

Spotlight

Issue 188 April 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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£30,000 in Charity Donations**
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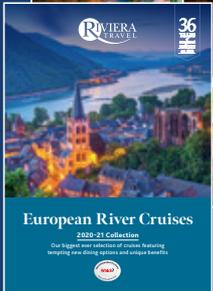
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April 2020

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My parents came to stay recently and as the weather wasn't great we spent a lot of time at the kitchen table with cups of tea and my mum's scones. It was fascinating to talk again about their early lives and the various trials and tribulations they have faced over the years.

My dad was only 11 when he 'unofficially' took over the family farm. That was the end of school for him but he is one of the most astute men I know.

Mum stayed at school until she was 14 when she was taken to work at a country shop and pub about 20 miles from home. She had to live in, only making it home once a week by bicycle. Even now she struggles to talk about this time in her life. It must have been incredibly lonely for a little girl who had never been away from home, living with strangers and expected to work ridiculously long hours. She really wanted to stay at school and her aptitude for numbers still puts the rest of us to shame.

Mum left her job when she married and together she and dad have run the farm for more than 50 years. Life was tough at times and money was often tight. Dad contracted TB soon after they married and while he recovered mum took the reins. Those were the make and do days, the days when all our clothes were home-made and almost everything we ate came from the farm or was home-baked. We even made our own butter.

It was interesting too to talk about the changes they have experienced, such as 'new' money (twice), increasing bureaucracy and paperwork, internet banking, mobile phones and, most recently, the climate emergency. Just as they accepted change in many other aspects of life over the years, they are now doing what they can to save the planet, even using a shampoo bar instead of buying plastic bottles.

My parents are living proof that we can overcome difficulties and unexpected challenges (I haven't even mentioned the shooting accident!) and somehow find the strength to carry on.

Those of us who are fortunate to have family and friends to support us are the lucky ones and we must look out for those who are alone, particularly now.

As we go to print we are aware many events are being cancelled or postponed so it is probably wise to check before travelling.

SHARON JENKINS *Editor*

Deadline for May 2020

Tuesday 7 April

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www.spotlightmagazine.co.uk

www.keepingintouchwith.co.uk/magazines/

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Cover photo: By Jolanta Putnina

Spotlight on Felixstowe is published by
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Spotlight on Felixstowe is published by Mansion House Publishing (UK) Ltd and is part of the "In Touch with..." series of magazines.

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Local News



Art at the Ferry 2020

With the success of the last two years, Felixstowe Ferry Sailing Club (FFSC) has decided that Art at the Ferry 2020 will take place over two days instead of one.

Art at the Ferry 2020 will be held on Friday 10 and Saturday 11 April with more than 25 artists and craftspeople exhibiting and selling their beautiful work.

The event has been kindly sponsored by Billie Box Ltd and refreshments will be available. Admission is free but donations to FFSC will be requested at the door.

The year's exhibitors are:

Tracey Barritt Brown – willow sculptures (both days)
 Stella Burgess – acrylic painting (Friday only)
 Jenny Butcher – embroidery & needlework (both days)
 Clare Curtis – printmaker & illustrator for cards (Friday only)
 Helen's Shed – pine needle weaving and ceramics (both days)
 Viv Davies – beaded jewellery (Friday only)
 Alaco Doyle – acrylic nauticalia & still life (both days)
 Susan – Woven on Water – handmade Caribbean jewellery (both days)
 Paul Fleet – original surreal oil paintings & giclee prints (both days)
 Sandra & Mick Goddard – up-cycled steel works of art (both days)
 Jane Hullis – vibrant paintings (small and large) of boats and seascapes (Friday only)
 Seashells, Felixstowe – textiles (Saturday only)
 Wendy Johnson – embroidery, ragdolls and cushions (both days)
 Simon Lilley – wood carvings (both days)
 Suzy Mason – local photos and greeting cards (both days)
 Bonita McCarthy – local still life and landscapes in oil (Friday only)
 Kandi Munson – handmade jewellery (Friday only)
 Maxine Newell – local watercolour and acrylic paintings (Saturday only)
 Margeurite Paterson – watercolour paintings (both days)
 Polly's Textiles (Danielle Wade) – textiles (both days)
 Anne Ravenscroft – blank cards from original paintings (Saturday only)
 Ellen Rebecca – paintings (both days)
 Jenny Storer – Felixstowe Art Group (both days)
 Maggi Rutterford – framed textile art (both days)
 Vicky Thornton – ceramic pots (Saturday only)
 Pat Todd – ceramic pots and wood hangings (both days)
 Barrie White – graphic novel (Saturday only)
 Chris Wood – painter and sculpture (both days)

Janet Woodard – animal artist (both days)
 Andrea Wright – handmade silver and gold jewellery, hand painted bags (both days)

Drop into FFSC to see what the artists have to offer on Good Friday or Easter Saturday between 10am and 4pm.

Felixstowe Ferry Sailing club is the premiere sailing club on the east coast and offers facilities such as dinghy and yacht sailing for all ages, social events, club open days, RYA sailing, powerboat and first aid training, clubhouse hire for private functions and national and international sailing championships. The clubhouse has a well-stocked bar and the galley offers tasty food at affordable prices.

For more information: please contact: enquiries@ffsc.co.uk

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Shanty Café 2020

The Felix Stowaways are hosting the Shanty Café at Felixstowe Ferry Sailing Club on Saturday 4 April.

Join us between 1pm and 7pm for an afternoon of shanties, sea songs and maritime merriment on the banks of the River Deben, featuring seven shanty crews from the UK and The Netherlands. Admission is free with a bar and food available.

The Line-Up

The Felix Stowaways
 The Forebitter Men (Leeuwarden NL)
 Motley Crew (Brightlingsea)
 Naze Shanty Crew (Harwich)
 Ol' Hands Shantymen (Apeldoorn NL)
 Seasick Seagulls (Ipswich)
 The Silver Darlings (Southend-on-Sea)

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Rotary Club of Felixstowe 2020 Charity Fancy Dress Fun Run



To coincide with VE Day, this year's annual fancy dress charity Fun Run is taking place on Friday 8 May. Runners who choose to run in fancy dress may like to give their dress a Second World War flavour.

Sponsorship/registration cards are available from Diamond Mills, 117 Hamilton Road, Felixstowe, or can be downloaded from: www.felixstowerotaryclub.org

Cards can be delivered to individuals or teams: call Bruce on 07538 492 251 for more information.

Felixstowe Friends of EACH Coffee Morning on Saturday 11 April at Felixstowe Library has been cancelled due to circumstances beyond our control.



Winner of Fairtrade Spot the Difference Competition



The photo shows Jennie Merritt receiving a bottle of Fairtrade rosé wine as the prize for winning the *Spot the Difference* competition in the February edition of *Spotlight*. The prize was presented to her by Alan Muchal, chairman of the Felixstowe Fairtrade Forum, at the family fun day held at the library on 29 February.

Alan said: "We were very pleased with the turnout for the fun day. As well as having fun, children attending were able to discover how buying Fairtrade chocolate helps farmers in Africa enjoy fair wages, healthcare and education."

Spot the Difference competition answers

- 1) Skirt changed to blue.
- 2) 'Roll the coin game' removed from sign.
- 3) Paper removed from stall.
- 4) Fairtrade leaflet added in centre of game.
- 5) Whiteboard wiper changed to green.
- 6) Word removed from girl's top.
- 7) Book added on bookshelf.
- 8) Leg added to bookshelf.
- 9) '60' changed to '6000'.
- 10) Chocolate selection adapted.

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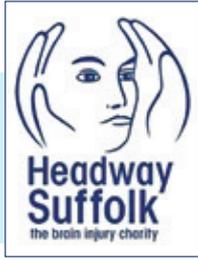
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Local News



Jody Runs London Marathon to Support Headway Suffolk

Jody Smith is running her first London Marathon to raise money for Headway Suffolk to thank the charity for their support of her father Gary following a stroke.

Gary, from Felixstowe, was 57 and working for Ipswich Crown Court when he suffered a stroke in January 2017, which left him with difficulties with his speech (apraxia), balance and movement and cognitive functioning, as well as right-sided weakness.

Gary spent three months in hospital and underwent intensive rehabilitation as his family rallied round to support him and found the help of Headway Suffolk a lifeline.

“Life changed massively,” said Jody. “Dad went from working full-time to having carers four times a day. When he got home from hospital everything was different and chucked up in the air. He lost most of his speech, vision and hearing. He also lost mobility in the right side of his body and the use of his right arm.

“It’s taken until now to get his seizures under control and the medications stable. It affected the whole family. I had counselling at Headway and the brain injury courses were amazing. They made it easy to take in and understand. We learned so much. You don’t realise the depths of the brain.”

Gary started attending Headway’s rehab hub in Ipswich one day a week and soon increased it to two. He’s now a great encourager of others and in December he was recognised for his progress and inspirational attitude at the charity’s annual awards dinner.

Jody said: “Headway is a home from home and it helps him massively with his apraxia and cognitive issues. It’s very important for his wellbeing and socialising with others. It’s a big part of his life. He loves Headway and the friendships and helping others. He’s happy when it’s relaxed with no background noise or pressure. He’s come on so far. He’s doing really well. He has had to learn to adapt and this has been hard, as well as accepting, I’m so proud of my dad’s attitude and progress to never give up and stay positive!”

At the awards dinner, Gary gave a speech with the support of rehab worker Katie Bird: “Thank you for all the help at Headway. My speech has improved a lot. My confidence has grown. I have learnt a lot. I’m very grateful for the support and help.”

Jody lives in West Bergholt and owns Feathers Hair Salon in Witham. She was chosen by Headway Suffolk as their London Marathon charity ballot runner after taking part in Headway’s Cycle Ride and Walk in 2018 and in the London Big Half marathon last year.

Jody said: “I’m nervous but I’m looking forward to it. I felt honoured to be asked to run for Headway Suffolk as it means a lot. It’s important because, unlike big charities, you can actually see where the money is going and people sponsoring at the salon can see that. People open up in the salon and talk a lot about life and you share stories. When I talk about Dad they can see his photos on the mirror. I was able to recommend Headway to someone looking for support.

“Headway Suffolk has helped my dad, family and myself so much in his rehabilitation and holds a place very close to our hearts. We are truly grateful for all the help and support we have received.”

Jody started training in October and is part of Jogging Made Easy (JME) Colchester every Sunday. She hopes to run the marathon in under five hours.

As well as Jody, Gary has rock solid support from his two other children, Rebecca and Ashley, (divorced) wife Pauline and grandsons Noah (5) and Max (8).

David Crane, Headway Suffolk’s communications and marketing officer, said: “We are so proud of how far Gary has come with his recovery. He is a huge inspiration and positive role-model for us all, especially those who have gone through a life-changing event like a brain injury, stroke or neurological condition.

“We are very thankful to Jody for her passionate support of Headway Suffolk and we are thrilled she is running her first London Marathon while representing us. Her dad Gary will be her biggest supporter cheering her on every step of the way.”

Jody has already smashed her £1,000 fundraising target (with gift aid) but wants to raise even more money for Headway Suffolk. Her page is: <https://uk.virginmoneygiving.com/constancefield>

Headway Suffolk is a registered charity that supports adults with brain injury, stroke and neurological conditions and their families through an extensive range of rehabilitation and therapy services.

Brain injury can affect every aspect of who we are and its physical, cognitive, emotional and behavioural effects can have devastating consequences for individuals and their families.

According to statistics by Headway, the brain injury association, there were 3,201 admissions (8.7 per day) to hospital in Suffolk with a brain injury in 2016-17. Stroke was the second most prevalent cause after head injury with 1,215 (657 male, 558 female).

For your brain to function, it needs a constant blood supply, which provides vital nutrients and oxygen to the brain cells. A stroke happens when the blood supply to part of the brain is cut off and brain cells are damaged or die.

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Local News

Felixstowe Community Choir Reaches £30,000 in Charity Donations



At their recent family and friends evening, Felixstowe Community Choir gave £1,000 in donations to three charities, St Elizabeth Hospice, Alzheimer's Research and Brain Tumour Research. That brought the total they have given to 25 charities to £30,000 since they formed in October 2012. They have also appeared in other organisations' fundraising concerts.

Singing pop and show tunes, the choir began in October 2012. It has no auditions, no sheet music, no 'uniform' to buy and no termly fees, just a weekly fee of £5 per person.

"Emily Bennett, our brilliant conductor, accompanist and music coach, is a professional musician and actor," explained Rachel Sloane, who started the choir. "We laugh, we sing and make lots of friends along the way. We are a non-profit-making choir and all the members, now over 120, have the opportunity to vote on any decision. It's a real night out. We meet at the Orwell Hotel, a perfect venue with its ballroom, lounges and bars. Around 60-70 men and women (many who have never been in a choir before) attend each week."

Set up as a 'non-performing' choir, members soon found they liked to share the harmonies they had learnt and the joy they get from singing together. A highlight of the year is when they sing with the festival orchestra as part of Music in Felixstowe.

Members will now choose which charities to support in 2020.

For more details about the choir go to:
www.felixstowecommunitychoir.co.uk

Image by Peter Mee

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Local News

Hutchison Ports Gains UK Women in Maritime Charter Certification



Hutchison Ports has become the first major UK port to gain Women in Maritime Charter Certification. Sue Terpilowski, chairman of Maritime UK Women's Task Force, presented the certificate and joined Port of Felixstowe staff at an event to mark the achievement and to celebrate International Women's Day 2020.

Clemence Cheng, Hutchison Port's Executive Director, commented: "A year ago, Hutchison Ports (UK) pledged its support for the Women in Maritime initiative. We are proud to be honouring that pledge by being the first major UK port to gain Charter Certification."

The Women in Maritime initiative provides businesses with the tools and support to affect the changes necessary to improve gender diversity within the industry.

"We are committed to implementing changes within our own organisation, leading by example to improve our gender balance. We have developed a strategy that ensures we make diversity and inclusion the 'norm' in our historically male dominated business."

Sue Terpilowski, chair of the Women in Maritime Taskforce, said: "I am proud to be here today to celebrate Hutchison Ports UK becoming the first major UK port to gain Women in Maritime Charter Certification. We hope other ports will follow by taking the Pledge and apply to become Charter Certified."

"The Women in Maritime Taskforce brings together leaders from across the maritime sector to identify practical steps to increase the number of women in maritime, and crucially within senior roles across its shipping, ports, services, engineering and leisure marine industries. We believe achieving a balanced workforce at all levels in the maritime sector will undoubtedly improve culture, behaviour, outcomes, profitability and productivity."

"We encourage companies to sign the Women in Maritime Pledge. The pledge, which has been signed by over 150 companies to date, states: 'We are committed to building an employment culture that actively supports and celebrates gender diversity, at all levels, throughout our organisation and our industry'. These companies are all committing to take practical steps and set measurable, ambitious goals."

"Women's equality cannot wait. We ask that this International Women's Day you consider signing the Pledge or apply to become Charter Certified."

Maritime UK's Women in Maritime Charter is at the pinnacle of its work to tackle gender diversity across the UK maritime sector. Companies applying for Charter Certification must share their baseline data and commit to an action plan to set and meet five or 10 year targets to address gender diversity by tackling fairness, equality and inclusion at all levels throughout their business and the industry.

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www.bawdseyradar.org.uk

Bawdsey Radar Trust, Reg. Charity No. 1125600

HERITAGE FUND

Cuppa Book Club

There are a number of changes to our published programme which now include the latest novel by bestselling author Jojo Moyes.

The revised programme for April to June is as follows:

April 7 *How to be Autistic* by Charlotte Amelia Poe

May 5 *The Giver of Stars* by Jojo Moyes

June 2 *Grandmothers* by Salley Vickers and *Double Lives* by Helen McCarthy

We meet at Cuppa Cafe, 81 High Road West, Felixstowe at 7pm. Doors open at 6.30pm; no cost except a cuppa when you arrive.

Check out the festival website for up to date news on programme and ticket sales.

www.felixstowebookfestival.co.uk

HMS Landguard Felixstowe Sea Cadets

Spring Jumble Sale

Saturday 25 April, 2-4pm

Drill Hall, Garrison Lane, Felixstowe IP11 7RD

Traditional jumble sale – refreshments available

Jumble (no electrical items please) can be dropped off at the Cadet Hall on a Tuesday or Thursday evening around 7pm.



At Felixstowe Sea Cadets we give young people (10-18) an experience that will help them grow into the person they want to be in a safe and friendly environment. Through various activities and adventures, we learn teamwork, respect, loyalty, self-confidence, commitment, self-discipline, honesty and how to be the best version of ourselves.

We offer a range of different activities from sailing, windsurfing and power boating to rock climbing, camping, music and so much more. At Felixstowe you are also able to gain qualifications you can take with you once you leave Sea Cadets.

We meet at The Drill Hall, Garrison Lane, Felixstowe IP11 7RD. Sea Cadets (12-18) meet on Tuesdays and Thursdays from 7-9.30pm and Junior Cadets (10-12) meet on Thursdays from 7-9.30pm.

Contact us at: felixstoweseacadets@gmail.com

www.sea-cadets.org/felixstowe

www.facebook.com/FelixstoweSeaCadets



Do You Know What Destitution Is?

Destitution is poverty so extreme that you lack the means to provide for yourself.

Is that you or do you know someone in that situation? Sadly, many people today are experiencing destitution and this is the experience of one third of CAP clients when in debt and financial difficulty.

Before approaching CAP, the percentage of clients who could not afford to pay for their provisions was as follows: 89% meals; 80% heating; 61% clothing; 37% lighting; 34% toiletries; 9% shelter.

For 24 years Christians Against Poverty (CAP) has helped a total of over 20,000 people across the UK get out of debt, turn their lives around and live debt free. Many of these have been destitute for a variety of reasons before they turned to CAP.

For the last two years we have been operating the CAP debt counselling service in Felixstowe.

CAP is unique in the service it offers. Not only do we visit clients in their own home, but we offer one-to-one support for the whole period that the client is in debt.

All visits are conducted by our trained CAP debt coach accompanied by a 'befriender' who is able to support the client through their journey to become debt free.

Usually our debt counselling starts with three visits:

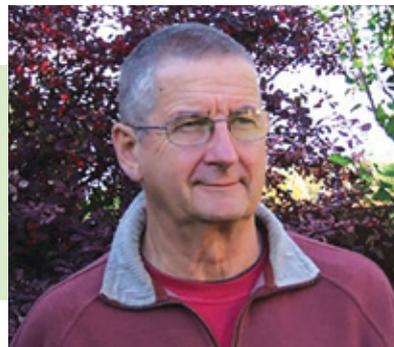
- On the first visit we introduce the service and explain who CAP are and how we operate.
- On the second visit we collect all the information needed to enable the qualified debt advisors in Bradford (CAP head office) to prepare an affordable budget the client can live on and suggest the right path for getting out of debt.

Every client's circumstances are different, so the debt advisers work hard to suggest the right option(s) for that particular client.

- On the third visit we go through CAP's suggested budget together with the options to get out of debt. The client is then totally free to choose whether or not to work with CAP on their preferred option.

Do you need CAP's help or know someone who does?

The CAP service is totally free; just call 0800 328 0008 to arrange that first appointment and step out on the path to becoming debt free.



*CAP Debt Coach
Rick Taylor*



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Local News



Felixstowe Waves Swimming Club



The Suffolk County Championships took place over several weekends in January and February. In all, we had 22 swimmers representing the club in individual events and a further 11 as part of our relay teams. Between them

we brought back a very respectable number of medals with special recognition to the following:

- Erin Uttridge: County Champion (10/11 age group) 200m Free
- Erin Uttridge & Aimee Burgess: Invited to attend the County Swim Camp for 2020. This is part of the national and regional programmes for those swimmers born in 2009 (11 years of age in 2020). The programme content and structure will be laid out by Swim England Talent team.
- Thomas Boyt: For qualifying for the Medley SKINS event and finishing in sixth place overall
- Adam Spear: For swimming under 1:00.00 in his 100m Free (59.13)
- Gemma Cannon: For swimming (and achieving) all events with a broken foot

1st

- Erin Uttridge: 200m Free
- Gemma Cannon: 400m Free, 50m Back, 200m Fly, 200m IM, 100m Back
- Aprille Branton: 50m Free, 100m Free, 400m Free, 100m Back
- Adam Spear: 400m Free
- Jon Wills: 100m Breast, 200m Breast, 200m IM
- Michael Mann: 50m Free, 50m Fly, 50m Breast

2nd

- Lewis Meadows: 50m Back
- Erin Uttridge: 100m Fly
- Adam Spear: 50m Back, 100m Fly, 200m IM, 100m Free
- Jon Wills: 400m Free, 50m Back
- Aprille Branton: 200m IM
- Michael Mann: 100m Breast, 200m Breast
- Gemma Cannon: 100m Breast

3rd

- Erin Uttridge: 50m Fly
- Bethany Crawley: 200m Fly
- Thomas Boyt: 200m Back
- Lewis Meadows: 50m Free
- Harry Alexander: 50m Free, 100m Fly



Our 2020 county team is pictured here and other pictures have been shared on our Facebook and Instagram pages.

About Felixstowe Waves Swimming Club

Felixstowe Waves is a local community swimming club which caters for swimmers of all ages and abilities and as an inclusive club we integrate disabilities.

The club consists of our pre-squad improver groups for swimmers who are starting out on their swimming journey, through to county, regional and national competition level. We have five main competitive squads including a masters (25yrs+) section with a comprehensive long-term development plan in place for the club and all our athletes. Coaching is led by David, our head coach, and supported by an experienced team of dedicated volunteers. All teaching and coaching staff are Swim England trained and qualified. We also like to have fun!

Contact: membership@felixstowe-waves.com

www.felixstowe-waves.com

Facebook: [Felixstowewavesswimmingclub](https://www.facebook.com/felixstowewavesswimmingclub)

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

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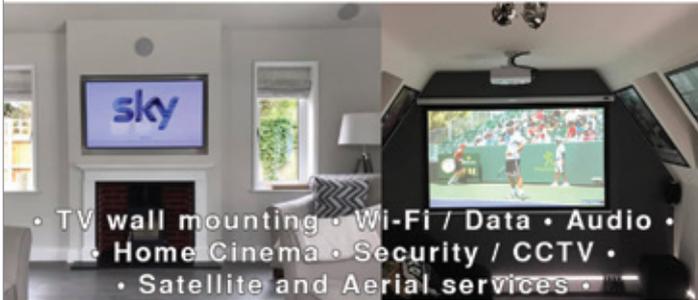


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Paying Tax Due on House Sales Advanced by up to 20 Months!



In significant tax changes effective from April 2020, the reporting and payment date for capital gains on the sale of UK residential property for UK owners is changing to just

30 days. These rules have been in place for overseas owners of UK residential property for some years now.

Before 5 April 2020 rules

Prior to 5 April 2020 the sale of a property was only reported on the Self-Assessment Tax Return for that period.

Example – A disposal on 7 April 2019 would have been reported on the 2019/20 tax return which is due for submission by 31 January 2021. The tax due on the property sale is also due by that date.

After 5 April 2020 rules

If, however, you sold your property on 7 April 2020, whilst this is still reportable on the 2020/21 tax return due for submission by 31 January 2022, there is an obligation to notify HMRC within 30 days of the completion date. In this instance that would be 7 May 2020.

An estimate of the tax payable is also due on this date. So, in a strange twist, the tax due on a disposal 12 months later is actually payable almost nine months sooner.

What should you do?

It will become more important than ever for taxpayers to be aware of any potential tax charges on selling property in advance of the disposal being made so they can appropriately budget for this cost.

At the time of writing this article (prior to the Budget 11 March 2020) the sale of your main residence is exempt from capital gains tax. These changes could therefore only impact if you are considering selling a property when you have owned more than one property at the same time.

There is also a further change to the interest relief on property letting on 6 April 2020, so if you would like to know more about mitigating your tax liabilities on property letting, developing or selling please contact mandy@beatons.co.uk to arrange a meeting or call 01473 659777.



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Felixstowe Museum

Once again your local museum has been nominated for its achievements, this time as finalists in the Norfolk and Suffolk Tourism Awards.

We open again on 8 April for the giant Easter Egg Hunt. Places are filling fast, so if you haven't already booked, please do so by phoning 01394 674355 or go to our website where you can also find details of opening times.

Young visitors are always welcome here. There is an owl trail and a dressing-up station. We also plan to follow up last year's very successful dinosaur trail with a new activity for children. Look out for details!

Our team of volunteers have been busy preparing for the new season, adding to our exhibits and preparing to welcome those who are new visitors as well as those returning. This year we welcome two superb, beautifully built additions to our collection of scale model paddle steamers, the Koningin Wilhelmina and the Royal Sovereign, popularly known as the 'London Cockneys' Favourite Steamer'.

Felixstowe Museum simply would not exist without its volunteers. If you fancy getting involved, or just want to find out more, please get in touch: felmuseum@btopenworld.com / 01394 674355

www.felixstowemuseum.org

The Velveteen Rabbit

We're looking forward to some rabbity fun this Easter holiday as we welcome Spinning Wheel Theatre to Felixstowe Library.



They will be performing *The Velveteen Rabbit*, based on the classic picture book by Margery Williams.

The story is brought to life by two actors, inventive puppetry and original songs. It's a joyful and uplifting tale of friendship and hope.

Expect comedy, storytelling, magic and music with a dash of audience participation.

This family show takes place on Wednesday 15 April at 2.30pm. All tickets are £3, available from Felixstowe Library.

Book now on 01394 330850.



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Local News



Bless 'Em All – Felixstowe Musical Theatre's Next Production

Following a very successful night of auditions in January, a cast of almost 40 performers is busy rehearsing for Felixstowe Musical Theatre's next production.

Bless 'Em All, FMT's anniversary celebration of the end of the Second World War in Europe will have two performances on Saturday 9 May at the Spa Pavilion.

A story filled with songs and laughter, FMT's spellbinding show will catapult you back to the emotional times experienced by everyone who lived through the Second World War.

The live band will have you tapping your feet and singing along to wartime favourite tunes such as *Maybe It's Because I'm A Londoner*, *Pack Up Your Troubles* and *Tipperary*, so book your tickets now at the Spa Pavilion Box Office or through their website.

As many people will remember, Felixstowe Musical Theatre were regular performers at our seafront theatre until it closed in 2013, but putting on a show of any size these days is a very expensive undertaking. For this reason we would be very grateful if there are individuals or companies willing to sponsor aspects of the production such as programmes or costume hire.

We are also looking for someone to design our show programme or to take advertising space within it.

If you or your company would be willing to help us please contact our secretary, Natasha, via our website.

We will be very pleased to acknowledge your contribution along with the help and support given to us by the Spa Pavilion management and staff.

www.felixstowemusicaltheatre.co.uk

Are You Dying To Be Heard?

Death Café meetings happen at the Compasses Pub in Holbrook on Sundays from 10.30am to noon. We talk about anything to do with death or dying, with no agenda or speakers. We just meet to have an interesting chat in a space that is safe and where we listen to each other with compassion and without judgement.

We are not a support group, simply people comfortable talking about these matters and sharing with others our interest and experience. The Death Café movement is worldwide and was founded in the UK by Jon Underwood.

If you are interested in joining us, finding out more, being part of the conversation or just listening, our next get-togethers are on 3 May and 5 July.

The 2020 Suffolk Walking Festival

Have you ever crafted in the wild, enjoyed baking over a campfire or foraged for a cream tea? If not, then this year's Suffolk Walking Festival is for you!



The 13th Suffolk Walking Festival launches on Saturday 9 May with over 120 guided walks and countryside events over three weeks across the county. This year also sees plenty of brand new events including *Castle on the Hill* celebrating Ed Sheeran's favourite castle, a fun photography scavenger hunt in Orford and a spooky day head hunting in Ipswich.

The event finishes at the end of half-term week with plenty of family-friendly activities. Here are just a few events to whet your appetite.

A sell-out every year is *Walk n' Water*, a short walk and boat trip along the River Stour in Sudbury with a free hot drink at the end. RSPB Minsmere is one of the most special places in Suffolk, famous around the world for its wildlife. *Surprising Spring Wildlife* shows off the site, introducing you to some of its iconic species. Another icon of Suffolk is Orford Ness and *Walk with a Shepherd and a Sheepdog* is a guided walk by Kite, the sheepdog who manages the island's very own herd of sheep. It's a very fun walk and a joy to watch Kite in action.

Campfire Make and Bake at Thornham Walks brushes up your whittling skills before making damper bread over an open fire in the woods. *Family Wild Crafts* at Brandon Country Park lets you get crafty in the woods as you collect natural materials such as sticks, leaves and rushes to make, and then keep, your creations. And *The Nasty Normans* at Clare Country Park is a fun take on the history of the Norman Conquest with an actor narrating the story as you've never heard before!

The festival kicks off at Clare Country Park on Saturday 9 May and runs for three weeks until 31 May. See the full programme and purchase tickets at: www.suffolkwalkingfestival.co.uk



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Includes: Official World Record attempts for Beer Mat Flipping, Coin Snatching, and many other catching feats with demos and audience participation. Dean will also give a talk, with Questions and Answers from his forthcoming publication: *'Flippin' Crazy, The Dean Gould Record Breaker's Story'* | Sun 3 May (Same day as Felixstowe Vehicle Rally)

Dean will be performing 12pm to 2pm - Attend anytime.

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Local News



Boswell Office Supplies – We Know Our Business and Yours

In a global marketplace, isn't it good to know there's a local supplier with a long history which has not only survived in an increasingly competitive industry, but has secured its place as a preferred supplier based on quality of service and value for money.

Boswell Office Supplies has a long history and still operates out of Ipswich as part of Mansion House Group. Led by Jon Emerson (pictured below on the left), the current team of four has nigh on 100 years of industry insight and knowledge which customers can access.



"Knowledge is everything in this industry," explains Jon. "Because we know our product range intimately we can quickly identify what our customers need and provide solutions when a specific need exists. For example, we don't just deliver office furniture – we can put it together too!"

In fact the very term 'office supplies' is somewhat inadequate to describe what Boswell can offer. Of course they provide every variation of every office product you can envision, from paperclips to chairs, but the product range has expanded in recent years to include furniture, shredders, print consumables, first aid kits, arts and crafts supplies, clothing, computer software, cleaning materials and equipment, even catering supplies.

If it's something you need in your office, village hall, community centre, sports club or school, you'll probably find it at Boswell Office Supplies.

"We relish the opportunity to find the best products for customers," says Jon who runs the office with Mark (pictured above on the right). "Not many people understand our passion for office products. In fact we talk in code a lot of the time, using reference numbers we've stored in our memories over many years."

Jon and Mark are always available to take calls but more and more customers order online, a simple process once an account has been set up. It's easy to find specific products on the website where special offers are regularly highlighted.

As part of Mansion House Group, which also includes Mansion House Publishing, Colourplan Print and Musical Marketing, Boswell can provide a range of additional add-on services including a full print service, advertising in any one of several regular publications and a range of online/social media marketing options.

"We are stronger and more competitive as a group," explains Jon. "Many of our customers come to us for a mix of products or services, knowing we have their best interests at heart but also because it's easier, quicker and cheaper to deal with a single supplier."

"Many Colourplan Print customers have become Boswell customers and vice versa. Trust is key to our success and the fact that Andy, our main delivery driver, and Nick, our field sales operative, are well-liked and knowledgeable doesn't hurt either."

So whether you need a regular supply of essential products, clothing or office furniture for new staff, first aid kits for staff on the move or any one of the thousands of products Jon and this team can source on your behalf, check out the website or give the office a call if you have a specific enquiry.

"Buy locally, use our local knowledge and get your office supplies delivered right into your office or school," says Jon.

"We are good at what we do because we love what we do. For us it's personal and that's why so many of our customers have been with us for many years. We look forward to working with you too."

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Community News

Grow Your Own

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Colneis Flower Club

Our first meeting for the new season was very well attended with members renewing their subscriptions and a number of visitors who we hope will want to join us.

Alan Smith excelled himself with a demonstration entitled *Winter Wonderland*. His flowers were stunning, his arrangements inspiring and all his foliage was beautifully conditioned. As usual, he was good fun and his slightly risqué repartee was hilarious, but he also included lots of tips and stories of his trips abroad. He quickly filled the stage with lovely arrangements which everyone wanted to win in the raffle. We also had a good number of practice pieces as well as our sales table with items for flower arranging.

Our next meeting is at Old Felixstowe Community Centre, Ferry Road IP11 9NB at 7.30pm on Thursday 16 April when we will be having our members' evening. These evenings are always great fun and hope you will join us to meet friends, look at our sales table, buy raffle tickets, enjoy a cup of tea or coffee and have another interesting and fun evening.

Our annual subscription is still £35 and visitors pay £4. If you have any queries, please call me on 01394 282468.

Margaret Miller

Music to Enjoy

Felixstowe Recorded Music Society

Please note that our next meeting on Wednesday 1 April is a change from our previously advertised programme. We shall be listening to *Your Choice*, chosen by our members and regular visitors and guaranteed to provide a very interesting evening's selection.

Due to unforeseen circumstances, Pete Seven will now be presenting *My Favourite...* at our meeting on Wednesday 6 May.

We welcome visitors to all our meetings, which take place at the United Reformed Church Hall on Tomline Road. The music commences at 7.30pm. Visitors £3.

For more information contact Rosalie Thomas: 01394 270491

Felixstowe Country Market

Visit us in the Hadwen Room at Felixstowe Library (Crescent Road, Felixstowe IP11 7BY) between 9.30am and 3pm on Saturday 4 April for locally-produced bakes, preserves, honey, eggs, crafts and plants. We will be serving refreshments with home-made cakes and scones.

An Evening of Eastern Steam Nostalgia

Presented by Amanda Huntley, archivist of the Huntley Film Archives

Ipswich and District Historical Transport Society invites you to join them at the Salvation Army Citadel, 558 Woodbridge Road, Ipswich IP4 4PH on Wednesday 22 April at 7.30pm

Entrance is £5. Tickets are available at IDHTS meetings or from Pat Caddick: pandj83@gmail.com / 01473 402152

Festival season is coming...
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Legal Eyes



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From 26 to 28 June the eighth Felixstowe Book Festival returns with an incredibly varied programme of literary events. With over 50 writers and events for adults and young people, there are far too many highlights to mention now, but here is a taste of what is on offer.

The beautiful Victorian Orwell Hotel is the perfect venue. His Lordship's Library and the Elizabeth Suite will be used for authors' talks and a large area will be set aside as a dedicated festival space containing a book shop, ticket desk, author-signing area and cafe; a place to relax and to read your new book purchases or make friends with like-minded bookworms. Felixstowe Library will host the exciting children's programme.

There really is something for everyone at this year's Festival:

If you like to settle on the sofa with a good novel: Jojo Moyes, Sally Vickers, and Carol Drinkwater.

If you love a good ghost story that'll send shivers down your spine: Join Edward Parnell (*Ghostland*) in conversation with S.A. Harris (*Haverscroft*).

If you especially like crime fiction and thrillers: BBC broadcaster George Alagiah has a debut political thriller, Benjamin Lamb talks about British TV crime drama, and Harriet Tyce, Kate Rhodes, Louise Millar discuss plot twists.

If you like to hear about other people's lives: Andrew Lownie talks about the Mountbattens, and Nick Holland's latest book is about Anne Brontë.

If history is your passion, both factual and fiction: Christopher Tugendhat has written a British history through books, Helen McCarthy looks at the history of working mothers, Henry Hemming knows about the British plot to bring America into WW2.

We hear about war in Anglo Saxon Britain, and historical novelists, Kate Griffen and Nicola Upson, are in conversation. Liz Trenow's latest novel is set in Felixstowe and Bawdsey Manor in WW2.

If you are interested in politics or world affairs: Former war correspondent and MP Martin Bell reflects on war and peacekeeping; Iain Dale asks *Why Can't We All Just Get Along?* We also hear about why we need to understand China, climate change and how this is the age of AI and robots.

If you want to know more about health and family life: Author Charlotte Amelia Poe lives with autism, while Kit Yates explains why maths matters.

Jackamans Solicitors has supported the Felixstowe Book Festival since its inception. The Festival has grown and increased its scope year on year since then. Thank you to all those who continue to make it such a vibrant and important event for Felixstowe.

For further information and to view the full programme of events visit www.felixstowebookfestival.co.uk

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Community News



Lions Club of Felixstowe



Our annual pig race was held at Felixstowe Labour and Trades Club on Saturday 8 February in conjunction with the Lions Club of Stowmarket.

It was a great evening and lots of fun, raising nearly £2,000 for Lions charities. Many thanks to our sponsors: Pierrot Stationers, Nicholas Estates, Ipswich Car Glass and Trim, the Wimpy Restaurant, Ivan Pike, E B Carpets and Flooring, Nick Barber Auctions and Fred Olsen Travel Agents.

Our car boot sales will start again on Saturday 11 April at the Pier Plaza on Undercliff Road West (in front the pier). The final sale will be on 26 September, and there will be no sales on 13 June and 25 July. This year the site will be open to sellers to set-up from 9.30am and to buyers from 10am to 2pm. Sellers £6, charities £3, maximum two tables.

Once again we are holding our Easter Egg Raffle at various locations in Felixstowe. We hope to have the eggs in 11 locations. Look out for the huge eggs and have a go; it could be you with a winning number. On Sunday 12 April we will be repeating our Easter Egg Hunt in which children hunt around the seafront gardens to find clues to answer a question. The hunt starts at The Hut at 11am. Those getting the correct answer (all) will be presented with an Easter egg.

Following on from successful events at the Triangle last year, we will be holding further sales at the Triangle on Saturday 16 May, 18 July and 12 September.

Kirton Village Yard Sale

Annual Yard Sale in Aid Of Local Groups

Sunday 5 April, 10am-2pm at Kirton and Falkenham Village Hall, 65 Falkenham Road, Kirton IP10 0QW (GPS 52.0051, 1.3231)

Maps 50p. Refreshments will be available at the village hall.

We hope to see you there.

Parking at Kirton Village Green Entrance, opposite 11 Falkenham Road, Kirton IP10 0NP (GPS 52.0078, 1.3176)



Felixstowe Inner Wheel Club

In February one of our members held a coffee morning in aid of The Oaks. They needed sensory toys for the children a total of £210 was raised with a further donation of £100 by another group. Thank you to all who contributed. Our first meeting in March was a talk on the causes of hearing loss and the help available by Karen Finch from The Hearing Care Centre.

The district committee meeting was held at Honington and Sapiston Village Hall. A total of 74 members from across the district attended, 13 of who were from Felixstowe. Apart from the business of the day, there was a lot of chatter as old friends met up again over lunch.

Club Correspondent Gillian Smith

Recipe of the Month

Cauliflower Steak Burger

Ingredients

2 Cauliflower, leaves and stem trimmed and cut widthways

2 tsp Paprika

1 tbsp Olive Oil

1 clove Garlic, crushed

1 sprinkle Salt

4 Buns

2-3 slices Halloumi, grilled

Take two medium cauliflowers, leaves and stem trimmed. Cut in half width ways, then cut a 2cm slice from each half to create your steaks. Save the ends for another dish.

Make a marinade with 2 teaspoons smoked paprika, 2 table spoons olive oil, 1 crushed garlic clove and a little salt.

Coat the slices and grill for 15-20 minutes, flipping occasionally, until tender.

Slice the halloumi, grill until slightly brown and add to the burger.

For an extra twist...

A squeeze of lemon juice or a dollop of sweet chilli sauce adds zing to your burger!

Community News

Suffolk Aviation Heritage Museum

The museum on Foxhall Road in Kesgrave re-opens on Easter Sunday and Monday, April 12 and 13, from 11am until 4pm, and with it a new season begins.

We look forward to welcoming back old friends and first-time visitors. Those who visit are very impressed with the displays, which is very rewarding for our enthusiastic and hardworking volunteers. Visitors often say that they didn't know there was an aviation museum on Foxhall Road, or that they have been meaning to visit but have never got around to it.

Do come along and see our exhibition of the history of Suffolk aviation including a full size replica of Edith Cook's Bleriot and many other interesting exhibits.

The museum relies on donations to cover running costs and keep the museum open. We hope to see more visitors this year and they can be assured of a warm welcome from our staff.

Tea room and picnic area, free admission and parking. Donations welcome.

For further information contact Colin Durrant:
01473 677517 / colindurrant113@yahoo.com

Deben Flower Club

Deben Flower Club meets in the Church Hall, Church Lane, Kirton IP10 0PU on the second Tuesday of each month at 7.30pm.

On Tuesday 14 April Terri Potter from Chelmsford will present a demonstration entitled *This Way and That*.

Terri has recently returned from a trip to India where she took part in the World Association of Floral Artists (WAFA) competitions, so no doubt she will have some interesting tales to tell us.

You may even be lucky enough to win one of Terri's arrangements in the raffle. Tea, coffee and biscuits will be available after the demonstration. Visitors are always welcome (£5).

Suffolk Wildlife Trust

Gardening for Wildlife

Tuesday 21 April, 7.30pm at Broadway House:
Gardening for Wildlife by Cathy Smith

Cathy has been working as a Wild Learning Officer for Suffolk Wildlife Trust for over 15 years and has a wealth of knowledge dealing with the wildlife associated with our gardens.

She focuses on how small changes in gardening practices can make a great difference to biodiversity within gardens.

The talk will be illustrated, there is coffee and tea available and the entrance fee is £2.50.

Come along and join us for this interesting and topical talk.

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Community News

Spring Success at Grange

We always have so much to celebrate at Grange Community Primary School, so much so that I'm considering whether to lengthen my Friday celebration assemblies.

We have introduced a new behaviour policy this half term which rewards children for their good behaviour choices and improving learning behaviours.

They earn rewards called 'Dojos' for making good choices, being polite, working well in a team, working hard, being good listeners and showing perseverance.

The child with the most 'Dojos' in their class comes to the headteacher's tea party each week. Morrisons will be selling a lot more chocolate biscuits!

Morrisons are also helping us celebrate and reward good attendance for learning. Thanks to Wendy from the customer service team, each week we award a £5 gift voucher to a lucky child who wins the attendance raffle. You can only be in the raffle if you have 100 percent attendance and don't arrive late for school.

As spring begins we're excited about developing our wonderful school grounds and we're looking for volunteer gardeners or local groups who may like to work with us as part of their corporate social responsibility. If you are interested, please get in touch with the school office at Grange.

At the end of last half term we said a fond (and teary for some) farewell to Mrs Haines, our deputy headteacher. I'm sure she is going to miss Grange but is also very excited about her next challenge as a headteacher in Norfolk.

We have already successfully appointed a new deputy headteacher, Mr D Howden, who will join us after Easter.

Mr Howden is currently on the senior leadership team at Sidegate Primary School in Ipswich, contributing to the school's curriculum development and significantly impacting on the teaching of the arts. We are very excited about the impact Mr Howden is going to make at our school.

It has been my pleasure to escort four very talented Year 5 children to mathematics workshops at Felixstowe Academy this term. The workshops are attended by capable mathematicians from across Felixstowe primary schools and taught by academy staff and Cambridge University lecturers.

I can assure you that the work has been rewarding and very challenging for pupils – and their headteacher!

Submitted by Lee Abbott



'Where flowers bloom so does hope.'

Lady Bird Johnson

Felixstowe Art Group

**Tuesday 14 April, 7.30pm at Broadway House,
Orwell Road, Felixstowe:**

An illustrated talk on Leonard Squirrel by Mark Beesley

Many members will be looking forward to this talk by Mark Beesley. Mark has been to the group on previous occasions and his lectures are always very informative and very well executed.

Leonard Squirrel was a local artist who for many years lived in Ipswich. He was a very shy man who I am told by many was a true gentleman. His work was simply outstanding and his detailed pictures of buildings in the town and indeed further afield were sought after by many. Leonard took part in many exhibitions in and around Ipswich where his work always sold well. His work is still sought after since his death.

If you would like to join us for the talk, non-members will be welcome for a small charge of £2.

Our meeting on Tuesday 28 April is for members only, however if you would like to join Felixstowe Art Group please telephone 01394 276975 or visit: www.felixstoweartgroup.org

Speakers of Felixstowe

Stand up and speak with confidence

Our last evening opened with 60-second warm-up mini speeches on the effects of the recent storms, a subject everyone could recount.

Our tutorial was on *Taking the Chair*, or how to chair a meeting. This is a useful transferable skill that can be used for meetings at work, committee meetings or clubs.

Expect the unexpected is a good maxim because however well planned, something in the programme will invariably change, such as a participant changing his/her mind or not being able to attend, last minute issues, a faulty projector or whatever.

It's the chairman's job to re-adjust the agenda accordingly, look for volunteers, estimate the timing for each section and finish the meeting on time. It is always a good plan to have some anecdotes, snippets of topical news, humour that can be used to fill in otherwise awkward gaps. The three main speeches were delivered to develop humour, speech construction and the use of voice respectively.

Finally, congratulation must be given to recent new members who did an excellent job of chairing the impromptu speech session for the first time.

Our meetings are at the Brook Hotel on Orwell Road on the third Wednesday of the month from 7.30-10pm.

Whatever level of speaking skills and confidence you have, the club aims to help you to develop your skills with prepared and off-the-cuff speeches, for entertaining or formal occasions. Do please come along and see for yourself.

For more information visit: www.felixstowespeakers.org.uk

Community News

Orwell Connection Choir

Orwell Connection Choir started in 1986. We are a happy, friendly group of singers who aim to enjoy singing together and to perform charity concerts. Come and join us; no audition required, just an enthusiasm to sing.



We have 30 members comprising sopranos, altos, bass and tenors. Our musical director is Kaye Stone, whose enthusiasm knows no bounds and she is a very talented musician and conductor. Kaye is accompanied by Rebecca Collier on piano, another talented musician.

We meet at 7.30pm every Tuesday evening at The Convent, 63 Orwell Road, Felixstowe. You don't have to be able to fully read music; we practise notes together as a group for each song.

If you enjoy singing along with the radio why not come and give us a try?

For more information or if you are interested in having us perform at an event you are hosting, please contact us at: 07570 110660 / orwellconnectionschoir@gmail.com

Our next concert is at St Mary's Church, Walton, Felixstowe IP11 9DS on Tuesday 28 April from 7.30pm. Please join us for a varied programme from *The Mamas and the Papas*, *Queen*, *The Carpenters* and the classic *Panis Angelicus*.

www.e-voice.org.uk/orwellconnectionchoir



U3A East Suffolk Suspends All Activities

In light of the spread of the Coronavirus, U3A East Suffolk has suspended all activities and meetings until further notice.

The committee has taken the decision in order to safeguard the health, safety and welfare of its members, many of whom are elderly and thus at greater risk.

All speaker meetings and interest group activities were suspended from Monday 16 March. The committee will review the decision in four weeks' time.

This decision has not been taken lightly but the committee wishes to protect its members as far as it is able.

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Saturday 25th – Midday 'til late

Midday 'til 4pm Kids fun day & BBQ.
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Sunday 26th – 1pm 'til 5ish

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Iron for health

Iron is an essential mineral with several important roles in the body. For example, it helps to make red blood cells which carry oxygen around the body.

A lack of iron can lead to iron deficiency anaemia. Iron deficiency anaemia is a condition where a lack of iron in the body leads to a reduction in the number of red blood cells.

There are several different types of anaemia, and each one has a different cause. Iron deficiency anaemia is the most common type. The most common symptoms include tiredness and lack of energy, shortness of breath, noticeable heartbeats (heart palpitations) and a pale complexion.

Good sources of iron

- Liver
- Oysters
- Meat
- Beans
- Lentils
- Tofu
- Baked potatoes
- Cashews
- Dried fruit – such as dried apricots
- Wholegrains – such as brown rice
 - Fortified breakfast cereals
 - Soybean flour
 - Dark chocolate
- Most dark green leafy vegetables

Although you absorb less of the iron in plants, every bite counts, and adding a source of vitamin C to vegetarian sources of iron will enhance absorption.

How much iron do you need?

The recommended amount of iron you need is: 8.7mg a day for men and 14.8mg a day for women. You should be able to get all the iron you need from your daily diet.

Seek advice from your GP or a registered dietitian for more advice if you are concerned about your iron intake.



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Local Feature

We're all Going on a Summer Holiday (Part 14)



Having entered Tanzania and skirted Lake Victoria, Graham, Carol and companions arrived at The Serengeti which was as they expected and more. Across this great park roamed giraffes, zebra, gazelle, wildebeest, elephant and impala to name a few. Near the Ngorongoro Crater, which had not been visited by a single European until Oscar Baumann visited in 1892, the oldest human bones were found, one reason this area eventually became a UNESCO site.



They drove on to Arusha at the base of the volcanic Mount Meru just 100km from Africa's highest mountain, Kilimanjaro, then turned north towards the Kenyan border for their final run to Nairobi, arriving there on Sunday 7 January 1979 having covered 9,497 miles in 106 days.

The party went their separate ways, Rod to Australia, the others to England, leaving Carol, Graham and a rather tatty landrover. They decided to head to Mombasa and the coast for some rest and relaxation where they spent the next 16 days before heading inland through the Tsavo Game Reserve and past the proud Masai warriors I remember from my time in Tanzania. I will never forget chatting to a towering seven-foot tall Masai Warrior at a candlelit roadside bar who was wearing an up to date luminous watch.

On 9 February 1979 Carol and Graham arrived back at Heathrow Airport. They quickly got back into the routine and Graham went back to work for Fred Olsen at Ivory House before quickly moving to Blackfriars House in London. He was offered a job by Fred Olsen in the fast developing Port of Felixstowe, providing he kept his chauffeur job when any of the Olsen family visited.

The rest, as they say, is history. Ian now works for Fred Olsen making sure the cruise ships have urgent stores and Carol enjoys her retirement, although misses her sole mate.



I hope you have enjoyed reading this synopsis which only details a fraction of the life of Graham Stuart Dyson. Graham was one of the most helpful, hardworking and honest individuals I have ever met and his family and many, many, others miss his Blackpool twang, willing hand and friendly face. He will long be remembered. RIP my friend.

Submitted by Malcolm Stafford (in memory of Graham Dyson)

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Felixstowe Ferry Golf Club

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Tee Times

Climate change is, of course, on everyone's minds and here at the golf club we are no different. This past February there has been an unprecedented amount of rain and to keep most of the course open has been no mean feat. We measure and monitor the rainfall daily and track the rainfall on the following website: www.worldweatheronline.com

This website gives a fascinating insight into the extreme conditions and by typing in our town name in the top right-hand corner and then scrolling down to View Full Year Averages you too can see the remarkable changes taking place. We are not alone as this picture can be traced to every town in the UK and many countries throughout the world.

Our greenkeepers have been working on the ditches and streams that meander through the course to clear any blockages and there have been ongoing repairs to the pipework hidden under the fairways. Golfers are generally a hardy bunch but even they cannot play in wellies. Our thoughts also go out to those who have been affected a lot worse than us. Still, spring is now on its way and although we have had a mild winter we are still hoping for a warm summer.

As a club we do focus on the environment and our new clubhouse will be much more environmentally friendly than the one we have now so we will be improving our footprint tremendously. We cannot change the world but we can, and we will, do our bit. We owe this to our future generations. At least when you play golf the only energy you use is your own!

Felixstowe Ferry Golf Club

Friday Afternoon Tea

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Friday 4th December

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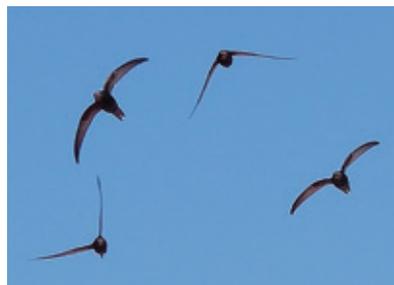
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Support Our Swifts!



The latest estimates from the British Trust for Ornithology suggest that swifts will be returning to the UK in the first week of May. Felixstowe's Community Nature Reserve is therefore helping local people to support these wonderful little birds.



Apart from having their populations in serious decline, swifts are completely fascinating. Did you know that they are the fastest bird in the world in level flight? Their maximum speed in level flight, which has been scientifically measured, is 69.3mph.

If you haven't already got a nesting box for swifts on your house, you can buy a good one from the RSPB. Alternatively, you may wish to make your own nesting box. Our Facebook page will offer you some easy-to-follow design instructions.

If you already have a nesting box for swifts, this would be a really good time to make sure that it is clean and safely secured to your eaves. When you've done that, please encourage your family, friends and neighbours to do the same.

Whatever you choose to do to help swifts, it's true that their populations are falling fast. According to the RSPB, the numbers of breeding pairs fell by almost 50 percent over the last 10 years. That means that our grandchildren, nieces and nephews might never have the pleasure of seeing and hearing swifts as they scream through our skies. We must therefore do whatever we can to support our swifts.

Did you also know that the colouring of swifts varies according to where they prefer to live? Swifts which live in wetter areas tend to have darker colouring than swifts which prefer drier habitats.

Swifts come to visit us each year between early May and early August. They are related to hummingbirds and have evolved in quite different ways from most other birds. They began their distinctive evolutionary path about 70 million years ago.

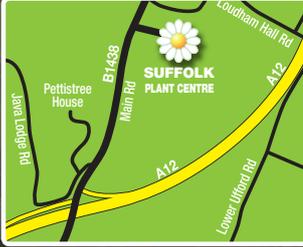
For more information about Felixstowe's Community Nature Reserve and the work we're doing to support local populations of swifts and other wildlife, please visit our Facebook page: www.facebook.com/FelixstoweCommunityNatureReserve

Submitted by Dr Adrian Cooper



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What's On

Every Monday

Felixstowe Judo Club

Meeting at the main Felixstowe Academy building every Monday excluding bank, public and school holidays; 5-6pm for 5-11 year olds and 6-7pm for 12 years to adult. Find out more at: www.felixstowejudo.club

Dance Classes

7-9.30pm, every Monday at Trimley St Martin Memorial Hall: Beginners and intermediate dance classes. £10 per couple. For further information call 01394 282285 or 07801 933173.

Felixstowe Probus 2

Promoting fellowship among retired professionals and businessmen every Monday morning at the Brook Hotel for a chat over coffee followed by a speaker. Third Monday in the month: members meet for lunch. Four times a year: wives and partners are invited for a combined lunch. Phone 01394 275151.

Every Tuesday

Ballroom and Latin Dance Classes

£5) at Colneis Junior School, Colneis Road, Felixstowe IP11 9HH. Improvers 7-8pm, beginners 8-9pm. Details from: 01394 286409

Orwell Connection Choir

At The Convent, 63 Orwell Road, Felixstowe, 7.15pm for a 7.30 start. All welcome, no auditions, just an enjoyment of singing.

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

Second Tues of each month

Felixstowe Garden Club

Meets in the OFCA on Ferry Road from 7.30pm with speakers, demonstrations and trips out. Annual membership is £15, visitor fee £5. Contact: 01394 272695

Third Tuesday of each month

Master Mariners

Meetings at Felixstowe Ferry Sailing Club for lunch and a guest speaker. To become a member visit their website or email: secretary@mastermariners.uk

Third Wed of each month

Speakers of Felixstowe

7.30-10pm at the Brook Hotel, Orwell Road IP11 7PF: The Speakers of Felixstowe are dedicated to helping people improve their confidence and enhance their public speaking skills. Guests are always welcome. www.felixstowespeakers.org.uk

Every Thursday

Ballroom, Latin, Sequence Dance/Tuition

(£3.50) from 7-9.30pm at Colneis Junior School, Colneis Road, Felixstowe IP11 9HH. Details from: 01394 286409

Every Friday

Felixstowe Country Market

At Felixstowe Library from 9.30-11.15am. Visit us for locally made bakes, preserves, honey, eggs and crafts. Not open Friday 10 April (Good Friday) as the library is closed. www.country-markets.co.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 that meets 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.

Felix. Trades & Labour Club

Entertainment for April

At Felixstowe Trades & Labour Club, 182 High Road West, Felixstowe IP11 9BB:

Saturday 4: Stepback
Tuesday 7: Hoy
Saturday 11: Double or Nothing
Saturday 18: Scorpio Rising
Tuesday 21: Hoy
Saturday 25: Memphis Index

Felixstowe Ferry Sailing Club

Events for your diary

Shanty Café: Saturday 4 April, 1-7pm. Free entry, all welcome.
Art at the Ferry: Friday 10 & Saturday 11 April 10am-4pm. Free entry although donations are appreciated.
Suffolk Day at Felixstowe Ferry Sailing Club: Sunday 21 June 10am-5pm. Free sailing and £5 powerboat trips.
Felixstowe Ferry Cat Open: Catamaran sailing race weekend, Saturday 25 and Sunday 26 July.

Wednesday 8 April

The Great Felixstowe Museum

Easter Egg Hunt

Noon-4pm: A fun afternoon for children at Felixstowe Museum, Viewpoint Road, Felixstowe IP11 3TW. Tickets must be bought in advance; children £4, adults £3. For details and booking visit: felixstowemuseum.org / felmuseum@btopenworld.com / 01394 674355

The History of the Spoken Language

7.30-9.30pm at Broadway House, Orwell Road, Felixstowe IP11 7DD: Felixstowe History & Museum Society in conjunction with Felixstowe Family History Society.

Do you have an event you would like publicised? Contact us and be seen in Spotlight on Felixstowe.

Wednesday 8 April (continued)

Charlie Haylock will give a talk on *The History of the Spoken Language* in his own inimitable style. All welcome – come early as Mr Haylock is a very popular speaker. Guests £1 on the door. Members free. Contact: ffhs@itgen.co.uk / felmuseum@btopenworld.com / 01394 674355

Tuesday 14 April

Felixstowe Area Social Club for Retired Persons

2.15pm: Meeting at Old Felixstowe Community Centre (Ferry Road, Old Felixstowe IP11 9NB) for a talk on Minsmere by Val Bourne. Coffee and tea is served after the talk in the lounge area. New members welcome. For further info contact Stephen and Carol Cox: 01394 809794

Saturday 18 April

Table Top Sale

10am-3pm: At Trinity Methodist Church on Hamilton Road, Felixstowe in conjunction with the usual coffee morning and serving afternoon tea. With bric-a-brac, books, toys, good quality clothing, CDs/DVDs, cards and much more. Contact Heather Carpenter: 01394 278239

Sunday 19 April

Music in Felixstowe

3pm at St John's Church: Come and Sing the Messiah

Conductor Paul Gudgin with young soloists rehearsal for singers at 1pm; register on 01394 670633. Singers and audience £10 (children free). Tickets from Stillwater Books or on 01394 670633.

Tuesday 21 April

Gardening for Wildlife

7.30pm at Broadway House: Suffolk Wildlife Trust presents a talk by Cathy Smith on *Gardening for Wildlife*. Cathy has been working as a Wild Learning Officer for Suffolk Wildlife Trust for over 15 years and has a wealth of knowledge dealing with the wildlife associated with our gardens. She focuses on how small changes in gardening practices can make a great difference to biodiversity within gardens. The talk will be illustrated. Coffee and tea available. Entrance fee: £2.50.

Wednesday 22 April

Music in Felixstowe

11.30am at Orwell Hotel library: Quartetto Familia with Wendy Gudgin (viola)

Quintet by Beethoven and Janacek Quartet No.1. Tickets (£12 / children free) from Stillwater Books or on 01394 670633. Book transport on FACTS bus: 01394 282857

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EPC "D" Extended 4 bed cottage, re-fitted kitchen, 2 en-suites, gardens & parking.



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EPC "D" Purpose built 2 bed first floor balconied apartment with sea views. En-suite, garage.



CONSTABLE ROAD £330,000
EPC "D" Semi detached bay window 3 bed house, conservatory, parking, enclosed garden.



NEW ROAD £289,950
EPC "TBC" Modernised semi detached 3 bed home, cloakroom, driveway, garage, gardens.



TOMLINE ROAD £485,000
EPC "F" Victorian sea view semi detached house, close to town centre & sea front.



WESTLETON WAY £277,500
EPC "D" Detached 4 bed house, conservatory, utility rm, cloakroom, driveway & garage.



HUNTERS END £289,950
EPC "C" Detached 4 bed house, conservatory, cloakroom, drive & garage.



HARVEST HOUSE £315,000
EPC "N/A" Modernised 2 bed spacious sea view apartment in popular retirement development.



GLEMSFORD CLOSE £289,950
EPC "C" Detached 3 / 4 bed house, open plan, conservatory, driveway & garage.



MEADOWLANDS £297,500
EPC "D" Semi detached 4 bed house in village location, kitchen/dining rm, conservatory.



RANELAGH ROAD £277,500
EPC "E" 3 bed double bay house, lounge, dining rm, utility rm, town centre location.



HIGH STREET, WALTON £209,950
EPC "C" Detached 3 bed house, open plan kitchen/dining rm, conservatory, parking.



HOLBROOK CRESCENT £209,950
EPC "B" Semi detached 2 bed bungalow, conservatory, driveway & garage.



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EPC "C" Detached 5 bed house, study, en-suite shower rm, garage.



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EPC "D" 2 bed mid terrace house, utility rm, first floor bathroom.



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EPC "C" Semi detached 3 bed double bay house, open plan living/dining area/ kitchen, studio.



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EPC "B" Taylor Wimpey 4 bed detached house, open plan kitchen/dining rm, utility rm, en-suite.