

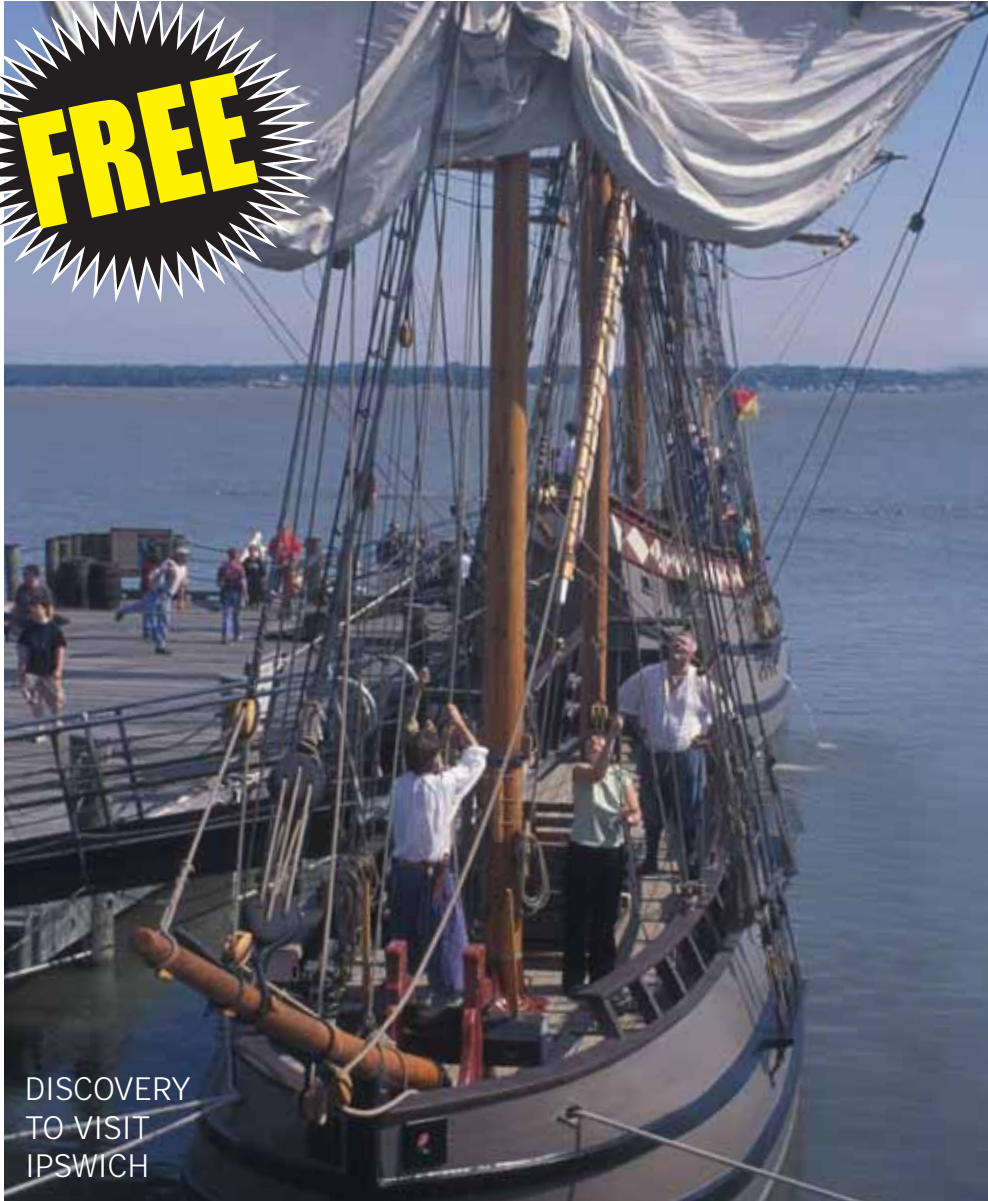
IPSWICH **24**

AUGUST 2007

**inside:
GREAT PRIZES
TO BE WON**
Including: Tickets
to Rougham
Airshow

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Around Ipswich this August

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MOVIES

GIG GUIDE

NICK MORRELL

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PRIZE
COMPETITION

Motoring Prize Pack

It's that time of the year again when you test how much luggage you can stuff into the back of your car as you prepare to head off on holiday. And that's of course before you've braced yourself for the cries of 'are we nearly there yet?' guaranteed to arise 15 minutes after you've set off. So if you're dreading a long car trip, the last thing you'll want is to spend hours on the side of a motorway with a puncture - or worse. Yet according to Michelin, 82% of cars they checked last year had at least one underinflated tyre. So you need to make sure you set off safely.

As well as having low air pressure in their tyres, a worrying 5% of motorists were even found to be driving with a puncture. So it's vital that you're full of air before you get comfortable behind the wheel. Fortunately, free tyre pressure checks will be taking place across the country over the summer holidays. So find out when they're in your area, and make sure you have a safe journey.

— COMPETITION —

To help keep you and your family safe on the roads this summer, you can win a Michelin Summer Road Safety Prize Pack, containing a digital tyre pressure gauge and tyre tread depth indicator, along with a Michelin rucksack and other goodies. Simply answer this question and send with your name, address and telephone number to Tyre Check, Ipswich24, PO Box 774, Ipswich IP1 9FW. Closing date: 31st August. Usual competition rules apply.

Q. What should you check your tyres for?

(a) Air pressure; (b) Blood pressure; (c) Oil pressure

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PRIZE
COMPETITION

motorbiking

When everybody else is packed on stuffy trains or buses, those on two wheels will probably be feeling quite smug - especially in the summer. Because not only can you often beat the traffic, you also avoid spending your journey crushed against another commuter's less-than-fragrant armpit. But according to Hastings Direct, there are more serious hazards to contend with on the road, so you need to make sure you're riding safely.

The five most common motorcycle crashes involve: other vehicles turning across the path of riders, loss of control, head-on collisions, overtaking and road surface conditions, especially oil and diesel on the road. So it's vital to be alert and prepared.

— COMPETITION —

Stay safe on the road this summer with Hastings Direct Safe Biking Prize Pack, containing a £50 voucher for motorcycle accessories.

Simply answer this question and send with your name, address and telephone number to Biker Comp, Ipswich24, PO Box 774, Ipswich IP1 9FW. Closing date: 31st August. Usual competition rules apply.

Q. Which is the safest place to overtake on your motorbike?

(a) Brow of a hill; (b) On a bend; (c) On a clear open road



INSIDE THIS MONTH

AUGUST

Cover Story

In celebration of the 400th Anniversary of the founding of Jamestown, the Discovery is to visit Ipswich.



Ipswich Events & Gigs

Ipswich's Gig Guide is on page 11.
Events Listings for August are on 12&13.

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Schools Out

Great Ideas of things to do with the children this summer



On Screen

News on the latest big screen releases for the summer.

18-19

5-9

Nick Morrell

Town102's breakfast jock on abseiling and live 'outside' music.



19

11-13 Competitions

More Great Prizes to be Won!

Including Tickets to Rougham Airshow, Motoring Goodies, Summer Survival Kit. Look out for the competition flashes, enter and WIN!
PLUS 2 for 1 offer at Rollerworld

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Tel: 01473 720212

**PRIZE
COMPETITION**

Win Tickets to Airshow

SGR FM Air Display 2007 – Rougham Airfield

Surely wet July will bloom into an Amazing August, especially for the SGR FM Air Display 2007 on 18th & 19th August at Rougham Airfield. The Air Displays (a warm up one on Saturday with a full length one on Sunday) will boast some astounding vintage aircraft including: RAF Battle of Britain Memorial Flight Spitfire Display, World War One Fighting Pair 2x Se5as, Yak 2 Russian Fighter, P51 Mustang, North American T6 Harvard, North American T28 Fennec, Extra 300 Mark Jefferies British & European Freestyle Aerobatic Champion, RAF Grob Tutor Primary Trainer, Pitts 52b Peter Borchert Aerobatics, Stearman 3 ship Formation Team, Extra 300 Denny Dobson Aerobatics with last but not least - Team Guinot Wing Walkers Two Ship Formation Stearman Aircraft.



Then we will be thrilled to witness restored and ground running Merlin Engines which being so powerful, have to have a safety exclusion zone behind their propeller draft! Down to earth will be the famous ring parades of vintage military vehicles, tractors, commercial

vehicles, vintage motorbikes and the International Sports Car Day featuring some unforgettable classic cars. Meanwhile a new stable of street theatre artistes have been booked to entertain you until your sides ache -

Stuff & Things feature Keystone Cops, Futters Child, Lost Funeral etc and jostling amongst the crowds will be Theatre of Adventure, Foolhardy Folk, Random Acts of Jazz and the enlightening Guru Booth.

Re-Enactments include Swords of Chivalry with their battle tournaments and Melees with eye catching pavilions, also presenting their Mummings' Play, Life & Martyrdom of St Edmund.

95th Rifles in impressive uniforms conjuring the nostalgia of the 20 years war to Waterloo (memories of TV's Sharpe) and into this century with Thunder from Heaven, US & British airborne soldiers with scenes of Paras and Glider Riders from the 2nd World War.

Other entertainment to delight children will be Punch & Judy, Tom Tom Troupe, Morris Dancers, Carriage Rides, Simulator and a Fun Fair. Meanwhile in the Tea Tent will be bands to entertain you through the afternoon and into the evening.

Discount Tickets can be bought in advance from the Theatre Royal, Bury St Edmunds - Tel: 01284 769505 or at the Gate on Saturday with a 45 minute Air Display: Adults £8 with Concessions £4 and on Sunday with a 4 1/2 hour Air Display: Adults £12 with Concessions £6 and all under 12s are free on both days.

– COMPETITION –

Ipswich24 has teamed up with the SGR FM Air Display to give two lucky winners a Family Pass to the Show. Simply send us the answer to the following question, along with your name, address and daytime telephone number to reach us no later than Monday 13th August, 2007.

Q. What is the name of the Russian Fighter that will appear at the display?

Send your answer to:

Airshow, PO Box 774, Ipswich, IP1 9FW.

Usual Ipswich24 competition rules apply.

Hardwear

No.1 For womens and girls fashion, clothing and accessories in Ipswich!

The summer 2007 womens fashion collections are now available in our Ipswich store, with some very exciting new additions, an expanded accessories and jewellery range and more.

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Air Display 2007

18/19 AUGUST

Warm Up Air Display Saturday
Main Air Display Sunday
Flying all Weekend

Gates open 10-5pm

Merlin Engines

Appearing in the Show Ring
Classic Cars, Military Vehicles
Vintage Motorbikes & Tractors
Commercial Vehicles

Street Theatre
Stuff & Things with
Keystone Cops, Lost Funeral
Futters Child & Guru Booth
Random Acts of Jazz,
Theatre of Adventure & Clowns
Foolhardy Folk

Re-Enactments
Swords of Chivalry, 95th Rifles
Thunder from Heaven from US
2nd War Paras & Glider Riders

Entertainment
Punch & Judy, Tom Tom Troupe
Morris Dancing, Carriage Rides
Simulator & Fun Fair

Music in the Tea Tent
Chasing Time, Tony Western
Penni, Delicious Beef

01359 270524

www.roughamairfield.org

Sat: Adults £8, Concessions/Over 12s £4

Sun: Adults £12, Concessions/Over 12s £6

Kids go FREE

Discount advance tickets

Theatre Royal 01284 769505

Aircraft subject to weather and serviceability
Supporting the East Anglian Air Ambulance

Photo courtesy W&A Daniels 01961 840287

Rougham Airfield

West Suffolk's Open Air Venue

Lots to do at Sutton Hoo

— SUMMER HOLIDAY ACTIVITIES —

Children's Burial Mound Tours

Wednesdays 1, 8, 15, 22, & 29 August - 2pm. Children are invited to a special tour of the Anglo-Saxon burial mounds – don't forget your parents! Price: Family £6.50. Adult £2.50 Child £1.50. Book on the day

Story-telling

Wednesdays 8, 15, 22, & 29 August. 11.30am. Suitable for ages 6 and under, story-telling FREE.

Craft Activities

Tuesdays 7, 14, 21, & 28 August, Thursdays 9, 16, 23, 30 August 2-3.30pm. Suitable for ages 6 +. Price: £2 per child. Book on the day.

Saxons at Sutton Hoo

Sat 4 & Sun 5 August, Noon-4pm. Meet King Raedwald and his Anglo-Saxon warriors. See craftsmen and women and learn the secrets of their ancient skills.

Family Funday

Sunday 12 August, 11am – 5pm. Family games and activities including giant noughts and crosses and Turnip Bowling! Birds of prey and special appearance by Suffolk Punch horses (12-4).

Sutton Hoo admission charges apply



Summer Fun Down on the Farm

Baylham House is a working livestock farm situated on the River Gipping between Great Blakenham and Needham Market and it is a wonderful place to bring children, so much so that the public voted the farm as the "Best Visitor Experience

in Suffolk" for 2006. Children will meet rare farm animals in the countryside and experience a spot of fresh air, a little exercise and lots of fun. The Baylham House café can even feed the family for elevenses, at lunch or at teatime, with home-made bread, soup, rolls, scones and delicious cakes; alternatively, you can bring your own picnic. There is also a well stocked gift shop with disabled toilet and baby changing facilities and the farm is both wheel chair and push chair friendly.

Time and time again, first time visitors say on departure, 'What a wonderful place you have here. We will certainly be back'



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£20 per lane per 2 hours
Monday to Friday 4pm-6pm
(Must have at least 1 person under 15 per lane)

Sproughton Road • Ipswich
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Summer Holidays
on the
Best Visitor Experience in Suffolk 2006
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Kune Kune Piglets, Pygmy Kids
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Down Mill Lane, Baylham. Off the B1113 between Needham Market & Great Blakenham
01473 830264 Ad £4.50, Con £3.50, Ch(4-16)£2. Under 4 FREE. www.baylham-house-farm.co.uk

Museums a Great Day Out!

*In a unique venture Colchester, Britain's oldest recorded town, and Ipswich, the oldest English town with a strong Saxon heritage, have combined their museum services!
The new merger, known as 'Colchester and Ipswich Museum Service' will offer visitors a richer experience.*

The merger of the two services sees a wealth of knowledge and history being shared across the two counties. With strong collections of natural history, Roman history, Saxon history and more, the new service will be a source of pride, inspiration and fun for visitors. The service now boasts Colchester Castle, Hollytrees Museum,

Natural History Museum, Tymperleys Clock Museum, Ipswich's High Street Museum and the beautiful Christchurch Mansion.

Covering thousands of years of history Colchester and Ipswich Museum service is thought to be the first venture of its kind in the UK and this is a very exciting opportunity that will help to open up the

museums' services to even more residents and visitors.

Both Colchester and Ipswich are important historical towns and have a wealth of treasures. It makes good cultural, educational and economic sense for them to work together.

Must Sees!

- 'The Colchester Vase' - A Roman pot in Colchester Castle dating from around AD 175
- 'The Boat Pram' - An intriguing item in Hollytrees Museum made in 1890
- 'The Wildlife Garden' - A beautiful garden at the Natural History Museum featuring a pond, herbs, plants and lots of wildlife
- 'The Longcase Clock' - An enchanting clock, in Tymperleys Clock Museum, signed by a woman dating back to 1706
- 'The Wolsey Art Gallery' - A stunning collection featuring Constable and Gainsborough in the beautiful Christchurch Mansion
- 'The Woolly Mammoth' - A fascinating replica of a woolly mammoth that stands tall and proud in Ipswich Museum, High Street.

Events

Colchester and Ipswich Museums have a fantastic programme of events to enjoy this summer and autumn, which will be great fun for all the family. If you want to keep updated on the events programme call 01206 282938 to be added to our mailing list today! Alternatively you can visit www.colchestermuseums.org.uk for more information.

Here is just a sample of the kind of events you can enjoy over the coming months:

- *Cave Painting Art Workshops at Colchester Castle*

Mon 6th - Fri 10th August

Be inspired by the past by taking part in a fun cave painting art workshop at Colchester Castle.

- *Create Your Own Corn Dolly at Christchurch Mansion*

Mon 13th August

Explore history and get creative when you enjoy the fantastic craft of 'Corn Dolly' making at Christchurch Mansion.

- *Meet Queen Boudica at Colchester Castle*

Mon 13th - Fri 17th August

Come along to Colchester Castle and meet the infamous Queen of the Iceni, Boudica.

So, what are the Museums like?



Colchester Castle - Admission fee applies
A visit to Colchester Castle Museum takes you through 2000 years of some of the most important events in British history. Once capital of Roman Britain, Colchester has experienced devastation by Boudica, invasion by the Normans and siege during the English Civil War.

Natural History Museum - Colchester - Free
At this museum a wild world awaits you both inside and outside in the urban wildlife garden. Travel from the open through the salt marshes and beaches to the more familiar urban environments of the park. Plus, discover what rocks lie beneath your feet, with a look at local geology.

Hollytrees Museum - Colchester - Free
Enjoy 300 years of history through hands-on exhibits and displays with fun and humour in mind. Discover what family life was like for the rich and the poor people. Hear the stories of those who lived and worked in Hollytrees, a beautiful Georgian town house built in 1718.



Tymperleys Clock Museum Colchester - Free
Step back in time and visit this 15th century timber framed house. Tymperleys now houses part of the famous Bernard Mason Collection, one of the largest collections of clocks in Britain. All were made in Colchester between 1640 and 1840 and give a fascinating insight into this specialist trade.

Christchurch Mansion - Ipswich - Free
Discover 500 years of history in this Tudor gem which houses period rooms that illustrate changes in style from the 16th to the 19th century. See the Tudor state chambers, 18th century state rooms and the Victorian wing.

Ipswich Museum, High Street - Ipswich - Free
Discover life in Roman Suffolk and find out about the Anglo-Saxon origins of Ipswich. See artefacts from Africa, Asia, North America and the Pacific. Plus visit the Suffolk Wildlife Gallery to see how the countryside has changed over centuries of management.

This is just a taster - there are so many more events to enjoy!

Don't delay - visit the website at www.colchestermuseums.org.uk to find out more

***or call for Colchester Events
01206 282940
or for Ipswich Events
01473 433554***



Getting the Children All Fired Up this SUMMER!

With the holidays fast approaching, are you wondering how to entertain the children this Summer? Get them All Fired Up at the ceramics café in the centre of Ipswich. With a wide range of ceramic items for them to paint, including ceramics and mugs, you can spend some enjoyable time together as a family while they create their own masterpiece. Come back a few days later and the ceramics will be ready for collection - All Fired Up!

All Fired Up is also a café with a freshly-made sandwiches, toasted paninis and locally-made cakes. While the children are having fun, you can relax with the latest newspapers and magazines and browse the exclusive range of greeting cards and gifts.

Open seven days each week, including late night opening on Wednesday, Thursday and Friday, ceramic items are individually priced starting from £4.00 and the studio fees including paint, glaze and firing start from £3.00.

Check out the website at www.allfiredupceramics.co.uk for more information, directions and inspiration!

It's not just the children who have all the fun! There are special rates for adult group bookings, hen nights and birthday parties. They also create unique commissions and for that special occasion i.e. weddings, retirements, leaving parties, christening and naming ceremonies etc signing plates make wonderful gifts.

Above all, they are the best kept secret for coffee! They are a cafe as well, where customers can relax with a cup of tea or coffee and read the paper..... seating is available outside and all non painters are very welcome. All Fired Up offer a wide selection of cakes, sandwiches and panini's, savoury bites and cold drinks.

Throughout August they are offering Ipswich24 readers a FREE regular tea or coffee with any Sandwich, Panini and cake item purchased.

**All Fired Up Ceramics Café,
Crown and Anchor Mews,
Ipswich. Tel: 01473 286142**

This article needs to be shown to redeem offer. Only one advert per customer. Not to be used in conjunction with any other offer. No substitute drinks will be made. Offer is for either 1 regular cup of tea or 1 regular Americano coffee. Offer valid until 31st August 2007.



Great Summer Offer

Cut out and bring this voucher with you



50% OFF STUDIO FEE

Opening hours - no need to book

Monday & Tuesday	9.30am	-	6pm
Wednesday, Thursday & Friday	9.30am	-	10pm
Saturday	9.30am	-	6pm
Sunday	10.30am	-	4.30pm

Not to be used in conjunction with any other offer. Limited to one voucher per painter per visit.



Crown & Anchor Mews, Ipswich IP1 3DJ
Tel: 01473 286142
Email: ipswich@allfiredupceramics.co.uk
www.allfiredupceramics.co.uk

Rich History at Landguard

Landguard Fort has a long and rich history. Dating back to the time of Henry the Eighth it is the only fort in England to have repelled a full scale invasion attempt. This was in 1667 when Captain Nathaniel Darell and 500 men defeated Admiral de Ruyter's Dutch force on 2nd July. Since then the Fort has seen many changes during its time under military control up to 1956, when the army finally marched out. What remains now are parts of the walls and casemate rooms within, dating from the Fort of 1744 and later changes made during Queen Victoria's reign. During the nineteenth century Victorian engineers made massive improvements to the Fort, which included the construction of a curved seven casemated battery facing the river. A large curved barrack and office section was built inside the Fort, creating an inner keep. High up in the corner



between Harwich bastion and the curved casemated section can be seen the submarine minefield observation position with its thick steel roof. At the other end of the curved battery, again on the roof, is a concrete Fire Control tower. Built in the early 1900s it had various sections added to it over the years. To the west of the Fort is Darell's Battery, originally built in 1901 and armed with two 4.7 inch guns. In WW2 two twin six pounder guns were installed.

In collaboration with English Heritage the Landguard Fort Trust has taken over the running and management of the Fort since the autumn of 1998. During 1997-98 extensive renovations were carried out on the structure of the Fort. A programme to develop educational, interpretational and display materials is continuing.

— OPENING DATES 2007 —

The Fort will be open for seven days each week during the 2007 season.

From Saturday March 31st until Sunday October 28th.

June to September 10 am - 6 pm. Last admissions 5 pm.

April, May and October 10 am - 5 pm. Last admission 4 pm.

Admission prices are Adults £3.00, Concessions £2.50 and Children £1.00.

Children under five and wheelchair users are free.

• **Landguard Fort can be found at the end of Viewpoint Road, Felixstowe.**

Horsing Around is Child's Play with Redwings Extra Website

The UK's largest horse sanctuary has launched a second web site to supplement its popular main site, but the difference is that the new site is exclusively for the charity's younger supporters and offers four-legged fun of Shire-sized proportions.

The new site - found at www.youngredwings.co.uk - is brand new and is devoted to young supporters of Redwings Horse Sanctuary and any child or young person wanting to learn more about the charity's work. The main site, which offers advice, guidance, adoption and re-homing information as well as visitor centre opening hours, remains at www.redwings.co.uk

Press and communications officer Nicola Markwell explains why the charity chose to launch this new site. "This is a brilliant and safe site for pony-mad children," explains Nicola. "It's a great way to learn more about Redwings plus have a go at great games, read special features, and admire loads of drawings and letters sent in by other Young Redwings, perhaps even themselves! We get lots of children and young people asking us how they can raise funds to help the equines, and there are lots of ideas on this site to inspire our very special young supporters if they'd like to help."

Nicola, who edits the very popular Young Redwings newsletter and enjoys meeting young people at the many shows Redwings has a stand at, also helped design the site. "I always love writing for our young supporters who have such a high level of passion and enthusiasm when it comes to supporting our horses - regardless of whether or not they have their own pony. We can't continue to help horses without the support of the public and you're never too young to start spreading the word!"

The site has a special section that features fabulous fundraising success stories and visitors can also send in their horsey care or Redwings questions to a certain clever clogs called Red who just loves to show off his knowledge! (Red is one of the charity's two cuddly cheeky mascots, Red & Wings.) There is even a joining form on the site so under 16s can choose to join the charity's fantastic Young Redwings club and get two magazines a year - free!

"The Young Redwings web site has been brilliant to create," concludes Nicola. "I'm really proud to think that we're providing a fun and safe place for our young fans to play games, learn about horses and even see their own drawings or photos online."

Log on to www.youngredwings.co.uk for more!

Easton Farm Park



Award winning farm attraction, Easton Farm Park, has been entertaining families in the countryside since 1974. The original Victorian buildings date back to the 1880s and the



woodland and river walks never fail to surprise with their native flora and fauna of the river Deben.

Meet and feed the farm animals and learn more about their habitat and daily needs. Meet the baby lambs, kid

goats, piglets, Suffolk Punch horses and other animals. Every day children can enjoy a pony ride, pony & cart ride, train ride, egg collecting, hug a bunny and much more.

Each month the farm showcases a different farm animal. August will be Billy Goat's Gruff Month with opportunities to learn about our curious little friends, goat petting, colouring competitions, quizzes and lots more. The farm has a café, gift shop, indoor and outdoor children's play, tractors and diggers.

For more details visit the Easton Farm Park website at www.eastonfarmpark.co.uk call the farm on 01728 746475 or e-mail to info@eastonfarmpark.co.uk.



Open daily from 10:30am - 6pm
Easton Farm Park, Easton, Woodbridge, Suffolk, IP13 0EQ
www.eastonfarmpark.co.uk
 T: 01728 746475
 E: info@eastonfarmpark.co.uk

Visit Redwings Horse Sanctuary

Meet rescued horses, ponies and donkeys at one of our Visitor Centres absolutely free!



Stonham Rescue Centre, Suffolk

Open 10am to 5pm seven days a week from 1 April to 28 October situated on the A1120 between Stowmarket and Framlingham at Stonham Barns, Stonham Aspal, Suffolk.

- Home to adoption equines Choccy, Harry, Finnegan and Katy plus over 40 other horses, ponies and donkeys
- Guided tours and horse care demos on special days (call for details) plus an information centre and gift shop.

Enquiries for all Centres including accessibility and our Special Summer Activities

0870 040 0033
 visit www.redwings.co.uk



VISIT US IN ESSEX • NORFOLK • SUFFOLK • WARWICKSHIRE

Stonham Barns & Mid Suffolk Showground — *The Ultimate Day Out*



A visit to Stonham Barns offers everything for a great family day out. Situated in the heart of Suffolk between Stowmarket and Framlingham, the complex has a host of different attractions suitable for all ages.



From gardeners to golfers to horses and hawks, there's parking for cars and for caravans of course. You can fish for your

supper or buy this and that or simply relax whilst you eat, drink and chat!

At Stonham Barns there is also the Suffolk Owl Sanctuary with its magnificent birds of prey and information centre, also Redwings Rescue Centre, home to rescued horses, ponies and donkeys.

For a more relaxed pace there's the Golf Centre, where for the enthusiast there's a nine hole golf course and 20 bay driving range and the kids can have fun on the mini golf course - a challenge for mum and dad too!

Even more relaxing are the Fishing Lakes, bring a rod and line or we can provide you with the equipment you need to 'catch that big one...'

The Caravan Park has all the facilities you would expect and is a perfect way to enjoy everything Stonham Barns has to offer including Mens Gear, The Clothing Company, The Gift Barn along with other crafts and specialist shops - it makes a great day out

The Stonham Barns Food Festival

This takes place on Sunday 5th August between 10.30am and 4.30pm. There will be a vast array of food and drink producers both local and from further afield. The opportunity to sample produce. In addition there will be children's entertainment and a re-enactment group demonstrating medieval cooking.



The Ultimate Shopping Experience

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Kitchen Cupboard • Stonham Barns Golf Centre
M H Beds • Abbey Aquatics • Home & Cane
Merit Sheds • The Jewellery Box

Stonham Barns
Stonham Aspal, Suffolk IP14 6AT
Telephone: 01449 711755

2007 MID SUFFOLK SHOWGROUND 2007

FORTHCOMING EVENTS

Food Festival — 5th August
Come along and meet producers and purveyors of some of the finest foods from both East Anglia and the rest of the country who will be in attendance. In addition there will be Wine, Beers and Ciders.
10.30am-4.30pm.
£2.50 Entry, under 14's Free

Micro Car Club — 5th August
The smallest of cars in vast numbers.... fun and interesting sights.

East Anglian Practical Cars 12th August
A Fantastic Collection of the Finest Classic Cars of All Types... Club Stands, Auto Jumble etc.

Countryside Show & Falcon Fair 8th & 9th September
Country Show with Trade Stands, Ring Events, Crafts, Eagles, Owls, Falcons and Childrens Activities.

Fire & Wheels 30th September
Emergency Service Demonstrations, Off Road Action, Vintage Classic Vehicles.

Apple Day — 13th October
100's of varieties of Apples!

Christmas Fair 18th November
Christmas Treats and Decorations.

For more information contact
Mid Suffolk Showground
Stonham Aspal, Suffolk IP14 6AT
Telephone: 01449 711111

Local Bands

The Ugly Truth About Ipswich

About four or five years ago something special started happening in this town. The number of alternative bands went through the roof and a bunch of us decided we needed to find a way to showcase this plethora of new talent. We set about raising some money towards releasing a compilation album of Ipswich bands. Now this idea is far from new, but without wishing to invalidate any previous compilations we wanted to do this one a little differently. We decided to make a proper impact this album would need to be pressed

(rather than CDR copies) and we need to get this into shops nationwide, after all, here in Ipswich we already know how cool we are! Putting out an album at this level requires a stack of cash. After a couple of years of fundraising gigs and inter-band football tournaments we finally have enough money to step our plans up a gear. This is where things get interesting; a friend of mine has started a series of albums showcasing the talent of British towns. The first in the series was 'The Ugly Truth About Blackpool' and if all goes



according to plan then the second in the series will be 'The Ugly Truth About Ipswich'. We are currently discussing the track listing on the ipswichgigs.co.uk forum so get involved! I'll let you have more news as our plans develop, this is going to be something big and we've got you to thank for it!

To find out more about The Ugly Truth series check out www.jsntgm.com

Andrew Culture
www.knowyourproduct.net
www.beatmotel.co.uk

HANNAH SCOTT

Hannah Scott was born in Suffolk and lived just outside Ipswich until the age of 17, when she went to Durham University to study a Modern Languages degree, graduating in 2005. As part of her

degree she spent a year abroad in Tuscany and Monaco and this was where she really began to enjoy songwriting - she missed her piano and her guitar became her best friend! While not busy studying (!) she regularly performed at Durham's 'Jam Night' and played guitar, piano and sang backing vocals with premier student covers band, Cheesecake. When she returned home to Suffolk, she began to play at local acoustic nights, in particular Suffolk Songwriters. Here she met BBC Suffolk's Stephen Foster who asked her into the studio to play live on the show. Shortly after, he introduced her to Pat Grueber at Gemini Studios in Ipswich where she began work on her debut album, "Till Angels Fall". She has worked alongside some great local musicians including Jools Holland's guitarist, Mark Flanagan.



The album was launched at the beginning of July as part of the Ip-Art festival at Ipswich Town Hall to a packed audience! It will shortly be available through her website

www.hannahscott.co.uk and Myspace page www.myspace.com/hannahscottuk !

Eye Music Day

The Eye Music Day held annually at The Moors, Eye, Suffolk, is a Free! entry day of live music. We have 8 bands playing on an outdoor stage from noon till Dusk. Featuring 3 young bands from the Eye area, followed by more accomplished acts playing blues, soul, rock n roll, and

skiffle(from Norfolk 8 piece band 'Ugly Dog'). There is an all day bar and bbq, fun for the kids, charity and craft stalls, catering for a 500+ crowd. Any profit made is given to charitable causes, this year is our 4th event. Info available from Banny on 07939650646.

POPLAR FISH BAR 01473 258358

Bottom of Woodbridge Rd (behind The Regent)

Freshly Cooked Fish & Chips, Pies & Sausages
OPEN Mon-Sat until MIDNIGHT

Quite probably Ipswich's "Best" Fish & Chips!

Mon. 27th Aug
 Live Music - Take the Money & Run (9pm)

The Cross Keys

Mark & Rachel Welcome You
 To Their Comfortable Village Freehouse
 Main Road, Henley, Ipswich IP6 0QP

Tel: 01449 760229 www.henleycrosskeys.co.uk

- Open All Day • Food Served 12-9 Daily • Real Cask Ales
- Selection of Wines • Monthly Entertainment • Major Cards Accepted

Wed. 1st Aug - 9pm CHARITY QUIZ NIGHT Prize for Winning Team	Wed. 8th Aug - 9pm KARAOKE & GAMES Everybody Welcome	Sat. 25th Aug FUN DAY inc. Bouncy Castle Eve: Live Music with MOHAWK Food only served until 7.30pm
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"Lunch Club" - 2 Courses £5.95 - Now Available Mon & Tue 12-3

MUNCHY

Chinese Food & Fish and Chips

175 Brunswick Road,
 Ipswich, Suffolk IP4 4DB
 Tel: 01473 726650

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 (Closed Tuesday & Bank Hol. Mons.)



NHS Staff Discounts Card Welcome
15% Off orders of £15 or over
 Please mention when taking this offer up

HOME DELIVERY
 £1 will be added to home deliveries (min order for delivery £6) within a limited radius of Munchy's

AVENUE TAXIS

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GIG

guide

Every Week

"Dj D" - Resident Dj @ The Grinning Rat Ipswich
Every Saturday and Sunday
St Helens Street Ipswich - **Saturday** - Funky House,
Hed Kandi and Chart Music (From 8pm till Late);
Sunday - The Very Best of Motown right upto
Present (From 7:00 till late)

Sunday: 'The Sunday Night Craic' from 8pm
onwards. It is an open mic session. McGinty's,
Northgate St

Wed 1st Aug

GEORGES JAM, The Steamboat Tavern, New Cut

Thurs 2nd Aug

AFLIGHTOREMEMBER Steamboat Tavern, New Cut
EMMA CHERRY, Steamboat Tavern.
UNITING THE ELEMENTS, The Milestone,
Woodbridge Rd.

Fri 3rd Aug

SAD AT THE CLINIC, The Milestone, Woodbridge Rd.
KARAOKE with Party Nite, The Spread Eagle, Fore St.
ALIED FORCE, The Railway, Foxhall Rd.
KARAOKE, The Case is Altered.
KUDOS, The Royal George, Colchester Rd

Sat 4th Aug

KESGRAVE MUSIC FESTIVAL see page 15
EMMA CHERRY, Woodbridge Town Centre, Market
Hill, Woodbridge.
ADVOCATES, The Spread Eagle, Fore St.
THE MARVELLOUS, The John Bull, Woodbridge Rd.
NO ANGEL, The Milestone, Woodbridge Rd.
NO SHAME - Rock, The Railway, Foxhall Rd.
MORPHEUS, The Plough.
KARAOKE, The Case is Altered.

Sun 5th Aug

M N 8 (starts at 7pm and BBQ at 4pm), The
Milestone, Woodbridge Rd.
KARAOKE, The Case is Altered.

Mon 6th Aug

AFLIGHTOREMEMBER, The Arboretum
I HATE DAVE, The Arboretum

Wed 8th Aug

Karaoke and Games with Kiss Karaoke, from 9pm,
Cross Keys, Henley.

Thurs 9th Aug

ER Presents... (3 bands) £3 on door, The Milestone,
Woodbridge Rd.

Fri 10th Aug

Planet Earth - Ipswich's BIGGEST 70s & 80s Night -
The ICA, Woodbridge Road, Ipswich. 22:00 - 02:00
KARAOKE with Party Nite, The Spread Eagle, Fore St.
B4, The Milestone, Woodbridge Rd.
SLIDE, The John Bull, Ipswich.
NASHVILLE SKYLINE, country & western duo,
Olive's Bar at the Orwell Crossing, 8.30pm - late
TYLER-KEMP 70s show, 8pm, The Bull, The Street,
Brantham.
SOUTH OF THE BORDER, The Railway, Foxhall Rd.
KARAOKE, The Case is Altered.
HELEN PARKS, The Royal George, Colchester Rd.

Sat 11th Aug

MOHAWK, The Milestone, Woodbridge Rd.
SLEEPERCELL + ULTRASONIC MONKEYS Nite,
The Spread Eagle, Fore St.
PINK FLOYD tribute, The Railway, Foxhall Rd.
FUNK IT, The Old Times, Cauldwell Hall Rd.
THE MARVELLOUS, The Hare & Hounds.
KARAOKE, The Case is Altered.

Sun 12th Aug

FIDDLER'S ELBOW (starts @ 7pm, BBQ at 4pm) ,
The Milestone, Woodbridge Rd.
KARAOKE, The Case is Altered.
NIRVANA TRIBUTE, The Railway, Foxhall Rd.

Thurs 16th Aug

THE HAIDEN GRIGOR BAND, The Milestone,
Woodbridge Rd.

Friday 17th Aug

NASHVILLE SKYLINE, country & western duo, St.
Audry's Sports and Social Club, Melton. 8.00 - late
£5.00 entrance
MANTIS, The Railway, Foxhall Rd.
KARAOKE with Party Nite, The Spread Eagle, Fore St.
TIME OUT, The Milestone, Woodbridge Rd.
STACEY SCOTT, The Ipswich Staff Club, Civic Drive.
KARAOKE, The Case is Altered.

Saturday 18th August

KERBSLIDER, The Spread Eagle, Fore Street.
GORDEN BENNETT BAND, The Milestone,
Woodbridge Rd.
OZZY, The Railway, Foxhall Rd.
SLIDE, The Rose, Crowfield.
KARAOKE, The Case is Altered.

Sunday 19th Aug

SUMMER GARDEN PARTY, Kesgrave Bell -
18 local acts
KUDOS, The Milestone, Woodbridge Rd.
Polly Gibbons Quartet, Ipswich Jazz Club

Sunday 19th Aug - continued

KARAOKE, The Case is Altered.

Thurs 23rd Aug

BEYOND MARCH, The Milestone, Woodbridge Rd.

Friday 24th Aug

STEPHANIE MACKENTYRE & STEVE RHODES
(The original Dakota Blues), 8pm, The Bull, The
Street, Brantham.
KARAOKE with Party Nite, The Spread Eagle, Fore St.
CAMEL FOOT RAIDERS, The Milestone,
Woodbridge Rd.
RAINDANCE, The John Bull, Woodbridge Rd,
Ipswich.
ODD MAN OUT, The Railway, Foxhall Rd.
KARAOKE, The Case is Altered.

Sat 25th Aug

MOHAWK, from 9pm, Cross Keys, Henley.
VOODOOS CHILD, The Spread Eagle, Fore St.
GREEN DAY, tribute, The Railway, Foxhall Rd.
LEGEND, The Milestone, Woodbridge Rd.
KARAOKE, The Case is Altered.

Sun 26th Aug

The Milestone's 2nd Charity Bike Show... music all
day with Frankies Rock Disco and STIFF IN THE
MORNING from 7pm
KARAOKE, The Case is Altered.

Mon 27th Aug

TAKE THE MONEY & RUN, from 9pm,
Cross Keys, Henley.

Thurs 30th Aug

SLIDE, The Cork, Felixstowe
FLATSPIN, The Milestone, Woodbridge Rd.

Friday 31st Aug

JUST BLUES, The Railway, Foxhall Rd.
KARAOKE, The Case is Altered.
Planet Earth - Ipswich's BIGGEST 70s & 80s Night -
The ICA, Woodbridge Road, Ipswich. 22:00 - 02:00
KARAOKE with Party Nite, The Spread Eagle, Fore St.
ROX OFF, The Milestone, Woodbridge Rd.
SKREWORM, The Railway, Foxhall Rd.
JAZZ AT THE BROOK featuring Jazz Expressions
7.30-11.45, The Book Hotel, Orwell Rd, Felixstowe.
MOHAWK, The Cock & Pye, Upper Brook St.

Sat 1st Sept

STORM, The Milestone, Woodbridge Rd.
MIDNITE JACK, The Spread Eagle, Fore St.
KARAOKE, The Case is Altered.

Sun 2nd Sept

JUST BLUES, The Milestone, Woodbridge Rd.
KARAOKE, The Case is Altered.

Ipswich24 cannot be held responsible for cancellations of events. If in doubt contact the venue

2nd BIKE SHOW
Sun. 26th Aug.

The Milestone

LIVE MUSIC

Thurs, Fri, Sat

- Homemade Food - 7 Days
- Families Welcome until 7pm
- Heated Outside Area

3-5 Woodbridge Road • Ipswich



1-3 FORE STREET • IPSWICH

The Spread Eagle

- ★ LIVE MUSIC Saturdays
- ★ OPEN MON-SAT
- ★ FOOD AVAILABLE
- ★ NICE COURTYARD



UNDER NEW
MANAGEMENT

AVENUE TAXIS

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EVENTS diary

WEEKLY EVENTS.....

Every Monday

Yoga 5.30 - 6.30, Rope Walk, Ipswich £5 - 'Taster session' or £4.50 when paying for 6 week course - 'Taster sessions/courses' must be pre-booked by emailing sarah@lifelifelightly.co.uk or calling 01473-658193

Salsa Classes, 7.30 for beginners and 8.30 for intermediate with music until 10pm for open dancing. McGinty's Northgate Street.

Every Tuesday

Ceroc - St Clements, Ipswich.

Ceroc, - Delphi Centre, Sudbury.

Yoga 5.30 - 6.30, Endeavour House, Russell Road, Ipswich - £5.50 'Taster session' or £5 when paying for 6 week course. 'Taster sessions/courses' must be pre-booked by emailing sarah@lifelifelightly.co.uk or calling 01473-658193

Every Thursday

Line Dancing at Rosary Conservative Club, Bramford Rd, Ipswich.

Ceroc, Manor Ballroom, Woodbridge Road, Ipswich.

Yoga Class - Friends Meeting House, Fonnereau Road Ipswich 7-8.30 pm, for details email mike@yogaphysio.com call 07847 051756 or check the website at www.yogaphysio.com

Every Sunday

Ceroc, Scout Hall, Lawford, Manningtree.

Every Tuesday & Thursday

Guided Walks - on Tuesdays and Thursdays throughout the summer at 2.15pm, full details at Ipswich Tourist Information Office.

Wed 1st - Sat 25th Aug

Exhibition - Gwyneth Reynolds - Frame Workshop & Gallery, 22 St Nicholas St, Ipswich. Tel: 400692 Tuesday to Saturday, 10.00 - 4.30.

Wed 1st Aug

Charity Quiz Night, Cross Keys, Henley, from 9pm. Prize for winning team.

Guided Walks for Children, 10.30am - £3 per child, Ipswich TIC 01473 258070

River Orwell Cruise on Orwell Lady, Ipswich TIC 01473 258070

Thurs 2nd Aug

Guided Walk, 2.15pm - Waterfront Wander, Ipswich TIC 01473 258070

Thurs 2nd-Sun 5th Aug

Crafts of The Anglo Saxons, West Stow Anglo Saxon Village

Fri 3rd Aug

Cruise on Orwell Lady, Orwell Quay, departs at 2pm - Book on 01473 258070

Sat 4th-Sun 5th Aug

Sutton Hoo - Special Event- Ormsgard - Dark Ages Theatre

Sat 4th Aug

Theme Cruise on River Orwell on Orwell Lady - departs Orwell Quay 7.30pm - 80s Disco Night with Rossi P Roadshow -£24pp - Ticket price includes cruise and 2 course informal supper Ipswich TIC 01473 258070

Farmers Market - Trinity Methodist Hall, Felixstowe 9am - 1pm

Kesgrave Music Event, Kesgrave Community Centre, see page 15

Guided Walk from Town Centre to Country Mansion, Tel: 01473 258070

Farmer's Market Jimmy's Farm, Wherstead, Nr Ipswich

National Scout & Guide Symphony Orchestra, St John's Church, Cauldwell Hall Rd, £10 - 01473 711678

Music on Market Hill, Woodbridge Noon-4pm

CHARITY FUN DAY, 36th Ipswich Scout HQ, Hawthorne Drive,

River Orwell Cruise on Orwell departs at 2pm - Book on 01473 258070

Sun 5th Aug

Micro Car Club Event at Stonham Barns

Food Festival at Stonham Barns, for the best of Country and County foods- see page 9 for further details

Stepdance Day - The Swan, Worlingworth - 12noon-4pm. A day celebrating the East Anglian tradition of stepdancing including the 8th annual Stepdance Competition

Mon 6th - Mon 13th Aug

Visit of Discovery to Ipswich Docks - See page 14 for further details

Tues 7th Aug

Ipswich Tourist Information Centre - 2.15pm - Guided Walk - Read All About It - Literary Ipswich - £3 adults/£2 concessions

Wed 8th Aug

Guided Walks for Children - Horrible History of Ipswich - 10.30am - £3 per child - Book on 01473 258070

Wed 8th- Sun 26th Aug

Rendlesham Forest - Red Rose Chain Theatre Co - Hamlet, see page 17.

Wed 8th-Thur 9th Aug

Chantry Park, Ipswich - 8.30pm - Bats Over Ipswich - Book on 01473 433994

Thur 9th Aug

Guided Walk - 2.15pm - Town Taster Ipswich TIC 01473 258070

Fri 10th- Sun 12th Aug

Felixstowe Carnival & Fair - www.felixstowecarnival.org

Sat 11th Aug

Foxhall Stadium, Ipswich - 6.45pm - Superstox European Championship/Hot Rods/Lightning Rods - www.spedeworth.co.uk

Farmers Market - Community Centre - Woodbridge 9am-1pm

Morland Road Allotments Open Day. Gates open at 12 midday. Free entry all proceeds divided with St. Elizabeth Hospice Ipswich

Holywells Park, Ipswich - Bat & Moth Nightwatch - 8.30pm start

Guided Walk, 2.15pm, Queen Victoria Was Not Amused Ipswich TIC

Sun 12th Aug

Ipswich and the New World Day - 10am - 5.30pm, see page 14

East Anglian Practical Cars Event- Stonham Barns- Collection of finest classic cars of all types, Club Stands, Auto Jumble etc

Mon 13th Aug

Orwell Country Park, Ipswich - 11am - Teddy Bear Bug Hunt. T: 01473 433994

Tues 14th- Sat 18th Aug

Go Live! @ Ipswich Museum, High Street. Get in touch with nature and enjoy a whole week of fun activities when Ipswich Museum goes live!

Tue 14th & Wed 15th Aug

Owl Show. Meet some owls on Tuesday and Wednesday and see these beautiful birds of prey free flying-marvel at their grace!

Tue 14th Aug

Christchurch Park, Ipswich - History & Wildlife Walk

Guided Walk, 2.15, Ipswich Tourist Info Centre - Barley, Beer & Breweries - £3 adults/£2 concessions

St Mary le Tower Church, Ipswich - William Baldry - 1.10pm

Wed 15th Aug

Needham Lake - Designer Labels- 2-3.30pm - Draw inspiration from nature, learn about natural dyes, create designs and make your own designer label - Bring a plain white t shirt to decorate tel: 01449 720711

Guided Walks for Children. Book on 01473 258070

Thu 16th Aug

Big Bugs. Don't miss your chance to get closer to some fabulous big bugs on Thursday. Ipswich Museum, High St.

Fri 17th Aug

Amazing Creatures. Get closer to a range of reptiles and amphibians and find out more about these ancient creatures, on Friday. Ipswich Museum, High St.

Sat 18th Aug

Snakes. Find out more about the fascinating world of snakes on Saturday and get closer to some real life slithery friends. Ipswich Museum, High St.

Sat 18th- Sun 19th Aug

Rougham Airfield, Nr Bury St Edmunds - SGR FM Rougham Air Display & Classic Car Show - 01359 270524 - www.roughamairfield.org

West Stow Anglo Saxon Village - Special Event - Anglo Saxon Harvest

Sat 18th - Mon 20th Aug

Aldeburgh Carnival & Regatta

Sat 18th-Tues 21st Aug

Havergate Adventure - Guided Tours - £6 Adults, Under 16s £3 - Visit the Island of the Avocets - 2hrs 40mins including guided tour - Boats leave Orford Quay every half hour from 10am-2.30pm - Tickets may be booked in advance from 1st Aug - Tel 01728 723155 and will be available at Orford Quay from Saturday 18th Aug - Refreshments Available

AVENUE TAXIS

01473 257777

EVENTS diary

Sun 19th Aug

SUMMER GARDEN PARTY, Kesgrave Bell - 18 local acts, stalls and food Free Entry, in aid of The Waterfront Community Project.

Dedham Guided Tour including Sir Alfred Munnings Art Museum - 2-3.30pm - Adults £5/Children 5-15yrs £4 - includes admission to Museum between 3.30-5pm - Buy tickets at Essex Rose Tea Shop in Dedham or from 01206 282920

Ipswich Community Carnival - Christchurch Park & Town Centre, 2-6.30pm
Kesgrave Community Centre - Tea Dance - 2pm - £3.25

Mon 20th Aug

Calling all women with a business idea - do you ever dream about becoming your own boss? If yes, then come along to the Freshstart Roadshow, Ipswich Town Centre, lots of free information.

Wed 22nd Aug

Chantry Park, Ipswich - 2 -4pm - Bugs, Bugs and more Bugs
Guided Walks for Children - Horrible History of Ipswich - 10.30am - £3 per child - Book on 01473 258070

Concert by the Amadeus Orchestra, Great School, Ipswich School with students from Ipswich School Summer Music Course - Admission Free - 01473 408300

Thurs 23rd - Fri 24th Aug

Thorpeness Regatta & Fireworks

Fri 24th- Mon 27th Aug

Hot Rod & Classic Vehicle Rally , Trinity Park

Sat 25th Aug

The Hound of the Baskervilles, Open Air Theatre, Sutton Hoo
Farmers Market - Community Centre, Woodbridge 9am-1pm
Monopoly Board Walk of Ipswich £3 adults/£2 concessions, Ipswich TIC

Sun 26th- Mon 27th Aug

Eye Show, Goodrich Park, Palgrave - www.eyeshow.org.uk

Sun 26th Aug

Otley Hall - Open Day - 1-5pm - Adults £5 Children £2.50

River Cruise to Pin Mill on Orwell Lady departs at 10.30am, T: 01473 258070

Motorcycle Show and Run, in aid of Ipswich Children's Hospice, The Milestone, Woodbridge Rd from 10am - see page 14.

Mon 27th Aug

Foxhall Stadium, Ipswich -2.30pm - Hot Rods National Championship - www.spedeworth.co.uk

Wed 29th Aug - Sat 29th Sept

Exhibition - Ted Gentry - Frame Workshop & Gallery, 22 St Nicholas St, Ipswich. Tel: 400692 Tuesday to Saturday, 10.00 ~ 4.30.

Wed 29th Aug

Rockets Galore Needham Lake. T: 01449 720711

Romeo & Juliet, Ickworth Park T: 01284 769505

Ipswich Tourist Information Centre - Guided Walks for Children - Have You Ever Noticed That Before? - 10.30am - £3 per child - Book on 01473 258070

Thurs 30th Aug

Wildlife Family Fun Day, Jimmy's Farm, Nr Ipswich, 10am-4pm

• Details correct at time of going to press. Ipswich24 cannot be held responsible for cancellation of events.

Visit us online for constantly updated entertainment and events in and around Ipswich
www.ipswich24.co.uk



IPSWICH 24

has teamed up with

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for more information on **Rollerworld** and **Quasar** including session times



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May only be used with full price single skate entry cannot be used in conjunction with any other offer valid only if completed before arrival. Entry subject to RollerCODE.

This voucher entitles a 2 for 1 entry into Rollerworld on any evening until the 10th September. Skate hire is not included in this offer. Please take this voucher with you and present it to the cashier on entry to Rollerworld to qualify for this offer. Normal Ipswich24 and Rollerworld Terms and Conditions apply available on request. Photocopies will not be accepted.

IP24

What's On

Celebrating Historic Connections with America

Throughout the summer Ipswich is commemorating its historic associations with America. A number of special events have been planned for this, the 400th Anniversary of the founding of Jamestown, the first permanent English speaking colony in the "New World" in May 1607- thirteen years before the Founding Fathers on the *Mayflower*.

Many of the original settlers were from Suffolk and the Captains were local men - Bartholomew Gosnold, of Otley near Ipswich was Captain of the "*Godspeed*" and John Sicklemore (aka Ratcliffe) from Ipswich was captain of the "*Discovery*". The third ship "*Susan Constant*" was captained by Christopher Newport of Harwich.

Eagerly awaited, as part of the celebrations, is the visit to Ipswich Waterfront of the sailing ship "*Discovery*" - a life size, seaworthy replica which was built in 1984 and has been based in Virginia USA where she has welcomed 9 million visitors.

Discovery will be in Ipswich from the 6th - 13th August. She will be berthed outside the Old Custom House where she will be open to the public, daily, free of charge from 10.00am to 6.00pm. Entertaining tours will give a taste of what life was like on board ship on a long, dangerous uncomfortable journey, and an idea of what made people undertake such an adventure.



Accompanying the *Discovery* will be a maritime exhibition in the Old Custom House.

Ipswich's Blue Badge Tourist Guides will be leading special guided walks - "Gosnolds Ipswich" - from the *Discovery*, through the town, which includes buildings which would have been familiar to the settlers 400 years ago. The walks will end at Christchurch Mansion - a stunning Tudor house and art gallery in the town.

Christchurch Mansion is hosting a "Gosnold and the Founding Fathers Exhibition", which runs until October. As well as a house with the ambience of the period, the exhibition will feature period room settings, ceramics, furniture and weapons of the type used by the Jamestown settlers as well as Gosnold family portraits and a video presentation of the Jamestown story.

"Ipswich and the New World" Day

Tying all these together a special one off "Ipswich and the New World" day has been arranged which will explore Ipswich's history with America. Blue Badge Tourist Guide, Margaret Hancock, will be leading the day which will include a tour of the Mansion, a guided walk, a tour of the *Discovery* and a river cruise on the Orwell Lady.

Full details are available from: Ipswich Tourist Information Centre, St. Stephens Church, St. Stephens Lane, Ipswich. Telephone 01473 258070. Email: tourist@ipswich.gov.uk

Summer Garden Party

Suffolk Artists are holding their first Summer Garden Party on Sunday 19th August. A charity event to raise awareness and funds for "The Waterfront Community" project while raising awareness of the local musicians performing on the day. The venue is The Bell, 129 Main Rd, Kesgrave, Suffolk from 12 midday until 11pm. The day will feature performances by 18 local acts, plus BBQ, 2 bars, ICR FM Presenters will be there to record some of the action and interview some of the local musicians.

From 12 midday - 6pm there will be other attractions including stalls, ice-cream, candyfloss, popcorn, sweets, wholefoods, jewellery, Reiki & Indian head massage taster sessions, tarot reading, bouncy castle, CD sales. Entrance is FREE!

DO ANY OF THESE APPLY TO YOU?

Still living at home?

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the King's Money!

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information on how to unlock
this fabulous earning potential

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Motorcycle Run aids Hospice

On the 26th August 2007 the Milestone Public House, Woodbridge Road, Ipswich will be hosting a bike run and then a bike show

to raise money for the Ipswich Childrens Hospice.

Whatever size bike or type of bike you ride you are invited to take part or if you haven't got a bike then just come along for a look.

At 10am there will be a bike run leaving the Milestone PH, this will be a mystery tour as Black Shuck M.C.C. are organising it. *I don't think they know where they are going and they are bound to get lost!*

At 12pm it's all back to the Milestone for the bike show, there are trophies for best streetfighter, classic, sports, trikes, custom bikes, and best decorated. So please come and enter your bike whatever it is. There will be a live band playing in the evening called "Stiff in the Morning!" and other music throughout the day provided by Frankie. Naturally there will also be some fine falling over water (Real Ale) and food on sale.

Details can be found on the Black Shuck web site on the events page www.blackshuck.org.uk by calling 01473 252425 and at the milestone website www.milestone.co.uk.





KESGRAVE MUSIC FESTIVAL

IN MEMORY OF KATE MOYES

This year's Kesgrave Music Festival takes place on Saturday 4th August 2007, once more at the Kesgrave Community Centre Fields from 12 noon in aid of St Elizabeth Hospice. Last year's event was a great success and the organising committee and St Elizabeth Hospice raised an amazing £12,500 through ticket sales, events and donations from local businesses. The festival is organised in memory of Kate Moyes, who lived in Kesgrave and passed away in August 2005 after a spell in the hospice. This year the festival can go ahead thanks to the kind donations from local businesses, fundraising events organised by the committee and generous contributions from residents. This means that every penny of every ticket sold goes directly to the hospice. As with last year there will be entertainment for all the family ranging from face painting & story tellers to bouncy castles and bucking broncos. All the bands will be donating their time and effort for free which is even more impressive this year as there will be 22 live acts appearing across both main stages and in the 'Live Lounge'. Acoustic acts will be performing in the community centre main hall where the

committee have created a relaxing lounge atmosphere where festival goers can kick back & enjoy the cream of Suffolk's live entertainers. The main arena will once again be on the community centre field and play host to the main stages plus a funfair, stalls & food court, including the beer tent. Tickets, £5.00 for adults with under 15's free, are now on sale from the Kesgrave Music Festival website (www.kesgravemusicfestival.com), the Kesgrave Bell and St. Elizabeth Hospice and charity outlets. This year you can buy 4 tickets for the price of 3 from the website and as an extra incentive to buy your tickets early, if you wear your ticket on the Route 66 bus you will get child concession



an annual event, always in memory of Kate. It was absolutely fantastic and we had a great turn out on the day. We always hoped it would be a family day for the local community and were pleased to see so many people of all ages enjoying the music and entertainment."



On the Main Stages...

- 12.00 pm - The Shifty Eyes
- 1.00 pm - Caution Horses
- 2.00 pm - Hayze
- 3.00 pm - Soul'd Out
- 4.00 pm - Bru Cru
- 5.00 pm - Titian Red
- 6.00 pm - The Bronsons
- 7.00 pm - Shattered
- 8.00 pm - Mohawk
- 9.00 pm - The NovaSouls
- 10.00 pm - UB4T - Headliners



In the 'Live Lounge'...

- 12.15 pm - Destiny Awaits
- 1.00 pm - IrieJ
- 2.00 pm - Wendy Guevara
- 2.40 pm - White Water
- 3.30 pm - Gary Morling
- 4.30 pm - Versatility
- 5.30 pm - Debs Warren
- 6.30 pm - A Flight to Remember
- 7.15 pm - Louisa Gaylard
- 8.00 pm - Al Lindsay
- 9.00 pm - Belinda Gillett
- 9.45 pm - Cooper

prices on the day. Debbie McCallum, event co-ordinator, said "We were so overwhelmed by how successful the day went last year we have decided to make this

**PRIZE
COMPETITION**

Tent Appeal

or How to Survive The British Summer

Summer means festival season, and long, glorious weekends of music, mayhem and erm, mud! With countless events taking place around the UK this summer, from the legendary Glastonbury to the local Kesgrave Music Festival, there's no end of opportunities to see the best in homegrown and international acts, as well as making your home in acres of muddy fields. But the hassle of pitching a tent can take up valuable music and beer appreciating time according to Gelert, so quick-pitch tents are the ideal way to get from the car to the bar in minutes!

Although the onstage entertainment is guaranteed to be amazing, the notorious British weather isn't - and just as predictable as Pete Doherty being arrested, is the rain, which can quickly turn your new home into a mud bath. Living on a campsite with hundreds of thousands of festival goers is a fun but uncomfortable experience - starting with getting those tricky tents erected. So don't waste time battling tent poles in torrential rain, make sure you are prepared with everything you need for a truly memorable, and enjoyable, festival experience.

— COMPETITION —

To get the most out of your summer festival experience, enter this competition to win a Gilbert Festival Survival Kit, including a polycarbonate drinking bottle, torch, folding cutlery set and an emergency poncho.

Simply send the answer to the following question, along with your name, address and telephone number to:

Survival Comp, PO Box 774, Ipswich IP1 9FW
to reach us by 22nd August.

Usual competition rules apply.

The main stage at Glastonbury Festival is called what?

- (a) Square; (b) Pyramid; (c) Circle

Jazz.....

Sunday August 19th

Polly Gibbons Quartet

Ipswich Jazz Club, The California Club, Foxhall Rd, offers a chance to hear Suffolk's newest jazz star in optimum surroundings. Polly Gibbons is 22 years old and already making waves on the national scene as a singer/songwriter culminating in her recent nomination for a BBC Jazz Award. Polly grew up on a farm near Framlingham, at five she co-wrote her first song, which was selected from thousands to be recorded at Air Studios in London.



Jazz at The Brook

Two local fundraisers have come together to plan an event for charity. Jacqueline Cumiskey formerly of East Suffolk Theatre Amateur Awards (ESTAA's) and Jean Potter who has worked for East Suffolk Mind and St Elizabeth Hospice are planning a Charity Night 'Jazz at the Brook' on Friday 31 August at The Brook Hotel, Orwell Road, Felixstowe 7.30 to 11.45 pm. Featuring live Traditional Jazz with the fantastic 'Jazz Expressions' tickets price £12.50 including barbecue supper are available from box office tel 01473 723409/ text 07793009483, The Brook Hotel or The Jewellery Box, Orwell Road, Felixstowe, or by post from Jean Potter, 64 Chilton Road, Ipswich IP3 8NZ. Please make all cheques payable to Charity Jazz Night. The charities which will benefit are St Felix Home for the Blind and Visually Impaired in Felixstowe and The Pathway Club in Woodbridge. St Felix Home was under threat of closure in March 2006, and the local community in Felixstowe took it upon themselves to save this wonderful service. The Pathway Club meets weekly on Friday mornings in Woodbridge town centre. The programme changes each month and is planned and organised by the members and a committee of volunteers. Whilst the general atmosphere is cheerful and light-hearted the members and organisers pride themselves on their willingness to listen and to offer confidential support to anyone experiencing sadness or personal problems. This club too was under threat of closure earlier in the year due to cuts, but has obtained a Suffolk Single Gateway grant to help initially, and needs further funding to make it secure for future users.

Bratz are Back!

AND BETTER
THAN EVER

Bratz are back and this time better than ever. Following the sell-out success of their April 07 UK arena tour playing to over 100,000 people this time the happenin' girls spread their wings to reach even more UK venues.

The Bratz think the UK is super cool - so much so, this is where they launched their first ever live concert performance earlier this year.

Traveling the world playing to fans has had the foursome cruisin' to some amazing places but none more so than the UK - and that's why they're back.

But the Bratz girls don't travel alone. The coolest concert you'll ever see also features their dazzlin' dancers who's job is not just to



add glamour and sparkle to the awesome show. They also show the audience how to pull wicked dance moves so they can dance along with their fave Bratz girl.

And if the blazin' dancing and full pop concert production doesn't grab you, just wait 'til you get a hit of the best music you'll hear featuring the Bratz favourite tracks - you'll be singing along before you know it whilst dancing to the Bratz unique groove.

Let's not forget the Bratz stormin' passion for fashion. The girls have been checkin' out the

latest styles with so many outfit changes that a separate truck follows the girls on tour packed with the hottest looks!

Dazzlin' dances, slick songs, fabulous fashion and the Bratz own live band promise to make your City the most happenin' in the UK.

*Regent Theatre, Tuesday 13th November.
Tickets: Adults £16.50, Children £14.00,
Family Tickets £48.00 (four tickets)
Show Time: 4.30pm & 6.30pm. All seated.*

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SCHOOLS WILL ROCK YOU!

*The Spa Pavilion Summer
Youth Project 2007*

'Schools will Rock You' is a new and unique initiative launched by Queen and Ben Elton and producers of the world wide hit west end show We Will Rock You. Schools and amateur groups are able develop and stage their own version of the show.

The show is set in the Future in a Ga Ga place called 'Planet Mall' where globalisation is complete and commercial conformity reigns in a corporation called 'Global soft'. All the kids watch the same movies, wear the same fashions and have the same thoughts. Musical instruments are banned and everything is downloaded from the internet. An underground group of rebels want to restore freedom and unlock the power of rock. Songs featured include, Radio Ga Ga, I Want to Break Free, Somebody to Love, Killer Queen and many more.

There was an overwhelming response from applicants to audition for a part in this year's Summer Youth Project- 'Schools Will Rock You' - at The Spa Pavilion Theatre this August. The project runs from Sunday 5th to Saturday 18th August. (Performances: Wed 15th - Sat 18th August)

NEW SEASON at The NEW WOLSEY

The Wolsey Theatre building refurbishment, started three summers ago, is now complete and the building can now offer accessibility from the ground floor to the upper level by lift and toilets on the upper level as well. The new Café Bar and Terrace are an ideal place to meet either before a performance or for a lunchtime or evening snack meal or drink.

The Theatre recently announced it's 2007/2008 Autumn/Winter Programme, a varied and diverse mix to keep everyone entertained throughout the forthcoming dark nights.

Highlights include: **BLUES IN THE NIGHT** a dynamic compilation of 26 hot and sultry numbers, a tremendous success on Broadway and in the Wet End. Performances are from Friday 7th to Saturday 29th September.

STAND-UP SUNDAY features the return of Jamaican-born Tony 'Paleface' Hendriks on Sunday 7th October.

The Rock 'n' Roll Panto this year is **Beauty and the Beast** which runs from Thursday 29th November thru Saturday 26th January. Seasonal entertainment with all the trimmings, jokes, slapstick and lashings of audience participation, spiced with classic hit songs including *Hot Stuff*, *Dancin' in the Moonlight*, *Keep on Running*, *Let Me Entertain You* and many, many more. This is one of the Wolsey's most popular events of the year and therefore booking is wise!

The Bard in the Forest

August wouldn't be the same without an open-air performance from Ipswich-based Red Rose Chain Theatre Company. Following their highly successful 2006 production of *A Midsummer Night's Dream*, next month the team will be presenting *Hamlet*, one of William Shakespeare's best-loved and most-quoted plays, at the Rendlesham Forest Centre near Woodbridge. This will be Red Rose Chain's eighth annual visit to Rendlesham Forest and the theatre company are

hoping to beat last year's recording-breaking audience figure of over 6,000. Red Rose Chain's popular theatre-in-the-forest productions started as a one-off event in the year 2000 attracting just 600 people.

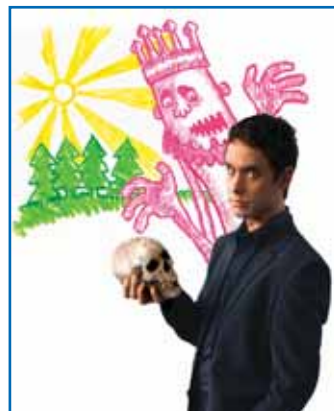
This year *Hamlet* will run for 15 performances (between Wednesday August 8th - Sunday 26th August) making it Suffolk's biggest outdoor theatre event. Referring the famous London open-air theatre event, Red Rose Chain director Joanna Carrick says her aim is to 'create *Regent's Park in Rendlesham Forest*'.

Red Rose Chain's annual open-air drama event is popular with local campers - owners of the Rendlesham Forest campsite say

holiday-makers often book their visit to Suffolk to coincide with Red Rose Chain's summer production. With a reputation for staging gripping theatre 'just as Shakespeare intended', Red Rose Chain expect to welcome around 7000 people to this year's production of *Hamlet*.

Theatre-style seating is available but there is also room for audiences to bring their own chairs, blankets and picnics for that authentic open-air theatre atmosphere. Full of amazing props and original music this will be a fast-paced, action-packed show suitable for all ages. Red Rose Chain have joined forces with Suffolk County Council to provide a subsidised Friday night bus service to and from Ipswich and

Woodbridge. For more details on how to book bus and theatre tickets contact the box office on 01473 288886.



16 July - 10 August 2007
 St Nicholas Centre, Ipswich

The voices of the 18th century slave trade will be brought to life in the heart of Ipswich, as the St Nicholas Centre hosts a national touring exhibition, *Dark Heritage*. The four-week run is part of the national commemoration of the 200th anniversary of the Abolition of the Slave Trade. Installed in a large tent sealed off from the daylight, the centre piece of the *Dark Heritage* exhibition is a powerful and dramatic three-dimensional soundscape, *The DARK*. In the *Dark* your eyes are no use to you. Instead, you will need to rely on your ears, your imagination and your courage to navigate your way through the powerful story it tells. *Dark Heritage* is supported by specially created educational activities and workshops.

Free Event - Performances 20 minutes long.
 Bookable Drama Workshops for Family and Community Groups - 2 hours long.

Find out more at
www.beearts.org.uk/darkheritage/workshop.html
 Book workshops by calling Lisa Lock on 01473 298 551.

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An Evening with Mia Dolan

Mia Dolan, of ITV's *haunted homes* is one of the UK's most eminent and extraordinary psychics whose work has taken her from private readings to 'ghost busting' psychic demonstrations in front of hundreds of people. Her abilities have made her one of the most sought after psychics

in the country. Mia will be presenting a two-hour evening of clairvoyance to demonstrate her unique gift. She will also talk about her television work and the journey she has undertaken on her psychic path. Spa Pavilion Felixstowe, Friday 24th August, 7.30pm

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OnScreen



Pierce Brosnan, (left), stars in **Seraphim Falls**. In the 1860s, five men have been tracking a sixth across Nevada for more than two weeks. They shoot and wound him, but he gets away. They pursue, led by the dour Carver, who will pay them each \$1 a day once he's captured. The hunted is Gideon, resourceful, skilled with a knife.



Waitress (above)

Jenna is unhappily married, squirreling away money, and hoping to win a pie-baking contest so, with the prize money, she'll have enough cash to leave her husband Earl. She finds herself pregnant, which throws her plans awry. She bakes phenomenal pies at Joe's diner, listens to old Joe's wisdom, tolerates her sour boss Cal, is friends with Dawn and Becky (her fellow waitresses), and finds a mutual attraction with the new doctor in town.



Two Days in Paris

Two Days in Paris follows the relationship of a New York based couple; a French photographer, Marion, and an American interior designer, Jack during their two days stay in Paris. But nothing goes quite as expected, not least because of the combination of Marion's overbearing non-English speaking parents and flirtatious ex-boyfriends'...

License to Wed follows newly engaged Ben Murphy (John Krasinski) and his fiancée, Sadie Jones (Mandy Moore), who have always dreamed of getting married in a traditional wedding at her family church. The problem is St. Augustine's only has one wedding slot available in the next two years, and its charismatic pastor, Reverend Frank (Robin Williams), won't bless Ben and Sadie's union until they pass his patented, foolproof marriage-prep course.



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Homer accidentally causes a radioactive leak from the Nuclear Power Plant into the river, is Springfield condemned forever? Can the inhabitants of the quirky town ever return? Springfield's usual characters all turn up in the first ever movie length version of the hit tv show.

New Cinema Experience comes to Ipswich

The Hollywood Film Theatre in the Corn Exchange

East Anglia's largest independent cinema exhibitor, Hollywood Cinemas operate 7 cinemas totalling 23 screens across Norfolk and Suffolk and they are now responsible for running the former Ipswich Film Theatre at the Corn Exchange.



Managing director, Trevor Wicks, has 28 years of experience within the cinema exhibition industry and founded Hollywood Cinemas in 1989. Hollywood's success has largely been attributed to offering a quality experience, choice and diversity of film product - all at very good value.

The new cinema opens on Thursday 26th July with special advance screenings of THE SIMPSONS MOVIE followed by an opening programme

on Friday 27th July of: LA VIE EN ROSE, THE FLYING SCOTSMAN, CASABLANCA (U) and THE SIMPSONS MOVIE.

Hollywood Film Theatre will offer the best in world cinema and family entertainment.



Molliere



Becoming Jane



They already plan major refurbishments which will include: Dolby Digital Sound, new seating and refurbishment both of the cinemas and box office.

Prices will be reduced from the existing Ipswich Film Theatre with Adults being £5.20, concessions/Gold Card Holders £3.99 and Senior Shows £3.

In 2004 Hollywood Cinemas successfully hosted the Great Yarmouth Film Festival in partnership with Great Yarmouth Borough Council. The successful festival included a spectacular range of films, childrens' animation workshops, a screen-writing festival, film and TV collectors' fair and film premieres with celebrity guests including Jack Cardiff OBE.

They hope to bring Ipswich it's first Film Festival in September 2008.

Future films will include: MOLLIERE; GOLDEN DOOR; SEVENTH SEAL; TEN CANOES; HENRY V; CASABLANCA.

In September they will be launching Bollywood films every Sunday, Senior Shows every Thursday morning at 11am starting with BECOMING JANE (PG) and on Monday 24th September at 8pm a special cultural event screening THE FINEST HOUR by Humphery Jennings - who was born in Walberswick and considered to be the finest British documentary director. These four short films portray everyday life in war and peacetime Britain and remain an inspiration to countless modern film-makers.

Trevor Wicks' says "We look forward to entertaining the Ipswich public and appreciate the opportunity to work with Ipswich Borough Council."

You can contact the Box Office on 01473 222338.

24 hour Information line - 0173 232666

About Town NICK MORRELL



What a busy month we had in July!

Everything from Open Air Cinema screenings to School Fetes, we were there, and the weather was reasonably kind to us at most of the events that Town attended.

Well done to Dave James and the Cheeky Monkey for doing the abseil down the side of Ipswich Hospital. Much braver than me! I would never have done that!



Dave James and Cheeky Monkey before their abseil

Anyway, by the time you're reading this, I will have escaped the damp summer and I'll be sunning myself in Florida!

I haven't been to the States for years, so I'm really looking forward to it and I've stocked up on books and travel games to keep me occupied during the long flight and I'm sure lots of holiday snaps will be finding their way onto the website when I get back.



Down, Down... Dave James was certainly not singing during his abseil

Town 102 will be out and about throughout August and I'm looking forward to Felixstowe Carnival.

We'll be there on the Saturday and Sunday (11th and 12th) and there will be some fantastic live music and entertainment.

It's been a great summer for live music and August is when you'll find me dusting down the tent and camping out at the V Festival in Chelmsford.

June and I go every year and we have a great time and with acts like Foo Fighters, The Killers and Pink playing this year, it's going to be a lot of fun.

Puppy update then!

Emmy is getting bigger and training is going well, although there are still a few presents left on the carpet!

She's proving a big hit with the listeners and I've taken her along to a few events. I reckon, soon she'll be the most well known character on the radio station and making public appearances on her own!

That's it from me for another month. Don't forget to get those Town 102 stickers in your car, as we are spotting stickers all the time and you could win free petrol if we read your car number plate out on the air!

Have a great August and let's hope that hot summer finally arrives!



Nick Morrell is on Town102
Mon-Friday 6-10am
Saturday 8-10am

Paul loses weight and Stops Snoring!!

Paul Turner of Ipswich that attends Slimming World classes at the Conservative Club in Ipswich on a Thursday evening. Paul was the man of the year for that class. Paul works for the Ipswich Hospital ambulances and started with the class at the end of January 2007. He has lost 2 stone 7lbs. Paul achieved this in just 14 weeks.

Paul said his weight has affected his work as his job is quite physical, he often has to climb stairs and he was finding that this was making him very short of breath. Now because of his weight loss he has no problem running upstairs! He also feels much healthier and fitter, he says his hobbies are karate and fishing and he intends to take more exercise now by swimming and the gym.

"My wife says I no longer snore when I am asleep and that must be a relief for her!!"

I was looking at my daughters wedding photos and that made me decide that I must lose some weight. I am now very happy with the way I feel and how I look.

I have enjoyed eating the Slimming World healthy eating plan. I found that having mostly green days worked for me. I have loads to eat, lots of pasta and rice meals. I also love my roast dinners with lots of vegetables.

I am certainly more aware of what I eat now. I will always eat healthily as Slimming world changes the way you think about food and plus I feel great!

I have had lots of support from my wife Donna and she

has also lost a lot of weight. My children aged from 12 years to 20 have also been brilliant and very supportive. They are all so proud of what I have achieved.

The members of the class were also all behind me and it is so encouraging to have the class support. Everyone is there for the same reason, to loose weight and become more healthier.

For more information about how Slimming World can help you, contact Liz on 01473 728380.



Stretch and Relax

with Sarah Partridge BWY Dip

A quick and easy way to aid relaxation. Practice in those moments when your body needs to recharge, or when you feel panic beginning to set in.

The following exercise will take ten minutes. It should leave you feeling calm, re-energised and ready to return to whatever life is asking of you. It can also be a useful 'skill' to develop, especially if you are prone to anxiety or panic attacks.



Ideally, take yourself away for the bustle of everyday life - into a quieter part of your house or workplace (some people tell me they regularly 'take ten' locked in a toilet cubicle).

Remove your shoes. Stretch out your toes, broaden the base of your feet, flex your feet. Hold for a few moments and really feel the tightness in your feet. Then consciously release the stretch and feel the relaxation flow into your feet. Repeat twice.

Now become aware of your lower legs and flex your calf muscles from your knee joints. Hold, release and repeat. Continue with your upper legs and hips. Then stretch and relax both feet and legs together.

Gently flex your spine first backwards, notice both the front and the back of your body feeling tight, then release and relax. Repeat by drawing your tummy area backwards and flexing your spine and shoulders forward. Hold, release and relax, then repeat.

By now you will have got the idea. Gradually work you way into your fingers, hands, wrists, then lower

arms and elbows, upper arms and shoulders. If you find any area needs more attention, then spend more time with that body part.

Wend your way up your neck and the back of your head. Work your way through your forehead, around your eyes, nose, cheeks and mouth, stretching, holding, releasing and relaxing as you go. When you have completed your whole body, pause and enjoy this relaxed stillness for a few minutes. Breathe deeply and really appreciate how your body feels.

To complete your 'stretch and relax' session draw your awareness back down into your feet and replace your shoes.

Practice for ten minutes on a daily basis and you will soon notice the difference. You should feel calmer, energised, more in control and better able to cope with the demands of daily life.



Once you have built up confidence with the technique, you will be able to use it to prevent panic setting in. Remember to practice regularly. That way relaxation can become an easy and enjoyable habit.

This technique can be practiced safely on your own. However, if you would prefer to learn in a class situation, come and experience a 'taster session'. To find out more, phone 01473-658193 or visit www.livelifelighty.co.uk.

Sarah Partridge Dip BWY teaches a gentle and relaxing form of Yoga at several places in Ipswich. New courses starting beginning of September

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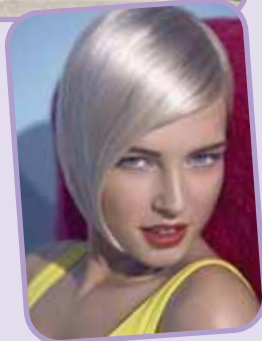
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You will also be given easy-to-follow advice on how to care for your style between salon visits.

Remember to ask the creative team about hair care, promotions and special events.

Dawn Elizabeth is featured in The Covent Garden Spotlight book of contacts, a directory used by celebrities from TV, Film and Theatre when choosing stylists - so maybe you will meet someone famous when you visit.

The salon is open Monday to Friday 8am - 7pm and Saturday 8am-5pm. To book an appointment telephone 01473 213141.

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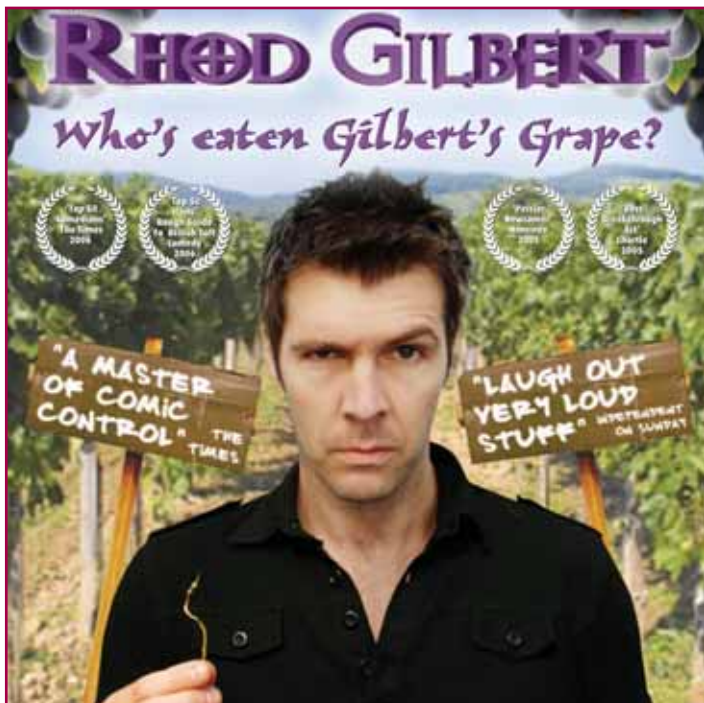
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Wessex

The Comedy Store comes to Ipswich



Ipswich based Jokers Comedy Club have struck a deal with the artist management arm of The Comedy Store, to host a show for comedian Rhod Gilbert on his forthcoming national tour. Jokers have the privilege of being the first night on the tour.

Rhod will be performing his Edinburgh Festival Show, "Who's Eaten Gilbert's Grape", at the Manor Ballroom in Ipswich on Sunday 16th September.

Darren Cook of Jokers said "We're really chuffed to be working with the likes of The Comedy Store, and we hope it's the first of many solo shows that we bring to Ipswich, in addition to our normal events on the first Sunday of each month".

As well as Rhod's hour long show, there will be a 30 minute support act and a compere for the evening.

Tickets, which are £9 (plus 10% booking fee) in advance, are available online via www.jokerscomedyclub.co.uk. Capacity is strictly limited, and seats will be allocated on their usual 'the sooner you buy, the nearer the front you sit' basis.

Jokers is at The Manor Ballroom, Woodbridge Road, Sunday 16th September.

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Summer Fun

At Colchester & Ipswich Museums
this Summer



**Make Your Own
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Christchurch Mansion
Wed 1st Aug – Fri 3rd Aug

Step back in history and explore the Victorian pastime of silhouette making at Christchurch Mansion this summer. You can have fun and dress up as a Victorian lady or gentleman to create a portrait of yourself. Once you have finished your masterpiece you can mount it in a frame and take it home as a memento of your special day.

Booked sessions at 11am, 12pm, 1pm, 2:30pm & 3:30pm

Free admission to the museum but sessions are

£1.50 per person

Book through Christchurch Mansion on 01473 433554

Sorry we cannot take bookings for large groups

ANIMALS GO LIVE!



Tuesday 14th - Saturday 18th August

Ipswich Museum
High Street

A unique, hands-on chance to get up close and personal with the creatures we share our world with.

Owl Show - Tue 14th & Wed 15th August

Meet some owls and see these beautiful birds of prey free flying—marvel at their grace!

Set sessions: 12pm, 1.30pm and 3pm

Big Bugs - Thu 16th August

Don't miss your chance to get closer to some unusual and fabulous big bugs. Drop -in

Amazing Creatures - Fri 17th August

Get closer to many amazing reptiles and amphibians Drop -in

Snakes - Sat 18th August

Find out more about the fascinating world of snakes and get closer to some real life slithery friends. Drop -in

Free admission to the museum but sessions are £1.50 per person, from 11.30am each day. Last admission at 3.45pm

To find out more about these events call 01473 433554



Colchester



Want to find out what else is coming up at Colchester and Ipswich museums this summer? Then why not join our events mailing list! Call 01206 282938 and join the list today.

To find out more go to
www.colchestermuseums.org.uk

Colchester and Ipswich Museum services have recently merged. Our vision is to create a museum service that will be a source of pride, inspiration and fun.