

# Spotlight

Issue 190 June 2020

Exclusive to residents  
of Felixstowe, Walton,  
the Trimleys & Kirton

## on Felixstowe

LOCAL NEWS • SPECIAL FEATURES • HOME & GARDEN • HEALTH & BEAUTY • MORE

## Good News for Felixstowe Ferry Golf Club

on page 19

## Leo's 2.6 Challenge

on page 13

## Felixstowe Book Festival Goes Digital for 2020

on pages 14 & 15

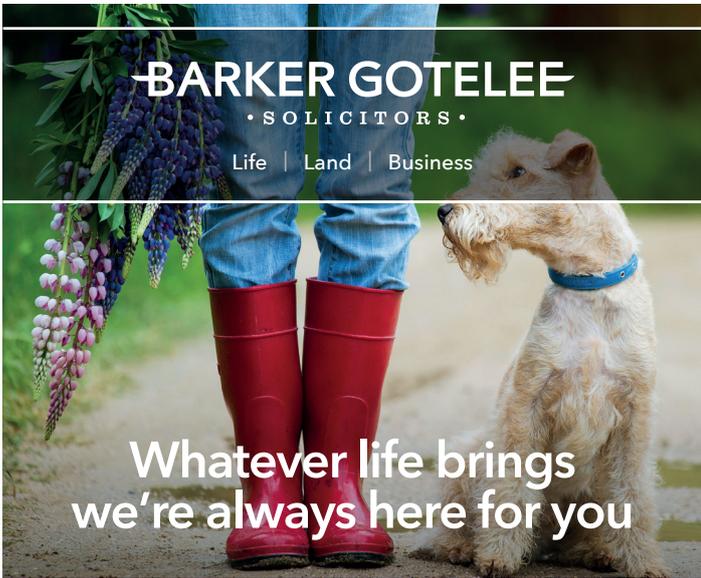
## Brain Teasers and Activities

on pages 22 & 23

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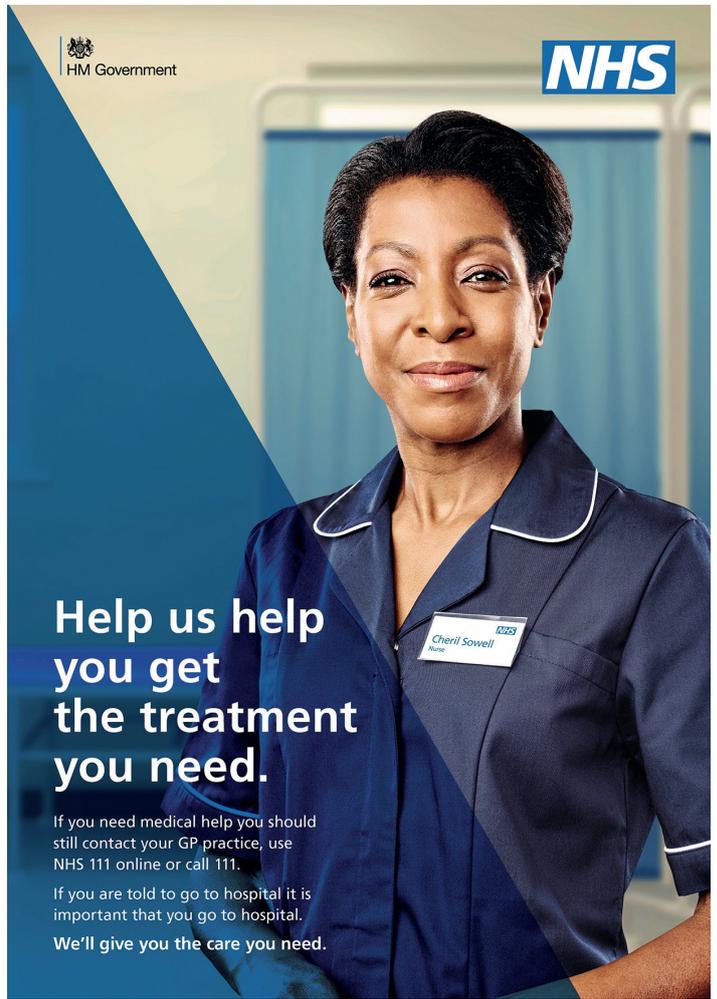
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## KEEPING IN TOUCH

Until it's safe for our delivery teams to work again we have decided to publish online and have worked quickly to create a dedicated page for each publication area.

We're constantly adding new content and engaging with local, regional and national organisations to share often critical information and to support the local groups established in response to the COVID-19 crisis.

[www.spotlightmagazine.co.uk](http://www.spotlightmagazine.co.uk)

You may well be reading this online and if it's your first visit to our website, you are very welcome.

If you have access to a printer and know someone who can't access the online edition, you can download and print a PDF from the website. We have also left a small number of printed copies at key locations in the area, though I suspect they will disappear rather quickly.

Of course we're also using the Mansion House Publishing Facebook page, Twitter and Instagram to ensure information is shared quickly and widely. Do join or follow us if you can.

**Instagram:** [mansionhousepublishing](https://www.instagram.com/mansionhousepublishing)

**Twitter:** [@InTouchEast](https://twitter.com/InTouchEast)

**Facebook:** [Mansion House Publishing](https://www.facebook.com/MansionHousePublishing)

We're also responding to increased demand for online advertising as companies seek out new ways to promote their business and to let customers know they are there for them now and always.

**If you want to know more about the advertising and e-marketing opportunities on offer, please contact our sales team:**  
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Deadline for  
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Wednesday 10 June

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Cover photo: Felixstowe Ferry Golf Club

# Spotlight

on Felixstowe

June 2020

## EDITOR'S CORNER

Jack, my 10-year-old, asked me earlier what I miss most since we've been in lockdown. After much thought, I decided the one thing I genuinely miss more than anything else is the physical company of others. I'm working from home and attempting to home school, most days it's just Jack and I, alone together all day long. We have good days, days when we're full of energy and ideas, when he's happily doing 'stuff' while I work, when we complete an entire activity sheet without arguing (I swear if I hear him say "that's not how we do it at school" one more time I will throw my Carol Vorderman maths guide out the window), days when the sun is shining and anything seems possible, except freedom! On bad days we're grumpy with each other from the word go! We're tetchy, anxious, quick to tears (yes, both of us) and I get interrupted more frequently because Jack can't settle at anything for more than five minutes. Bad days are long. Very, very long! On bad days I try to put my worries and irritations aside to focus on getting him through the day in one piece! We've managed so far but it's hard keeping so many balls in the air and I'm not embarrassed to admit I've dropped a few.

Now back to my original point. I've been on Zoom, FaceTime, Skype and goodness knows what else in recent weeks. I've spent time with cousins as far away as New York and Australia. I've seen the inside of houses I've never been in before and even attended a funeral. Technology is amazing and I honestly can't imagine how we would have coped without it. However, I long to be in the company of others, to sit with a friend when we chat, to hug my mum and dad, to celebrate my nephew's graduation down the pub... I'd even like to see my work colleagues face-to-face! I know this will end and in time it will become a not-so-happy distant memory. TV shows have already been made but I'm sure there will be many more, movies and novels too. Perhaps we will be more resilient when we emerge on the other side. Perhaps, and I hope this is the case, we will appreciate the value of physical connection, both in terms of 'how' we spend our time and 'where' we spend it. Sharing a sense of place with those who are physically closest to us, supporting and being supported by our local community, using our spending power to sustain the local economy... well it all makes perfect sense now. We really are stronger together.

I realise my lockdown experience has, thankfully, been healthy and relatively stress free. I wish it was the same for everyone so to those of you who have experienced loss, illness, unbearable stress or simply had far, far too many bad days, I hope you know you're not alone and that you can reach out for help. This edition includes information provided by several charities and organisations offering support and guidance. Perhaps you will find someone to help you if you are struggling. If you'd like to share your lockdown experience, good and bad, please send your stories and images to me. Let's make the next edition a celebration of what has been achieved within our local communities, of the people who have led the way and those who have gone above and beyond to help others. I've been really impressed by the way in which simple ideas have taken off. Rainbow posters in windows, teddies waving from window sills, thank you notes on bins, jam-packed boredom boxes for elderly residents... not to mention the creative and caring ways in which local businesses have stepped up to meet current need. If you visit our websites – [www.spotlightmagazine.co.uk](http://www.spotlightmagazine.co.uk) and [www.keepingintouchwith.co.uk](http://www.keepingintouchwith.co.uk) – you can read about the plumbing and heating company providing free oil level checks for the vulnerable, the bakery delivering more than 300 free loaves a week to the vulnerable and elderly, the taxi company giving a 10% discount to essential workers...

We have so much to be grateful for. To everyone who has helped in any way, we say thank you, well done and stay safe. I'll end with another Irish phrase, "Go raibh míle maith agat", which literally translates as: "*May you have a thousand good things*".

SHARON JENKINS *Editor*

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Mansion House Publishing also publishes 18 *In Touch with...* titles which are distributed to 64K homes and businesses in the following areas:

- Beyton, Elmswell, Haughley & Woolpit
- Bramford, Offton & Somersham
- Barham, Claydon, Henley & Whitton
- Belstead, Bentley & Copdock
- Capel St Mary
- Dedham, East Bergholt & Flatford
- Baylham, Gt & Lt Blakenham
- Ipswich East, Brook Hall & Ravenswood
- Kesgrave & Rushmere St Andrew
- Brantham, Lawford & Manningtree
- Martlesham Heath
- Needham Market & The Cretings
- Chelmondiston, Shotley & Stutton
- Burstall & Sproughton
- Stowmarket & Stowupland
- Ashbocking & Tuddenham St Martin
- Hintlesham & Hadleigh
- Melton & Woodbridge

## Disabled People Forced to Risk Health and Endure Humiliating Experiences Just to Buy Food

New research by disability equality charity Scope has uncovered the stark reality of supermarket shopping for many disabled people. The charity submitted its findings to a government inquiry into food supply during the coronavirus pandemic.

From risking their health because they can't get delivery slots, to enduring the humiliating experience of being judged or challenged by other shoppers and staff, buying food and essentials continues to be a source of enormous worry for many disabled people, research by Scope suggests.

Many disabled shoppers could be facing a 'triple whammy' of a higher infection risk, the strain of inaccessible measures like having to stand in long queues, as well as other people's negative attitudes.

A survey of 585 disabled adults carried out over 10 days by Savanta ComRes on behalf of Scope found that of those who have been to a supermarket since the outbreak:

- A quarter (26%) said they have faced negative attitudes from other shoppers
- More than one in three (36%) disabled shoppers reported that long queues were aggravating their conditions or impairments
- A quarter (26%) feel 'scared' about catching coronavirus while shopping because of their condition or impairment
- One in six (16%) reported issues accessing supermarkets during special opening hours
- One in seven (13%) reported facing negative attitudes from supermarket staff
- One in 10 reported (9%) issues bringing carers into shops with them
- Half (46%) said they had issues getting essential items

In addition, two in five (38%) of all who had needed or tried to book delivery slots in the previous three weeks weren't able to.

The new findings show that getting hold of food and essentials is still creating major issues for many of the UK's 14 million disabled people. Despite efforts from the government and supermarkets to tackle this issue, too many disabled people are still falling through the gaps and being forgotten about. Access to food and essentials remains the number one Covid-19 related concern among callers to Scope's helpline. The Research Institute for Disabled Consumers has also found that 89 per cent of disabled people are concerned about the availability of food.

### Charles Bloch, 26, from Coventry, has asthma, and is registered blind.

**"I should ideally be isolating on my own for 12 weeks because of having bad asthma, but living on my own and having a lively guide dog, it's not an easy thing to do. And with no shopping delivery slots available, I've had no choice but to go to the local shop.**

**"I applied online for vulnerable status and was given it. I got an email from one supermarket to get priority access for delivery, but now the website doesn't load. I'm having to go to the local shops every two to three days. Shops are still busy, and people aren't moving out of the way for me and my guide dog. I'm worried about running out of food. I should be self-isolating. I have asthma which means I'm vulnerable, and right now I'm having to risk my life to get food."**

Over the past few weeks, huge numbers of disabled people have contacted Scope directly to share their experiences. Many have told us that despite being in a vulnerable situation as a result of

lockdown, they've had no choice but to risk their health by going out to supermarkets in person. Disabled people have also told Scope about other issues, such as struggling to get particular foods they need because of their conditions, such as gluten-free alternatives and milk substitutes. Many told Scope they were having to completely depend on family members or neighbours visiting supermarkets for them. Those who are most isolated are becoming increasingly worried about being unable to access any food at all. Disabled people are also anxious about lack of support and advice for carers or family members of disabled people in the 'extremely vulnerable' category. Many are still having to visit supermarkets but are concerned about bringing the virus back into their homes afterwards.

### What needs to change

Scope is urging shoppers to be supportive, understanding and tolerant of each other and to be mindful of invisible impairments. The disability charity wants the government to work with supermarkets to make sure all disabled people can access supermarkets and food. Scope's recommendations include:

- Ability to skip long queues
- Consistent access to Click and Collect
- Expanded provision of telephone ordering and payment
- Continued training/support to ensure staff are aware of invisible impairments

Scope is also calling on the government to make sure disabled people who need them can get delivery slots. The charity is recommending that the government works with charities who can refer individuals in need of additional support. Scope is also calling for a system which will allow people to self-identify if they are in a vulnerable situation regarding access to food.

James Taylor, Scope's Executive Director of Strategy, Impact and Social Change, said: "Shopping is already a difficult task for many disabled people, and now many are telling us they feel judged and compelled to explain their condition just to be able to shop safely. It's crucial that new rules to protect people, such as asking people to queue outside supermarkets, don't make it harder or impossible for disabled people to shop. Disabled people also have the right to reasonable adjustments, and these rights shouldn't be thrown aside or forgotten about. The government and supermarkets need to listen to disabled people and develop a consistent and co-ordinated approach and urgently act to expand its 'vulnerable' list, to make sure all disabled people can safely get the food and essentials they need."

**To find out what Scope is doing to support you and keep you safe during the coronavirus outbreak visit:**

[www.scope.org.uk/advice-and-support/coronavirus](http://www.scope.org.uk/advice-and-support/coronavirus)

#### Free disability helpline

Open Monday to Friday 8am to 8pm.

Saturday to Sunday 10am to 6pm

Phone: 0808 800 3333 / Email: [helpline@scope.org.uk](mailto:helpline@scope.org.uk)

### Scope urgently needs your help

During this difficult time, disabled people are finding themselves isolated more than ever. Scope needs your help to continue providing vital support for disabled people and their families right now. Please donate today; £9 could pay for a call to our helpline, giving people vital support and information.

Donate at: [www.scope.org.uk/donate/?frequency=card&amount=9](http://www.scope.org.uk/donate/?frequency=card&amount=9)

# Counter Meds

27 Beach Station Road IPII 2DR  
07440151927

**Our New Lockdown opening hours**  
**Monday to Friday 9-4 (closed 1-2 for lunch)**  
**Saturdays open 9-1**



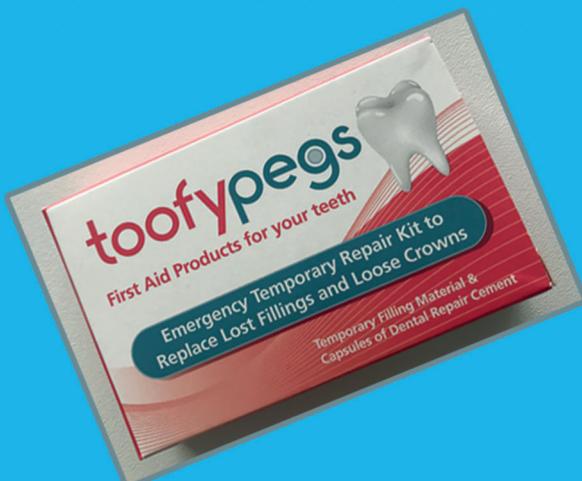
According to the Pharmaceutical needs assessment report 2018 there are many cases of undiagnosed hypertension in this area. CounterMeds have taken this seriously and have blood pressure monitors in stock.

Also; considering the present scenario around Corona Virus and lockdown, we have blood pressure monitors for sale that people can buy and use to measure blood pressure at home: weekly or daily.

Paramedics are finding more cases of increased blood pressure due to the panic of 2 or more symptoms being present that might be indicative of Corona Virus and no tests are freely available yet. At least measuring your own blood pressure can help keep an eye on this serious issue.

CounterMeds has taken over the doggy grooming shop as a health and beauty shop and we have retained products for dogs and their needs.

Dog Grooming products , flea and tick treatments, cost effective large packs of doggy bags and litter picking sticks all add to the product range of CounterMeds.



We also sell pregnancy tests, condoms, vapour rubs, face masks, tea tree oil, Aloe Vera and charcoal based treatments.

Please come and check out us out.

# Local News



## Accidents in the Home

**What to do if you are living in defective premises**

According to the English Housing Survey, over the last 20 years, the proportion of people renting properties has doubled, and one fifth of the UK population are now living in privately rented accommodation.

More accidents happen in the home than anywhere else, with 6,000 deaths and more than two million children under the age of 15 experiencing accidents in and around the home each year. Therefore it is important that homeowners and those occupying property (including both landlords and tenants) do all they can to spot, and then where appropriate, repair any defect that could be a potential hazard, and could lead to injury and loss.

### **So what are the most common types of accident that take place in the home?**

- Slips trips or falls as a result of uneven, defective or inadequate flooring
- Injuries as a result of falling objects
- Illnesses caused by a leak inside the property
- Faulty equipment inside the property leading to injury or illness
- Illness caused by disrepair / poor maintenance of the property
- Injury as a result of poorly undertaken works to the property

So as a tenant of a rented property, what are the landlord's obligations to ensure that the rented property is free from such potential hazards / defects? The short answer is that there is a general duty on homeowners (including landlords) to take reasonable care to ensure the safety of visitors, including the tenants.

### **Landlords should therefore have the following in place:**

- Procedures to assess their premises at appropriate intervals – inspections of the property and a record of those inspections having taken place; and
- A good system of repair and maintenance; and
- Following reports of a defect or hazard on the property being raised, by either a tenant or visitor to the property, a quick response to rectify any potential issue.

So as a tenant or visitor to a property, what should I do if I notice a hazard or defect?

### **Notify the property owner immediately or certainly as soon as reasonably practicable. That property owner could include the following:**

- Landlords
- Homeowners
- Public Authorities
- Estate / Managing agents of that property
- Public or private property owners

Cases against landlords and homeowners are notoriously complex; it is often difficult for the injured person to prove that a landlord / homeowner knew of but did nothing to fix a defect or hazard which then resulted in an accident, injury and loss.

At Prettys, we have experience of dealing with claims as a result of defective premises, including claims against landlords and property owners for their failure to keep a property in a state of good repair, which could result in personal injury to you either as a tenant or visitor to that property.

**If you therefore have suffered injury or illness as a result of being a tenant / visiting a property, please contact us on 01473 232121 or email Louise Plant at: [lpplant@prettys.co.uk](mailto:lpplant@prettys.co.uk)**

**PRETTYS**  
FOR PEACE OF MIND

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HM Government **NHS**

# CORONAVIRUS STAY ALERT TO STAY SAFE

- ✔ Keep a safe distance from others
- ✔ Stay home as much as possible
- ✔ Keep washing your hands regularly

**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**



# Adapting to Life Under Lockdown

We operate on a simple premise here at Mansion House Publishing: supported by income from advertising, we produce, print and deliver 70,000+ free magazines every month. However, it's the principle by which we operate which has sustained us and our customers in recent months and enabled us to carry on doing what we do in a challenging marketplace.

Our business is built on and around 'community'. We work with communities in each publication area to publish relevant content and we're passionate about local business, local events, local charities... everything local in fact! At a time when local news and a supportive mechanism to sustain local business has never been needed more, we put our shoulders to the wheel and got on with the task.

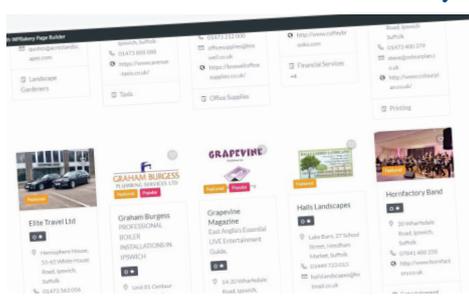
Of course we were inspired by you. With local support groups forming almost overnight and businesses adapting their offer or the ways in which they work, we simply had to step up by doing what we do, providing information, maintaining communication between readers and business, and providing continuity and reassurance when normality ceased to exist.

## How we've adapted

We've had to adapt too, but it's been a constructive experience, as well as a massive learning curve. Until we feel it's safe for our delivery teams to work again, we are publishing magazines online. We've always done so but it's not something we've promoted heavily. It is now and we've worked hard to direct readers to our website where, in addition to their regular monthly edition, they discover a whole lot more.

Of course the added benefit of using social media and the internet more effectively, and this is universally acknowledged, is the ability to share information quickly, within seconds in fact! We've been working with support groups, doctor's surgeries, food delivery outlets and businesses providing a range of in-demand services to do so and it's been extremely effective for all concerned.

## Our new online Business Directory



Our digital offer, both in terms of editorial content and marketing options, has developed at the speed of light. In addition to dedicated web pages for each publication,

we have created a digital directory to enable our readers and visitors to identify local businesses which are open.

Adding your company to the directory is free with several enhancements available to help you make the most of your listing.

Just go to [www.spotlightmagazine.co.uk/all-listings](http://www.spotlightmagazine.co.uk/all-listings) to choose the best plan for your business.

"Our readers know it's critical to support the local economy but with so many working from home it's difficult to know who is open," explains our sales manager, Daren Stainton. "As this is an entirely new directory, readers can be confident it's up to date and that every business listed is open and able to respond right now. That's very reassuring."

## Social media

Our social media accounts – Facebook, Twitter and Instagram – have never been so busy, Facebook especially. Even those of us who haven't used Facebook very effectively in the past have come to appreciate it's value both in terms of sharing information and interacting with others. The ability to interact, to engage with and share content which we know others will appreciate, and to do so quickly from just about anywhere, is incredibly liberating for users and provides a vital connection for just about everyone.

We've devised digital campaigns for several advertisers with company profiles shared on social media and linking to our online directory. This has worked well for MP Plumbing & Heating, Avenue Taxis and Ashtons Legal, amongst others, so if your business is offering much-needed services or has adapted how it operates in some way and you want to let your customers know, give us a call.

## Online magazines attracting more readers

We know many of you miss having a printed magazine, but it's pleasing to see that the number of people reading the online editions is increasing steadily. It's particularly pleasing to see how long you spend reading, which suggests we've managed to get the right mix of content. I know the Brain Teasers page in last month's edition was particularly popular. One of our care home advertisers even asked for it as separate document so he could circulate it to residents.

Richard Hartley from Poetry Plus in Manningtree wrote to congratulate us on last month's electronic version and said he was particularly impressed by the way the pages flick over when you "turn the page". Please note that it is possible to download a PDF if you would rather read it in 'document' format or even want to print it out.

We've had wonderful feedback from many, many people which will help sustain us going forward. Who doesn't like a little praise now and again! It seems our efforts to be there alongside our readers and advertisers as we deal with unprecedented challenges is appreciated and is, in itself, another mark of how strong we are together.

Join us on social media, visit the website to read the latest edition and if you run a local business, get in touch to discuss how we can work with you to enhance your profile and grow your customer base to meet the challenges which inevitably lie ahead.

**We're confident about the future and we'll be with you every step of the way as we move slowly towards normality.**

**Stay safe. Stay strong. Stay in Touch.**



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BoswellOfficeSupplies

Mansion House Publishing is part of Mansion House Group which means we can offer a range of additional services including print and office supplies, with both companies continuing to operate and deliver.

For office supplies go to: [www.boswellofficesupplies.co.uk](http://www.boswellofficesupplies.co.uk) where you can order online. For print go to: [www.colourplan.co.uk](http://www.colourplan.co.uk)

# Local News

## Financial Planning in a Pandemic

Really, this is a 'what happens next?' issue. Hopefully you will all have been organised enough to be on a sensible financial plan to:

- (a) make sure that you are well insured against perils like ill health and death and are
- (b) looking to your longer-term future and making the 'deferring consumption' choice by putting money away so that you can eventually exit wage slavery with comfort and dignity.

This, of course, all assumes that you can earn a living.

But we now have a hiccup in that planning if you are in the private sector of the economy. State sector employees will likely be largely sheltered from the effect of the lockdown.

You may be furloughed. In which case, are your furloughed wages adequate to cover your basic needs, your necessary insurances and pension?

If not, what do you cancel or suspend first?

If you cancel a life insurance policy, will you be able to be reinsured later? At what price?

If you cancel your pension saving, what effect will that have on your final pension or retirement date?

If you need to use capital to keep body and soul together, what investments should you sell first?

And is that a good idea at all as, arguably, asset prices are depressed?

Looking further out, will your employer survive this lockdown?

Maybe they will only be able to offer reduced hours and/or a lower wage?

### Are you ready for that?

If you would like to discuss any of this with a friendly and dispassionate ear, please contact us. A quick chat may be valuable. Or we can organise a longer discussion (technology will let us do that remotely) for more detailed questions.

And in the spirit of the time, we are offering our time for this without charge. You may then be better prepared for what happens next.

**Live long and prosper.**

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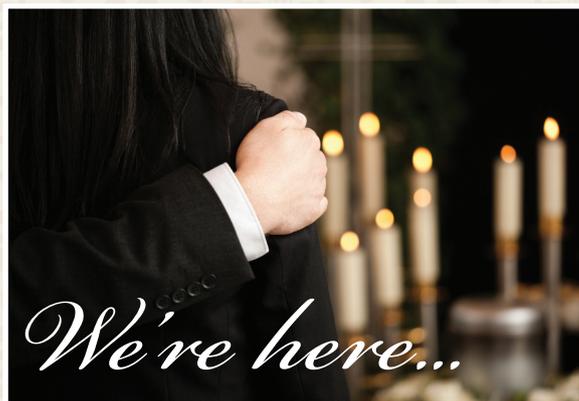
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**Williams Farrall Woodward**

Priority House, 8 Turret Lane, Ipswich IP4 1DL 01473 231644 equityrelease@wfw.co.uk



# Local News

## The Musings and Mutterings of a Septuagenarian in Lockdown

**Little did any of us imagine, as we celebrated entering the new year of 2020, how our lives would drastically change in just a few short months.**

In the first few weeks – when staying at home became the new norm – it seemed so alien. It took me a couple of weeks to come from a feeling of unsettled abnormality to adopting a more pragmatic, philosophical approach to the lockdown; entering my own phase two with new found positivity aimed at making the best of the situation.

Eventually a routine seemed to magically evolve, and with this routine a sense of comfort. My normal balance of daily life changed to involve doing more 'fun' things and not worrying about a bit of dust, etc. A pandemic certainly puts so much into perspective making one appreciative of what is important.

The allowed daily walk was a given for my husband David. I always shy away from exercise so have surprised myself by really enjoying this daily outing with my beloved. Miracles do happen! Our hobbies have taken over our lives too. David is fortunate to have a man shed to play in...oops...create in, and I have been having fun with my watercolour paints – pure escapism; so important for one's wellbeing.

Trying new hobbies has also been fun, and thanks to Amazon we are now hooked on 1,000 piece jigsaws; the comical ones which provide us with not only brain exercise but plenty of chuckles. On a practical note, as retirees we are fortunate not to have financial/job worries.

Deliveries of essential items are in place and phone calls, emails and FaceTime have kept us in touch with family and friends, but (like so many) we do miss the close contact; definitely the toughest sacrifice of staying at home. I'd like to take this opportunity to personally thank all who have helped us, and to the wider community who are selflessly working so hard for us all.

*Submitted by Liz Tennant*

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## Revenue is Vanity, Profit for Sanity, but Cash is King!



Never has the adage *Cash is King* been more relevant than during a crisis such as the coronavirus. So how do you get more cash when the ability to be able to obtain terms and finance at this time can be limited?

### Sell investments

You might consider the fact that now is a good time to release some funds held in investments. We cannot comment on the respective investment merits in doing so. However, we can comment on the tax effect which might substantially change the amounts you will receive.

The government has softened the tax charge applying to liquidating a Lifetime ISA. These investments are topped up by 25% by the government and to assist with the coronavirus crisis the tax rate has been reduced to 20% (from 25%) when money is taken from a Lifetime ISA.

Liquidating a general ISA will not attract any tax charges.

Selling assets outside of an ISA may attract capital gains tax, but with an annual exemption of £12,300 some cash can be obtained without any tax charge. There are obviously no tax charges on the investments if there has been no increase in their value. Losses can in some instances be set against income to obtain tax refunds.

### Sell business assets

Some businesses might consider selling assets they own and leasing assets instead, creating an injection of funds into the business in exchange for a longer-term expense for the business.

### Release pension cash

Some business owners might want to consider using cash held in their pension fund to purchase the company premises.

This will provide cash for the business, and any tax charge on the gain in selling the property can sometimes be offset by a pension contribution by the company into the pension fund which will obtain tax relief.

### Accessing your pension fund

If you are over the age of 55 you might decide this is an appropriate time to access your pension fund. Of the fund usually 25% of it can be accessed tax-free, and any additional funds would be treated as taxable income. If you are doing this you might wish to control what rate this income will be taxed and consider splitting the payment over two tax years. Tax will probably be deducted at source at a higher rate than it will eventually be payable, so making a provisional tax repayment claim before the end of the tax year can access more cash sooner.

### Claiming benefits

As a result of the coronavirus crisis many household incomes will reduce and they will be able to claim some benefits as a result of that loss of income. This might mean becoming eligible for Child Benefit.

Many self-employed people who are unable to trade during the coronavirus lockdown should consider claiming Universal Credit as well as the Self Employment Income Support Scheme payments. With both of these benefits, timing of the claim can be crucial.

We would recommend people enter their details into some of the many benefits calculators available online to establish what they might be eligible to claim.

If you would like advice on any of the above matters please contact us on 01473 659777, email [info@beatons.co.uk](mailto:info@beatons.co.uk) and visit [www.beatons.co.uk](http://www.beatons.co.uk)



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# Local News

## Stick With It Suffolk

Continue slowing the spread of the coronavirus



**Suffolk residents are being asked to continue their great efforts, which are successfully reducing the spread of COVID-19.**

*Stick With It Suffolk* launched on Monday 18 May 2020, highlighting what we must all continue doing, to keep each other safe and to defeat the virus. Recent data shows that around one in 600 people in Suffolk have tested positive for COVID-19, which compares favourably to Norfolk, Essex and the national average. However, we are not out of the woods yet. The number is continuing to rise, although more slowly, which is why it is crucial that people keep following the instructions.

### These are:

- Keep staying at home
- Keep working from home where you can
- Keep two metres apart if you go out
- Keep exercising safely
- Keep washing your hands with soap and water
- Keep self-isolating if you or anyone in your household has symptoms
- Keep travelling by car, bike or walking
- Keep staying safe at work
- Keep shielding yourself if you're vulnerable
- Keep supporting local businesses
- Keep looking out for each other

*Stick With It Suffolk* is being rolled out across the county by the Suffolk Resilience Forum, which include Suffolk's NHS, Emergency and Public Services. These local authorities and organisations are working together around the clock to keep Suffolk as safe as possible.

This is how Suffolk will successfully respond to the government's *Stay Alert, Control the Virus, Save Lives* message.

People are asked to share their stories and how they are managing to stick with it, using the hashtag #**StickWithItSuffolk** on social media.

### Stuart Keeble, Suffolk Director of Public Health, said:

“On behalf of all the members of the Suffolk Resilience Forum, I'd like to say thank you to the people of Suffolk for the sacrifices they are making by following these instructions. But now, more than ever, it is important that we stick with it – the number of cases can very easily increase if we take our eye off the ball. This would be a backward step, with strict lockdown measures coming back into force.

“With young children of my own, I understand how difficult it is when they can't see their family and friends, they would love to see their grandparents but I know this increases the risk to my family and Suffolk residents. We are making progress, and we will continue to do so if we *Stick With It Suffolk*.”

### Dr Mark Shenton, Chair of the Ipswich and East Suffolk Clinical Commissioning Group, said:

“I would like to take this opportunity to thank all of our communities for their continued support in helping our health and care system to manage this public health emergency. These are unprecedented times and the measures we have all taken so far are really making a difference. This is why it is so important to continue following government guidelines and keeping the two metre distance from each other.

“I am so proud of how our services are responding to this crisis and extremely heartened by the continued support that so many people are giving us by following these rules.

“Please continue to stay alert, continue to help control this virus and help us all save lives.”

# Local News

## Felixstowe Recruit Sails Through Training

While the Royal Navy continues to support the government in its fight against COVID-19, a 19-year-old recruit from Felixstowe has completed his basic training.



Warfare Specialist Will Hume joined the Royal Navy in March, arriving at the gates of HMS Raleigh, in Cornwall, for an intensive 10-week course designed to teach him the skills he will rely upon throughout his career.

He said: "It's been a life-long aspiration of mine to join the Royal Navy. My dad is ex-military. I am the fittest I've been in my life and it was a real honour to be chosen as the

class leader. I've really enjoyed all the exercises and becoming more self-disciplined. It's been great bonding with the rest of my class and facing new challenges together. Training gives back what you put into it; maximum effort gives maximum reward."

Will is now ready to move onto his specialist training to qualify as a Warfare Specialist. His role will see him at the cutting-edge of communications, weapons and defensive systems, either on combat operations or providing humanitarian aid.

The Royal Navy's Initial Naval Training course is underpinned by nine core maritime skills that are the foundations of naval life and underpin operational effectiveness.

Recruits are taught the basics of naval discipline and customs. They learn about navigation and are given the chance to take the helm of their own medium sized inflatable boat during a waterborne orienteering exercise.

Royal Navy personnel can also be called upon to play a vital role in land-based operations, so recruits undergo training in basic combat skills which includes survival in the field.

Fitness is a key component of the training and is delivered using a disciplined method of military fitness which focuses on developing co-ordination and individual physical strength and endurance.

As the course progresses the recruits take part in three extended exercises to test their skills and understanding of the principles they have been taught.

Details of career opportunities within the Royal Navy are available online or by calling the recruitment line on 03456 00 53 02.

[www.royalnavy.mod.uk/careers](http://www.royalnavy.mod.uk/careers)

## Music in Felixstowe



We are pleased to say that Music in Felixstowe is carrying on with live and recorded concerts on its Facebook page at 11.30am on Wednesdays until the end of July at least.

To catch up with all the concerts visit:  
[www.felixstowemusic.com](http://www.felixstowemusic.com)

Starting in March, the concerts have featured a jazz violinist, sitar player Emily Bennett (well known as conductor of Felixstowe Community Choir), violin and viola duo Bob and Rebecca Smissen, Hattie Bennett on cello and others.

Plans for the next couple of months include Nicholas Ward on violin, opera singer Christina Johnston, Christine Whiffen on harpsichord and singer and guitarist Spenser Horton.

If you would like to help by giving to our Musicians Hardship Fund please contact  
Hattie Bennett: 01394 670633 / Marsh Cottage,  
Felixstowe Ferry / [musicinfelixstowe@gmail.co.uk](mailto:musicinfelixstowe@gmail.co.uk)

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## Leo's 2.6 Challenge

During lockdown, Leo 'Aces' Collins from Framlingham raised an incredible £551 for Scope by taking part in the 2.6 Challenge.

The idea of the 2.6 Challenge is for people to choose a challenge, any challenge at all, related to the numbers 2.6 or 26 (the number of miles in a marathon and the date the event would have taken place).

Visit [www.google.co.uk/amp/s/www.bbc.co.uk/newsround/amp/52419127](http://www.google.co.uk/amp/s/www.bbc.co.uk/newsround/amp/52419127)

### Leo's Story

"I was inspired by a friend on Instagram to take part in the 2.6 Challenge.

Throughout lockdown I have felt frustrated that I couldn't really volunteer in anyway due to having Cerebral Palsy. I was also very irritated that I was being classed as very vulnerable and high risk. Even though I have a disability, I am actually pretty fit due to working out and boxing.

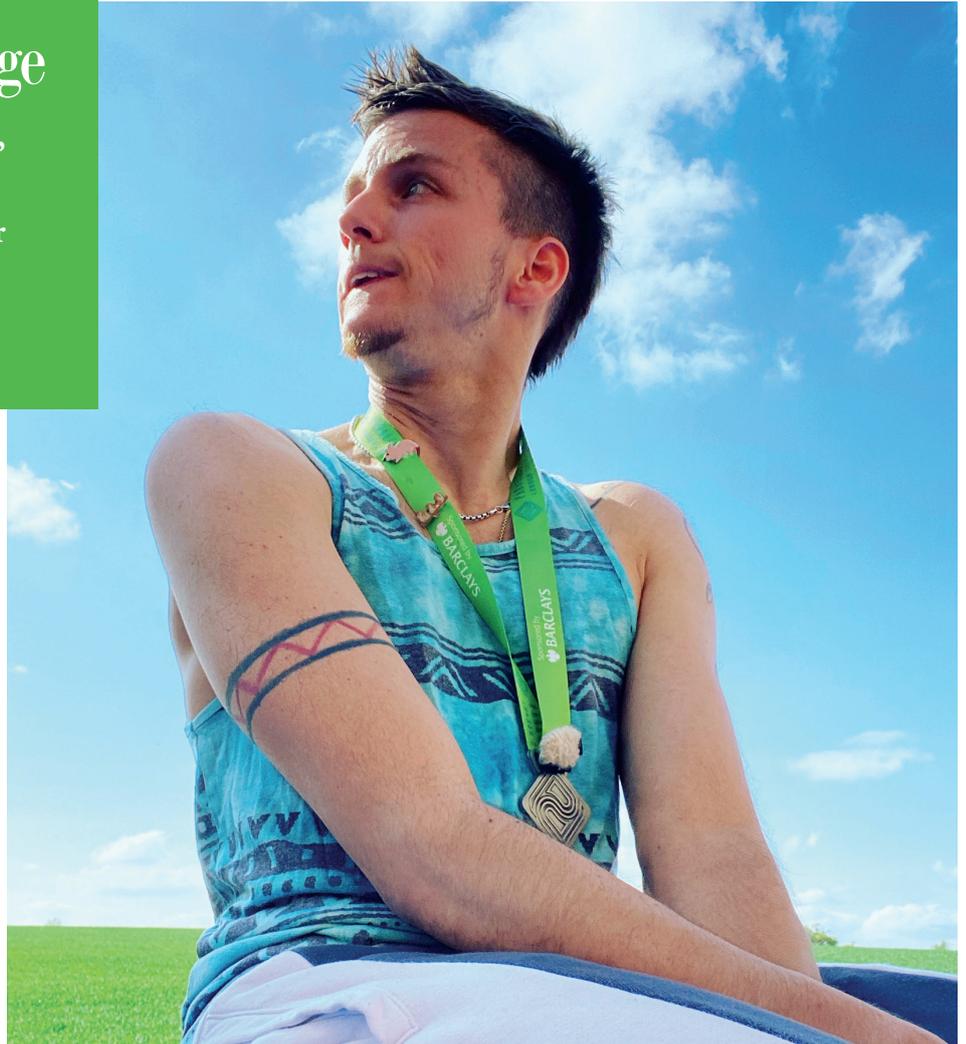
However, I was aware that for some people with Cerebral Palsy the condition can sometimes cause respiratory problems, meaning contracting COVID-19 could be pretty dangerous.

I thought I would combine my passion for working out with helping Scope. I thought the 2.6 Challenge was manageable and I decided to crawl the length of my garden 26 times (312 meters) and punch my punch bag for 26 minutes; five minutes on, two minutes off.

***The target was to raise £260 but by the end we raised £551!***

Thank you to everybody who donated.

I am now planning my next crawl from my house to the centre of Framlingham, which is roughly a mile."



Leo runs his own business, Aces Training "Diversity Matters", where he speaks to organisations, schools and colleges about diversity awareness including disability and gender identity. Leo says: "I am passionate for people to understand that somebody who has a severe disability like mine is still able to live life just as successfully as somebody who is able bodied."

Visit [www.acestraining.co.uk](http://www.acestraining.co.uk) to find out more.

**You can support and keep up to date with Leo's fundraising by visiting:**

Instagram: [@leo1aces](https://www.instagram.com/leo1aces)

Facebook: [@LeoAcesCollins](https://www.facebook.com/LeoAcesCollins)

Just Giving donation page:

[www.justgiving.com/fundraising/leos-26-crawl-and-box-challenge](http://www.justgiving.com/fundraising/leos-26-crawl-and-box-challenge)

Find out about Scope:  
[www.scope.org.uk](http://www.scope.org.uk)

# Special Feature

## Felixstowe Book Festival Goes Digital for 2020 - Line Up Announced



Felixstowe Book Festival is going ahead, but in a 'virtual' form of live streamed interviews with some of the authors who were booked to come to Felixstowe before the coronavirus struck. A Just Giving page has also been launched to help cover the costs of the virtual festival.

"It was a huge relief that everyone, the committee, all our enthusiastic volunteers, sponsors and some of the authors, have been able to work together to create a virtual Felixstowe Book Festival for the weekend of 27/28 June," said Meg Reid, Festival Director. "We waited as long as we could to see how the situation regarding coronavirus worked out, and I was very disappointed that the festival, that we had spent months planning, looked as though it would have to be cancelled. The new-style festival is very exciting, and I hope that everyone enjoys hearing the authors being interviewed and talking about their work."

The Felixstowe Book Festival Book Group kick off the online festival when author Ruth Dugdall, and librarian and book lover Liz Rastrick, invite everyone to a birthday party to celebrate Anne Bronte's 200th birthday.

On Friday 26 June at 7.30pm on ZOOM (ID: 858 5444 7275) Nick Holland, a leading authority on the Brontës, will join in to talk about his latest book *Crave the Rose: Anne Bronte at 200*. He is also the author of *In Search of Anne Bronte*. Nick will reveal Anne's brilliance as a writer, her tragic death and her life with genius sisters Charlotte and Emily.

"We also set up a Just Giving Crowd Funding page, set up to support the costs of the online festival. Any donation, however small, will be much appreciated," Meg explained. "We are hoping to raise £1,000."

There will be six live streamed interviews across Saturday and Sunday 27 and 28 June. They are with George Alagiah, newsreader and author of *Burning Land*, set in the new South Africa, Nick Cottam (a virtual illustrated tour of the River Deben, *Life on the Deben*), Liz Trenow (her novel *Under a Wartime Sky*, set at Bawdsey Manor), Harriet Tyce (about her tense crime novel, *Blood Orange*), Paul French (writer of a Shanghai Noir, *City of Devils*) and writer and actress, Carol Drinkwater (her latest novel is *The House on the Edge of the Cliff*).

Audiences can tune in to listen and to ask questions on the festival's Facebook page: [www.facebook.com/FelixstoweBookFest/](https://www.facebook.com/FelixstoweBookFest/) and on the website: [www.felixstowebookfestival.co.uk](http://www.felixstowebookfestival.co.uk)

Also, the Festival has videos from Iain Dale talking politics and Paul French for an author Q&A about China.

"I'm also asking some of the other 2020 speakers if they would like to film on their phones, making a short video of themselves in the place where they write," added Meg Reid, "which should be fascinating."

To donate to the Felixstowe Book Festival the Just Giving page is: [www.justgiving.com/crowdfunding/felixstowe-book-festival?utm\\_term=pRjR2wm9x](https://www.justgiving.com/crowdfunding/felixstowe-book-festival?utm_term=pRjR2wm9x)

Full details of the new programme is on the Felixstowe Book Festival website, but the streamed authors will be broadcast live at the following times:

### Saturday 27 June

11am – Harriet Tyce  
2pm – Paul French, *City of Devils*  
4.30pm – Carol Drinkwater

### Sunday 28 June

11.30am – Liz Trenow  
2pm – George Alagiah  
4pm – Nick Cottam



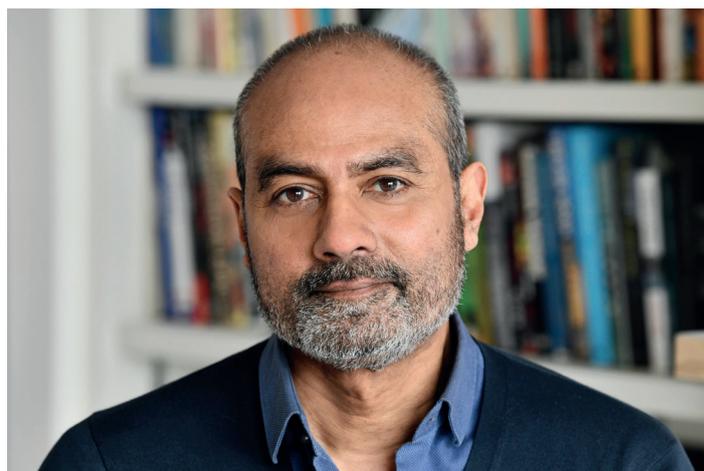
### Carol Drinkwater

Carol Drinkwater's books, which include memoirs set on her olive farm in the south of France, have sold over one million copies worldwide.

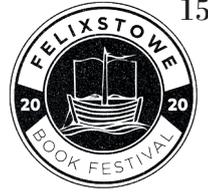
### George Alagiah

The BBC News at Six presenter will talk about his debut political thriller *The Burning Land*.

(Photographer - Jeff Overs)



# Felixstowe Book Festival Events



## Saturday 27 June

### 11am: Harriet Tyce – *Blood Orange*

A twisty and tense crime novel that raises searching questions about marriage and love, addiction and delusion, and ultimately innocence and guilt.

*Blood Orange* has been long-listed for the Theakston Old Peculiar Crime Novel of the Year, is a Sunday Times bestseller, and a Richard and Judy top read.

### 2pm: Paul French – *City of Devils*

A spell-binding and dramatic true account of Shanghai's lawless 1930s and of two of its most notorious Jazz Age criminals.

Paul French is the winner of both the Edgar Award for Best Fact Crime and the CWA Gold Dagger for Non-Fiction.

### 4.30pm: Carol Drinkwater – *The House on the Edge of the Cliff*

Past and present spectacularly collide in this gripping story of enduring love and betrayal echoing across the decades.

Carol Drinkwater's books, which include memoirs set on her olive farm in the south of France, have sold over one million copies worldwide. She is an award-winning actress best known for playing Helen Herriot in *All Creatures Great and Small*.

## Sunday 28 June

### 11.30am: Liz Trenow – *Under A Wartime Sky*

Liz Trenow's latest novel draws on real life events just before the Second World War when some of the country's brightest minds were gathered at Bawdsey Manor, an extraordinary Gothic mansion on the Suffolk coast. In this febrile atmosphere, an unusual relationship develops between a brilliant scientist and a local Felixstowe girl, with potentially disastrous consequences.

Interviewed by Rachel Sloane.

### 2pm: George Alagiah – *The Burning Land*

The exhilarating debut political thriller from the BBC News at Six presenter George Alagiah. *The Burning Land* is set in the new South Africa where corruption threatens the dreams of its people, frustration turns to violence and a shocking murder sets in motion events no one can control.

Chaired by Mandy Morton.

### 4pm: Nick Cottam – *Life on the Deben*

Nick Cottam will take you on a virtual journey down the River Deben, based on the book *Life on the Deben*, which he co-wrote with Tim Curtis, and the film of the same name. The book tells the story of the 25-mile long River Deben, from its Debenham source to the sea and from Roman times to the present day. Sutton Hoo, the lost port of Goseford, piracy and environmental threats to today's river all feature. (Illustrated talk)

Tune in to listen and to ask questions on the festival's Facebook page and website

[www.facebook.com/FelixstoweBookFest/](https://www.facebook.com/FelixstoweBookFest/) ● [www.felixstowebookfestival.co.uk](http://www.felixstowebookfestival.co.uk)

**KEEP  
LOOKING  
OUT FOR  
EACH OTHER**



**STICK WITH IT  
SUFFOLK**

STAY  
ALERT



CONTROL  
THE VIRUS



SAVE  
LIVES

suffolk  
Resilience

# Community News



## Rotary Club of Felixstowe

Unfortunately both the 2020 Annual Fun Run and the Charity Boxing Night, the club's biggest fundraising activities of the year, had to be cancelled, which is a great shame as they raise much-needed funds for the community. Members have been meeting via Zoom and recently inducted a new member, Jed Payce.

### Virtual Auction of Sporting Memorabilia

In anticipation of further top-up requests from local charities from somewhat depleted funds, the club is holding a silent auction of sporting memorabilia which will include framed Messi, Ronaldo, Bergkamp, Henry and Greaves shirts and cased gloves of Anthony Joshua, Tyson Fury and Roberto Duran.

There will also be a White Hart Lane street sign bearing the signatures of Harry Kane and Deli Ali.



The virtual auction will open on Monday 8 June and conclude on Sunday 21.

The auction site address is:  
[jumblebee.co.uk/felixstowerotaryclubcharityauction](http://jumblebee.co.uk/felixstowerotaryclubcharityauction)

## Our Very Own Suffolk Artist

I always cringe when I hear people talk about famous Suffolk artists. The reason is that they never seem to mention, in my opinion, one of the best artists that lived in Suffolk. I have for many years admired Alfred Munnings, known as AJ.

Alfred was born in Mendham on the Suffolk/Norfolk border, yes another son of a miller, in 1878. This was where his love of the country and of horses began.

On cold winters nights Alfred and his brothers would sit with their father and draw, sometimes on old envelopes if they had no paper.

Like many artists, Alfred was also a very good writer. His poetry was often quite funny and in later life he would love to stand in a pub and read out his very long poems to a captive audience. He was a great performer of sorts!

After serving six years as an apprentice at a letterpress printers in Norwich, and also studying art part time, AJ started out on his career as an artist.

I think everybody would agree that AJ was quite a character; he loved nothing more than to be with a crowd of people in a pub singing at the top of his voice and creating havoc. Quite often with no money to pay his bar bills, he would quickly do a drawing of the pub landlord for payment.

Alfred's work went from strength to strength and he was soon painting for the rich and famous. He was president of the Royal Academy and was a friend of Sir Winston Churchill (who he fell out with at some point over a speech at the RA dinner).

Alfred eventually met and married his second wife and they purchased the most beautiful house at Dedham. Alfred painted many scenes of the river and adored living so close to the river.

After AJ's death, Violet tried to buy back many of his paintings from all over the world. The house is now a museum displaying AJ's paintings. I go there very often to look at Alfred's work and just sit in silent wonder.

To me, Alfred Munnings will always be my number one Suffolk painter.

*Submitted by Glynis Littlejohn from Felixstowe Art Group*

Felixstowe Citizens Advice

citizens  
advice

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Following government guidelines, our offices are closed to the public but you can still get help and advice from us by telephone or by email.

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[advice@felixstowecab.org.uk](mailto:advice@felixstowecab.org.uk)

We're here to help with anything that's bothering you during these unprecedented times.

# Community News



## DailyHOPE

A free phone line of hymns,  
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Are you in need of some daily  
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and reflections.

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## Telephone Support for Families



We have rallied our troops and we are now able to offer struggling families across Suffolk telephone support through our recently launched *Families Connected Suffolk*.

We are being as flexible as possible on our usual '1 child under 12' policy to ensure that we can support any Suffolk family that would benefit from our support calls regardless of age group.

Our fully trained volunteers have been amazing in offering extra time so we can support families in the morning, daytime, evening; whenever suits them the most and equally our staff team have flexed their daily activities to allow them to provide safeguarding and emotional support as well as advice to our volunteers to ensure they are safe and well supported.

Suffolk families are struggling; we can hear the stress in their voices, their worries about money, the unbelievable loneliness they are facing, the pressure to perform – even now, the fear of losing loved ones.

If you or a family you know needs support from our amazing team then do get in touch!

**The Home-Start *Families Connected Suffolk* team is here for you!**

**Get in touch by calling 01473 621104 or go to:**  
[www.homestartinsuffolk.org/makeareferral](http://www.homestartinsuffolk.org/makeareferral)

# The In Touch Business Directory

Coming soon...Find out who is still working in your area

[www.keepingintouchwith.co.uk](http://www.keepingintouchwith.co.uk)

**01473 400380**





## Jackamans Solicitors Bring Important News on the Felixstowe Book Festival



As you will probably have heard already, due to the Covid-19 situation the 2020 Felixstowe Book Festival is going to be very different

this year. The 2020 festival will be entirely online, will be completely free of charge, and open to everybody!

The festival weekend (27 and 28 June) will still be very exciting with a range of live-streamed author interviews, Q&As, videos, and a virtual Book Club. People will have the option to watch the proceedings on the festival website or on the Facebook page (do be sure to 'like' and 'follow' the Facebook page).

Prestigious writers confirmed so far include Carol Drinkwater speaking about *The House on the Edge of the Cliff*; Paul French will focus on his Shanghai noir book *City of Devils* but will also talk about China; George Alagiah will focus on his book about South Africa – *The Burning Land*; with a more local view Nick Cottam will discuss *Life on the Deben*, and Harriet Tyce will speak about one of her recent novels. Nick Holland will take part in the Book Club with his biography on Anne Bronte *Crave the Rose*.

FBF's many fans have already enjoyed attending the festival's remote Book Club. With host Ruth Dugdall, the last book enthusiastically discussed by around twenty bookworms was the wonderful *The Giver of Stars* by Jojo Moyes.

The next Book Club event on June 2 at 7.30pm will centre on Sally Vickers' delightful new book *Grandmothers*.

Do keep logging on to [www.felixstowebookfestival.co.uk](http://www.felixstowebookfestival.co.uk) to be a part of this new, one-of-a-kind event!

### Jackamans is here to help

In accordance with Government requirements, Jackamans' offices are closed to general public access for the immediate future. However, Jackamans does remain operational to meet clients' needs.

We are able to meet with clients remotely and in certain circumstances can arrange for pre-arranged face-to-face meetings in the office providing we can ensure the safety of clients and staff by following Government social distancing requirements.

The majority of staff are currently working from home and can be contacted either directly by using direct dial numbers or emails, or via our central reception phone number.

For any enquiries please contact reception on 01473 255591 or email us at [enquiries@jackamans.co.uk](mailto:enquiries@jackamans.co.uk).

Most importantly, please follow the Government's guidelines, staying at home where possible, and stay alert. Our very best wishes.

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**Jackamans**  
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# Community News



The Federation of  
Fairfield and Colneis



## News from The Federation of Fairfield and Colneis



The Federation of Fairfield and Colneis continue to adapt as we support the children and their families in these unprecedented times. Whilst I don't think this will ever feel 'normal' to us, we are finding an element of routine in the work we are now doing.



Across our Federation there are a considerable number of children of key workers attending school, additionally, those children classed as vulnerable have also been invited to attend. The children are undertaking a wide range of activities and whilst it is not 'school as we know it' the camaraderie and team spirit is evident in all that they are doing.



Alongside those attending onsite, we are also supporting the rest of our children with their home learning. We publish weekly resources on our website and also have systems for the children and parents to contact staff and keep in touch with what they are doing, or ask any questions if required! It is a very delicate balancing act to find, but it is evident that our community have been amazing in the way they have gone about supporting their children at home.

We have to be clear, however, that whatever is taking place at home cannot replicate the work that would normally be going on in school – if it did then schools would be out of a job! We are aware that there will be some days when home learning will be successful and others where it becomes much harder. I have three children at home and know first-hand that there are times when pens and pencils need to be put down and a game in the garden is what is required! Overall, I have been very proud of the way our parents and children have responded to the challenges they are facing.

As you will have seen in the media, we are now preparing for the next phase of schools opening (we have never closed!). At the earliest this will be from 1 June when the children in our Nursery, Reception, Year 1 and Year 6 classes will be able to access school again. I am sure you can imagine this involves a huge amount of preparation, completely overhauling the way in which we work in order to protect the safety of our staff and pupils.

As always, I am incredibly proud of the dedication and commitment of my staff team who daily go above and beyond in order to support the whole school community.

Finally, I hope that you are all remaining safe and healthy and our best wishes go to you all.

*Submitted by Headteacher Mr Mark Girling*



Ferry Road, Felixstowe, IP11 9RY  
01394 286834 | www.felixstowegolf.co.uk

## Felixstowe Ferry Golf Club

### Protecting Golf in Felixstowe for Future Generations



On Tuesday 26 May, the East Suffolk Council Planning Committee approved our planning application for a new clubhouse here at the golf club. This is absolutely brilliant news for the club and the town. It means we can now safeguard golf in Felixstowe in to the 21st century.

Our key aim of our project is to forge much closer links with the local community and we hope that providing a public café, putting green and viewing platform will ensure a much more welcoming entrance to our club.

Whilst the Covid-19 pandemic has brought further challenges to the club this year, we see this as a temporary situation and the underlying principles of our clubhouse project remain solid.

We are now in contact with our builders and will be moving forward to the construction phase of our project.

*General Manager, David Spencer*



ENGLAND  
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CHAMPIONSHIP  
VENUE



# Community News

## Set Maidstone Infants & Causton Juniors Schools

### A Day in the Life of a Lockdown School

Believe it or not, being in school at the moment is much less stressful than being at home for me! Having said that, being in school during the COVID-19 lockdown is a very different experience.

When I arrive the car park is empty and the school is very quiet. Other staff arrive at intervals and try their best to keep their distance.

We chat and organise spaces for children to use that day but the school is missing its usual busy cheeriness that fills the corridors and classrooms.



Children arrive, saying goodbyes to keyworker mums and dads and they are welcomed in by staff as if they are welcoming their own family.

Children are comforted, fed and looked after in such a nurturing way it makes me proud of my team. They put aside their own anxieties and stresses for the sake of 'our children'.

***Learning in school has morphed into enrichment, spending time with staff and other children, learning from each other and having fun!***

Children have enjoyed building, creating and cooking. They have taken part in the now famous Joe Wicks PE, shared stories and so many activities I struggle to remember them all.

We serve lunch to each other and sit together talking about our day and what we have been enjoying at home.

Staff take photos to share online with our families at home, record themselves reading stories and talking to their class as if they are in the room with them. We have always communicated with families online but not on this level and it brings us comfort to still have a link with 'our children'.

I say 'our children' because for five days a week they become 'our children', and during this time of lockdown they are the missing ingredient in the school.

Hearing the voices and laughter of a few is not the same, and for us this is the worst part of lockdown. We miss our normal school life each day and hope that life for us all returns to some normality soon.

*Lucy Thompson, Head of School, SET Maidstone Infants*

### VE Day Celebrations



The children in school got ready to celebrate VE Day by making their own medals.

Our students celebrated VE Day on Friday 8 May and many have shared their photos with us via Seesaw, our class app where students can add posts, respond to activities, view announcements and leave comments on their own work.



This makes home learning far more accessible and is proving useful for everyone as we continue to keep up to date with how they are doing and support them where needed.

It is also great for sharing things across school and home life, such as this photo of Emmy proudly wearing her neighbour's father's medals for the two-minute silence.

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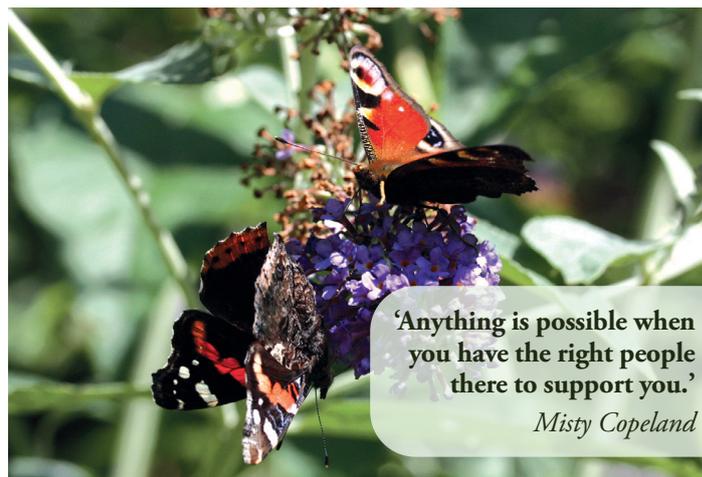
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**'Anything is possible when you have the right people there to support you.'**  
*Misty Copeland*

# Community News

## Positive Pals News from Positive Pals

I'm delighted to have been asked to provide an update on Positive Pals, the ME/Fibromyalgia self-help support group I co-founded with my husband, David, ten years ago.

You may ask why both ME/Fibromyalgia? Well, as with a lot of chronic conditions ME and Fibromyalgia share many similar symptoms, therefore we felt it appropriate to include them both. We meet in the coffee lounge at the Old Felixstowe Community Centre, Ferry Road, on the last Friday of each month (except December) from 10.30am–12.30pm. The first visit is free, but in the hope you like the look of us, thereafter it's £3. We don't – in any shape or form – provide medical advice. However, we have a selection of leaflets and books. Primarily the aim of the group is to provide friendly support, in a happy, positive environment...with plenty of doses of humour.

Over the past ten years we have had a variety of speakers who have kindly given their time to entertain or inform us, and more are planned when we can safely meet again. The group consists mostly of ladies of a certain age (myself included) but, guys don't be put off, we do have a few 'brave' men who regularly attend; so we must be doing something right! Refreshments are provided, courtesy of David, and we have a raffle with amazing prizes. So, if you have either condition and would like to come along to a meeting (when we are all able to gather again) please do, you will be most welcome.

Our website address is [www.positivepals.org](http://www.positivepals.org) where you can obtain useful information which is regularly updated. You can also email us at [info@positivepals.org](mailto:info@positivepals.org) or telephone 01394 279840.



### Felixstowe Helping Hands

A local initiative to help people in the community during the Corona virus pandemic

Are you or a member of your household:

- Self-isolating
- Over 70 years of age?
- A vulnerable person with underlying health issues?

We are a group of volunteers in the community wanting to help:

- Collection & Delivery of food/ supplies (including prescriptions)
- Walking dogs
- Providing phone calls to reassure/ combat loneliness

To access help, please call the Felixstowe Helping Hands co-ordinator who will put you in contact with one of our volunteers:

Tel: 07479 556736



Felixstowe Helping Hands

Felixstowe Helping Hands is an initiative led by local Felixstowe Town Councillor, Darren Aitchison

### About ME

Although Fibromyalgia is no less important, in this feature I'm focusing on ME, but hope to include one on Fibromyalgia in the future.

Sadly, there is still a lot of stigma and misunderstanding about ME in parts of the medical world. You can imagine that if these learned academics are confused, what chance is there for the patients? Even the name causes controversy: ME/Chronic Fatigue Syndrome, with emphasis on the 'fatigue'. However, there are many other debilitating symptoms of this horrible illness.

**The key symptoms are:** Post-exertional malaise, activity-induced muscle fatigue, cognitive dysfunction, sleep problems, ongoing flu-like symptoms including sore throats and tender glands and orthostatic intolerance.

**Other common symptoms include:** Pain – muscles, joints and nerves, problems with balance and temperature control, gastrointestinal symptoms, sensitivity to light and sound, alcohol intolerance and headaches.

Once ME is confirmed, the patient is very much left to get on with life as best they can, and because this illness is such a multi-faceted one – not one size fits all – the complexity is great. It also varies in severity: from mild to severe and can even vary within these two areas; with debilitating relapses. It must be as frustrating for GPs as it is for patients, but until research comes up with answers the battle to live with ME continues.

On a positive note GPs can support patients with sleep issues, pain and depression. Another invaluable source of advice, understanding ME and coping strategies can be found in ME clinics with occupational therapists. But the main strategy is PACING; breaking up a day into sections of short periods of activity followed by rest.

Living with ME is definitely life changing and by no means easy. Families, friends and the wider community can appear insensitive; hopefully with ever increasing research worldwide, a better understanding and better treatments for the illness will prevail.

### Two of the major charities offering support are:

- ME Association: [www.meassociation.org.uk](http://www.meassociation.org.uk)  
Tel. 01280 818963
- Action for ME: [www.actionforme.org.uk](http://www.actionforme.org.uk)  
Tel: 0117 927 9551

Submitted by Liz Tennant



### Need help with your PC?



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for full details of services and charges

# Brain Teasers and Activities

For Kids (and Adults)

## It's fun to be safe!



### Spot the dangers

Walking is good for you. But roads can be dangerous. Look at the two pictures of a child crossing the road with a grown-up. In one of the pictures, they are crossing the road safely. In the other picture, they are doing dangerous things.

How many dangerous things can you spot? Circle all the dangers you can see. Then colour in the picture that shows the safe way to cross the road.



### Safety scramble!

Don't get in a muddle with safety. Unscramble the words below to find the best ways to keep yourself and your family and friends safe from harm.

1 If you're talking on this when you cross the road, you won't be able to hear cars coming

**BONEMILEHOP**

2 Playing with these can start a fire

**CATMESH**

3 Sitting on one of these helps your seat belt work better

**RETASAC**

4 This keeps your head safe when you're playing on your bike

**THEMILKBEE**

5 This gives you time to escape if there's a fire

**KAMRAMSOLE**

6 This tells you it's not safe to swim at the seaside

**DRAGFEL**

# Brain Teasers and Activities

For Kids (and Adults)



1. Who was Henry VIII's sixth wife?
2. How many balls are on the table of a snooker game?
3. Which artist painted The Last Supper?
4. What singer is Harry Webb better known as?
5. What is the longest river in the UK?
6. In which century did Joan of Arc live?
7. What is the common name for a Crane Fly?
8. Which sport involves tucks and spikes?
9. Where in the body would you find the anvil?
10. What is gram flour made from?
11. What is the capital of Portugal?
12. In Law Practice what does JP stand for?
13. What was the name of the first moon landing?
14. In which country did tea originate?

## Word Search

S V X S N M Z U Z L L R P P J T M Z S N  
 L L B Z K Y N F D G S F G H O W A A E E  
 G F L Q F U U R E G E N T T H E A T R E  
 H V E P G L B C O R N E X C H A N G E O  
 M C H R I S T C H U R C H P A R K B X E  
 X P R H P D I R Y M T Q A V D A F Z H C  
 S M K P A U D W A R I V E R O R W E L L  
 I G B I H I N U U Q Z S I I H M C D H Q  
 P F R A M L I N G H A M C A S T L E O L  
 S W Z B N E W W O L S E Y T H E A T R E  
 W A E J I M M Y S F A R M W M E Q V F I  
 I T Y A T G P S I R Y X L Y Y N S W O S  
 C E R O S P G A E A V G L W H X E H R U  
 H R O I N Q Y K K P Z H B I L X R Y D T  
 M F G A F R I C A A L I V E U H T J N T  
 U R V H B O Z V G K H C Z U I H P K E O  
 S O O H D H Q T B A X S M G M C E C S N  
 E N Q X D L Y O E P D E M O U Z R C S H  
 U T V F S G Q V A Y W K W C U T E O S O  
 M D L X P P B L F F S C N U Z W F V N O

Can you find these wonderful places?

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 CHRISTCHURCHPARK  
 CORNEXCHANGE  
 FRAMLINGHAMCASTLE  
 IPSWICHMUSEUM  
 JIMMYSFARM  
 NEWWOLSEYTHEATRE  
 ORFORDNESS  
 REGENTTHEATRE  
 RIVERORWELL  
 SUTTONHOO  
 WATERFRONT

## Know Your Rainbows

- 1) Can you name the colours of a rainbow?
- 2) How are rainbows formed?
- 3) Where is the sun when you're looking at a rainbow?
- 4) Can rainbows form when there is no rain?
- 5) There is a myth that you can find something at the end of a rainbow – what is it?

Answers can be found on page 30. Good luck, have fun, and no peaking!





## Queen of the kitchen Rosemary Shrager and Great British Bake Off contestant Michael Chakraverty share secrets to better bakes for Alzheimer's Society's Cupcake Day

Alzheimer's Society supporter Rosemary Shrager, who has been baking on our screens for over a decade, and Michael Chakraverty, who is also an active Dementia Friends Champion, are joining forces to show it is still possible to bake mouth-watering cakes while households up and down the UK continue to cope with strict lockdown measures.

Due to the current strict lockdown measures, there is no specific day earmarked for this year's Cupcake Day – Alzheimer's Society is encouraging people to get involved whenever it suits them.

With 95% of people with dementia over 65 and many living with underlying conditions and reliant on social care, people with dementia are currently at significant risk from the coronavirus, with thousands being cut-off from vital networks of support and from society.

In the last two months, Alzheimer's Society has received many thousands of calls to its Dementia Connect support line and around 80% of these are about coronavirus issues, so it's never been more important for baking rookies and seasoned pros to tie up their aprons, dust off their baking bowls, whip out their whisks and take part in Cupcake Day.

Everyone can take part – you could host a virtual Cupcake Day and stay connected with workmates, friends or family by organising a video call. You could even hold a virtual bake off and see whose cupcake creation looks the best (or worst!).

If you're at home with little ones, consider downloading the charity's online resources to keep them entertained and teach them a new skill.

Alternatively, you can host your Cupcake Day later in the year when we can safely come back together – whenever and wherever you like.

**Whether you decide to fundraise or simply donate, every bit of money you raise will help Alzheimer's Society be there for people affected by dementia at this difficult time.**

**Money raised by Cupcake Day will help keep the Dementia Connect support line going and extend telephone and virtual support to those who need it most.**



### Michael's top tips for flawless bakes during lockdown

- Baking with limited ingredients can be tricky but there are ways around it. Look for vegan recipes that use non-dairy (long-life) milks and no eggs. Try cakes that are almond flour based.

- The simplest bakes are often the best ones – there are plenty of cookie and biscuit recipes that use few ingredients and often don't need things like flour, milk and eggs.

- Now is the time to get baking – it's a great distractor, and you can drop anything you don't eat yourself on the doorsteps of those who are self-isolating. If you're a beginner, I'd say start simple with a shortbread, a Victoria sponge, or a basic bread, and then work your way up from there!

Two years ago, Michael joined more than 6,300 people involved in the largest ever social movement around dementia, Alzheimer's Society's Dementia Friends, after a family member was diagnosed with dementia. A Dementia Friends Champion runs Dementia

Friends' information sessions, helping to tackle the stigma and lack of understanding about dementia that means many people with the condition experience loneliness and isolation. There are currently over three million Alzheimer's Society Dementia Friends who are turning understanding into small actions to ensure people living with dementia feel more involved and included in their local communities.

Michael said: "I am proud to be a part of the biggest social movement in dementia by helping to strip dementia of its negative connotations. For several years now, I have worked with people from all backgrounds to help change the way we think, act and talk about dementia. I've heard inspiring stories, shared personal experiences and felt a positive shift in each and every room. Alzheimer's Society Dementia Friends are changing lives every day, one small step at a time.

"This is more important than ever. Thousands of people across the UK are facing uncertainty and isolation during the coronavirus pandemic. Whether you bake or buy cakes for Cupcake Day, you will be helping Alzheimer's Society support those who need it most."

*Photo by Ness Ridley*



## Rosemary's top tips

- Baking is all about patience – don't rush. By taking your time you will get the best result. Read your recipe a couple of times and have a good understanding of what you need to do. Weigh out all the ingredients and get all your equipment out before you start.
- Some people are struggling to get ingredients at the moment, but if you want to make bread, try soda bread as it is yeast free and you don't need to use bread flour.
- If a recipe calls for separating eggs, don't throw one half away. The whites and yolks can be used in a variety of recipes, from meringues to Hollandaise sauce. If you don't want to use your egg whites straight away, they will keep in the fridge for up to one day, but they can also be frozen for up to two months. Egg yolks will also keep for a day in the fridge but dry out easily, so I don't recommend freezing them.

Rosemary added: "I'm delighted to be supporting Cupcake Day for Alzheimer's Society. This is the perfect opportunity to have fun with your friends and family, even if you're not together, and raise money for a great cause."

"In the average time it takes to bake a batch of cakes, six people will develop dementia in the UK. People with dementia need our support now more than ever. No one should be left feeling alone in a time like this and the vital funds raised by Cupcake Day will go to help Alzheimer's Society reach even more people through its Dementia Connect Support Line, which is a lifeline to thousands of people affected by dementia."



### Cherry Bakewell Cupcakes

Makes 12

- 150g unsalted butter, softened
- 150g caster sugar
- 100g self-raising flour
- 2 eggs, beaten
- 60g ground almonds
- 2 tbsp milk
- 3-4 tbsp raspberry jam
- 250g icing sugar, sifted
- 3 tbsp lemon juice
- 6 glacé cherries, halved

- Preheat the oven to 180°C, 160°C fan, gas mark 4. Line a 12-hole muffin tin with paper cases.
- Place the butter and sugar into a bowl and cream together until light and fluffy.
- Add the flour, eggs, ground almonds and milk and mix together until you have a smooth batter.
- Spoon into the paper cases and bake for 20-22 minutes, until springy to the touch. Leave to cool on a cooling rack.
- Using a teaspoon, spoon a hole approx 1 cm deep in the centre of each cupcake. Spoon 1 tsp of the raspberry jam into each cupcake.
- Mix together the icing sugar and lemon juice then spoon over each cupcake.
- Top with a half of glacé cherry in the middle and leave for approx. 1 hour to set.



### Double Salted Caramel Cupcakes

Recipe by Joy Skipper

Makes 12

- 200g unsalted butter, softened
- 200g golden caster sugar
- 3 eggs, beaten
- 200g self-raising flour
- 1-2 tbsp milk
- 35g salted caramel sauce

For the icing

- 160g unsalted butter, softened
- 300g icing sugar
- 3 tbsp salted caramel sauce

- Preheat the oven to 180°C, 160°C fan, gas mark 4. Line a 12-hole muffin tin with paper cases.
- Place the butter and sugar in a mixing bowl and beat together until light and fluffy.
- Add the eggs and flour a little at a time, mixing after each addition. Add the milk, and mix well to give a smooth batter that drops easily off the spoon.
- Spoon half of the mixture into the paper cases then top each one with ½ tsp of salted caramel sauce. Cover with the remaining cake batter then bake for 20-25 minutes, until golden. Remove from the tin and leave to completely cool on a rack.
- Meanwhile, make the butter icing by beating together all of the ingredients, reserving 1 tbsp of the salted caramel sauce. Spoon into a piping bag and pipe over the cupcakes. Drizzle over the remaining caramel sauce.

To sign up and find out more information, visit: [cupcakeday.alzheimers.org.uk](http://cupcakeday.alzheimers.org.uk)  
To support Alzheimer's Society's Emergency Appeal, please visit: [alzheimers.org.uk/emergency](http://alzheimers.org.uk/emergency)



## Lemon Meringue Cupcakes

**Recipe by Joy Skipper**

Makes 12

125g unsalted butter, softened  
 250g caster sugar  
 grated zest of 1 lemon  
 2 eggs, beaten  
 150g self-raising flour  
 2 tbsp milk  
 3-4 tbsp lemon curd  
 2 egg whites

- Preheat the oven to 180°C, 160°C fan, gas mark 4. Line a 12-hole muffin tin with paper cases.
- Place the butter, 150g of the sugar and lemon zest in a bowl and cream together until light and fluffy.
- Add the eggs, flour and milk and mix to a smooth batter.
- Spoon the batter into the paper cases and bake for 20-22 minutes, until springy to the touch. Leave to cool on a cooling rack.
- Using a teaspoon, spoon out a hole about 1 cm deep in the middle of each cupcake. Spoon 1 tsp of the lemon curd into each hole.
- Whisk the egg whites until stiff then gradually whisk in the remaining sugar, a little at a time, until you have thick glossy meringue.
- Spoon the meringue onto the top of each cake, adding spikes with a fork or the back of the spoon.
- Cook the meringue either with a chef's blowtorch, or under a hot grill – keep an eye on them as they can burn very quickly!



## Vegan Chocolate Orange Cupcakes

**Recipe by Joy Skipper**

Makes 10

150g plain flour  
 140g caster sugar  
 50g cocoa powder  
 $\frac{3}{4}$  tsp bicarbonate of soda  
 $\frac{1}{2}$  tsp baking powder  
 Grated rind of 1 orange  
 230ml non-dairy milk  
 1 tsp white wine vinegar  
 100ml sunflower oil  
 20g vegan chocolate, melted  
 Extra cocoa for dusting

- Preheat the oven to 180°C, 160°C fan, gas mark 4. Line a 12-hole muffin tin with 10 paper cases.
- Sift the flour, sugar, cocoa powder, bicarbonate and baking powder into a bowl. Stir in the orange rind.
- Whisk together the non-dairy milk, vinegar and sunflower oil.
- Pour the wet ingredients into the dry and mix together well. Divide between the 10 paper cases.
- Bake for 20-15 minutes, until risen and springy to the touch.
- Remove from the tin and allow to cool on a rack.
- Decorate with swirls of melted chocolate, bits of orange rind and a sprinkling of cocoa.



## Fearne Cotton

“The flavours of chocolate and orange are always a winning combination and it’s never been easier to purchase ingredients and create cupcakes that are dairy-free and suitable for vegans. Using substitutes like flax seed, oil and dairy-free milk alternatives are all easy ways to create mouth-watering cupcakes that are sure to impress your family and friends. And what better time to give these a try than for Cupcake Day, which is all for a great cause – to raise vital donations for Alzheimer’s Society to help beat dementia.”

To sign up and find out more information, visit: [cupcakeday.alzheimers.org.uk](http://cupcakeday.alzheimers.org.uk)  
 To support Alzheimer’s Society’s Emergency Appeal, please visit: [alzheimers.org.uk/emergency](http://alzheimers.org.uk/emergency)

# GRAPEVINE

## News from Grapevine's 'Roving Reporter' Tony Bell

As with many other festivals, Stowmarket's *StowFiesta* has gone digital. This virtual version will take place online over the weekend of June 21-22.

Since lockdown began and social distancing became the new norm, the internet is awash with livestreams, virtual gigs and improv. Admit it, before March you had never heard of Zoom – now we're all using it for meetings, quiz nights or just to pretend that we are in the presence of others.

As Grapevine's 'roving reporter' I spend most evenings zipping all over the region seeing what's out there, covering the miles across Norfolk, Cambridgeshire, Essex and Suffolk at the click of a mouse.

It's been great to see so many musicians performing. Some I know well, some are new to me, but all are in the same boat – trying to keep themselves sane and keep us entertained.

What has struck me is the variety in quality, platform and presentation. Smartphone and tablets all have the ability to record and transmit audio and video, but it's not broadcast quality and consequently I didn't stay long at some of the virtual gigs I discovered.

It's great to see into artists' living rooms, but in all these broadcasts there is a giant elephant in the room. Is a virtual entertainment industry sustainable? And sitting beside that elephant is another one: Is live entertainment sustainable alongside social distancing?

Many in the theatre world do not expect that they will become functional again until the spring of 2021. At least one regional theatre went into administration in May and I've given up counting the number of festivals that aren't happening.

Overall though, live entertainment in our theatres, arts centres and small venues will survive. It will be different from what we know now.

Perhaps not all our favourite haunts will survive but the artistic community are a resilient and imaginative lot when all is said and done.

A large part of me hopes that having almost lost live performances, we will cherish them more than ever when the crisis is over. That having spent too much time watching virtual gigs, we will flock to our local venue and embrace live entertainment again.

# Missing your fix of LIVE entertainment?

## The Virtual Gig Guide

*It's a real guide - only the gigs are virtual*

**[www.GrapevineLIVE.co.uk](http://www.GrapevineLIVE.co.uk)**

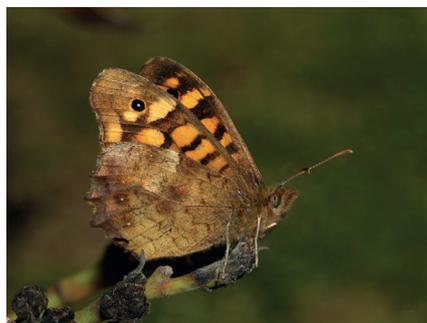
# Home & Garden

## Our Fifth Birthday

**Felixstowe's Community Nature Reserve recently celebrated its fifth birthday!**



Looking back over the last five years, it's definitely been a time where we've made good progress toward our conservation targets – but we've also been able to make many new friends far and wide.



When we started, our main goal was to encourage 1,666 local people to each allocate at least three square yards of their back gardens for wildlife-friendly features such as plants, ponds, bird feeders, hedgehog homes, insect lodges and re-wilding. That level of participation

would create a community nature reserve which is the equivalent in area to a full-sized football pitch. In only our first five years, we've attracted just over 1,600 local people with an average allocation of

3.65 square yards for each participant. That means that we've more than matched our ambition by creating an area well over 5,000 square yards – or more than the size of a football pitch. And we're continuing to grow each month.

One of the encouraging features about this work is the way other communities have been inspired by these ideas. In the Leicestershire village of Cosby, they have started their own Community Nature Reserve. In Bristol, they have started a Schools' Nature Reserve, where six schools across the city each have their own conservation area. In Hampshire, the idea of Community Nature Reserves, like ours, has been woven into one of their Local Plans. Woodbridge has recently started their own Community Nature Reserve. We even learned recently that another new Community Nature Reserve, based on our way of working, has opened up in Portugal.

We have also made other friends on the international stage too. In the United States, Communities magazine has featured our work, as well as the work of our Citizen Science Group. In Europe, we've made new friends among the European Citizen Science Association.

**To learn more about the work of Felixstowe's Community Nature Reserve, please visit our Facebook page:**  
[www.facebook.com/felixstowecommunitynaturereserve](http://www.facebook.com/felixstowecommunitynaturereserve)

*Submitted by Dr Adrian Cooper*

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# Our Environment Matters

## Current and Future Green Spaces for Felixstowe

During lockdown I have noticed more and more people enjoying Abbey Grove, The Grove and the surrounding footpaths extending into the local fields and further still into the AONB. More and more cyclists are also enjoying rural Gulpher Road. These opportunities are under threat from development. Some of the footpaths could become urbanised walkways, we could lose good agricultural land and Gulpher Road, our very last country lane, could become another urban rat run.



If we don't let our councillors know our thoughts and don't respond to public consultations, the planners will not know our thoughts. Please take action.

A Felixstowe Country Park Group has been formed. For more information contact: [judithhedges@bopenworld.com](mailto:judithhedges@bopenworld.com)

I feel strongly that the boundary of a large country park needs to be formalised in this area of north Felixstowe before plans for housing can be finalised. Housing developments can then be designed in harmony with the concept of a country park. Access to the country park, buffer zones, views, circular walking and cycling paths along with creating wildlife zones all need to be considered and planned in tandem with any housing development for the benefit of all Felixstowe residents. If developments are given the go-ahead before marking out and preserving a large area of open public space for wildlife and leisure, such an important area will be squeezed into whatever land is left over. The process must be reversed; allocate the open area first and the developments must be only of the size that space allows. If wildlife, environmental factors and people's wellbeing were given a virtual monetary value, the balance sheet would look very different and better decisions would be reached.

The main access paths mentioned in the Candlet Road Development Plan pass through Abbey Grove and The Grove. These wooded areas are both absolute gems for Felixstowe residents and Felixstowe wildlife. If they become major walk and cycle ways Felixstowe will have lost forever its only woodlands. They will become urbanised strips of trees and lose the opportunity they currently offer as areas of escapism and areas in which to experience unspoilt woodlands on our doorstep.



The Mayor planting in 1998



Abbey Grove is a Woodland Trust Millennium Woodland and was planted by the community for the community in 1997. It is still cared for by volunteers under the guidance of Woodland Trust volunteer warden, Bob Stoner. For more details contact: [rhstoner@msn.com](mailto:rhstoner@msn.com)

I sincerely believe we are at a critical, magical moment where we could put a plan in place for future generations of Felixstowe to always have accessible beautiful countryside on their doorstep. Let's hope we do.

*Submitted by Judith Hedges*

## Climate Breakdown and the 'New Normal'

Ever remember thinking 'there's no way people will stop travelling', or 'the world can't just stop'? Yet here we are, and that's exactly what it did in the face of a novice virus.

So, with the knowledge that the world can make drastic changes for the good of the environment and humankind, let's keep that in the forefront of our minds when we are building our 'new normal'.

Climate breakdown hasn't gone away just because global attention has been shifted to dealing with COVID-19. The imminent threat to our planet is still there and it is something we should all be thinking about.

We have survived living in such a dramatically different way already, so let's try and incorporate those things into our new way of life.

For example, when we go back to work, think about more home working to reduce travel. Or when we start thinking about our next holiday, remember that we found so much joy in staying local and cut down on our air pollution miles.

Tackling climate breakdown is up to all of us and with this renewed sense of humanity and love that the COVID-19 crisis has brought us, what better time than now to step up to the challenge and create a better world for future generations to enjoy.

*Submitted by Sadie Cable*



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# Answers Page

How did you do?

## Answers to Last Month's Riddles

- |                                 |                     |
|---------------------------------|---------------------|
| 1: Carrot                       | 6: My shadow        |
| 2: Trouble                      | 7: Grandpa was bald |
| 3: Alphabet                     | 8: An onion         |
| 4: She fell off the bottom step | 9: A table          |
| 5: A potato                     | 10: The letter 'e'  |



- |                         |                          |
|-------------------------|--------------------------|
| 1. Catherine Parr       | 7. Daddy Long Legs       |
| 2. 22                   | 8. Diving                |
| 3. Leonardo Da Vinci    | 9. The ear               |
| 4. Cliff Richard        | 10. Chickpeas            |
| 5. The Severn (Bristol) | 11. Lisbon               |
| 6. 15th (1400s)         | 12. Justice of the Peace |
|                         | 13. Apollo 11            |
|                         | 14. China                |

S V X S N M Z U Z L L R P P J T M Z S N  
 L L B Z K Y N F D G S F G H O W A A E E  
 G F L Q F U U R E G F N T T H F A T R F  
 H V E P G L B C O R N E X C H A N G E O  
 M C H R I S T C H U R C H P A R K B X E  
 X P R H P D I R Y M T Q A V D A F Z H C  
 S M K P A U D W A R I V E R O R W E I I  
 I G B I H I N U U Q Z S I I H M C D H Q  
 P E R A M L I N G H A M C A S T L E O L  
 S W Z B N E W W O L S E Y T H E A T R E  
 W A E J I M M Y S F A R M W M E Q V F I  
 I T Y A T G P S I R Y X L Y Y N S W O S  
 C E R O S P G A E A V G L W H X E H R U  
 H R O I N Q Y K K P Z H B I L X R Y D T  
 M F G A F R I C A A L I V E U H T J N T  
 U R V H B O Z V G K H C Z U I H P K E O  
 S O O H D H Q T B A X S M G M C E C S N  
 E N Q X D L Y O E P D E M O U Z R C S H  
 U T V F S G Q V A Y W K W C U T E O S O  
 M D L X P P B L F F S C N U Z W F V N O

## Know Your Rainbows

- 1) Red, orange, yellow, green, blue, indigo and violet.
- 2) A rainbow happens when it is raining in one part of the sky and sunny in another.

**Learn more:** Rainbows are formed when light shines through water (when the sun shines through the rain). This light is bent and reflected through water droplets, separating white light into the seven colours of the spectrum.

3. The sun will be behind you.

4. Yes. Rainbows can be seen in other conditions/places where light hits water droplets, including mist, fog, spray, dew, in waterfalls and also certain types of cloud (read about rainbow clouds below).

**Learn more:** A rainbow cloud occurs because of cloud iridescence. It usually happens in altocumulus, cirrocumulus, lenticular and cirrus clouds, where small water droplets or ice crystals within the cloud scatter the sun's light.

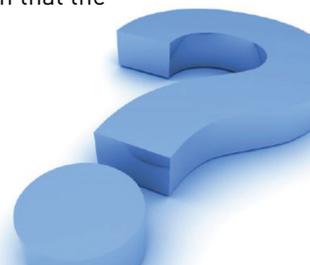
5) Gold!

## It's fun to be safe!

### Answers:

**Spot the dangers!** • They are not crossing at a safe crossing place • They are not stopping, and looking and listening for cars, before stepping off the kerb • This means they have not seen that a car is coming • They are not holding hands • The child is chasing a ball into the road • The lady is not looking at what the child is doing, so she has not seen that the child is chasing the ball into the road

**Safety Scramble:** 1. Mobile Phone, 2. Matches, 3. Car Seat, 4. Bike Helmet, 5. Smoke Alarm, 6. Red Flag





**NHS**

**Vaccinations protect you, your family and the community. Don't miss them.**

It is important that you and your family still have routine vaccinations. They protect against serious and potentially deadly illnesses and stop outbreaks in the community.

Contact your GP practice for more information.

**HELP US HELP YOU**  
GET PROTECTED

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# Spotlight on Felixstowe says



## KEEP

## MOVING SUFFOLK

Proud campaign partner

Here at Spotlight on Felixstowe we are committed to helping Suffolk residents to keep moving in these challenging times. In this month's feature you will find tips and information on how you can get out and enjoy your exercise whilst adhering to the official government advice on social distancing and activity levels outside the home.

### RUNNING



There are plenty of benefits from getting into running. For starters, it's an easy way of improving both your physical and mental health.

Running requires little equipment, but a good pair of running shoes that suit your foot type may help improve comfort.

Running regularly will improve the health of your heart and lungs. It can also help you lose weight, especially if combined with a healthy diet and it's a great stress reliever and has even been shown to combat depression.

The NHS Couch to 5k is a great way to get started. If you haven't done much running before it can help boost your confidence and self-belief. Couch to 5K works because it starts with a mix of running and walking to gradually build up your fitness and stamina over a period of 9 weeks. For more details on Couch to 5k and to download the app visit:

[www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/](http://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/)

### WALKING

A brisk walk is a great excuse to get outside and improve your health and get your daily exercise in these challenging times. You can start small and build up your time – you might be surprised how much you can do.

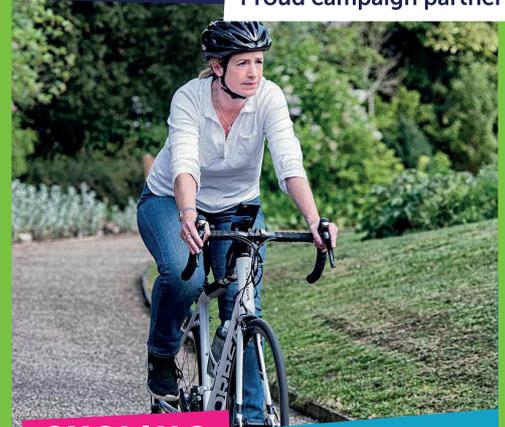
Brisk walking is simply walking quicker than usual at a pace that gets your heart pumping. Every minute of activity counts, but aim for at least 10 minutes a day. The Active 10 app is a great way to help you monitor and gradually increase your brisk walking levels over time.

For lots of great advice and support and to download the Active 10 app visit: [www.nhs.uk/oneyou/active10/faqs](http://www.nhs.uk/oneyou/active10/faqs)

You can also find lots of information on walks near your home at: [www.discoversuffolk.org.uk/walking/health-walks/](http://www.discoversuffolk.org.uk/walking/health-walks/)



### CYCLING



Riding a bike is a great way to aid your physical and mental health. Provided you follow the advice on social distancing and good hygiene, it is important to remain active when you can.

Now, more than ever, we must ride our bikes responsibly – that means only going out once a day, on our own, or with people we live with, and keeping two metres apart from anyone we meet, stopping and waiting for people to pass when necessary.

Please only ride on routes you know well, that are close to home and that are well within your ability level, this is a time for calm recreation, not for challenging yourself.

If you're riding off-road, choose wider trails wherever possible. If you're on a narrow path, make sure to leave enough space between yourself and anyone you might meet.

While you should only use your bike to exercise once a day, you can also use it to shop for basic necessities, provide care or help for somebody vulnerable, and travel to/from essential work.

For details and information on cycles routes in your local area visit:

[www.discoversuffolk.org.uk/cycling-and-horse-riding/](http://www.discoversuffolk.org.uk/cycling-and-horse-riding/)  
[www.suffolkonboard.com/cycle](http://www.suffolkonboard.com/cycle)

Over the coming months there will be information, advice and useful links on the Keep Moving Suffolk website [www.KeepMovingSuffolk.com](http://www.KeepMovingSuffolk.com) to help you, your family and local community to get active and stay active during these challenging times.

Check these out

[www.KeepMovingSuffolk.com](http://www.KeepMovingSuffolk.com)

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