

# Local News



## Felixstowe Care Home Residents on the Hunt for New Pen Pals

Residents at Foxgrove and Maynell House Care Homes in Felixstowe are calling upon the local community, inviting them to strike up new friendships as pen pals.

Residents at the homes, which are part of the Healthcare Homes Group, have been discussing how to make new friends within the community and often enjoy writing as part of the activities coordinated by staff. Now, they are asking for people in the local area to get in touch to be paired up with a resident to begin a pen pal friendship.

Home Manager Magda Kurdziel explains: "Our residents love making new friends, and really enjoy feeling part of our local community, so our new pen pal scheme is the perfect way to strike up some new friendships while helping local people learn more about life in our homes.

"Lots of our residents enjoy very busy social lives thanks to the work of our activities team. Recently some have been out for a ladies' lunch, and others have visited a local museum and Sealife Centre, so these kinds of things, plus their memories from over the years, are the kinds of things they would enjoy writing to their pen pals about.

"I would encourage anyone interested in making a new friend to get in touch with us so we can start some wonderful pen pal relationships."

Anyone interested in joining the Pen Pal Scheme should contact Home Manager Magda Kurdziel on 01394 272731 or can visit the home for an informal chat. Foxgrove and Maynell House Care Homes are based on High Road East in Felixstowe.

## Speakers of Felixstowe

### Stand Up and Speak With Confidence

The new season starts in September with our first meeting at Felixstowe Library, Crescent Road IP11 7BY.

We had a great conclusion to our last season in July with one very entertaining talk on tap dancing, animated with many appropriate gestures. We were also given a glimpse into meals of the future with a view on a more ecologically friendly world where the emphasis would be on vegetables with meat just as an occasional treat.

Speakers of Felixstowe invite you to join us at the start of the new season to hear a tutorial on how best to use your voice to speak in public.

We will meet on Wednesday 18 September at 8pm at Felixstowe Library with subsequent meetings on the third Wednesday of the month at the Brook Hotel. Free entry for first-time visitors.

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.

For more information visit: [www.felixstowespeakers.org.uk](http://www.felixstowespeakers.org.uk)



## Stonker of an Opener for New Autumn Season



It's a rather special start to the autumn season at The Spa with *The Stars from the Commitments*, the band that helped re-launch The Spa in 2015. On Thursday 5 September from 8pm they arrive in Felixstowe direct from Dublin. You can be sure of a night packed with high energy from this phenomenal live band, which includes original Commitments film cast members and musicians: Kenneth McCluskey AKA Derek 'The Meatman' Scully, Robert Arkins AKA Jimmy Rabbitte, Michael Aherne AKA Steven 'The Soul Surgeon', Clifford & Ronan Dooney (trumpet). Each time they've performed at The Spa they've brought the house down.

Saturday 7 sees two hours of songs from the UK Pink Floyd Experience from 7.30pm. Floyd fans can indulge in over two hours of songs from both iconic albums *Dark Side of The Moon* and *Animals* as well as *Wish You Were Here*, *Shine On You Crazy Diamond*, *Another Brick In The Wall* and *Comfortably Numb*. Next up is Brian Poole & The New Pacemakers. The former lead singer with The Tremeloes joins forces with the legendary band that backed Gerry Marsden on Saturday 14 from 7.30pm.

For something to make you chuckle it's the Grumbleweeds Laughter Show, celebrating 50 years in showbusiness on Thursday 19 from 3pm. *Guns or Roses* on Saturday 21 from 7.30pm are widely regarded as the most authentic sounding tribute band in the UK – they even have custom-made costumes and the same guitar rig as Slash!

At the opposite end of the spectrum is Swan Lake performed by the Russian National Ballet on Friday 27 from 8pm. The Spa gets you back rocking the very next night with Rock for Heroes, your favourite rock and pop artists across the eras, fundraising in support of Help for Heroes on Saturday 28 at 7.30pm.

On Saturday 12 October The Three Degrees, who have been touring all over the world for more than 40 years, come to Felixstowe Spa at 7.30pm. Icons on Saturday 13 gives you a chance to unleash your inner diva from 7.30pm and there's even a Halloween Panto on Thursday 24 at 2pm from the talented team who previously brought Harry Panto and Hocus Panto to The Spa.

Tickets for all theatre shows are available from The Spa Pavilion Box Office which is open from 11am to 4pm: 01394 284962. You can also select and reserve your seats online, 24 hours a day: [www.felixstowespa.co.uk](http://www.felixstowespa.co.uk)

The café, bars and restaurant are open every day for the summer from 9.30am to 6pm. Food is always served for two hours before every performance. You can follow The Spa Pavilion on Facebook, Twitter and Instagram for all the latest news and show updates.