

Spotlight



on Felixstowe

Issue 194 October 2020

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

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

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on page 13



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Welcome

I hope you've noticed something a little different this month. We decided it was time to give this page and our *Spotlight* logo a revamp so we asked Lisa to get creative. With the logo, Lisa combined a 'spotlight', a sunrise and coastal waves to give us a refreshed look to carry the magazine into exciting times of growth ahead.

It has been quite a month hasn't it, reflected in the fact that several submissions had to be adapted in response to the latest government guidelines. Just as many groups were making plans to meet for the first time in months, the brakes had to be put on once more. So many aspects of life as we used to know it have changed but we're nothing if not adaptable. I haven't left the house without a facemask for at least a week now and my hands have never been softer. I've even stopped biting my nails! I guess there is always a silver lining of sorts, though sometimes you really have to look very, very hard.

Of course there are many who continue to self-isolate. I met a gentleman just last week who had left his home for the first time since March. The world must have seemed a different place with everyone walking about in facemasks and crossing the road to avoid each other. My mum, a woman who can chit-chat till the cows come home, really misses talking to people when she does her shopping. People wave, smile or nod in united frustration but nobody stops to chat, at least not for very long.

I realise this may seem a trivial impact of the pandemic, but human contact, affection and closeness have powerful benefits, even reducing stress and improving overall wellbeing. They say a hug a day keeps the doctor away so in addition to all the safety precautions we are now so good at managing, let's not forget those who may still feel isolated and cut off. Hugs may be impossible right now, but a phone call could be a good alternative, even a card in the post or a bunch of flowers left on the doorstep.

On a less trivial note, many of our advertisers have been buoyed by the support they have received in recent month, particularly since lockdown measures eased in July. There may yet be difficult times ahead for many with the furlough scheme due to end at the end of the month, which is why every purchasing decision we make right now is critical. Regular readers will know how passionate I am about 'community' and share in my conviction that a sense of place, a place where we belong and feel truly at home, is the key to happiness, but we must support the local economy in order to protect and sustain it. Do take care of each other and enjoy reading this month's edition.

SHARON JENKINS Editor

Local News

Popular Christmas Lights Switch-On Event Cancelled

Felixstowe's popular annual Christmas lights switch-on show, organised by the Felixstowe Lions Club and supported by Felixstowe Town Council, has been cancelled this year. The decision to cancel the event, which would usually see thousands coming from across the region to enjoy festive entertainment and browse the shops and craft market before the official switch-on, unfortunately had to be made due to the coronavirus pandemic to ensure the safety of the public. However, the lights themselves will still be installed in advance of the festive season.

President of the Lions Club of Felixstowe, Richard Woolnough, said: "We are sorry to announce that we cannot hold our normal switch-on of the Christmas lights this year as the safety of the crowd is paramount and it is very unlikely that government guidelines will be so relaxed as to allow thousands to gather together by the end of November. So, our stage and entertainment scheduled for 29 November on the Triangle in Felixstowe will not take place. However, we have worked for many weeks to get the Christmas lights ready and we have every intention of erecting the whole display. We have invited the Mayor of Felixstowe to switch them on on behalf of the town, but the date and time will not be advertised. It is hoped it will be sooner than our normal end of November date if the weather allows us to complete installing the lights to schedule. None of us would have wanted this dreadful pandemic but this town has worked amazingly well together, and it has brought us all closer together as a great team."

The Mayor of Felixstowe, Cllr Mark Jepson, said: "Whilst the cancellation of the switch on will not come as a surprise to anyone given the huge crowds this brilliant festival pulls in, it is a shame that yet another of our much-loved annual events won't be happening in 2020.

However, the display itself will still bring great Christmas cheer to the town, thanks to the determined efforts of the Lions Club of Felixstowe whose members do such a great job designing, installing, maintaining and homing the lights year after year."

Cover Story

Photography by Ben Lord

I am very honoured to have been asked to provide one of my photographs for the cover of this magazine.

My interest in photography has slowly evolved over the last seven years when I purchased my first DSLR camera in preparation for a trip to Australia. During the lockdown months, I found myself mesmerised by local scenery within my village and began capturing some of it which, to my surprise, gained considerable enthusiasm from within my community to the extent some of my pictures were purchased in aid of our local hospital's Covid appeal. This inspired me to upgrade my camera and I began venturing out to the coast at weekends with no particular brief in mind other than to capture the best of Suffolk in summer. I've slowly built up a portfolio that I've become proud of but equally humbled by such kind and positive comments. If you'd like to see more of my photos, please visit my website – www.benlord.co.uk – which I am constantly adding to as I take my camera on my travels!

Ben Lord



Community news available in Print, Online & Mobile

Spotlight
on Felixstowe

www.spotlightmagazine.co.uk



Local News



Felixstowe Chamber of Commerce News

Following several successful networking events via Zoom with some stimulating local speakers, Felixstowe Chamber of Trade and Commerce is planning a number of similar events, including regular drop-in coffee mornings for members during the autumn and winter.

It is also working closely with Felixstowe Town Council and East Suffolk Council, who will be installing new digital town technology, which will include free WiFi in the town centre, as well as SMART data to help local businesses improve custom services and work together to market the local commercial sector and attract new customers.

The innovative scheme, which follows a pilot project in Framlingham and aims to transform market towns across East Suffolk, has been awarded a total of £450,000 in government funding from two LEP-run funding schemes, the Getting Building Fund and the Innovative Projects Fund.

A spokesman added that the Chamber was also talking to Felixstowe Academy in an effort to restart the mentoring initiative for students that was planned before the lockdown.

For more information, see: www.felixstowechamber.co.uk

News from the RNLI

The sea around Felixstowe is served by RNLI lifeboats based just across the water in Harwich. This year has been exceptional with the number of launches made by our crews. Harwich has had its busiest August for call outs in the last five years.

The RNLI rely on public donations to keep their fleet running. Your local Felixstowe Fundraising Branch has continued to raise vital funds, as far as possible, under the current restrictions.

One of these successful events has been Betty's Pots. We are very grateful to Ruby's Kitchen and The Wool Baa as they have continued to hold collections for us throughout the lockdown. Both venues now have empty pots to give back out. The refillable pots are also available from Felixstowe Library and Goslings Farm Shop. Our thanks also go to The Orwell Hotel, Fludyers Hotel and Marks & Spencer Cafe for saving the empty jam pots to allow us to continue the collections.

We are now planning a number of public events over the coming autumn and winter. These include a Flag Day in Hamilton Road on Saturday 3 October and a Christmas Card Sale in Great Eastern Square near the entrance to the Co-Op during the morning on Saturday 10 October.

All our public events will only go ahead if it is safe to do so and will take into account all of the current Covid-19 guidance. As this can change at short notice, we have created a Facebook page to keep you all up-to-date. Please look out for the current details on our events and other news articles on Facebook. Look for RNLI Felixstowe Fundraising Branch.

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Local News

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Pollen Power (GOLDEN BEER)



FACTS should have been celebrating their 30th year serving the community of Felixstowe and the surrounding villages.

We formed in 1990 to enable those in the community who, for whatever reason, couldn't get out, providing a transport solution to enable them to attend medical appointments, go shopping, visit friends or attend various clubs and activities.

In those 30 years, FACTS has grown from borrowing one minibus to owning four, each of which can accommodate disabled passengers and their wheelchairs. We have become an invaluable and well-established service provider to the community.

30 years is certainly something to be proud of and plans were well underway to celebrate this achievement with the local community, then suddenly the Covid-19 pandemic struck and everything stopped!

The whole country was affected, with almost everything closing down and the over-70s and the vulnerable forced to self-isolate.

We were no longer able to carry out our day-to-day established service. We were still able to take people to hospital appointments but these slowed down to less than one per week.

We didn't park up our buses though. We contacted the local pharmacies and offered to deliver medication to those who were unable to collect it.

Day Lewis Pharmacy on Grove Road immediately took us up our offer and in three months of lockdown we delivered more than 9,500 items of prescription medicine. We also delivered more than 400 food parcels on behalf of the Basic Life charity.

We didn't charge for these services and our income was considerably reduced. However, Day Lewis set up a GoFundMe page and the community rallied round with donations, enabling us to keep operating and hopefully enabling us to continue for the foreseeable future.

We are extremely grateful to everybody who donated and confident that support will continue. The people of Felixstowe are very generous and deserve every accolade for enabling this service to continue. To make a donation, contact us direct via the website.

We are also grateful to our team of volunteers who worked tirelessly during this period as without their dedication facts would not exist!

We are still hopeful that going forward we will get to celebrate our proud landmark. Life is gradually getting back to normal and we would love to celebrate with you – the loyal community!

If you think we can assist you, or if you would like to volunteer, please call Dave or Jane on 01394 282857, visit our website or follow us on Facebook.

www.factsbus.co.uk

Submitted by David Ablitt

Money Talk

 By Beatons Group

Tel 01473 659777
 Email info@beatons.co.uk
 Web www.beatons.co.uk

Beatons' Top Five Topical Tips for October

At the end of October, the furlough scheme will come to an end. But what steps might you think about taking to improve your financial position?

1 Obtain in-year tax refunds

If you have lost your job and have been unable to get a new position then it is possible that you will have overpaid tax as you will not have been given full credit for your personal allowance and lower rates of tax through the PAYE system. A refund should be possible via Job Centre if you are registered there and do not have another role within four weeks.

You are also likely to have overpaid tax if you have withdrawn a taxable lump sum from your pension. This too can be reclaimed before the end of the tax year.

2 Claim all permitted deductions

There are a multitude of valid deductions permitted that many individuals have not made claims for. If you have worked from home there is a flat rate tax allowance, there are also flat rate allowances for various industries for uniforms, protective clothing and other work-related expenses. Is your employer paying 45p per mile for business travel in your own vehicle? If not, you can claim tax relief on the shortfall.

3 Pension contributions

Are you making pension contributions tax efficiently? There can be National Insurance savings for salary sacrificing employee contributions for increased employer contributions.

It is also worth considering increasing your pension contributions if you are a higher rate taxpayer or your salary is over the £100,000 threshold where personal allowances are withdrawn.

4 Saving for a house/the future

If you or your children are between 18-40 and want to save money for either their retirement or to buy their first home then you might want to consider a Lifetime ISA where £4,000 can be saved per year and the government will add an extra 25% £1,000.

5 Deadline for October

The deadline for submitting your 2020 tax return on paper is 31 October 2020. This deadline is extended if you file online until 31 January 2021. Filing online also enables an instant calculation of your tax liability and any refund will be processed much faster. Some returns cannot be prepared using HMRC software.

Whilst a date hasn't been announced at the time of printing, October or November will be set to feature the Chancellor Rishi Sunak's autumn budget. In a future issue of Spotlight we will update you about the budget, implications and steps you might want to take to reduce the impact of the proposed tax increases to fund the Covid support measures.

If you would like any assistance with the steps needed to improve the financial position for you and/or your business please do not hesitate to contact us, either on 01473 659777 or email mandy@beatons.co.uk



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Local News

Manchester-Based Artist Releases Prints of his Favourite Suffolk Scenes



Tom Rout, best known for creating music videos and advertising, has launched three images, shot on 35mm film around Suffolk, as fine art photography prints.

Having turned his love for filmmaking into a career seven years ago, Tom began taking photos as a way of creating without the pressure of briefs or deadlines.

After recently relocating North, it seemed the perfect time to delve into the dozens of rolls of negatives and find three images that defined his time in Suffolk.

The images depict The Forum Amusements in Felixstowe, The Winerack in Ipswich prior to its completion, and a field of cows in Rendlesham. Prints are

available as limited edition, signed, fine art giclée prints in three sizes, A4, A3 & A2 with 20% off all orders for Spotlight readers using the code SPOTLIGHT20.



Prints are available at: www.tomroutcinematography.com/prints

Tom was born in Ipswich where his filmmaking career began in 2014, working for local event production companies. After two years he went freelance and began working with bands, businesses and on events throughout the world. You may recognise his three music videos with Ipswich band Hot Tramp, his short film on Woodbridge Violins, or his work with Shadow Gallery Barber Shop, which has helped it become one of the most popular barbers in Ipswich. Until now, Tom's photography has been purely a personal documentation of life, with the occasional image able to be found on his Instagram account (@tomroutcinematography). He only shoots on 35mm film, and primarily uses a beautiful 1980s Olympus camera that he was lucky enough to find in a charity shop display cabinet.

After relocating to Manchester at the beginning of the year, Tom started looking back through hundreds of images he'd taken around Suffolk and settled on three iconic Suffolk scenes. The film negatives were scanned to the highest possible quality and resolution and prepared for printing. The images are giclée printed onto archival fine art paper by Manchester-based print studio Klein Imaging, and signed and numbered by Tom before being shipped around the world. Every part of the process has been done to the highest possible standard to result in a print that will last a lifetime.

Tom's filmmaking work can be found at: www.tomroutcinematography.com

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Local News

Just One World – Nature's Lockdown Lessons by Debbie Bartlett

Extreme lockdown certainly brought a new way of life and our daily walk in the fresh air became a real treat. We spent time discovering open spaces, listening to birdsong and spotting wildflowers and trees. It was the reaction to nature which inspired local author Debbie Bartlett to write her recently published second children's book, *Just One World – Nature's Lockdown Lessons*.

Debbie, who lives in Felixstowe, organises Litter-Free Felixstowe and has a clear passion for protecting wildlife on land and sea.

Just One World is aimed at primary school aged children but there really is a message for everyone. Nature flourished when humans were stuck inside during lockdown and we now need to learn to share the world. The increasing number of bees, butterflies and birds is apparent, and Debbie wanted to remind children of the positive changes to the environment when people changed their ways. The aim is to encourage everyone to appreciate wildlife and take better care of the planet.

The book has a simple, rhyming style with lovely illustrations by Rachel Wallis.

It follows the highly successful earlier book *Just One Child* which empowered children to take action to reduce single-use plastics and engage in litter-picking. The first book, featuring many recognisable local landmarks, has sold literally around the world from Australia to Spain and Canada to India.



Just One World & Just One Child
Aimed at primary school aged children but there really is a message for everyone. Both titles are available on Amazon.

One of the rewards for the book has been the excellent reviews and feedback from parents and teachers alike but Debbie is particularly proud to treasure two handwritten notes from David Attenborough himself. Debbie points out that *Just One World* contains a clear reference to a David Attenborough quote when he said, "The question is, are we happy to suppose that our grandchildren may never be able to see an elephant except in a picture book".

Before lockdown, Debbie was being asked to visit local schools to spread the environmental message but obviously closure due to Covid-19 has restricted direct contact with classes. Further books are planned, and it is hoped that the next generation can be inspired to take positive steps from an early age.

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Local News



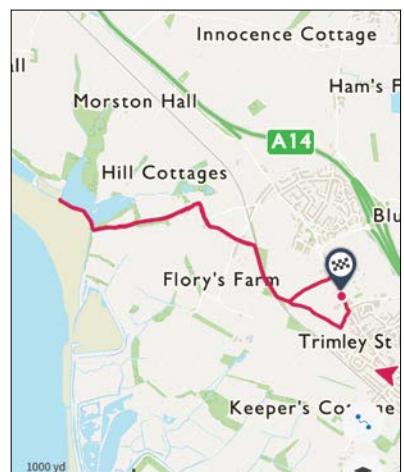
Rotary Rambles

It's been almost seven months without one of the lunchtime meetings of the Rotary Club of Felixstowe that would normally take place on Thursday at The Orwell Hotel. We are still only just starting to scratch the surface of how Covid-19 is still affecting our everyday lives and our wellbeing. The lockdown has meant more of us are feeling disconnected, isolated and ultimately lonely in some cases. Although many Rotary clubs have had regular Zoom meetings, it's not the same as meeting face to face and it has certainly become clear how common loneliness has become for people of all ages during the pandemic.

While larger groups were permitted to meet outside, this (as we are all too aware) is constantly changing and currently the limit has been reduced significantly and could possibly change again. However, the Rotary Club of Felixstowe have been moving forward with our plans to put together two new community activity initiatives to help ease us back into some normality (whatever that may be) and at least enable some of us to meet, while still adhering to Covid secure procedures.

For those fitter members, we have introduced a monthly Saturday walk of four to six miles taking in the local surroundings of the Trimley's. This will enable some Rotary members to interact while still following social distancing guidance, catch up with each other and get out into the wonderful countryside we have around us. For those who find it more difficult to cover uneven ground or walk long distances, we have introduced a promenade walk in Felixstowe on a Thursday (our usual meeting day), combining one or two

loop circuits to enable members of all abilities to be involved and get together (again under government guidelines). With limited numbers permitted to gather, we plan to allocate space to those that are interested and on occasions of high demand, stagger groups to depart at different times or take separate walks.



The inaugural Saturday walk took place on Saturday 5 September where we walked just over a four mile round trip from the Mariners Pub to Trimley Shores: You can see a few of the Rotarians social distancing and a copy of the route that we took.

President Dougie Pipe said: "This is such a great initiative for the Rotary Club of Felixstowe, keeping us sane while we still battle through this horrible virus."



"We have had such great feedback from those that attended, and everyone said how good they felt being outside doing something normal, and the weather couldn't have been better! We intend to do this on a monthly basis in view (when this wretched disease

is over) of allowing the general public to join us. For now, due to government restrictions of small groups and insurance purposes, we are your guinea pigs. In the meantime we hope to share each monthly walk we do with you, so you can try it for yourself."

For more details visit Rotary Club of Felixstowe online or on Facebook which will show the routes and tips of what you should take with you on your own personal adventures.

Happy walking!

Rotary Club of Felixstowe

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Legal Eyes

Is Now the Time to Buy?

What You Need to Know

On 8 July 2020 the government announced a Stamp Duty Holiday until 31 March 2021. Therefore, if you are looking to purchase a residential property you will not be eligible to pay stamp duty on the first £500,000.

This is a substantial saving for those looking to move to a larger property. For example, the saving in stamp duty on an average-priced house in Suffolk (costing around £270,000) would be £3,500.

The government has indicated that the rate will revert to those in place prior to 8 July 2020 as of 1 April 2021. With this in mind, the early part of next year could see a very hectic property market with customers being keen to complete their property purchases before the deadline.

Please, however, do be aware that if you are buying an investment property and own other properties, the stamp duty rate is currently 3% up to a value of £500,000. You will find there is a small reduction for people looking for additional investment properties.

Welcoming Sam Alvin to the Felixstowe team

Jackamans recently welcomed Sam Alvin to the Felixstowe office. Sam has joined Residential Conveyancer Jonathan Cox, and both will be happy to help you with any of your property law requirements. (You may remember Sam as she worked for some time at our Ipswich office).



Sam Alvin
sam.alvin@jackamans.co.uk



Jonathan Cox
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Local News

Walton Parish Nursing Team



The Walton Parish Nursing team have had to work in a different way during the lockdown. Our main focus has been to keep our clients, our volunteers and ourselves safe.

In order to do this we took the decision to have face-to-face contact only where absolutely necessary, and then to take the best precautionary measures we could to avoid spreading Covid-19. Not ideal, but so much of our work is too important to stop.

As parish nurses, each day has brought its challenges and tasks for Lorna and John, including many phone calls, emails and texts. As predicted, need has increased as the weeks have gone on.

We give clients time to talk, which helps to reduce their anxiety and loneliness. The importance of hearing the voice of another human being can't be underestimated and many have told us how much they appreciate this. They have shared their struggles, but also the positive ways in which they are approaching this challenge.

Several of our volunteers have also been very active, mostly by phone, though our chair-based exercise classes have had to be put on hold.

There have been trips to the outpatient department at Ipswich Hospital with clients, and several trips to the shops and GP surgeries to assist with medication and essentials. Occasionally there has been a need to talk to clients from their front gardens or to assist inside, using PPE of course.

It has been a privilege to support very anxious clients with phone calls where there would usually be a face-to-face consultation.

For clients to give their consent and put their trust in our judgement and guidance is a humbling experience, as we become their advocates and voice ensuring their needs are met.

Walton Parish Nursing Felixstowe

Serving the
community
of Walton

Maidstone
Road Baptist
Church

Seaton Road
Methodist
Church

St Mary's
Parish
Church
C of E

CELEBRATION SERVICE 2020

Walton Parish Nursing is unable to hold the usual Celebration Service in 2020 due to Covid-19 restrictions. Instead we shall be producing a service on video to include a talk from Rt. Rev. Mike Harrison, Bishop of Dunwich.

The video will be available to view from Sunday 25th October on YouTube via our websites.

www.waltonpn.org.uk
www.mrbcfelixstowe.org.uk

www.seatonroad.org.uk
www.waltonandtrimley.org.uk

The service will also be available on DVD.
If you would like a copy of this DVD contact Debby Marfleet
Email: deborahmarfleet@gmail.com Tel: 01394 272019

Thank you for your support for Walton Parish Nursing.

Charity Number 1151953



Local News



'Outstanding' Homecare from Award-Winning Local Company

Primary Homecare (PHC) is based at Barham and run by the Fairburn family. It was established 17 years ago and now employs more than 80.

Primary Homecare's ethos

and philosophy is to provide a person-centred enabling service which allows its clients to remain at home for as long as possible. It does this by providing personal care as well as social stimulation, shopping, preparing meals, cleaning, gardening, dog walking and maintenance tasks as part of the profile of its services and has a proven track record for achieving good outcomes for our clients through our innovative re-ablement programme.

It's no surprise then to know that PHC was rated 'Outstanding' by the Care Quality Commission in 2019 and is a multi-award winner of many local and national awards.

"To achieve an 'Outstanding' rating from the CQC is an incredible achievement but more than anything it recognises the standard we set for ourselves," says Operations Manager Julie Mills. "Caring for people is a privilege we take very seriously. Our clients and their families place their trust in us and our aim is to always surpass their expectations. Every person we care for has specific needs and we adapt our service accordingly to ensure they can carry on living happily at home for as long as possible. That's the true measure of our success."

PHC works throughout Suffolk, more specifically in Ipswich, Felixstowe, Stowmarket, Woodbridge, Eye and surrounding villages.

"It's often family members who contact us initially," says Julie. "Often they will have heard of us from others or know us by reputation, but that first inquiry is a big step, often taken reluctantly. We quickly put them at ease by explaining how we create a care plan designed to meet the changing needs of every customer."

In response to the Covid-19 pandemic, PHC has put stringent policies and procedures in place for both staff and clients.

"We have moved fast to ensure we have enough PPE for all eventualities. We are following guidelines and have a business contingency plan in place should we see a resurgence."

With an excellent track record, an excellent reputation in the community and an 'Outstanding' rating from the CQC, PHC is clearly setting the standards in care at home.

"We are family run with family values," says Julie. "This drives us in everything we do, from recruitment to delivery. We work in care because we care and we're committed to providing quality care at competitive rates. I've very proud of the service we offer."

01473 833533 / info@primaryhomecare.co.uk
Lower Farm Park, Norwich Road, Barham, Suffolk IP6 0NU
www.primaryhomecare.co.uk







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Community News

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CoffeeOlé f



The Federation of
Fairfield and Colneis



**The Federation of
Fairfield and Colneis**

We are already one week back into the new academic year, and above anything else it has been fantastic to welcome all our children back to school. For some of them, it's their first time back since the end of March. We spent much of our time on our training days discussing how we can make school feel as 'normal' as possible for all our children on their return, while still acknowledging that we have to operate in a very different way to help keep our community safe.

I am always hugely impressed with children's resilience levels; they have very quickly become used to staggered start and finish times, as well as the handwashing and change of seating arrangements that are just some of the procedures we have in place to support a safe and healthy environment. What's so good to see though is children's inquisitive faces, ready to learn as well as the sound of laughter and the bustle of the classrooms around our schools.

Because of the restrictions we have in terms of getting larger groups of children together we have had to find creative ways to speak to our communities. We are just getting used to holding assemblies through Zoom. The children have reported that they enjoy seeing us on their screens in their classrooms. They do take some getting used to, as it is harder to get children's feedback and thoughts through a laptop screen than it is in person. The key message here is that we are always learning, even us adults!

Do keep being safe and looking after each other.

Headteacher Mr Mark Girling

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Community News

Speakers of Felixstowe

Stand up and speak with confidence

Our hopes of moving to socially distanced outdoor meetings outside have been thwarted by the recent *Rule of Six* directive, so our meetings will continue on Zoom for the foreseeable future.

Zoom certainly does offer the unique advantage of being able to welcome anyone from anywhere, whatever the weather, so as the nights draw in and it becomes damp and cold, we will still be able to develop our public speaking skills, be entertained and learn from the comfort of home.

The last tutorial explained the basic construction of a good speech with its introduction, main body and conclusion, all of which have their part to play in putting your message across. Depending on the type of speech, each can be tailored to achieve the best effect.

We also looked at 'selling yourself' in the workplace. Have you ever been in a lift with your boss who just happened to ask how the job was progressing? You have an incredibly short time to impress him. We learn how to practise our 'elevator pitch skills' to help when you need to speak unexpectedly and have to put over key points in two minutes.

Please check out our website to find the Zoom meeting details.

Stay safe!

At present, our meetings are on the third Wednesday of the month from 7.30-9pm.

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

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

Felixstowe Family History Society

Due to recent government restrictions on numbers meeting indoors, our plans to resume socially distanced monthly speaker meetings have been unavoidably shelved for the next few months. However, we have investigated the possibility of Zoom meetings for those with internet connection.

Members were contacted by email in order to ascertain the level of interest in online meetings/guest speakers. We will continue to look into the viability of this venture.

The committee have successfully held Zoom meetings and have agreed to postpone the AGM until January 2021.

May I remind members that subscriptions are now due. Members wishing to renew can do so via the following address: Membership Secretary, 14 Chatsworth Crescent, Trimley St Mary IP11 0TE (please note 14 and not 4 as stated in error in the latest *Roots and Branches* magazine).

We hope you have all kept well and continue to take care. For help with research, to join or make any comments or suggestions, please email fxfhs@hotmail.com or visit: www.felixstowefhs.onesuffolk.net

Membership Secretary Ann Sanderson

Shine a Light on Walton



As the late great Freddy Mercury said, *The Show Must Go On*.

The team behind Shine a Light are making alterations to make the day safe for everyone to enjoy, but we are lacking in numbers for the buildup and planning that goes into all our events, so this month it's a plea from us if you have a little bit of time to spare, want to get out and about fundraising but without having to commit yourself to a strict routine or rota, or feel you have something to bring to our village.

Unfortunately, due to the revised government guidelines for gatherings, we are unable to schedule our next meeting. If you do wish to donate, sponsor or get involved, please contact us by email call our office number:

waltonchristmaslights@outlook.com / 07852 147440

Our grand draw will still go ahead and we look forward to putting on a great display for everyone to enjoy.

The Shine a Light on Walton Team

Music to Enjoy

Felixstowe Recorded Music Society

At this time of the year we would be enjoying our first meeting of the 2020-2021 season. Our hopes of being able to return to normality in September have been quashed, however, and our regular monthly presentations have to remain suspended for the foreseeable future.

It goes without saying that our members sadly miss both our social contact and the music we enjoy listening to together.

However, Ann Kearney, our chairperson, represents us as a community group on Felixstowe Radio (107.5 FM and online), with *Classical Ann*, her choice of some of her own classical favourites, at 8pm on Sunday evenings.

It was through the music society that Ann first ventured into radio and she has been a regular presenter for several years. Two of her recent shows have featured Shostakovich, who's Piano Concerto no. 2 (the andante) has always been a favourite with our members, and Mussorgsky.

Incidentally, Bob Meadows, whose musical knowledge has provided highly entertaining evenings for the society on several occasions, also presents a Sunday show on Felixstowe Radio.

We look forward to the time when we can get together again at the United Reformed Church Hall but, in the meantime, why not listen along at home?



'There is no power for change greater than a community discovering what it cares about.'

Margaret J. Wheatley

Felixstowe Carnival Committee AGM

Felixstowe Carnival Association will be holding the AGM
on Monday 16 November at 7.30pm

In view of current Covid-19 conditions, the meeting will be held in a virtual setting.

All residents of Felixstowe are invited to attend.

For Zoom meeting details, email:
contact@felixstowecarnival.org

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Community News

Set Maidstone & Causton School



The new term has got off to a flying start at SET Maidstone and Causton School. All students have returned and are settling in well to their new, safe environment, within their year-group bubbles.

Lucy Thompson, Head of School (pictured) said:

"I have had a busy start to the year in my new role as Head of School for SET Maidstone and Causton School, ensuring that our school is ready to welcome all our children back safely and making tweaks to ensure that all our 'new normal' systems work well for everyone. We have also been contending with improvements and building work continuing both on and off site, which has been a challenge but our staff responded with positivity, as ever."

"Having completed our first full week back in school with all year groups, it has been wonderful to see how well all the children have returned to school. I have every faith that all our children can rise to the challenges that this year will hold. If the past few months have taught us anything, it is that our children and community are capable of achieving whatever we set our minds to."

To find out more about SET Maidstone Infants School please call 01394 283375 or email: maidstoneadmin@maidstoneandcauston.org

For SET Causton Junior School please call 01394 283374 or email: caustonadmin@maidstoneandcauston.org

www.maidstoneandcaustonfed.co.uk



News From Set Saxmundham School

The start of the new term and school year, here at SET Saxmundham School has been an absolute pleasure. Coming in as the new head of school, I feel incredibly positive about our way forward and am proud to see how staff and students are settling-in well to their new, safe environment. I'd like to thank our students and their families for their support in this.

We have been holding a series of virtual open events, all conducted via Zoom, to keep everyone well-informed on choosing a school place for their child, from the safety of their home. During these sessions, we have been able to answer parents' and carers' questions and also share a new video showing life at our school. This is also on our website for anyone to view; we will also be sharing shorter films on many aspects of our school, including just some of the wonderful subjects we study, keep a look out for these on our Facebook page.

We are also holding further one to one 'drop-in' events throughout the year, via Zoom or phone, whichever is most convenient for parents and carers, who will be able to speak to a relevant member of staff, depending on the questions they have, be it SENCo, head of school or assistant head of school.

Please contact saxmundham@seckfordeducation.org.uk if you wish to book in a session to find out more about our school.

Head of School Mrs Lizzie Girling (pictured)

SET Maidstone Infant School and SET Causton Junior School are part of Seckford Education Trust along with SET Beccles School, SET Ixworth School and SET Saxmundham School.

Community News

Update from Walton & Trimley Churches



Thanks to everybody who contacted me after my last article. It's good to hear from people within our parishes and I have been trying to get to know as many folks as possible when the circumstances have allowed me to.

We have now been able to add a service in church for those who cannot access online or just prefer to attend in person. They are limited in number, so booking is required and a link is placed on our website for this purpose. You are required to wear a facemask at all times while in the church and our stewards are on hand to ensure that people sit in their 'bubbles'.

Please do book in if you would like to come or join us online. All of the services are listed on our website which is updated regularly as we continue to develop things. It may be that you haven't been to church for some time and are feeling uneasy about coming for the first time, online or in person. If that's you, please do contact me. I know what it's like to step over the threshold, virtual or physically, and I can suggest ways of making that easier.

Please do get in touch if there is anything your parish church can do for you. We are here for you regardless of if you come to church or not.

Rev Paul Clarke, Rector, Walton & Trimley

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Spotlight on Felixstowe says

KEEP moving SUFFOLK

LOVE TO RIDE comes to Suffolk

Following last months article about active travel and the improvements being made to cycling infrastructure to support and encourage more people to cycle in the county, In Touch are delighted to bring you details of a new and exciting cycling initiative called Love to Ride Suffolk

Love to Ride Suffolk enables participants to set goals, track distances, earn badges and prizes, share photos and stories, and encourage others to ride, as well as encouraging workplaces to incentivise their staff to get involved.

Members of the In Touch team will be signing up and we very much hope you will join us.

JOIN the movement to get more people on Bikes

Ride anywhere, anytime for fun, fitness, or transportation.

Log rides on your Love to Ride profile or via an app to earn points. Earn even more by encouraging others to ride too.

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Love to Ride Suffolk challenges

In the coming months, a series of themed challenges will be running including:

- October **Carbon Crusher**
- November **Light the Night**
- December **Winter Wheelers**
- March **Ride to Work Week**

For full details visit: www.lovetoride.net/suffolk

Find out about all the things that Suffolk County Council is doing to make it safer and easier for you to cycle at:

www.suffolk.gov.uk/walkingandcycling

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Women's Only Running Club Awarded Lockdown Activity Hero

I Can Run, a non-profit Community Interest Company based in Suffolk, founded by local runner Emma Talbot, has been awarded the honour of Lockdown Activity Hero by Active Suffolk, just as the club turns four years old on Sunday 13 September.



Set up in 2016, founder Emma Talbot had a vision to create a unique women-only running group that believed all women, regardless of their size, shape, age, ability or background, should have the opportunity to learn to run and to progress with like-minded women.

At the end of July, Active Suffolk launched a campaign inviting people from Suffolk to nominate their Lockdown Activity Hero, giving recognition to those across the county who have gone above and beyond to support people to be active during such unpredictable and challenging times. They recognised I Can Run founder Emma and she was thrilled to receive the news.

"Over the years we have seen well over 1,000 women run through our beginner's course. I then decided to start the free weekly runs in the autumn of 2016, after we received email after email from women wanting to run with other women safely as the nights were drawing in. Who was I to refuse? That's when I knew that 'I Can Run' could grow and could be available to more women in different towns."

She added: "It's been the best thing I have ever done and I'm so proud to have come this far with such an incredible bunch of women supporting me all the way. They're the true heroes, and it's fantastic that their hard work has been recognised."

The team at I Can Run, from the Run Leader volunteers who host the runs and courses, to the behind-the-scenes volunteers, have been busy during lockdown to get the free weekly runs and courses back up and running. This month, I Can Run will launch their *Return 2 Running* programme with small group-led runs on socially distanced routes, adhering to government guidelines.

Full details of the weekly free runs and beginner's courses, including locations, dates and times, will be available at: www.icanrunclub.co.uk

Further announcements will be made on social media with #ICanRunAgain.

Please note this information may change subject to the current Covid-19 pandemic.

Photo: **ICR socially distanced superheros**

Photographer: **Karen Brackenbury**

HM Government

NHS

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If you are told to go to hospital it is important that you go to hospital.

We'll give you the care you need.

Sport



Woolverstone Celebrate Grant Award

Football in Woolverstone received a boost at the end of August as Woolverstone Untied was awarded a grant by the Premier League, The FA and the government's Football Foundation.

The £500 grant from the Foundation's Club Preparation Fund will help Woolverstone Football Club to prepare their buildings to safely reopen in line with government guidance around hygiene and social distancing, and The FA's plans for a 'phased return' that were announced on 18 July.

The Club Preparation Fund follows the £7m investment awarded to 2,900 organisations through last month's Pitch Preparation Fund, also delivered by the Premier League, The FA and the Football Foundation. This is enabling more than 9,000 football pitches to be made match-fit, and is benefiting more than 33,000 football teams.

Speaking about their funding success, Craig Catchpole, chairman at the club, said:

"The grant from the Football Foundation would be a great benefit to the club, helping to provide the hand sanitiser, bins, paper towels, floor cleaner, mops, buckets and signs required to bring the changing rooms and ground up to government standards and also help replace the old carpeted floor with suitable easy to clean flooring."

The Football Foundation is a charity funded by the Premier League, The FA and the government through Sport England.

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Tee Times

Running a business at this moment in time is not easy. Constant changes to the rules and guidelines around Covid-19 certainly keep us all on our toes! Here at the golf club, we have been helped by the glorious weather we have had since re-opening in May, enabling our members and visitors to sit outside in the specially created seating areas under gazebos. We now have to think ahead with autumn and winter looming and the knowledge those colder and wetter days will arrive.

We are planning on keeping our golfers dry and warm with patio heaters and a sturdier structure that will withstand the wind that we often experience on our course. We will still be socially distancing and doing our utmost so everyone, members, visitors and staff, can stay safe. That has always been our top priority throughout these difficult times. We are fortunate that the sport of golf that we love naturally lends itself to players being distant while playing, something we used to joke about and now we are thankful for!

Our food delivery service continues on Thursdays, Fridays and Sundays and we believe we are still helping many elderly people in our community who cannot get out and about. We are proud of this service and plan to continue with it through the winter months. Please check our website for an up to date menu and give us a call on 01394 286834 (option 5).

General Manager, David Spencer

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OR 5-7PM

Fish and Chips or collect any time between 12 - 6.30pm

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Subscribe to our welcome membership for only £12 per year to receive our menus directly to your inbox.



Home & Garden

Biodiversity is the Key!



Over the last few months, Felixstowe's Community Nature Reserve has welcomed more new members than ever before. In fact, if you add together all the new spaces which local people have created as part of our Community Nature Reserve, it's more than an entire football pitch!

With so many new members, we've received lots of enthusiastic questions about the best ways to develop a wildlife-friendly garden, allotment or set of window boxes. We therefore offer the following plant list as a way of improving the biodiversity in your little green spaces.

Rowan

The red autumn berries of this beautiful tree are much loved by all members of the thrush family. Our recommendation is the European Rowan Sorbus aucuparia.



Barberry

It's a deciduous shrub whose autumn berries will be greatly appreciated by many species of small bird. When its flowers are in bloom, the nectar will also be appreciated by butterflies and moths.

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Firethorn

Birds love the berries, and insects adore its nectar. It's an evergreen, so you can leave it to grow year after year. In its mature stages, Firethorn forms a dense hedge which is ideal as a home-security alternative to fences or walls.

Foxgloves

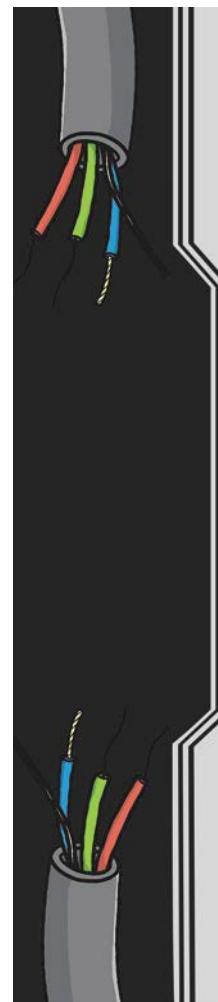
Plant the seeds in late summer right after the seed pods mature. However, you can also plant them in autumn or spring and still achieve good results. When they start to emerge, thin them out so the plants are no less than 12 inches (30 cm) apart. Bumblebees love foxgloves, and so do many other insects. And with insects, there will be birds to feed on them! Look for the name Digitalis.

Thyme

These seeds are so tiny! There can be up to 170,000 Thyme seeds in only one ounce. For best results, plant the seeds into trays, and only plant the seedlings into your garden / allotment in early spring between 4 to 6 inches (10 to 15 cm) apart. Beetles and invertebrates love Thyme. Bees love their nectar!

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Submitted by Dr Adrian Cooper



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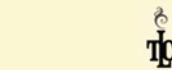
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