

Spotlight

Issue 185 January 2020

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

on Felixstowe

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



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**Suffolk-Based Multiple
Sclerosis Charity Set for
New Year's Re-Launch**
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EDITOR'S CORNER

I am utterly addicted to and obsessed by Leonard Cohen, so you can imagine how excited I was to discover a new album was to be released three years after his death. *Thanks for the Dance* has been arranged by Leonard's son Adam and features various collaborators and previously unheard material. Every line is a masterpiece, all the more poignant because it was written and recorded when he was "Waiting for the miracle to come". Death and dying have always been key themes of his work, but is it fair to refer to the man who said "The older I get, the surer I am that I'm not running the show" as 'the grandfather of gloom'?

I go to one or other of his albums for inspiration, comfort, reassurance, hope and even humour. *Tonight Will Be Fine* always makes me smile:

**Sometimes I find I get to thinking of the past.
We swore to each other then that our love would surely last.
You kept right on loving, I went on a fast,
Now I am too thin and your love is too vast.**

And the ultimate love song must surely be *If I Didn't Have Your Love*:

**If the sun would lose its light
And we lived an endless night
And there was nothing left
That you could feel
That's how it would be
My life would seem to me
If I didn't have your love
To make it real**

I can't imagine a world without music (it doesn't have to be Leonard Cohen all the time), but for others it might be art or theatre, movies or even long walks in the countryside which provides that indefinable something which makes life better.

If you haven't yet discovered what *that* is, perhaps you'll find it here. There's plenty to choose from. And when you're having a bad day...

**"Act the way you'd like to be and soon
you'll be the way you act."**

Leonard Cohen

SHARON JENKINS Editor

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Local News

Fred. Olsen Host Winter Wonderland Evening at Helmingham Hall



Kerrie Lake, the manager of Fred. Olsen Travel Agents in Felixstowe, recently held a fantastic customer event at Helmingham Hall to enjoy the magical illuminated garden trail.

“We were hosted by some of our top operators; Somak Holidays, Collette, Wendy Wu Tours, Regent Seven Seas Cruises, Amadeus River Cruises, Pandaw and Carrier. We had a really enjoyable evening discovering more about the travel and cruise products of these companies, while taking in thousands of lights which transformed the gardens of Helmingham Hall into a winter wonderland,” said Kerrie.

“The trail started by crossing Helmingham Hall’s famous drawbridge and warming up with mulled wine within the courtyard steeped with more than 500 years of historical charm. Then we walked through the gardens absorbing the magical sights and sounds, stopping off at fire pits to toast marshmallows. What a wonderful way to start the festive season.”



Customer feedback

“Thank you for a lovely evening! The company was great, the food and drink delicious and the gardens really pretty, especially the reflections of the illuminated trees in the various moats and lakes. What a brilliant venue and so nice to see the Fred. Olsen Travel staff in their ‘civvies’, all muffled up like us! I hope you all managed to enjoy it too. Thank you once again and have a lovely Christmas.”
Mr & Mrs Senior



Kerrie and her team in Felixstowe have collectively more than 105 years of travel industry experience and love to organise interesting and exciting events for their customers.

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Local News

New Year, New Book Club!



As a New Year begins, why not make a resolution to read more books and to join CUPPA Book Club, which has its first meeting at 7pm on Tuesday 7 January at CUPPA (81 High Road West, Felixstowe)?

CUPPA Book Club is being run in conjunction with Felixstowe Book Festival, and will focus on authors visiting our town for this year's festival.

Meetings will be on the first Tuesday of every month, kicking off with two thrilling crime reads: Nicola Upson's *Sorry for the Dead* and Harriet Tyce's *Blood Orange*. If you do want to put them on your Christmas list, please don't forget to support our local book sellers. If you haven't read the books you can still come along to listen or join in the discussion.



Local author Ruth Dugdall (pictured) and Liz Rastrick will lead the sessions, which will be informal and fun. There's no cost to join, but please buy a cuppa on the night.

Details of future sessions can be found at: www.felixstowebookfestival.co.uk

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Local News

Kid's Kitchen Take Over at The Alex

The Rotary motto is 'Service Above Self' and Rotary Clubs all over the world are best known for raising funds for an infinite variety of projects and causes in their local communities. The Rotary Club of Felixstowe organises an annual fun run, a boxing dinner, music concerts, the Rudolph & Santa campaign and in the last 12 months have donated £35,000 to local and international causes, an extraordinary achievement which reflects well on the generosity and goodwill of those who support their many, many initiatives.



On Monday 2 December I was honoured to see another wonderful Rotary Club of Felixstowe project in action. *Kid's Kitchen*, originally conceived by Rotarian Andrew Rowdon, is just one of the club's ongoing youth development projects. Using

the facilities of Felixstowe Academy and with the support of the Yeo Group (whose venues in Felixstowe are The Alex Café Bar, The Alex Brasserie, Café Bencotto and View Point Café), *Kid's Kitchen* set out to give a number of young people from schools in Suffolk the opportunity to train with a professional chef over a period of six weeks. The final challenge was to plan, prepare, cook and serve a three-course meal to their families and invited guests at The Alex. I was fortunate to be on the guest list and I don't think I've enjoyed a meal so much for quite some time.

It's always a treat to visit The Alex, but this occasion was extra special. In the presence of Andy Miller, President of Felixstowe Rotary, The Mayor of Felixstowe, Councillor Nick Barber, Peter Senior from the Rotary Club of Woodbridge Deben, himself a renowned chef and responsible for the rollout of the Rotary Young Chef competition across Britain and Ireland, Rotarian Andrew Rowdon and some very, very proud parents, I devoured three beautifully presented courses created by Freya and Aimee from Felixstowe Academy, William from St Albans High School, Millie and ETTY from Farlingaye High School and Cole from Saxmundham High School (pictured with Rotarian Paul Griffiths).



The starter was roast pork tenderloin blinis served with caramelised apple and pecans, followed by roast chicken supreme stuffed with tomato and basil served with confit chicken leg, fondant potato, glazed carrots and parsnips and a white wine jus, and to finish, apple and pear strudel with cinnamon and honey almonds and crème Anglaise. Yum!



Of course the evening was about so much more than good food. It was the culmination of a ground-breaking Rotary initiative which has given our young chefs an extremely valuable opportunity to learn new skills in a professional environment.

Mark and Kate Hayward, whose daughter Mille was one of the six pupils in the kitchen, say it's a fantastic initiative. Mark said: "It's wonderful to see a local business working with local schools to give children the opportunity to work with a chef in beautiful surroundings, exposing them to the hospitality industry in such a brilliant way."

Mille herself, though slightly exhausted, said she had loved the entire project: "It has been great fun but was it did get quite stressful in the kitchen when we had to get the food out. Being a chef is a very stressful job."

Andy Miller, President of Felixstowe Rotary, commented on how the participants had developed over the course of the project: "It's been wonderful to watch them develop and to see their confidence grow. They seemed to enjoy themselves immensely and my fellow Rotarians and I are extremely proud to have been able to give them this opportunity. I congratulate them all on their achievement."

As youth co-ordinator of the project on behalf of The Rotary Club of Felixstowe, Andrew Rowdon is extremely pleased with the outcome: "Our aim is to give children and young adults the opportunity to experience new things that may not usually be available to them. *Kid's Kitchen* gives them just that experience, it teaches them about cooking, it gives them the chance to see what it's like to work in a kitchen environment, they have to work with both adults and their peers and they learn new skills. But most of all, it gives them confidence, which can help them in their everyday life as they grow into young adults."

Mel Bloom, manager at The Alex, said: "*Kid's Kitchen* was really fabulous and the Yeo Group are so pleased to work alongside The Rotary Club of Felixstowe to provide local students with a little taste of the hospitality industry."

I continue to be amazed by what Rotary clubs achieve, often quietly supporting projects or individuals with nowhere else to turn. I can't think of a more apt motto and I look forward to promoting and reporting on all future initiatives and fundraising activities they come up with.

Sharon Jenkins

Photos: BushFirePhotography



Swimming Lessons Could Save Your Child's Life

Living near the coast, it is vital children learn to swim at an early age.

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SwimSure is an established Swim England swim school with great experience offering term time lessons to children plus intensive courses during school holidays.

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After school each weekday plus Saturday mornings we offer classes to children of all ages and abilities.

All lessons last for 30 minutes with a maximum class size of four (other than adult and child). This allows quality tuition time while promoting confidence and having fun. We also offer one-to-one lessons and children's pool parties. Parents are encouraged to spectate poolside.

Our spring term begins in January for which spaces are available for an immediate start. During half term, we offer five-day crash courses (Monday 17 to Friday 21 February), taking place from 8.30am, costing £45 per child (three years and over). Pre-booking is essential.

We also operate a lesson programme from Beacon Hill Pool in Martlesham and Diveline Pool in Ipswich.

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Local News



Suffolk-Based Multiple Sclerosis Charity Set for New Year's Re-Launch

Suffolk Oxygen Therapy Centre was formed more than 35 years ago as the Suffolk Multiple Sclerosis Therapy Centre to provide oxygen therapy and support to those living with the disease. Since then, the charity has grown to support people living with many other conditions and now undertakes more than 3,000 therapy sessions per year.

In the last year, the charity has made a number of alterations to its existing building which has allowed it to start developing a complementary therapy service and provided us with the room for power-assisted exercise chairs.

In February 2020, the centre is launching these new services and invites health professionals and the public to visit the centre during the open week: Monday 3 (10.30am-2pm & 3-6pm) to Thursday 6 (Tue-Thu 10.30am-2.30pm) February.

Centre Manager Victoria Barber is keen for as many people as possible to come along and see for themselves the good work that the charity does: "We're always happy for people to pay us a visit, but this is a good chance for people to come along and enjoy a cuppa and have a chat, meet some of our members, volunteers, staff and trustees and learn about oxygen therapy. It will also be an opportunity to try our power assisted exercise chairs and learn more about the other therapies on offer."

For more information in advance contact Victoria at: 01473 830359 / victoria@suffolkoxxygentherapy.co.uk

Suffolk Oxygen Therapy Centre (SOTC) receives no state funding and relies entirely on donations, legacies and fundraisers to function, with any fundraising put towards service development and improvement. The public self-refer for therapy at the centre, which is staffed by fully trained operators and supported by a team of willing volunteers.

Victoria is clear that the charity has capacity to help more people: "This launch will raise the profile of this wonderful charity and we hope that local businesses and organisations will want to help us to reach more people living with long term and chronic disease and life limiting conditions.

"We have many events coming up in 2020 such as a Race Night on 3 April at Felixstowe Trades & Labour Club, Open Gardens in May and a James Bond Ball at Ufford Park on 10 October.

"We hope local businesses may wish to support us with these in addition to corporate sponsorship, being chosen as charity of the year and match funding to name a few."

The charity's longer term goal is to fundraise for a new centre including the purchase of its own oxygen generation facilities, which will bring long term cost efficiencies by reducing both ongoing costs of oxygen delivery and the carbon footprint, thus protecting its future as a sustainable charity.

The charity is in the early stages with its appointed architect, but early indication is that it will take approximately 10 years from now to fund this in its entirety.

For more about the centre, visit: www.suffolkoxxygentherapy.co.uk

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SUFFOLK OXYGEN THERAPY CENTRE

Charity looking to help more people with health conditions beyond MS



In February 2020, the centre is launching new services and invites health professionals and the public to visit the centre during the open week:

Monday 3rd February - Thursday 6th February

Monday 10:30-14:00 and 15:00-18:00

Tuesday - Thursday 10:30-14:30

Opening Times in 2020 from the 13th January:

Monday: 07:30 - 19:00 - 6 sessions

Tuesday/Wednesday/Thursday: 08:30 - 15:30 - 3 sessions

Friday - Closed

Saturday: 09:30 - 12:00 - 1 session

Sunday - Closed

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www.suffolkoxxygentherapy.co.uk

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Ganges Trainees Return to Shotley Gate

This is nothing unusual, but the HMS Ganges Association Museum was delighted to welcome a special group of 'old boys' back to the fold on Saturday 26 October.

This group of former Ganges' trainees had formed a branch in Beeston, Nottingham, but recently took the difficult decision to close the doors on their regular meetings, sadly due to dwindling numbers. The lads vowed to lay down their standard and donate it to the popular museum along with a generous cheque representing outstanding funds, for which the museum is very grateful.

Their act is a poignant one since the flag represents everything they hold dear. This includes shared memories of hard but happy times as the lads, who were 15 or 16 years old when they met, trained and made lifelong friendships, proudly serving in their careers with the Royal Navy on ships all over the world.

Trustees at the museum arranged a special handover to receive the cheque and the standard from Division Chairman Gerry Taylor and treasurer Terry Abrams. A commemorative tot of renowned Pusser's Rum and a small buffet was shared to mark the occasion.



Trustee Barrie Scott-Webb, who received the standard, is pictured with John Arbon, Roger Jones, Terry Abrams and Roger Taylor (photo by June Lawford-Randall).

Visitors to the museum, now numbering 4-5,000 each year, will be able to view this and other standards. The £1,165.31 donation will enable us to purchase three bookcases which will enhance the museum's library, helping provide information for 'old boys' and their relatives to understand what life was really like on the naval base in Shotley.

Chairman Roger Jones said: "We are very pleased and proud to accept the Beeston Division Standard into our collection along with the huge cheque and we look forward to welcoming visitors to view our growing library which is representative of life at the land-based Ganges Training School, attended by 160,000 trainees between 1905 and 1976."

The HMS Ganges Museum is open at weekends and on bank holidays from 11am to 5pm from Easter to October. To find out more, or to volunteer with us, please visit our website or follow our Facebook page, The HMS Ganges Museum.

www.hmsgangsmuseum.com

Music in Felixstowe



New Year's Day Viennese Concert

Wednesday 1 January, 3pm at The Orwell Hotel Ballroom
Festival orchestra leader Nicholas Ward. Tickets £16 / children free.

Mike Hatchard, Classical/Jazz Pianist and Raconteur

Wednesday 15 January, 11.30am His Lordship's Library at The Orwell Hotel
Advance booking recommended. Tickets £12 / children free.
Book transport on the FACTS bus: 01394 282867

Ward Quartet by Candlelight

Sunday 26 January, 4pm at St Nicholas Church, Felixstowe Ferry
With Nicholas Ward and Kathryn Parry (violin), Wendy Gudgin (viola) and Harriet Bennett (cello). Programme: Beethoven Quartet op 59 no 1, Britten Quartet no 3, Mendelssohn Quartet op 12 in E flat. Tickets £15 / children free.

Tickets for all the events listed above are available from Stillwater Books or Music in Felixstowe: 01394 670633



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Protecting Your Home

Protecting your home for future generations is something which has always been at the forefront of discussions when thinking about making a Will, as more often than not our home is our biggest asset.

A leading question from clients nowadays seems to be 'will I need to sell my home to pay care fees?' Most of us would like our family, such as our children and/or grandchildren, to inherit our property rather than the value of it dissipating in care fees.

Different factors could change the outcome, such as how you own your property; whether you own other properties, whether or not you own your home jointly, and who is in occupation.

If you require residential care your financial capacity will be taken into account, this is known as a Means Test. This Means Test includes your income as well as your capital.

Your home will be excluded from the calculation in certain circumstances, such as where you have a child under 18 in occupation of the property or if your partner still lives at home.

If none of the exclusions apply and your total capital (including your share of your property) exceeds £23,250, you will likely have to pay for your care fees. (Please note that if your property is included in the Means Test, it will automatically be disregarded for the first 12 weeks of care).

Where you jointly own your home with someone else, your share of the property will be taken into account. It will be excluded, however, if, as mentioned above, your co-owner lives with you at the property.

If you have a situation where it is likely your property will need to be sold to pay for care fees but for some reason there will be a delay in the sale (if it is currently rented out, for example) then the care home may agree to put a charge on the property. This will effectively allow their fees to be paid upon the sale.

You may think about giving your property (or a share of it) to your family/children during your lifetime. There are some dangers to be aware of, such as what would happen if you gave half of your property to your child and they become bankrupt or went through a divorce. One of the options for you to consider would be to hold the property on Trust via your Will.

It is therefore important that you get the correct advice to protect your assets.

If you would like to discuss the options available on passing your assets to your family, please get in touch with our private client team at Jackamans, who will be happy to have a free half hour meeting with you.

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Galápagos & Ecuador

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Having sent clients for many years to South America, I finally managed to travel to Ecuador myself in November and ticked another experience off my bucket list by following Darwin's footsteps across the incredible Galapagos Islands.

Ecuador is one of South America's smallest countries, but what it lacks in square miles it more than makes up for in beautiful landscapes, colonial cities, ingenious cultures and of course its wildlife. Straddling the equator – for which the country is named – the mainland is made up of Amazonian rainforest, mountainous highlands dotted with vibrant Andean villages and towns and tropical coastal plains, while sitting 600 miles off the coast of Ecuador are the famed Galapagos Islands where the wildlife will hardly bat an eyelid at your presence!

I visited the beautiful UNESCO city of Quito, loomed over by Pichincha – one of many comprising volcanic landscape backgrounds, the modern high rise city of Guayaquil on the Pacific coast, the unique tropical cloud forests and the avenue of volcanoes. I experienced an adventurer's dream seeing a plethora of wildlife whilst canoeing through the Amazon Rainforest and experienced the dramatic and indigenous species that inhabit the remarkable Galápagos Islands, often described as a living museum and showcase of evolution.

Whilst I loved the Plaza Grande and San Francisco Monastery in Quito, saw some great wildlife in the Amazon canoeing the creeks between Napo Community centre and the Wildlife lodge, the Galápagos Islands were certainly my ultimate highlight – they really are like nowhere else on earth. I explored them on a cruise and from land based hotels so I could experience both and I was certainly not disappointed.



The peculiar ecosystems and general isolation in the Galápagos means that species have adapted in unusual, if not bizarre ways to survive and thrive – it is certainly one of the most unique experiences I have ever had.

The iconic marine iguana, for example, is the world's only seafaring lizard – it not only dives but breathes underwater. Then there's the flightless cormorant which has lost its ability to fly, probably because of a lack of predators.

There are over a dozen species of finches that have developed varying beaks specific to their environment and needs.

Giant tortoises, another iconic and endemic species, grow bigger and live longer than anywhere else and it's only here that penguins live on the equator.

I also loved watching the blue and red-footed boobies, the lava lizards and frigate birds, plus in the sea I was lucky enough to swim with sea lions, a stingray, turtles and a white tip shark. Truly an unforgettable experience and destination!

Andrew Rowdon
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Community News

Colneis Flower Club Open Meeting

Colneis Flower Club of Felixstowe held an open meeting at Felixstowe Academy on November 21. This event, which was attended by 130 members and guests, was to celebrate the club's 35th anniversary. Consequently it began with some tasty nibbles and drinks.



Lee Berrill, of East Barton in Northamptonshire, was the demonstrator for the evening. He is a skilled and talented flower arranger and florist who kept the assembled audience spellbound by his stunning arrangements. The title of the demonstration was Made for Christmas and was suitably festive. After an hour and 45 minutes we had a stage full of stunning flower arrangements, each of which the raffle ticket holders had a chance to win and take home.

Our next club meeting is on Thursday 20 February 2020 when Alan Smith will present a demonstration entitled *Winter Wonderland*. We look forward to seeing all our members and visitors will be made very welcome at a cost of £4. What better way to spend a dreary February evening than watching a flower demonstration?

Meetings are held at Old Felixstowe Community Centre in Ferry Road, starting at 7.30pm. For further information contact Anne Arbon: 01394 282590

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Set Maidstone Infants and Causton Junior Schools

It has been an eventful autumn term at SET Maidstone Infant and SET Causton Junior Schools since joining the Seckford Education Trust.

Visible changes have been the new signage introduced across both our school sites, incorporating our new logos and names. Also, we have seen the introduction of a smart new uniform. We are very proud to see the children across both of our schools in the same, smart green uniform.

As part of Seckford Education Trust's initiative for nutrition, our food has changed and this has been a great success, seeing the uptake of children eating school lunches increasing due to the new, appetising menus.

Seckford Education Trust believes that healthy eating plays a vital role in a successful education. We have therefore invested in high quality catering, to offer healthy, good value meals.

At SET Causton Junior School we are always on the lookout for new art competitions to be involved in. We had the perfect opportunity when our pupils were invited, along with other Felixstowe schools, to design a program cover for the Shine a Light on Walton event in Walton, Felixstowe.

We were delighted when one of our pupils was chosen to be the winner out of all the entries submitted. Lily in Year 4 was our winner as the judges felt her design had everything in it! She was awarded with a gift voucher and tub of sweets, along with an invitation to be the Mayor's VIP guest on the afternoon of the Christmas lights being switched on and to help with the big switch on. Lily was over the moon and we were very proud. Well done Lily.

Also fantastic for Causton was that the judges were so impressed with the standard of designs our pupils had entered, they decided to display all of them in the church hall to be viewed by everyone. So well done Causton pupils!



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Community News

Felixstowe Art Group

In January we have our New Year Social on January 14. This is for members and their partners only. We always have a great time at these dos and we're all looking forward to it.

**Tuesday 28 January, 7.30pm at Broadway House,
Orwell Road, Felixstowe**

Expressionist Painting, an illustrated talk by Chris Cushing

We are expecting once again to have a very interesting talk by Chris, one of our members who has given many talks to us. His talks are always extremely well thought out and very lively. Chris has a unique delivery style, involving the audience by asking them questions about the subject and seeing their opinions. This really makes you take part and think about what you believe in. If you are interested in the subject do come along. Non-members will be welcome at a small charge of £2.

Breeding and Working the Suffolk Punch

Suffolk Wildlife Trust will meet at 7.30pm on Tuesday 21 January at Broadway House in Felixstowe for a talk on *Breeding and Working the Suffolk Punch* by Bruce Smith.

Bruce is the president of the Suffolk Horse Society and has worked with horses all his life. The Suffolk Punch Trust became a charity in 2002. Bruce came to Suffolk in 1978 to work as a groom at Hollesley Bay when the previous groom retired.

Hear all about his time with this majestic horse. All are welcome including non-members. Admission is £2.50 and tea and coffee will be available.

East Suffolk National Trust Association

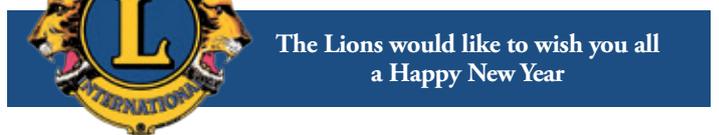
If you are a member of, or a volunteer for, the National Trust, we invite you to get more out of your membership by joining our association where a warm welcome awaits you.

Our next meeting is on January 21 when Chris Parfitt will be giving an illustrated talk on *Hidden Bhutan*, focusing on the eastern area and the less visited valleys. Chris has travelled extensively around the world and has built up a collection of interesting and informative talks. This promises to be no exception, especially as this area is one of his favourites.

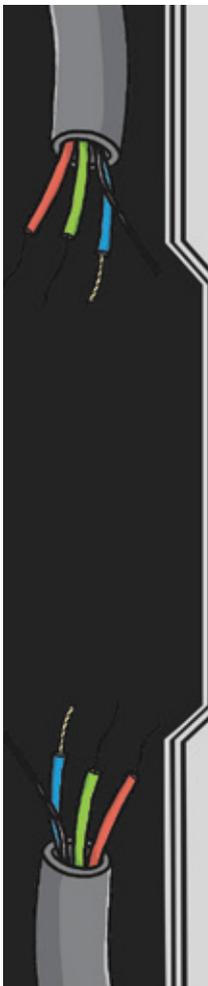
On February 18 Brian Dyes, a founder member and past chairman of Ipswich Transport Museum, will be giving a talk about the museum. We meet at Kesgrave War Memorial Community Centre IP5 1JF at 7.15pm. Visitors (even if not National Trust members) are welcome; the entrance fee is £3. National Trust members and volunteers can join us for £8 per year (£12 per couple at same address). We publish three newsletters a year for members and enjoy interesting day outings and other events.

For more information, including details of future events and outings, contact our membership secretary: membershipsnta@gmail.com / 01473 723761 / www.membershipsnta.btck.co.uk

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Community News

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Trimley Panto



Saints Players are having a ball rehearsing their annual panto, King Arthur the Panto. The medieval town of Camisole needs a new king. Nasty Morgana believes one of her sons rightly deserves this title and does everything to stop Arthur. With the help of his trusty friend Laughalot, the magic of Merlin and his love for Guinevere, will Arthur be able to claim his rightful title?

With all your favourite local actors, the show is at the Memorial Hall from 18-22 February. Please phone our box office on 07487 518649 asap as we do sell out early!

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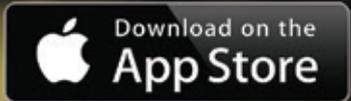


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It's Not Emusing to Ignore Your Taxes



Could a Self-Assessment tax refund help pay for Christmas costs on your credit card OR will Penalties for late submission wipe out the refund? The expression being an ostrich and sticking your head in the sand comes to mind. Even if you don't have a tax refund due to you, the Penalties will make the pain of the tax due even worse.

Contrary to popular belief, an ostrich does not actually bury its head in the sand as that would leave them defenceless to attack. It does however bury its eggs to keep them safe but will usually run away or attack with supremely powerful legs if challenged. Make a New Year's resolution for 2020 to stop procrastinating or fearing tax. The deadline for submitting your 2019 Tax Return online to HM Revenue & Customs is **31 January 2020**, the latest deadline for Brexit.

Failure to submit your Tax Return by 31 January 2020 will incur a £100 penalty which will automatically escalate to at least £1,300 for continued failure regardless of whether any tax is actually due.

So how could you reduce your tax liability or even turn it into a tax refund?

1. Claim tax relief for your pension contributions.
2. If your employer pays you mileage below the HMRC approved mileage rate of 45p per mile you can claim tax relief on the difference.
3. Do you pay any professional subscriptions personally for your job? Make sure you are getting relief either on a return or a stand-alone claim.
4. There are flat rate allowances for various occupations including uniform allowances for most public service workers as well as many others.
5. Claim tax relief on Gift Aid contributions, also obtain additional tax relief for donations paid.
6. Have you claimed all the expenditure you can on a let property? From replacing boilers to insurance on white goods in the property and mileage claims on trips to check on the property?

If you really still can't face completing your 2019 Tax Return ask us for assistance sooner rather than later to prevent interest or penalties arising. As mentioned above, you may even be entitled to a tax repayment to help pay off that post-Christmas credit card bill!

Contact the professionals to discuss ways to legally mitigate the taxes you owe and stay on the right side of HM Revenue & Customs by fulfilling your filing obligations - call us on 01473 659777 or email mandy@beatons.co.uk to arrange a meeting.



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Submitted by Scott Beckett Estate Agents

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Local Feature

We're all Going on a Summer Holiday (Part 12)

With Peter now fully recovered after his short stay in the hospital in Yaounde (Cameroon), and with tales that fuel was not available until they reached Bangui (Central African Republic), Graham and crew filled up the Land Rover fuel tank with 16 gallons and also filled up eight jerry cans, which they stowed on the roof. Then, with a wing and a prayer, they headed off to the border, where they were waved through with just a cursory look at the passports, no stamps, no visas, no backhanders – nothing! However, just 10 miles down the road there was a barrier across the road with a hut marked 'Customs' alongside, and they duly presented themselves here to be told by the officer that as it was 4pm, he was finished for the day and they had to come back in the morning.

However, he could 'do overtime' for a payment of 1,400.00 Central African Francs, which was about £4, so they paid up and 40 cigarettes later their passports were stamped and they were on the way to Bangui. The road was terrible, made worse by the locals burning long grass beside the road and with 36 gallons on the roof there were a few nerves amongst our travellers.

Just outside Bangui the track suddenly turned to tarmac, but their joy at being on a smooth road was short-lived, as five miles down the road was another barrier which looked exceptionally important. Passports were checked individually by three officials and the details in the passports entered into three different books. After several hours they were permitted to enter the capital of the Central African Republic, which at the time was ruled by His Imperial Majesty and Emperor of Central Africa by The Will of The Central African People, United within the National Political Party, the MESAN.

His Imperial Majesty, Jean-Bedel Bokassa, had spent 20 million US Dollars on his coronation ceremony, which was one third of the country's budget and included all of the aid that France had sent the country that year. Upon arrival in the city, our friends found that frenetic preparations were being made to celebrate his first year as king. With all this going on, Graham felt that this wasn't the place to be stuck in. As it was obvious that the issue of 'exit visas' would not be a priority, they decided to leg it without exit visas to the river Oubangui Ferry Terminal which was the entry point into Zaire (Congo).

Fortunately, the officials at the terminal were far too busy cleaning up the place and certainly had no time to check the passports of six mad English people and their tatty Land Rover. In the middle of the street leading towards the ferry, the passports were hurriedly stamped, as if the country was anxious to get rid of such undesirables as fast as possible. Incidentally, His Imperial Majesty didn't last long; he was overthrown by the French one year later, while he was visiting his mate, The Brotherly Leader and Guide of The Revolution in Libya, Colonel Gaddafi.



A bribe of a tube of hand cream and some aspirin on the other side of the river got the six of them into Zaire, a country they had heard a lot about. There was no fresh food available anywhere, no fuel, appalling roads, no bridges, terrorists in operation, cholera... but there were Okapi (Congolesse giraffes)!

Submitted by Malcolm Stafford (in memory of Graham Dyson)

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Tee Times

Have you made any New Year's resolutions? How about making one you can enjoy that will last longer than a couple of weeks? How about taking up golf?

Now is a great time of year to start thinking about learning and planning ahead. In early spring our professional, Andrew Robinson, will be starting his lessons for newcomers to the game. He will have all the equipment which you can borrow so you don't need to spend money on anything apart from the group lesson fee – which is really excellent value. He will be organising ladies and mixed sessions on Saturday mornings along with junior lessons in the summer.

It's such a great way to keep fit, enjoy the fresh air, meet new people and learn something new that you can play all year round. If you are a couple who are both interested, you can come along and learn together. It's also a great sport to participate in as a family. I personally had many holidays and weekend breaks centred around golf with my wife and two sons. They didn't beat me then, they do now!!

So why not make a belated New Year's resolution that you can stick to? Give us a call anytime on 01394 286834 and speak to Andrew or a member of his team in the professional shop. You will always be made to feel very welcome.

Happy New Year

Submitted by David Spencer, General Manager

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Avoid tight hair ties

Avoid using super tight hair ties, instead, opt for scrunchies. Tight hair ties tend to pull your hair back too tight, which increases friction and can cause breakage.

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An Exciting Year Ahead!



Felixstowe's Community Nature Reserve has big plans for 2020. Top of our list is the priority to grow the area of our community nature reserve so that it's bigger than ever before. Already, the total area of all the small green spaces which are worked on by our members is larger than a full sized football pitch. We hope to achieve this exciting growth by educating, encouraging and empowering local people to develop even more of their wildlife-friendly spaces.

Alongside our main priorities, we will also work with new friends in the local area, such as those from Felixstowe Swift Group, to support their quest to help swifts while they fly around our local area in the summer. Working with local young people has always been high on our priority list. In 2020, we will focus our attention on supporting the #iwill campaign which encourages 10-20 year olds to become more active in their communities.

In 2020, we will share more data, analysis and maps with friends who we met through our membership of the National Biodiversity Network, the UK's largest network of conservation groups. We also hope to work alongside other friends who we met through our role as a case study in the Department of the Environment's Year of Green Action.

Our Citizen Science Group also continues to share their fantastic work with an ever-widening network of colleagues, mainly through the European Citizen Science Association. There are also exciting plans to work with citizen scientists from all over the world through the We Observe project. More news on that work will follow.

2020 will see us working with an expanding network of local artists, photographers and musicians whose creativity is inspired by their love of wildlife and their support for our plans. It is always a great pleasure to share this amazing work through our social media pages and to then receive encouraging feedback from all over the world.

To learn more about Felixstowe's Community Nature Reserve, please visit our Facebook page at:
www.facebook.com/FelixstoweCommunityNatureReserve

Submitted by Dr Adrian Cooper



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Felixstowe Probus 2

A group that promotes fellowship amongst retired professionals and businessmen every Monday morning at the Brook Hotel for a chat over coffee followed by a speaker. On the third Monday in the month members meet for lunch and four times a year they invite wives and partners for a combined lunch. They also organise trips for members. If you are interested in joining phone 01394 275151.

First Tuesday of each month

Cuppa Book Club

7pm at Cuppa, 81 High Road West, Felixstowe: An informal group discussing books to be featured in Felixstowe Book Festival 2020.
www.felixstowebookfestival.org.uk

Third Tuesday of each month

Master Mariners

The Master Mariners meet at Felixstowe Ferry Sailing Club for lunch and a guest speaker. If you are interested in becoming a member visit their website or email: secretary@mastermariners.uk

Third Wed every month

Speakers of Felixstowe

The Brook Hotel, Orwell Road IP11 7PF, 7.30-10pm: The Speakers of Felixstowe are dedicated to helping people improve their confidence and enhance their public speaking skills. Most of us at some time need to make business presentations, wedding speeches, eulogies, air burning issues or just sit back and be entertained. Guests are always welcome, so please come along. www.felixstowespeakers.org.uk

Last Friday of each month

Positive Pals M.E. and Fibromyalgia Self Help and Support Group

10.30am-12.30pm at Old Felixstowe Community Centre, Ferry Road:
A friendly, welcoming group who meet on the last Friday of every month. Contact Liz and David on 01394 279840 or email them at info@positivepals.org to find out more.

Music in Felixstowe

New Year's Day Viennese Concert

Wednesday 1 January, 3pm at the Orwell Hotel Ballroom:
Festival orchestra leader Nicholas Ward. Tickets £16 / children free.

Mike Hatchard, Classical/Jazz Pianist and Raconteur

Wednesday 15 January, 11.30am His Lordship's Library at the Orwell Hotel:
Advance booking recommended. Tickets £12 / children free. Book transport on the FACTS bus: 01394 282867

Ward Quartet by Candlelight

Sunday 26 January, 4pm at St Nicholas Church, Felixstowe Ferry:
With Nicholas Ward and Kathryn Parry (violin), Wendy Gudgin (viola) and Harriet Bennett (cello). Programme: Beethoven Quartet op 59 no 1, Britten Quartet no 3, Mendelssohn Quartet op 12 in E flat. Tickets £15 / children free.

Tickets for all events listed above are available from Stillwater Books or Music in Felixstowe: 01394 670633

Tuesday 14 January

Felixstowe Area Social Club for Retired Persons

Meeting at Old Felixstowe Community Centre, Ferry Road, Old Felixstowe IP11 9NB at 2.15pm:

A talk by David Webb entitled *My Life as a Hi De Hi Yellow Coat*. Coffee and tea is served after the talk in the lounge area. New members welcome; for further information contact Stephen and Carol Cox: 01394 809794

Tuesday 21 January

Suffolk Wildlife Trust

7.30pm at Broadway House in Felixstowe:

A talk on *Breeding and Working the Suffolk Punch* by Bruce Smith. Bruce is the president of the Suffolk Horse Society and has worked with horses all his life. The Suffolk Punch Trust became a charity in 2002. Bruce came to Suffolk in 1978 to work as a groom at Hollesley Bay – hear all about his time with this majestic horse. Admission £2.50, tea and coffee available.

East Suffolk National Trust Association

Hidden Bhutan

7.15pm at Kesgrave War Memorial Community Centre IP5 1JF:
Chris Parfitt will be giving an illustrated talk on Hidden Bhutan, focusing on the eastern area and the less visited valleys.

Tues 21 January (continued)

Chris has travelled extensively around the world and has built up a collection of interesting and informative talks. This promises to be no exception, especially as this area is one of his favourites. Visitors (even if not National Trust members) are welcome; the entrance fee is £3. National Trust members and volunteers can join us for £8 per year (£12 per couple at same address). For more information, including details of future events and outings, contact membership secretary: membershipesnta@gmail.com / 01473 723761
www.membershipesnta.btck.co.uk

Tuesday 28 January

Felixstowe Art Group

7.30pm at Broadway House, Orwell Road, Felixstowe:

Expressionist Painting, an illustrated talk by Chris Cushing. Chris's talks are always extremely well thought out and very lively. Chris has a unique delivery style, involving the audience by asking them questions about the subject and seeing their opinions. This really makes you take part and think about what you believe in. If you are interested in the subject do come along. Non-members will be welcome at a small charge of £2.

Thursday 20 February

Colneis Flower Club

7.30pm at Old Felixstowe Community Centre in Ferry Road:

Alan Smith will present a demonstration entitled *Winter Wonderland*. Visitors will be made very welcome at a cost of £4. For further information contact Anne Arbon: 01394 282590

Thurs 5 – Sat 7 March

Florence Nightingale performance

Trinity Players present *Florence Nightingale*, 7.30pm at Trinity Methodist Church:

The story of Florence Nightingale's life told in the form of a rehearsal of a play to be performed at a later time. Published by Samuel French. This production celebrates the 200th anniversary of Florence Nightingale's birth.

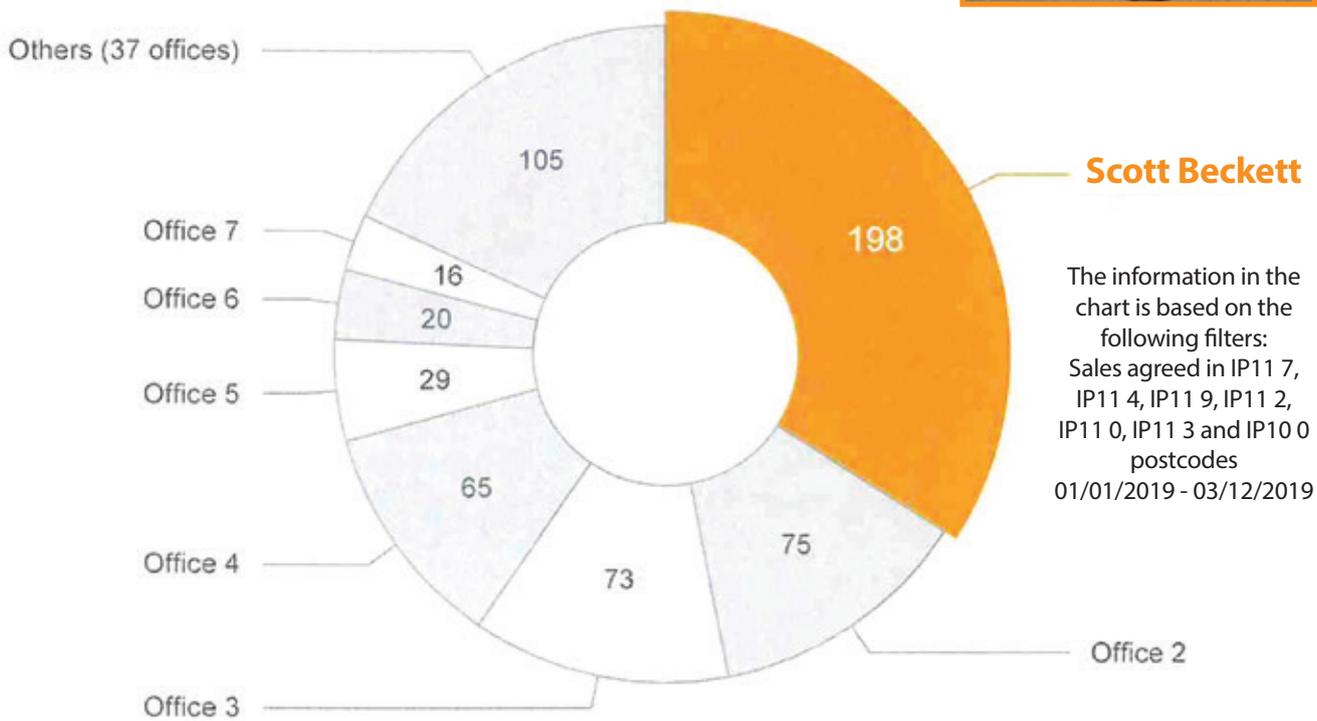
Tickets £8 from Anne Clarke on 01394 285305 or on the door. Refreshments provided. Profits to Walton Parish Nursing, a Christian charity which supports people in the Walton community towards whole person healthcare.

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