

# Spotlight

Issue 193 September 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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## *Keep it Local* Campaign

on page 5

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### Exciting Plans at Beach Street

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### A Summer of Delights and Surprises

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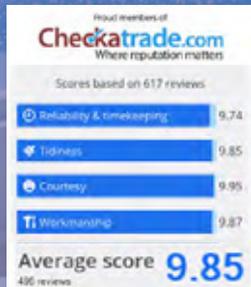
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# Spotlight

Issue 192 August 2020

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## on Felixstowe

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

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Felixstowe Book Festival a Resounding Success on page 5



# Community news available in Print, Online & Mobile

## Spotlight on Felixstowe



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

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## EDITOR'S CORNER

My social life has been turned upside down in the last few months. I used to walk into town on Saturday morning, list in hand, to visit the shops and the market stalls, meet with friends for coffee and wander home in time for lunch. Now I walk into town on Saturday afternoon when it's likely to be quieter and wave at friends from a distance. I know this isn't what most of you might define as a 'social life' (and I must admit it looks pretty sad now I see it in writing) but I've been 'off the scene' for many years and happy to be so. Of course I like to paint the town red (crimson rather than fire engine) on occasion but it's been a while since my weekends were spent in pubs and clubs, never knowing what might happen. Or who I might meet!

I did meet my husband in a packed pub back home in Ballinasloe (yes, Guinness was involved!), so for the sake of those who do enjoy an active social life or who haven't yet met Mr or Mrs Right, I'm delighted the pubs are open again, making an extraordinary effort to adhere to guidelines and ensure the safety of staff and patrons. Restaurants too; eating a meal I haven't had to cook myself and not having to clear up afterwards is a thrilling (yes, thrilling) prospect right now. In fact we've booked a table at the new Italian restaurant in town and I've already decided what I'm having. I start from the back, with dessert, and work upwards and shall be enjoying vanilla pannacotta with wood-roasted apricots at about 9pm on Saturday evening.

Live performance is making a comeback too, which is wonderful news for venues, artists and audiences. It will be interesting to see if performers and writers have been inspired by their lockdown experience. In fact, if you haven't already watched *Staged*, a BBC comedy starring David Tennant and Michael Sheen, find it now on BBC iPlayer. It's a wonderful treat.

If there is anything positive to take from our experience of Covid-19, it must be that it has taught us to be kind and caring. We know we can pull together when needs must and now we must use our spending power to support our local economy and attempt to stave off further job losses. Every penny you spend locally will help to secure the future of a local business and its employees, possibly even people you know.

Enjoy your freedom safely, consider the safety of others and together we can make this 'new normal' work in everyone's best interests.

**SHARON JENKINS** Editor

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Thursday 10 Sept

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 20 Wharfedale Road, Ipswich, IP1 4JP

Editor: Sharon Jenkins  
 Email: [sharon@intouchnews.co.uk](mailto:sharon@intouchnews.co.uk)  
 01473 400380

Design: Lisa Tyte

Advertising  
 Email: [advertising@intouchnews.co.uk](mailto:advertising@intouchnews.co.uk)  
 01473 400380

Distribution: Tree Martin  
 Email: [tree@intouchnews.co.uk](mailto:tree@intouchnews.co.uk)

Printing  
 Email: [steve@colourplan.co.uk](mailto:steve@colourplan.co.uk)  
 01473 400397

### Editorial Submissions:

Readers are invited to submit articles, photographs and illustrations for publication.  
 Send editorial copy to: [sharon@intouchnews.co.uk](mailto:sharon@intouchnews.co.uk)

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# Local News

## The Global Shorelines Project



The Global Shorelines Project was started by Kevin J Healy. A local resident, Kevin studied Fine Art Printmaking at Brighton School of Art under Harvey Daniels and Tim Mara 1979-81, followed by a Postgraduate in Education. He worked for 32 years as a Head of Art, Head of Expressive Arts and Assistant Principal in Suffolk schools.

Following retirement, Kevin began to produce responses to shorelines in graphic media, print and photography. All of his work for the shorelines project is given free, in aid of marine conservation initiatives. He is currently working towards the live launch exhibition, but he needs your help.

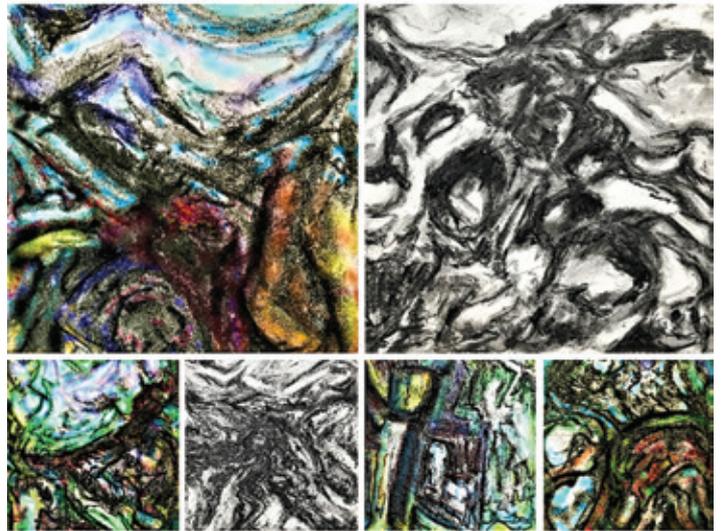
“When my wife and I retired, in common with many retirees, we started travelling to see the many places we were unable to see while working and bringing up children. We love to travel and to walk along the sea on distant coasts. However, we are very aware of the impact our travel has on the environment. It was with that in mind that I started the Global Shorelines Project. The initial intention was to produce and sell my own artwork and photographs, with the proceeds going to a marine conservation charity. However, the remit of the project grew as it progressed. Why not do a collaborative project, making use of social media and camera phone technology to pull in visual contributions across the entire planet.”



From this small beginning, Kevin has gradually collected shoreline imagery from the UK, Ireland, Greece, Spain, France, Thailand, USA, Mexico, Australia, New Zealand, Honduras, Guatemala, Italy, and beyond. The list goes on!

The Global Shorelines Project was initially intended as an online project, followed by live events to draw in collaborators, purchasers and sponsors. **The first (launch) exhibition will take place at 142 Gallery, Hamilton Road from 24-30 September.**

Kevin plans to follow this initial launch with larger scale exhibitions in the UK and Ireland in 2021, and then in the USA and Australasia in 2022. In each case, the project will partner with local marine conservation charities and sponsors.



This project is not focused on the work of professional photographers. Kevin is seeking contributions from amateur photographers, walkers, beachcombers, surfers, swimmers, sailors, artists, scientists, naturalists, etc. Basically, anyone who enjoys the sea and who would like to support marine conservation work across the planet.



If you are a potential contributor, or you would be willing to sponsor an exhibition or provide an exhibition space, Kevin would like to hear from you.

**Why not visit the website to look at the existing work?  
Or visit the upcoming exhibition to talk directly with the artist.**

**This is a chance to support a project from the locality,  
which intends to be truly international in its scope.**

**Please mark any photograph donated to the project with the location of the shot and your name and/or social media tag using the email: [globalshorelines@btinternet.com](mailto:globalshorelines@btinternet.com)**

**Visit: [www.globalshorelines.com](http://www.globalshorelines.com)**

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# Local News

## Keep it Local Campaign



Felixstowe Chamber of Trade and Commerce, which continued supporting its members as much as possible during the COVID-19 lockdown, is now calling on them to support fellow businesses in the town with a *Keep it Local* campaign.



The initiative is part of a national effort originally set up by two buying groups, Nemo and Office Club. It aims to encourage businesses to adhere to the same *Shop Local* call that residents are asked to follow, by making an effort to obtain their supplies and services, as well as any maintenance work from the many independent local traders, rather than going further afield, even if it costs a bit more.

A spokesman said that the Chamber committee was also exploring ways to enhance this *Keep it Local* campaign with special new discounted member-to-member deals.

“We hope to have a special page on our website in the near future to highlight all the local businesses that provide services in these various service areas to help our members find what they need easily,” he said.

“Buying from local businesses means products and the people supplying the services don’t have to travel so far and save on time and energy, so keeping it local could help the environment by limiting the use of energy and fossil fuels, as well as by supporting local enterprises.”

Felixstowe Chamber, which holds regular monthly networking functions, continued to support members and to meet via Zoom, with speakers including Felixstowe Town Mayor, Cllr Mark Jepson, Miles Vartan from Miles Vartan Consultancy, a leading AEO consultant who has project-managed accreditations for many freight forwarders, shipping lines, importers, exporters and ports, Colin Low from Kingsfleet Wealth and Corporate Training Consultant Jane Warden.

The Chamber hopes to revert back to its traditional face-to-face monthly breakfasts and evening events as soon as possible.

For further details see: <https://keep-it-local.co.uk> and [www.felixstowechamber.co.uk](http://www.felixstowechamber.co.uk)

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## Suffolk Fairtrade Towns Meet Online

Representatives from Felixstowe joined colleagues from other Fairtrade towns in Suffolk in an online conference recently. About 30 people logged in via Zoom to hear presentations by Fairtrade Foundation Chief Executive Mike Gidney and Patrick Kaberia, a Fairtrade farmer, live from Kenya.

The conference was organised by the Suffolk Association of Fairtrade Towns (SAFT). The SAFT secretary is Felixstowe resident Alan Muchal. He said: "It was great to have so many people from across the county log in to hear these two interesting and informative speakers. Many local residents will remember Patrick from his tour of Suffolk in 2016 launched in Felixstowe with a Fairtrade breakfast at the town hall, hosted by the town council. Mike was able to give us an overview of how COVID-19 is badly affecting farmers and producers in the developing world and Patrick was able to give us a perspective from the front line."

Mike, who lives near Woodbridge, said he was proud to be a resident of a county where there was so much activity in support of Fairtrade. He talked about the devastating economic effects of the epidemic on farmers and producers worldwide.

Although Fairtrade producers were badly affected, they were generally in a better position to withstand the effects of the epidemic because of cash reserves built up from Fairtrade premium payments. Fairtrade communities mostly had access to running water, which is important for maintaining hygiene standards and better healthcare provision.

Mike praised Fairtrade's commercial partners, particularly the Co-op, Waitrose and Marks and Spencer who had provided extra financial help during the crisis.

Patrick said that tea farmers in Kenya had been badly affected by the dramatic fall in the price of tea and, if forced by the virus to stop work, would experience considerable hardship, as few had reserves to fall back on. Although all the tea in his co-operative in Michimikuru is produced to Fairtrade standards, a lot has to be sold on the open market, where it doesn't attract the Fairtrade premium. He urged everyone to buy Fairtrade tea whenever possible.

The conference was also updated about proposals by Nestle to move away from Fairtrade certification for some of its UK products and the concerns this raised.

You can view an edited version of the conference by visiting the SAFT website where you can also find a copy of the SAFT annual report outlining Fairtrade activities throughout Suffolk over the past year.

The Suffolk Association of Fairtrade Towns was formed in 2016 following a successful tour of Suffolk by Patrick Kaberia. All eight active Fairtrade towns in Suffolk are members and its main aim is to promote Fairtrade in Suffolk. It does this by providing support to its constituent members and sharing good practice. On the website you can find links to the individual towns.

[www.suffolkfairtrade.org.uk](http://www.suffolkfairtrade.org.uk)

# Legal Eyes

## Personal Injury Claims

Accidents and personal injuries can happen when least expected and in many different ways. However your injury occurred, your Jackamans' lawyer will assess whether a claim is feasible and if so, will be happy to guide you through the process.

On starting a claim for a client injured in an accident, I am often asked how much will be recovered, and will it be as much as the friend from the pub with a similar injury.

Usually all I can comment is that "you should be put in the same position as if the accident had not occurred". I add that any payment is in "full and final satisfaction", meaning it is not possible to accept money based on a particular assumption but then ask for more at a later stage. (There are mechanisms for obtaining money on account and conditional payments in certain cases). I then expand that as follows.

Firstly, I need a doctor's report identifying the injuries. Has there been a full recovery, or will there be within a specified time, or will the injuries be permanent? In many cases, a doctor cannot give this "prognosis" for some time after the accident or after treatment has taken place.

Of course, we cannot wave a magic wand and return a person to the same position he or she was in the pre-injured state. Therefore, we will claim for "pain, injury and loss of amenity" based on sums previously thought appropriate by the court for people with similar injuries.

After the doctor's reports, a solicitor can research how courts have previously valued the claim of a person in the client's position. While a client and his mate in the pub may have similar injuries, the impact on their day-to-day activities is likely to differ and so different values would apply.

The second element is actual financial loss. We look at money a client has paid out or sums they have not received, especially if unable to work. That is obviously highly specific to an individual's position so a client and his chum are likely to have completely different losses.



So, at any first appointment with a solicitor, a precise figure as to what your claim might be worth cannot be given. However, it is likely to be different from the chap in the pub with whom you were swapping details of injuries.

**For further information please contact Paul McGrath on 01394 279636 or email [paul.mcgrath@jackamans.co.uk](mailto:paul.mcgrath@jackamans.co.uk)**

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# Local News

## Master Carver Moves to Felixstowe



Woodcarver Gerald Adams moved to Felixstowe in August and plans to set up his woodcarving classes in a new purpose-built workshop. Coronavirus allowing, he hopes to start classes this month.

Gerald started his woodcarving business in 1986, carving parts for local furniture makers, and quickly established a reputation for fine wood carving of the highest order. His customer base quickly expanded with commissions from around the world and patrons from Royalty to the film industry. With his artistic background and a BA (Hons) in Fine Art, Gerald has designed and carved some prestigious church work, including screens at Felmingham and East Raynham in Norfolk. Being accepted as a member of the Master Carvers Association in 2001 was a highlight of a rewarding career.



Gerald taught in adult education in the late 90s and gained a Certificate in Education. He has been teaching weekly sessions at his workshop in Norfolk and is really enjoying passing on some of the skills he has gained in over 30 years of professional woodcarving.



The sessions are informal and fun. As well as these short two and a half hour classes, Gerald teaches one-day taster sessions and two-day beginner classes, which have proved very popular, to have a go and master the basic techniques and finish a simple project. Many students carry on with their own carvings and join the weekly sessions if there is space.

These courses are ideal for Christmas or birthday presents for someone to start or expand a new hobby or career. For information on vouchers contact Gerald at: [gerald@adamswoodcarving.co.uk](mailto:gerald@adamswoodcarving.co.uk) / 01508 532111

For information on courses visit: [www.adamswoodcarving.co.uk](http://www.adamswoodcarving.co.uk)

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# Local News

## New Thriller Set in Felixstowe



Ipswich based author Alan Peck has been a member of Felixstowe Coastwatch for the past 14 years. For his seventh book, he has written a thriller based on a volunteer lookout station, similar to the Coastwatch lookout on top of the Martello Tower at the southern end of the seafront.

### His new book is entitled *The Watchers*.

The story is based around two Felixstowe couples who live on the seafront and have an interest in the many craft to be found at sea in this area. When two of them witness a container ship running down a yacht, they disagree over exactly what happened. A web of deceit and blackmail evolves into a crisis.

Alan previously wrote *The Shotley Incident* – a murder story set on the old HMS Ganges site. He was himself a Ganges boy and served as a hydrographic surveyor in the Royal Navy.

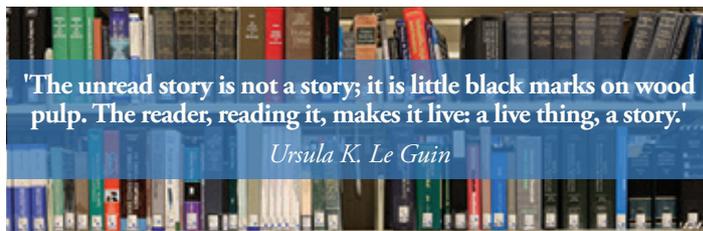


Upon leaving the Navy, Alan joined IBM to embark on a 30-year career in IT. He wrote for various IT magazines and newspapers and also wrote three business books aimed at programmers and systems analysts.

His first wife Liz had a florist shop in Cambridge and Alan also looked after the business side for her. Liz succumbed to pancreatic cancer in 2004. Realising that there were no business books aimed at florists, he wrote *Buying and Running a Florist Shop* which became one of the biggest selling books ever in the floristry world.

Alan remarried in 2006 to Olive, an Ipswich lady. Having been an Ipswich Town season ticket holder for many years, they were introduced to each other by a lady who sat behind him at every game. In 2017 he teamed up with Jenny Sheppard, a Saxmundham florist and Chelsea gold medallist to write *The Business side of UK Floristry*.

*The Watchers* is available from Amazon in both paperback and E-book versions.



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## New Campaign Launched to Support Those with Financial Worries

East Suffolk Council and its three local Citizens Advice services have launched a new campaign to remind residents with financial worries that free support and advice is available. To encourage people to talk about any money worries they have to avoid financial problems building up over time, East Suffolk Council and East Suffolk's Citizens Advice services (CAs) have joined forces and launched a new campaign, titled *Money Matters – Managing Debt Together*.

The aim of the campaign is to direct people to the CAs, which provide free, independent, impartial and confidential quality assured advice to those with money worries. The team can talk about any financial issues people may have – whether this is advice on debts, or if you're worried about going into debt in the current climate – and explain the options and solutions available to address the issue.

Cllr Letitia Smith said: "If you're worried about money, it is important to know that you are not alone. Free support is available in East Suffolk, and we urge people to talk to us about any financial worries they may have, whether big or small. No one will judge you for any decisions that you have made that have led to money problems. Our Citizens Advice team is here to help and suggest ways to deal with debt and offer advice on ways to manage your money."

Chiara Saunders, Chief Officer at Leiston, Saxmundham & District Citizens Advice, said: "We understand how stressful it can be when people are facing financial difficulties, which is why we really wanted to get involved in this campaign to ensure that residents in East Suffolk know that they don't need to worry alone."

"At Citizens Advice we provide free, professional, and quality assured advice and we take the time to understand your circumstances and provide advice on maximising your income, minimising your expenditure, and managing any debts or arrears. Equally, our experience and knowledge of the local area means that we can help you access additional support you may not be aware of. We are only a phone call or an email away and anything you tell us in the strict confidence."

### To talk to someone from one of the CAs teams

Call 0330 107 5627 or email [moneymatters@nescab.cabnet.org.uk](mailto:moneymatters@nescab.cabnet.org.uk)  
Monday to Friday between 9.30am and 4pm.

Or to find your nearest CAs, go to: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

## Money Matters

#ManagingDebtTogether

Covid-19 is having a huge impact on our budgets.  
If you are worried about money get help NOW.

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## Capital Gains Tax

When Rishi Sunak took over at relatively short notice as Chancellor in March there was substantial speculation that entrepreneurs relief would be removed. In the end he simply reduced the level of capital gains which the 10% rate of tax could apply from £10m down to just £1m.

But it appears that the Chancellors interest in using capital gains tax to replenish government coffers, now emptied by Covid-19 measures, has not been satisfied by the entrepreneurs relief changes.

He has now sanctioned the Office of Tax Simplification (OTS) to review the effectiveness and efficiency of capital gains tax. Whilst originally tasked with simplifying tax legislation the OTS now carries out reviews into reforming various taxes and its proposals are very frequently adopted by the Chancellor.

**So, before they conclude their review what are the risk areas?**

### Reliefs

There are many reliefs from capital gains tax, the most significant of these are possibly the main residence relief, the capital gains tax uplift on inheriting assets and the spousal exemption.

There are also holdover reliefs for gifts into trust and tax efficient investments such as Enterprise Investment Scheme, Seed Enterprise Investment Scheme which also have an exemption from tax on disposal. It may be worth reviewing your tax planning to make use of these reliefs whilst they are still available.

### Annual exemption

Currently the first £12,300 of capital gains arising in a year for an individual are free from tax. This annual exemption might also be under scrutiny. Many people regularly at the end of the tax year use their annual exemption to transfer shares into the tax-free ISA wrappers or sell and repurchase Shares to increase their capital gains tax base cost for future disposals. Please note that there are rules about the timing of the repurchase. It could be worth considering using the annual exemption earlier this tax year.

### Rate of tax

Capital gains tax on assets are generally charged at 10% for basic rate taxpayers and 20% for higher rate taxpayers. There are however higher rates which apply to the disposal of residential property (18% and 28%). It is very possible that these rates could be increased to be in line with income tax rates of 20% and 40% thus removing the distinction between the tax rates for income and capital. It could therefore be worthwhile considering crystallising a capital gain at the existing rates.

**We will continue updating our clients and contacts on developments in this area. You can sign up to our regular newsletters at [www.beatons.co.uk/registration/register](http://www.beatons.co.uk/registration/register)**

As it is quite likely that the tax take on capital gains tax could be increasing, we would recommend you take advice from us on your capital gains tax position.



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# Local News

  
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*Customer service and pride in the finished product have always been a priority for Barry and Mark.*

"The relationship we have with our customers is critical and every roof we work on is finished to the highest quality," says Barry. "The fact that all our employees are paid an hourly rate rather a pre-determined price ensures that the emphasis is on quality and not the speed of the job."

Newbury Roofing have always worked within an approximate 40-mile radius, carrying out work for domestic customers. This includes re-tiling, re-slating or re-felting flat roofs, on main roofs, extensions and garages.

"This mixed with our work for local builders and national house builders has kept us busy and our staff employed even through the quieter times," says Barry. "We had to close down for approximately two months when the COVID-19 pandemic arrived. The safety of our employees and customers was paramount and when deemed safe to return to work we put in special measures to ensure everyone's safety."

The business is run from Akenham just outside Ipswich where the company has a yard with an industrial unit. This enables Barry and Mark to purchase materials in bulk and store them so they are available when required. This also means they haven't been adversely affected by the shortage in building and roofing materials caused by the pandemic.

"Our customers like the fact that they speak to either myself or Mark when they contact Newbury Roofing Ltd and reassured to know we each have 40 years' experience in the roofing business," says Barry. "Whilst we are a little bit old-fashioned and are not ones for emails, we like to speak to our customers either on the phone or face-to-face."

So if you need to have work done on an existing roof, a new-build, an extension or garage, give Newbury Roofing Ltd a call. You know you'll be in good hands.

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# Local News



## 30 Years' Experience Combined at Blake & Day Financial Planning LTD



Claire Blake and Debbie Day at Blake and Day Financial Planning Ltd. have worked as financial advisers for over 20 years and in the industry for more than 30. Over the years they have both worked as independent advisers, at other companies and at times together for the same company, but are delighted to now work together to provide an extensive range of services and advice on everything from investments and pensions to retirement planning, pension fund access and drawdown, corporate pensions and protection, inheritance planning and life cover, and family protection.

The company's client base is widely spread, with many clients from Felixstowe, Debbie's home town, and Braintree, Claire's home town, and between them they cover the Suffolk, Essex, Norfolk and Hertfordshire regions, and have another adviser who covers Cambridgeshire.

"Our expertise in the pension/retirement and investment market is well-known," explains Debbie. "This means many of our clients are looking to concentrate on building their future wealth or at the time where they are looking to draw an income from their current wealth."

With so much experience to call on and a well-established client base, much of the company's new business comes through referral.

"It's always great to get a referral from an existing customer because it reflects their confidence in the service we provide," says Debbie. "Claire and I work in a very similar way. We tend to avoid using jargon which can intimidate some clients. Every client is looked after professionally and given the support and advice they need to make really important decisions."

### This approach is clearly popular with clients, as the following testimonials show:

**"I found Debbie very helpful and easy to talk to. She explained some rather complicated financial procedures in a way that was easy to understand. Overall, this made it an easier experience."**  
*Miss B, Felixstowe*

**"I have been thinking about sorting out my finances for many years but not taken the plunge to find an adviser. I'm delighted that my monies have been invested for me personally and Debbie's depth of knowledge comes across very clearly."**  
*Mr A, Trimley St Mary*

**"Claire is highly competent. She listened to my needs and advised me accordingly. She is a highly skilled and trained financial adviser. I can highly recommend the company and their services."**  
*Mrs H, Braintree, Essex*

Lockdown presented challenges, as it did for everyone, but they quickly adapted to ensure continuity of service. "We were forced to communicate in different ways, using online platforms to hold 'face-to-face' meetings, sending emails, chatting on the phone more and even using Royal Mail more frequently. It has actually worked really well and I think we're all adapted well to this 'new' way of working."

On the question of how the business has been impacted by lockdown, Debbie says that the number of new enquiries did fall for a short time but she and her colleagues had plenty to do.

"We were busy developing financial solutions for existing clients and others we had met just before lockdown. A number who had planned to retire this year have had to revise their plans, which we've been able to help them with, and new enquires are coming again now."

In compliance with safety measures for staff and customers, the company has rearranged offices to ensure that staff and clients have adequate social distancing space, and the interview area for clients is fully cleaned and sanitised prior to every meeting.

In addition to a full-time administrator, marketing manager and financial advisor looking after clients in the Cambridgeshire area, Claire and Debbie are in the process of recruiting a mortgage advisor, a significant mark of their confidence in the future of the business.

"We have just rebranded and launched as Blake and Day Financial Planning Ltd," explains Debbie, "and we're working hard to let people know what we can do for them. It's an exciting time for all of us. We've both been very successful to date and now that we have brought that success together as Blake and Day, we are exceptionally confident for the future."

**Debbie can be contacted at:**  
**01394 775711 / 07704 311021**  
**deb@bdfinancial.co.uk**

**To learn more about the company visit: [www.bdfinancial.co.uk](http://www.bdfinancial.co.uk)**



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# Community News

## The Friends of Felixstowe Library

Greetings to members of the Friends of Felixstowe Library and other library supporters and users.

Like many groups, we have had to cancel or postpone various activities during lockdown, and as soon as possible we will start to plan ahead and hopefully be able to think about future events.

Meanwhile, we have been spending time preparing an ambitious plan to refurbish the children's section of the library for children and families in and around Felixstowe to enjoy. We have made a start by getting the relevant area decorated. This has been funded by the Friends of Felixstowe Library, so thank you to everyone who has supported us by being a member and attending events in the past.

We still have to finalise the proposals, but we are delighted to already have some funding agreed, and we will be able to provide more information about this in future editions of Spotlight on Felixstowe and in the Felixstowe Library e-newsletters.







### Home Care Provider

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## Felixstowe Area Community Transport Service

### Driven by the Community, for the Community

During the lockdown from March until June, FACTS were unable to run their normal service to the community.

With clubs, shops and various activities cancelled and most of our passengers being elderly and very much at risk, our services almost came to a standstill. We still carried passengers to hospital appointments but these were on average no more than one a week.

However, our mini busses were not parked up! We were exceptionally busy delivering prescription medication for the Day Lewis Pharmacy at the Grove and food parcels for Basic Life.



The delivery of medication was extremely busy and during the three-month period we delivered more than 9,500 items of prescription medicine and over 400 food parcels. We covered the area from Felixstowe Ferry to as far as Nacton Village, including Walton, The Trimleys, Kirton, Falkenham, Bucklesham and Levington.

Due to the crisis, we lost most of our income but we have been very fortunate to have received magnificent support from the local community. Day Lewis set up a GoFundMe page which raised £5200.00. Individuals and organisations also donated directly to us with cheques and cash for which we are extremely grateful.

We would like to say a very big thank you to everybody who donated and we are confident that now the lockdown has eased and people are starting to go out again we will be able to resume our valuable service to the community of Felixstowe and the surrounding area.

Also a massive thank you to our fantastic volunteer drivers as without their efforts we wouldn't be able to carry on! A big, big thank you to everybody!

If you would like to know more about our services or would like to become a volunteer driver or passenger assistant, we would be delighted to hear from you. Please call Dave or Jane on 01394 282857 or email us on [manager@factsbus.org.uk](mailto:manager@factsbus.org.uk)

Please also check our website or follow us on Facebook.

[www.factsbus.org.uk](http://www.factsbus.org.uk)

# Community News

## Speakers of Felixstowe

### *Stand up and speak with confidence*

Our meetings are being held on Zoom for the present but as restrictions are relaxed, we are exploring ideas to meet outdoors while the evenings are still warm and light. There's no denying that Zoom does have unique advantages, such as being able to welcome anyone from anywhere. Michael joined our last meeting from Leamington Spa!

On that occasion, each of our speeches included aspects of our lockdown experience or thoughts on how the pandemic will change our lives in the future. It is really insightful to understand how our members have managed life during this time.

Our impromptu speech session was chaired by Clyde from the Bury St Edmunds club. The theme was 'The most ridiculous . . . that we have ever known', for which everyone had an experience to share.

Zoom meetings take place on the third Wednesday of the month from 7.30-10pm. Please visit our website for more details of our first outdoor face-to-face meeting, weather allowing.

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

[www.felixstowespeakers.org.uk](http://www.felixstowespeakers.org.uk)



## Inner Wheel Club of Felixstowe

We hope you have all kept well during these last four months. We have also had to isolate but have kept in touch with each other by phone and email. Since lockdown has been eased, we have met for coffee, adhering to social distancing guidelines of course.

As with many other societies, we didn't finish our year in the usual manner. As many others have done, we had an online AGM and it has been decided to keep the same committee so charities can benefit from a full year's activity.

Keep safe and best wishes from our club.

*Club Correspondent Gillian Smith*

## RSPCA Charity Shop Reopens Supporting Martlesham Animal Centre



**The RSPCA Charity Shop on Hamilton Road (opposite Underwoods) reopened on July 20 and volunteers have enjoyed welcoming everyone back.**

As you can see, they had their best stock out on show, including a fine display of semi-precious jewellery donated by Mary, one of their lovely volunteers.

Due to the quantity of donations at this time, please don't be offended if staff can't immediately accept your donation.

The shop is small with limited storage space so it's best to phone in advance on 01394 275350.

There is parking at the rear of the building for dropping off donations.



Joanne and Cathie say: "Paperback books are flying off the shelves so we need a constant supply and we always have a need for towels, whether for dogs or the beach!"

"We've been overwhelmed with support and kindness since opening, everyone has understood the difficulties we have with storage and no-one has complained if I've had to turn away their donations."

***A friendly welcome awaits you from Joanne, Cathie and Lucky, the interactive cat!***

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

# Community News

## SET Maidstone Infants and Causton Junior School

We are very much looking forward to reopening in September, and are pleased all year groups will be back – although with a difference that is the new normal for now at least; we will still be in bubbles and the same health and safety will be in place to keep everyone safe and well, at both SET Maidstone Infants and SET Causton Juniors.

We are pleased to announce Mrs Lucy Thompson (current Head of SET Maidstone Infants) will be the new Head of SET Maidstone Infants and Causton Junior School, with Miss Jess Urey (current Assistant Head) becoming the Deputy Head of SET Maidstone Infants and Causton Junior School.

This new structure, in place from September, means that all Maidstone Infants and Causton Junior School students will see both Mrs Thompson and Miss Urey on a daily basis.

Our aim is to move to a 'one school' approach which will further enhance both transition and pastoral care for your sons and daughters. Helping to maximise the academic progress for each and every student, as they move through Maidstone Infants and then on to Causton Juniors.



## Felixstowe Museum

Although we haven't been in a position to re-open the museum to the public this season, there has been activity behind the scenes, following the current guidelines of course!

We have received some interesting enquiries from researchers and family history enthusiasts which we endeavour to answer using our archives and sources. These have ranged from finding out more about accommodation in Felixstowe for the Jewish refugee children who arrived just before the Second World War on the Kindertransport, to being asked to assist with a PhD study on the Mary Tins, Princess Mary's 1914 Christmas Gift to Soldiers and Sailors serving in the First World War.

There have been several new acquisitions of local interest, kindly donated by the public. One is on show in our small temporary exhibition housed in one of the rooms at Landguard Fort. We are grateful to their management for offering us this space.

Felixstowe Museum has always taken part in the national Heritage Open Days scheme. Sadly, this year it will have to be different but we plan to bring something of the museum to the public via our website and on our Facebook page. Watch out for this between 11 and 20 September.

### Contact

01394 674355 / [felmuseum@bopenworld.com](mailto:felmuseum@bopenworld.com)  
[www.felixstowemuseum.org](http://www.felixstowemuseum.org)



## Lions Club of Felixstowe



The Lions Club of Felixstowe's socially distanced presidential handover took place on July 5 with John Gooch (right) handing over to Richard Woolnough (left). Thank you for all your hard work John and good luck to Richard.



Remember, the Lions Club of Felixstowe's band with Tom on vocals and Terry on keyboard, has been performing for around three years, covering seven decades of chart hits and everything from ballads to sixties standards. They normally perform from 2-3pm on Tuesdays (this is flexible) at retirement and care homes around Felixstowe and aim to visit venues once every eight weeks. They can provide a poster with dates, times and contact details.

The service is free, but any donations return to Lions Club funds to benefit local charities and needy causes.

For further information or to register interest, please ring Tom on 01394 273833.

## Virtual Open Evening at Set Saxmundham School

Following successful virtual open events in the summer term, SET Saxmundham School will be hosting their autumn open evening in a virtual format on Tuesday 8 September for Year 6 students and their families.

The event is designed to introduce prospective students and their families to the SET Saxmundham community, with a video tour and examples of work completed both in school and from home.

There will be a live presentation and question and answer session hosted by Executive Headteacher Mr Mark Barrow, and Head of School Mrs Lizzie Girling on Tuesday 8 September at 6pm via Zoom conferencing. There will be an opportunity to ask questions both in advance and during the live session.

The open evening will be followed by online or phone 'drop-in sessions' with either the executive headteacher, head of school or SENCO.

To sign up to the virtual open evening and to find out more information visit: [www.saxmundhamschool.org.uk/virtual-open-evening](http://www.saxmundhamschool.org.uk/virtual-open-evening)

'There is immense power when a group of people with similar interests gets together to work toward the same goals.'

*Idowu Koyenikan*



# Community News

## Shine a Light on Walton



As I prepare this month's piece, I am taking a break from the heatwave by thinking of Christmas! By the time this issue is out, we will have had our giant yard sale to raise funds for Walton High Street Christmas Lights switch-on event, scheduled for Saturday 5 December, and then it can start to rain again. If you're on Facebook, follow us on *Shine a Light on Walton* where everything we do is posted and you can keep up to date with our fundraising events and progress. We're employing a road traffic company to come up with a plan to keep attendees safe from vehicles and to give us all extra space to observe social distancing should we still be at risk of COVID-19.

Our last big fundraising push this year is our *Wheelbarrow Full of Booze* grand draw. So far we have a nice mix of different types and it's looking fantastic. We are still looking for donations for this and for our tombola stall. Anyone wishing to volunteer, donate or sponsor is welcome to attend our next meeting at The Half Moon at 6pm on Thursday 3 September. Keep safe everyone; we look forward to bringing you a fabulous fun day on December 5. If you feel you can bring something different to the event, please contact us.

We are aware the pandemic has caused heartache and hit the small independent businesses hard. It may take a long time to heal, but should you wish to sponsor any part of *Shine a Light*, please contact us.

[waltonchristmaslights@outlook.com](mailto:waltonchristmaslights@outlook.com) / 07852 147440

## Spotlight on Felixstowe says

Proud campaign partner



We all know the benefits of being fit and active and never has this been more important, as we all deal with the impacts and effects of the Coronavirus on our daily lives. Fitting in 30 minutes of physical activity a day can be challenging, but by building it into our daily routines and choosing to walk or cycle to work, school or the shops it allows us to get active and do our bit for the environment at the same time.

With the recent launch of the Government's new cycling and walking plan, which includes improved infrastructure, cycle training and free bike repair vouchers, it's the perfect time to change our habits and use our daily travel as an opportunity to get active and stay active.

To find out more about the Active travel improvements for cycling and walking in Suffolk visit:

[www.suffolk.gov.uk/coronavirus-covid-19/active-travel-improvements-for-cycling-and-walking](http://www.suffolk.gov.uk/coronavirus-covid-19/active-travel-improvements-for-cycling-and-walking)

### SIGN UP for Free Suffolk Roadsafes Cycle training

Cycling is a superb way of getting some fresh air, maintaining fitness levels, and enjoying the countryside. Its popularity for commuting to work is on the increase, as are the number of families who take to the highways and byways at the weekend. Suffolk Roadsafes are currently offering free adult cyclist Level 3 Bikeability training, via local trainers, which will refresh your cycling skills and help you to cycle positively on urban journeys.

For full details and to discuss your requirements email:

[CyclistTraining@suffolkhighways.org](mailto:CyclistTraining@suffolkhighways.org)



### Health benefits from physical activity

Physical activity, like cycling and walking, can help to prevent and manage over 20 chronic conditions and diseases, including some cancers, heart disease, type 2 diabetes and depression. Physical inactivity is responsible for one in six UK deaths (equal to smoking) and is estimated to cost the UK £7.4 billion annually (including £0.9 billion to the NHS alone)

Source: Gear Change A bold vision for cycling and walking

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

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The Wellbeing Service is an NHS IAPT service which offers a range of psychological therapies to help and support people to manage stress, low mood and anxiety, whatever the cause.

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We offer a range of courses, talking therapies such as cognitive behavioural therapy, counselling for depression, interpersonal therapy and couples counselling, access to online social events to help us feel connected, employment support and peer advice. We also have a variety of regular online webinars which focus on ways to look after your mental health during the coronavirus pandemic.

Throughout this difficult time it's natural to be feeling unsure, concerned about the future and cut off from others. We are here to help, offering support by telephone, video call, instant messaging and webinar. Should you wish to talk to one of us directly, you can self-refer for a telephone assessment. More information about this can be found on our website.

Our service provides support to anyone age 16 or over. For more information please visit our website or call 0300 123 1503.

For news, updates and alerts for same day appointments please follow us on Facebook, Instagram and Twitter.

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

HM Government **NHS**

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# Local Feature



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

## Tee Times

As I write, I'm looking out on the most amazing view in Felixstowe on a blisteringly hot Friday afternoon. There are sailing boats and speed boats out on the very calm sea and plenty of visitors making the most of our beaches. We really are blessed to live in this corner of the country and I am very lucky to be the general manager of this amazing golf club.

There are many members out on the course right now, all socially distanced of course, enjoying the sunshine. Covid-19 has changed a lot of our lives in many different ways and here at the club we are adhering to all the guidelines set down by the government and England Golf. It is different but it is something we just have to get on with. If there was ever a sport more geared up for distancing from others it is definitely golf!

We are grateful that with the good weather this spring and summer, we have been able to provide the opportunity for our members and visitors to enjoy our fantastic courses.

Like most organisations, we have had to adapt to keep our heads above water financially and as a community we should all support our local businesses as much as we can.

*General Manager, David Spencer*

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All prices include delivery. Menus available online at: [felixstowegolf.co.uk/catering\\_and\\_functions](http://felixstowegolf.co.uk/catering_and_functions).

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# Special Feature

## Exciting Plans at Beach Street Felixstowe Ltd

We recently met with Charlie Manning, Director at Beach Street Felixstowe Ltd, to talk about his exciting plans for the future.

Based on Sea Road in Felixstowe, the site incorporates Manning's Amusements with arcade games, gambling, redemption/ticket prizes, crazy golf, take away food and drink (fish n chips, burgers, ice creams, etc.), and Sands Restaurant and Copas Bar with evening entertainment and music. A Sunday market also takes place on the site with several shop units, some of which are open during the week too.

"The building was constructed in the early 1930s by Billy Butlin," explained Charlie. "Our grandfather, Charles Snr, worked for him and took the site over in 1946 after the war. It's been in our family ever since – being run then by our father, Charles Jnr, and now by myself, my brother Jonny and our mother Sarah."

There are plans in place to develop the site even further, as Charlie explains: "Going forward, we are in the final stages of construction on our Beach Street Felixstowe (BSF) project where there will be 16 business units created from upcycled shipping containers for boutique shops and retailers, and a street food style catering offer with indoor and outdoor dining areas. There will also be a large balcony directly overlooking the sea, coastal style landscaping and greenery, with a laid back holiday/beach vibe, with some background music and quirky décor."

Beach Street visitors are mostly local with day trippers, usually from within a 90-minute drive time. Of course, Felixstowe does attract visitors from elsewhere and Charlie often welcomes visitors from Scotland, the USA and Australia.

"With four holiday parks plus a range of boutique hotels along the seafront, Felixstowe is a wonderful place to stay," says Charlie. "Felixstowe has always been a tourist hot-spot and is well set to cater for visitors all year round."

**While the business does have many regular customers, Charlie is constantly developing new ideas to keep things fresh.**

"The addition of new machines, games and prizes is the standard way we have updated our offer and kept relevant. We have been promoting ourselves to a wider audience over the last few years using social media and local press. The Beach Street destination will strengthen our appeal to a wider audience and offer a more varied experience to the existing visitors who will have a reason to pop in (and come back regularly) and hopefully use our amusements and crazy golf too."

Of course, like so many others in the leisure and entertainment industry, the COVID-19 pandemic and consequent lockdown has been a blow for Beach Street.

"It's had a huge impact on the whole industry as Easter and the bank holidays around May are a huge boost to the seafront and leisure industry. Coming off the back of a hard long winter, we need a boost to stay afloat. We had to furlough all our staff, and then make the business safe for staff to return and for visitors to feel secure when they were finally allowed to return too. The daily operations are much more labour intensive and we had to buy equipment and sanitiser to meet safety standards and regulations. The main emphasis is on social distancing and more frequent cleaning and deep cleaning."

**Charlie is feeling very positive about the future and looking forward to opening the new units.**

"Manning's Amusements is the original and best destination in Felixstowe and Suffolk," he says, "offering the greatest variety of entertainment in one location – indoor crazy golf, mini bowling, pin ball machines (new this year), plus all the traditional arcade prizes and games, gambling... and with the addition of BSF there will be an amazing selection of artisan and boutique shops and street food outlets. It will be the first of its kind in East Anglia."

Right now Charlie is focused on letting people know what's on offer and is keen to reassure customers that all necessary care is taken to ensure their safety, including the removal of a number of large games to create more space for social distancing.

"We are passionate about the industry and keen to build on our well-earned reputation going forward. The new units will be a major boost not just for us, but for the town too. Felixstowe is a wonderful place with so much to offer and we're proud to add something new and exciting to the mix."

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# Home & Garden

## A Summer of Delights and Surprises



Felixstowe's Community Nature Reserve had a very encouraging summer. We now have more than 1,600 active members, local people who have allocated at least three square yards of their back gardens or allotments for some kind of wildlife-friendly use such as pollinator-friendly plants, wildlife ponds, hedgehog homes, insect lodges and bird feeders.



Our Citizen Science Group tells us that the average allocation of garden or allotment space per person is about 3.65 square yards. That means we have now exceeded our original target of creating a community nature reserve of 5,000 square yards, the area equivalent to a full-sized football pitch.



This achievement is not only encouraging but a testament to the amazing cooperation and support we have received from the Felixstowe community. Thank you!

Alongside our growth this summer, we have also been encouraged to learn how our members have organised plant-swap schemes among themselves. This has been very interesting to learn about, particularly when we hear about the walks people make across town carrying bags of plants, pond weed and materials for hedgehog homes.

These walks have inspired many new questions, which we have been happy to try and answer. Walks have also inspired some of our members to recall childhood memories. Some have turned those recollections into creative writing. Others have found their plant-swap-inspired walks have led them to produce new paintings and drawings. New photography has also been produced. Who knew that plant swapping across our Community Nature Reserve could be so fruitful?

Another benefit of these walking expeditions across town has been to stimulate new questions for our Citizen Science Group to investigate. The first such question – Why are stinging nettles so successful? – still remains one of our favourites. What a great question! Soil samples show that stinging nettles grow most often in phosphate-rich soil. Often, that phosphate comes from various kinds of fertiliser which may have seeped out from local gardens or allotments.

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

*Submitted by Dr Adrian Cooper*

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