about the success of the Allies over Rommel and the Afrika Korps in North Africa in 1943. The celebratory element of the programme will bring the very best scores from musical theatre to the concert



COMMEMORATE & CELEBRATE

directed by Duke Dobing

A springtime concert of contrasts marking the end of hostilities in 1945 and celebrating music of the theatre, West End and Broadway

With the generous support of THE WILLIAM ALWYN FOUNDATION

Aldeburgh Jubilee Hall

Crabbe Street, Aldeburgh IP15 5BN

Sunday 6th April 2025 at 2.30 pm

£15 (Free for children 16 and under and students)

Box Office: www.aldeburghjubileehall.co.uk

Tel: 01728 454022

Suffolk Concert Band - Registered Charity No. 1094345



platform and will include music from the recently released film of Wicked.

Military themes are familiar to the Suffolk Concert Band and it can trace provenance back via the Suffolk and Cambridgeshire Territorial Regimental Band to the Suffolk Regiment. It is said that soldiers of the Suffolk Regiment (XII Foot) picked red and yellow roses to wear in their hats as they marched to the battle of Minden in 1759. The battle resulted in victory for the British and became a regimental battle honour. Those red and yellow hues feature in the recently refreshed jackets worn by the band.

The band is delighted to welcome Duke Dobing back to direct at this concert. Duke brings incredible experience and insight to the repertoire from his long career as Principal Flute of the City of London Sinfonia and as a soloist throughout the UK and internationally. He last directed the band in 2017 and at the time was instrumental in guiding its musical course during that fiftieth anniversary year helping launch their celebratory CD recording SCB at 50.

This springtime concert will be the Suffolk Concert Band's first public performance in 2025 and the first outing since their recording with BBC Radio Suffolk's Christmas Show broadcast on Christmas Day.

This concert has been made possible with the generous support of The William Alwyn Foundation. All booking

and ticket information can be found on the AJH website www.aldeburghjubileehall.co.uk/whats-on/ or by phoning the AJH box office on 01728 454022

www.suffolkconcertband.org.uk

www.williamalwyn.co.uk

LIBRARY NEWS



Are you interested in researching your family history?

Alde Valley Suffolk Family History Group will be running monthly drop-in sessions where you can get advice and support to find out all about your roots. This will be on the third Wednesday afternoon of the month 2:00-4:00. and will be starting this month.

Next session Wed 19th March – everyone welcome – your new obsession starts here...

Come & Grow

The Container Gardening Project in the library grounds will begin in March. We would be grateful for any hand tools in good condition that you might no longer need or have excess of in your shed.

In particular, we are looking for hand trowels, hand forks, secateurs, a dibber, a potting tray, a watering can, metal hoop or stick plant supports, garden twine and non-plastic plant labels.

We would be grateful for any of these items that you no longer need and would be delighted if you could leave them at the library for the attention of Anne Parsons. Thank you.

Dementia Advice Drop-In - Wednesday 19th March 10:00-1:00. No appointment necessary.

Reminder: Our crisp packet recycling partner has now closed their scheme so regrettably we can no longer take your empty crisp packets. However, the Co~op in Saxmundham Road now has a collection point for soft plastics so you can still recycle them there.

Aldeburgh Library Foundation

The Spring programme of activities is now under way. The brochure is available online at: www.aldeburghlibraryfoundation.org.uk.

Additional paper copies are available in the library. Lots of things to choose from including some Saturday one-off practical sessions - coming up in May: Patchwork and Botanical Illustration.

Contd/



How we laughed - The Golden Age of British Comedy - talk by Tyler Butterworth

Tuesday 8 April, 2pm, Southwold Arts Centre, St Edmunds Hall, Southwold IP18 6JP

It is said in theatrical history that there was a Golden Age in British comedy, from the 1970s to the 1980s. This was in the branch of theatre known as Variety – it was a world of comedians and impressionists, of TV shows, and end-of-the-pier shows, of unusual acts and eccentric dances, of much loved people like Morecambe and Wise, and Bruce Forsyth. In this unashamedly nostalgic lecture, and sharing my personal connection with this world, I will go back and explore the acts, the places and the people that made us laugh. And I will also ask, "What's happened to comedy today?"

Tyler Butterworth grew up in a theatrical family and spent twenty five years as an actor working extensively in film, television, theatre and radio. He then worked as a development producer in television documentaries and was closely involved with NASA on a landmark commemorative tv series. Now, he produces walking audio guides to cities across Europe for private clients on whatever subject he's commissioned to do. They're just like the audio guides you get in art galleries and museums but they're out on the street. He lives in Sussex where he walks on the South Downs and the South Coast.

Guests welcome, £10 entry, e: tassouthwold@gmail.com

Assisted places are available. For details contact Abi: foalaldeburgh@gmail.com

Activities at the library: free of charge.

Wordplay (Baby Bounce) is on Mondays at 9:30 and is now followed at 10:00 by Stay & Play. Babies and pre-school children are welcome, along with their grown-ups.

Friendship Fridays takes place every Friday morning, 10:30–12:00. An informal get-together with tea, coffee, cake, board games and other activities. This event is led/facilitated by our parish nurse, Ali Cherry. Everyone is welcome – no need to book, just come along.

WISE (Women, Interests, Skills and Experience) meets on the 1st Saturday in the month, 4:00-5:30. All women are welcome. If you want to be mailed about future sessions, contact Sue Pine via the library. Next session 5th April.

Barclays Bank

Hannah is available for personal banking enquiries and advice every Wednesday morning. You can book an appointment online at events.uk.barclays/local/search/ or in person at the library. You can also drop in without an appointment, but you may need to wait a short while. Wednesday mornings 9:30 -1:00.

East Suffolk Council Customer Access Point

There is someone available from East Suffolk Council in

the library every Wednesday between 10:00 and 4:00 to assist with any enquiries you may have and to assist with accessing Council services. No appointment necessary.

Warm Spaces: Once again, this winter we are a designated warm space. Everyone is welcome to use the library. We offer refreshments for no charge to all users of the library. Please help yourselves while you work, relax or meet up with friends and save on the heating bills at home.

There are some Warm Welcome boxes available on request containing a blanket, hot-water-bottle and flask.

It's a great space to work or study - public computers are free for customers to use and you don't need to be a library member. We have free Wi-Fi if you prefer to bring your own device.

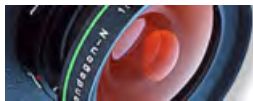
Printing, scanning and laminating also available here.

Great news: The East Anglian Daily Times newspaper continues to be available for customers thanks to funding by the Friends of Aldeburgh Library. We also have a variety of magazines, donated by customers, and The Aldeburgh Times and Gazette.

We have a lovely range of greetings cards and free parking available outside. Great if you need a card in a hurry. We also sell stamps.

The library is available to hire. Please ask staff for details.

Sue Osben, Library Manager



**Aldeburgh
Photography Group**

.....for anyone with an
interest in photography

What makes Aldeburgh Photography Group different from many other camera clubs is that we aim to help our members develop their photography, regardless of the equipment they use, and we don't believe competitions are the best way to do this.

We welcome all photographers whatever their level of expertise. Our aim is simply to help all our members develop their photographic talents. We have seminars and practical workshops on a wide range of subjects, together with monthly topics on which members can contribute images if they wish for supportive, non-competitive discussion at the following meeting.

If you are keen to improve your photography and to share your work with others, why not join us? You can be sure of a warm welcome whether you have the latest mirrorless camera, a traditional DSLR, or prefer the camera on your smartphone.

Future Event

Photo Editing

Date: March 19, 2025

Time: 7:30 pm - 9:30 pm

Location: Aldeburgh Library

www.aldeburghphotographygroup.org.uk

ALDEBURGH LIBRARY OPEN

Monday, Tuesday, Thursday & Friday: 9:00 – 13:00

Wednesday: 9:00 – 18:00

Saturday: 10:00 – 15:00

Sunday: 10:00 – 13:00

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Repairs to take place to Seawall and Beach Steps at Aldeburgh

Scheduled repairs on the seawall at Aldeburgh are due to start later this month.

From Monday 17 March, East Suffolk Council’s repairs and maintenance contractor, the Water Management Alliance, will begin seawall repairs from Fort Green car park to the South Lookout. This work will also include replacing the timber beach access steps near the junction of Crag Path and Hertford Place.

The existing beach access steps will remain open until the new steps are in place, however there will be limited access to Crag Path south of the beach access steps during this work.

Cllr Mark Packard, East Suffolk’s cabinet member for Planning and Coastal Management said: “Our Coastal Management Team have identified these seawall repairs as vital in protecting our coastline in the Aldeburgh area. The work will cause some inconvenience but is crucial maintenance.”



Cllr Mark Packard

A temporary site compound will be in place in the Fort Green car park during these works. Machinery will access the beach at the northern end of Crag Path and move along the beach to the works location.

The work is expected to be complete by Friday 28 March and visitors are reminded to take notice of any signage in the area whilst the work is happening.

Exciting News from Suffolk County Music Service

Our new choir, Fusion Voices, is starting soon at Northgate Arts Centre, Ipswich on Wednesday Evenings from 5.45-6.45pm during term-time. We’re really excited to be starting this to cater for teens aged 13-18 as well as our regular Saturday Morning Choir ‘South Suffolk Young Voices’ for younger singers.

On Sunday 23 March Suffolk Youth Orchestra will be performing at the request of West Suffolk Council Chair, Councillor Pat Hanlon at the Apex, Bury St Edmunds. The afternoon will be raising funds for The Chair’s chosen charities, the Accessible Learning Foundation and REACH Community Projects, and Suffolk Youth Orchestra’s charity, Suffolk SMART. Tickets are available directly from www.tinyurl.com/2wnuxcep

There are loads of exciting things happening, or due to be happening with us around the county and we are

especially pleased to announce our bigger involvement in the Folk East Festival for 2025. We can’t give too much away yet but having had a productive meeting with the team, we can say that there will be lots going on, so watch this space!

We’re really pleased to say that we have now raised two thirds of our fundraising target for our St Elizabeth Hospice Leveret. We have had so many amazing entries sent in for our ‘Design a Star’ competition from children all around the county, their winning designs will give the Wow Factor to our Art Trail leveret. Keep a look out for more activities over the next few months to inspire our children & young people. These events will also include further fundraising to help raise vital funds for St Elizabeth Hospice. Donations can be made on the Suffolk County Music Service/St Elizabeth Hospice Enthuse Page www.shorturl.at/feHtz

Please visit our website www.suffolkcountymusicservice.co.uk, where you can learn more about the wide range of activities we offer your children and young people at different locations across the county.



Suffolk Youth Orchestra performing on tour in Italy, July 2024



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info@southwoldpress.co.uk



Thought for the Week

Lent began on Wednesday, 4th March, and I was recently having a discussion with friends on the importance of finding the right balances in life. Lent is a time of fasting and we touched on the differences between ‘fasting’ and ‘feasting’ and how they can act as brakes and motivators. We came up with the following:

A Lenten Prayer: How to Fast

- Fast from judging others; feast on the Christ dwelling within them.
- Fast from emphasis on differences; feast on the unity of all life.
- Fast from apparent darkness; feast on the reality of light.
- Fast from words that pollute; feast on phrases that purify.
- Fast from discontent; feast on gratitude.
- Fast from anger; feast on patience.
- Fast from pessimism; feast on optimism.
- Fast from worry; feast on trust.
- Fast from complaining; feast on appreciation.
- Fast from negatives; feast on affirmatives.
- Fast from unrelenting pressures; feast on unceasing prayer.
- Fast from hostility; feast on nonviolence.

- Fast from bitterness; feast on forgiveness.
- Fast from self-concern; feast on compassion for others.
- Fast from personal anxiety; feast on eternal truth.
- Fast from discouragement; feast on hope.
- Fast from facts that depress; feast on truths that uplift.
- Fast from lethargy; feast on enthusiasm.
- Fast from suspicion; feast on truth.
- Fast from thoughts that weaken; feast on promises that inspire.
- Fast from idle gossip; feast on purposeful silence.
- Gentle God, during this season of fasting and feasting, gift us with Your Presence, so we can be gift to others in carrying out your work. Amen.

Revd Nichola Winter

Funding top up for families most in need

Uniform banks in East Suffolk are invited to apply for additional support through a new funding scheme. Following previous successful rounds of funding, East Suffolk Council has now allocated further funding to its East Suffolk Uniform Bank grant scheme and applications for ‘top up’ funding are now open.

Grants of up to £1,000 per application are available and can be put towards vouchers for shoes worth up to £15 per child and/or the purchase of new, branded uniform where supply is limited. The funding is available for all existing uniform banks in East Suffolk, regardless of whether or not they have previously received funding from the grant scheme.

Nicole Rickard, Head of Communities and Leisure at East Suffolk Council, said: “Accessing new or branded uniform on a budget can be difficult for many families, particularly in rural areas. Uniform banks are a great initiative, not only to reduce clothing waste going to landfill, but also helping those most in need across East Suffolk. We are proud that more funding has been made available through this scheme and hope to work with local uniform banks to help as many families as possible.”

This is a rolling grant scheme, and a panel will meet each month to discuss applications. The scheme will continue until all funds are spent or the scheme is reviewed.

To apply for this funding, please visit www.eastsuffolk.gov.uk/uniform-bank-grant-scheme. Successful applicants will be notified via email within five working days of the panel assessing their application.



Simon Scarrow

Wednesday 19th March 6.30pm

Author Talk with Simon at Reydon Village Hall

Simon Scarrow is a Sunday Times No.1 bestselling author with millions of copies of his books sold worldwide. Simon was a history teacher before becoming a full-time writer. His books include two earlier Berlin thrillers featuring CI Schenke, “Blackout”, which was a Richard & Judy Book Club Pick and a Sunday Times bestseller and “Dead of Night”, which was a top 10 bestseller.

Simon is also the author of a series about the Duke of Wellington & Napoleon & novels about the 1565 Siege of Malta & Greece during WWII, plus several series about the Romans including “Eagles of the Empire”, “Arena” and “Invader”.

Simon will be talking about his writing and his new book “A Death in Berlin” featuring CI Horst Schenke fighting crime against the backdrop of wartime Berlin.

Tickets are £6 including a glass of wine - available from Southwold Library 01502 722519 or www.ticketsource.co.uk/suffolklibraries



Southwold Arts Centre



Sole Bay Lifelong Learning course continues through March and into early April, and there's a whole host of packed entertainment lined up for you from the Beach Boys tribute band, to fEAST theatre, a talk on Rodin's Sculpture, Gladiator II at the Cinema, Jazz & Poetry for Valentine's Night, Frankie Vallie & 4 Season hits, and a Shakespeare Festival, plus much more! It's all listed below, so get booking, support this local venue and enjoy some great nights out.

Highlights for March are:

- 6 March: Crosscurrents in Art & Literature 1800-1930 (also 13/20/27 + 3 April)
- 7 March: The Beached Boys - capturing original sixties sounds of the Beach Boys
- 8 March: Tales From The Motherland - fEAST Theatre
- 11 March: Rodin Sculpture with David Worthington
- 12 March: Gladiator II - Cinema
- 14 March: Making Sense - Jazz, songs & poetry
- 15 March: The All Seasons live - Hits of Frankie Vallie & the Four Seasons
- 17/18/19 & 23 March: Shakespeare Festival (see below)

- 21 March: Dead on Cue - spooky thriller
- 22 March: Get Down Tonight - tribute show 70s & 80s Soul, Disco + Funk
- 26 March: The Critic - Cinema
- 28 March: Creedence Clearwater Review - tribute
- 30 March: Afternoon Recital with Rowan Pierce accompanied by Harry Sever (see below)

Saturday 12 April at 7.30pm

FLASHDANCE
80s BAND

Live disco party of classic 80s floor fillers, top ten hits & chart topping music

The ALL SEASONS Live

THE HITS OF FRANKIE VALLI AND THE FOUR SEASONS

Scintillating vocals and incredible harmonies! Bringing to life the music of Frankie Valli and The Four Seasons, the band presents a show that will wow fans of the Jersey Boys sound.

Crammed with singalong hits, and in the iconic red jackets, The All Seasons offer a show that faithfully recreates the sound that has been the soundtrack to our lives for over half a century.

Saturday 15 March
7:30pm
Tickets - £20

SHAKESPEARE FESTIVAL
Four films of Royal Shakespeare Company productions

Monday 17 March - 2:30pm
JULIUS CAESAR
Filmed live at the Royal Shakespeare Theatre in April 2017, with Andrew Woodall in the title role. Mark Antony is played by James Corrigan, Brutus by Martin Hitson.

Tuesday 18 March - 2:30pm
HENRY IV PART 1
Filmed live at the Royal Shakespeare Theatre in June 2014, directed by Gregory Doran with Antony Sher as Sir John Falstaff.

Wednesday 19 March - 2:30pm
CYMBELINE
Filmed live at the Royal Shakespeare Theatre in September 2016. Melly Still directs Shakespeare's rarely performed romance of power, jealousy and a journey of love and reconciliation.

Sunday 23 March - 2:30pm
THE COMEDY OF ERRORS
Filmed live at the Royal Shakespeare Theatre in 2021. A fairy tale farce of everyday miracles, mistaken identity and double vision, this hilarious production is directed by Phillip Breen.

Tickets £10 (under 18 £5) with refreshments

CREEDENCE CLEARWATER REVIEW

The UK's number one Creedence Clearwater Revival tribute show bring you 'The Green River Tour' celebrating the famous album in full. The band will take you on a two hour nostalgic trip back to 1969, with all the greatest hits including Proud Mary, Have You Ever Seen The Rain, Fortunate Son and many more.

Don't miss this definitive tribute to the music of Creedence Clearwater Revival.

Friday 28 March
7:30pm
Tickets - £20

An afternoon recital with renowned soprano ROWAN PIERCE accompanied by HARRY SEVER

We are delighted to welcome to Southwold Arts Centre the multi-prize winning soprano Rowan Pierce, for a wonderful programme of songs including Mendelssohn, Grieg, Stanford, Quilter, Coates and Schumann.

Some of the prizes awarded to Rowan include Britten Pears Young Artist, Samling Artist, Harewood Artist at English National Opera; winner of the Schubert Society Singer Prize, the Van Someren Godfrey Prize, the President's Award at the RCM. Rowan has performed at venues around the world, including the Wigmore Hall, Glyndebourne and the Royal Opera House. She made her Proms debut in 2017, and returned in 2019 and 2023. Although Rowan has been much acclaimed for her interpretation of Baroque and Early music, she has also been applauded for her performance of a wider repertoire, as her discography demonstrates. She was also the voice of the singer Siena Rosso in Bridgerton! Rowan is accompanied by BBC Music Magazine's 'Rising Star' conductor, Harry Sever. In recent seasons, Harry has worked with Scottish Opera, London Philharmonic Orchestra, and the Britten Sinfonia at Sadler's Wells.

"Pierce's voice is delicious: clear, strong, supple, with sparkling top notes and a warm, textured middle and low register..." BBC Music Magazine, 2019

Sunday 30 March
2:00pm
Tickets - £12.50

Aldeburgh Cinema -
Big Movies on the Big Screen ... in 4K

We’ve got a great line-up of movies – and more - coming this month, all screened via our all-new 4K laser projector.

And what a line-up ...

International supermodel, actor, singer and one of the most iconic British figures – discover the real story of **Twiggy**. Director Sadie Frost’s exuberant film features contributions from Twiggy fans such as Sienna Miller, Paul McCartney, Dustin Hoffman, Tommy Tune and the late Ken Russell who directed Twiggy in *The Boyfriend*. A sheer delight.

A huge hit with our audiences, **Conclave** returns for a handful of screenings this month. Based on the novel by

Robert Harris, it stars Ralph Fiennes, Stanley Tucci, John Lithgow and Isabella Rossellini.

We’re also bringing back **Bridget Jones: Mad About the Boy**, which sees Renée Zellweger return to the role that established a romantic-comedy heroine for the ages, a woman whose inimitable approach to life and love redefined an entire film genre. Hugh Grant co-stars.

Timothée Chalamet also returns, starring (and singing) as Bob Dylan in James Mangold’s **A Complete Unknown**, the electric true story behind the rise of one of the most iconic singer-songwriters in history.

Two films from our ongoing *Found In Translation* series this month. **I’m Still Here** is set in 1971 Brazil, as the country faces the tightening grip of a military dictatorship. Eunice Paiva, a mother of five children is forced to reinvent herself after her family suffers a violent and arbitrary act by the government. Maura



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Fri 14 Mar at 7.30pm, Sat 15 Mar at 5.30pm

Sun 16 Mar at 5.00pm

Wed 19 Mar at 2.00pm

Twiggy (12A)

Sat 15 Mar at 2.00pm

Sat 29 Mar at 2.00pm

Conclave (12A)

Sat 15 Mar at 8.30pm

Bridget Jones: Mad About the Boy (15)

Sun 16 Mar at 1.30pm

Wed 19 Mar at 7.30pm

Wed 2 Apr at 2.00pm

Found in Translation: I'm Still Here (15)

Mon 17 Mar at 7.30pm

A Complete Unknown (15)

Tue 18 Mar at 7.30pm

Eos: Dawn of Impressionism: Paris 1874 (U)

Thu 20 Mar at 7.15pm

The Royal Ballet: Romeo & Juliet (TBC)

Sun 23 Mar at 2.00pm

A Real Pain (15)

Fri 21, Sat 22, Mon 24, Tue 25, Wed 26, Fri 28,

Sat 29 Mar & Thu 3 Apr at 7.30pm

Sat 22, Wed 26 Mar at 2.00pm

Sun 23 Mar at 5.00pm

Sun 30 Mar at 5.30pm

Black Bag (15)

Thu 27 Mar at 7.00pm

Nt Live: Dr Strangelove (15)

Sun 30 Mar at 2.00pm

Wed 2 Apr at 7.30pm

Found in Translation: Vermiglio (15)

Tue 1 Apr at 7.15pm

Royal Opera: Turandot (TBC)

Tel: 01728 454884

www.aldeburghcinema.co.uk

Delpero's **Vermiglio** is set during the final days of WWII and unfolds against the stunning backdrop of a remote Italian mountain village. A hauntingly beautiful period tale of family life gradually torn apart.

Kieran Culkin won the Best Supporting Actor Oscar for his performance in **A Real Pain** - a witty and heartfelt portrait of two estranged cousins honouring their roots, written and directed by Jesse Eisenberg

Cate Blanchett and Michael Fassbender star in **Black Bag**. From Director Steven Soderbergh, this gripping spy drama follows legendary intelligence agents George Woodhouse and his beloved wife Kathryn. When she is suspected of betraying the nation, George faces the ultimate test – loyalty to his marriage or his country.

Our March / April programme isn't finalized at the time of going to print so please visit aldeburghcinema.co.uk for full details about what's on and when. There, you can also book tickets and easily sign up to our regular email newsletter. We're also on Twitter/X, Instagram and Facebook.



War Paint - Women at War + live Q&A with filmmaker Margy Kinmonth

From the director of *Eric Ravilious – Drawn To War* comes a new feature documentary that shines a light on the trailblazing role of women war artists, on the front lines round the world, championing the female perspective on conflict through art and asking: when it's life or death, what do women see that men don't? After the film, Margy Kinmonth will be live on our stage for what promises to be a terrific Q&A. 7pm on Saturday 5th April.

Desert Island Flicks is Back! Our hugely popular **Desert Island Flicks** event returns on Saturday 26th April. At the time of going to press, the identity of our latest VIP guest is still top secret, but let's just say now it's time for someone completely different...

This one is sure to sell out fast, so head to our website for the latest news.



DON'T MISS...

Exhibition on Screen: Dawn of Impressionism: 1874

Tells the riveting tale of the first Impressionist exhibition in 1874 and the fascinating group of personalities behind it. This revolutionary group broke the mould, creating an astonishing new movement that would change the art world forever. This celebration of the most popular artist group in history screens on Tuesday 18th March.



RB&O: Romeo & Juliet

Shakespeare's great love story is brilliantly retold through this modern ballet classic celebrating its 60th anniversary in 2025. The fervent longing of the star-crossed lovers is perfectly captured by Kenneth MacMillan's impassioned choreography. Thursday 20th March at 7.15pm.

NT Live: Dr Strangelove

Seven-time BAFTA Award-winner Steve Coogan plays four roles in the stage adaptation of Stanley Kubrick's comedy masterpiece *Dr. Strangelove*. This explosively funny satire, about a rogue U.S General who triggers a nuclear attack, is led by a world-renowned creative team including Emmy Award-winner Armando Iannucci and Olivier Award-winner Sean Foley. Thursday 27th March at 7pm.



The Royal Opera – Turandot

Featuring the ever-popular 'Nessun dorma' and drawing on Chinese and Italian theatrical tradition to evoke a richly-imagined, mythical Peking, Andrei Serban's dazzling production of Puccini's work is a 'blazing masterpiece' (Financial Times). 7.15pm on Tuesday 1st April.

Desert Island Flicks

Our programme isn't finalised at the time of going to print so please visit aldeburghcinema.co.uk for full details about what's on and when.

There, you can also book tickets and easily sign up to our regular email newsletter. We're also on Twitter/X, Instagram and Facebook.

Aldeburgh Gardening Club

Hooray - spring is on the way. There are bulbs popping up all over the garden. Now is the time to put all those plans, thought up during the dark, miserable winter months, into practice. Time to get into the greenhouse or on the kitchen table and to start seed planting. There is nothing more exciting than watching new plants burst into life. My passion for planting seeds started as a small child - radishes, nasturtiums - great as they are easy to sow and quickly germinate. The other seeds children love planting and competing against each other to see who can grow the tallest plants are giant sunflowers. They will easily reach, with a little feeding, 12-15ft (3-4m). Photographs via email are always welcome for our newsletter.

The Gardening Club's April meeting is our last indoor meeting until October. Our speaker is Stuart Andrews of Notcutts on Commercial Plant Buying. It will be



interesting to learn how garden centres buy in all the plants we can't resist buying as we walk round. I was always taught that you must have a plan of what plants you need for certain areas in the garden. Unfortunately none of us can help falling for a plant and then wondering where on earth we are going to plant it!!

On May 13th we are visiting Maple Farm, Kelsale. This is a car share visit from 2-4pm. Visit our website for full details. Please print off a form and email it to aldeburghgardeningclub@gmail.com

Guests always welcome at £5 entry fee. If you need a lift please let us know.

This brings us to our major fund raiser of the year. Our annual Plant Sale & Coffee Morning on Friday, May 23rd in Aldeburgh Church Hall from 10.00am. If you are planting seeds or propagating plants, please grow a few extras for the sale. Everyone is welcome. Come along to buy your plants, bedding, tomatoes etc and enjoy a cuppa with us.

We have further outings booked - July 1st to Henstead Exotic Garden and Buxlow Blooms, Knodishall on September 2nd for our annual garden party. Please make a note in your diary.

The weather and the soil are warming up - so I'm off out into my garden.

Liz

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Soprano **Katalin Prentice**
Tenor **Evan Ruth**
Organ **Christopher Moore**
Conductor **Vetta Wise**

7.30pm, Saturday 5th April 2025
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Tickets - **£15** (age 16 and under free)
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and **Halesworth Bookshop, 42 Thoroughfare (cash only)**
www.pakefieldsingers.com and follow us on Facebook

Aldeburgh Gallery

Take 4 – 13th to 19th March

An art exhibition by local artists working in different media using nature and the figurative form as their inspiration. Serena Jones will be exhibiting her paintings for the first time in the gallery alongside her ceramics, and Brian Coetzee will be exhibiting a series of mixed media paintings inspired by his walks from Snape.

For this unmissable exhibition the artists will be Serena Jones – ceramics and paintings;

Andrew Pringle and Friends – 20th to 26th March

A range of work: abstract, still life, landscape; and a range of mediums: paintings, reliefs, collages, ceramics, sculptures.

Andrew Pringle with Mark Titchener, Judy Hardy, Meryem Siemmond, Sally Burch, Katherine Lees, and Rachel Jordan.

Ben Molyneux and Marisa Arna – 27th March to 2nd April

Art, Jewellery and Ceramics Pop-up at Aldeburgh Gallery.

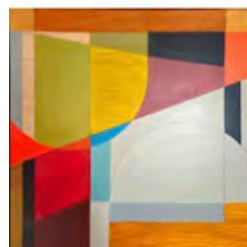
Ben Molyneux is an artist and photographer from Oxfordshire, now in North Essex. He captures Britain's natural world by blending oil paintings with original photographs, crafting mystical, dream-like images of animals and landscapes, in timeless scenes, in oil paintings and limited-edition prints.

Greek-born, Essex-based Marisa Arna is a jewellery designer and goldsmith. She is showcasing her distinctive, tactile, handmade jewellery, in sterling silver, gold and platinum. Some are tastefully adorned with gorgeous gemstones. This is also a rare opportunity to see her fine, thrown ceramics from her previous career as a potter.

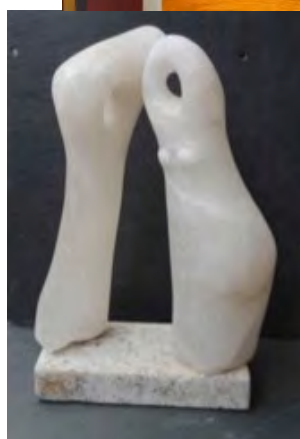
Printmakers x2 – 3rd to 9th April

Anne Townshend - After a foundation course at art college, I ended up choosing a career in teaching. It wasn't until later in life that I discovered a passion for printmaking. Gainsborough's House print workshop in Sudbury taught me all the basic skills, and then attending many excellent courses with experienced practitioners expanded my knowledge. Relief printing with lino block became my preferred medium, and I acquired a beautiful cast iron press to use in my own Debenham studio. It is there you will find me in every spare moment... I just LOVE to print!

Julie Orpen - Julie produces Lino prints and Engravings that are usually inspired by the natural world around her, and she attempts to convey the movement in nature when she designs her work, as well as a sense of depth. Julie has recently been making prints of various birds and animals using their collective noun as a theme.



Andrew Pringle
and Friends



Marisa Arna

Ben Molyneux



Anne
Townshend

Julie Orpen



143 High Street, Aldeburgh, IP15 5AN
www.aldeburghgallery.co.uk

Arrests and Weapons Seized during Police Operation

By Alice Cunningham

Four people were arrested and eight weapons were seized during a multi-agency day of action in a town. The operation took place in Saxmundham, Suffolk, on Friday with the aim of clamping down on illegal working and promoting crime prevention. The Halesworth Community Policing Team were assisted by a number of other agencies, and targeted patrols and business visits were carried out. Insp Liz Casey said “some serious offences” were detected that “contribute to harm within the local community”.



During the operation, more than 600g of suspected Class B drugs were also seized. Of the four people arrested, three were on suspicion of facilitating travel of another person with a view to exploitation. All three men have now been bailed until 9 May. One female was safeguarded by Home Office Immigration officers. One other person was arrested on suspicion of supplying Class B drugs and possession of an offensive weapon in private. The man has been bailed until 14 April.

“This was a really positive day of action for all the agencies involved, with some serious offences detected and a significant amount of drugs and weapons taken off of our streets,” Insp Casey said. “All of these offences contribute to harm within the local community, and they must be taken seriously.”

Published 20 February, www.bbc.co.uk

Free Parking at Sizewell Beach thanks to Sizewell C funding

Visitors to Sizewell Beach will benefit from free parking for the next year, thanks to funding from Sizewell C. The twelve-month trial is intended to encourage year-round use of Sizewell Beach and relieve possible pressure at more ecologically-sensitive areas such as Dunwich beach, RSPB Minsmere, the National Trust Heath and Beach, and other local heathlands during construction of Sizewell C. Year-long free parking at the beach begins today (3 March) and is also expected to reduce informal road-side parking leading up to the beach, making it safer and improving the environment for local residents. Steve Mannings, Sizewell C’s DCO Delivery Lead and member of the Ecology Working Group, said: “This trial is a fantastic example of collaborative working between Sizewell C and our stakeholders – and it’s one of a package of measures we’re delivering to protect nature in this area. “We’re acutely aware of the sensitivity of the environment in which we’re constructing and this is another example of how we’re working hard to protect local wildlife. It’s also a great benefit to our local residents who use the beach, so we’re delighted to kickstart this initiative for the next twelve months.”

Contd./

ELEMENTS

New Paintings & Ceramics

JACQUELINE COTTON
&
SUSAN BOWERMAN

@ The Courtyard Gallery, Aldeburgh

PRIVATE VIEW THURSDAY APRIL 3rd, 5-7pm
The exhibition will be open daily from 10am - 5pm
Thursday April 3rd to Tuesday April 8th

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March 27th – April 1st

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Sizewell Beach has been well used by walkers, dog owners and tourists and is a stunning and wide shingle beach. Dogs are allowed on the beach throughout the year, both on and off lead, which is not the case in more ecologically sensitive areas in the area.

Extensive areas of the Suffolk Coast, including coastal frontages, wetlands and heathlands are designated to the highest level of protection by the UK government for their nature conservation interest. Sizewell Beach does not currently have this level of designation and so the aim of the Sizewell C Ecology Working Group is to ensure visitors keep using less ecologically-sensitive beaches, as opposed to more ecologically sensitive neighbouring beaches, including Minsmere, Dunwich, or nearby heathland.

A particular aim of the plan is to reduce disturbance to ground nesting birds of the heathlands and trampling damage to the most important areas of vegetated shingle.

Russell Clement, National Trust General Manager for the Suffolk and Essex Coast, said: *“As a conservation charity, the National Trust is supportive of these measures, which will encourage the use of less ecologically sensitive areas, especially for those wanting to walk dogs off leads.*

“In turn, this will help spread visitors across this highly designated landscape, places like Dunwich Heath, where we ask visitors to be more mindful on their visit to protect the rare and vulnerable wildlife found here. Providing free parking at Sizewell Beach will also hopefully ease congestion and fly-parking in the area, reducing the impact on local communities.”

The funding is released from Sizewell C’s European Sites Mitigation Fund, secured under Sizewell C’s Development Consent Order and the associated Deed

of Obligation. To enable a year-long trial, Sizewell C has provided top-up funding, bringing the total grant to £43,500 for a full 12 months.

The funding has been agreed by Sizewell C’s Ecology Working Group, which is made up of members from East Suffolk Council, Suffolk County Council, Natural England, the Environment Agency and Sizewell C as well as representatives from Suffolk Wildlife Trust and RSPB.

The success of the trial will be measured throughout before a decision is taken on further funding for subsequent years. Measures of success include consistent or increasing visitor numbers, particularly visitors exercising dogs.

Pat Hogan, a resident who lives on the Sizewell Gap road leading to the car park, said: *“This is very good news. I’ve lived here now about 50 years, and have seen it grow in popularity, especially over the last few years. Though this is of course lovely, it has brought traffic difficulties with street parking. The most hazardous area is probably when cars are parked opposite The Vulcan, and when cars park in the turning point in front of the cafe which means other traffic cannot use it as a passing place. If the car park is free, hopefully, people will use it more fully and not use these awkward areas to park. I am very glad that the overnight parking rule will also still be enforced and that new wardening will support the monitoring of the car park.”*



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*A celebration of local musical talent
Presented by the Southwold Music Trust
in association with Southwold Town Council*

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7pm to 8pm
St. Edmund’s Church
Southwold

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Book online at southwoldmusictrust.co.uk
Or call the box office on 0333 666 4466
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Scan me

What can be seen in the night sky from Aldeburgh from 7:30pm - 14th March 2025
(Seen with the naked eye, binoculars or small telescope.)
Sunset 17:56, Astro Dark 19:51 - 04:13
Moon Rise 18:22 Moon Set 06:24 Moon 99.8%

The days are getting noticeably longer but there are still about eight hours of astronomical darkness each night during March. However, the Moon is very nearly full on the 14th March and will gradually wane through the rest of the month until the new moon on 29th March. It will be difficult to see the fainter objects in the night sky until near the end of the month therefore.

As has been mentioned previously, our eyes can adjust to low levels of light quite effectively – a process known as “dark adaption”. Even as little as 15 minutes without looking at a bright object, such as a street light, mobile phone or indeed the Moon, will result in significantly enhanced night vision and this improves the longer you manage to avoid bright lights. However, your eyes reset to daytime vision if you do look at something bright and it will take another 15 minutes or more to restore night vision.

This year the Spring Equinox takes place on 20 March. This defines the start of spring in astronomical calendars and is the time of the year when days and nights are



A graphic with a green background and yellow polka dots. It features a stylized figure of a person with arms outstretched, holding a white banner. The banner contains the text: "I pledge to check in with my loved ones more often and ask them how they really are". Below the banner, it says "A registered charity" and "SAMARITANS".



A photograph of a wooden pergola structure with climbing plants and hanging flower baskets. Overlaid on the bottom half of the image is the text: "The Dolphin THORPENESS", "01728 454994", and "www.thorpenessdolphin.com".

almost equal in length because the Sun, on its journey north, is directly above the equator. This apparent movement of the Sun, and the seasons we experience as a result, is caused by the fact that the earth is tilted on its axis. So, from the northern hemisphere we are tilted towards the Sun during the summer and away from the Sun during the winter. Also, clocks “spring forward” to British Summer Time on Sunday 30th March at 1:00am. This means that we will be one hour ahead of Greenwich Mean Time.

Inexpensive star charts or free mobile phone apps, such as Stellarium, will show you what’s in the night sky and in which direction to look. Alternatively, you could make your own planisphere, a simple handheld tool for identifying objects in the night sky at your location and time, by downloading a free paper template - try searching for “Jodrell Bank Planisphere”, for example.

DashAstro, your local astronomical society, holds monthly observing sessions at Darsham Village Hall that members of the public are welcome to attend. The next observing session is from 7pm on 30th March. Before that, on 16th March we have a guest speaker giving a talk about the minor planet Pluto. All are welcome.

The Planets

We have been blessed with clear skies precisely when the “planetary parade” was at its peak in early March. Even Mercury, the closest planet to the Sun, has been clearly visible to the naked eye shortly after sunset. On the 14th March at about 6:15pm you should be able to see bright Venus low above the western horizon and Mercury will become visible, though much fainter, slightly to the left of Venus at about 6:35pm before they both sink below the horizon. Binoculars will be a great help but make sure the Sun has set below the horizon before you use them!

Later in the evening Jupiter and Mars will be clearly visible high to the south west with Mars above and to the left of Jupiter.

Looking South

The winter constellation of Orion (The Hunter) dominates the southern sky but is steadily getting lower and will disappear below the horizon in late April.

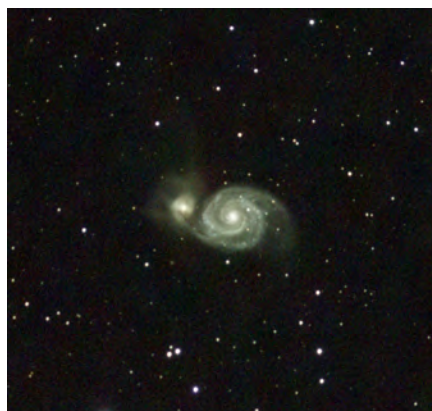
The very bright star almost due south is Sirius (The Dog star) in the constellation of Canis Major. It is the brightest star, with its name meaning “glowing” or “scorching”. It appears to twinkle rather more than other stars because of its brightness and the fact that it is low in the sky. This means the light has to pass through a thicker atmosphere than that from a star overhead. You can take a video of Sirius with the camera deliberately out of focus in order to see the amazing variety of colours caused by atmospheric dispersion.

Looking East

The Full Moon is rising above the sea almost due east at about 7:30pm on the 14th March but will not be there

on subsequent evenings, making it easier to see the constellations in that part of the sky. For example, the constellation of Leo (The Lion) is at mid height due east with the constellation of Ursa Major higher in the sky to the northeast. Using the Looking East sky chart see if you can make out the stars in the Hydra (the Serpent) constellation. This is the most elongated of all the 88 constellations.

Just to the right of the bottom star of Ursa Major, Alkaid, is the Whirlpool galaxy, M51 (see picture). This is a large spiral galaxy, easily visible with the aid of binoculars, that is interacting with a nearby dwarf galaxy.



It is thought that the latter has passed through the former on several occasions.

Looking West

High and almost due west is the constellation of Auriga. The brightest star is Capella. This in fact is a system of four stars in two pairs! The primary pair are each more than twice the size of the sun and are orbiting each other every 104 days at a distance less than that from the Earth to the Sun! In contrast, the other pair are both relatively cool and faint red dwarf stars.

Looking North

The summer constellation of Cygnus (The Swan) is

visible low to the north and will steadily rise towards the northeast through the month. The brightest star in this constellation is Deneb. Further to the right and at a similar height is another summer constellation, Lyra (The Lyre of Orpheus). Vega is the brightest star here and this, along with Deneb, forms part of the summer triangle (the third star being Altair, which is still below the horizon) – summer is definitely on the way!

The Sun

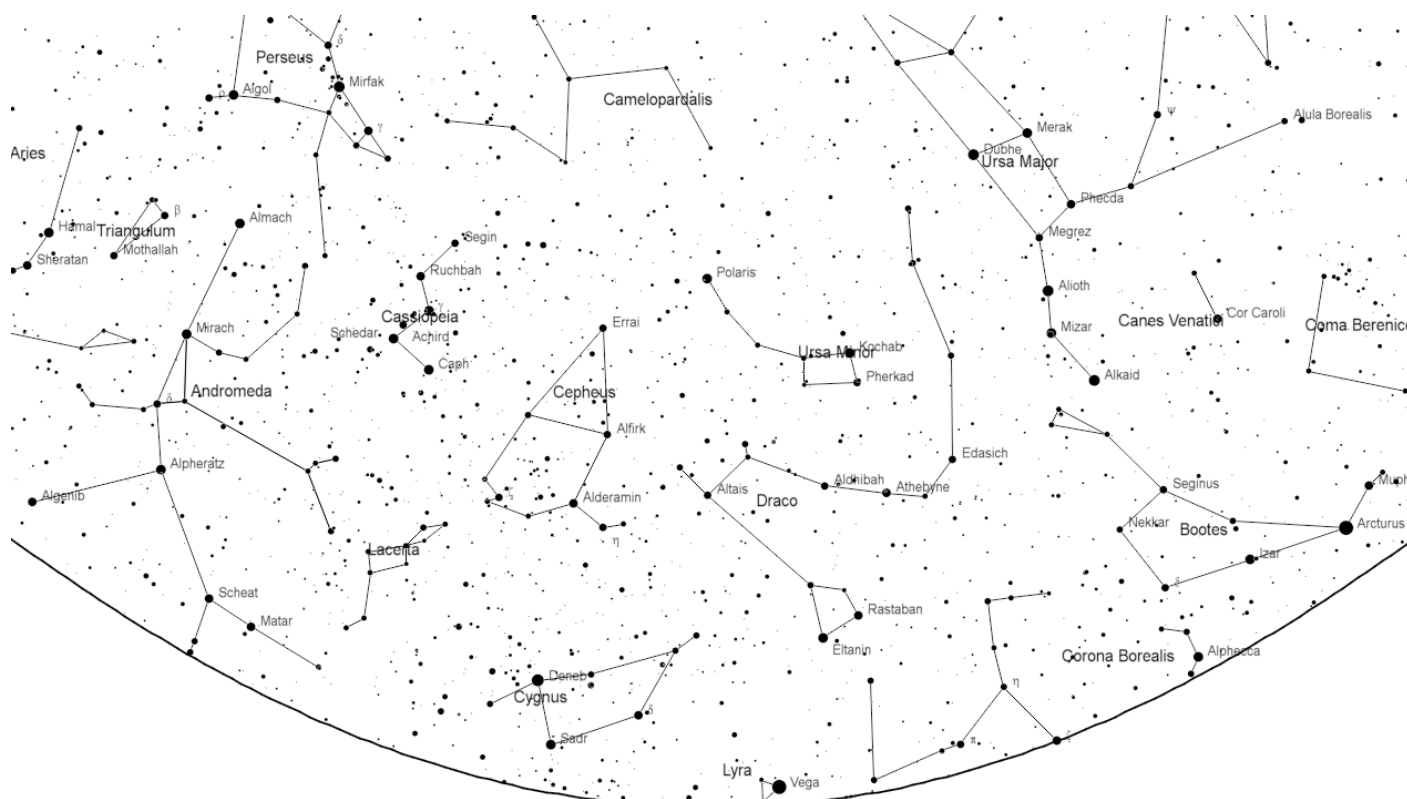
There will be a solar eclipse on Saturday 29th March starting at about 10:07am and ending at about midday. At its maximum, around 11:00am, about 30% of the Sun will be obscured the Moon passing between the Earth and the Sun. Under no circumstances should you attempt to look at the Sun, even when the eclipse is well under way, unless you are using specialised solar viewing equipment. DashAstro will be making our solar telescopes available to the public but we have yet to settle on a venue. We will update the DashAstro website nearer the time with the details.

And finally, don't forget to keep an eye on the DashAstro website, www.dash-astro.co.uk, for the dates and times of all our events. Alternatively, you can email dashastro.info@gmail.com for more information.

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Looking North

*Aldeburgh: the voice
that will not be drowned*



Take a voicemap audio tour to enjoy an easy walk along the coast starting down on Orford Ness, then up as far as the Moot Hall. Find out about the different ways that the people along this coast have made their living from the sea. On the way, we will hear about Elephants having a paddle, see a dangerous windmill, hear about a private literary festival, meet the Uptowners & Downtowners, hear about the dangers that lurk on this tiny bit of the East Coast and meet a dog that was so loved that they made him twice... What more could you want in a short walk?

Find full details at www.voicemap.me/tour/suffolk/aldeburgh-the-voice-that-will-not-be-drowned

*The Art Station to launch
'Big Give' match funding appeal*

Help us raise £20,000 for local community art and culture. The Art Station, Saxmundham's art and culture charity, is thrilled to announce its selection for The Big Give Arts for Impact Match-Funding Campaign. This unique opportunity means that every £1 raised between March 18–25, 2025 will be doubled, allowing The Art Station to transform £10,000 in community donations into an incredible £20,000 to support its free Arts and Learning programme in Suffolk.

With this funding, The Art Station will continue to deliver a diverse programme of creative projects designed to benefit people of all ages, backgrounds, and abilities—including schools, young artists, older residents, and environmental initiatives.

"Art has the power to uplift, connect, and inspire," says Clare Palmier, Founder and Director of The Art Station. *"Every pound raised will help us bring free creative opportunities to people of all ages, and offer vital arts*

programmes that boost mental health and community cohesion."

With match-funding from The Big Give, The Art Station will expand and sustain key projects such as:

- Public Exhibitions and Events – Bringing high-quality, contemporary art to Saxmundham and boosting footfall to local businesses.
- Creative Workshops for Local Schools – Engaging students across Suffolk in hands-on, interactive art sessions that build confidence, creativity, and critical thinking.
- Emerging Artists & Professional Development – Providing mentoring, workspace, and exhibition opportunities for the next generation of artists in our region.
- Arts for Well-being (Older & Vulnerable Residents) – Using art as a tool for mental health support, social connection, and combatting isolation, especially among older adults.

How you can get involved

The Big Give Crowdfunding Campaign runs from March 18–25, 2025—just one week to raise £10,000, which will be doubled to £20,000

Here's how everyone can get involved:

Donate – Every £1 you give turns into £2!
Even small donations make a big impact.



Visit Art Station Art & Learning Programme East Suffolk – Big Give and make a donation from 18th March 2025. The campaign will close 25th March 2025.

Set a reminder and add our campaign page to it so you remember not to miss your chance to double your donation!

"This campaign is a chance to strengthen East Suffolk's cultural scene and support creative opportunities for all," adds Clare Palmier. *"We invite everyone to be part of this exciting moment."*

About The Big Give - a registered charity (1136547) that runs match funded campaigns for charities and special causes at key moments across the year. By connecting charities to match funders (like philanthropists, foundations or corporates) and the public, Big Give helps them double their donations. And, in doing so, makes an extraordinary difference to the world's biggest challenges. It has raised more than £280m for charities to date. Big Give campaigns have been promoted by celebrities including Leonardo DiCaprio, Emilia Fox, Dame Judi Dench and Stephen Fry, among others.

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Update from Suffolk Energy Action Solutions

On the back of their recent announcement that National Grid’s preferred landfall site for LIONLINK is Walberswick, as previously mentioned in our posts, they have now re-confirmed in a Press Release that NAUTILUS will be going to Grain instead of the Suffolk coast.

Don’t be fooled, LionLink, SeaLink and of course SPR’s EA1N and EA2 at a minimum are still on course to come here.

LionLink should also go to a brownfield, pre-industrialised site.

It seems that National Grid and in particular their unregulated commercial arm National Grid Ventures (NGV), are currently running a PR campaign with messaging that there are now fewer projects going to Suffolk and that NGV now only has one project LionLink aimed at the Suffolk Coast.

National Grid seem to be concerned (with good reason) that **Cumulative Impact, the issue we have consistently raised as not having been taken into account during**



any consultation or planning process to date, might become an issue during the DCO process for SeaLink or LionLink.

See www.suffolkenergyactionsolutions.co.uk and follow them on facebook for further information, announcements and responses.

ALDEBURGH RNLI



Have you made a resolution to take up a new activity in 2025? Are you looking for a new challenge? Do you want to meet new people and be part of a fantastic team?

Aldeburgh RNLI are looking for keen volunteers aged 18 to 78 to wear the yellow wellies. We are looking for shore crew, boat crew, launch authorities, and tractor drivers.

If you are available for training on Thursday evenings and Sunday mornings, come and have a chat on the beach, or drop us a DM on social media @RNLIAldeburghLifeboat.

What’s involved?

Shore crew – work as a team to launch and recover the lifeboats, marshal the beach and help maintain the boathouse.

Boat crew – the seafaring part of the crew. Training includes navigation, basic mechanics, helming, watch-keeping, sea survival. Previous experience not required.

Launch Authority – the conduit between HM coastguard and the lifeboat station following a 999 call or the request for help from a boat.

Tractor drivers – we have a Talus, amphibious tractor, and a, bobcat, compact trailer, which launch and recover the lifeboat, as well as grade the beach to cope with the shingle which shifts with each incoming tide.

Joining at the Aldeburgh lifeboat family is a great way to make new friends and to receive a wide variety of training and skills. Pop in for a chat during training sessions or drop us a DM on social media @RNLIAldeburghlifeboat.

The Aldeburgh Gazette

Editor - Karen Hubbard

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Advert Deadline: Wednesday 2nd April 2025

email: aldegazadverts@btconnect.com

Copy Deadline: Thursday 3rd April 2025

email: aldegazeditor@btconnect.com

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The Aldeburgh surgery is open on Monday to Friday from 8am to 6.30pm.

Staff training is important for our practice. On the following days, surgery sites close from 1pm until the following day. All calls are redirected to 111. The specified site is open for booking future appointments and accessing repeat prescriptions.

- Thursday 10th April 2025 - Aldeburgh

Contacting us online

We at Peninsula Practice are introducing a new way of contacting us online and ensuring that your health concerns are resolved. We are now using an online software which can integrate with the NHS app. You can provide information and images about your concern, and a healthcare professional within Peninsula Practice will review the information and contact you. This means that you don't have to call us at 8am to get an appointment, and have the ability to monitor your queries using the NHS app.

We will still be available for phone calls, however, this new process enables you, our patients, to contact us when it is convenient for you throughout the practice opening hours. Please go to our website and select 'Contact Us Online' to begin using this service.

www.thepeninsulapractice.co.uk

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Aldeburgh Tide Timetable: 14th March - 10th April 2025

Friday 14	Low tide 04h30 0.05m	High tide 11h21 2.22m	Low tide 16h37 0.54m	High tide 22h52 2.53m
Saturday 15	Low tide 05h06 0.06m	High tide 11h45 2.21m	Low tide 17h09 0.48m	High tide 23h23 2.54m
Sunday 16	Low tide 05h38 0.11m	High tide 12h08 2.19m	Low tide 17h40 0.45m	High tide 23h54 2.51m
Monday 17	Low tide 06h10 0.20m	High tide 12h31 2.16m	Low tide 18h11 0.47m	
Tuesday 18	High tide 00h24 2.44m	Low tide 06h40 0.31m	High tide 12h56 2.12m	Low tide 18h43 0.52m
Wednesday 19	High tide 00h55 2.33m	Low tide 07h11 0.44m	High tide 13h24 2.06m	Low tide 19h17 0.60m
Thursday 20	Low tide 07h43 0.59m	High tide 13h55 1.98m	Low tide 19h54 0.69m	
Friday 21	High tide 02h12 2.05m	Low tide 08h20 0.75m	High tide 14h35 1.90m	Low tide 20h39 0.78m
Saturday 22	High tide 03h14 1.92m	Low tide 09h06 0.92m	High tide 15h32 1.83m	Low tide 21h37 0.85m
Sunday 23	High tide 04h41 1.84m	Low tide 10h14 1.06m	High tide 16h50 1.80m	Low tide 23h04 0.86m
Monday 24	High tide 06h13 1.86m	Low tide 11h54 1.09m	High tide 18h08 1.85m	
Tuesday 25	Low tide 00h38 0.74m	High tide 07h29 1.97m	Low tide 13h14 0.99m	High tide 19h14 1.97m
Wednesday 26	Low tide 01h38 0.52m	High tide 08h28 2.11m	Low tide 14h13 0.83m	High tide 20h08 2.15m
Thursday 27	Low tide 02h30 0.29m	High tide 09h15 2.25m	Low tide 14h56 0.65m	High tide 20h55 2.34m
Friday 28	Low tide 03h16 0.06m	High tide 09h57 2.36m	Low tide 15h37 0.48m	High tide 21h38 2.53m
Saturday 29	Low tide 04h00 -0.12m	High tide 10h37 2.43m	Low tide 16h17 0.34m	High tide 22h20 2.67m
Sunday 30	Low tide 05h43 -0.22m	High tide 12h16 2.45m	Low tide 17h57 0.25m	
Monday 31	High tide 00h02 2.75m	Low tide 06h27 -0.23m	High tide 12h54 2.43m	Low tide 18h37 0.21m
Tuesday 1 April	High tide 00h46 2.74m	Low tide 07h09 -0.14m	High tide 13h33 2.36m	Low tide 19h20 0.23m
Wednesday 2	High tide 01h33 2.65m	Low tide 07h53 0.05m	High tide 14h14 2.26m	Low tide 20h05 0.29m
Thursday 3	High tide 02h27 2.48m	Low tide 08h38 0.31m	High tide 14h59 2.15m	Low tide 20h57 0.39m
Friday 4	High tide 03h34 2.27m	Low tide 09h28 0.60m	High tide 15h51 2.04m	Low tide 21h56 0.50m
Saturday 5	High tide 05h00 2.08m	Low tide 10h28 0.88m	High tide 16h56 1.96m	Low tide 23h12 0.57m
Sunday 6	High tide 06h36 1.98m	Low tide 11h49 1.08m	High tide 18h11 1.94m	
Monday 7	Low tide 00h46 0.56m	High tide 08h08 1.98m	Low tide 13h29 1.12m	High tide 19h26 1.99m
Tuesday 8	Low tide 02h02 0.44m	High tide 09h21 2.05m	Low tide 14h37 1.04m	High tide 20h32 2.09m
Wednesday 9	Low tide 03h02 0.31m	High tide 10h12 2.11m	Low tide 15h25 0.91m	High tide 21h25 2.21m
Thursday 10	Low tide 03h49 0.21m	High tide 10h50 2.15m	Low tide 16h04 0.77m	High tide 22h10 2.32m



Fri 14th, Sat 15th &
Tues 18th Mar at 7.15pm
Wed 19th Mar at 3.00pm

SEPTEMBER 5 15

Mon 17th Mar at 7.15pm

BRIDGET JONES: MAD ABOUT THE BOY 15

Wed 19th Mar at 7.00pm
Sun 23rd Mar at 3.00pm

HANS ZIMMER & FRIENDS 12A

Fri 21st, Sat 22nd, Tues 25th &
Wed 26th Mar at 7.15pm

CAPTAIN AMERICA: BRAVE NEW WORLD 12A

Wed 26th & Sun 30th Mar at 3.00pm

TWIGGY 12A

Fri 28th & Sat 29th Mar at 7.15pm
Tues 1st Apr at 3.00pm & 7.15pm
Wed 2nd Apr at 7.15pm

THE LAST SHOWGIRL 15

Sun 30th Mar at 6.00pm
Wed 2nd Apr at 3.00pm

BILLY ELLIOT: THE MUSICAL 15

Sun 6th Apr at 3.00pm & 6.00pm
Tues 8th Apr at 7.15pm

SIX: THE MUSICAL 12A

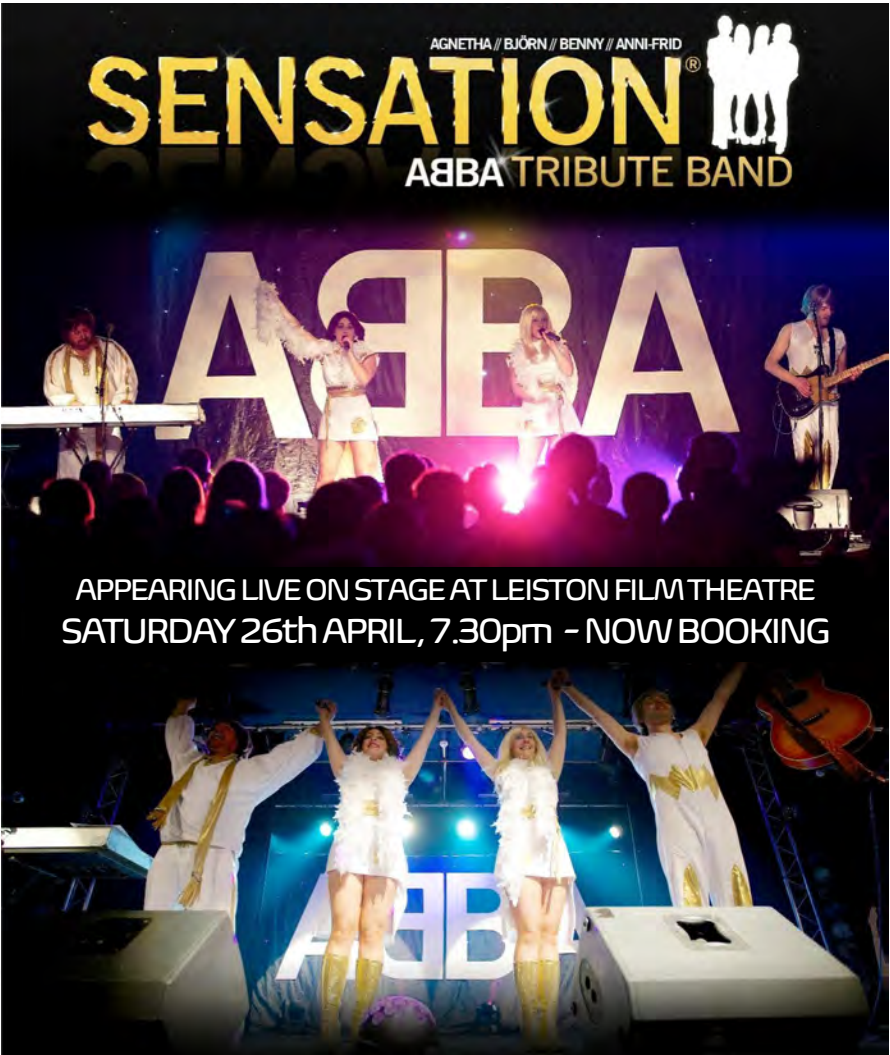
Sun 13th Apr at 3.00pm

ANDRÉ RIEU’S 75th BIRTHDAY: THE DREAM CONTINUES PG

Sat 26th Apr at 7.30pm
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2pm – THE HOUR BEFORE THE CROSS

ALDRINGHAM PARISH CHURCH
GOOD FRIDAY
2pm – THE HOUR BEFORE THE CROSS
EASTER SUNDAY
11.00am – HOLY COMMUNION

EASTER SUNDAY
8am – HOLY COMMUNION
11.00am – HOLY COMMUNION

FRISTON PARISH CHURCH
GOOD FRIDAY
2pm – THE HOUR BEFORE THE CROSS
EASTER SUNDAY
9.30am – HOLY COMMUNION

KNODISHALL PARISH CHURCH
GOOD FRIDAY
9.30am – JOINT SERVICE WITH
KNODISHALL METHODIST CHURCH
EASTER SUNDAY
9.30am – HOLY COMMUNION

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