

Spotlight

Issue 191 July 2020

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

on Felixstowe

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

From Behind the Mask

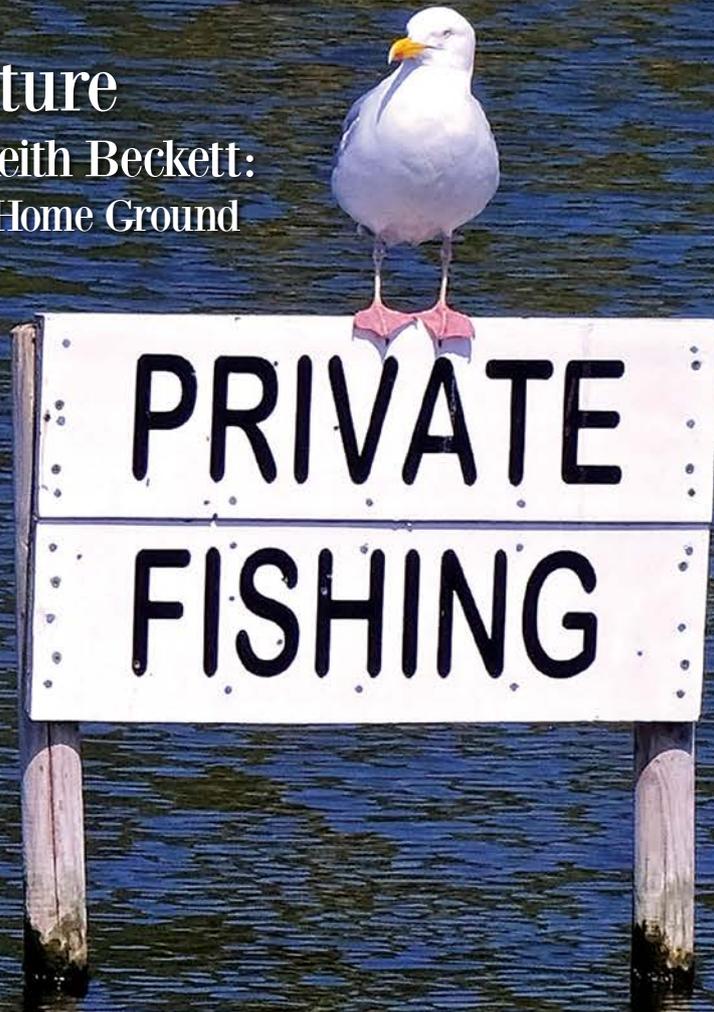
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Special Feature

Steve Scott & Keith Beckett:

A Partnership on Home Ground

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July 2020

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EDITOR'S CORNER

There's something about a Sunday morning which feels different, even before you realise it is a Sunday. Well, I had the same sensation when I woke on Monday 15 June. It felt different and all because it was the day when 'non-essential' shops were allowed to reopen. This development makes me extremely happy, Sunday happy, because I've hated walking by closed shops for so long, knowing how the enforced closure has impacted on owners and staff. Now our local shops have reopened, I urge you to support them so we can enjoy again the many benefits of having vibrant high streets and town centres.

We have to take baby steps for the moment and adhere to social distancing guidelines, but the purchasing choices we make have never been so critical for the local economy and local employment. The choices we make right now will determine whether those hardest hit by closure can survive and how quickly we can revive the sense of local community we've missed on our streets in the last three months.

As it was such a momentous day for our town centre shops, I made it the focus of my son's home learning for the day. We wandered into town just to see the open doors and the new window displays and to enjoy the palpable sense of freedom. There was a long queue at the shoe shop, mostly mums with small children who needed to have their feet measured for long overdue summer shoes. We decided to leave that for another day and headed to the sewing shop where I purchased some funky fabric for face masks. Next up, and central to my mission, my favourite boutique with a list of missed and forthcoming birthdays in hand. I may have purchased a little something for myself too, a sort of token 'freedom' gift which is click-clacking on the keyboard as I type (and beginning to really annoy me!).

Jack was desperate to visit the sweet shop, which we did next, and then on to what we refer to as 'the everything and anything shop' for a new cafetière (an emergency purchase!) and sunflower seeds (a school topic). Then coffee and off home with a spring in our steps.

"It's much better like this, isn't it mum," Jack said. It surely is and now we know how much we have missed having town centres and streets where people live, work and play, perhaps we can be more optimistic than ever about the future.

Take care, stay safe and shop local (which you can do online if you are still shielding or in isolation).

SHARON JENKINS *Editor*

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- Hintlesham & Hadleigh
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Local News

From Behind the Mask

By Jo Strickland, Radiotherapy Team Leader, South East London



Growing up in Felixstowe I never really worried about the small things in life. I'd hug my mum whenever I wanted, I'd wander into town and browse around the shops, I'd hang out with my friends whenever I could and I'd go to school for an education that would serve me well later in life. These were all simple things that I took for granted. Who knew how precious they would become?

At the moment life is very different for everyone. Communication with friends and family is largely via a phone or computer screen, shopping involves a queue even before reaching the checkout and children are denied the chance to learn among friends or take exams to validate the qualifications they are to be awarded. In addition holidays, weddings and parties have been cancelled or postponed. Social distancing is the new way of life and while many people now work from home many still don't know if and when they will have a job to return to. No one can have been unaffected by the coronavirus pandemic.

As a therapeutic radiographer I am a keyworker. I have continued to go to work every day to deliver vital radiotherapy treatment to patients with cancer. But it's been a struggle. COVID-19's impact is far reaching and every area of the NHS has had to adapt to a new way of working, not least cancer care. Where once there was a welcoming smile, a reassuring hand and the opportunity to sit and talk through problems and advice, there is now a mask, a glove, a telephone call and distance. These are all necessary measures introduced to protect staff and patients alike but they take away an element of the personalised care that is the pride of my profession. We still care, we always do, but it's hard to convey that when you're wearing an armour of PPE.

The pandemic has also seen cancer referral numbers fall to alarmingly low levels. I have often joked with patients that in an ideal world there'd be no one for me to treat. But that is because I wish no one

had cancer, not because I want a quiet day at work. Quiet days in radiotherapy are always worrying and usually signify the calm before a storm of new patients who will fill our days beyond capacity and lengthen our waiting lists. COVID-19 brought with it one such calm as the message to stay home sunk in a little too well. All of a sudden, contacting a GP about worrying symptoms no longer seemed essential. Meanwhile doctors had to make unenviable choices as to whether to delay vital cancer treatment or instead ask patients to venture to hospital daily and risk coming into contact with a virus that could do far worse than the disease they were already fighting.

So now we await the subsequent storm. Those who have been delayed and those who have only now braved a call to their GP will all be welcomed into the world of radiotherapy. And those of us who greet them with a smile behind a mask, pray that they come with the intention of cure. The reality however is that weeks of lockdown will have pushed many onto a palliative pathway and the total number of deaths caused by this pandemic will eventually far outreach official government figures.

In the meantime, while the country tentatively eases itself out of lockdown, I hope that people do not forget the impact the pandemic has had on so many lives or that long after the number of new coronavirus diagnoses and deaths stop growing, many people will still be dealing with the fallout. And let it be a lesson to everybody not to take the small things for granted any more. I for one will be Felixstowe-bound as soon as is permissible to give my mum a hug.

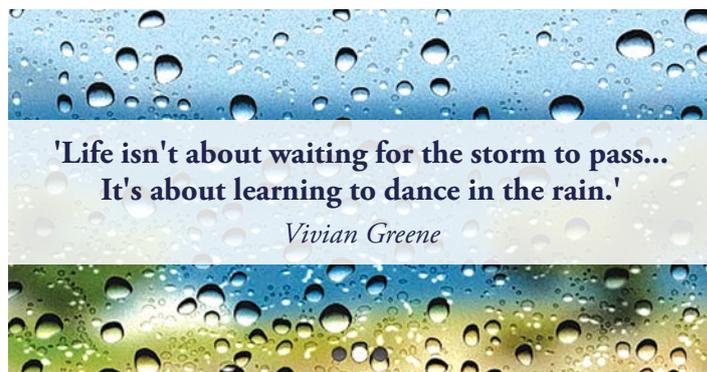


Rotary Club of Felixstowe



The presidential handover took place in rather unusual circumstances, with Andy Miller (left) handing over to Dougie Pipe in the back garden, with both observing strict social distance.

Thanks to many generous supporters, the club's virtual auction of sporting memorabilia, which included framed Messi, Ronaldo, Bergkamp, Henry and Greaves shirts and cased gloves of Anthony Joshua, Tyson Fury and Roberto Duran, raised in excess of £2,500, with all profits going to the club's community fund.



Local News

Safety is Top Priority as The Hearing Care Centre Reopens

As it begins to reopen its services after lockdown, local hearing care specialist The Hearing Care Centre has a very clear message to anyone needing support with their hearing: "Your safety is our priority".

The company, which offers audiology services from the Grove Medical Centre, has 27 centres spread across Suffolk and Norfolk. Audiologist Karen Finch, founder of the company, said: "Following the comprehensive COVID-19 joint guidance from the UK's audiology professional bodies, we have examined every single aspect of how we deliver our service to ensure that we can do so safely as we move forward. This has taken weeks of work and preparation but we are now totally confident that we can offer you the support you need in a safe way."

Karen added: "The most satisfying part of being able to reopen 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."

"It's great to once again be able to offer services in Felixstowe and we are saying if you have discovered during lockdown you need support with your hearing, please don't let hearing loss prolong your isolation. We are here for you."

To book an appointment for audiology or earwax removal or to find out more visit: www.hearingcarecentre.co.uk



Lions Club of Felixstowe

This will be my last report for this Lions year as in July I will be handing over the president's position to my vice president, Lion Richard Woolnough. I never imagined what this year would bring to the world and the effect it has had on all charities. Some organisations have been able to help during this time of lockdown as they have young members, and of course communities have got together with lots of volunteers doing an amazing job helping others with all kinds of assistance. I am sorry to say that as a club we have not been able to do much as our members are nearly all in the 'at risk' group, with several unable to leave home due to health issues. I know a few of them have been making phone calls to others at risk and the club was able to let Basic Life Charity use our text appeal number to raise funds for food parcels.

I would like to take this chance to thank all who volunteered during the pandemic and to ask them to carry on helping in the town when the virus has gone.

We as a club desperately need more members to carry on the work we do in the town and I know that most of the other clubs need younger members as well.

Last year we had a brilliant Light-Up Day for the Christmas lights. This year I am not sure whether we can have a Light-Up Day but I can assure you all that we will have the lights up in the town so that we can bring some Christmas cheer to what has been a very sad time for lots of people. My best wishes to you all, keep safe.

John Gooch, President

We are now reopen again in Felixstowe!

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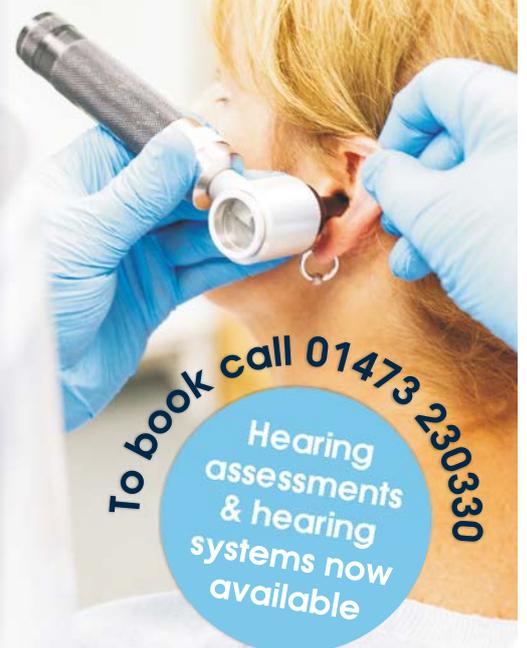


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Local News

Suffolk Filmmaker Joins Volunteers to Help Bereaved Families During C-19

Suffolk-based freelance TV producer Nichola Adams is one of the filmmakers and creatives from across the country who have come together to help bereaved families grieve during lockdown by creating a free video memorial service, Video for Distant Memorials.

The initiative launched after UK government rules meant only close family members and/or single households were allowed to attend funerals.

The team of volunteers, which consists of experienced film producers and voiceover artists, can create a free video memorial for anyone who has lost a loved one, whether the death was due to C-19 or not.

Since launching, the initiative has already supported 20 families, working closely with them to create heart-felt memorial videos. As social distancing measures in the UK continue, the videos enable family and friends to join together in a virtual way, to say goodbye.

One family member using the service said: "All our family are in complete shock and turmoil. We don't really know when and what's going to happen at the funeral or how many can go. I would be very grateful if you could put a bit of light into our dark times."

The group has received generous support from creative agencies, businesses, and a huge number of freelance filmmakers, editors, producers and voiceover artists. Some of the professionals are out of work following lockdown and all are offering their services for free, to help families remember those they have lost.

Nichola, who lives in Felixstowe, explains: "I feel honoured to be able to give people the opportunity to gather and celebrate a loved one's life during these heart-breaking times. The team is editing together photos, videos and memories so families and friends can share and remember their loved one together.

"It's not an easy task, with many families struggling to even look at images of their loved one, but we are completely committed to making sure that people's stories are not lost."

Jane O'Riordan from Cruse Bereavement Care in Suffolk said: "The coronavirus has made it an incredibly distressing time to be bereaved. The social distancing restrictions, whilst the right thing to be doing, means that many are grieving in isolation. This can compound feelings of grief. Anything that can be done to connect people and help them remember someone who has died during this incredibly difficult time can be hugely helpful.

"One of our recommendations to those who have been bereaved is to keep remembering that person, and to share memories of them with friends and family. Memorial videos are a great way to do that, particularly when so many of the 'normal' rituals people may have done to remember a loved one are not currently possible."

The group is asking anyone who uses the service – and can afford to make a donation – to 'pay it forward' to the NHS Charities Together fund.

If you are saying goodbye to a loved one, please get in touch with the group using the contact form on its website or email: video.distantmemorials@gmail.com

Bereaved families can contact the team directly via the website or through a celebrant or funeral director. Photographs, videos and audio messages from families and friends can be used in the films. Eulogies and poetry can be recorded at home, or by a volunteer voiceover artist.

www.video-for-distant-memorials.org



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Local News

Council Relaunches Scheme to Tackle Social Isolation

East Suffolk Council has relaunched a scheme to help people who are struggling with social isolation and loneliness during the pandemic.

The Hidden Needs Programme was originally launched in 2018 to support older people and families with limited resources who were struggling with social isolation and loneliness.

In a response to COVID-19, East Suffolk Council has now relaunched the scheme with a fund of £100,000 and adapted it to help fund projects which support people of all ages who are particularly vulnerable during this time.

Therefore, the council is asking local community groups and voluntarily organisations to bring to life projects which can help reduce social isolation and loneliness by applying for a grant of up to £10,000 through the scheme.

Councillor Letitia Smith, East Suffolk's Cabinet Member for Communities, Leisure and Tourism, said: "I am really pleased to be able to announce the re-launch of the Hidden Needs Grant Programme.

"A lot of work has already gone into tackling social isolation in East Suffolk. However, we know that this is a very unusual time and some people will be finding it very challenging as they have not been able to see family or friends during the lockdown.

"We want to encourage local community groups and voluntary organisations to submit innovative ideas for projects which can help those feeling social isolation to be more connected and supported in this challenging time."

The scheme is now open for the first round of applications, which must be submitted by 17 July 2020. A second round will open on 18 July 2020 for applications, which must be submitted by 30 September 2020.

To find out more, including how to apply, go to:

www.eastsuffolk.gov.uk/community/community-grants-and-funding



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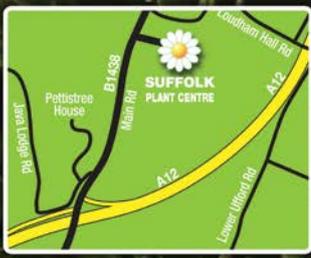
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Local News

Tackling the Coronavirus – ‘Stick With It Suffolk’ Campaign



The *Stick With It Suffolk* campaign was launched in May 2020 by the Suffolk Resilience Forum, which includes Suffolk’s NHS, emergency and public services, because we are not out of the woods yet.

We are asked to keep following these instructions:

- Keep staying at home
- Keep working from home where you can
- Keep 2 metres apart if you go out
- Keep exercising safely
- Keep washing your hands with soap and water
- Keep self-isolating if you or anyone in your household has symptoms
- Keep travelling by car, bike or walking
- Keep staying safe at work
- Keep shielding yourself if you’re vulnerable
- Keep supporting local businesses
- Keep looking out for each other

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

Stuart Keeble, Suffolk Director of Public Health, said: “On behalf of all the members of the Suffolk Resilience Forum, I’d like to say thank you to the people of Suffolk for the sacrifices they are making by following these instructions.

“But now, more than ever, it is important that we stick with it – the number of cases can very easily increase if we take our eye off the ball. This would be a backward step, with strict lockdown measures coming back into force.”

Dr Mark Shenton, Chair of the Ipswich and East Suffolk Clinical Commissioning Group, said: “I would like to take this opportunity to thank all of our communities for their continued support in helping our health and care system to manage this public health emergency.

“These are unprecedented times and the measures we have all taken so far are really making a difference. This is why it is so important to continue following government guidelines and keeping the two metre distance from each other. I am so proud of how our services are responding to this crisis and extremely heartened by the continued support that so many people are giving us by following these rules. Please continue to stay alert, continue to help control this virus and help us all save lives.”



Felixstowe Helping Hands

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

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

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Felixstowe Helping Hands

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

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Dr Tom Curtis

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Resilience

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We are very pleased to advise that all of our offices are now open for face-to-face client consultations and we encourage clients to contact us to arrange meetings. As we are sure you will appreciate, all meetings have to be on a strict appointment-only basis and all visitors will be asked to observe our strict distancing and hygiene rules in line with government's guidelines. However, if you are self-isolating, our lawyers will still be very happy to give advice over the telephone or internet.

Remote working



A significant proportion of employees in the UK moved to working from home in accordance with the Government guidelines and many companies and individuals found this change to be positive.

Going forward it is anticipated that many will wish to continue with this arrangement – for employees, time is saved when not travelling to work and they're enjoying the more flexible way of working, and there are reduced overheads for employers. However, with the recent further relaxation of the social distancing rules, many employers will be asking employees to return to their regular working arrangements from their offices.

Employees can request a homeworking arrangement and employers will need to consider such requests carefully.

The Flexible Working Regulations 2002 originally gave employees the right to request flexible working if they had responsibility for caring for children under the age of six or for disabled children under 18.

These regulations were amended with affect from 6 April 2009 to cover employees with children under 17 and employees with responsibility for caring for adult family members.

The regulations still do not give employees an enforceable right to work flexibly, instead those employees have the right to make such a request for the purpose of carrying out their caring responsibilities.

Of course not all employees or jobs will be suitable for remote working. The type of work that lends itself to remote working includes work that can be done at home without adversely affecting any service to clients or customers. It may also be important to have performance measurement indicators in-built.

Ever-improving technology and leaps in online communication have made it easier than ever for employees to work remotely. However, while flexible working options can make good business practice for both large and small employers alike, it must always be remembered that both the role and the employee must be appropriate if it is to be a success.

Please continue to follow the government's latest advice and stay safe. Our very best wishes.

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Local News

Cruising with Felixstowe Ferry Sailing Club



So you thought that cruising was for posh people with glamorous large yachts or on a huge ship with loads of other people going to exotic places? Here at Felixstowe Ferry Sailing Club (FFSC) we pride ourselves on our diverse cruising section of yachts and motor boats of all types, from classic wooden boats to motor boats and many varied yachts. All owners and interested members are most welcome to join the section, which currently has over 60 boats listed, representing well over 100 club members.

Member's boats are mainly based around the Deben at the Ferry and Woodbridge, and at Suffolk Yacht Harbour and elsewhere on the Orwell for the summer season. Some of our members travel from home across the country or even return from foreign climates to get to club events and cruises, such is their enjoyment of cruising with FFSC.

Why join us?

We are a friendly group with a wide range of sailing, yachting and motor boating experience, and we're very happy to welcome newcomers and offer encouragement to get you involved.

Cruising in company with FFSC provides an element of safety. Other members will not be far away in case of difficulty, offering a great knowledge base to help with practical problems. It can be a great social scene, to make friends, share loads of experiences and fun. Off on a longer cruise and need crew? The cruising section is a perfect place to find your compatible sailing mates.

What's involved in a cruise with FFSC?

Each year a club cruising programme is advertised, which will include trips of varying lengths with one or two venues, some locally, e.g. Orford, Walton backwaters, Shotley, Woolverstone, Ipswich, others longer and further afield e.g. Holland, London, south coast as well as Brightlingsea, Tollesbury, Bradwell and a current favourite at Heybridge Basin.

The yacht captain or representative books places for club members who have signed up to go, at the appropriate marina or mooring and arranges dining at the local sailing club/pub for those interested, for the first evening at each venue. We often start off a cruise by sailing in company to our initial destination so that we can assist each other at that critical time of arrival at pontoons or moorings, but you are under no obligation to be part of the group, which may be as small as two or three boats, but often starts off between six to 10. If you prefer to do your own thing that's absolutely fine. If you are a bit competitive then do come along!

What else?

The cruising section has an enjoyable social life when afloat, but also celebrates with traditional social events at the club with other members at the Fitting Out Supper in April and the Laying Up Supper at the end of the season. Wednesday nights throughout the year regularly finds a group of cruisers at the club with a meal and a beer.

Whatsapp, Facebook and the FFSC website provide opportunities to keep in touch throughout the year.

Currently Felixstowe Ferry Sailing Club is closed and all activities ceased because of the coronavirus. However, many boats have now been or are about to be launched, and the season will officially start as soon as marinas and moorings are able to accept leisure craft for overnight stays, hopefully for early July. The 2020 cruising programme is being revised to provide as good a time as ever, with some social distancing limitations of course.

To find out more, please email yachtcaptain@ffsc.co.uk or visit: www.ffsc.co.uk

St Mary's Walton & St Martin's Trimley



If we haven't met before, I am writing rather belatedly to introduce myself as the new Rector of Walton & Trimley. I arrived with my family in December and licensed in January. However, we did not have long to settle in before lockdown happened so I haven't had the time I would have liked to get out into the community and say hello.

As churches, we have been trying to find ways of being able to meet up and currently have services via Zoom twice a week. Everybody is welcome to join us. If you would like to, please contact the office via the email address below for details. I have also learnt how to be a radio presenter. I have been broadcasting from home every week (which has been interesting with young children and a rather yappy dog!) with Rev Chris Hood from Old Felixstowe parish joining me via telephone. We are looking forward to getting back into our buildings to worship when it is safe to do, but in the meantime do email to say hello. Our buildings are lovely but the church is the people, and we are very much open and in business!

Your Rector, Rev Paul Clarke
rector@waltonandtrimley.org.uk

Morning Worship every Sunday at 10am via Zoom
Morning Prayer every Wednesday at 9.30am via Zoom

Both of these are informal and relaxed. For access details please contact: officemanager@waltonandtrimley.org.uk

Rev Paul Clarke & Rev Chris Hood present The Sunday Service live every Sunday from 5-6pm.

Rev Paul also hosts More Tea Vicar every Thursday from 6-7pm. This contains news from the churches in our area alongside music, reflections and articles.

You can listen to these on Felixstowe Radio via 107.5FM, online at www.felixstoweradio.org.uk or via your smart speaker. Just ask it for 'Felixstowe Radio'.



Back to the Future

Covid-19 has been a challenge, but the restarting of the economy can bring new opportunities for businesses. Whilst we are not talking about flying cars there could be a significant shift in the economy and being on the right side of that could be profitable.

Saving premises costs

Covid-19 has caused a substantial number of workforces around the country to work from home. As the lockdown eases businesses should now assess how effectively their workforce has been working remotely and can they continue to work productively in this agile way. Does your staff have remote access to all the systems they require to carry out their role to its fullest capacity? Do you have the processes and tools in place to monitor performance and efficiency?

If you can answer yes to the above questions then you have the potential to reduce costs based on the physical workplace you now require; thereby saving the respective costs which attach to that. This could be rent, insurance, utilities or the purchase of associated furniture and infrastructure required for a working office.

Do you have to reconfigure your workplace?

If you need to reconfigure your workplace are there ways of doing so which will have maximum effect or which might make your business more unique?

Beatons Tip: Renovations may not always be tax deductible, moveable panels are tax deductible, permanent structures unlikely to be so care will be needed and accurate records of eligible capital allowance expenditure.

Could you collaborate?

We have all seen the sense of community spirit – through the making of PPE, clapping NHS and keyworkers each Thursday – that the pandemic has created. This community spirit has also been seen with businesses teaming up to use shared resources to get their products to their customers, whether this is distribution networks or online marketplaces.

Could you share workspace with another organisation? We have seen Argos in Sainsbury's stores, post offices and banks in WH Smith and other retailers. Could this shared cost also bring additional benefits, shared marketing, access to different customers for both businesses?

Beatons Tip: If sub-letting your property, you should consider the tax consequences of the new arrangements. Will you be in a profit-sharing arrangement or a simple rent agreement?

Will people need different products and services Post Covid-19?

Covid-19 has created demands for different items including PPE, face masks, hand sanitisers and even webcams. Has your business pivoted its trade into new areas? Is it worthwhile to continue, for example will there be a demand for more office furniture in people's homes and decorating or construction services for home offices?

Beatons Tip: If you start to sell different products or services you should consider whether the VAT treatment is correct for the new product and whether you should trade this as a separate business.

Delivery

How will you deliver your product or service? Can your business product be delivered electronically? Whether on video chat systems such as Zoom or via electronic document or could it be purchased online and physically delivered. Would the transportation costs make the product uncompetitively priced? Will any change in delivery be sustainable in the longer term? Are there any additional technological systems you could use or delivery networks which could be used remotely?

Beatons Tip: Some electronic services, if provided overseas, will have a different VAT treatment.

Will your customers change?

Have you been selling to retailers and now you will sell directly to the public? Or could you target a different market? How will you reach that market?

Beatons Tip: Consider that if your customers are now the general public, they will be unable to recover the VAT cost and therefore the products could be 20% more expensive for your customers.

As businesses go *Back to the Future*, changes bring opportunities. However; careful financial consideration, cash-flow management and awareness of the tax consequences will also be needed. This should ensure any opportunities are not blown off course, to prevent that bolt of lightning powering your business forward into the future.

If you would like any assistance with planning your business, old or new post Covid-19, please do not hesitate to contact us on 01473 659777 or email mandy@beatons.co.uk



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Local News

Former School Site to Provide Leisure and Housing Opportunities

East Suffolk Council has exchanged contracts for the transfer of a former school site in Felixstowe from Suffolk County Council and will use it to deliver sport, leisure and housing opportunities for the town.

The former Deben High School site will facilitate the ongoing development of Felixstowe Sports Hubs and a new home for Felixstowe Indoor Bowls Club. Meanwhile, proposals for the redevelopment of the main school buildings also include a range of housing, in particular affordable units for the town. Deben High School closed and left the site in 2012, after merging with Orwell High School and the property was vacant for a year before Suffolk County Council leased the site to Felixstowe International College, who vacated the premises in June 2019.

Cllr Steve Gallant, Leader of East Suffolk Council, said: "This is a hugely exciting scheme for the council and for Felixstowe. We are committed to increasing leisure opportunities in the town and also to improving the housing mix and this will help us to fulfil our ambitions on two important fronts. I would like to thank Suffolk County Council for the support they have shown for our objectives."

"Despite the difficulties we have all faced because of the coronavirus, we want our communities to know how committed we are to moving big projects such as this forward. This is hugely important for the town and the local economy and we look forward to sharing more details of our plans in the weeks and months to come."

Cllr Robert Whiting, Deputy Cabinet Member for Property at Suffolk County Council, said: "Suffolk County Council is committed to managing our land assets in ways which benefit Suffolk's communities and taxpayers."

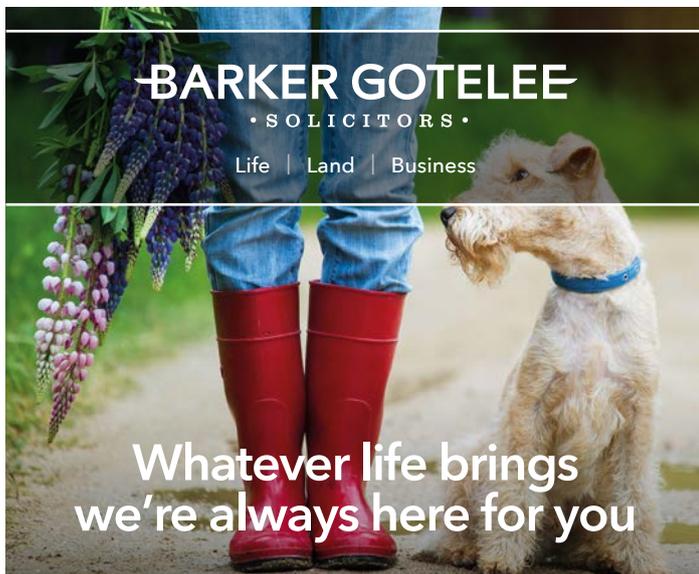
"After careful consideration of the project presented by East Suffolk Council, we immediately saw the potential of their plans to benefit the local community and happily agreed transfer of this land and buildings to them at a nominal price. Suffolk County Council looks forward to seeing East Suffolk deliver this ambitious project for Felixstowe."

The 4.09 hectares site consists of a range of buildings of various ages, and substantial playing fields. The playing fields are protected from development under the Schools Framework Act 1977 and the council is working with Felixstowe and Corinthians Cricket Club to explore the opportunity to make this their long-term home.

By utilising and upgrading the old sports hall facility at the Deben school site, the plan is for the Indoor Bowls Club and Cricket Club to share some of the facilities in a purpose-built centre.

The housing element of the proposed development is currently being considered. Initial layouts, mix and tenure are being developed with assistance from the project design team. An application for outline planning permission is expected to be submitted later this year.

The proposed housing will have a strong sustainable focus; the low carbon approach to the housing need of the town will be catered specifically to Felixstowe and its residents.



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Community News

Speakers of Felixstowe

Stand up and speak with confidence

Our Zoom meetings are getting better and better as we get used to the technology. Because no travelling is involved, members from other clubs in Ipswich, Colchester and Sudbury have been able to join us.

It is quite a different experience having a virtual audience as it's more difficult to gauge their response and keep eye contact with everybody. To provide hints and tips to maximise the experience, the tutorial at our last meeting was *How to use Zoom to Give a Speech*.

Suggestions included putting up a plain backdrop behind the speaker (to avoid being distracted by studying their bookshelf) and standing back a little to allow the camera to include hand gestures and body language. We then enjoyed a couple of very good speeches, which put some of the newly gained advice into practice.

Our meetings at present are on the third Wednesday of the month from 7.30-10pm.

Whatever your skill level and confidence, the club aims to help you develop your skills with both prepared and off-the-cuff speeches for entertaining or formal occasions. Please do join us and see for yourself.

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

Felixstowe Art Group

Along with other clubs and groups we haven't been able to have meetings due to the coronavirus, but we hoped that lockdown would be over in time for our annual exhibition in August. Sadly, of course, this will not be taking place. We will all miss seeing all our lovely supporters who come along each year to see the work of our artists and we know you will miss coming along too.

On Monday 22 June we will be changing over the work on display in our gallery on Bent Hill.

Due to social distancing there won't be anybody manning the gallery, but if you see a picture in the window you would like to purchase there's a telephone number on the door. If you ring the number a member of the club will come down to serve you.

If you would like more information please telephone 01394 276975.



Students and Staff at St Joseph's College Adapt to Unexpected Challenges

Who knew we would be talking about 'pods' and 'bubbles' when discussing children's education? Words that often feature in children's lives, and teaching, now have very different connotations as part of this 2020 different world we find ourselves in.



Throughout the period of lockdown, and now during the slow easing of it, the heart of St Joseph's College has remained strong: its family. Staff, parents and children have all remained in close contact and been supported by each other, our school nurse and our school counsellor.



Virtual lessons have continued for all, from Nursery through to Year 13. Assemblies continue to be held, the gauntlet of competitions has been laid, met and won, and challenges continue apace.



Nursery, Reception, Year 1 and Year 6 children returned to our wonderful Prep School – and remain in their 'pods' or 'bubbles'. All smiling and pleased to be back, as our social media attests.

Years 10 and 12 are returning in their 'pods' and 'bubbles'. For all our other students, virtual lessons continue with their excellent teachers. Always there to greet with a virtual smile and wave; to help if someone is struggling and to push if someone is coasting. Learning has not stopped because of lockdown. It will not stop, no matter what happens going forward.

If you are considering a school move for your child, it is never too late to talk to us at St Jo's. Our admissions staff are always on hand to help with any queries or questions. Please email admissions@stjos.co.uk and one of the team members will respond.

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St Joseph's College

Community News

Maidstone Infants & Causton Junior School

It is most definitely business as usual at SET Maidstone Infants and Causton Junior School. Although officially closed to students except to those of keyworker children and our specialist provision, all other school work continues at home. Great work is being produced by our students – we are immensely proud of them and how they have adapted to these unprecedented times.

Our amazing teaching and support staff continue to underpin learning whether at home or in school, and we have had much positive feedback from local families.



Head of School at Causton Juniors, Julia Shaw, said: "I am proud of SET Maidstone Infants and Causton Junior School, as we continue to go from strength to strength."

According to guidelines, we have welcomed children back in from Reception, Year 1 and Year 6.



For Reception we are pleased to have 15 children who have come back into their own bubble, separate to the six already in a keyworker bubble. This is half the total cohort.

Year 6 have had 39 children return, again separate to the children in keyworker bubbles. This is 72% of the cohort. We are continuing with other activities, including warmly welcoming our September intake via online sessions for parents, ensuring they get a good introduction and are part of a smooth transition into our school.

SET Maidstone Infants School, Maidstone Road, Felixstowe IP11 9EG

01394 283375 / maidstoneadmin@maidstoneandcauston.org

SET Causton Junior School, Maidstone Road, Felixstowe IP11 9ED

01394 283374 / caustonadmin@maidstoneandcauston.org

www.maidstoneandcaustonfed.co.uk



The Federation of
Fairfield and Colneis



The Federation of Fairfield and Colneis

The Federation of Fairfield and Colneis has been pleased to welcome back some of the children to school for the end of the summer term, while others have continued to learn at home. We have worked hard to keep in contact with our families, providing online resources and communicating with them regularly to ensure they feel supported during the current restrictions.

During this period, home learning has taken many forms and I've been really impressed with the wide range of activities taking place. The children have experienced virtual sports days, nature hunts, outside maths sessions, wellbeing and mindfulness awareness, singing and practising musical instruments to name a few.

To all our school community we want to say a huge thank you for all their continued hard work and support over this difficult period. We hope that they are able to enjoy the summer break and we are hopeful that all our children will be back with us from September.

Headteacher Mr Mark Girling

Music in Felixstowe



Music in Felixstowe continues to present weekly live streamed concerts on its Facebook page. All the concerts are available on the website too and cover a large range of music, including Nicholas Ward on violin, harpsichord player Christine Whiffen, rock musicians Joe Bennett and Spencer Horton, delightful singers Sophie Reaville and Christina Johnston, and many others.

On July 8 we are streaming the Schubert Cello Quintet and local musician Wade Ablitt will perform on July 29.

Should you wish to contribute to these free weekly concerts, you can do so on the Music in Felixstowe JustGiving page.

www.felixstowemusic.com

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www.GrapevineLIVE.co.uk

Steve Scott & Keith Beckett: A Partnership on Home Ground

We caught up with Steve Scott from Scott Beckett Estate Agents who talked to us about how business is going.

Steve began by explaining: “The Covid-19 pandemic is completely unprecedented and it has inevitably affected businesses of all natures worldwide. In property sales, spring time – March to May – is usually our busiest time of year so for lockdown to have occurred at this time was particularly unfortunate.”

He confessed: “We did however go into the lockdown period with a sales pipeline of almost 40 sales and the majority of these sales remained fully intact. We also had 14 ‘essential’ sales complete during lockdown so we were certainly still busy. Now that lockdown has been lifted there are considerable changes to the way estate agents can operate to comply with social distancing and to ensure our clients are safe, but it’s fair to say I feel we are coping well.”

Steve detailed: “To help reassure our customers and to ensure safety, our office has been rearranged and social distance markings have been put in place. We have protective desk screens to further reassure customers, and all desks have hand sanitiser on them. All surfaces are regularly cleaned and disposable gloves are available for customers, should they feel the need. Staff will, on occasion, work remotely from home but will remain fully contactable. Ultimately we aim to help our customers by continuing to be as accessible as possible but in doing so ensuring the safety of our clients.”

As for whether they are providing any extra services, Steve explains: “We are not specifically offering any extra services, but we are actively promoting the government guidelines that viewings in the first instance should, where possible, be virtual. Whilst we have not had a large increase in vendors offering specific virtual tours, it’s fair to say that Rightmove, Zoopla and On The Market, all sites we use amongst others, have all of our property listings with as many internal and external images as possible, together with floor plans and energy performance certificates. This enables applicants to view a property ‘virtually’ prior to any actual viewing taking place.”

The future may be unpredictable but Steve assures us: “Scott Beckett opened in Felixstowe seven years ago this month and we’re delighted that according to Rightmove Intel statistics we have been Felixstowe’s leading selling agent every year since opening. The volume of business has grown year on year and this shows that there appears to be a strong demand for our services which we never take for granted and for which we are exceptionally grateful.”

Steve Scott and Keith Beckett were both born in Felixstowe and entered into the estate agency business in Felixstowe upon leaving education in 1986.

“We had known each other throughout school and were good friends,” says Steve. “In 1994 I moved jobs to work for the local company Keith had first joined in 1986 and we worked

together as a team until 2013 when Keith was unexpectedly informed he was being made redundant. Being well known locally and having sold thousands of houses in Felixstowe over the years, people had often asked why we didn’t open up on our own, but in truth we would probably not have done this out of loyalty to our former employers. The redundancy however changed this and we opted to form ‘Scott Beckett’ and the rest, as they say, is history!”

He continues: “In addition to myself and Keith, we have two other valued and well-known sales staff working with us. These are Debbie Chenery and Alan Fox. Alan has been an estate agent in Felixstowe for longer than Keith and myself. He used to work for Bannister & Co and has been an estate agent in Felixstowe for 40 years. Debbie also used to work for Bannister & Co, is the office manager and is primarily office based. Debbie deals with the majority of post sales progression which is a sometimes testing but vitally important aspect of our business.”



Lastly, we asked Steve why he believes the business stands out and is trusted by so many. “Our orange SB sold boards are probably the single aspect of our brand which is most recognisable. We receive many comments about our boards!

“As for trust, it has to be earned over a period of time and with our entire team having been born in Felixstowe and offering more than 120 years Felixstowe estate agency experience, we are well known locally and the public know that we will always endeavor to offer genuine advice which can be trusted.

“Why do we believe the business stands out and is trusted by so many? All of the above combined with our motto: ***Born in Felixstowe... Raised in Felixstowe... Estate Agents in Felixstowe!***”



Steve Scott

Local Feature



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

Tee Times

Hopefully, by the time you read this restrictions will have been relaxed a little more and everyone will be breathing a sigh of relief that we are coming through this awful virus. Here at Felixstowe Ferry Golf Club we are taking it a step at a time and ensuring our members and visitors are enjoying their golf in a safe environment. We have introduced a tee booking system whereby members and visitors alike can book tee times spaced at 10 minute intervals on both our courses to limit the amount of contact with other players. It has worked very well since we were advised that it was safe to start playing again and everyone has enjoyed getting out in the fresh air on courses that definitely benefited from a couple of months off! Our professional, Andrew, and Sam, his assistant, have also started giving individual and small group lessons on our socially distanced driving range!

Our food delivery service

We also started and have continued with a food delivery service to anyone local to Felixstowe. It started for members and elderly vulnerable people but by word of mouth it has spread and we now deliver to anyone who requests a meal. A typical menu can be seen below. We have had a great troop of volunteer drivers and our chef has enjoyed putting food in boxes instead of on plates. Our fish and chips and Sunday roasts are particularly popular. If you live in Felixstowe please give us a call on 01394 286834 and select option five if you would like to sample one of our very reasonably priced meals.

Beef Bourguignon, mashed potato & vegetables: £7.50

Deep fried seafood platter with potato wedges: £7.50

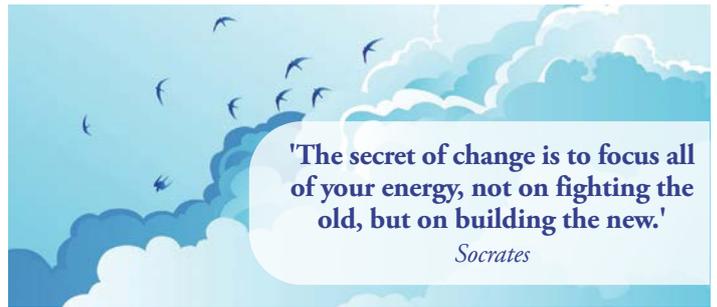
Gammon with pineapple, chips & peas: £7.50

Friday fish & chips (haddock, cod or scampi): £7.50

Sunday Roast, choice of two different meats & two different desserts: £12.50

Stay safe everyone and enjoy your golf!

General Manager, David Spencer



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Local Osteopath Reopens Doors

After weeks of being closed, I am now looking forward to opening again on Monday 29 June in Felixstowe and hope that you have managed to stay well in these strange times.

I have a lovely new room to work from situated in Vincent Grace hair salon which is on the corner of Garrison Lane and High Road West.

Things are going to be a little different for a while and in the time I have been closed I have been changing a few things.

For starters there are no couch covers, pillow cases or cushions; these have been replaced by wipe down surfaces in order to keep everything as clean as possible. In between every treatment there will now be at least a 15-minute break to allow me to clean the room.

In order to be as safe as possible I am now in PPE; I wear a visor, mask, gloves and a disposable apron, think Star Wars! At first it all seems a bit odd but it's surprising how quickly you get used to it. Patients are asked to wear a mask (I do have spare ones) and use the hand gel provided.

In addition to the normal questions when someone calls for an appointment, I am triaging them to ensure they are currently well and have not been in contact with anyone who is unwell.

So it's all changing, but underneath all this the service I provide is still the same professional but friendly one. It can seem a bit daunting at first but it doesn't take long to get used to it and I would like to thank all my loyal patients for supporting me at this time.

I am now taking bookings for Ipswich and for Felixstowe from the end of June.

If you would like to book an appointment or discuss any concerns regarding the new changes please do not hesitate to contact me.

I can be reached by phone – 07801 187636 or 01473 281473 – or email – berylchurchmanandassociates@gmail.com – and you can find further details on my website: www.berylchurchman.com

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Home & Garden

Let's Help Pond Wildlife



Ponds are amazing havens for local wildlife. They can be easy to make too! If you simply take a lid off a water butt, fill it with rain water and put it in the ground, you've got the easiest pond possible. So, ponds can be as easy or complicated as you like!

What ever size pond you choose, please make sure you have lots of shallow water. This will allow animals such as hedgehogs to drink from your pond without the risk of falling in and drowning.

Regarding plants for your pond, how about water lettuce, with the Latin name *Pistia*? Or how about water hyacinth, Latin name *Eichhornia Crassipes*? If you have friends who already have a pond, why not swap some of your plants with some of their pond plants?



Pond plants are endlessly fascinating. If you have a pond with bog bean (aka buck bean) you might notice that the flowers never come out all at once. Instead, they come out in a sequence. Bog bean leaves have a distinctive three-part shape. Scientists call that shape 'trifoliate'.

If you're looking for a dramatic splash of colour in your pond – which is still greatly loved by wildlife – how about planting Yellow Flag Iris (*Iris Pseudacorus*)? In the wild, it grows in all kinds of wetland conditions, so Yellow Flag Iris is perfect for garden ponds. Even if you think your pond may not have as much oxygen as you'd like, that isn't a problem either. That's because Yellow Flag Iris can grow in the wild in anoxic water, i.e. water which is greatly depleted of dissolved oxygen.



Hemp Agrimony (*Eupatorium Cannabinum*) is another popular pond plant which is greatly loved by butterflies and bees. After your Hemp Agrimony flowers have stopped being in blossom, you might like to leave the seed heads where they are because those seed heads will be greatly appreciated by other garden wildlife.

For more information about the work of Felixstowe's Community Nature Reserve, please visit our Facebook page: www.facebook.com/felixstowecommunitynaturereserve

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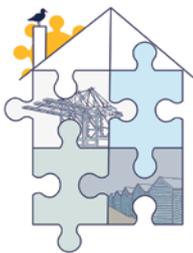
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- We offer individual care plans based on your requirements
- We provide assistance with personal care
- We offer shopping and housework calls
- We can assist with meal preparation
- Accompanied trips out - hospital visits, a trip to the beach/town, or out for a coffee
- Sitting service to give family respite or just some company
- Trained in dementia and palliative care

If you would like to enquire about our services please contact our office on 01394 670281 or drop in for a chat. The office, at 107 High Road West, Walton, Felixstowe, is open from 8am to 4pm.

We are also always looking for caring and reliable people to join our friendly team



Visit www.rosecarefelixstowe.co.uk



S Bett
Mortgages
Felixstowe



Sharon Bett

sharon@sbettmortgages.co.uk

- **First time buyers**
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- **Lifetime mortgages**
(a form of equity release)
- **Commercial and Consumer Buy to Lets**
- **Life insurance**
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A Lifetime Mortgage will be secured against your home. As a mortgage is secured against your home or property, it could be repossessed if you do not keep up the mortgage repayments.

S A Elles LTD T/As S Bett Mortgages Felixstowe

Spotlight on Felixstowe says

KEEP

MOVING SUFFOLK

Proud campaign partner

As we start to ease out of lockdown it would be easy to fall back into old habits and stop taking our daily exercise, which we have been doing during these challenging times.

At Spotlight on Felixstowe we are committed to supporting our readers to stay active and live healthy lives and are pleased to be continuing our partnership with the Keep Moving Suffolk campaign to bring you ideas, tips and inspirational stories to help keep you motivated.

Meet your emotional needs and avoid stress

As well as being good for our mental health through the release of endorphins and burning off cortisol, moving about and getting some exercise meets other Emotional Needs that help us avoid stress.

For example, when we feel that we're competent at something, taking on new learning and achieving things, we feel good about ourselves and this builds self-esteem. This need for Achievement can be met through exercise and physical activity. The Couch-to-5k app is great for building up to achievement in small, manageable steps.

We also need to feel valued, like we have a place in the world and a standing in the communities we're part of. The Strava app tracks your progress as you run for slightly longer, or slightly faster, and shares that progress with people who can give you "kudos" is a great way to meet that need for Status – to feel proud of what you've accomplished.

As we possibly look forward to some kind of return to the way life was before lockdown, it's possible we will be able to participate in sports and activities that bring us into contact with others again. But in the meantime, there are online groups and social media pages that can help us feel part of something bigger than ourselves – getting our need for Community met. Even now, this can be met simply by going for a run and saying hello to fellow runners you meet.

And an often forgotten Emotional Need is that of Privacy. This isn't about keeping things secret or data compliance. It's about getting away from the many distractions of the modern world. Getting out of the house and going for a walk, run, cycle ride, scoot...whatever takes your fancy, getting a little exercise is a great way to get some time to yourself.

Stay safe and stay well, **Jon Neal, CEO Suffolk Mind**



Helping older adults stay active at home

A drop in physical activity levels can lead to physical deconditioning that increases the risk of falls, loss of physical capacity and increased need for care.

A new Active at Home booklet from Public Health England (PHE) aims to help older adults keep up their activity levels while isolating due to coronavirus (Covid-19).

The booklet provides practical guidance to older adults on home-based activities to maintain their strength and balance and can be accessed and downloaded from the Keep Moving Suffolk website Activities for Older People.

www.keepmovingsuffolk.com/exercise-if-youre-older



WIN

Women's Tour Virtual cycling challenge

A limited number of 500 places are available on the KMS Women's Tour Virtual challenge taking place in July and August.

Win VIP tickets to the 2021 Women's Tour in Suffolk

For full details on how to secure a place on the challenge visit the Keep Moving Suffolk website, www.keepmovingsuffolk.com

The Keep Moving Suffolk website is a trusted source of information, advice and useful links to help you, your family and local community to get active and stay active. Send us your videos and images to show us how you are keeping active using #keepmovingsuffolk www.keepmovingsuffolk.com

Check these out

www.keepmovingsuffolk.com

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@Most_Active

Steve **Scott**
Keith **Beckett**

SB
Scott Beckett

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Raised in Felixstowe
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FELIXSTOWE FERRY £550,000
EPC 'F' A rarely available 4 bed house overlooking River Deben.



FLEETWOOD AVENUE £510,000
EPC 'D' A stunning 5 bed family home in popular location. Driveway & garage.



CONWAY CLOSE £350,000
EPC 'C' Detached 3 bed house in popular location. Lounge, kit/dining room, garage.



BROOK LANE £435,000
EPC 'E' Detached 2 bed chalet with good size gardens, garage & parking.



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EPC 'D' Semi-detached 2 bed house with conservatory & garden. Driveway & garage.



MILL CLOSE £285,000
EPC 'D' Extended semi-detached 4 bed house, magnificent kitchen, utility room, conservatory.



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EPC 'D' Well-presented modernised semi-detached 4 bed house with double garage.



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EPC 'C' Detached 3 bed bungalow, lounge/dining room, driveway & garage.



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A selection of apartments within popular retirement development.



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EPC 'D' Well-presented semi-detached 3 bed house, garage, log cabin, conservatory.



WESTERN AVENUE £295,000
EPC 'D' Detached 2 bed chalet, lounge, dining room, garage, enclosed rear garden.



HUNTERS END £279,950
EPC 'C' Detached 4 bed house, lounge, dining room, kitchen, conservatory.



ST GEORGES ROAD £575,000
EPC 'C' A spacious 3 bed bungalow, 3 receptions, 2 bathrooms, conservatory, double garage.



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EPC 'D' Semi-detached 3 bed home with magnificent garage/workshop. Conservatory.



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EPC 'D' Semi-detached 3 bed house, fitted kitchen, off street parking.



SUNNINGDALE DRIVE £315,000
EPC 'D' Detached 3 bed house in popular location. Driveway, garage, enclosed rear garden.



PAVILION COURT £355,000
EPC 'B' Magnificent sea views from 2 bed balconied first floor retirement apartment.



CRESCENT ROAD £545,000
EPC 'D' Detached 5 bed house, 3 reception rooms, ideal location close to town centre.