

The Town Telegraph

Serving Leiston, Saxmundham & the Local Community

Issue No. 50

Your Free Monthly Paper

July 2012

The Town Telegraph appears monthly for community news, views, letters, and information. The next copy deadline for edition No. 51 is Friday 20 July for August 2012 publication - full details on back page.

Olympea Games: Celebrating Sport through peas

Peasenhall Pea Festival: 15th
July 2012, 11am-4pm.
Peasenhall Village Hall.



The 5th annual Peasenhall Pea Festival is back and celebrating the local pea legacy passed down from Anglo Saxon times. This year we are getting into the spirit of the Olympics and have arranged our own Olympea Games as a warm up to the other event being launched in London later in the month. Our event takes place on 15th July in Peasenhall, Suffolk.

We plan to take our rich pea history to new and challenging levels, harnessing the power and finely honed pea skills developed through many generations by the local people of Peasenhall and surrounding villages.

This year the Festival pea theme is pea sports along with some very special pea dancing: we believe this to be a first in the world.

- Our Pea sports events include:
- ❖ National pea eating championship
 - ❖ Flick a pea, puff a pea, pot a pea
 - ❖ 10 pea bowling
 - ❖ The world pea podding championship
 - ❖ The British pea throwing championship
 - ❖ Pea Shooting
 - ❖ Aim your pea (into a toilet)
 - ❖ Pea eating with cocktail sticks

The well known Mystic Pea Belly Dancers will be performing some exquisite pea belly dancing, and teaching those attending the festival the rudiments of this ancient art. We are also aiming to have the largest number of pea belly dancers ever seen performing at any one time in the world.



Another challenge we have set ourselves is to attempt a world record of achieving the longest belly dance ever while holding a pea in the belly button.

There will also be the Pea Pod Arms open all day along with a

Continued on page 2

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Continued from page 1

range of pea related food available as well as live music and a range of other games and fun.

Local pea spokesperson Sally Tompkins said: "This has been a rough year what with the recession and the economic worries, and locally here it has also been tough for local pea farmers as they have struggled to get the pea crop planted given the foul weather. However, as ever with the annual Peasenhall pea festival our aim is to put some pea fun back into everyone's life: this year our very own Olympeas and our weird and wonderful pea belly dancing should put the spring back into everyone's step, along with some joy and lots of fun."

For further details, see www.peasenhallpeafestival.co.uk

Look inside for serious sport coverage . . . serious sport inside.

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The Olympic Torch is Coming To Town! - 5th July 2012

1.15pm: Kelsale

1.30pm: Saxmundham

Kelsale's Moment

1.15pm, July 5th 2012, the Olympic Torch will be coming through Kelsale, a day to remember! The torch will travel from Rosemary Lane through to Saxmundham offering plenty of room for spectators along the way.

Yoxford Morris Dancers, Barley Brigg, will be performing before the relay, at 12.45, in West View and afterwards at Kelsale Village School.

A field for parking will be available along Rosemary Lane. From Main Rd, it is on the left, before the Poachers' Pocket and will be signed on the day. Please allow plenty of time, park in the field and walk up, as our lanes are not wide enough for parked cars. Please also consider car sharing to reduce traffic. For disabled drivers we will reserve some spaces in the village centre car park.

If you would like to be part of the Olympic spirit we would welcome volunteers to help direct people to parking areas, toilets, etc before the Torch Relay. You would be needed from 12pm- 2pm on the day and for a quick briefing sessions the day before. Please do get in touch with Jeni Aird on 01728 602656 and become part of something very special.

Let's hope the sun shines!

Saxmundham's Moment

Over 1000 school children are planning to come to town to witness this uplifting moment, so there should be a real buzz in town. The town is being decorated with Olympic Flags bearing the famous five rings, the wonderful bunting from the Jubilee will remain in place and Framlingham

College Jazz band will play on the Market Hall Forecourt.

The torch will be carried by 3 bearers through the town, surrounded by a convoy of sixteen vehicles, and some running metropolitan police officers for their safety!

It will be born by runners from somewhere near the Saxmundham sports and social club, up to the traffic lights, where it will return to Convoy Mode (back on the coach).

It is then believed to be travelling by Coach along the B1121 to Bigsby's Corner, where it will go through Sternfield and Friston before arriving at Aldeburgh at 1.39 (timing taken from www.london2012.com/torch-relay/route/ which offers slightly different times to local organisers' information).

Glynn Moye, who has headed up the organisation of the event in Saxmundham has received two official Olympic lapel pins. One of these will be buried in a time capsule by Ipswich Building Society, which will be 'exhumed' in 10 years' time. The other will be donated to the Saxmundham museum, leaving a small but perfectly formed material memory in the town. Glynn comments, 'Lots of organisations and the Town Council have got fully behind the Torch coming through the town and have pulled together to make sure that this is a wonderful, memorable and uplifting occasion. We look forward to welcoming you.'

He advises people to plan ahead and arrive early as there will be no extra parking facilities in the town on that day. The main car parks are at Waitrose, Tesco and on Market Hill.

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AFTER THE 'FLAME'

Friston Classics (Cars and Bikes) on The Green, 5 July 2012!



5th July sees Friston Village Green transformed into an open-air showground for classic cars and motorcycles.

Local enthusiasts (and some from far afield) come together to display their immaculately maintained vehicles and enjoy a social 'get-together' with other owners and admirers.

Owners of pre 1970 veteran, vintage or classic car or bike are welcome to join in the fun and bring along their vehicle - or just bring friends and family along to see them. Many come and go throughout the afternoon and evening.

This year is rather special since it coincides with the day that the Olympic Flame visits Suffolk and passes through Friston in 'convoy mode' around lunchtime. Most things by-pass or just pass through Friston! The flame is on its way from Saxmundham to Aldeburgh, so we shall enjoy our unique moment of glory by putting out flags and giving it a wave!



Since it will have cleared the locality by the start time of 4pm, we are hoping that many of you might like to 'drop in' and finish off the day. Delicious refreshments of home-baking, filled rolls and tea and coffee will be available in the village hall close to the green.

Entry is free, but the event is organised to raise funds for Friston Church, so please donate generously by 'purchasing' a sticker.

For further information, please contact 01728 688106/687999 or email classicfriston@aol.com



CLASSICS ON THE GREEN
FRISTON
NEAR SAXMUNDHAM SUFFOLK
THURSDAY 5TH JULY FROM 4.00PM

ADMISSION FREE
Entry is free on a first come first served basis. There is no charge for parking and refreshments are available for purchase.

IF YOU ARE A MEMBER OF THE FRISTON CHURCH AND HAVE A STICKER TO SELL, PLEASE BRING IT TO THE VILLAGE HALL ON THE DAY. ALL STICKERS WILL BE SOLD FOR THE CHURCH.

ADMISSION FREE
Refreshments will be available for purchase in the village hall.

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Who's Carrying The OLYMPIC Flame?

Kelsale Torch Bearers

"Mina Welch has been an avid athletics fan since she was 15 and attended her first athletics meeting at 18 at Crystal Palace. Mina was diagnosed with depression 2 years ago and has bit by bit put her life back together and found a way to deal with this. Her passion and interest in athletics has helped with this."

"Jessica is just 13, from Sudbury. She displays an amazing level of determination within the sporting arena. I believe this spirit rubs off on those around her and inspires them to achieve their very best. This has seen them reach numerous County Finals and two National Finals in cricket and football. She is also developing into an excellent Young Sports Leader."

Saxmundham Torch Bearers

Lee Hale, 41, is from Bury St. Edmunds. "Lee is a Corporal Armourer in the RAF and in the last 5 years has raised money for CLIC Sargent, Cyprus Samaritans, and is currently training for a relay marathon to raise money for East Anglian Children's Hospices. He is also a dedicated Samaritan giving 16 hours + a month to be there for those that need someone to turn to."

Alex O'Connor, 19, is from Norwich. "Alex volunteered at the local Sea Cadet Unit to help out with jobs from teaching Cadets new skills like Engineering and First Aid to team-building exercises and Physical Training."

Ian Blatt, 24, is from Warboys: "Ian is a passionate supporter of the My Fantastic Life Charity in Cambridgeshire, dedicated to give young adults with disabilities a fair chance to be involved in activities. Ian has helped to organise a charity award ball, a week's camping away from parents and carers in Thetford Forest, and a fundraising party. Ian will now be starting to work for the charity for two hours a week after work."

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The Time Team Visit Dunwich



IN JUNE 2011 the Time Team came to Dunwich to try and solve some of the queries about two unique sites: the Hospital of the Holy Trinity, buried under the village car park, and the precise location of the church in the ancient Friary – long since demolished during the Dissolution of the 1530s.

In addition, they wanted to date the Town Ditch or “Pales Dyke” more accurately; convinced that the ditch was Saxon in origin, not Norman as had been previously believed. But things didn’t turn out quite as expected ...

This season the Dunwich Museum is running a fascinating exhibition of the story and the some of the fascinating objects found during the Time Team dig. From Wednesday 25th July from 2:00 to 4:30 pm, and same time every Wednesday throughout the summer holidays, the Museum will be running drop in sessions to explore our handling collection, with an expert on hand to tell you all about it. Ideal for all the family.



KELSALE-CUM-CARLTON GRAND JUBILEE FÊTE

YES! GRAND, it certainly was. On Saturday 2nd June the crowds flocked to Kelsale for the Jubilee Fête. The sports field was decorated and packed with more than 40 stalls and events to entertain old and young alike. Fortune smiled on us as it stayed warm and dry, so there was a never-ending stream of customers at the ice-cream van.

The show got under way with a procession from Kelsale Primary School led by two heavy horses, Guinness & Arnie. Before judging of the fancy dress could begin, the “no dogs on the recreation ground” rule had to be relaxed to allow Her Majesty to enter accompanied by her corgi !



There followed a Judo demonstration, a fiercely contested 5-a-Side Football Tournament and to add a truly traditional atmosphere, Maypole Dancing. The latter was intended for children from the primary school, but certain members of the Parish council were persuaded to join in!

The Dog Show taking place in Rowe's Field had an overwhelming number of entries, with the most



sought after title being “Dog with the Waggiest Tail”. Jubilee rosettes were presented to the winners and fabulous ‘goody bags’ supplied by Fordleymoore Kennels, who also judged the event.

Meanwhile in the “main ring” events were concluded with the Tug-of-War contest, where a tremendous effort was made by all contestants, urged on with great vocal support from the crowd, the final champions being a team from the Poacher’s Pocket public house.

The event, held for the Village by the Village was a huge success raising in excess of £1800, which will be spent on improvement to village facilities and organisations.



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Circle 67 – Short Shakespeare in the Pub

IN 1984, CIRCLE 67 took a step into new territory by touring a shortened version of Shakespeare's "A Midsummer Night's Dream" around some Suffolk pub gardens. This began an annual tradition, which continues with "All's Well That Ends Well" - one of Shakespeare's lesser-known comedies. It has the usual love element, a miraculous cure, a bit of soldiering, a "bed trick", some very funny scenes and plenty of music. The production is a shortened version, and works very well with an hour running time.

We are touring 17 to 22 July and the venues are all old favourites: 4 pubs

(Bramfield, Laxfield, Dunwich and Sibton), one castle (Bungay) and a village common (Wenhaston). We don't charge for admission. Instead, we like to think that you'll show your appreciation by putting something in the hat we pass round at the end. For our schedule and further details, please visit our website, www.circle67.co.uk

Tuesday 17 July 7.30pm
Bramfield: The Queen's Head
 Wednesday 18 July 7.30pm
Bungay Castle*
 Thursday 19 July 7.30pm
Laxfield: The King's Head
 Friday 20 July 7.30pm
Dunwich: The Ship
 Saturday 21 July 7.30pm
Sibton: The White Horse
 Sunday 22 July 2.30pm
Wenhaston: Church Common

*Admission to Bungay Castle by ticket only, free from Jesters Café



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July at Leiston Film Theatre

NOW HERE'S a scary thought . . . at the time of writing this, the school holidays are only three weeks away and with this unpredictable weather that we are currently enjoying, we at the Film Theatre have produced a brilliant line-up of big screen blockbusters to keep everyone entertained throughout July and August, so read on and start planning for your next visit to your local digital 3D cinema.

July gets under way with the Ridley Scott's **Prometheus 3D (15)**, which shows from Friday 2nd July and in digital 2D on Monday 6th July. A team of explorers discover a clue to the origins of mankind on Earth, leading them on a journey to the darkest corners of the universe. There, they must fight a terrifying battle to save the future of the human race.

Everyone is talking about the smash-hit romantic comedy **The Five Year Engagement (15)**, which is showing from Friday 6th July and comes from the creators of *Bridesmaids*. Exactly one year after Tom (Jason Segel) meets Violet (Emily Blunt), he surprises her with a ring. By all accounts, the pair are destined for their happily ever after. However, this engaged couple just keep getting tripped up on the long walk down the aisle.

Snow White and the Huntsman (12A) plays from Friday 13th July. In a twist to the fairy tale, the imprisoned Snow White escapes just as the Magic Mirror declares her the source of the Evil Queen's immortality. A local huntsman is sent to capture Snow White, but becomes her protector in a quest to vanquish the Evil Queen.

Our BIG film for July and showing at Leiston Film Theatre from the UK release date of Friday 20th July is **The Dark Knight Rises (12A)**. The spectacular finale in the Dark Knight series picks up eight years after Batman took the fall for Two Face's crimes and a new terrorist leader overwhelms Gotham's finest and Batman resurfaces to protect a city that has branded him an enemy. Book your tickets today on 01728 830549 or online at: www.leistonfilmtheatre.co.uk

August is filled with some terrific family films including **Ice Age 4: Continental Drift 3D (U)** and **The Amazing Spider-Man 3D (12A)**, with both films showing from Friday 3rd August. In *Ice Age 4*, Manny, Diego, and Sid embark upon another adventure after their continent is set adrift. Using an iceberg as a ship, they encounter sea creatures and battle pirates as they explore a new world. In *The Amazing Spider-Man*, Peter Parker finds a clue that might help him understand why his parents disappeared when he was young. His path puts him on a collision course with the sinister Dr. Connors' alter-ego, The Lizard, leaving Peter with a decision to use his powers and shape his destiny to become a hero.

The absolute 'must-see' film for August is Disney/Pixar's **Brave 3D (U)**, which is showing at Leiston Film Theatre from the UK release date of Friday 17th August. We'll have more about this next time, but if you can't wait until then, you can watch the trailer and book your seats at: www.leistonfilmtheatre.co.uk

Wayne Burns.

Leiston Film Theatre

Fri 29th June - Thurs 5th July, 7.20pm
Showing in 2D on Mon 2nd July
Noomi Rapace and Charlize Theron in
PROMETHEUS 3D & 2D 15

Fri 6th July - Thurs 12th July, 7.20pm
Jason Segel and Emily Blunt in
THE FIVE YEAR ENGAGEMENT 15

Fri 13th July - Thurs 19th July, 7.20pm
Kristen Stewart and Chris Hemsworth in
SNOW WHITE AND THE HUNTSMAN 12A

Fri 20th July - Thurs 2nd Aug, 7.20pm
Matinee - Sat 21st, Sun 22nd,
Wed 25th, Sat 28th, Sun 29th July
& Wed 1st Aug July at 4.00pm
Christian Bale and Gary Oldman in
THE DARK KNIGHT RISES 12A

Fri 3rd Aug - Thurs 9th Aug, 3.00pm
Showing in 2D on Mon 6th Aug
ICE AGE 4: CONTINENTAL DRIFT 3D & 2D U

Fri 3rd Aug - Thurs 9th Aug, 7.20pm
Showing in 2D on Mon 6th Aug
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Coming Soon ... From Fri 17th Aug
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YoxFest – 'a unique and truly community event' (BBC Radio 3) 16th – 19th August

THE YOXFORD Arts Festival was founded by Anna Noakes, Gary Kettle and Ian Terry with the idea of bringing top artists to a small Suffolk village and the 9th festival follows their aims and hosts a blend of top international musicians as well as introducing young and upcoming talent, traditional and new compositions, talks, exhibitions and children's workshops; the festival was aptly called 'A unique and truly community event' by BBC Radio 3.

The Festival opens with a Cream Tea and a talk by Ian Terry entitled "Satis House and the Mystery of Clarissa Ricketts" - An intriguing true tale of greed, gambling and death. This is followed by a double bill evening with new young band, Ranagri — "Echoes of Pentangle, Jethro Tull and new Celtic folk sounds - cemented



Anna Noakes

by strong contemporary song writing" (RTÉ lyric fm) and festival favourites INCA who will take you on an exhilarating musical journey through Native South American Folk Music, pan pipes galore!

The 17th sees legendary percussionist Gary Kettel and his prize winning students from Trinity

Laban Conservatoire of Music play a popular repertoire including Mussorgsky: Pictures at an Exhibition, Tchaikovsky: 1812 Overture and Saint-Saëns: Carnival of the animals. The exciting new arrangement of the 1812 includes the magnificent Bells of St Peter's Church.



Grant and Anna

Saturday 18th features an amazing concert by "SERPENTINE-FIRE", 12 of film and TV's top session musicians who share a passion for the music of the brilliant 70/80's Supergroup EARTH WIND AND FIRE. "An amazing spectacle."

Sunday Lunch on the 19th is the time to enjoy Bubbles and Canapés with 'BRAZILIERO' - vibrant Dance Music from Brazil featuring ANNA NOAKES flute, Grant McFarlane-Dowse Guitar and SIMON WHITTAKER Brazilian percussion.

The final concert showcases internationally renowned mezzo soprano, Yvonne Howard singing Strauss' "Four Last Songs", a festival premiere arrangement by Hinnigan, preceded by Ravel's sublime septet 'Introduction and Allegro' and in finale Brahms' 'D major Serenade'. The concert also features a World Premiere of a new work by Suffolk's best kept secret composer from Walberswick, Ian Balfour. The Rt Hon Lord Balfour of Inchrye is perhaps better known as a gem historian and for his book "Famous Diamonds". His compositions include 9 operas and 6 symphonies.

Other highlights include Maija McDougal with an Exhibition of Bromoil Photography and an Illustrated Talk on Bromoil Photography. In St Peter's Church there is "Flight" an installation by Sue Harrison and also Etchings by Joan Hodgkiss. Other events include a Children's SAMBA Percussion Workshop followed by their performance during Friday's concert. There will also be Children's Arts Workshop with Joan Hodgkiss. The ever popular Literary Lunch is already SOLD OUT.

Latest details and bookings at www.yoxfest.co.uk [facebook.com/yoxfest](https://www.facebook.com/yoxfest)



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Champagne Cocktails, Canapes and Caramel

SUE FLETCHER, owner of the boutique clothing shops Caramel in Snape Maltings and Aldeburgh, raised £1,200 for Teenage Cancer Trust.

Around 100 guests attended the event at The Golden Key pub in Snape in June. 40 outfits were shown by 9 volunteer models, highlighting stunning summer dresses from designers such as Evelin Brandt, People Tree and Brax, all available at Caramel. Music was provided by Brian Willis Music to accompany the models as they sashayed along the 'catwalk'.

Every penny of ticket and raffle sales was donated to the charity thanks to the generosity of The Golden Key in Snape who sponsored the venue, champagne and canapes. Superb raffle prizes ranging from a painting to a hat pin were donated by The Antique Centre in Snape and Fabulous Fascinators.

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Christmas comes early for Heritage Coast Market Towns

THE PIONEERING efforts Leiston, Saxmundham and Aldeburgh to promote their towns to shoppers has seen them crowned as the East Regional Winners in the 'Partnership and Strategic Working Category' for their 'Where's Rudolph? 2011 campaign'.

Heritage Coast Market Towns Initiative (HCMTI) board members Jonny Newton of Newton Commercial in Leiston and Bob Foyers for Bistro at the Deli in



Sizewell Sponsorship Supports CAB Service

AN ESSENTIAL advice service at the Citizens Advice Bureau will continue – thanks to sponsorship support from EDF Energy's Sizewell B power station.

One of the key services offered by the Leiston, Saxmundham and District Citizens Advice Bureau (CAB) from its base in Colonial House, Leiston, is the support of a Money Advisor.

"We offer free, independent, confidential and impartial advice to local people across a range of subjects" said CAB manager, Nick Mayo.

"As you can imagine, there are a lot of people in this area with money troubles, particularly debt problems. Sometimes the situation is made worse if people have learning difficulties, as this may make it harder for them to learn to deal with money issues.

"We use a specialist Money Advisor to help them by showing them how to deal with money issues, providing a long-term solution by teaching them to be self-sufficient."

This worthwhile service has been inundated with requests for help and the current economic climate is likely to make the CAB even busier.

"What we are also seeing now, which is new, is a growth in the number of people who are home owners but have lost their job or are on reduced hours and need advice on how to survive on a reduced income," said Nick. "We can help, but we need people to come and see us sooner rather than later, before they get into

Saxmundham were the instigators of the Where's Rudolph Treasure Hunt which successfully encouraged more shoppers into the towns and was linked to Christmas fairs and other seasonal promotions.

Plans for Rudolph to return for the festivities this year are already in full swing with the first of the Christmas Fairs taking place on Saturday, November 24.

Full details can be found on www.whereisrudolph.co.uk/

serious difficulty."

Unfortunately, the Citizens Advice Bureau had run short of funds to run this important service, so approached Sizewell B power station for support.

"Although we have a limited budget for sponsorship within the community, this is such a worthwhile service that we did not hesitate to provide the £1,000 needed to help keep it going," said Sizewell B's community liaison officer, Niki Spatchett.

"We take pride in our community links, as well as the jobs we provide in the area, but we are also mindful of the need to support essential services like this, which help people cope in these difficult times."

Responding to the decision to provide the sponsorship, Nick said: "This is fantastic news, as it allows us to keep this advice giving process going. It is a good example of our ability to work with Sizewell B to provide benefits across the entire community."



Station Hotel Beer Festival
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TO SUNDAY 22ND JULY
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Good news stories could win a donation

GOOD news stories with exceptional community benefits could win a donation

The Suffolk Foundation is seeking applications to its Donations Programme of the Improve and Prove Fund.

If you are involved with a voluntary group that has carried out a project with fantastic outcomes, over and above those expected, then the group could receive a donation of either £5,000 or £10,000. This can be spent on core or other costs. We are seeking some "good news" stories from groups who have used their volunteers, staff or willing souls to carry out work which has brought about community benefits over and above that expected.

In 2011 donations went to seven groups, including Beccles Lido, The Debenham Project addressing the problems that dementia presents to the community and those that care for others with the illness, Seagull Lowestoft Community Interest Company, transforming and enriching the community through the arts and Workwise (Suffolk) Ltd offering the only work-related placement for adults with mental health problems in Suffolk.

Grants officer Sue Wright on 01473 786917 is happy to chat about your project. Alternatively you can download the application form at www.suffolkfoundation.org.uk. Please be sure to send it to the Foundation by the 31st July 2012.

"The Vikings are coming!" . . .

. . . CRY OUT three excited Anglo-Saxon maids, in Rendham Mummers' latest play being performed, for the first time, at Rendham Fete, on Saturday 7th July at 2.30pm.

If you've seen the Mummers before, you'll know what to expect, as this group of blackened faced, local men re-enact the tale of the last King of East Anglia – Edmund. Set in 869 AD, it purports to relate to events which led to his defeat, killing, beheading, and subsequent martyrdom. In this play, it's not just the Devil that these mummers hope won't recognise and curse them, but also supporters of

Saint George, as they challenge his right to be Patron Saint of England!!!!

Rendham Mummers unique style of medieval street theatre brings laughter even to the goriest detail. So, if you're faint hearted, or of a nervous disposition, and looking for good family entertainment, then this is definitely . . . for you!!! This is the group's fifth play since forming in 2010, during which time over £1000 has been raised for various charities, through the traditional hat collection at the end of the performance. *So, please support us!*



Summer Holiday Activities for Young People

SUFFOLK Coastal's active communities team have pulled together another summer of holiday activities that should help stimulate or exhaust many a young mind.

"With the support of some of our partners we can this year offer probably our most varied set of options for our young people, so whether it is animation or felt-making, dancing or fishing, bushcrafts or cookery, the message has to be book up now as places will go fast," said Cllr Geoff Holdcroft, Cabinet Member for Leisure and Economic Development.

Sutton, Leiston, Trimley St Mary and Ufford are the locations for a series of workshops that will cover felt making, animation, cooking, and willow weaving. The same four venues will also have weekly dance

mat sessions with professional instructors.

Fishing days are being held at Bromeswell, Aldeburgh and Swilland, while Rendlesham Forest is the base for two week-long forest experiences when boys and girls can take part in shelter building, African drumming, forest survival, woodcrafts and even under water exploring. Rendlesham Forest also hosts two mountain bike days.

Most of the activities are aimed at 8-14 year olds and give young people new interests and skills at reasonable cost over the summer.

For further details please view the full programme at www.suffolk-coastal.gov.uk/yourfreetime/summer or call the booking line on 01394 444433 or 444720 to check on availability.

Yoga Classes

Monday & Tuesday, 7.15pm

Sir Robert Hitchams Primary School,
Framlingham

Wednesday, 7.15pm

Saxmundham Primary School

Healing/Reiki Share

Great Glemham Village Hall,
7.30pm

We meet twice a month on a Friday.

Contact Keely Warren on

01728 664157

milliepeg@hotmail.co.uk

Funday at the Fromus Centre – Sat. July 7th

FOLLOWING the recent refurbishment, the Fromus Centre will be throwing open its doors (and grounds) to the public on Saturday, July 7th. The event will take place from 11.30am - 3.30pm and aims to promote both the centre, its facilities, and the community and voluntary groups who use it.

On the day there will be a licensed bar, cream teas, barbeque, games, entertainment, stalls and raffle – to cater for all ages. Groups taking part are the Suffolk County Council day centre, Brook Farm Residents Association (BFRA), Greener Sax, St.

John's Parent & Toddlers, 1st Saxmundham Brownies/Guides, Club Sax Youth Club, PASTEL, Mingle and The Centre Sax.

The whole event is being held at the Fromus Centre, Seaman Avenue, Saxmundham and is being organised by The Saxmundham & District Community Interest Company (SADCIC), with a donation from TESCO.

For the latest information and news - or offers to participate / volunteer help on the day - please check www.fromuscentre.org.uk or please Tel: 01728-604944.

Regular Local Events

Please remember keep us informed of any changes with your group. Have you started meeting in a different venue? Is there a new contact person or number? Have you stopped meeting altogether?

1ST SAXMUNDHAM SCOUTS GROUP at HQ, Memorial Field, Rendham Rd, Saxmundham. Boys & girls welcome to join. Scouts (10 1/2 -14 1/2yrs) meet Wed 7-8.30pm (contact Clive on 01394 450625); Beavers (6-8yrs) on Fridays 5.15-6.30pm (contact Lisa 01728 604889); and Cubs (8-10 1/2yrs) on Fridays 7-8pm (call Mike on 07855 961711). Term time meetings only.

YOGA IN WESTLETON. Monday 5.30-6.30pm beginners; 7-8.30pm intermediates. Westleton Village Hall. One-to-one yoga therapy by appointment. Judie Shore 01728 648460. www.suffolkcoastyoga.co.uk
"CRAFTY LADIES" CRAFT GROUP. 1st & 3rd Mondays, 10am-12.30pm, committee room, Kelsale Village Hall. £3 per session. Call Pam 01728 603995.

LADIES EASTERN DANCE CLASSES Wickham Market Primary School, Tues from 6.15pm (Beginners); The Riverside Centre, Stratford St Andrew, Thurs from 7pm. Call Leanne 07796 087255 or email leda2713@btinternet.com. Dress comfortably. No previous experience necessary.

PAGANS BEYOND THE PALE - Discussion Group Meeting at Badingham, Nr Framlingham 7.15 for 7.30. Monthly, next one 25 July. For further info phone 01728 638580. All are welcome. Donations. www.wix.com/thegreenman/pagans-beyond-the-pale.

TOP TIME AT SAXMUNDHAM LIBRARY. Weds 11am-12.30pm. All adults welcome. Games, films, play reading, talks and much more. Free entry. Refreshments 50p. Call Sax Library on 01728 403094.

CROQUET AT BENHALL GREEN. Club days Wed and Sat afternoons, teaching for people new to croquet on Friday afternoons. New members very welcome. Further info from Chairman, Geoff Day on 01728 688466.

MOLLY DANCING Come & see Oxblood Molly at a practice session for a taster. Musicians and dancers always wanted - no previous experience necessary. Most Sundays at Peasenhall Village Hall but check with Roy on 01728 648901 or Julian 01986 873941.

KELSALE ART GROUP Thurs 7-9pm, Kelsale Village Hall committee room. New members welcome. Call Roger 01728 667037 or Mike 603995.

LEISTON & DISTRICT PHILATELIC SOCIETY meet 4th Wed, Leiston United Church Hall, High St, 7.30pm. Visitors & new members welcome, whether beginners or advanced stamp-collectors. Further info contact the President on 01728 830415 or Secretary on 01394 460901.

POINT DEVIS NORTH WEST MORRIS & GARLAND DANCING Thursdays, Blythburgh Village Hall from 8-9.30pm. Open to all abilities. Dancers and musicians welcome. Contact Lin 01728 602465.

QUAKER MEETINGS IN LEISTON 10.30am every Sunday, Quaker Meeting House, Waterloo Avenue, Leiston. Children's class and Simple Lunch every Fourth Sunday.

SINGAROUND Kelsale Social Club, 2nd Thurs 8-11pm. All welcome. Join in or just have a drink & watch. Call Mike on 603995 for details.

HERITAGE COAST DOG TRAINING CLUB every Wed 7.15-8.30pm, Market Hall, Saxmundham. Dogs of all ages; it's a must for puppies. Run on a voluntary basis. Any enquiries call Denise on 01728 603386.

PRAISE & WORSHIP EVENING 1st Sat 7.30pm, Yoxford Village Hall. Great musicians, vibrant singing, all welcome. Contact: Ray/Margaret 01728 602372.

MELODY MAKERS MIXED CHOIR. Rehearsals every Monday 7.30-9pm. Kelsale Village Hall (second Mondays, Main Hall, all others Committee Room). Details from 602822 or 602690.

LABOUR PARTY, LEISTON & DISTRICT BRANCH. Meet 4th Tuesday at Friends Meeting House, Waterloo Avenue, Leiston, starts at 7.30pm. Visitors and new members welcome. Further information from the Secretary on 01728 833578.

SUFFOLK COASTAL GREEN PARTY meets monthly, alternately on Thursdays and Sundays. New members especially welcome. Contact coordinator Marie Clark by email to aclark51@tiscali.co.uk or phone 07757 787473, 01728 831515.

PASTEL FUN WORKSHOPS 1st and 3rd Saturdays of each month (10.30am-3.30pm) at the Fromus Centre. For young adults aged 15-25 with a learning disability. Find out more at www.pastel.org.uk or contact Don Tricker at don.tricker@pastel.org.uk or 01728 604944.

KT CRAFTS Craft Fair, Saxmundham Market Hall, 1st Sat, 9-30am-1-30pm. Free entry, refreshments. Call Tina 01728604784. In aid of local charities.

EVERYMAN FOLK CLUB Riverside Centre, Gt. Glemham Rd, Stratford St Andrew. 28 September, 8pm. Call 01449 615523 for tickets & membership.

CARPET BOWLS. Saxmundham Market Hall. Tuesdays 7-9.30pm. New members welcome. Info Frances Maynard 01728 605797 or Lyn Martin 602078.

TAI CHI CLASSES - Thursday mornings in Knodishall Village Hall, 11.15am-12.15pm. Other classes also available. Contact Ali Crawford 01394 411717, ali.crawford@virgin.net for info.

SAXMUNDHAM LIBRARY ART GROUP. Thursdays 1-4pm Saxmundham Library (new venue). Open to all, any level of experience and any media. An untutored group, bring your own work. Contact Ann Rose 01728 830398. Now only 50p per session.

WESTLETON VILLAGE QUILTERS meet in Westleton Village Hall each Friday from 1-4pm. £12 per term or £1.50 for a single session. For more information contact Ann Bebbington on 01728 648943 or email john@bebbington2.orangehome.co.uk.

ALDEBURGH ART GROUP. Meets at The Baptist Chapel, Aldeburgh High Street from 1.45-4pm every Tuesday. Open to all, this is a casual, untutored group. Bring your own art. £2 inc. tea and biscuits.

BRUISYARD VILLAGE HALL. Pub nights, every Thurs 7.30pm. Live music. Free admission. Come along for a pint and a chinwag. Pilates every Tuesday in Village Hall 9.30-10.30am. Bruisyard Young People every Wednesday 6-7.30pm. Info contact John Gibb 01728 638912.

KELSALE-cum-CARLTON W.I. meets 2nd Tuesday, committee room Kelsale Village Hall 7-9pm. New members welcome. Contact Sue Potter on 01728 602177 or Sue Granville-George on 01728 604954.

LINE DANCING CLASSES FOR BEGINNERS. Every Monday, £2.50 per session, Kelsale Village Hall 1-2pm. Just turn up - you will receive a warm welcome. Large free car park across the road.

FLEA MARKET/BROCANTE Yoxford Village Hall, 2nd Sat 9am-1pm. Stalls & refreshments, raising funds for village hall. Call 01728 660213.

SAX I.T. CLUB. Weekly Fromus Centre. Beginners Wed 6-8pm, Novices Tuesday 4-6pm. More at www.saxitclub.org.uk or contact Don Tricker at don.tricker@pastel.org.uk or 01728 604944.

SIZEWELL & LEISTON KARATE CLUB meets Tues & Thurs 6pm-8pm. Run for over 25 years! Children, adults, beginners or more experienced. All welcome. Tel. Liz 01728 604827. See www.slkc.co.uk or just turn up.

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WHAT'S ON in JULY

If you would like your Club or Society listed in this **What's on** section please contact:
 Rachel Nightingale, the Editor on **01728 602269** or email: towntelegraph@btconnect.com
 Please send August listings by July 20th to Rachel at towntelegraph@btconnect.com

- 1 **Final of Euro-championships**, Benhall Club. Come and enjoy the final on our large TV with friends old and new!
- 4 **Thorpeness Rugby Club invites new sponsors, players and volunteers** to come along and meet us at the start of the new training season. 7pm start. Contact Chris King for details, kingdrum@hotmail.com
- 5 **Classics (Cars and Bikes) on Friston Green**, Thursday 5th July from 4pm. See page 3 for details.
- 5 **Leiston Community Radio meeting**, Leiston Enterprise Centre's Conference Room, 7pm start. Any enthusiast who missed the last meeting is invited to attend. For further information contact Nick Boulter on 07720349222 or nick@pebble-media.co.uk
- 7 **Quiz Evening on the Victorian Era**, Leiston Long Shop Museum. Teams of four. Cost £6 per person includes a light supper. Tickets purchased in advance from the Museum Shop or by phoning Val on 01728 833633.
- 7 **Car-boot and Fete**, Benhall & Sternfield Social Club, 12-5pm in aid of the Joanna Dearing Trust Fund and Macmillan Cancer Research Fund. Car-boot pitches £5 booked in advance (phone Linda on 604250) or £7 on the day.
- 7, 21, 28 **Cash Prize Bingo**. Benhall and Sternfield Social Club 7.30pm for 8pm start.
- 7 **Vintage and Contemporary Market**, Market Hill Woodbridge ,10am-4pm. 'Shopping for the independently-minded. With unique objects, real craftsmanship and one-off finds'. Over 50s Ipswich Brass Band will perform a free charity concert in Elmhurst park, 12-2pm, sponsored by the Hearing Care Centre.
- 7 **Rendham Fete**, 12 – 4pm, Grove Farm Meadow, Sax Rd. In aid of Church, Village hall and Amenity Fund. A great family day: Ipswich Youth Steel Band; Birds of prey; Rendham Mummers' latest thrill – 'The Vikings are coming !' Sheepdog display; Punch & Judy; Carriage rides; 'Jazz Galore',live; Campanology demo. Children's races; Archery; Steam engine rides; the famous Dunk Tank! All the Stalls, BBQ,Beer tent, Champagne & Strawberries.
- 7 **Rendham Fete Evening Field Dance** 8pm. BBQ, Music & Dancing for all from 8 – 80. Added attraction – a 'Fire performer'! £6, £5 in advance.
- 8 **Saxmundham and District in the Early 19th Century**, a talk by Douglas Ireland. Alde Valley Family History Group meeting at URC Hall, Chapel Rd, Saxmundham, 7.30pm start. All welcome. Members £1.50, Non-Members £2.50.
- 8 **Tea and home made cakes around the pond or on the lawn**. 1.30 - 4.30p.m at The Walled Garden, Benhall. All proceeds to St Mary's Church. The Walled Garden, Park Rd, Benhall, Saxmundham, IP17 1JB. 01728 602510.
- 10 **NHS Community Conversations 2012**, Kesgrave Community & Conference Centre , 1pm-4.30pm, lunch provided. Book a place at adrienne.eagle@wsh.nhs.uk or telephone 01284 713 090. Now an annual event, people of all ages, backgrounds and levels of health can have a one-to-one conversation about their recent NHS experiences.
- 13 **Kelsale Primary school Summer Fair**, 1.15 - 3.15pm - lots of fun for all, face painting, bouncy castle, refreshments, bottle stall, tombola, BBQ, judo and Line dancing display All proceeds to school swimming pool appeal. everyone welcome.
- 12 **Royal British Legion Leiston Band**, Long Shop Museum, Leiston at 7.30pm. Tickets from the Museum Shop, the proceeds will be shared between the Museum and the RBL Leiston Band.
- 14 **Summer Fayre**, Leiston St Margaret's Church are holding a Summer Fayre on Saturday, 2-4pm at Middle School site in Waterloo Avenue. Parking available. Stalls will include cakes, books, plants, a Grand Draw, tombola, bottle stall, bowling. Cream Teas and a BBQ. Please come along for a fun afternoon and help us raise much-needed funds for our church.
- 14, 15 **Middleton Open Gardens**, 11am-5pm. Adults £3.00, accompanied children free. Refreshments in Village Hall, locally grown strawberry teas on Saturday. Maps available from: Church, Village Hall & Middleton Moor (B1122). www.onesuffolk.co.uk/Middleton-cum-Fordley . Proceeds to Middleton Church and St. Elizabeth Hospice. Contact: Irene Ralph 01728 648622 or Val Sulch 01728 668145
- 15 **Woodbridge Family Cycling Festival**. Kingston Field, Woodbridge, 11am-4pm, with led rides, off-roading, speedway, grass track riding and ladies only rides. Trade stalls. More information visit www.cyclesuffolk.org or contact joseph.young@suffolksport.com
- 15 **OlymPEA Games 2012**, Peasenhall Pea Festival, at Peasenhall Assembly Hall, 11am-4pm. Hosting the World Pea Podding Championships, along with many pea related sports, games, competitions and tasty pea treats. There will also be live music, a mass belly dancing session and licensed bar. www.peasenhallpeafestival.co.uk for details.
- 15 **Bronze Silver Gold, Suffolk Craft Society Annual Exhibition** at Peter Pears Gallery, Aldeburgh. This year the work is on a metallic colour theme. Open every day, 10am-5pm. All work is for sale. Closed for lunch 1pm-2pm.
- 20 **All's Well that Ends Well**, Shorter Shakespeare in the Pub at The Ship, Dunwich , 7.30pm start, Approx 1 hr running time. Free performance, donations welcome. See www.circle67.co.uk for tour dates.
- 22 **Songs of Praise**, Saxmundham United Reform Church, 4pm start.
- 24 – 31 **King Lear**, at THEATRE IN THE FOREST, Rendlesham Forest Centre. Tickets £19-£21. Box office 01473 603388 or www.theatreintheforest.com A family friendly production by award winning theatre company Red Rose Chain.
- 25 **Crop Circles, Sacred Symbols Past and Present**, A discussion group with Pagans 'Beyond the Pale', 7.30 pm start, at Badingham, Nr Framlingham. Tel: 01728 638580.
- 26 **Elizabeth Garrett-Anderson**, a Talk by Magaret Young at Long Shop museum, Leiston at 7.30 pm. £4 on door. Tea, coffee, biscuits included. Fundraiser for the museum.

Leiston Long Shop Museum

THE LEISTON Long Shop Museum has ambitious plans for major improvements. Although it is hopeful of getting grants, it will also have to contribute significantly from its own fund raising. To this end it is launching a comprehensive programme of events to attract both local people and tourists. *Your support would be most welcome.*

Saturday 7th July: Quiz Evening on the Victorian Era. Teams of four please. Cost £6 per person includes a light supper. Tickets purchased in advance from the Museum Shop or by phoning Val on 01728 833633.

Thursday 12th July: Royal British Legion Leiston Band in the Long Shop building. Starts at 7.30pm. Tickets from the Museum Shop, the proceeds will be shared between the Museum and the RBL Leiston Band.

Thursday 26th July: Margaret Young will give a talk about Elizabeth Garrett-Anderson the first woman to qualify as a Doctor and who was also niece of Richard Garrett. Talk starts at 7.30pm. Admission £4 pay at the door. Tea or coffee and biscuits included.

Thursday 2nd August Barrie Skelcher's illustrated talk "Small boat through the Ardennes – Passage des Invasions" will explain the part the Ardennes played in WW2 and then show the area as seen from the Canals and Rivers. Admission £4 pay at the door. Tea or coffee and biscuits included.

Sunday 5th August. Sponsored cycle ride. For details contact Val on 01728 833633.

FREE Summer Fun Day, Saturday 21st July

THE BROOK Farm Residents Association (BFRA) annual Fun Day is on Saturday 21st July, 1pm-5pm at Saxmundham Primary School, a local family event with free entry. The event is in its ninth year and the entertainment promises to be the best summer day out yet for Saxmundham.

Races will be run during the build up to the Olympics and special medals will be awarded for the children. The list of activities include Mystic Bellydance, a two piece rock group, football squad with beat the goalie, Judo demo, Children's races, Tug o War, Mega Slide, Coconut shy, Short court tennis, basketball competition, Punch and Judy, steam tractor.

Other attractions include side stalls, BBQ and licensed bar with keg lager and Pimms O Clock. There will also be soft drinks, a tea/coffee and cake stall. Fundraising is the aim so please come along, join in the fun and support us.



If you would like to run a fun stall or know of anyone who would like to run a stall, please give me a ring on 07771 877454 or Dave on 07860 809769.

WALKS FOR HEALTH & PLEASURE

5th: Aldringham Common and Fens with Alde Valley Ramblers. Start 6.30pm, 3 miles, meet at Aldringham Common Car Park, off B1353. GR 455607. Leaders Jim and Dot 01728 453746. Newcomers welcome.

6th, 24th: Fabulous flowers, Minsmere (RSPB) 2.5-3 hrs. Ring for start times. Walks will look at some of the fascinating species on dunes and fen areas around the Scrape. Call 01728 648281 to book and for prices.

10th, 31st: Birdwatching for beginners, Minsmere (RSPB). 9.30am start (2.5-3 hours). Call 01728 648281.

11th: National Trust Walk with Warden, 10am-12pm, The National Trust, Dunwich Heath. £5. Book on 01728 648501 (Opt 2). A two hour guided walk

18th, 26th: Dragons, damsels, admirals and ladies, Minsmere. Start at 10am and 1.30pm each day (2.5 – 3 hours). Call 01728 648281 to book and for prices.

19th: Health Walk. Meet Benhall Green 2pm, signed on right from B1121 when heading to Saxmundham. Post code IP17 1HL, Map ref TM383612. Figure of eight route, about 2 miles to Sternfield & back.

22nd: Alde Valley Ramblers. Thorpeness - Sizewell circular walk. 10am, 4 miles. Meet opp. Dolphin PH, Thorpeness. GR 472599. Leaders Jim & Dot 01728 453746. Newcomers welcome.

24th: Health Walk. Meet Aldringham Common car park 10.30am. Lovely circular route @ 3 miles over footpaths, through farmland and along boardwalks on the Fens. Please arrive early if you are a new walker.

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HERITAGE QUILTERS EXHIBITION –

19th & 20th May 2012

THE HERITAGE Quilters would like to thank everyone who supported us over the weekend of 19th and 20th May at Westleton Village Hall. We are very grateful to everyone who came.

We welcomed over 400 people and are delighted to have been able to present a cheque for one thousand five hundred pounds (£1,500.00) to the East Anglian Children's Hospice.

Jacqui Baldry

(on behalf of Heritage Quilters)

Want to Be a Good Neighbour?

THE THIRTIETH Good Neighbour Scheme will take off in Kesgrave this month; bringing the total number of people in Suffolk able to access local schemes in the County to over 50,000. Kesgrave joins other helpful communities including Aldringham and Framlingham in this area.

Good Neighbour schemes work by using local volunteers to link up residents who need help to those offering their time for a variety of tasks; such as collecting prescriptions, form filling or occasional transport.

The schemes are open to all residents regardless of age.

Nat Bocking, Community Development Officer at Suffolk ACRE said, "There are currently over 500 volunteers in the County who last year helped with over 5,900 tasks across 28 communities. Everyone has the occasional need for another pair of hands or just a friendly person to chat with."

Anyone wanting to find out more about starting a Good Neighbour Scheme in their community should telephone Suffolk ACRE on 01473 345300 or visit www.suffolkacre.org.uk



Readers write . . .

DEAR Editor

On Wednesday 13th June all the Union flags that had been put up in Leiston High Street and Sizewell Road were changed to the Cross of St George. Celebrating our National Saints Day perhaps? No, St Georges Day was 23rd April when not a flag was in sight. Victory in Europe? No, the 8th May went un-noticed. Remembering D-Day and the many who gave their lives on Gold, Juno and Sword Beaches? No, that was the 6th June. Maybe it was for the heroes who died in the Falklands war? No, and Victory in Japan anniversary is still to come. It seems this outburst of patriotic flags was for nothing more than a few games of football. If that is a measure of the relative importance that is placed upon events, no wonder our Country is in such a mess.

Yours sincerely

Barrie Skelcher

DEAR Editor

Leiston Jubilee Celebrations

Please say a big thank you to Leiston residents for making the Jubilee such a happy and special occasion. The volunteers who put up all the flags should take a special bow as they made the town look the part and, biased I may be, but the best in the area! It made many people feel proud to be British and I have received many favourable comments and letters. The procession and Picnic in the Park also received great comments and those who attended were delighted they made the effort – we were luckier than those poor mariners on the Thames with the weather and it was a great afternoon.

Thanks also to the Councillors who organised the event and to Looby for keeping the Skatepark buzzing with talented competitors.

John Rayner

Town Clerk, Leiston

OXFAYRE NEEDS YOU!

OXFAYRE is the annual event held at Yoxford Village Hall to raise funds for the village. It includes craft stalls, a fun dog competition, bands, a barbeque, "hoopla" competitions including the popular "bowling for the pig", bouncy castle, raffles, flower arranging, refreshments – and whatever YOU can bring to the day! It is enjoyed by many residents of Yoxford and the surrounding villages.

BUT NOW WE ARE IN URGENT NEED! The Oxfayre is 'At Risk'. We are desperate for new volunteers and committee members. New ideas are welcomed along with volunteers to help out on the day running stalls, selling raffle tickets, helping with catering/washing up. All we need is a little of your time and/or inspiration. So if you want to get involved, contact me on 668453.

THANK YOU,

Steve Haslam (for the committee)

BENHALL CLUB NEWS

I AM PLEASED to report a positive meeting with the representative of the Fit Villages campaign. We expect to be able to start classes of Zumba, Thai Chi and Pilates in the midweek evenings starting in the Autumn.

Dates for diary for Benhall and Sternfield Social Club for July

Sunday 1st: Final of Euro-championships. Come and enjoy the final on our large TV with friends old and new!

Saturday 7th: Car-boot and Fete, Benhall Club and Field, 12-5pm in aid

of the Joanna Dearing Trust Fund and Macmillan Cancer Research Fund. Car-boot pitches £5 booked in advance (phone Linda on 604250) or £7 on the day.

Saturday 7th: Cash Prize Bingo. 7.30pm for 8pm start.

Saturday 21st: Cash Prize Bingo. 7.30pm for 8pm start.

Saturday 28th: Music Quiz in aid of Benhall Pre-School

Remember you don't have to join immediately to enjoy the facilities including the discounted prices.



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FIT VILLAGES

FEELING inspired to get fit as the Olympics loom and the European Football championships dominate many living rooms? Fit villages may be just what you are looking for.

Run by Suffolk Sport, the scheme gives local communities the chance to run subsidised sporting and physical activity sessions in their village halls and open spaces.

In this area, villages taking part include Rendham, Sweffling, Wenhaston, Kelsale and Middleton. Popular activities have included Pilates, Zumba, Nordic Walking, Tai Chi and Yoga. Details of current classes are listed here. New villages are joining all the time with Benhall Green about to start classes in the autumn.

Rachel Biggins, a committee member at Benhall Club comments,

“The Fit Villages scheme is going to fund evening classes in Zumba, Thai Chi and Pilates starting in Autumn 2012 at Benhall Club, which is fantastic news for our community.”

For more details and to register your village, please contact Henry Tapp on 01394 444289 or henry.tapp@suffolksport.com. Or visit www.suffolksport.com/fitvillages.

A CLASS NEAR YOU?

Zumba Fitness
Snape Village Hall, Fri
 6-6.45pm

Nordic Walking
Sweffling,
 Book at maggiejennings@uwclub.net

Zumba GOLD®
Rendham Village Hall,
 Tue 2.15 - 3pm
 Book on 01728 663325

Tai Chi
Middleton Village Hall,
 Tue 2 - 3pm
 Book at: ali.crawford@virgin.net

Pilates
Wenhaston Village Hall,
 Mon 10.30-11.30am
 Book at kat@rhythmoflife.org.uk

Yoga - Traditional Practices
 (enhanced by the latest sports science)
Kelsale Village Hall,
 Wed 9.00 – 10.30am
 Book on: 07776 201 479

Share your Views of the NHS

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The next event is on 10 July at Kesgrave Community & Conference Centre, 1pm-4.30pm. Lunch is provided.

Staff members from NHS Suffolk, Suffolk Community Healthcare, West Suffolk and Ipswich hospitals, Norfolk and Suffolk NHS Foundation Trust, GPs, the out of hours service, and the East of England Ambulance

Service will be on hand to listen to what you have to say.

Dr Imran Qureshi, a local GP, said: “Empowering patients to make informed healthcare decisions is at the heart of the new NHS. The patient voice will help to shape the NHS from now on.

“People can talk to staff members about the care they have received and join in group sessions to expand on particular issues together.

“Every idea and concern that people raise is taken back by NHS colleagues across the county so that any changes that can be made, will be.”

Anyone who would like to attend should e-mail Adrienne Eagle at adrienne.eagle@wsh.nhs.uk or telephone 01284 713 090.

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Let's Get Cycling – Family Cycling Festival, 15th July

CYCLE Suffolk, a project developing a culture of cycling in Suffolk by creating safe, sustainable and competitive cycling opportunities is pleased to present The Woodbridge Family Cycling Festival, an exciting extravaganza suitable for the whole family.

The festival will include displays, bike maintenance, cycle products, cycling activities and information.

The day will feature led rides by The Cycling Tourists Club Suffolk (CTC), grass track riding led by Plomesgate Cycling Club and speed-



way riding sessions with Kesgrave Panthers. Tunstall and Rendlesham Off-Road Group (TROG) a mountain biking group who organise weekly rides around the trails and bridleways in Tunstall and Rendlesham Forest

will be leading some off-road riding. British Cycling's 'Breeze' will also be there offering rides just for ladies. Beautifully Basic bike maintenance will be offering help with looking after your bike. Other organisations represented will be Bike Active Disabled Cycling, Sustrans, Watt bikes from Cycle Suffolk and British Cycling's Go-Ride racing for children.

As well as all the cycling activities, there will be a range of trade stalls and refreshments. The event is on Sunday 15th July from 11:00 until 16:00 at Kingston field, Woodbridge and anyone is welcome.

For more information visit www.cyclesuffolk.org or contact joseph.young@suffolksport.com



A FEW WORDS FROM 'THE HEAD' SAXMUNDHAM FREE SCHOOL



SAXMUNDHAM Free School opens its doors for the first time on September 6th, with a fresh team of teachers and support staff. Here we hear from newly appointed Headteacher Rob Cawley. "I'm delighted to have been given the opportunity to head such an exciting brand new school.

"Preparations have been full steam ahead since we received the go-ahead from the Department for Education last month. Already, I've had the opportunity to meet many parents

and others from Saxmundham and its surrounding villages.

"Of course, people have loads of questions about the new school and we're working hard to answer them.

"Two very different questions that keep coming up concern 'inclusion' and 'uniform'. With regard to inclusion, Saxmundham Free School is an all ability, non-selective secondary school for children aged 11 – 16. The school will have staff who are qualified in supporting pupils with additional educational and physical needs.

"Saxmundham Free School will open with years 7, 8 and 9 and will grow by a year group a year, until 2014 when all year groups will be in place. The gradual build up is a result of the local school reorganisation that will see the closure of middle schools

and children spending longer at their primaries.

"The uniform looks great. Provisional plans are for inexpensive, washable blazers for boys and girls that will feature the Saxmundham Free School badge. The badge has been designed to show a graphic of Saxmundham Market Hall alongside elements of The Seckford Foundation crest.

"Please remember that if you have any questions about Saxmundham Free School, you can go to www.saxmundhamfreeschool.org.uk or call 01394 615186."

Rob Cawley will be giving an informal presentation to prospective parents at Saxmundham Primary School on 2nd July, 5.30 to 7pm. Please call the number above if you're interested in attending.

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Readers write

DEAR Editor

Saxmundham and District Branch of the Royal British Legion would like to say a big thank you to everyone who supported our tombola stall at the Saxmundham Jubilee Market on 4th June.

Thank you for your generosity. We raised a staggering £255.58. We could not have done it without your help and support. Thank you and God Bless.

A special thanks to Joanna for making Jubilee cakes for our stall to help boost funds and to our dedicated team for the running of the stall. All this money will go to our branch funds for our vital work.

We are also pleased to inform you that we won the 2nd prize for the best dressed stall, a bottle of champagne. We will use this as one of the many fabulous prizes for our Grand Draw coming up soon.

We would also like to thank the organizers of the 1950s jubilee events for a fabulous weekend and for putting Saxmundham on the map. It made us proud to be British.

Well done!

Yours sincerely

Mr J Buvill, Fundraiser

Family Friendly King Lear in the Forest

FROM 24th July – 26th August 2012, the award winning Red Rose Chain will stage its thirteenth annual Theatre in the Forest production, KING LEAR, in the picturesque and enchanting heart of Rendlesham Forest, near Woodbridge in Suffolk.

Once upon a time, in ancient Britain, a very old King planned to divide his Kingdom between his three daughters. The youngest Princess

was beautiful and true but the older two had evil in their hearts and not content with a third each, jealously plotted against their lovelier sister. . . .

Red Rose Chain's family friendly KING LEAR will be filled to the brim with everything audiences have come to expect from this award-winning company - music, dance, comedy, tragedy and puppets in the magical setting of Rendlesham Forest.

Theatre in the Forest regular, 26 year old Edward Day, is set to take on the challenge of his career in the title role. Currently studying clowning at the

renowned LeCoq School in Paris, Day is set to give a unique performance as King Lear. Lauren Redding, fresh from performing in Horrible Histories at the Garrick Theatre in the West End, will play Cordelia.

Theatre in the Forest has grown from a single weekend to now performing to audiences of over 10,000 audience every summer.

Tickets cost £19-£21 and can be booked at www.theatreintheforest.com or on 01473 603388. There is a £3 car park charge.



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CRIME WATCH

Scam warning – Halesworth and countywide

Police are again warning residents to be alert for scam telephone calls after a woman in Halesworth received a call from a person purporting to be from Ministry of Justice saying that in return for a £99 Ukash voucher she would receive a cheque for more than £3,000.

The caller contacted the woman on Friday 8 June, made reference to over-paid bank charges and said that once the resident had obtained the voucher she should forward it to a company and would then receive a cheque via a courier.

The woman contacted police before purchasing the voucher after becoming suspicious.

Police are urging residents to be alert for a number of telephone scams, such as this, in which callers try to get you to hand over cash with the promise of a larger sum to follow when they have received it.

In similar incidents callers have claimed to work for a range of organisations including the Ministry of Justice and London County Court among others.

In some cases the callers know basic information such as the name and address of the person they are calling and use this information to encourage people to get Ukash vouchers which either need to be sent or will be collected in return for thousands of pounds to follow at a later date. Officers are reminding residents NEVER to respond to anything which demands you hand over cash before reclaiming funds.

Genuine refunds will be automatically delivered without you

having to pay anything and you should never respond to demands for money to be sent in this way.

Similar scams are often used with the promise of a prize or reward in the future and many people have been duped into sending off hundreds or thousands of pounds before they realise it is just a ploy to con you out of cash.

Please be extremely cautious when dealing with any unknown callers - never respond to requests for money and never give out personal or bank details or PIN numbers over the phone.

Theft from shop – Saxmundham

Part of a door alarm system at a shop at Church Street in Saxmundham was stolen around 1pm – 1.20pm on Tuesday 5 June.

Police are working to trace two men – both white, around 6ft tall, of medium build and thought to be in their mid 20s to early 30s, one with short brown hair who was wearing a hooded blue and grey horizontal striped jumper and dark jeans, the other with short mousey hair wearing a cream jumper, grey bottoms and white trainers – who were seen tampering with the door around this time. Anyone with information about who they are is asked to call PC 1753 Swinney on 101.

Appeal for sightings of BMW after burglary – Thorpeness

Police are appealing for sightings of a green metallic BMW 520 registration M20 WSS, after it was stolen following a burglary at a home in Thorpeness earlier this week.

Someone gained entry to the home between 11.30pm on Sunday and 6.40am on Monday 4 June and took items including bank books and

cards, cash, a black leather shoulder bag and the car keys. The vehicle was then taken from outside the address.

Anyone who may have seen the vehicle since, anyone who knows where it is now, or anyone with information about the burglary or those involved should call DC 1626 Summers at Suffolk Coastal CID on 101.

Damage – Leiston

The front bonnet of a black Renault Megane was damaged after a piece of cement or similar dropped on the vehicle as it drove along Park Hill in Leiston around 9.40pm on 24 May.

A couple were in the car travelling from Knodishall towards the traffic lights on Park Hill when the object came from the bridge.

The incident was reported this morning, Friday 25 May, when scratches were found on the bonnet. Anyone who may have seen anything in the area around this time, or anyone with information about the incident, is asked to call Sgt 403 Beresford at Leiston on 101

Burglary – Dunwich/ Carlton Colville

Around 70 bottles of wine and champagne and two chainsaws were among the items stolen after someone broke into a home and outbuilding at Westleton Road between 3pm on Friday 11 and 1pm on Saturday 12 May. Many of the stolen items were later found, on the afternoon of Saturday 12, in the front garden of a home in Low Farm Drive in Carlton Colville, near Lowestoft.

Police are asking anyone who may have seen anything suspicious at Dunwich or in this area of Carlton Colville to call DC 1378 Balls at Suffolk Coastal CID on 101.

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SAXMUNDHAM TOWN COUNCIL

At the time of going to press, and due to computer problems with the Clerk, we only received a duplication of last month's May Minutes.

Community Oil Buying Scheme

You may be aware that Suffolk ACRE launched a community oil buying scheme in January. We already have over 300 members who have on average made savings of over 5.8p per litre (including VAT) with an average saving per order of more than £50.

With over 113,000 premises in Suffolk not on mains gas we know there are a lot more people that could benefit from lower oil prices; particularly those that can perhaps least afford the ever increasing costs of heating; the elderly and those on lower incomes that may not have access to the internet.

The scheme is open to everyone in Suffolk and the more people that join the greater the savings, which will benefit all of us in the County and it also helps the environment too by reducing delivery miles.

We do have some leaflets about the scheme and if you know somewhere they could be displayed in your community please get in touch and we can supply them to you, or they can be downloaded from our website:

www.communitybuying.org.uk/faqs

Penny Robertson

According to Consumer Focus (the government's consumer champion organisation) buying oil before the winter period when suppliers are usually less busy, offers better value than purchasing in the peak months of the year.

Other top tips suggested by the organisation include group buying schemes. Suffolk ACRE brings

together orders from all across the County which are then added to other counties who operate similar buying groups, to get the very best price.

Membership of the scheme costs £20 a year but for local co-ordinators membership is free.

JENNIE JONES

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LEISTON TOWN COUNCIL**Highlights of Leiston-cum-Sizewell Town Council meeting held on 12 June 2012**

Present: Cllr. T. E. Hodgson (chair), Cllr. D. E. Bailey, Cllr. R. Bailey, Cllr. D.R. Boast, Cllr. R. J. Geater, Cllr. C. S. Ginger, Cllr. T. J. Hawkins, Cllr. W.H. Howard, Cllr. J. N. Last, Cllr. Mrs A.V. Nunn, Cllr. A. J. Nunn
Apologies: Cllr Parker, Cllr Cooper, Cllr Mrs Geater, and Cllr Sparrow.

Neighbourhood Plan: Cllr Howard, Cllr. Bailey, Cllr Geater, Cllr Boast and Cllr Ginger agreed as the initial membership of a steering group to organise the project, to be joined by representatives of the town. Members agreed to use parish boundary to define the area.

Upper Abbey Farm: EDF estates team are creating working on the renovation of the Farm which they hoped to have in place by the end of June, with a planning application was timetabled for September.
Housing Provision scrutiny SCDC: Noted the request from SCDC to provide feedback to their Scrutiny Committee with regard to housing provision. Agreed to put forward statement prepared by Cllr. Howard as a basis for their concerns:-

"Buying a house is out of the question for many people and we are looking at housing at a time when there is a growing need for reasonably priced rented accommodation. Reasonable, to me, means that rents should be affordable to families whose main wage earner is on the National Minimum Wage of £243 a week, from this tax and national insurance is deducted. If you are unemployed the income is £71 for a single person and £111 for a couple. In the private sector rents locally are in the region of £585 a month for a 3 bed property and housing association rents are set to catch up. At the same time government is planning to reduce security of tenure and has already set in place limits on housing benefit. The need for more single accommodation desperately needs attention. At times I know there are no hostel places in the whole of East Suffolk. At a recent housing seminar run by SCDC we were told that housing lists in this area are growing. It is alarming that housing developers make land available but there isn't the money to build. Personally, I think that the roots of good society are good houses, well maintained, at rents people can afford and with a security of tenure.

Sizewell Parish Liaison Group: Agreed £150 be paid to SPLG for this year's membership.

Library: The IPS (Industrial and Provident Society) will take full control of all Suffolk libraries on 1st August and then be in a position to advise the groups and parishes on the best way to set themselves up to take an interest in their library.

Mr Taylor: Members noted Mr Taylor's previous correspondence re. the Dry Fuel Store and the AAF and his concerns regarding how the 106 process might and who should manage the monies. Clerk to request a visit from the SCDC 106 officer at next meeting to clarify the process.

Finance

a) Accounts for Payment: £21,726.10p along with £7,701.23p paid since the last meeting be approved for payment.

b) Approval of accounts for 2011/2012: Members agreed that the accounts for 2011/2012 and the Accounting Statement on the Annual Return be approved.

c) Chairman and Members Allowance: At year end Chair was often out of pocket (although uncomplainingly) and members felt this should be rectified and a sufficient sum be provided. It was agreed to increase the Chairman's allowance to £1,000.

Planning Matters

C12/0980 – Erection of extensions to existing buildings to form visitor centre for Sizewell B Power Station, Leiston. Members content with planning matters relevant to application but concerned that access to the centre would appear to be by application/invitation. It was hoped that this Visitor centre could be an attraction for visitors and residents without pre-application. Recommend Approval

C12/- New Library Room Extension, together with internal alteration to adjacent building area and associated external landscaping at Leiston Primary School. Recommend approval

C12/1012 – Use of part of the garden to 18 Buller Road, Leiston for erection of a new dwelling house (re-submission). Members were all agreed that plot was unsuitable for a 3 bed house. It would upset the historic street scene and destroyed the amenity of number 18 Buller Rd due to proximity and high block walls. The site of proposed dwelling has had a garage on for the use of number 18 for over 30 years. The development would remove this off-street parking with no substitute on street parking in the immediate area. The small area allocated

on the plans was considered unworkable. Parking issues, cramped footprint and the affect on the neighbouring properties' amenity is significant and unacceptable. Recommend Refusal.

C12/1122 – Proposed conversion of the former Coast guard lookout into holiday accommodation and ancillary artist's studio – Coastguard Lookout, Sizewell, Leiston. With parking limited to one car, no outside furniture or development and all the important internal original features retained members approved. Recommend Approval

C12/1190 – Proposed new bungalow in part rear garden, 1 Garrett Crescent, Leiston. Overdevelopment affecting amenity of neighbouring properties and be an eyesore, out of keeping with the historic setting. Recommend Refusal

County Matters

Flooding: Cllr Howard reported a flooding problem on the bend at the top of Southfield Drive for the Clerk to report.

Potholes: A nasty one was reported on the footway along the southern edge of Westward Ho by the first car parking area.

Correspondence

Leiston Lynx Basketball Club: A rapidly growing club, based at the Leisure Centre. Granted £900 to help the Lynx's buy new kit and scoreboard, using play equipment and Youth Club surplus in budgets.

Vitalise: £50 granted to the Vitalise Charity in recognition of the work they do in the Town.

Leiston Middle School: £50 granted to Leiston Middle School towards gift tokens for end of year Award's event.

Film Theatre Support Club: £50 granted to the Film Theatre Support Club for use as draw prize.

Textile recycling scheme: Cllr Nunn informed the meeting that, all being well, the textile recycling scheme for keeping textiles out of the grey bins (and landfill) would be introduced in Leiston on 2nd July.

Leiston Community Radio: Members to ask them to come and give a short presentation at the September meeting.

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COPY DATES

The Town Telegraph is published at the beginning of each month.

The deadline for Issue 51 is:

5pm, on Friday 20 July for August 2012 publication.

Contact the Editor,
Rachel Nightingale,
PO Box 71,

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Telephone **01728 602269** or email
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PRINTER & PUBLISHER

Southwold Press

Unit 3A, Global Court,
Reydon Business Park, Southwold
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