



# Leiston-cum-Sizewell Town Council Newsletter

Autumn 2022



**Queen Elizabeth II**

21 April 1926 - 8 September 2022

# Chairman's Communication

*Cllr John Last BEM*

Hello and welcome to the Autumn edition of the Town Council Newsletter.

It was with deep sadness, whilst preparing these notes I learnt of the passing of HM Queen Elizabeth II and what was the end of a glorious era. As the longest reigning monarch her loss will have not only been felt across our nation and across the world but also very much here in our own community. For many, the Queen had always been there and meant so much to so many. Her commitment to duty and service to the people was an inspiration to us all. I know you have all shown your respects in different ways.

On behalf of the Town Council and residents I sent a letter of condolence to King Charles III and the Royal Family offering our sincere condolences.

Following the death of Her Majesty, the Town Council followed the protocol required and that of the Proclamation of the Accession of King Charles III. I attended the County Proclamation at the Town Hall, Ipswich and brought back the scroll for the Town Proclamation Ceremony, which I read in the Old Post Square, Leiston to a well attended audience.

I also attended the County Service of Commemoration and Thanks Giving for



the life of our late Sovereign Lady, Queen Elizabeth II at St Edmundsbury Cathedral, Bury St Edmunds and a Service of Prayer and Reflection at St Margarets Church, Leiston.



Photo by Sophie Dix

On the eve of the funeral of Her late Majesty Queen Elizabeth II, I led a Moment of Reflection in the Old Post Office Square for residents and Councillors.

Well I don't think we could have asked for better Summer weather than we have experienced this year, although I appreciate it may have been too hot for some on several occasions, but hope you



have enjoyed the summer break.

Of course, many such as gardeners and farmers will have struggled, whilst I recognise the challenges and workload caused by the extreme heat and spate weather conditions that our emergency services will have endured.

I have written to the Chief Fire Officer of Suffolk, on behalf of the Town Council thanking firefighters and support staff for the tremendous effort, they made during the Summer in keeping our residents safe and protecting property.

I was pleased to go along and present the Allotment Association "Best Kept Allotment" award for this year and congratulate Irene Lucas on winning the award not for the first time. Irene's plot is a well kept plot and reflects all her hard work.



The VJ commemoration took place in August at the Long Shop Museum, I attended and laid a wreath on behalf of the Town Council. I thank the Leiston Branch of the Royal British Legion and Friends of the Suffolk Regiment for again organising this important ceremony and keeping it going.

After the School Summer holidays, I

attended the Leiston Library's Summer Reading Challenge prize giving at the Waterloo Centre and was pleased to award about 80 certificates and medals to children who had completed the challenge. Well done to all involved including the adult volunteers.



Summerhill School which has been in the town for a long time, recently celebrated their 100th anniversary by organising a Festival of Childhood and I congratulate them on a wonderful achievement.

Work continues on the Master Plan for the Town Centre Regeneration Project and is picking up momentum with tenders having gone out to potential designers. As a result a designer to carry out the work on the next stage of the project has been selected. I hope it won't be too long before output from this part of the project can be viewed.

At the end of September, Caroline Rinder the Town Clerk moved on to pastures new and we wish Caroline all the best for the future. I thank Caroline for all her hard work at the Town Council office, first as Deputy Clerk and for the last couple of years as Town Clerk. I am sure you will

join me in wishing Caroline all the very best.

Following a selection process I'm pleased to say that Helen Greengrass, who some of you will know as the Leiston Together Change Manager, was appointed as Town Clerk and will be in post from 17 October. I look forward to working with Helen in the future.

I must also mention, that Councillor Mary Anne Woolf stood down from the Town Council at the end of September. Councillor Woolf worked tirelessly throughout the Examination and Hearings of the Sizewell C DCO application on behalf of the Town Council. I thank Councillor Woolf for her contribution towards that and all the other Council matters she was involved in and wish Mary Anne all the very best for the future.

As you will be aware, in July approval was given to the Sizewell C project. The Town Council recognises this will raise a number of opportunities and challenges to our

community and therefore the Council is currently reviewing the next steps with the County and District Councils and also the developer. Through this Newsletter and Council Websites, regular updates will be issued to keep residents informed.

At the time of writing these notes, I appreciate the forecasts on energy costs and the economy for householders and businesses this winter is concerning. There will be a number of areas of support from the County and District Councils and the Town Council will endeavour to post these on our websites and social media.

I hope we can have some good Autumn weather and keep the winter as short as possible.

The very best.



John Last BEM - Chairman  
Leiston-cum-Sizewell Town Council

## Councillor Vacancy

Leiston-cum-Sizewell Town Council current have a vacancy for Councillor.

This is an opportunity for you to become a Town Councillor and for you to help and serve your fellow residents as a civic leader without having to be nominated for election.

If you are interested then please contact the Town Clerk: 01728 830388 or [townclerk@leistoncouncil.gov.uk](mailto:townclerk@leistoncouncil.gov.uk)

## DATE FOR THE DIARY

If you would like to share your clubs news please email us on:

[assets@leistoncouncil.gov.uk](mailto:assets@leistoncouncil.gov.uk) by Monday 16 January 2023.

## Farewell from the Clerk...

The Town Clerk, Caroline Rinder moved on to pastures new on 30 September 2022. She joined the Town Council in June 2015 as Deputy Town Clerk and then in December 2020 became the Town Clerk when John Rayner retired.

Caroline has provided an excellent service to the Council during her employment and has worked incredibly hard to ensure the smooth running of the Council to

support the town and its residents. All the staff and Councillors wish her well for the future.

Caroline commented that she has gained a lot from her time at the Town Council and wishes Helen Greengrass every success in the role.



## ...Welcome to Helen



My name is Helen Greengrass, and I am delighted to have the opportunity to serve Leiston-cum-Sizewell as the new Town Clerk. I have worked in local

government for many years as a project officer and change manager, working closely with Town, District and County Councillors. In recent years, my work has been around economic development and regeneration, and most recently communities.

I am no stranger to being thrown in the deep end. I certainly do not underestimate the challenges ahead, not least being the enormity of Sizewell C. However, I do believe challenges bring opportunities and I am looking forward to working with Councillors to bring forward the very best

for Leiston.

Communities are the heart of any town. I am sure that in the weeks, and months ahead, I will be exploring with Councillors how best to support the most disadvantaged in the community to survive the unprecedented economic crisis.

Outside of work, I live in Felixstowe and have one grown up son who lives in London. I enjoy the company of two rescue dogs from Zante – Honey and Lottie – and trips in my campervan 'The Pod'. I enjoy long walks along beaches in the hope I might find a piece of amber or a castaway message in a bottle.

It has been a pleasure to work with Caroline since November last year and I would like to take this opportunity to wish her all the very best in the future. Caroline, please don't be a stranger to the Town Council Offices, we will always find time for a cuppa with you.

# Autumn at Leiston Library...

Things are cooling down at last...time to think about curling up with a good book as the evenings draw in!

## GADGETEERS

But what a summer it's been! We're delighted to report that 130 children took part in our Summer Reading Challenge, and 91 children completed – they read 6 books over the summer holidays and were

awarded with their certificate and medals.

Well done! Councillor John Last presented the certificates



at a special presentation at the Waterloo Centre. Thanks to everyone who took part and especially to our fantastic volunteers who chatted with children throughout the summer and made the challenge possible.

We are lucky enough to have a Beachbonkers event for adults! Kate Osborne will be giving a talk about our coastlines and its treasures – the fossils, the sealife, the plants and how to get the best out of beachcombing and beach walks on our local beaches. She'll be here on Wednesday 12<sup>th</sup> October, 11am-12noon. Cuppas and biscuits afterwards.

Tickets are £3.50 and booking is essential.

Steve Massey's summer Wildflower Walks and Talks were really successful so he'll be back on Monday 24<sup>th</sup> October 10am-12noon for a talk on Autumn fruits, berries and late wildflowers. Tickets need to be booked in advance and cost £5. Cuppa and cake included.

Our familiar services are running as usual - our fantastic selection of books for adults and children, audio books, reservations from all around the county, PC use, printing, scanning and photocopying, we have interesting and exciting groups and activities too.

We have two sessions on Thursday mornings for babies, under 5s and their grown ups. 'Me Myself & Baby' is a Stay and Play session for parents and babies. Drop in between 9.40 – 10.20 for this friendly group run by Suffolk Libraries in partnership with Suffolk Mind. It offers a chance to meet other parents, fun for little ones, plus signposting to support if it's needed. It's followed every Thursday 10.30-11.00 by our baby and toddler songs and rhymetime session, 'Wordplay'. Just drop in and enjoy – grandparents welcome too.

We also have a monthly Family History group, Scrabble Club, Merry Makers crafting group and a very relaxed Art Group for anyone who just wants to have a go in a relaxed environment. Details for upcoming meetings below. Our Book Groups meet monthly on a Tuesday and a

Sunday, please contact us for dates and book details.

On Fridays East Suffolk Council provides a drop-in service, come along for advice and information between 10 and 4 (don't forget on Fridays we close 1-2). On Sundays we have a Lego session 10.15-11.30, come along and get creative!

And please remember, the library is a safe space, and a warm place. Everyone is welcome to come, have a cuppa and a chat and be warm and safe here.

### Leiston Library Opening Hours

Monday	Closed
Tuesday	9.30am to 7.30pm
Wednesday	Closed
Thursday	9.30am to 5.30pm
Friday	9.30 to 1.00 & 2.00 to 5.00pm
Saturday	9.30 to 1.00 & 2.00 to 5.00pm
Sunday	10.00am to 3.00pm

Keep an eye on our Facebook page for updates and other news.

*We look forward to seeing you soon.*



**Introducing the Anne Robson Helpline - if you or someone close to you is dying, you can talk to us.**

At the Anne Robson Trust we aim to be there to listen to anyone who faces dying or the imminent death of someone they

care about. We know that facing the end of life can leave you feeling isolated and alone.

Being able to access support is so important. Gaining knowledge of what may happen towards the end of life and being prepared helps both the person dying and their loved ones to feel a sense of control.

Calls are free and confidential. **Call us on 0808 801 0688 - we have time to talk**

Please visit [www.annerobsontrust.org.uk/helpline-service](http://www.annerobsontrust.org.uk/helpline-service) to find out more.



## Waterloo Centre

Gymnasium, Board Room\*, MUGA

**A great space for sports and leisure activities...**

**Available to Hire from £12ph\***

01728 830388 | [office@leistontowncouncil.gov.uk](mailto:office@leistontowncouncil.gov.uk)

Waterloo Centre, Waterloo Avenue, Leiston

# The Leiston Surgery

Main St, Leiston, Suffolk, IP16 4ES

Tel: 01728 830 526

www.leistonsurgery.com

Dr Karen Blades  
Dr Nicola Maggs  
Dr Samir Pai  
Dr Imran Qureshi  
Dr Michael Barstow



## LEISTON SURGERY FLU / COVID CLINICS 2022

Book your Flu and COVID-19 Autumn Booster jab today for:

- Saturday 8<sup>th</sup> October 2022
- Saturday 22<sup>nd</sup> October 2022
- Saturday 5<sup>th</sup> November 2022
- Saturday 19<sup>th</sup> November 2022



**Clinics are by appointment only**

Please telephone **01728 830526** AFTER 10.30am  
to make an appointment

**We intend to offer both vaccines in the same appointment in line with NHS guidance (subject to eligibility and where delivery dates allow)**

### Autumn Covid Booster Eligibility

People aged 50 years and over, those in care homes, carers, frontline health and social care staff, those aged 5 years and over in clinical risk groups and close contacts of immunocompromised individuals are being offered an autumn booster of COVID-19 vaccine.

### Flu Eligibility

People aged 50 years and over, those in care homes, those aged 50 years and under in clinical risk groups, carers, frontline health and social care staff and close contacts of immunocompromised individuals are being offered a Flu vaccination.



Volunteer trustees are urgently needed for help to set up a charity for Leiston Community Defibrillator.

Leiston Community Defibrillator is the name given to the 24 hr Community Public Accessible Defibrillator (CPAD) located at Leiston Family Hub in Waterloo Avenue. It was installed at the family hub with the permission of Suffolk County Council who own the building, and is currently the sole responsibility of the project organiser. Since its installation in July 2017 it has gone out twelve times and has been used once. Trustees will be responsible for the following:

Raising funds to keep the defibrillator supplied with batteries, electrode pads and starter kits. After the current 10 year warranty free replacement package expires in June 2027, items will have to be purchased as required. Batteries are replaced when low, electrode pads are replaced when they reach their expiry date or have been used, and starter kits are replaced when they have been used. Some additional funds will be required for other maintenance costs and administration.

Appointing the Primary Guardian and Supporting Guardians. The Primary

Guardian is responsible for ensuring that the defibrillator status details are kept up to date on The Circuit - The National Defibrillator Network, ordering replacements items, and carrying out regular site checks and maintenance. When the defibrillator has been returned, the Primary Guardian or a Supporting Guardian will check it and replace used items, before returning it to emergency ready status on The Circuit. Supporting Guardians can assist the Primary Guardian by carrying out additional site checks when passing. Trustees will be able to take on these guardian roles.

**A minimum of three trustees are required to set up a charity, but it would be prudent to start with a few more. If you would like to help, please contact the Primary Guardian by calling 01728 833903 or by mailing [linda.hawes1@btinternet.com](mailto:linda.hawes1@btinternet.com)**

For more information about the defibrillator: <https://www.facebook.com/leiston.community.defibrillator/>

For more information about setting up a charity: <https://www.gov.uk/set-up-a-charity>



# Works Tracker

If you are interested in the current works carried out by Sizewell C, please visit [szcworkstracker.co.uk](http://szcworkstracker.co.uk) to find out more information.

# Park Carefully, Save Lives



Motorists are urged to take care when parking their vehicles, so they do not prevent our fire engines, and other emergency vehicles from attending potentially life-threatening emergencies.

There are some areas around the town that are notorious for motorists parking down both sides of a narrow street and there have been times when fire engines haven't been able to get past at all. This of course can cause us a significant delay in responding to emergencies where someone's life could be at risk and our attendance time is crucial.

This is a growing problem due in part to increasing car ownership, reduced or unused resident parking areas, and thoughtless parking by some motorists. The problem can be compounded at night and during the

school pick-up and drop-off times.

The average fire engine is 2.6 metres (8.5 feet) wide and 8 metres (26 feet) long - when you park your vehicle in a narrow street, always check you have left enough room for a fire engine to get past.

When parking please:

- Park close to the kerb
- Park straight with wheels straight
- Fold in wing mirrors
- In narrow streets only park on one side of the road (where possible)
- Obey the Highway Code and road markings such as yellow lines and box junctions
- Do not park too close to corners or traffic calming measures
- Leave extra room at tight junctions
- Remember every second counts when someone needs our help



Enforcement of parking offences passed from Suffolk Constabulary to local authorities on 6th April 2020. Civil Parking Enforcement Officers are now employed by each local authority with powers to issue fixed penalty notices where parking offences are being committed. These powers were those previously held by Police. This means Suffolk Constabulary no longer has powers to deal with parking offences other than those shown below;

Police retain powers to enforce:

- Dangerous or obstructive parking;
- Vehicles parked on pedestrian

crossings and zig zag lines;

- Moving vehicle violations, such as speeding and going through 'no entry' signs.

Most parking violations, however, have become civil offences dealt with by the local authority.

Details can be found at the websites of Suffolk County Council & Suffolk Constabulary here

<https://www.suffolk.gov.uk/roads-and-transport/parking/parking-regulations-and-enforcement/>

<https://www.suffolk.police.uk/advice/roads-and-vehicles/parking>



**Would a fire engine be able to get to your house in an emergency?**

**The extra time taken to reach an incident can cost LIVES**

Campaign funded by IBC Ward Councillors

## #ThinkBeforeYouPark



[Suffolk.gov.uk/Suffolk-fire-and-rescue-service](https://www.suffolk.gov.uk/Suffolk-fire-and-rescue-service)



[Ipswich.gov.uk](https://www.ipswich.gov.uk)

Suffolk Fire and Rescue Service



[Ipswich Borough Council](https://www.ipswich.gov.uk)

@Suffolkfrs



@Ipswichgov

@SuffolkFire



@IpswichGov





Over the last few months work has been ongoing to update the Visit Leiston website with information on town centre businesses, accommodation providers, food and drink experiences, local industry, and services.

A significant amount of work has been done to update the community pages where residents can find out about community organisations, support, and a range of activities and classes - from scrabble to allotments, children's centres, and citizens advice, and so much more.

Behind the scenes a new website is being built which will bring a new refreshed feel to Visit Leiston and provide a shop window of everything the town can offer.

In September we anticipate having a test site of the new website. Everything on

the existing site will transfer across to the new test site for us to work on final changes.

### We need your help please:

If you are a business, organisation, or community group – do we have you listed, is the information correct, are you happy with logos and photos being used? (We are aware of a current glitch now of adding websites)

Do you have a quirky Leiston fact, a story to tell? We are compiling a library of fun, interesting, unusual blogs to feature on the new website.

Please send amendments and information to: [townclerk@leistontowncouncil.gov.uk](mailto:townclerk@leistontowncouncil.gov.uk)

<https://www.visit-leiston.co.uk/>



**EASE THE SQUEEZE**

**EASTSUFFOLK COUNCIL**

HELPING EAST SUFFOLK EASE THE SQUEEZE ON COST OF LIVING

[WWW.EASTSUFFOLK.GOV.UK/SQUEEZE](http://WWW.EASTSUFFOLK.GOV.UK/SQUEEZE)

'Leiston Together has worked hard to update the Visit Leiston website with local community organisations to list support, activities and classes that are available to

residents. Please visit Community | Visit Leiston | Leiston, Suffolk ([visit-leiston.co.uk](http://visit-leiston.co.uk)) If you have updated information, please let us know'

## Alde Valley Academy joins The Leiston Surgery Foundation



Valley Academy.

The Leiston Surgery Foundation is a registered Charity whose aims are to promote aspiration and achievement of pupils at Alde

[info@leistonsurgeryfoundation.co.uk](mailto:info@leistonsurgeryfoundation.co.uk)

The Foundation also approached Alde Valley Academy earlier in the year to ask pupils to design a logo which would encompass the joint working of the two organisations and the nurturing element of the mission.

They do this by working with the school to develop aspiration in students and identify those who may wish to attend higher education in the medical profession to achieve university ambitions; providing support, mentorship, work experience and then financial grants to help facilitate the process.

Mr Peart, Head of Science at Alde Valley Academy, facilitated this project and five very strong designs were submitted. The logo that was chosen was designed by Abbie and is now on all Foundation advertising, literature and website. At the launch of the Foundation on Jubilee weekend an Amazon voucher was presented to Abbie in recognition and in thanks for her winning design.

Leiston Surgery Foundation officially launched on 4th June 2022. The Chairman of Trustees Sarah McLennan commented, "We aim to offer work experience,

When asked about the inspiration behind her design, Abbie said, "I was inspired by Alde Valley Academy's values; the main value I focused on was community." Abbie was proud the Leiston Surgery staff picked her entry. She commented, "I think they would've picked my design because it represents community and working together."



mentorship, and financial assistance as part of a package of support and we are delighted that our local MP, Therese Coffey is offering her support for this venture."

For further information please visit [www.leistonsurgeryfoundation.co.uk](http://www.leistonsurgeryfoundation.co.uk) or email





## Manage the energy use in your home to save money on bills

Did you know that you could be eligible for household insulation upgrades completely free of charge? As winter approaches, with the current cost of living crisis, households are understandably concerned about how much their energy bills could cost. Many will have already seen the energy efficiency scheme being promoted in Leiston by Net Zero Leiston. IHI Ltd. are our chosen delivery partner for this scheme and have been working hard to sign up new households.

IHI have been able to capitalise on two forms of funding to install these insulation upgrades. One of these funding schemes is under a wider Warm Homes Suffolk scheme, which operates across the county. Eligibility for free insulation is based on household income (must be below £30k) and your home's EPC (energy performance certificate), which needs to be 'D' or below (D, E, F or G)

IHI have had a surge in interest with people checking their eligibility for the funding for new measures. If you wanted to discuss your eligibility, you can contact the IHI team to run through an initial eligibility check prior to a free home survey. If your home is deemed eligible, you could benefit from:

- Internal Wall Insulation
- Under Floor Insulation
- Roof Insulation

## The warm feeling fund

Better insulation keeps homes warmer, which reduces energy use, which means cheaper energy bills. For Net Zero Leiston, this comes with the added bonus of reducing carbon emissions.

Email [nzl@ihilted.co.uk](mailto:nzl@ihilted.co.uk) or call 0800 048 5902 to see if you can benefit today!

### Solar Together Suffolk

Suffolk County Council have teamed up with Solar Together to invite households to be part of group-buying schemes which lower the cost of solar panel installation. Generating soe of your own energy will help to reduce your household bills.

Over 5,000 properties have already signed up to the scheme by registering interest in solar panels and batteries.

Enquiries are free and without obligation, and as the scheme is backed by Suffolk County Council, you know you'll get clear, impartial advice.

If this might be of interest to you, visit [www.solartogether.co.uk/Suffolk](http://www.solartogether.co.uk/Suffolk) to learn more and register.



## Other ways of saving money?

If you haven't visited the Net Zero Leiston website, you won't have seen the "net zero actions" page. These simple actions provide advice on ways of reducing your carbon footprint, but are also a great way of reducing money on bills.

Actions such as lowering your heating by 1 degree, or switching to energy efficient lighting are a couple of cost effective things that provide financial and carbon savings.

To learn more, or submit your own ideas, visit: [netzeroleiston.info/net-zero-actions](http://netzeroleiston.info/net-zero-actions)

## Leiston Allotment Holders & Gardeners Association

This years the best kept allotment winner was once again won by Irene Lucas, now having won it twice in the last three years. Councillor John Last BEM Chairman of the Leiston - cum - Sizewell Town Council presented her with a trophy and a voucher to spend in the allotment shop. The judge commented how good some of the plots looked despite the drought conditions.

### Results of the Best Kept Allotment 2022

1st: Ms Irene Lucas

2nd: Mr & Mrs Turner

3rd: Mr Ray Balls



## Leiston's Community Centre

01728 830388

[office@leistoncouncil.gov.uk](mailto:office@leistoncouncil.gov.uk)

*Ideal for Parties,  
Family Reunions and Meetings!*

Available to Book from £12 per hour



King George's Avenue, Leiston

## What a difference a year and one pound coin can make

Leiston Residents paid £1 membership fee to Leiston Community Land Trust, in support of their proposal to remove the 12ft high wall dividing the car park from the hidden derelict garden, open it up and provide community space to enhance the Town Centre, 12 months later the wall is



down and a new town square with music facilities replaces the unsightly rarely used hidden garden.

Over 300 Leiston Residents gave £1 to the Leiston Community Land Trust supporting and believing they would reform Leiston Town Centre, 12 months later the Community Land trust demonstrate they will deliver on their promise.

Phase one, the Church Square complete with bandstand is there for all to see, a proudly landscaped area by Chelsea Award winning Landscapers.

Open to all, the seating and tables being used daily for townfolk lunch breaks.

The Bandstand providing music of all choices to the delight and entertainment of the public.

Further events providing a venue for local talent to share their music with the town.

### What's Next – New Town Centre?

All appears quiet, but no, behind the scenes especially appointed officers of the Community Land Trust Partners East Suffolk Council are engaging specialist Architects to design the new town centre.

A master plan to meet the needs of the town, provide local affordable housing, new community spaces, new small retail units, a culture square. Look at possible

new larger library, Council Offices, the possibilities are endless, but such a major development needs time for planning & design.



### and the Community Allotment

Over the summer of this year our volunteers have carried out around 100 activities in response to phone calls. These include collecting prescriptions for people who cannot get to the pharmacy, giving help with filling in forms and taking food to people in an urgent situation. We also often get calls from people who are new to the area and are feeling lonely because they don't know anyone. We can tell them about what's on locally or help them register with CATS to use their transport. Worried relatives who live a long way away often call us for information about local groups and services and sometimes ask us to pop round and check that someone is OK.

We also continue to visit people and provide support with getting out to social activities. In July we took some guests to the garden party at the Red House in Aldeburgh where Britten Pears Arts provided the music and a lovely tea. We hope to go to the Christmas tea dance at Snape Maltings and perhaps fit in some other trips before the end of the year.

If you walk around the Valley Road allotments, you may have noticed that the Community Allotment has a new path. We

Further information being provided December / January.

are gradually trying to make improvements so that it can be used by people who are not so mobile but who would like to visit the allotment and maybe just enjoy the air and watch the birds. We are grateful for the grant from the 'Connect for Health Community Chest' which paid for the path. This is funding to help local groups support people who are referred by the 'Community Connectors' who are linked with GP surgeries. These connectors help people improve their health and wellbeing by taking up new hobbies and joining social activities.



We would also like to say thank you to local people who have given us donations this year. Our volunteer time is free, but we do have to pay for various things such as insurance and the costs of trips, so we really appreciate any help.

With best wishes from LGNS

Contact us on:  
07724 777465 or  
email [leistongoodneighbour@gmail.com](mailto:leistongoodneighbour@gmail.com)

Leiston Makes Space for Wildlife will be holding another **Big Dig** event late October - early November time. The Big Dig Event will be at Haylings Pond, to plant some wild flower seeds ready for next year.

Keep an eye on the Town Council website and Facebook page for the confirmed date of the Big Dig.

[www.leistontowncouncil.gov.uk](http://www.leistontowncouncil.gov.uk)  
[facebook.co.uk/leistontowncouncil](https://www.facebook.co.uk/leistontowncouncil)



## The Band of The Royal British Legion, Leiston

The band have had a busy, but enjoyable few months with engagements most weekends since May. With the Summer season coming to an end, things have now started to quieten down, although preparations are well underway for Remembrance, and it won't be long before the Christmas music is out again!

Some of the forthcoming engagements already confirmed are the Poppy Appeal parade in Woodbridge Town Centre on 29<sup>th</sup> October at 11.30am, our annual Festival of Remembrance concert at Leiston cinema on Wednesday 9<sup>th</sup> November at 7.30pm, the Festival of Remembrance concert at Felixstowe Spa Pavillion on Thursday 10<sup>th</sup> November at 7.30pm, and the usual Remembrance parades and services in Leiston (10.30am) and Saxmundham

(2pm) on Sunday 13<sup>th</sup> November.

As well as performing at various venues for a number of events, it has been lovely to see new faces in both the training and main band, but we always have room for more players! If you play brass or percussion, we would love to see you. Alternatively, if you are interested in learning to play, we have a training band and drum school which would be a great place to start. To find out more information, please contact our Musical Director, Peter Gray on 07388 868247.

To keep up to date on what's happening with the band and where we will be playing next, don't forget to follow us on Facebook or go to our website at [www.leistonband.org](http://www.leistonband.org).

# Leiston Works Railway

Reviving Leiston's Railway Heritage

## QUIZ NIGHT FOR LEISTON WORKS RAILWAY

The Leiston Works Railway (LWR) are holding a Quiz Night on Friday 4<sup>th</sup> November 2022 at Knodishall Village Hall starting at 7.00pm.

All proceeds are in aid of the LWR, which is relaying the industrial railway line that connected the two Garrett factories in Leiston.

During the evening there will be a supper as well as a draw. Please note that you will need to bring your own drinks. Teams are a maximum of six people with the cost being £7.00 per person. Teams must be booked in advance.

For more details and to book a team, please contact Jim on 07800500278 or Stephen on 01728 831902.



After the success of this years Jubilee weekend we are moving forward and planning next years event.

With Selena and Emma taking a well deserved retirement from the group we have a new

chair - Sonny Cracknell.

We are working with and supporting the Long Shop's Christmas event and will have details of our Summer event soon. We will be running some fundraisers and will also be looking to recruit new members to assist us.

Please follow us on social media and on our website.

LWR

LWR

## FUN QUIZ

HOSTED BY  
**PAT CHALLIS**

**FRIDAY 4th NOVEMBER 2022**  
**7.00PM**

**AT KNODISHALL VILLAGE HALL**

**TABLES OF UP TO SIX PEOPLE**  
**£7.00 PER PERSON**  
**(INCLUDES SUPPER)**

**BRING YOUR OWN DRINKS**

**DRAW**

**TO BOOK A TEAM TELEPHONE**  
**JIM ON 07800500278**

or

**STEPHEN ON 01728 831902**

**(TABLES MUST BE BOOKED IN ADVANCE)**

**IN AID OF LEISTON WORKS RAILWAY**

## Love to Sing CHOIR



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## Leiston Town Bowls 2022

The Town Bowls Club are pleased to report a successful season.

At start of season we were not sure how our season would go with fewer bowlers signing up to play, old age & reluctance to return after covid resulted in loss of further bowlers it was not looking good.

But what a turn around, we have had ten new bowlers joining the club, with good signs that they are just a beginning.

A group of youngsters, (well they are far from being OAPs) male and female even one willing to travel for league games from near Colchester.

The new players quick to learn the skills of line & length and improve the results in the leagues, in the Saxmundham League II we came second and gained promotion to division one, in Woodbridge League we were mid table & Bob Wright after poor start we finished in respectable position.

One disappointment having won through to the final of The Saxmundham Knock out cup & unable to play on designated date, both finalists happy to play on alternative date, the powers that be, denied us the opportunity & we had to concede the final.

The enthusiasm coming through the club is tremendous, plans for next season and a return to the standard of bowls being played at Victory Road returning is very welcome. New ideas, new shirts & sponsorship.

The return to all internal competitions, the open triples & pairs tournaments being planned once again, these money spinners much needed to finance the quality facilities bowlers are used to at Leiston.

At our AGM October 12<sup>th</sup> proposal, ideas for a new beginning very much big agenda items, possible new committee members bringing the new found enthusiasm, leading to bright future for Leiston Town Bowls.

Its all looking good for season 2023 and onward.

One sad note, after over 50 years of dedicated management of the bowls green our stalwart Greenkeeper Peter Baggott has had to step back due to health & mobility issues, we wish him well, we are indebted to him for his years of dedication to the bowls green. Its pleasing to report Peter has not left us completely, supervising our new dedicated green keeper Mick Battle, its only his first season but the green has been lush throughout, thanks Mick & Peter.

Leiston Town Bowls has some of the best facilities for flat green bowls and are always open to new members, coaching, training given, equipment available to learn, not an expensive sport but a healthy one, fresh air, outdoor exercise with good socialising a bonus, come and join us.

Ditcher - Bing Boast.



### Guiding Smiles

Wow, what a wonderful summer term we have just had, weather fantastic, outdoor activities galore. Rainbows, Brownies and Guides just love being outside for various challenges, treasure hunts, bar-be-ques, have you spotted us out and about?

Leiston Rainbows, Knodishall Brownies and 2<sup>nd</sup> Leiston Brownies all had their first residential events "Sleepovers" since the lifting of Covid restrictions, it has been a long time to wait to get back to normality!

The Queen's Platinum Jubilee was celebrated by all units with good turns in the community, songs, crafts, games, food, challenges and the Jubilee Challenge badge was achieved. Knodishall Brownies won 2<sup>nd</sup> prize with their 'Owl' scarecrow at the Knodishall Village Jubilee celebrations scarecrow competition.

Autumn term offers new experiences in the guiding journey with lots of new girls joining us, existing rainbows moving onto brownies, brownies onto guides.

Girls take what they do in guiding with them as they grow including making lifelong friends. Everything from working in a team, to taking the lead, to speaking out on issues they care about. It helps them develop the skills and confidence to become the young women they want to be and to make a difference to the world around them.

No matter what is happening, guiding can always bring a smile to you and others you meet, enjoy the words from a Guiding song and don't forget to smile when you are out and about.

*I've got something in my pocket,  
it belongs across my face,  
and I keep it very close to me,  
in a most convenient place.*

*I'm sure you couldn't guess it,  
if you guessed a long long while,  
so I'll take it out and put it on,  
it's a great big Guiding smile!*

The opportunity is here for girls and adults, register today at Girl Guiding UK, <https://go.girlguiding.org.uk/join-us/join-as-member/>

Rainbows, Brownies, Guides, Unit Helpers, Leaders of Leiston and Knodishall Units

### We sell Black Bin Bags & Dog Poo Bags!

£3 for a roll of Black Bags & Clean Up or Pay Up  
50p for 50 Dog Bags!!!

Available at the Council Office -  
Opening times on the back!





Along with completing several improvements in and around Haylings Pond this spring and summer, the LYCAS bailiffs have been very busy delivering their 2022 programme of fishing activities.

The club has been running fun fishing competitions and teach ins for children every Wednesday evening, plus some Saturdays and adult competitions every Friday evening from April through to the end of August. The turn out this year has been excellent and has even been over subscribed on occasions.

The club also ran a very successful 'Big Weekender Family Fun Day' in July at the

pond, which consisted of the first ever adult ladies match followed by games, raffles and prizes, helping to raise over £600.

Due to the overwhelming success of the adult ladies match, a similar monthly ladies match has been added to the ongoing programme.

If you would like to become a member or find out more about LYCAS, please contact any of the bailiffs via the details on the notice board at Haylings Pond or pop into Saxmundham Angling Centre.



## LEISTON & DISTRICT PHILATELIC SOCIETY

The Society resumed it's Autumn/Winter/Spring programme of regular monthly meetings in September with a presentation by Kevin May on the subject "Aspects of South America".. This will be followed by a series of events going forward from October through to June 2023 which will include further presentations by visiting speakers, displays of collections, competitions, a Christmas social afternoon, quizzes and the annual Society Auction on 23rd. November. Auction lots will include a wide range of philatelic ephemera together with large and small stamp collections and lots from all over the world-- something for everyone !

All meetings take place on the 4th Wednesday of every month at the United Church Hall, Leiston High Street, commencing at 7.30pm, except for the Christmas meeting on 14th. December , which will be in the afternoon starting at 2 pm. Parking is available in the Co-op car park at the back of the Hall.

Annual membership fee is only £5, so if you are interested in stamps, either as a specialist or beginner, you will be made most welcome.

For further information, contact either Alan Martin :- Tel. 01728 832455 or e-mail : andy.soutar@btinternet.com



As the summer fades at The Abbey and we move into Autumn we are excited about welcoming adult students, old and new, to our Piano Sanctuary retreats and online courses.

Piano Sanctuary is a new learning and lifestyle-based approach to the piano designed for adults of all ages and abilities by [Pro Corda](#). Based on years of teaching adult pianists and understanding their needs and interests, Piano Sanctuary offers a creative method designed to fast-track progress and enjoyment.

You can take online courses, including a special course for absolute beginners, or experience inspirational piano retreats at Leiston Abbey in Suffolk. All courses and retreats are led by experienced, friendly tutors.

With our online Courses you will receive great piano tuition and make enjoyable fast-track progress from the comfort of your own home, with five-stage courses for beginners and advanced players. These courses are taught through a mix of live one-on-one virtual tuition and pre-recorded videos.

Or join us for one of our Piano Retreats, these are memorable weekend residential courses at Leiston Abbey, offering adult piano learners of all ages and abilities opportunities to learn, relax and socialise

We have also recently launched our brand-new series of Top Tips – short, inspiring videos for you to dip into, whether an existing pianist, or returning to the piano for the first time in ages. You can catch all the latest Tips on social media or via our website.

Visit our website, [procorda.com](#) to get the true flavour of Piano Sanctuary and read about everything we have to offer. A very special place, a unique programme, and tailor made for each adult learners wishes and desired outcomes; Piano Sanctuary really does offer something for everyone.

We will also be releasing new concert dates very soon at The Abbey so keep an eye on our social media page and join us for a lovely evening of music and food.

We hope you will join us soon!

Katy Osborne-Palmer

PA to CEO Leiston Abbey

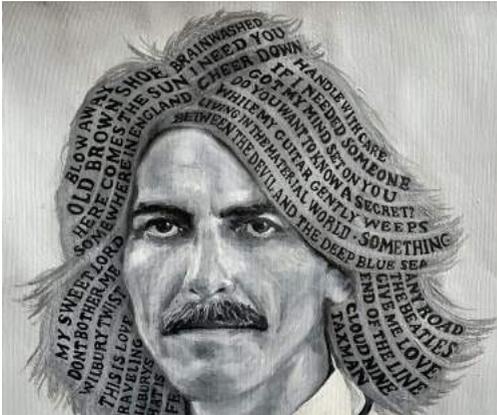
## Live Entertainment at Leiston Film Theatre

We've got some great live shows coming to Leiston Film Theatre in the coming months.

**The McDougalls** return with a brand new live musical theatre show for all the family. Join Max, Auntie Aggie and Morag the Rabbit as they get ready to throw the biggest and best party ever - and you're invited to join the celebrations! There will be games, songs, dances and lots of fantastic family fun. The perfect party treat for your little ones. Appearing at the Film Theatre on **Wednesday 26th October** at 11.30am. Tickets: £4.95.



**The George Harrison Project** is a live music celebration, showcasing George Harrison's best-loved hits, from his early Beatles songs, his solo career and, of course, The Traveling Wilburys. *All Things Must Pass, While My Guitar Gently Weeps, Here Comes The Sun, Cheer Down, Taxman, My Sweet Lord, Got My Mind Set On You*, plus many, many more. Appearing at the Film Theatre on **Friday 18th November** at 7.30pm. Early bird tickets are priced £15.50, for a limited time only.



Ireland's International recording star, **Dominic Kirwan**, takes to the road again in 2022 with his new show - 'Through The Eyes Of An Irishman'. Hear all Dominic's big hits, along with some of those lovely Irish favourite songs. Come and singalong with all the big hits and lovely Irish melodies. Appearing at the Film Theatre on **Saturday 19th November** at 7.30pm. Tickets: £25.00.



**Box Office - ☎ 01728 830549 📄 www.leistonfilmtheatre.co.uk**



# SPECIAL EVENT

Fri 14th & Sat 15th Oct at 7.15  
Sun 16th Oct at 6.00

**FALL** (12A)

Fri 21st Oct at 5.00  
Sat 22nd - Sun 30th Oct at 3.00

**LYLE, LYLE,  
CROCODILE** (PG)

Fri 21st, Sat 22nd & Wed 26th Oct at 7.15

**DON'T WORRY  
DARLING** (15)

Mon 24th, Tues 25th & Thurs 27th Oct

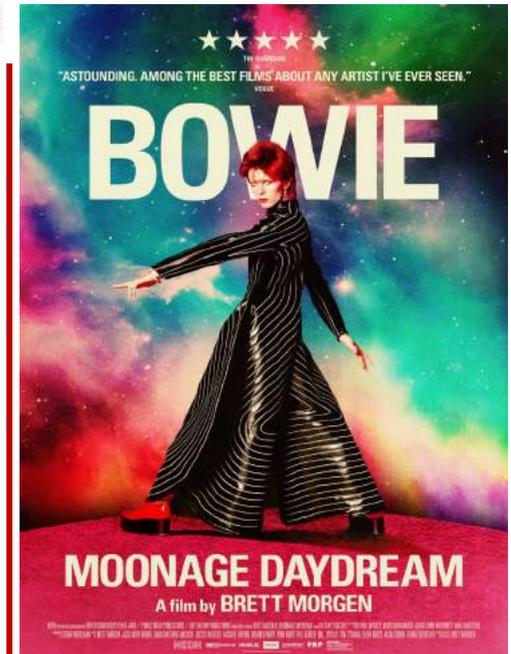
**TICKET TO PARADISE**  
(12A)

Mon 24th, Tues 25th & Thurs 27th Oct at 7.15

**TICKET TO PARADISE**  
(12A)

Fri 28th Oct - Thurs 3rd Nov

**AMSTERDAM** (15)



### Moonage Daydream

Leiston Film Theatre

Sunday 23rd October at 6.00pm.

A cinematic odyssey exploring David Bowie's creative and musical journey. From visionary filmmaker Brett Morgen, and sanctioned by the Bowie estate, the documentary is an audiovisual treat for Bowie fans, taking a distinctive approach, in capturing one of modern music's most mercurial artists. Captivating, with performances spanning Bowie's 54-year career, including 40 exclusively remastered Bowie songs. An absolute must-see. NOW BOOKING - 01728 830549  
[www.leistonfilmtheatre.co.uk](http://www.leistonfilmtheatre.co.uk)

# Handy Information...



[www.suffolk.police.uk/your-area/leiston](http://www.suffolk.police.uk/your-area/leiston)

Suffolk Police:101 (ask for Leiston SNT)

Email: [leistonaldeburgh.snt@suffolk.pnn.police.uk](mailto:leistonaldeburgh.snt@suffolk.pnn.police.uk)

**101 is the police number to report any non emergency.**

## The Leiston Surgery

**Tel:** 01728 830526

Main Street, Leiston, IP16 4ES

**Email:** [sec.leistonsurgery@nhs.net](mailto:sec.leistonsurgery@nhs.net)

**DOCTORS:** Dr Blades, Dr Maggs, Dr Pai, Dr Qureshi, Dr Barstow, Dr Calfa, Dr Badawy

**Public Defibrillator:** Outside Co-op (Sizewell Road), Children's Centre (Waterloo Avenue), outside the LTAA function room, Haylings Pond and Alde Valley Academy (outside reception).



**Other defibrillators** are available (when open) in the Community Centre, the Library and the Film Theatre.

## Report It! at [www.suffolk.gov.uk/about/online-services](http://www.suffolk.gov.uk/about/online-services)

**EAST SUFFOLK COUNCIL:** [www.eastsuffolk.gov.uk](http://www.eastsuffolk.gov.uk) **Tel:** 03330 162000

**SC NORSE:** refuse collection/dog bins/recycling **Tel:** 03450 402020

**SUFFOLK COUNTY COUNCIL:** **Tel:** 08456 077055

**Highways:** Tel: 0800 591055 **Social Care:** Tel: 03456 066067 **Bus Passes:** Tel: 03456 000659

## Local Services...

**Community Car Service:** **Tel:** 831215

**Job Centre:** **Tel:** 401004

**Library:** **Tel:** 831252

**Long Shop Museum:** **Tel:** 832189

**Leisure Centre:** **Tel:** 830364

**Citizens Advice:** **Tel:** 832193

**LEEWAY:** **Tel:** 0845 2142171

(Domestic violence & abuse service)

**CRUSE :** **Tel:** 01394 670770

(Bereavement Care)

**The Ferns:** **Tel:** 01473 668974

(Sexual Assault Referral Centre)

**Leiston Primary School:** **Tel:** 830745

**Alde Valley Academy:** **Tel:** 830570

**SCotC** **Tel:** 07767114770

(Suffolk New College on the Coast)

## Local Organisations...

**Leiston Children's Centre:** **Tel:** 642930

**LFT Support Club:** (Leiston Film Theatre) **Tel:** 831714

**Leiston Scouts:** (Steven Burch) **Tel:** 832479

**Leiston Guides, Brownies, Rainbows:**  
(Vicky Taylor) **Tel:** 07530697826

**Leiston Youth Club:** (Lucy Pickett) via Facebook

**Leiston WI:** (Judy Geater) **Tel:** 831628

**CYDS:** (Stuart Watson) **Tel:** 830716

**CATS:** (Accessible Transport on demand) **Tel:** 830516

**Leiston Worry Tree** [worrytreeleiston@gmail.com](mailto:worrytreeleiston@gmail.com)

**Leiston Swimming Club:** (Matt Dye) **Tel:** 833266

**Email:** [mathew.dye@btopenworld.com](mailto:mathew.dye@btopenworld.com)

**PISCES** Disabled Swimming Club: **Tel:** 648270

**Rose & Sweet William:** (Ann Bayley) **Tel:** 831219

**The Band of Royal British Legion:** **Tel:** 833458

**Email:** [secretary@leistonband.org](mailto:secretary@leistonband.org)



**Leiston Good Neighbour Scheme:**

**Tel:** 07724 777465 Mon-Fri 9am-5pm

[leistongoodneighbour@gmail.com](mailto:leistongoodneighbour@gmail.com)

**SAMARITANS Helpline:**

**Tel:** 08457 909090

**Leiston Town Pastors:**

**Tel:** 603221

# Leiston-cum-Sizewell Town Council



E-mails to any Town Councillor should be through [townclerk@leistontowncouncil.gov.uk](mailto:townclerk@leistontowncouncil.gov.uk)

## CHAIRMAN

**Cllr John Last BEM:** 14 Poppy Way, Leiston, IP16 4UG **Tel:** 01728 831017

## VICE CHAIR

**Cllr Lesley Hill:** 45 Garrett Crescent, Leiston, IP16 4LF **Tel:** 01728 830514

## TOWN COUNCILLORS

**Cllr David Bailey:** 8 Garrett Crescent, Leiston, IP16 4LB **Tel:** 01728 831032

**Cllr Bing Boast:** 10 Buller Road, Leiston, IP16 4HA **Tel:** 01728 830391

**Cllr Tony Cooper:** 28 King Georges Ave, Leiston, IP16 4JG **Tel:** 01728 830181

**Cllr Nicky Corbett:** 13 Kings Road, Leiston, IP16 4DA **Tel:** 07891 623284

**Cllr David Dix:** 42 Carr Avenue, Leiston, IP16 4JA **Tel:** 01728 832036

**Cllr Susan Geater:** 19 Haylings Grove, Leiston, IP16 4DU **Tel:** 01728 833501

**Cllr Phil Harle:** 4 Lime Tree Avenue, Leiston, IP16 4EH **Tel:** 01728 833578

**Cllr Trevor Hawkins:** 78 King Georges Ave, Leiston, IP16 4JG **Tel:** 01728 830234

**Cllr Peter Kyle:** 6 Highbury Cottages, Leiston, IP16 4TW **Tel:** 01728 831038

**Cllr Selena Levermore:** 16a Aldeburgh Road, Leiston, IP16 4ED **Tel:** 07941 302250

**Cllr David Morsley:** 16 Aldeburgh Road, Leiston, IP16 4ED **Tel:** 01728 830150

## EAST SUFFOLK DISTRICT COUNCILLORS

**Cllr Tony Cooper:** **Email:** [tony.cooper@eastsuffolk.gov.uk](mailto:tony.cooper@eastsuffolk.gov.uk) **Tel:** 01728 830181

**Cllr Tom Daly:** **Email:** [tom.daly@eastsuffolk.gov.uk](mailto:tom.daly@eastsuffolk.gov.uk) **Tel:** 01502 523521

**Cllr Russ Rainger:** **Email:** [russ.rainger@eastsuffolk.gov.uk](mailto:russ.rainger@eastsuffolk.gov.uk) **Tel:** 01728 688739

## COUNTY COUNCILLOR

**Cllr TJ Haworth-Culf:** **Email:** [tj.haworth-culf@suffolk.gov.uk](mailto:tj.haworth-culf@suffolk.gov.uk) **Tel:** 07955 434442

## LEISTON-CUM-SIZEWELL TOWN COUNCIL

### TOWN CLERK

Ms. Helen Greengrass: **Email:** [townclerk@leistontowncouncil.gov.uk](mailto:townclerk@leistontowncouncil.gov.uk)

### ASSETS OFFICER

Mrs. Hannah Everett-Spearing: **Email:** [assets@leistontowncouncil.gov.uk](mailto:assets@leistontowncouncil.gov.uk)

### ADMIN ASSISTANT

Mrs. Beverly Kemp: **Email:** [office@leistontowncouncil.gov.uk](mailto:office@leistontowncouncil.gov.uk)

**Address:** Council Offices, Main Street, Leiston, IP16 4ER **Tel:** 01728 830388

### OFFICE OPENING HOURS:

**Monday & Tuesday:** 09:00 - 13:00 & 14:00 - 16:00

**Wednesday:** Closed

**Thursday & Friday:** 09:00 - 12:30





**His Majesty, King Charles III**

14 November 1948