

Spotlight

Issue 192 August 2020

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

on Felixstowe

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

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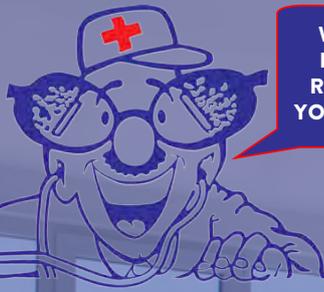
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EDITOR'S CORNER

It's traditional in our house to go out for pizza on the day school breaks for summer, but not this year. We did order in, but after months of homeschooling, the sheer joy of having six long weeks at home (or away) was somewhat muted. Oh I'm sure Jack will be pleased I'm not asking him to read poetry, but I know he'd love time with his friends right now, not more time away from them.

How many times have you heard people say 'it's just not the same', or 'isn't it all getting a bit much now'? I can't disagree but I refuse to let it get me down. When I think about those first few weeks when we didn't yet understand what was coming our way but knew it was going to be bad, I feel very lucky. I'm sure most of us do but my heart goes out to those who have lost family members or friends. Not being able to say goodbye or to hold the hand of a loved one as they slip away must be utterly heart-breaking.

A message which popped up on Twitter in those early days completely destroyed me, still does in fact. It was from a delivery driver who has just delivered an iPad to an elderly woman so she could watch her daughter's funeral online. I immediately stopped complaining about how slow my Wi-Fi was and how much I was missing 'proper' coffee. Whenever I get fed-up and feel hard done by because I can't do what I want when I want, that message comes to mind and I quickly pull myself together.

Things are moving on, opening up, getting back to some semblance of normality, which is wonderful, but do we really want things to go back to the way they were before? If you've been homeschooling since March, I'm sure you're screaming "YES" (and I agree entirely) but I don't think I've ever felt so connected to my local community, both socially and commercially, as I do right now and I love it. Of course, we've always had a strong sense of localism in this part of the country, but it can't just be me who thinks it's stronger now than it ever was before.

It's a privilege to work on a series of magazines which celebrate, support, promote and facilitate the communities, in every aspect, and I know we are stronger now than we were before and that we will be there for each other whatever comes our way.

Take care as you venture out and about to enjoy our wonderfully beautiful corner of the planet and let's never forget just how fortunate we are.

SHARON JENKINS *Editor*

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Local News



Felixstowe Air Cadets

Many will know that Felixstowe has an RAF Air Cadet Squadron of long standing; it was established in 1941, so will turn 80 next year.

Originally intended to prepare young men for wartime military service, today's inclusive organisation offers an exciting and challenging cadet experience, based around flying and aviation, inspiring young people to learn and develop new skills. The range of activities includes flying, gliding, archery, shooting, leadership, sports, adventure training, music and much more with the opportunity to gain formal recognition through the Duke of Edinburgh Award Scheme and accredited CVQO vocational qualifications.

Our cadets are committed to the local community, participating in key civic events such as Remembrance, supporting charity fundraising and contributing towards the efforts to keep our town litter free.

As with all organisations, 2020 is proving to be a challenging one but the Squadron has adapted to virtual life and continued to offer cadets continuity during this time with a weekly programme of online activities and learning.

In the current context, the usual annual recruitment of new cadets in September will be a little different this year. They will be offering a modified, virtual programme for the autumn term to enable entry and initial training to start.

Squadron Commander Flight Lieutenant Kim Balshaw says: "Building on the success of our current virtual squadron activities, our senior cadets and qualified adult instructors have prepared a great programme of activities that will allow new recruits to get started, learn the essentials and enjoy getting to know each other until we can transition to some face-to-face activities in a new normal."



The Squadron will be holding a taster event for parents and potential recruits on 21 September with a start date planned for Monday 28 September.



If you want to find out more about what they get up to, check out their Facebook page:
[356 Squadron - Felixstowe Air Cadets \(@356atc\)](https://www.facebook.com/356Squadron)

You can also ask questions and register interest for the taster event by email to: 356@aircadets.org

Want to know where they are? Their Squadron HQ is located at the far end of Adastral Close / Carr Road, Felixstowe IP11 3RX.

Local News

Felixstowe Online Book Festival a Resounding Success



From temporary studios of laptop computers, microphones and lights, set up in the home of authors and interviewers, Felixstowe Book Festival's venture into the online world was a tremendous success.

Festival Director Meg Reid said: "What a wonderful weekend, a feast of diverse and varied talks watched by people from all over the world. Thank you to everyone who has contributed to taking Felixstowe Book Festival online and to everyone who has sent such lovely appreciative messages.

"On our Facebook page we can see that more than 8,000 people watched some or all of the online festival and that figure is still rising as all of the videos are still on Facebook, and the festival webpage, to watch or watch again."

Felixstowe Book Festival had people tuning in from Ohio, Illinois, Michigan, New York, Jacksonville Florida, California, Australia, Cape Town South Africa, Ontario Canada, Shanghai, Omagh

Northern Ireland, Netherlands, Belgium, Paris, North Yorkshire, Devon, Basingstoke, Nottingham, Berkhamstead, South Godstone Surrey, London and (closer to home) Norfolk, Ipswich, Bury St Edmunds, Hadleigh and... Felixstowe.

The festival went live through entertaining interviews with Paul French, Liz Trenow, Nick Cottam, Carol Drinkwater, George Alagiah and Harriet Tyce. A fascinating evening was spent with Brontë expert Nick Holland on Friday evening and Martin Bell mused on his life and career on Saturday evening. The weekend was peppered with video insights into the days in the lockdown lives of some favourite authors. The younger festival fans enjoyed story readings and draw-a-longs to keep them busy.

"All in all, our packed programme provided some much-needed literary sustenance to everyone during one of the strangest and most stressful year of our lives. Next year's festival will be held on the last weekend in June and we hope to be back at our home at The Orwell Hotel, Felixstowe."

The festival organisers raised in excess of £1,000 from donations via JustGiving and the festival was also supported by local sponsors.



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Local News



Delaying Treatment for Hearing Loss Can Lead to Other Problems

People living with hearing loss have been advised not to hesitate in seeking professional help as delayed treatment may lead to lasting communication problems.

As its reopening programme continues after lockdown, hearing care specialists at The Hearing Care Centre are warning that social isolation is causing some people to miss out on vital help.

Although The Hearing Care Centre has now been safely offering one-to-one appointments since the beginning of June, the entire hearing ecosystem, including NHS services as well as independent hearing care professionals, was hit hard by the COVID-19 pandemic with most patients being unable to access normal levels of hearing care and possibly storing up future problems.

Managing Director Karen Finch said: “The most satisfying part of being able to re-open for care is knowing that we offer a valuable and much needed service. The relief for patients after receiving our help and treatment has been overwhelming and emotional, especially those presenting with prolonged acute pain from impacted wax and infection.”

“Importantly though,” Karen went on to say, “delaying necessary treatment may lead to a number of other health risks. Recent studies have linked untreated hearing loss in middle age with an increased risk of cognitive decline and early onset dementia; with one claiming a new diagnosis in people aged 45 to 65 more than doubled their chances of developing the condition. This rises to three times if the hearing loss is considered to be ‘moderate’, and five times as great if it is severe.

“It’s not clear why untreated diminished hearing has such a strong link to dementia, however experts suggest it could be connected to communication, cognitive ability and isolation. However, the link between not treating hearing loss and early onset dementia is there, and wearing hearing aids could help with slowing dementia rates.

“Hearing loss has always been a public health issue. Isolation brought on by the UK lockdown has highlighted the importance of good hearing. A more concentrated situation, in which, even having a mild hearing loss, the feelings of isolation and being cut off from loved ones is even more pronounced, potentially impacting on mental health.

“In many cases, especially among the elderly, communication and connecting with loved ones or friends is currently happening over the phone, via video calls, taking place at a distance of two metres or behind a face mask. None of these elements are conducive to easy communication, especially to someone with a hearing loss.

“Even without lockdown, often people will have a hearing loss but do nothing about it, believing it to be something that has to be lived with or an inevitable burden of ageing.”

Karen concluded: “Early diagnosis of reduced hearing, preventative action such as wearing ear protection in noisy settings and making use of digital, discreet but effective hearing aids could help.

“The NHS includes hearing loss among the risk factors for dementia. Keeping all cognitive function as sharp as you can for as long as you can is important, because if you’re not hearing well, then basic communication is affected. That brings its own knock-on effects in terms of one’s ability to function.”

“We are currently experiencing the perfect storm of an ageing population who quite rightly wish to maintain their lifestyles and in turn maintain their communication skills, at the highest level whilst living in an increasing noisy world – this storm cannot be ignored but can be weathered by seeking the right help as early as possible.

“We are saying if you have discovered during lockdown you need support with your hearing, please don’t let hearing loss prolong your isolation”

The Hearing Care Centre is currently offering audiology and ear wax removal by appointment at fifteen centres across Suffolk and Norfolk with plans for more centres in the coming weeks. Information can be found at: www.hearingcarecentre.co.uk



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Carrie Jones

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Shine a Light on Walton

As the year is flying by, we are now going all out with fundraising, socially distanced and with safety still on the agendas of course.

The Half Moon Yard Sales are now a staple part of the community and this year's in aid of Shine a Light is on Sunday 16 August from noon-4pm. If you have items to donate, please contact the pub to arrange a convenient time to drop items or contact us on our details below.

As mentioned in previous articles, Walton High Street Christmas Lights switch-on event is on Saturday 5 December. We will be having a craft market, live music in at least three venues, Christmas themed events and stalls along with the traditional family entertainment. We are advising locals that we are having a traffic management planner in so expect delays on the day for safety reasons.

Volunteers are always required. This year we will need helpers at our events, for installation of the Christmas display in the last week of November and preparation on the eve of switch-on, December 4. If you feel you can bring something different to the event feel free to contact us.

We are aware that the pandemic has caused heartache and hit small independent businesses hard, but should you wish to sponsor any part of Shine a Light you can contact us via:

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The Summer Statement – What Does It Mean For You?

The Chancellor Rishi Sunak has unveiled his plan to spur the UK's recovery from the coronavirus pandemic. Here, Andrew Diver, head of tax at Beatons, examines how the new measures will help both businesses and individuals get back on their feet.

The Plan for Jobs is the second part of a three-phase plan and aims to give businesses the confidence to retain and hire staff as well as provide people with the tools they need to get better jobs.

It is designed to:

- Support jobs by focussing on skills and young people
- Creating jobs with investment in shovel-ready projects
- Greening the UK's infrastructure
- Protecting jobs through a VAT cut for the hospitality sector

Also, not forgetting a landmark Eat Out to Help Out discount scheme for diners.

Job Retention Bonus

Firms who were forced to furlough workers under the Coronavirus Job Retention Scheme during the pandemic can now benefit from a Job Retention Bonus. This will see employers receive a one-off bonus of £1,000 for each furloughed worker who is still employed as of 31 January 2021. To be eligible for the bonus, the employee must be paid at least £520 on average – the equivalent of the lower earnings limit in National Insurance – in each month from November until the end of January.

Supporting jobs

A new £2billion Kickstart Scheme will create hundreds of fully subsidised jobs for those aged 16-24 currently claiming Universal Credit and at risk of long-term unemployment. Each six-month job placement will be government funded up to 25 hours a week at the National Minimum Wage. A huge investment will also be made in scaling up employment support schemes, training, and apprenticeships.

- Businesses will be given £2,000 for each apprentice they take on under the age of 25
- The number of job centre work coaches will be doubled
- Sector-based work academy placements will be tripled
- A £111million investment will help triple the scale of traineeships.

Creating jobs

Work on new £8.8billion infrastructure, decarbonisation and maintenance projects will be brought forward to create thousands of jobs. This includes a green investment package that could support around 140,000 green jobs to upgrade buildings and reduce emissions.

Homeowners and landlords in England will be able to apply for vouchers from a Green Homes Grant scheme to pay for green improvements such as insulation which could save households hundreds of pounds a year on energy bills.

VAT cut

The hospitality and tourism sector has undoubtedly been one of the sectors hardest hit throughout the pandemic.

Around 80% of hospitality firms stopped trading in April with 1.4million workers placed on furlough.

To help the industry recover, the Chancellor announced two specific measures:

- The first is a VAT reduction on tourism and hospitality-related activities from 20% to 5%. This will be applicable from 15 July 2020 to 12 January 2021 for eat-in food and non-alcoholic drinks from restaurants, cafes and pubs, hot takeaway food from similar establishments, accommodation in hotels, B&Bs, campsites and caravan sites as well as attractions such as cinemas, theme parks and zoos.
- The second announcement was an Eat Out to Help Out discount which will help protect 1.8million jobs. Diners who have meals (including non-alcoholic drinks) at any business participating in the scheme will have a 50% reduction up to £10 per head from Monday to Wednesday every week throughout August.

Businesses will need to register and can do so online on 13 July (website to be confirmed).

Stamp duty

In a move to stimulate the property market, a temporary stamp duty holiday has been announced. This would exempt the first £500,000 of all house sales from the tax from 8 July 2020 to 31 March 2021.

It is a move that will mean nine out of 10 people on the property ladder will pay no stamp duty at all.

The PM and Chancellor have said this 'recovery' phase of the plan has a clear goal: to protect, support and create jobs.

The third stage will focus on 'rebuilding', with a full budget to take place in the autumn.



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Local News

New Community Fund Helps Keep Vital Local Transport Service on the Road

A £500 donation from the recently created East of England Co-op Community Cares Fund has helped a local charity to keep vital transport services on the road for vulnerable people in Felixstowe.

Felixstowe Area Community Transport Service (FACTS), a non-profit organisation who provide transport to the elderly and disabled, saw demand for their support increase significantly when the coronavirus pandemic forced a reduction in public transport services.

A £500 donation from the East of England Co-op Community Cares Fund will help FACTS to adapt their services in response to the ongoing crisis. From collecting pharmacy prescriptions to running essential shopping trips, FACTS ensures isolated and vulnerable people without their own transport can continue to access the essential services they need.

Niall O’Keeffe, Joint Chief Executive for the East of England Co-op said: “The Felixstowe Area Community Transport Service is truly a lifeline for the elderly and those with physical, cognitive or sensory impairments in Felixstowe. We are delighted to support the fantastic work the FACTs volunteers are doing at this difficult time. Their efforts are essential to members of the local community.”

The donation is one of the first made from the East of England Co-op Community Cares Fund, created to support community groups and charities across the region during, and after, the coronavirus crisis.

The donation will enable FACTS to purchase fuel for prescription collections and deliveries. Since the beginning of the pandemic, FACTS have completed nearly 9,000 medication runs and are now extending their support to help deliver food parcels to the local community.

For further information about FACTS and how to access their services, visit: www.factsbus.org.uk

Poppies and Beach Huts in Felixstowe

Photo by Sue Mack



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Local News



Me, Myself and Baby

Suffolk Libraries is launching a new perinatal support service aimed at pregnant women and new parents in Ipswich and East Suffolk.

Me, Myself and Baby is an exciting new partnership between Suffolk Libraries, Suffolk Mind, Children's Centres, Norfolk and Suffolk NHS Foundation Trust and Get Me Out of These Four Walls. Maternal mental illness affects up to 20% of women and covers a wide range of conditions. If left untreated, it can have significant and long-lasting effects for women and their families. The aim of the project is to help reduce isolation and improve emotional wellbeing for new parents. The project is being funded by Suffolk Community Foundation through *Realising Ambitions – East*. Suffolk Libraries' Mental Health and Wellbeing service successfully bid for funding earlier in the year. The aim was originally to set up a range of library-based groups but the COVID-19 situation has meant the initial focus will be on supporting people remotely and online.

The four key areas of the project will be:

- An email support service for mums and dads struggling with their wellbeing. A safe and confidential place to write down thoughts and feelings and receive help, guidance and information. Anyone affected can email memyselfandbaby@suffolklibraries.co.uk for help.
- Telephone counselling will be available for parents who contact the email address but require additional support. A referral can be made for eight free 50-minute sessions of telephone counselling, provided by Suffolk Mind.
- Stay at Home and Play will provide play ideas for babies and toddlers. Parents can access videos with examples via Suffolk Libraries' You Tube channel. Activities are free or low cost, giving ideas on how to use everyday items in the home to create fun and nurturing invitations to play.
- Peer support mums and dads who contact the *Me, Myself and Baby* service will be invited to online coffee mornings. These will offer a relaxed and informal opportunity to meet people in a similar situation, share experiences and chat.

A new Perinatal Mental Health Project Assistant, Ruth Sparshott has also recently joined Suffolk Libraries to coordinate the project.

Sarah Lungley, Suffolk Libraries Wellbeing Manager, said: "We are thrilled to finally be able to launch *Me, Myself and Baby*. Despite the challenges presented to us during this difficult time, we have worked hard alongside partners to develop and adapt our offer. Whilst the service may not be how we had initially planned, we hope we will still be able to connect with and help support many parents and carers in Ipswich and East Suffolk.

"Perinatal mental health is hugely important, but is a part of mental health still not talked about and surrounded by stigma. It's especially important at this time, that mums and families know there is support out there. As a library service, we have a long history of supporting new parents and we feel this project, working alongside expert partners, only helps strengthen this. Whether it is the middle of the night when the baby is awake, or at the end of a long day caring for a newborn child whilst home schooling, the message is the same – 'you are not alone'."

The *Me, Myself and Baby* project is available to pregnant women and parents of children under five in the Ipswich and East Suffolk Area. Anyone who would like to receive more information or is interested in accessing the service can email: memyselfandbaby@suffolklibraries.co.uk



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Felixstowe Ferry Sailing Club (FFSC) is a Royal Yachting Association (RYA) approved training centre. This means that FFSC have a number of instructors that can train people to sail, drive powerboats and carry out first aid.

With the new government guidelines, FFSC have found a way to offer powerboat training, with safety being paramount. This will be on a one-to-one basis, with necessary PPE supplied and perspex screens fitted to the boat.

The FFSC powerboat 'Karl Giles' (named after the famous cartoonist, who was president of the club for many years) has been adapted to ensure social distancing works. There is a perspex screen between the seats, allowing social distancing and training to be carried out safely.

Face mask, gloves, hand sanitiser and hand gel are also supplied. FFSC require the hand gel to be administered every 20 minutes.



The courses available are RYA Powerboat Levels 1 and 2 which will run over a two-day period, all for £250 per applicant. When successful, you will receive a powerboat manual and logbook. Please register your interest in taking this course or any other course by emailing: training@ffsc.co.uk

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When government guidelines permit, FFSC plans to hold an open day, offering half hour sailing taster sessions and powerboat rides. For more information please visit: www.ffsc.co.uk

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Order, Order!

As you will be aware from our last article, Jackamans is now up and running as normal, or as normally as social distancing allows for the time being!

Therefore if you have been thinking of putting legal matters in order; updating your Will or putting Powers of Attorney into place; or if you have concerns about any legal aspect, please contact us. One of our lawyers will be pleased to advise you, and you will be able to take advantage of our FREE half-hour consultation. We will be happy to meet with you in any of our four offices (Ipswich, Diss, Felixstowe or Harleston). Be assured that Jackamans takes the safety of its clients and staff very seriously, and the staff members in each one of our offices are following the governmental guidelines to the letter, taking all the precautions required. However, if you are still self-isolating, then we are happy to discuss matters and take instructions via telephone and email.

During COVID-19 we have seen an increase in concerned clients, worrying if their Wills are up-to-date or indeed whether they still reflect their wishes. Inheritance tax rules have changed over recent years which may mean Wills would no longer give you and your family the most benefit.

Clients have also been asking us what would happen if they – or a family member – is struck down with COVID-19 and becomes physically incapable of managing his/her affairs. Will anyone be able to continue to manage the bills and collect the pension?

Lasting Powers of Attorney (LPAs) came into force on 1 October 2007 and this allows you to appoint a person (or people) to carry out such tasks. An LPA is a simple document that enables a person or persons of your choosing (known as your attorneys) to make decisions on your behalf. The document becomes effective only from the point where you are no longer able to make decisions for yourself due to mental incapacity, or you need assistance in dealing with your affairs.



There are two forms of Power of Attorney: one for your financial affairs and another for your health and welfare. Both documents can be tailored to your specific requirements. In both you are able to specify restrictions, or give guidance, to those who will look after your affairs.

Our private client team at Jackamans will be happy to discuss Wills or Powers of Attorney with you at your convenience.

If you would like further information on the above or any other legal aspect, please contact us on 01394 279636.

Powers of Attorney, Wills, Trusts & Probate

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Jackamans
SOLICITORS

Local News



VOLUNTEERING
the 20/20 vision

Do you oversee, manage or lead volunteers?

Join and follow Community Action Suffolk's new volunteering campaign

Volunteering: the 20/20 vision, is a six-month programme for people who oversee, manage or lead volunteers. We have been asking ourselves, our network, you and the wider voluntary sector, what's next for volunteering?

Over the next six months we will reflect and share how 2020 has highlighted new ways that the general public are engaging with volunteering. For many years we have talked about the future of volunteering, what this could look like and how the public may want something different. COVID-19 has shown us the future of volunteering is now here! Each month there will be a spotlight on a different theme inspiring us to think differently: Innovation, Community, 5 Ways to Wellbeing, Local Businesses, Suffolk Action Week, Trustees and 2021.

Questions we will ask:

What can we learn from the public's response to volunteering?
How can we keep the profile of volunteering high beyond Covid-19?
Do we risk volunteer fatigue for 2021?
How are our existing volunteers feeling?
How can we support this social action to continue?

Support we will offer:

One-to-one surgeries
Network meetings
Case Studies & blogs
Resources
Volunteer recruitment

Our vision is a campaign and programme that will reach everyone who support, manage and lead volunteers in Suffolk.

Together we can share ideas, inspire, support each other and continue to engage the public with volunteering through and beyond COVID-19.

Volunteering Team, Community Action Suffolk

Join the CAS network to find out more:
www.communityactionsuffolk.org.uk/join-our-network/

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Guess Who

by Felixstowe's legendary record-breaker Dean Gould and cartoonist Ed Clay from the USA

A comic with a twist, the first 10 signed and numbered copies of this unique limited print run, a must for any comic collector, are up for auction with all proceeds going to Basic Life Charity in Felixstowe.

All other copies are £10 with 10% going to Basic Life.

Email dgould378@aol.com for copies.

It's also available at Nick Barber Auction Shop in Hamilton Road.



Dean, who readers will be familiar with, explains how his latest venture has come about:

"In January 2020 I received an email from an old school friend who I last saw in 1975. He had found me on Facebook and asked for my email.

"Still unsure it was me, he asked if I was 'the Dean Gould' who sat next to him at Langer Road Primary School. He also remembered me drawing Fred Bloggs and Professor Plot, cartoon characters I had invented.



"His name was Edwin Clay and we were really great friends at school. We had both wondered what we were up to in life. Edwin didn't know I was a record-breaker.

"He had only been in the UK for two years as he was American. His father was stationed at Bentwaters Army Base and they lived down Ferry Road, Old Felixstowe. He now lives in Maine, not far from Canada.

Guess who
Drawings by Dean Gould and Ed Clay

- Find the two pop singers
- Find the two films
- Find the actor and actress
- Find the two pop groups
- Find the butterfly

Names are within some of the characters' first or second names.
Example: Michael Munster/Kevin Fox Answer: Michael Fox (actor)

"Since I was contacted by Edwin, we have Skyped many times and emailed to catch up on those missing 45 years. We are very much best buddies again and will keep long-time friends. Edwin suggested that I do a comic of my cartoon characters so I agreed, but only if he did it with me, which we have done.

"We hope you enjoy it and can help us raise money for Basic Life, a local charity which endeavours to provide encouragement and support to those in our community who may be less able than ourselves."

Local News

Judges Praise Local HR Company's Morale-Boosting Strategy

Suffolk HR company is in the running for a nationwide award for the second time in two years – being praised by judges for boosting client morale by up to 80 per cent, leading to an increase in revenue. Nacton-based PS Human Resources is one of six companies up for the title of Best HR Company for learning and development by industry body the Chartered Institute of Personnel and Development (CIPD).

Judges said: "PS Human Resources Limited pulled its client around after a period of stagnation. Significant change in sick leave and morale was very positive, boosting productivity and revenue with morale improving by 40 per cent to 80 per cent."



Emma Sheppard MCIPD (left), who started the company with Paula Phelan FCIPD (right) in 2013, said: "During the current Covid-19 crisis we have been working incredibly hard to meet the HR requirements of our clients. We are thrilled to be recognised for everything we have done."

The pair, which has more than 35 years' HR experience between them, started the company to meet small to medium-sized enterprises' need to outsource HR in a cost effective way.

Ms Sheppard continued: "Our entry detailed how we were able to change the culture for the better for one of our clients. While the award was based on one case study, we have the same strategy for all our clients."

Other companies taking part in the People Management Awards include Sainsbury's, Bupa UK and the London Stock Exchange. In 2019, PS Human Resources was shortlisted for the 'Consultancy of the Year' awarded by Personnel Today.

While boasting a number of nationwide clients, PSHR is well-known in Suffolk and Essex counting the Felixstowe haulier Goldstar Transport, UK Customs Solutions and Saxmundham-based Christies Care among its clients.

Following a Zoom presentation, the results will be announced at the CIPD's first digital awards ceremony on September 28-29, for which PSHR has already been asked to record an acceptance speech.

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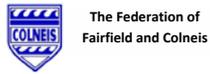
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St Joseph's College

Community News



The Federation of Fairfield and Colneis

At the time of writing this article, we are in the final week of what has been a very unusual and unanticipated academic year, where our focus has moved from the 'normal' to how we can operate in as safe a way as is possible under the current circumstances.



It has certainly challenged us all and we have had to come up with solutions to problems we haven't ever had to consider before. I am incredibly lucky to work with such a dedicated team, who throughout lockdown have put the children at the centre of any decisions that have been made; whether the children have been learning at home, or at school, they have found numerous creative approaches to supporting children and families.

I would also like to thank our school community and parents in particular, who have worked as hard as possible to support home learning. I can empathise with how difficult it is to balance working with children at home, alongside trying to carry out our own work!

The great news is that all children will be back to school in September, and while there will still be changes to the way in which we operate, we will be delighted to welcome them all back. Children need to be in school, not just for the academic work, but the social and emotional development that school gives them. My own children have missed those experiences of building relationships, learning how to work with others and share not only equipment but views and opinions. We are certainly ready to support the children back into school for September.

In the meantime, I hope that the wider community continues to support each other; we will still need to look out for each other as time moves forward.

Wishing you all the best,
Headteacher Mr Mark Girling

'I can't change the direction of the wind, but I can adjust my sails to always reach my destination.'

Jimmy Dean



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Community News

Felixstowe Community Choir

Like all other choirs, Felixstowe Community Choir has not been able to meet through the lockdown.

Their music coach, Emily Bennett, has kept the singing, and team spirit, going however, by having a Monday night sing-a-long via the choir's Facebook page.

Singing and playing keyboard from her home in Felixstowe, Emily leads viewers with the well-known songs that are usually enjoyed at the choir's weekly meeting at The Orwell Hotel.

Choir members past and present can sing along on Facebook Live with Emily, in the privacy of their homes.

"As well as enjoying the singing, it has meant the exchange of typed messages has enabled choir members to keep in touch," said Rachel Sloane, the choir founder.

"As the session is free and available to anyone, we are often joined by people from across the country and overseas. One member had her whole family singing in the garden at her socially distanced birthday get-together!"

The choir hopes that the rules over singing in groups will soon be eased and they can safely meet in person, but meanwhile the Monday night singing can be viewed live between 7.30 and 8pm, but also remains on Facebook so previous sessions can be enjoyed, with between 200 and 300 views registered each week.

Felixstowe Art Group

Like most groups, it seems ages since Felixstowe Art Group met. We were unable to hold our July meetings at Broadway House and have no idea at the moment when we can resume.

We have all missed the friendship of painting together in a group and were fortunate to be invited to a very large private garden to paint. Because of the size of the garden, we were able to keep apart, thus making it safe for all who chose to attend. This event was for group members only.

We will keep you all informed when we are able to restart our meetings. For more information about the group please telephone 01394 276975.



Felixstowe Museum

Having discussed the current government guidelines in relation to Felixstowe Museum, we have had to take the difficult decision that the museum will not open to the public at all this year.

There is no way that any sort of social distancing could be maintained within our small rooms and corridors and the majority of our volunteers are of a vulnerable age so would not be volunteering at this time. While this is a sad decision to make, obviously the safety of our volunteers and visitors must take precedence.

A few of us will still be carrying out some 'distanced' working on site if we can and are always keen to hear from anyone with research queries or artefacts they feel we may like to look at.

We will be looking forward to opening next Easter and would love to see all our visitors then.

Contact: 01394 674355 / felmuseum@btopenworld.com



Rotary Club of Felixstowe



In a sign of the times, Bryan Boreham is pictured receiving the first vice president jewel from his fiancée Celia.

Bryan is in for a busy year as he is also club secretary.

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Community News

Set Maidstone Infant and Causton Junior School

As the year has ended at SET Maidstone Infant and Causton Junior School, the teachers and children have had the opportunity to reflect on their successful adaptations to the challenges faced during lockdown.

Children, staff and families have shown a great level of commitment to home learning, adapting to the use of online learning remarkably well. Staff have gone above and beyond to ensure each and every student is engaged in learning and in adapting the school to allow children in Reception, Year 1, Year 5 and Year 6 to return before the end of the academic year.



The schools had a successful art week during the final half term which encouraged the children to engage creatively, producing some wonderful pieces of art as seen here.

The school is now preparing to welcome all students back in September, with head of school Mrs Lucy Thompson working hard over the summer break to implement new social distancing measures.

EXHIBITION OF LIFE



Exhibition of painting and sculptures By Paul Tonks
at 142 Hamilton Road, Felixstowe IP11 7DS
27 August to 2 September 2020, open 10am-4pm

Spotlight on Felixstowe says

Proud campaign partner



With what is an extended summer break for many children, unable to return to school due to Coronavirus, keeping them occupied and active during the summer holidays has never been more important. As a campaign partner with Keep Moving Suffolk, the team at Spotlight on Felixstowe are committed to providing you with ideas and resources to help you and your family stay active and have fun during the summer break.

You could commit to doing a family Daily Mile or join the Get Set Tokyo challenge, but whatever you do stay safe and enjoy the summer.

The #DailyMileAtHome



Just because schools out there is no need to stop doing your Daily Mile with family and friends during the summer holidays. Get out for 15 minutes every day and run jog or walk your Daily Mile, just do it your way. We'd love to see you doing The Daily Mile, so be sure to post on social media using #DailyMileAtHome and If you'd like some fun family challenges visit:

www.thedailymile.co.uk/at-home

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Get Set Tokyo

This summer's Olympic Games has been postponed until 2021 but you can still get involved and join half a million children and their families getting active together in the Travel to Tokyo challenge

Get Set is the British Olympic Association and British Paralympic Association's youth engagement programme. It aims to inspire young people, give them the chance to learn about and live the Olympic and Paralympic Values and build excitement about Team GB and Paralympics GB. Register at www.getset.co.uk to access a range of exciting free opportunities and resources.

Local Leisure Centres and Swimming Pools

Suffolk has some fantastic leisure facilities providing a range of sport and physical activity opportunities for children and their families.

Find out about your local facilities and what services and activities are available visit www.keepmoving.suffolk.com/returning-to-regular-exercise where you will find weblinks to all the main providers.

www.keepmovingsuffolk.com

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Health & Wellbeing

DIY Pampering Treats to make at home

Sea Salt Body Scrub

Ingredients

- 1/4 cup sea salt
- 2 tablespoons olive oil
- 3 tablespoons Lemon or Lime juice
- 10 – 20 drops lemon essential oil

Mix the salt thoroughly with the oil and essential oil so the lemon or lime juice doesn't dissolve the salt.

Add the lemon or lime juice to the salt and oil and mix well.

Gently massage into the skin, then rinse well in a warm shower.

Honey and Avocado Face Mask

Ingredients

- 1 tablespoon Honey
- 1/2 ripe Avocado, mashed

Mix the honey and mashed avocado together. Apply to face and let sit for 15-20 minutes. Use a warm washcloth to wipe off.

Homemade Bubble Bath

Makes enough for 8 uses

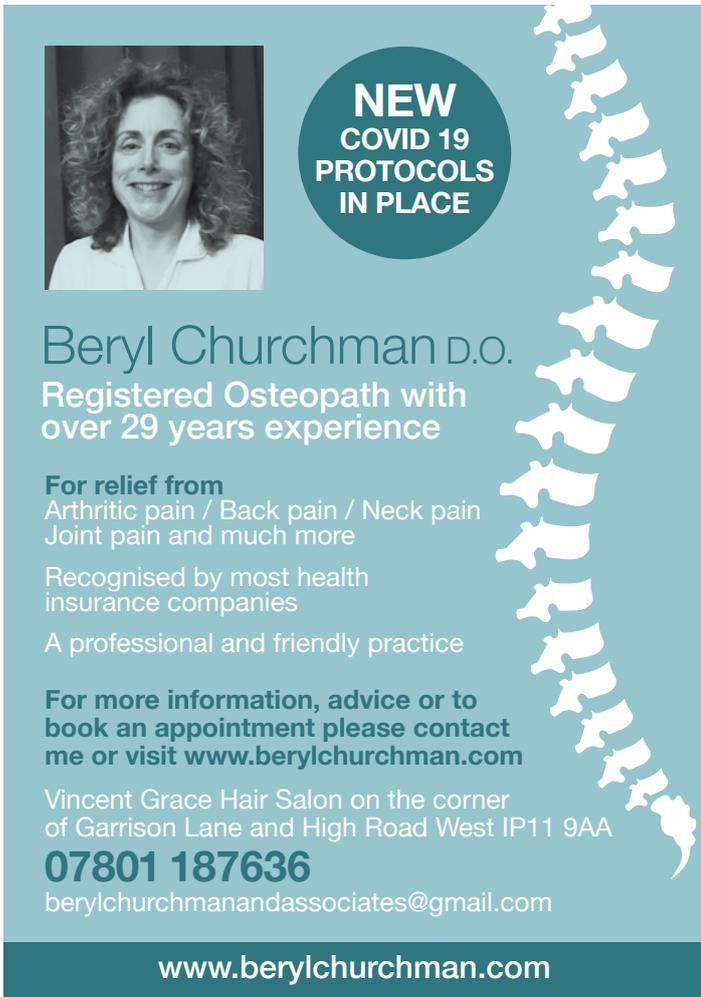
Ingredients

- 1 cup Liquid Unscented Castile Soap *
- 1/4 cup Vegetable Glycerin
- 1 teaspoons Aloe Vera Juice (optional)
- 10 drops Lavender Essential Oil

In a pint-sized bottle add castile soap, vegetable glycerin, essential oil and aloe vera juice. Replace lid securely and shake vigorously for a few seconds to mix well.

Use 2-3 tablespoons in a bath, swishing the water with your hands to create bubbles. Store for up to 6 months.

* Castile soap gets its name from the Castile region of Spain. It's a versatile vegetable-based soap that's free of animal fats and synthetic ingredients. This natural, nontoxic, biodegradable soap is available in bar or liquid form. Search for it online or at your local pharmacy.



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Home & Garden



A Plant Lover's Paradise

At Suffolk Plant Centre at Pettistree, Nr Wickham Market, you'll find a fantastic and varied range of great value plants, from the expected to the exotically unusual. You'll also find a highly experienced team who are always available to assist you in selecting the perfect plant.



Suffolk Plant Centre has been trading for just over four years, though the onsite nursery has existed for much longer. It now employs three full time staff and one or two temporary staff in peak times.

Harriet (pictured right) manages the shop and the advertising, Bella (left) is front of house and retail supervisor and Kevin (centre) looks after the watering and is the forklift driver! All three are passionate about the centre, and about plants, and work together to give customers the best experience possible.

The centre provided a delivery service between March and May, using social media to let customers know what was in stock. Now the centre is open again with social distancing measures in place and extra staff to manage the one way system and provide a reassuring smile on arrival.

"Our customers always receive a smile and a warm welcome but it's more important than ever right now and we want every customer to feel relaxed and to enjoy their time with us," says Harriet. "The shop is always full of vibrant colours, which creates a positive, calming atmosphere, but nothing beats a smile and a warm welcome."

The centre has been busy since it reopened with lots of new customers in addition to well-loved regulars.

"Demand is especially high at the moment as people are spending more time at home. Gardening has become very trendy and in addition to great plants, we can offer advice and help new gardeners choose the best plans for their space, however large or small."

Harriet has considered writing a gardening blog but she knows customers like to visit for both inspiration and advice.

"We offer a personal shopping experience. We're very happy to chat to our customers who enjoy spending time amongst the plants and flowers. I'm often told a visit to Suffolk Plant Centre is mood enhancing, which doesn't surprise me in the least. I'm at my happiest when I'm in the thick of it and it's always a joy to see customers enjoying their time with us."

Suffolk Plant Centre is open seven days a week, Monday to Saturday from 9am to 5pm and on Sunday from 10am to 4pm.

For more information visit: www.suffolkplantcentre.co.uk

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Home & Garden

What Next For Our Swifts?



Felixstowe skies have hosted dazzling displays of swifts since the first week in May. Now, most of them have headed back toward Africa. While COVID-19 still haunts us, swift sightings have been one of the greatest natural consolations we have known this summer.



But what happens now? One of the big challenges is to prepare Felixstowe for next year when swifts return in May. That means we need to install as many new swift nesting boxes in the eaves of local houses as possible.

We also need to encourage as many local people as possible to place new swift nesting boxes on the sides of buildings which they manage. So if you own or manage a local business, please purchase some swift nesting boxes (e.g. from the RSPB or the Felixstowe Swift Group) and put them up on the sides of your building.

Church leaders and head teachers should also feel warmly encouraged to install swift nesting boxes on the sides of buildings which they manage.

When you have your new nesting boxes installed, you'll want to maximize your chances of attracting swifts when they return next May.

The trick is to play the call of swifts through a small speaker such as a Blue Tooth speaker. You can download those calls from most swift conservation web sites.

Some local people might assume that having swifts nesting on the sides of their homes or other buildings might cause a mess. But that assumption is not correct. Swifts are amazingly hygienic. They do not smell, and they take their bodily waste away from their nesting sites.

Whatever you do to support local swifts, it's undeniable that their populations are falling fast. Between 1995 and 2016, sightings of swifts in the UK fell by 53%. So if we want our grandchildren, nieces and nephews to marvel at swifts, then we need to take action.

To learn more about swifts, please watch out for local media reports from the Felixstowe Swift Group. Alternatively, please visit the Facebook page of Felixstowe's Community Nature Reserve.

Submitted by Dr Adrian Cooper

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Enrolment : Monday 28th September

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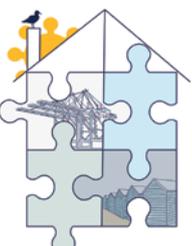
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