

# Community News



## Felixstowe Foot Care

Professional. Reliable. Affordable.

**Your feet deserve expert care...**

Receive treatment in the comfort of your home

We can help you with:

- Corns
- Calluses
- Cracked heels
- Fungal nails
- Toenail trimming
- General foot care
- Diabetic care



Contact Matthew today:  
 T: 07821 913523 E: [matt@felixstowefootcare.co.uk](mailto:matt@felixstowefootcare.co.uk)  
 Matthew Burt (MCFHP) (MAFHP) Qualified, Insured and DBS Checked

## A R LANDSCAPING

- FENCING & GATES
- PAVING PATIOS
- DRIVES
- STONE & GRAVEL
- GARDEN BUILDING



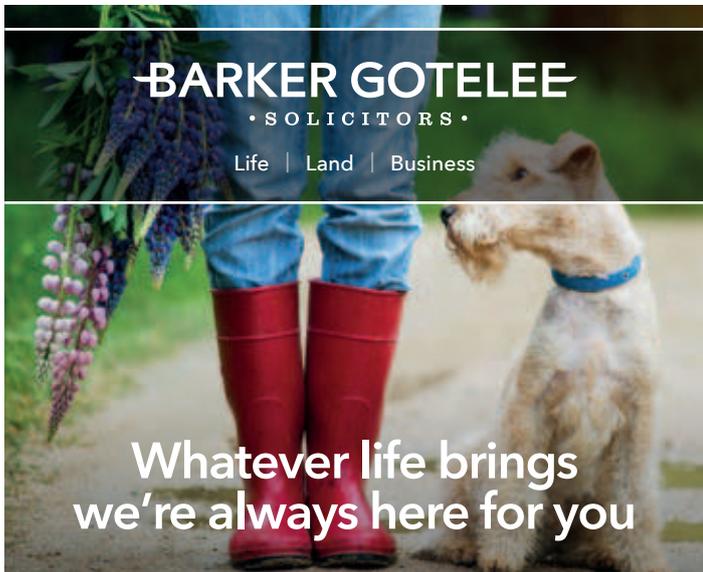
WWW.ARLANDSCAPING.CO.UK

FOR A FREE ESTIMATE CONTACT ANDY  
 ON 01473 787219 OR 07833 540703

## BARKER GOTELEE

• SOLICITORS •

Life | Land | Business



Whatever life brings  
we're always here for you

For your life, land and business,  
Barker Gotelee is here to help.

Our friendly, local solicitors are on hand to advise you on a host of legal matters, including buying and selling property, family breakdown, making a will or developing your business.

41 Barrack Sq, Martlesham, Ipswich IP5 3RF Free parking

Visit [barkergotelee.co.uk](http://barkergotelee.co.uk) or call 01473 611211

## East Suffolk National Trust Association

If you are a member of, or a volunteer for, the National Trust, we invite you to get more out of your membership by joining our association where a warm welcome awaits you.

After our summer break we recommence on 17 September when Roger Hermiston will give a talk entitled *Churchill – Myth and Reality in the Second World*. Roger, a writer of contemporary history books, will examine how Churchill, arguably this country's greatest ever leader, led the country to one of its greatest triumphs, and, in doing so, distinguish the truth from the popular fiction surrounding him.

We continue the Second World War theme on 15 October with a talk by Russell Bowes entitled *Digging for Victory*, when beautiful flower gardens were transformed into vegetable patches.

We meet at Kesgrave War Memorial Community Centre IP5 1JF at 7.15pm. Visitors (even if not National Trust members) are welcome; the entrance fee is £3. National Trust members and volunteers can join us for £8 per year (£12 per couple at same address).

We publish three newsletters a year for members and enjoy interesting day outings and other events.

For more information, including details of future events and outings, contact our membership secretary: [membershipsnta@gmail.com](mailto:membershipsnta@gmail.com) / 01473 723761

[www.membershipsnta.btck.co.uk](http://www.membershipsnta.btck.co.uk)



## @PlasticActionChamps

A plastic action champion is a volunteer who:

- Is not perfect....
- Is not a preacher...

Is a person who is trying their best to cut plastic waste and wants to help others do the same

In return for the resources, support and training we provide we ask that you attempt to volunteer as a plastic action champion in your local community for at least 20 hours a year and that you attend relevant training/knowledge share opportunities or read the notes from them if you can't get there.

How you use those 20 hours is up to you.

Email [greenissues@eastsuffolk.gov.uk](mailto:greenissues@eastsuffolk.gov.uk) to register your interest.

