

# IPSWICH 24

**JUNE 2007**

**inside:  
GREAT PRIZES  
TO BE WON**

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CAMERON  
DIAZ**

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## IP-ART 07 PREVIEW

## EVENTS LISTINGS FOR IPSWICH

What's Happening In and  
Around Ipswich this June

## ON STAGE

## MOVIES

What's New at the Flix

## GIG GUIDE

## COMPETITIONS

## PULSE FRINGE



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**PRIZE  
COMPETITION**

When the Friday feeling spreads around the office, it can be difficult to focus on work. Because while you're no doubt relieved that the week is almost over, talk of everybody's weekend plans can take your mind off the job.

But according to Caboodle, around a third of office workers who have worked from home find it much more productive than being in the office. With a third of people wishing they could work remotely for between one and three days a week, a home-based office seems to be an increasingly popular option. But before you entertain the idea of completing those reports in your pyjamas, you'll need to ensure you've created a proper working environment. To help you create the right environment we have teamed up with Caboodle to ensure you'll be fully equipped to tackle a solid day's work, without any distractions and have all the right stationery tools. The Caboodle Home Work Prize Pack, contains a desk tidy, hole punch, stapler, and a selection of stationery items.

— **COMPETITION** —

All you have to do is answer the following question:

**Who sang "9 to 5" a) Tammy Wynette b) Dolly Parton c) Garth Brooks**

Send your answer along with your name, address and telephone number to: **OFFICE COMP, Ipswich24, PO Box 774, Ipswich IP1 9FW** to reach us by 30th June, 2007. Usual Ipswich24 competition rules apply.



**caboodle**  
for all your office needs

**PRIZE  
COMPETITION**



# Taste of Summer

Summer is just around the corner and all of a sudden 'al fresco' dining seems to be the only way of eating. Barbecues are one of the real pleasures of the warmer months, with chargrilled food somehow tasting great when it's eaten outside!

It's simple to rustle something up, take some fresh salad a French stick, and of course some meat or vegetables to cook on the barbie, and to give it that authentic taste make sure you have some BBQ sauce.

Ipswich24 have teamed up with Heinz to offer the winner of our Taste of Summer Competition a year's supply of Heinz BBQ Sauce and a chef's apron so that you can really look the part this summer.

**COMPETITION**

Q. What does 'al fresco' mean?

a. Outside; b. Inside; c. Under cover

Send your answer plus your name, address and daytime telephone number to:

**Taste of Summer, Ipswich24, PO Box 774, Ipswich IP1 9FW to arrive by 30th June.**

*Usual Ipswich24 competition rules apply.*



*Illustrated summer accessories available from 'NEXT':  
Turquoise Marbella garden set, £80.00; Four person picnic hamper £45.00; Set of 2 Brown Metal Lanterns £12.00*



- NO ARTIFICIAL FLAVOURS
- NO COLOURINGS
- NO PRESERVATIVES

# INSIDE THIS MONTH

# JUNE

## Star Chat

We speak to Cameron Diaz the voice of Princess Fiona in the animated movie "Shrek the Third" which hits the big screens this month.



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## Ipswich Events

The June Gig Guide is on page 9 and on pages 12 & 13 you will find our Events Listings telling you literally everything that's happening in and around town in June.

9,12&13

## Competitions

Ipswich24 continues it's reputation for great prizes and great competitions. Look out for the "Prize Competition" flashes throughout the magazine.

Front Cover Picture: Kinetika, Carnival costume design workshops -Design: Korak Josh - Photo: Marcella Haddad



## Ip-Art

Review of the annual arts event.

10-11

## On Stage

Led Zep, Raymond Froggatt, M People, Elvis and more.

14-16

## Nick Morrell

Town102's breakfast jock on the joys of house-training a puppy.



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## Hardware

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

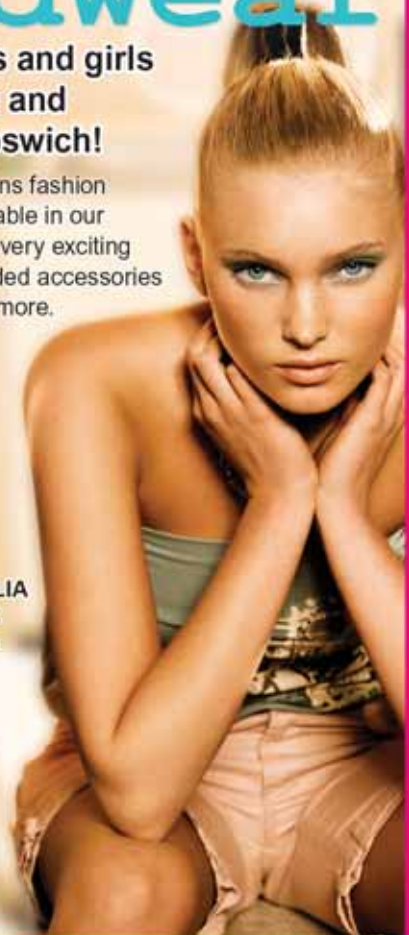
The summer 2007 womens fashion collections are now available in our Ipswich store, with some very exciting new additions, an expanded accessories and jewellery range and more.

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By Email to [info@ipswich24.co.uk](mailto:info@ipswich24.co.uk)  
PO Box 774, Ipswich, Suffolk IP1 9FW.

Tel: 01473 720212

We are just days away from the Ladies Driving Challenge ... but there is still time for you to enter, it's going to be a great day out for both participants and spectators alike. The Ipswich24 Team will be there - we will be easily recognisable - so do come up and say hello!

## Ladies Driving Challenge 9th & 10th June

- Limited places left
- Many ladies taking part for 3rd or 4th time
- Many new vehicles in this years event
- 10th year looking to be the biggest and best one ever!



## Abseil 7th & 8th July

- Limited places available on both days
- Ages from 12 to 74 booked to take part

At both events, there will be live broadcasts, certificates and activity discount vouchers for all participants. As well as the opportunity to win special prizes, kindly donated by some of our many supporters.

For further details and application forms see [www.mega-uk.com](http://www.mega-uk.com) under Fundraising or by contacting the Main Event Group Activities office on 08707 661100 or email [info@mega-uk.com](mailto:info@mega-uk.com).

**Solar BOWL**

**Late Bowling**  
Sunday to Thursday from 9pm  
Friday & Saturday from 10pm  
3 Games of Bowling and a choice of any single draught product from the bar  
Terms and conditions & normal licensing laws apply

**Glow Bowl**  
Bowl in the Dark  
**£12** per lane per hour  
**£20** per lane per 2 hours  
Monday to Friday 4pm-6pm  
(Must have at least 1 person under 15 per lane)

**Sproughton Road • Ipswich**  
**Tel: 01473 241242**

# LE MANS 24 HOUR CHALLENGE

— 16th-17th JUNE —



LE MANS 24

PRIZE COMPETITION

On 16 June, the world's most famous endurance race gets underway. And if you thought Le Mans 24 Hours was just any old race, you'd be wrong.

As the name suggests, the stamina of drivers, cars and their tyres are put to the test on the demanding eight-mile La Sarthe circuit in France. Last year a new record was set, with Michelin clocking up its ninth consecutive win as a tyre manufacturer. So what surprises will the 2007 event bring? Endurance racing tests the limits of tyre performance over long periods of time, and over more than 3,000 miles in the case of the Le Mans 24 Hours. That means tyre durability and low rolling resistance are critical to success, as the pitstops for tyre changes and refuelling must be kept to a minimum. Last year saw a diesel powered Audi take the victory, but with 41 teams from 13 countries entered for 2007, the event is wide open. Make sure you don't miss the drama as the surviving cars race for the finish line, which they must cross after 24 hours to be classified.

### — COMPETITION —

You can enjoy the best of Le Mans 24 Hours with a Great Michelin Prize Pack, containing a Michelin rucksack and other branded goodies including a polo shirt, cap, pen, key ring, soft toy and a Le Mans DVD. All you have to do is answer the following question:

**Where is Le Mans? a) Monaco b) France c) Belgium**

Send your answer along with your name, address and telephone number to: **LE MANS, Ipswich24, PO Box 774, Ipswich IP1 9FW** to reach us by 30th June, 2007. Usual Ipswich24 competition rules apply.



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# Don't Dream It, Live It



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Are you looking to make a sound investment?

## What is your favourite Tuscany?



### The Art of Historical Cities

### The Breathtaking Countryside

### The Crystal Clear Sea

### Medieval Hamlets

### Nature and Wellness

### Sports and Health

Living in Tuscany is an unforgettable experience. Art, history and natural beauty blend into magical landscapes.

From tiny hamlets to rural areas, from heritage to fine food and wine, everything conjures up to make Tuscany a truly unique land.

Despite being a rather large region, Tuscany answers every tourist's expectations by offering a diversity of holidays, only a short journey away.

The seaside, for those who cannot go without a swim in blue, crystal clear waters. The countryside for those seeking relaxation and tranquillity among green hills and scented woodlands.

Cities of art for those who love immersing themselves in the history, culture and emotions of the regions glorious past. The mountains, in winter and summer, for keen skiers or dedicated hikers.

This magical combination of landscape and tradition, nature and man creation, has roots in the past and has now become a lifestyle in its own right, that "Tuscan way of life" of worldwide fame, that makes this land so special.

New developments and refurbishments are carried out by local architects and interior designers, specialised in recreating or refurbishing the original features by using reclaimed materials.

Local craftsmen carry out the works, employing skills and techniques passed down over the centuries to maintain the true Tuscan style.

SMC International has a comprehensive portfolio of properties throughout Tuscany, from Chianti's countryside to the panoramic landscape from the hills between Pisa and Volterra, from the houses with majestic views through the watch towers of medieval towns such as San Gimignano, to art cities such as Florence, Siena and Lucca.

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or e-mail [bob@smcinternational.uk.com](mailto:bob@smcinternational.uk.com)

SMC International Homes S.L, Wharfside House, Prentice Road, Stowmarket, Suffolk IP14 1AB



Hardwear Boutique opened in St Peters Street 18 months ago. The Ladies Clothes shop had originally planned to occupy one of the units in the old Martin and Newby building; thus the name Hardwear. A fire destroyed part of the shop, and with large quantities of stock and 5000 carrier bags about to be delivered, Jill and Maureen had to find new premises quickly!

Just a five minute walk from the town centre Hardwear Boutique sell an exciting range of ladies clothes catering for all ages and sizes 8 to 16. At first potential customers got the impression it was a very expensive boutique because of the Victoria Beckham Jeans at over £300 a pair, but once inside they soon found tops from £6.99 and jeans from £29.95. There are outfits for special occasions, weddings etc and there are casual clothes too. Lots of linen and prom and party dresses arriving this week.

It's time for a visit – but don't leave it too long there's only one or two of each design, this guarantees what you buy is that little bit special compared to what you find elsewhere in town.

Telephone: 01473 287 081 Email to:enquiries@hardwearboutique.co.uk



fashionfocus



PULSE 07... just under a month for Ipswich to revel in the newest and sometimes some of the strangest in performing arts. Don't look for names that you read about in "Heat" or see on the tv today! These are the names of tomorrow, not yesterday or today. There's funny, poetic, poignant, beautiful, lyrical and daring... here we preview just a few. 26 days for Ipswich to live and breath art from the heart... *feel the pulse!*



**Story of a Rabbit**

Hoiolloi and the New Wolsey Theatre Ipswich present Hugh Hughes in Story of a Rabbit. When Hugh finds his neighbour's rabbit lying dead in his garden, the only sensible thing to do is to put it in a box. But it doesn't fit. So he opts for a black plastic bin liner. And when he goes to retrieve the body a few days later, the rabbit has completely disappeared. Hugh's presentation is captivating, his piece at the Pulse launch had the audience spell-bound and in stitches.

**ACCIDENTAL DEATH OF A TERRORIST**

*Based on truth, lies and insanity.*

A British lawyer finds himself pitted against the brawn of a military regime 'looking after a suspected terrorist'. A classic 'Catch 22' situation emerges in this highly charged, physical farce.

Sir John Mills Theatre, Fri 8 June.

**THREE WOMEN SING:**

**Pat Whymark:** well established local musician and composer. Lively and inspiring folk.

**Liz Melia:** folk guitarist with an undeniable talent for storytelling.

**Hannah Scott:** highly respected singer songwriter.

*At The Steamboat Tavern, Thurs 21 June*

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**THE TROJAN WHORES**

Three women lives cross on an island where they have each come to escape their pasts. Helen - the whore; Penlope - the submissive wife and Klytemnestra - the harridan. Helen is attempting to escape the ghosts of her past, here no one looks at her. Klytemnestra has drowned her husband and is still reliving the moment. Penelope just wants to tidy and civilise the place. Slowly the women explore their lives and deepest fears.



# What's On

## 23 Engineer Regiment Parade

Woodbridge Town Council has given the Honorary Freedom of Entry to the Town of Woodbridge to the 23 Engineer Regiment based at Rock Barracks.

To celebrate this, the 23 Engineer Regiment will parade through the Town on Friday 29th June 2007 at 2pm, accompanied by a marching Royal Engineer Band.

The parade will start at Woodbridge School, march along Burkitt Road, across Market Hill (where the Town Mayor will take the salute). The parade will then progress down Church Street into Quay Street and will turn right onto Station Road. The parade will fall out at the Community Hall.

## A Man of Vision

Thomas Birch Freeman was born in Twyford, Hampshire, the son of an English mother and a freed African slave. As a teenager he joined the Methodists and became a respected lay preacher, travelling widely. At the age of 21, he became head gardener on the Orwell Park Estate in Ipswich. He married Elizabeth the Estate cook but he lost his position owing to his Methodist activism. He was though, accepted by the Wesleyan Missionary Society. His main mission was to stop slavery at source and in 1837 he

and Elizabeth sailed to the Gold Coast with the intention of converting the fearsome Ashanti tribe. He adapted his ministry to appeal to the local culture and went on to pioneer the Methodist Church there.

*Lunchtime Lecture organised by Ipswich Arts Association, a talk by Del White, at Museum Street Methodist Church, Thursday 14th June 1pm to 1-50pm, Admission Free.*

Contact Secretary 01473 836448  
secretary@ipswich-arts.org.uk  
www.ipswich-arts.org.uk

## Return of Popular Country Fair Wings, Wheels & Steam, Rougham Airfield

June sees the return of the ever popular Wings, Wheels & Steam Country Fair on 23rd and 24th in association with BBC Radio Suffolk.

There will be two show rings with ongoing programmes of events from re-enactments, falconry, classic cars, terrier & lurcher racing to name just a few. BBC broadcasters will be there so you can put faces to those familiar voices. There'll be traditional entertainment for children including including Punch & Judy and Starmers Fairground.

A huge parade of a variety of steam traction engines including a sawing mill in action and a competition in the show ring. Continuing in the country theme will be vintage tractors with accompanying machinery, a long line of stationary engines, horse carriage rides topped with Morris dancing!

Each day will see an hour's air display as well as visiting aircraft.

There will also be a myriad of market stalls, crafts marquee and a carefully selected mix of food stalls, real ale bar and the obligatory English staple ingredient, the tea tent, with music entertainment.

## Architecture Week

Ipswich will once again be participating in National Architecture Week with a series of events taking place from 16th to the 22nd June, including guided walks, building tours and exhibitions. The theme this year is "How Green is our Space". There is also a free draw with prizes which

include framed house plans or the opportunity to take part in a house detectives research workshop. Full details of events from Ipswich Tourist Information Centre, St. Stephens Church, St. Stephens Lane and you can read more and see pictures at [www.ipswich24.co.uk](http://www.ipswich24.co.uk).

### Sutton Hoo Events Edith Pretty Tour & Tea Sunday 10 June, 2 - 4pm

Tour of Sutton Hoo, focussing on the life of Edith Pretty who found the treasure and donated it to the nation. Includes access to Tranmer House (Mrs Pretty's former residence), not normally open to the public. Followed by a cream tea. Price: £8 per person. Booking strongly recommended.

### Summer Solstice Celebration Thursday 21 June, 7pm

Celebrate the Summer solstice at Sutton Hoo. Two-course buffet supper followed by a presentation and unique sunset tour of the burial mounds led by Anglo-Saxon specialist, Dr Sam Newton. Price: £26 per person. Booking essential.

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**THE SPA PAVILION**

## Stairway to Zeppelin

An evening of classic Led Zeppelin, re-creating the legendary Led Zeppelin shows of the Sixties and Seventies.

**Saturday 30th June**  
7.30pm  
Tickets: £14

# Local Bands

## SCENE

### Faraway bands with strange sounding names

There's been some fairly heated debate on the IpswichGigs.co.uk forum recently about the state of the Ipswich music scene. The very fact that things have gotten so heated proves just how passionate so many people are about the musical goings on in this town. One bone of contention has been the perception that promoters that book out of town bands are taking a far greater risk than those that put on only local bands. Whilst this is obviously true, and sometimes promoters (including me) can pay a great deal of money for a band to travel halfway across the country to play to a handful of people the point is that out of

town bands want to play Ipswich, something that should be celebrated. Down at the Steamboat we book bands that wouldn't normally play small venues, and possibly wouldn't play pubs at all. So why do they? The answer is simple, I have heard again and again from bands that travel here that they love playing Ipswich as it's just so friendly and they always feel so well looked after. So this column has become yet another self-congratulatory exercise, so come on Ipswich, pat yourself on the back and buy yourself another drink!



Andrew Culture

[www.knowyourproduct.net](http://www.knowyourproduct.net)  
[www.beatmotel.co.uk](http://www.beatmotel.co.uk)

## KADANCE



Kadence are an RnB/Soul band consisting of 6 members; Claire aka Voxi - Lead Vocals, Matt aka Flix - Lead Guitar,



Prince - Bass Guitar, Ryan aka RJaе - Drums, Stef aka Switch - Keyboards and Tony aka Keyno - Keyboards and Vocals.

Members of Kadence are from various parts of Essex, Suffolk and London, and met whilst studying music at Colchester Institute. As well as Kadence, band members are involved in various other projects including drum n bass, acoustic, rnb solo projects, gospel and Rjaе the drummer also plays for Def Jam signed artist Lady Sovereign.

Formed in January 2006 and performing by March of the same year. In April 2006 Kadence headlined at the Ipswich May Day Festival in Alexandra Park, making history by being the first live band ever to play the Urban Stage. For more details of this event, you can visit the organisers website at [www.missileentertainment.com](http://www.missileentertainment.com).

By May 2006, they were performing alongside Lisa Maffia and Friday's Hill at Colchester Institute's May Ball, this event was a huge success and has helped the band to gain valuable experience. Kadence have recently completed their first demo recording - The Demonstration - which can be heard on either the website or myspace. The demo was recorded, mixed and mastered at MindLoop UK Studios in Islington and was completed in August 2006. All original tracks have been written, arranged and produced by the band.

More details of the band can be found at:  
[www.kadenceonline.co.uk](http://www.kadenceonline.co.uk)  
[www.myspace.com/thisiskadence](http://www.myspace.com/thisiskadence)

## Stow Fest

One of the biggest live music events to be held in Stowmarket is taking place this month. The best in local music will be performing on Sunday 10th of June for StowFest - a free music festival on the Recreation Ground that is hoped could become an annual event.

The local community will also benefit, with any proceeds from the day from the sale of programmes and hire of commercial pitches being shared between SGR Fm's Operation Santa Claus Appeal and Optua's Disability Sport Academy project.

Twelve acts will be performing on the main stage from 11.30am to 7.30pm, including local rock band Kerbslider, who are embarking on a US tour later this year, and Rosalita, who have previously won the UEA's Next Big Thing competition.

A second stage, sponsored by the Amplifier Project, will feature some of the best up-and-coming young bands in the area. This will mean visitors to the event can enjoy continuous music in a relaxed community atmosphere with attractions for children, various food stalls, a beer tent and a range of local charity fundraising stands.

The running order of the day is as follows:

- 11.30am Stowmarket Chorale
- 12.00pm Jason Gigolo
- 12.40pm Capricorn
- 1.20pm Kerbslider
- 2.00pm SGRfm Competition Winner
- 2.40pm Songs From The Blue House
- 3.20pm Loose Juice
- 4.00pm Frisky
- 4.40pm Back Porch Band
- 5.20pm Rosalita
- 6.00pm 23X
- 6.40pm Monkey Spanner

StowFest has been organised by Stowmarket Town Council and Midsuffolk Action in Partnership with support from other organisations such as SGRfm, the Amplifier Project, Optua and Mid Suffolk District Council. The StowFest logo was created by Luke MacDonald of Stowmarket High School who won a competition to design it.

Operation Santa Claus raises money that will benefit charitable aims and good causes in Suffolk. Suffolk-based disability charity Optua set up the Suffolk Disability Sport Academy Project to encourage more disabled people to get into disability sport and to improve their opportunities to take part. It has already run two successful showcase days for disabled people to try out a range of sports and is helping to set up new clubs and sessions across the county.

More information about StowFest is available from Stowmarket Town Council on 01449 612060 and on the website [www.stowfest.co.uk](http://www.stowfest.co.uk)

# Have your Gig Listed Free!!

Email: [gigs@ipswich24.co.uk](mailto:gigs@ipswich24.co.uk)

Post: PO Box 774, Ipswich, IP1 9FW

# 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)  
WEBSITE: [www.dj-d.co.uk/](http://www.dj-d.co.uk/)

## Friday 1st June

FREE FALL FELIX, support CHET and A LEGION OF LEGOMEN Steamboat Tavern, The New Cut.

TITIAN RED, Limes Hotel, Needham Market.

SKAVILLE UK and THE BALLISTICS, The Railway, Foxhall Rd.

## Saturday 2nd June

SLIDE, John Bull, Woodbridge Rd.

DR ROX, The Railway, Foxhall Rd.

## Sunday 3rd June

Joker's Comedy Club - Manor Ballroom, Woodbridge Rd. Comedy - Jeff Innocent, Stan Stanley, Barry Dodds and Ivor Dembina; Music from 7pm - Belinda Gillett and Al Lindsay. All tickets £9, available from [www.jokerscomedyclub.co.uk](http://www.jokerscomedyclub.co.uk)

DEEP PURPLE tribute band, The Railway, Foxhall Rd.

EMMA CHERRY, STACEY SCOTT, Kesgrave Bell, Kesgrave.

## Thursday 7th June

6th NIGHT OF ACOUSTIC SOUNDS, Steamboat Tavern, New Cut.

WHITE WATER, The Railway, Foxhall Rd.

EMMA CHERRY & STACEY SCOTT, The Arboretum, Ipswich.

## Friday 8th June

TRAVIS at Thetford Forest, Brandon. Tickets £24.50 (plus booking fee), Ticket Hotline: 01842 810271. Or online [forestry.gov.uk/music](http://forestry.gov.uk/music).

ACID GAMBIT, Premier Pool Club, Island House.

SHATTERED, The Railway, Foxhall Rd.

## Sat 9th June

VAN MORRISON at Thetford Forest, Brandon. Ticket Hotline: 01842 810271. Or online [forestry.gov.uk/music](http://forestry.gov.uk/music).

LED ZEP tribute, The Railway, Foxhall Rd.

## Wednesday 13th June

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

## Friday 15th June

OASIS tribute (£5 on door), The Railway, Foxhall Rd.

## Saturday 16th June

4th SaF Live all-day music festival, to be held at the Steamboat Tavern. 1pm - 11pm, £3 on the door. Skin the Fish, Rumours, Whisky Chaser, aflightoremember, Caution Horses and more.

STORM, The Railway, Foxhall Rd.

## Sunday 17th June

ESTHER MILLER QUINTET, Ipswich Jazz Club at the California Social Club, Foxhall Rd

EMMA CHERRY, Olives Bar, Orwell Crossing.

## Thursday 21st June

HAYZE, The Milestone, Ipswich.

STACEY SCOTT, Aboretum, Ipswich.

## Friday 22nd June

ALL AGES SHOW, Steamboat Tavern, New Cut.

SUFFOLK SOUL NIGHT, 70's Disco, Soul & Motown, Ticket only, for free membership and to book visit [suffolksoulnights.com](http://suffolksoulnights.com) or call Graham 07836 759242 or Tony 07773 021539

TITIAN RED, The Railway, Foxhall Rd.

## Saturday 23rd June

KISS tribute, The Railway, Foxhall Rd.

## Friday 29th June

IRON MAIDEN tribute, The Railway, Foxhall Rd.

## Saturday 30th June

NOISY NEIGHBOURS, from 9pm, Cross Keys, Henley.

HIDDEN FORTRESS, ASTROBOY and HENRY HOMESWEET, The Railway, Foxhall Road.

ROX OFF, The Railway, Foxhall Rd.

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

## The Cross Keys

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Wed. 6th June - 9pm <b>CHARITY QUIZ NIGHT</b> Prize for Winning Team	Wed. 13th June - 9pm <b>KARAOKE &amp; GAMES</b> Everybody Welcome	Sat. 30th June - 9pm <b>LIVE MUSIC</b> NOISY NEIGHBOURS Food only served until 7.30pm
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\*Offer Excludes Set Meals

**£3 OFF**  
ORDERS  
OVER £15

Ipswich's arts festival is back for its fifth year, between 24 June and 8 July, bringing an explosion of colour and culture to the historic Suffolk town this Summer.

With an enticing and fascinating array of events spanning the full spectrum of visual art, dance, literature, theatre, music and film, there is truly something to amuse everyone throughout the 14 day spectacular.

A regular favourite, now in its 16th year, the Ipswich Music Day at Christchurch Park is a well known part of the festival. This year it takes place on 1st July and as usual boasts 6 stages of fantastic music to create a brilliant family day out. Along with the music day there are other successes returning for 2007, including the Indian Mela on 8th July, Top Gun and Casino Royale open air cinema, 6th and 7th July, BP big screen opera, 3rd July and all in Christchurch Park.

In addition to these popular larger events it is hoped that revellers from Suffolk and our summer visitors will enjoy events within the festival which they perhaps would not usually have the opportunity to sample. The Literary festival returns for a second year, bigger and even better. Rageh Omaar and Hugh Lupton are just two of 13 events within the ip-art programme. There is a chance to experience Ola Onnabulo, considered by many to be one of the finest soul singer/songwriters. There is also the opportunity and to see the Auto/mobile dance performance involving 85 young people from Ipswich schools in the unlikely dramatic setting of Crown St multi-storey car park.

Visual arts plays a prominent part within the festival, commencing with the Art Street fair in the town centre on Sunday 24th June. Join street entertainers and artists as they provide a taster of the exhibitions to follow including Mark Dixon at Grafton House and Pop Art at the Eyestorm Gallery.

Here we are attempting to just 'wet your appetite' but we urge you to visit the ip-art website to find out more.

For full up to date details and booking information please contact: [www.ip-art.com](http://www.ip-art.com) or 01473 433100 or collect a full festival brochure from the Tourist Information Centre and other outlets.



## IPSWICH MUSIC DAY

16 years ago, the first Ipswich Music Day took place in Christchurch Park. Through the years, the biggest family day out in Ipswich has expanded and developed and today you can enjoy terrific entertainment offered on no less than six separate stages in the park, plus music in the nearby Key Coffee Shop and St Margaret's Church. **Christchurch Park - Midday - 8pm - Free - Sunday 1st July.**



### Move-me booth – Town Hall foyer

**Sunday 24th June – Saturday 7th July – FREE**

DanceEast and Ip-Art bring the latest dance craze to Ipswich. Move-me promises to be one of Ip-Art's hottest attractions. Step inside this larger than life passport photo-booth and prepare

to be moved. Top choreographers will talk you and your friends through some snazzy dance moves while the nifty machine videos the whole experience for you to download later in the comfort of your own home. It's a fun way to become an active participant in Ip-Art and to create your very own dance (comedy) performance to share in cyberspace.



After your visit, go to [www.move-me.com](http://www.move-me.com) to view your video dance, see other people's dances and enter the move-me competition.

move-me is co-produced by Goat and Ricochet Dance Productions from an original idea by Simon Fildes and Katrina McPherson.

### JALEO FLAMENCO

'Spellbinding fusion of acoustic guitar, rhythm songs, hand-clapping and ignitable dance' The Guardian  
8pm, 25 June, Grand Hall, Ipswich Corn Exchange £15 all seats

### THE SLEEPING KING

Dark Tales of Portuguese Folk and Fantasy - New Angles Theatre Company Sebastian, the long-lost king of Portugal, turns up in the Suffolk mist, and a door is opened to a magical world populated with strange and beguiling characters. The Sleeping King brings together the Anglo and Portuguese local communities to devise, rehearse and perform a new play, using music and song from Portugal, alongside many different forms of theatrical storytelling.

Suitable for 14 years and over. Sir John Mills Theatre, Gatacre Road, Ipswich.  
Tues 26th June - Sun 1st July.  
Box Office: 01473 211498

### TWELFTH NIGHT

Vibrant and excessive, this staging of Twelfth Night is a theme park, inhabited by the maddest, jazziest mix of Shakespearian clowns. Bearing all the hallmarks of Heartbreak Production's stylistic invention and featuring The Aristocrats (the cast double as a jazz band), a captivating evening is assured. Christchurch Mansion Lawn  
Wed 27 June at 7.30pm.

### OLA ONABULE

One of the finest soul singer/songwriters of his generation. - 28 June 2007 - Grand Hall, Corn Exchange.

### PERMISSION TO ROCK 4

The East of England Co-op is back hosting Permission to Rock 4, featuring young, up-and-coming bands from Suffolk.  
Friday 29 June, Grand Hall, Corn Exchange, 7.30pm.

### POP ART

Pop art, like pop music, aimed to employ images of popular - as opposed to elitist - culture in art, emphasising the banal or kitschy elements of any given culture. Featuring changing works by artists such as Sir Peter Blake, Andy Warhol, Colin Self and more. 24 June to 8 July Eyestorm Gallery St Nicholas Street

### LEONARD COHEN: I'M YOUR MAN (PG) - Tuesday 26 - Thursday 28 June

Filmed last year at the Sydney Opera House, the concert features artists as diverse as the McGarrigle sisters, Jarvis Cocker and U2, for whom Cohen is clearly a songwriter's songwriter.

### JOE STRUMMER: THE FUTURE IS UNWRITTEN (15)

Tuesday 26 - Thursday 28 June - Ipswich Film Theatre  
30 years after the birth of Punk Rock, this new film celebrates the life and music of one of its leading lights, the late Joe Strummer of The Clash

Ip-Art at IFT,  
[www.ipswichfilmtheatre.co.uk](http://www.ipswichfilmtheatre.co.uk).

**Ip-art festival 2007 24th June to 8th July, over 65 events across Ipswich, visit [www.ip-art.com](http://www.ip-art.com) for full listings and to book tickets.**

**INDIAN SUMMER MELA**

The Ipswich & Suffolk Indian Association holds its fifth Indian Summer Mela, with stunning and colourful performances of Indian dance, songs, poetry and music. An exciting market place in a marquee features stalls selling a wide range of Indian products and offering information on holistic therapy.

Join us at this family festival to celebrate and enjoy a rich mix of South Asian culture. Bring a chair, rug and a picnic. Sunday 8 July from noon to 6pm - Free Christchurch Park

*'The Ip-art festival has quickly established itself as the regional showcase for a stunning variety of visual art, music, entertainment and drama. This year promises to be bigger and better than ever and we are all looking forward to what is an important and exciting festival fortnight. I would like to thank all of our sponsors, particularly, one railway, for their support and to acknowledge the hard work of all our partner organisations.'*

Councillor Judy Terry, Arts, Culture & Leisure portfolio-holder for Ipswich Borough Council

**Art Street Fair**

(street performers, workshops, stalls) - 24 June 2007, Ipswich Cornhill 10am to 4pm.

**- OPEN AIR CINEMA -**

**Top Gun (12A)** 110 mins, Open Air Cinema, Friday 6 July 2007, 7.30pm screening at dusk, Christchurch Park

**Casino Royale (12A)** 144 mins, Open Air Cinema, Saturday 7 July 2007, 7.30pm screening at dusk, Christchurch Park



**COVER STORY...**

Our cover this month features Kinetika, the carnival arts company based in East London, is celebrated for its award-winning carnival designs. For two days in July, the Kinetika team of artists comes to Ipswich to host workshops and share its skills and techniques in carnival costume design and basic costume-making techniques. Don't miss this exciting opportunity to

create your very own designs and then display them at the Carnival on 19 August.

Ipswich Town Hall - 9.30am to 4.30pm - 5 July FREE 50 spaces (community groups & Ipswich artists, developing ideas for the carnival). 6 July FREE 50 spaces (open to general public, opportunity to learn carnival costume techniques).



**Discover History At Ipswich's Beautiful Museums**



**IPSWICH MUSEUM**

Ipswich Museum  
High Street  
Ipswich  
Tel. 01473 433550



Discover life in Roman Suffolk, find out about the Anglo-Saxon origins of Ipswich and much more, by visiting the fantastic Ipswich Museum. See artefacts from Africa, Asia, North America and the Pacific and don't miss the gallery of British Birds. Plus find out all about the fossils, rocks, and minerals in our region. Enjoy the Victorian Natural History Gallery, where you can see favourites including a woolly mammoth, a rhino, a giraffe and more! Plus discover gods and mummies in the Egyptian gallery.

Open Tuesday - Saturday  
10am - 5pm  
Closed Good Friday, 24th to 26th,  
31st December and 1st January  
**FREE ADMISSION**

**CHRISTCHURCH MANSION**

Christchurch Park  
Ipswich  
Tel. 01473 433554



Discover Ipswich's historic past, and visit the beautiful Tudor mansion, Christchurch. See period rooms presented from the sumptuous Georgian Saloon, to the more humble Victorian wing with its displays of children's toys and dolls houses. Don't miss the biggest collection of paintings by Gainsborough and Constable, outside of London, along with collections of other artists inspired by the beautiful landscapes of East Anglia.

Open Monday - Sunday  
10am - 5pm  
Closed Good Friday, 24th to 26th,  
31st December and 1st January  
**FREE ADMISSION**

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To find out more go to [www.colchestermuseums.org.uk](http://www.colchestermuseums.org.uk)

# Have your Event Listed Free!!

Email: [info@ipswich24.co.uk](mailto:info@ipswich24.co.uk)

Post: PO Box 774, Ipswich, IP1 9FW

# 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@livelifelightly.co.uk](mailto:sarah@livelifelightly.co.uk) or calling 01473-658193

### 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@livelifelightly.co.uk](mailto:sarah@livelifelightly.co.uk) or calling 01473-658193

### Every Thursday

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

**Ceroc**, Manor Ballroom, Woodbridge Road, Ipswich.

**The Roundabout Club** (Mother & Toddler Group), St Augustines Church Hall on Bucklesham Road every Thursday during Term time (excluding 1st Thursday of month) from 10-11.30am. £1 per family and all carers, parents and grandparents of any preschool children from birth (our youngest member is 9 weeks old!!) are welcome to come and join us for a coffee and a chat. For more info please call Sam on Ips. 713175.

### Every Sunday

**Ceroc**, Scout Hall, Lawford, Manningtree.

### Every Tuesday & Thursday

**Guided Walks** - throughout the summer at 2.15pm, full details at Ipswich Tourist Information Office.

## Sat 2nd June

Regent Theatre, Ipswich - Concert - Beyond the Barricade - 7.30pm - 01473 433100 - [www.ipswichregent.com](http://www.ipswichregent.com)

## Sat 2nd-Sun 3rd June

New Wolsey Theatre, Ipswich - Extreme Fighting Machines - Stars of BBC2s Robot Wars - 01473 295900 - [www.wolseytheatre.co.uk](http://www.wolseytheatre.co.uk)

## Sun 3rd June

Ipswich Transport Museum - Family Fun Day - 11-4 - [www.ipswichtransportmuseum.co.uk](http://www.ipswichtransportmuseum.co.uk)

Orwell Country Park- meet at Bridgwood Car Park - Geology Walk - 9am - Book on 01473 433994

Joker's Comedy Club - Manor Ballroom, Woodbridge Rd. Comedy - Jeff Innocent, Stan Stanley, Barry Dodds and Ivor Dembina; Music from 7pm - Belinda Gillett and Al Lindsay. All tickets £9, available from [www.jokerscomedyclub.co.uk](http://www.jokerscomedyclub.co.uk)

## Wed 6th June

Orwell Quay, Ipswich - Orwell Lady River Cruise - departs Orwell Quay at 2pm returns 5.30pm - Special Wartime Memories Cruise on the Orwell with commentary and music - £12 Adults, £9.50 Concessions £6 Children - Book at Ipswich Tourist Office - 01473 258070

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

## Sat 9th June

Regent Theatre, Ipswich - Concert - One Night with Elvis - Tribute

Foxhall Stadium, Ipswich - 6.45pm - Stock Cars & Bangers - [www.spedeworth.co.uk](http://www.spedeworth.co.uk)

Holywells Park, Ipswich - Scarecrow Day - 11am start - [www.holywellsark.org.uk](http://www.holywellsark.org.uk)

## Sun 10th June

Chantry Park, Ipswich - Race for Life - 01480 496438

## Mon 11th-Sat 16th June

Regent Theatre, Ipswich - High Society - 01473 433100 - [www.ipswichregent.com](http://www.ipswichregent.com)

## Thurs 14th June

Thomas Birch Freeman - A Man of Vision, Lunchtime Lecture organised by Ipswich Arts Association, a talk by Del White, at Museum Street Methodist Church, 1pm to 1-50pm, Admission Free. Contact Secretary 01473 836448, [secretary@ipswich-arts.org.uk](mailto:secretary@ipswich-arts.org.uk) [www.ipswich-arts.org.uk](http://www.ipswich-arts.org.uk)

## Sat 16th June

Ipswich School - Midsummer Soiree Concert - 01473 408310

Orwell Country Park - 11am - Nature Photography - Book on 01473 433994

Orwell Quay, Ipswich - Theme Cruise on River Orwell on Orwell Lady - departs Orwell Quay at 7.30pm - Rat Pack Night with Rossi P Roadshow - £24pp - Ticket price includes 3 1/2 hr cruise and 2 course informal supper - Book at Ipswich Tourist Information Centre 01473 258070

## Sun 17th June

Nowton Park, Bury St Edmunds - Nowton Park Country Fair

## Mon 18th June - Sat 14th July

John Russell Gallery, Ipswich - Art Exhibition - Ladies That Print: East Anglian Printmakers, Gallery open Mon-Sat - 9.30am-5pm - 01473 212051 More at website: [www.artone.co.uk](http://www.artone.co.uk)

## Mon 18th-Sun 24th June

Christchurch Park, Ipswich - Whales & Dolphins Week - Enquiries: 01249 449500

## Wed 20th - Tues 3rd July

Art Exhibition featuring The Humberdoucy Art Group at Frame Workshop, 22 St Nicholas Street.

## Thurs 21st June

River Orwell Cruise - 7pm - Book on 01473 433994

## Sat 23rd June

Orwell Quay, Ipswich - Theme Cruise on River Orwell on Orwell Lady - departs Orwell Quay 7.30pm - Swing Ballads Live Jazz Band - £27pp - Ticket price includes 3 1/2 hr cruise and 2 course informal supper - Book at Ipswich Tourist Information Centre - 01473 258070

Foxhall Stadium, Ipswich - 6.45pm - National Hot Rods - [www.spedeworth.co.uk](http://www.spedeworth.co.uk)

# Have your Event Listed Free!!

Email: [info@ipswich24.co.uk](mailto:info@ipswich24.co.uk)

Post: PO Box 774, Ipswich, IP1 9FW

## EVENTS diary

### Sat 23rd - Sun 24th June

Rougham Airfield, Nr Bury St Edmunds - Wings, Wheels & Steam Country Fair - 01359 270524 -

[www.roughamairfield.org](http://www.roughamairfield.org)

See article on page 7 of this month's magazine.

West Stow Anglo Saxon Village - Special Event - A Visit from The Saxons - 01284 728718

### Sun 24th June

Mill Meadow Car Park, Needham Lake - Explore Ponds - 2-3.30pm - Family Price £6 - Enquiries: - 01449 720711

Orwell Veterinary Group Open Day at Grange Farm Hospital. Fun Dog Show and Open Day to raise money for charities including Dogs Trust and Guide Dogs - doors open at 11am and dog classes start at 12 noon

Chantry Park, Ipswich - meet in front of Sue Ryder Home - 2.30pm - History & Wildlife Walk

Gippeswyk Park, Ipswich - Lark in the Park, Community Fun Day - 11am-4pm - Various Attractions - Free Admission - [www.freewebs.com/larkinthePark](http://www.freewebs.com/larkinthePark)

### Sun 24th June- Sun 8th July

Various Venues in Ipswich - IP-ART WEEK -

See pages 10&11

### Wed 27th June

Museum Street Methodist Church, Ipswich - Suffolk Book League - Mavis Cheek - 7.30pm - Doors open 7pm - £5 Non Members £3 Members Students Free - Enquiries:01473 250949 - [www.sbl.org.uk](http://www.sbl.org.uk)

### Fri 29th June

Parade by 23 Engeer Regiment through Woodbridge to mark the reigment's Honorary Freedom of Entry to the starts at 2pm, accompanied by a marching Royal Engineer Band.

### Sat 30th June - Sun 1st July

Trinity Park, Suffolk Showground, Ipswich - Spedeworth Motorsports Event

### Sat 30th June

Military Open Day, 23 Engineer Regiment, Rock Barracks, Woodbridge IP12 3LU, 1130-1700. Adults £2.50, Sen Cits £1.50, Children - free.

## “Cheers!”

The 4th Cherry Tree Inn Beer Festival takes place over the weekend of June 1st - 3rd in Woodbridge Suffolk.

Featuring over 20 beers from a variety of breweries both local and further afield, including: Mauldons of Suffolk, Oakham of Peterborough, Banks of Wolverhampton, Jennings of Cockermouth, Batemans of Lincolnshire, Black Sheep of North Yorkshire, Wells and Youngs of Bedford, Fullers of Chiswick, Timothy Taylor of West Yorkshire, Hall & Woodhouse of Dorset and of course our local, Adnams of Southwold.

Both hot and cold food is available from the Cherry Tree kitchens 12.00hrs - 21.00hrs each day (20.30hrs Sunday), with the festival itself open 10.30hrs to 23.00hrs each day. Entrance is free.

For more details call 01394 384627, email [info@thecherrytreepub.co.uk](mailto:info@thecherrytreepub.co.uk) or visit their website at: [www.thecherrytreepub.co.uk](http://www.thecherrytreepub.co.uk).

The Cherry Tree is located at 73 Cumberland Sreet, Woodbridge, Suffolk, IP12 4AG



Come and join us at  
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Monday-Saturday 9.30am-5.00pm

Tel: 01473 257550

[www.craftability-ipswich.co.uk](http://www.craftability-ipswich.co.uk) Email: [sales@craftability-ipswich.co.uk](mailto:sales@craftability-ipswich.co.uk)



## Special Offer for Evening Bookings

Get together with friends and colleagues and enjoy a relaxing painting evening.



Paint a plate or a mug for only £10 per person\*

Offer available to groups of 4 or more people.

\* from selected range - price includes Studio Fee

Bring your own wine and ask about our delicious buffets.

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Tel: 01473 286142

Email: [ipswich@allfiredupceramics.co.uk](mailto:ipswich@allfiredupceramics.co.uk)

[www.allfiredupceramics.co.uk](http://www.allfiredupceramics.co.uk)



There are more show guides at  
[www.ipswich24.co.uk](http://www.ipswich24.co.uk)

# OnStage

**PRIZE  
COMPETITION**

Part of Ip-Art 2007, Jaleo return to Britain with a compelling new insight into their flamboyant and magical flamenco world of Andalusian dance, song and guitar.

Since its semi-clandestine beginnings during the early 19th century as the native music of a minority in the south-west corner of southern Spain, flamenco now emerges early in the new millennium as a highly respected and internationally accepted art-form with a rapidly growing number of students worldwide.

Fusing the essential elements of flamenco with their own inimitable a charismatic brand of Spanish passion and emotion, Jaleo unleash the raw energy and sensuous rhythms inherent within flamenco. A potent cocktail of explosive footwork, haunting singing, virtuoso guitar playing and percussive hand-clapping from southern Spain with

some of flamenco's finest award-winning artists.

**Jaleo perform at the Grand Hall, Ipswich Corn Exchange, Monday 25th June, £15 all seats, Box Office: 01473 433100.**

### — COMPETITION —

Thanks to the Corn Exchange we have two tickets to give to the first winner drawn in our competition.

**Q. What country does Flamenco come from?**

**Send your answer with your name, address and telephone number to :**

**Jaleo, Ipswich24, PO Box 774, Ipswich IP1 9FW.**

*Closing date and draw is: Thursday 21st June, we will notify the winner by phone and winners name will also appear at [www.ipswich24.co.uk](http://www.ipswich24.co.uk). Usual comp rules apply, no cash alternative, editors decision is final.*

## Whole Lotta Tunes

Performed by 4 pedigree musicians with over 20 albums recorded on major record labels, and numerous US, British and European tours to their credit, *Stairway to Zeppelin* re-create the legendary Led Zeppelin shows of the Sixties and Seventies at the Spa Felixstowe on Saturday 30th June. Now in their 9th year and having played hundreds of shows to enthusiastic audiences across Britain and Europe, *Stairway to Zeppelin* combine all the aspects of the Led Zeppelin experience, the rock classics, the keyboard orientated material and the acoustic/mandolin interlude, all performed with authentic period instruments, amps, drums and costumes to create the true original sound of the legendary Led Zeppelin.

## We Will Rock You!

The East Anglian première of *We Will Rock You* bursts onto the stage at the Ipswich Corn Exchange this June.

The show features the music of Queen blended with the wit of Ben Elton. It takes a look into the future when instruments are banned and everyone listens to the same downloaded music. Only a few rebels can recall a golden age of live music and real bands.

The award-winning Ipswich Co-op Juniors are presenting this amateur production for seven performances from June 20-24.

"We're promising high octane entertainment, spectacular staging, classic rock and a great fun evening! The cast

are already in rehearsal, and there's a real excitement about this new production. We're extending the stage and adding a full rock'n'roll lighting and sound rig, it's an ambitious production!" says co-director Pauline Walker.

The show, which has been seen by more than five million people worldwide, features 32

**"We're promising high octane entertainment"**

- Pauline Walker co-director

of Queen's greatest hits. Now in its fifth sell-out year in London, *We Will Rock You* has seen productions in Australia, Spain, Russia and South Africa and is presently playing in Switzerland, Germany and Japan, with a new production opening in Canada.

"This is one of the most vibrant and exciting productions staged by the Co-op Juniors,"

says co-director Jeannie Ingram.

"After the success of *Les Misérables* and *Fame* the Musical at the Regent, and the sell-out Christmas Spectacular! at Snape Maltings, we're looking forward to bringing the biggest rock musical of all time to Ipswich!"

Performances are at 7.30pm from Wednesday June 20 to Saturday June 23, with matinées at 2.30pm on Saturday June 23 and 12pm and 4pm on Sunday June 24.

**All tickets are priced £10, and can be booked online at [www.ipswichcornexchange.com](http://www.ipswichcornexchange.com), by phone on 01473 433100 or in person at the Corn Exchange customer service centre, Princes Street Ipswich, or the Regent Theatre box office in St Helens St Ipswich.**

## Summerfields 2007

### WEEKEND AND MID WEEK BREAKS

FROM £38 throughout May · £60 June & July\*  
Based on 4 people sharing most grades of named accommodation\*\*

### NO HIDDEN EXTRAS

All entertainment passes & linen included you just pay for electric Summerfields Holiday Village is situated at Scratby near Great Yarmouth and welcomes guests of all ages.

FREE facilities include a heated swimming pool, Sky Sports, adventure playground, soft play area to name just a few.

We have many new themed breaks to appeal to all, so why not book up for one or all of the following:

**Magic Break** with Martin Daniels starting June 9th

**Fun Break** with Union Gap & Impromptu starting 16th June

**A Comedy Break** with Adger Brown starting June 23rd

**Seventies Break** with Soul Satisfaction starting 2nd July

**Abba Tribute** with Abba Now starting July 16th

**Schools Out!** Norwich City ex footballer Dale Gordon brings his **Football Academy** starting July 28th

\*\* Offer not applicable to school holidays or bank holidays. Accommodation based on 4 sharing, any additional guests are charged at £9.50 per person per break. Any guest under 4 will still be charged at £38. \*Selected dates



**BOOK NOW 01493 733733 or 01692 582277**

**SUTTON HOO OPEN-AIR THEATRE**

**The Comedy of Errors**  
*Twins, mishaps & misunderstandings!*

**Sun. 24 June at 6pm**  
**Box Office: 01394 389737**  
**Adult £12.50 Child £9 (advance)**

SUTTON HOO NR WOODBRIDGE IP12 3DJ  
THE NATIONAL TRUST Registered Charity No. 205846

## An Evening with Raymond Froggatt

His concerts are sold out across the country and abroad, the Froggie followers arrive at the shows clutching their frogs with green scarves waving, certainly a sight to behold. Froggie writes and sings his own songs mesmerising his audience, making them laugh with one of his many stories or cry with emotion with a song that touches the heart like no other.  
**Sunday 24th June 7.30pm Spa, Felixstowe.**

## Hello Dolly

A delightful musical comedy telling the story of widowed matchmaker Dolly Gallagher Levi. Dolly travels to New York to find a match for wealthy bachelor Horace Vandergelder who she soon decides to nab for herself.  
**Wed 6th - Sat 9th June, 7.30pm (Sat Mat 2.30pm). The Spa, Felixstowe, Box Office 01392 282126.**

**PRIZE  
COMPETITION**

## Random Dance

DanceEast are offering two tickets to see a special evening of stimulating work curated by Wayne McGregor's internationally renowned Random Dance.

Four cutting edge past company dancers are showcasing their culturally diverse work as part of Ipswich's Pulse Festival on Saturday 23 June at the New Wolsey Studio on St George's Street. From the dislocating landscapes of the choreographer and dancer Laila Diallo to the hyper-mobile feats of Ngoc Anh Nguyen, random frequencies passes through the intimate and intense beauty of Cecile Feza Bushidi's solo work to the idiosyncratic samplings of Matthias Sperling's vision.

Tickets costs just £5 and are available via the ticket hotline 01473 295900 or the New Wolsey Theatre box office.

— COMPETITION —

*To win two tickets answer this simple question: The New Wolsey Studio is on which Ipswich street?*

Closing date Saturday 16th June. Send your answer, plus your name, address and telephone number on a postcard to Dance Comp, PO Box 774, Ipswich, IP1 9FW or enter online at [www.ipswich24.co.uk](http://www.ipswich24.co.uk). Usual Ipswich24 rules apply.

*Random Dance are the Resident Company at Sadler's Wells in London and Associate Company at DanceEast. They have also been working on a fantastic project with four Ipswich schools which will culminate in a performance during the Ip-Art Festival. Entitled autolmobile, this will be performed by students and professional dancers on the 8th floor of the Crown Street Carpark on Wednesday 4 and Thursday 5 July at 7.30pm. Tickets for this performance are available from the One-stop ticket shop in the Corn Exchange, Ipswich or [www.ip-art.com](http://www.ip-art.com) or 01473 433100.*



**PRIZE  
COMPETITION**

## JOKERS COMEDY CLUB

"Do you like stand-up comedy? If so, this is the competition for you. We've teamed up with Jokers Comedy Club in Ipswich, and are offering a pair of tickets for their event on Sunday 1st July, at the Manor Ballroom.

Since launching on 1st April, Jokers have established quite a reputation for bringing top class stand up comedy to Ipswich, and both events so far have sold out in advance.

The 1st July event promises to be a real corker. Martin from Jokers said "The guy we've got in our opening slot, Rudi Lickwood, was in our minds as a future headliner, so we can only imagine how good our actual headliner, Roger Monkhouse, is going to be!"

— COMPETITION —

If you'd like to win this pair of tickets, please answer the following question. "Name the two comedians behind the TV programme, Peep Show".

Send your answer with your name, address and telephone number to :  
Jokers, Ipswich24, PO Box 774, Ipswich IP1 9FW.

Closing date and draw is: Saturday 24th June, we will notify the winner by phone and winners name will also appear at [www.ipswich24.co.uk](http://www.ipswich24.co.uk). Usual comp rules apply, no cash alternative, editors decision is final.



## I'M SORRY I HAVEN'T A CLUE THE OFFICIAL STAGE TOUR

BBC Radio's multi award-winning antidote to panel games starts its first live tour in 35 years. Join Humphrey Lyttelton, Barry Cryer, Graeme Garden, Tim Brooke-Taylor, Jeremy Hardy and pianist Colin Sell for an unmissable evening of inspired nonsense. It visits Ipswich Regent on 25th September.

*"Whether the teams are singing the words of one song to the tune of another, making up serial rhymes or entering the mythic maze of Mornington Crescent, they have now become the National Theatre of fun"*

*Gillian Reynolds, Daily Telegraph*



## IPSWICH ARTS FESTIVAL

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VINCE HILL was born in the city of Coventry, in fact he still supports Coventry City, he is one of Britain's best known and most successful singing stars. His string of hits include the chart-topping Edelweiss from 'The Sound Of Music'. His latest CD is 'The Ultimate Collection' on which he sings the some of the 'classics' that made him famous - including of course, 'Edelweiss'. Away from recording he is a regular guest singer with top bands and orchestras, including the legendary Squadronaires and the famous BBC Big Band - with whom he has starred in regular BBC radio programmes - and he's an ever-present on

prestigious cruise ships like the QE2 and P&O's flagship The Oriana. Vince is happily married to Anne and they have a son, Athol, who has also enjoyed success as a musician. He enjoys cooking, painting, boating and gardening, and he and Annie love nothing better than sailing down the River Thames in their boat, 'The Mem Sahib', or entertaining in their beautiful home on the famous 'Celebrity Mile' of the Thames - where their neighbours include Rolf Harris, Paul Daniels and Michael Parkinson. His introduction to show business came when he won a talent show as a 15 year-old. It earned him a two-week engage-

ment in the seaside public house in which it was held, but he couldn't take up the offer because he wasn't old enough to be in there in the first place! However, there was to be no 'overnight' fame for young Vince. Though he took singing lessons and yearned for showbiz fame and fortune, he worked as a coal-miner (on the pit face), sold pop (the drinking variety) door-to-door and even started an apprenticeship as a baker in Coventry. Eventually he entered show business by an unusual route - as soloist in the Royal Corps Of Signals Band. He sang his way around the world as an operatic baritone, performing at many major

venues and events, including the world famous Edinburgh Festival on two memorable occasions. Vince will be appearing at Felixstowe's Spa Pavilion on Sunday 1st July and we have a pair of tickets to be won in our competition.

—**COMPETITION**—  
**Q. What city was Vince born in?**

Send your answer, plus your name, address and telephone number on a postcard to Dance Comp, PO Box 774, Ipswich, IP1 9FW or enter online at [www.ipswich24.co.uk](http://www.ipswich24.co.uk).

Usual Ipswich24 rules apply. Closing date Saturday 23rd June.

## WIN TICKETS TO SEE VINCE HILL



## One Night with "The King"

Lee 'Memphis' King is the world's no 1 Elvis tribute artist and it's official! You have the chance to witness his mirror-like performance when he comes to the Ipswich Regent Theatre on Saturday 9th June to wow you with some of the 'Kings' best-loved hits.

Lee was declared best Elvis Tribute Artist in the world at the annual Collingwood Elvis Festival in Canada. The judges base their decision on the authenticity of the voice, stage performance, appearance and adopting Elvis's personality on stage. He has appeared at the London Palladium, to critical acclaim and now, in this latest production, Lee portrays the entire performing career of Elvis.

The energetic show covers, the early years of rock and roll, then, progresses to the 'movie years' and of course, 'the Vegas years', performing all those favorite hits we just love to sing and dance to.

**Tickets are from £18.50 and available from the Ipswich Regent Theatre Box Office on: 01473 433100 or book online now at [www.ipswichregent.com](http://www.ipswichregent.com)**

## 'Beyond the Barricade'

The UK's leading musical theatre concert, comes to Ipswich on Saturday 2nd June. The show has been touring for eight successful years delighting audiences with its exciting concert portrayal of the greatest songs in theatre. Featuring songs from Lion King, Phantom of the Opera, Chicago, Mamma Mia, We Will Rock You, Miss Saigon, Blood Brothers, and a host of others, the show climaxes with a selection from Les Misérables.

**Tickets are from £16.50 and available from the Ipswich Regent Theatre Box Office on: 01473 433100 or book online now at [www.ipswichregent.com](http://www.ipswichregent.com)**



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**LARGE PARTY BOOKINGS WELCOME**

# Forest People

M People, the clubland favourites that went on to become one of the most successful UK dance acts ever, will be appearing at High Lodge, Thetford Forest, Santon Downham, Suffolk as part of the Forestry Commission's annual 'Forest Tour' on Friday 13 July. They are recognised as the first mainstream dance act to marry the excitement of house music to the traditional pop virtues of crafted songs and strong melodies.

Amongst many accolades, M People collected a Brit Award for Best British Dance Act and a Mercury Music Prize for their classic album 'Elegant Slumming'. A string of top ten hits including 'One Night In Heaven', 'Moving On Up', 'How Can I Love You More?', 'Don't Look Any Further', 'Renaissance', 'Sight For Sore Eyes', 'Just For You', 'Search For A Hero' and 'Open Your Heart' became part of the soundtrack of The Nineties. The show will be supporting The Forestry Commission's valuable social and environmental programmes.

Heather Small from M People says: "We have played in many different locations but never in forests so we're really looking forward to doing these gigs".

**Tickets are £25.50 (subject to booking fee),**

**Ticket Hotline: 01842 814612**

**Or Buy On Line: [www.forestry.gov.uk/music](http://www.forestry.gov.uk/music)**



**FREE WINE OFFER**

## Adult Night Out

Looking for something different to do of an evening? All Fired Up Ceramics Café has the answer..... All Fired Up has long-been a great place to take the children but it can also offer a great evening out for adults too! (Why should the children have all the fun?)

Currently available is a fantastic group booking offer. Book on a Wednesday, Thursday or Friday evening and paint a mug or plate for just £10.00 all inclusive! If there are 4 or more in your group they will even provide the wine!

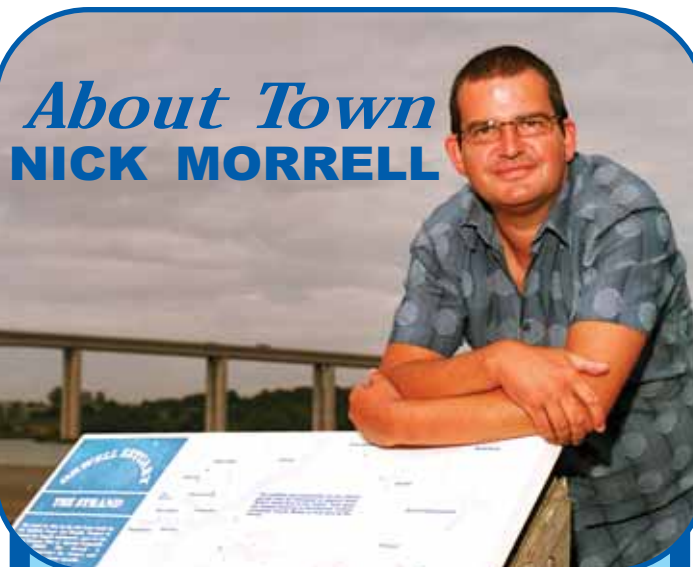
They offer a wide selection of high quality ceramics just waiting to be hand-painted by you. Don't be put off by the fact that you are not artistic, it really is a lot easier than you think and there is plenty of help and advice on hand too. The ceramics café is the perfect place for friends to meet, for families to enjoy time together and for everyone to be creative.

Check out the website on [www.allfiredupceramics.co.uk](http://www.allfiredupceramics.co.uk).

All Fired Up, Crown & Anchor Mews, Ipswich, IP1 3DJ. All you have to do is call on 01473 286142 to book a table.



*Offer subject to availability, limited evening car parking available. One bottle of wine per group booking. AFU accepts no liability for alcohol consumed on the premises. Please do not drink and drive.*



## About Town NICK MORRELL

What an eventful month I had in May!

We finally moved house and very nice it is too. I took the week off, borrowed a mates van and did the whole move myself over a few days, with just a bit of help with the big stuff! It was very hard work and my total respect goes out to removal men everywhere!

Sofas are the hardest bit. It must be a special skill to get something so big and awkwardly shaped through a front door!

So now time to relax in my new home? – Not at all! We have a puppy!



Emmy is a cross between a Yorkie and a Lhasa Apso and is just over 2 months old. She's very well behaved, but gets very excited when we come home and loves to play. She's teething so nothing is safe and we have to make sure nothing valuable is left laying around on the floor!

She's left me a few presents on the carpet, and I've had to replace my shoes and trainers already!

Training should be fun, but how do you tell off a cutie like this?

May was a good month for events and as you read this the Suffolk Show would have come and gone.

I've been to the show for many years now, and it's always interesting, particularly the food hall. Those local pies!! Mmmm!!

Went to see Riverdance at the Regent which was fantastic. Now, I would normally never go to something like that, but I did and it blew me away.

How do they dance like that? So clever!

If you get a chance, check out some of the acts doing the rounds this month as part of The Pulse Fringe Festival.

Town 102 is proud to be supporting this and we'll be interviewing lots of the artists and performers involved in what promises to be a great event.

Town 102 will be at Music Day, the Outdoor Cinema screening of Top Gun in Christchurch Park, Felixstowe Carnival and many other events this summer, so I look forward to meeting lots of you and the weather is going to be red hot if the boffins are to be believed!

Let's hope they're right!

Have a great month. Got to go, Emmy needs her walk. Let's hope the blokes in the village don't see me!

### Teenage Mutant Ninja Turtles (PG)

Fri 1 - Sat 2 June at 1pm

### Mr Bean's Holiday (PG)

Fri 1 - Sat 2 June at 3.30pm

### My Best Friend (12A)

Fri 1 - Thurs 7 June  
[Not Sun 3 & Mon 4]  
*There will be a Screen Babies showing of My Best Friend on Wed 6th June at 11am*

### Half Nelson (15)

Fri 1 - Thurs 7 June  
[Not Sun 3 & Mon 4]

### Goodbye Bafana (15)

Fri 8 - Thurs 14 June  
[Not Sun 10 & Mon 11]

### Iraq In Fragments (15)

Fri 8 - Sat 9 June

### The Last Mimzy (PG)

Sat 9 June at 1pm & 3.30pm

### Bombs At Teatime (U)

Tues 12 - Thurs 14 June

### Jindabyne (15)

Fri 15 - Thurs 21 June  
[Not Sun 17 & Mon 18]

**Screen Babies** is IFT's special monthly screening exclusively for parents & carers with babies aged 18 months or younger. The screenings are not children's matinees but rather to allow those who care for the very young an opportunity to bring their baby with them and see some of the films they might be missing without having to arrange childcare or worry about their baby causing a disturbance.

June's screening will be **My Best Friend** (12A) at 11am on Wed 6 June. Up to two adults will be admitted with each baby and tickets, available from the ticket office in the Customer Service Centre at the Town Hall (Tel: 01473 433100), cost £3 per adult with babies admitted free. Buggy parking facilities are available.

### Dans Paris (15)

Fri 15 - Thurs 21 June  
[Not Sun 17 & Mon 18]

### Cars (PG)

Sat 16 June at 1pm & 3.30pm

### Refugee All Stars (12A)

Fri 22 - Sat 23 June

### Goya's Ghosts (15)

Fri 22 - Thurs 28 June  
[Not Sun 24 & Mon 25]

### Arthur & the Invisibles (U)

Sat 23 June at 1pm & 3.30pm

### Leonard Cohen - I'm Your Man (PG)

Tues 26 - Thurs 28 June

### Joe Strummer - The Future Is Unwritten (15)

Tues 26 - Thurs 28 June

### Brasileirinho (12A)

Fri 29 June - Thurs 5 July

### Away From Her (12A)

Fri 29 June - Thurs 5 July  
[Not Sun 1 & Mon 2]

### Flushed Away (U)

Sat 30 June at 1pm & 3.30pm



**Corn Exchange, King Street,  
Ipswich Box Office: 01473 433100**

**IPSWICH24 COMPETITION RULES & CONDITIONS:** The Editor's decision will always be final. No competition entry will be entered into. Ipswich24 cannot be held responsible for cancellation of events or failure for entries not arriving by deadline. All winners names (not addresses) will be published on our website at [www.ipswich24.co.uk](http://www.ipswich24.co.uk). There is no cash alternative to any prize.

**To advertise in Ipswich24 - call 01473 720212**



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

**Q: How special is it to be in Shrek?**

**A:** Shrek is a gift. To know that you are a part of something that's as solid as it is; as important as it is; with the quality that is going to be delivered every time. This is the third film and it lives up to the first two in every single way and surpasses them on other levels. This is not something that I'm part of that I go...oh thank God, I'm getting a pay cheque. I thank God I'm part of this because it is beautiful in all aspects.

**Q: Back when you got the first Shrek script, had you any idea you were entering into a movie phenomenon?**

**A:** No, when I was first told about it -because I have never actually read a script of Shrek, we don't really get scripts and if we do they always preface it with 'this is going to change, it's not what it's going to be' - and it was the same when I first did it, I had no idea. It was really just one of those jobs that was just to have fun with. My agent Nick had said 'There is this book, Shrek, which you probably don't know, but I read it to my children. It's a really great story, Jeffrey Katzenberg is doing it at DreamWorks, and they want you to do the voice of the princess. It's really easy; it's only going to be a few days of work. But it is a great message and the message should be out there.' So I credit him with seeing that and saying to just do it. So I said I'd do it, why not? It was just a few days work. But I had no idea! I think that Jeffrey obviously must have had some idea because he created this whole world. He created a whole technology to make it. He saw the vision of it and got the right people to help him do it. So obviously he had an idea of it. But I had no idea how it was going to take hold of people.

**Q: You must thank your lucky stars you had no misgivings because if you do nothing else in your career you have made a series of films that have touched almost every family on the planet?**

**A:** I know, it's wonderful. I am so grateful for it. I really am. It is one of those things that I am so proud to be a part of and it's not because of its commercial success it really is because of what it gives people. It is very rare. Movies are where people go to escape or to feel different emotions - whether it is to be happy or scared or to contemplate or whatever. But rarely do you really take something home with you. And you do that with the Shrek films, there is a message there. It is undeniable and it lives within you and I am so proud to be a part of that. That is why I love going out and telling people about it.

**Q: Where did you go to find the voice of Princess Fiona?**

**A:** Well on the first Shrek we created the first part of Fiona when she was a human princess. Little did I know that my 'parents' were actually going to have English accents. I did not know that at the time that I was doing it - because you don't see the whole film or what everybody is doing. But she had this fake English accent that was not real, she was speaking fairy tale-esque. And as soon as she turns into an ogre she drops it. So we kind of played with that at the beginning of the first Shrek and then she just kind of took form and the voice became kind of calm. With Shrek being so elevated and anxious all the time, Fiona just adopted this kind of calmness. I was trying to ground her a little bit more because I felt that she grounds everybody around her. So that was where I found her voice.

**Q: So how hard was it to get the energy and mood again to play Fiona in Shrek The Third?**

**A:** The wonderful thing is that Chris Miller, who is the director, is in the room with us and he does all the other voices. So the rhythm gets picked up right away. He lives this every single day. I find the voice pretty quickly. It takes a little while to do a few Fiona voices and sometimes I have to go back and listen to previous recordings, to get tone. But it is fairly easy. She is pretty even keeled.

**Q: One member of the cast says this is the easiest job they've ever done. What was it like retuning to Princess Fiona?**

**A:** Absolutely the easiest job I've ever done! I wanted it to be more complicated because you feel like this is too easy. It is interesting because I find myself going back into Fiona. I didn't realise that I was doing anything special for her. Then I listen to one session I did earlier and I see that she has a certain energy about her. It is always fun to go back to her; I always love what she gets to do.

**Q: Will it be more difficult in Shrek 4 when she is a mother?**

**A:** It is going to be a lot more difficult for the animators definitely! I won't work with kids any more (jokes). I always say that and then you end up working with kids. No more animals and no more children - they come off the same bus. (jokes) I'm just kidding.

**Q: Do you dress like Fiona to get into character when you are in the recording studio?**

**A:** No but that's a really good idea. I don't but I should.

**Q: What is it like with Chris Miller doing Shrek to your Fiona?**

**A:** It's fun because Chris is such a great actor, he gives so much in the room and he is doing all the voices at once, so he is going from Shrek to Puss In Boots, to Donkey, back to Shrek, to Puss In Boots...so it's actually kind of hilarious.



**Q: What differences have you seen in Shrek since the first movie?**

**A:** You can't believe that they can actually step up the technology as they have from the first to the second and now the third, it is amazing. There is the depth and the texture and the flow and how realistic everything is without it being too realistic or too human. You still feel you are in this fairy tale and in an animated film. The quality of all the images is just spectacular. And as far as the development of the characters is concerned, we have seen them through several stages of their lives. The tribe, so as to speak, is functioning at a cosy level. Everybody has found their place and Shrek and Fiona have gone from meeting one another and accepting each other for who they are, to taking on challenges together. Now here they are, taking on the ultimate challenge of starting a family together. They have also kept their independence and the growth of who they are as individuals as well as building a relationship. It is great, it is such a wonderful message to put forward...Fiona, keeping her empowerment of herself and being capable of creating her own destiny. The message for everyone is to know that we should not expect other people to rescue us or make something happen for us because we are in charge of doing that ourselves. It is a wonderful message to put forward.

**Q: So things are looking good for Shrek 4?**

**A:** Yes I hope so. I'm sure they will come up with some wonderful title for it.

**Q: Do you have a Fiona doll?**

**A:** I do have a Fiona doll. A really cool thing was that after the first or second Shrek, they gave us a huge basket of Shrek paraphernalia, all the dolls they had created. It is a collector's basket, which is really cool.





## La Vie En Rose

From Director Olivier Dahan comes the long awaited biopic of the legendary French chanteuse Edith Piaf. Starring Marion Cotillard (A Good Year, Big Fish, A Very Long Engagement) in the lead role this impressive film reveals the extraordinary life of one of the world's greatest performers. From the streets of the cutthroat Belleville district of

Paris to the dazzling limelight of New York's most glamorous concert halls, Edith Piaf's life was a constant battle to sing and survive, to live and love. Raised in abject poverty, surrounded by hookers and pimps, Edith's magical voice made her a star on both sides of the Atlantic. Her passionate romances and friendships with the greatest names of the period – Yves Montand, Jean Cocteau, Charles Aznavour,

boxing world champion Marcel Cerdan, Marlene Dietrich – made her a household name as much as her memorable live performances and beautiful renditions of songs she made famous internationally, La Vie en Rose, Milord, Hymn To Love and many more. But in her audacious attempt to tame her tragic destiny, the "Little Sparrow" – as she was known – flew so high that she could not fail to burn her wings.



## FLYBOYS

World War I began in Europe in 1914, but by 1917, the United States had still not entered the war. However, many brave young American men went to France to fly and fight for the Allied powers. The average life expectancy for a fighter-pilot was three to six weeks. Why did these Americans volunteer to fight in France with certain death when their own country was not at war? The film is inspired by a true story. The aerial combat is exciting, tense, and realistic with the attack on the zeppelin being the best scene of the movie.

### Also New in June:

**THE HITCHER:** Thriller with Sean Bean.

**SHREK 3:** Animated family fun.

### Coming in July:

**HARRY POTTER**

and the Order of the Phoenix

**THE SIMPSONS MOVIE**

## Grow Your Own

Feature film made by the BBC. Real life, true love and plump vegetables on a city allotment. A refugee family are given a plot to help rehabilitate their traumatised father. At first they are met with

suspicion by the men who have worked the gardens for years but eventually they are accepted into a diverse community united by their love of making things grow. A nourishing, magical comedy.



## Seacroft 2007



Seacroft Holiday Village is situated at Hemsby near Great Yarmouth and is an Adult Only Site offering a variety of breaks to suit all. Choose from a midweek or a weekend break and get a **full board** package including all meals and entertainment passes.

## BEATLEMANIA

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# Lark In The Park 2007

Chantry Residents Association hold their annual community fun day 'Lark in the Park'; now in it's 6th year; on Sunday 24th June. New attractions this year include The Torwood Wheelers, 5 a-side football, pony rides with Billy and Jack from the Copdock Riding Centre. Back by popular demand – pure wizardry from Colini the Magician, a bit of spice from The Egyptian Dancers, stunts from local BMX riders, twirling their batons the majorette group Silver Spinners, Steve and Matt from Patchymatt Disco who provide humorous banter and full commentary of the whole



day, music from 7th FADE and Ipswich Caribbean Association's youth section steel band, Essex Hovpods. Also included are all the favourite attractions; throw the wellie, children's rides, penalty shoot out with the Community Caretakers, face painting, bouncy castle, table top games, tombola, charity stalls, It's a Knockout, grand draw, car boot and loads more.

All day refreshments will be served by our resident caterers Lipsmakers; burgers, MT Bellies; Caribbean food and Roberto's Ices.

The Police will also be there with their police pod so you can meet your new Safer Neighbourhoods Team.

It's guaranteed to be a day of fun, 11am - 4pm at Gippeswyk Park, off Ancaster Road.



For more information or to book a car boot space please contact the CRA shop on 01473 683680 and leave a message for Charles or email [lark.in.the.park@ntlworld.com](mailto:lark.in.the.park@ntlworld.com)

For more confirmations as they come in, and nearer the time the running order of day please go to their website [www.freewebs.com/larkinthePark](http://www.freewebs.com/larkinthePark).

# Wellbeing

## Yoga for health and wellbeing —Relax and Grow!—

**Relax - no effort required! Over the last 3 months I've looked at how Yoga can improve your concentration, increase flexibility, lift your energy levels and release stress. Today I am also looking at how you can lengthen and look after your spine - just by lying down!**

Did you know that you are taller first thing in the morning? As the day progresses gravity takes its toll and some 'shrinking' occurs. The spaces between the vertebrae in the spine reduce. Practice this

- Lie on your back on a cushioned or carpeted surface
- Bend your knees and place your feet at hips width in contact with the floor
- Keep your knees at hip width
- Bring your feet close enough to your body so that your lower back begins to relax into the floor
- Support the back of your head (not your neck) with a cushion or a paperback book or two
- Draw your chin into towards your chest to lengthen the back of your neck

both feet and the right and left sides of your back

- Breathe into the area beneath your hands
- Every outer breath, feel more and more of the back of your body relaxing into the floor
- Imagine your spine growing longer

Stay in this position for 5 - 10 minutes and relax fully. Come out the posture VERY SLOWLY. You will feel refreshed and taller. For maximum effect, repeat daily.



with Sarah Partridge BWY Dip

Yoga posture below for 5 - 10 minutes later in the afternoon and reverse this process. Help the discs 'plump up'. Grow your spine longer. Look after your back in a natural way.

- Place your hands on your lower ribs, elbows away from your sides
- Relax your shoulders
- Check there's equal weight in

New to Yoga,? Want to see if a class would suit you? 'Taster sessions' are available in Ipswich, Monday and Tuesday evenings 5.30 - 6.30. Next Saturday morning workshop (10.15 - 12.45) is 30th June. Lengthen your spine, develop greater flexibility, and relax. No minimum level of flexibility required.

To book your place ring 01473-658193 or visit [www.livelifelightly.co.uk](http://www.livelifelightly.co.uk)

## What is Life Coaching?

Unlike counselling or therapy, Life Coaching takes a look at a person's life as it stands now without referring to the past. It's about the present

and the future and making life the very best place it can be. Life Coaching concentrates on well-being, life and work balances and ways to enhance our lives. The benefits are many and although you may be asked to think outside your comfort zone', your self-awareness will be raised and you will discover ways to move your life forward.

them to make significant changes in their lives.

We all have the resources and abilities inside ourselves to succeed but by using a Life Coach as an impartial and non-judgemental sounding-board, you will achieve your dreams and desires.

You will be asked to be honest about yourself but will not be expected to divulge anything that makes you feel uncomfortable. Together with the coach you will set small, manageable goals or tasks without intervention or problem solving. This could, for example, be deciding to walk to work rather than take the bus if you want to improve your fitness levels.

We only get one chance to live this life of ours so why not make it the best possible place it can be!

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Has the time come to reassess some personal issues: Relationships, self-esteem, self-confidence, weight or health?

Making changes in our lives is always difficult as we tend to stick to what is familiar, even if we do not feel totally fulfilled.

However there is a simple way to make significant changes to your life by taking small, manageable steps forward.

With careful guidance and support, personal coaching encourages you to move forward in order to achieve what actually seems unobtainable.

Why not invest some time now in a **FREE 30 MINUTE TASTER SESSION** It only takes one small step to embark on a new journey!

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[www.smallsteps2success.co.uk](http://www.smallsteps2success.co.uk)

We live busy lives these days; juggling many balls in the air, and quite often we feel that what we are doing or experiencing is not really working. We may feel dissatisfied with some aspect of our lives.

A professional Life Coach will build up a relationship with their client based on mutual trust and respect and encourage and empower

[pav@smallsteps2success.co.uk](mailto:pav@smallsteps2success.co.uk)



• *Envy of her granddaughter*

## 'I feel a million dollars'

Patricia Smith, lives in Ipswich with her husband Derek. She works as a solicitors' clerk as well as a massage therapist and reflexologist.

She joined Slimming World at Chantry in January 2006, lost 4 stone in nine months to reach her target of 10 stone.

"My New Year's resolution in 2006 was to lose weight. I'd been slowly getting bigger over recent years and kept promising myself I'd do

something about it... 'tomorrow'. but tomorrow never came until I saw some photos of myself on New Year's Eve 2005. That's it I thought, it's time I went and saw Liz!

Patricia knew Liz Torrie who runs the Chantry Slimming World, she'd lost 2½ stone at the group five years earlier, but then stopped attending and her weight gradually slipped back up as she fell into bad eating habits.

"Once I started Food Optimising again the weight just melted away."

"Since I reached my target weight my energy levels are sky high and my lunchtime gym visits keep me fit and toned, as well as keeping me out of the shops! Now I'm a size 10 I love any excuse to buy new clothes. I feel much younger than my 63 years.

"I'm so proud to be the owner of several pairs of size 10 jeans, my 18 year old granddaughter is green with envy, I've told her there's any easy way to slim into a size 10 if she wants to, just join Slimming World!"



• *Patricia before her new lease of life*

## eat & slim bacon burger & relish

Tuck into this beefy favourite that serves 2.

You can add Gruyere Cheese for an even tastier burger.

### Ingredients:

227g/8oz extra lean minced beef  
1 tbsp freshly chopped parsley  
Sale and freshly ground black pepper  
1/2 small red pepper  
1 ripe tomato  
1/2 tsp barbecue seasoning  
1 tbsp freshly chopped chives  
2 rashers back bacon, all visible fat removed  
Green salad leaves  
2 x 57g/2oz wholemeal rolls.

### Method:

1. Finely slice the spring onions, placing in a bowl with the beef, parsley and seasoning. Combine with your hands and shape into 2 burgers about 10cm/4in in diameter. Cover and chill for 30 minutes.
2. Make the relish; deseed and chop the pepper, chop the tomato, mix with the barbecue seasoning and chives, cover and chill.
3. Place the burgers under a medium/hot grill for 6-7 minutes on each side until cooked through. Add the bacon for the last 5 minutes of cooking. Layer the salad leaves, bacon, burger and relish in the rolls and serve.

## ADHD? Hyperactive? help at hand



"He always wants to be somewhere else doing something else"

Do you think your child...

- Can't concentrate
- Is easily distracted
- Can't organise themselves
- Is Hyperactive and restless.
- Is highly impulsive
- Forgetful
- GREAT with computer games

Then your child may be diagnosed with ADHD and before you know it they could be prescribed Ritalin and all the side effects that go along with it and still there are problems.

Living with a hyperactive child can be a nightmare for parents. Impulsive aggressive outbursts and lack of attention make normal family life very difficult. 3 out of 4 sufferers are boys, sisters and brothers may be fine and very well behaved so parents are left desperately looking for answers and ways to cope.

At Bryden Homeopathic Clinic we have years of experience in working with "interesting" children and supporting their families. Treatment can be started even if the child is already on Ritalin or related CNS stimulants. Together with parents or carers we examine the triggers for behaviour, diet, other health issues and related problems such as Tourettes, Dyslexia, Autistic Spectrum, Anaemia, Bedwetting etc. By piecing everything together and administering individualized Homeopathic medicines we can significantly improve the health of your child so they can concentrate better, become less defiant and aggressive, make friends and most importantly become happier with themselves.

For more information visit [www.brydenhomeopathy.co.uk](http://www.brydenhomeopathy.co.uk)

Tel Trish Bryant 01473 412840, Telephone consultations possible.

• A good read:-"Ritalin Free Kids" by Judyth and Robert Ullman.



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Chantry Clinic 6.30

**THURSDAY**  
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Buttermarket 10am

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Hello and welcome to angling monthly. What great weather we've had through April, just right for getting out and about and some great catches have resulted because of it.

**SEA:** The warm weather has seen the arrival of the first garfish of the season. If you don't know what gar is, it is like an eel with a long beak and is a greenish colour and they average around 2 feet in length. They are great fish to catch and we normally float fish for them in the sea, or in harbours and off piers and breakwaters. All you need to catch them is a sea float fished to a depth of 2-3 feet, a small hook and a piece of herring strip or mackerel for bait. Pair this up with a light line and rod and you can have some great fun. The gar is one of our only sea fish that will actually tail walk and if you have one do this just for a moment it makes you think you're in Key West or the Indian Ocean catching sailfish, a nice dream!

Our beach fishing has at times been pretty good with codling, bass and lots of spotty dogs. With plenty of crabs around and lots moulting the first smoothounds have been reported from Orford and Aldeburgh.

**LAKES:** Most lakes in the area have picked up nicely and now

we've had some rain they are well topped up. There has been plenty of activity on some of our carp fisheries with Melton match lake fishing well and also Creating producing some big weights in matches. My lake at Kesgrave has seen some good fishing with several carp to around 14lbs loads of quality roach, rudd, some tench and a few crucians to around a pound in weight.

**BOATS:** When the weather has let the boats get to sea the fishing has been very good. Our boats, Tracy Jane and Flirt have had some cracking sport with cod to 12lb, skate and smoothounds to double figures. The biggest problem that boat anglers have faced is the constant easterly winds that we had for about 3 weeks which kept most boats on their moorings.

**TROUT:** Local trout fisheries have been doing fairly well, although with the weather a little cooler the fish do seem to have gone a bit deeper. The best times to catch seem to be around mid morning just when the temperatures have risen a little. As it has been cooler a good fly to try is the booby commonly known because of the two floating boobs at the head of the fly. This fly is fished on a very short leader, around 12"-18" in length, coupled with a fast sink line. The idea being that as the fly tries to surface you twitch it down with a small retrieve and the fly bounces back down to the bottom. This can be a deadly method this time of year.

If you fancy fishing our rivers like the Orwell, Stour, Deben and Ald now is the time to start. More about this next month.

I would love to hear from you if you've information on club waters, day ticket fisheries or just a catch that you think is worth putting in my article.

*Tight lines and good fishing*

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