



# Suffolk West

## NEW SPEAKERS

### PLEASE KEEP THIS ADDITIONAL INFORMATION WITH YOUR 2018/19 SPEAKERS DIRECTORY

Please make sure when you book your speakers that you find out the total cost involved. The details in this Speakers Directory are only a guide and speakers do have the right to amend their costs at any time. However, if a figure is agreed at time of booking this should be adhered to and the only way to ensure this is to get written signed confirmation from the speaker and to re-confirm details when reminding your speaker nearer the time, emailed confirmation is acceptable.

**Please remind speakers about their talk/demonstration about ten days before the date of the meeting.**

**ACWW** (SWFWI Representative Val Simpson)  
74 Abbots Road, Haverhill, CB9 0DH  
Tel: 01440 705862                      Mobile: 07950 596482  
Email: val.simpson\_copy@outlook.com

A short talk on the history of ACWW, its work and the projects that are being supported by WI fundraising.

Fee: Nil

Travel: 40p per mile for journeys over 20 miles.

*Available: mornings, afternoons and evenings.*

#### **ADAMS, Derek**

Mill House, Plough Hill, Stansfield, Sudbury, Suffolk, CO10 8LT  
Tel: 01284 789192                      Mobile: 07985 617559

**EXPOSURE – Snapshots from the life of Lee Miller:** Lee Miller (1907-1977): model, photographer, lover, surrealist, libertine, muse, film actress, wife, documentarian, war correspondent, mother, alcoholic, gourmet cook. One remarkable woman.

Poet Derek Adams' latest poetry book focuses on the extraordinary life of the American photographer Lee Miller. The poems do not form a comprehensive biography, but rather an album of snapshots taken from events in Lee Miller's life, her photographs and well known artworks she inspired.

Derek will give an illustrated talk about the life, loves and career of this true twentieth century woman, interspersed with poems from his book.

Requirements: Screen and digital projector (can bring own if necessary).

Fee: Nil

Travel: 25p per mile

*Available: mornings, afternoon and evenings.*

#### **Angli-EAR HEARING AND TINNITUS SOLUTIONS**

Grain House, Mill Court, Great Shelford, CB22 5LD  
Tel: 01223 661399                      Email: sarah@anglihearhearing.co.uk

Talk about the ripple effect of hearing loss.

Requirements: Screen or blank wall.

Fee: Nil

Travel: Nil

*Available: mornings, afternoon and evening and at short notice.*

**BROWN, Janet**

11 School Close, Stanton, Suffolk, IP31 2DG

Tel: 01359 251604      Mobile: 07813 794490

Email: janet.brown555@btinternet.com

**My Patchwork Journey:** Janet talks about how she began to patchwork and quilt, and how she developed this into textile art using both painting and sewing skills. Will bring along examples of quilts and pictures and also a few small items and some simple hand sewn kits for sale.

Requirements: Five large tables to display work and a microphone (if members have hearing difficulties).

Fee: Nil (Donation to Denman preferred)

Travel: 35p per mile

*Available: mornings, afternoons, evenings and at short notice.*

**CANCER RESEARCH UK** (Susan Robertson)

2 Redman Place, Stratford, London, E20 1JQ

Tel: 07770 655487      Email: susan.robertson@cancer.org.uk

Providing an overview of Cancer Research UK, as well as local information about Cancer support and other activities.

Fee: Nil

Travel: Nil

*Available: mornings, afternoons and evenings and at short notice.*

**DOGS TRUST** (Paige Pope)

Dogs Trust Rehoming Centre, North End Road, Snetterton, Norfolk, NR16 2LD

Tel: 01953 497912      Mobile: 07393 018685

Email: paige.pope@dogstrust.org.uk

**Dogs Trust – A Dog is for Life:** Founded in 1891, Dogs Trust has been campaigning for better dog welfare for over a hundred years. Today Dogs Trust cares for more than 17,000 lost and abandoned dogs every year across a nationwide network of rehoming centres. Includes a PowerPoint presentation covering some of the more interesting points in the charity's history, as well as the work we are currently doing, and some of the fabulous dogs we have met along the way! Can also bring a four legged friend along to join in!

Speaker provides projector, laptop, extension lead and screen. Access to a table and plug would be appreciated, and drop of water for Paige and her four-legged canine companion!

Fee: Nil (Donation to Dogs Trust appreciated)

Travel: Nil

*Available: mornings, afternoons and evenings and at short notice.*

**EAST ANGLIAN DRIVEABILITY** (Danielle Wilson)

East Anglian DriveAbility (Main Centre ), 2 Napier Place, Thetford, Norfolk, IP24 3RL

Tel: 01787222873      Email: mail@eastangliandrivability.org.uk

**East Anglian DriveAbility:** An independent charity that specialises in enabling outdoor independence. Their aim is to assist, reassure and support people of all ages to gain or retain independent mobility by providing high quality information, advice and specialist assessments.

Fee: Donation to East Anglian DriveAbility

Travel: Nil

*Available: afternoons and evenings and at short notice.*

## **GILDEA, Edward**

Flat 3, Eastacre, Chaters Hill, Saffron Walden, Essex, CB10 2AB

Mobile: 07930 910037

Email: edward@edwardgildea.co.uk

**My Circumnavigation and how it turned me Green:** In 2014 and 2017-8 Edward sailed around the world as a crew member in the Clipper Round the World Yacht Race. He enjoyed and endured some wonderful and testing experiences sailing across six oceans and felt intensely connected to the beauty, power and delicacy of the planet. Those experiences gave him a real sense of purpose and urgency in raising the profile of the environment and have since turned him into an environmental activist. His talk is illustrated by slides and also by his own poetry and covers both the sailing, the life-changing experience of the planet and what he has achieved as a green activist.

Requirements: Projector and screen/ wall space. Sound equipment is an optional extra.

Fee: Nil

Travel: 25p per mile

*Available: mornings, afternoons, evenings and at short notice*

## **HOPE, John**

Triton House, Cambridge Meadows, Newark, NG24 2GU

Tel: 01636 676604                      Mobile: 07777 626289

Email: johnhope436@gmail.com

**Time Through the Ages:** A journey through time telling over two centuries showing the development and improvement of time telling devices from the sundial through to the atomic clock

**Extra time:** Forty Thousand people lost their lives in Sri Lanka in the Tsunami of 2004. This story pays tribute to them but covers details of how my wife and myself survived, including the escape and what happened next.

**Come Fly with Me:** An illustrated talk of places where the speaker has worked in continents of Africa, America, Asia and Europe.

Requirements: Screen, projector and laptop although I can provide all three if required.

Fee: £60

Travel: 10p per mile

*Available: mornings, afternoons, evenings and at short notice*

## **LOVELL, Rev. Keith**

Tel: 01206 386626                      Email: klovell956@btinternet.com

Ordained in 1968, Rev. Lovell has been public speaking for over 50 years. His talks include:

- History through Suffolk Public House Signs
- History through Suffolk Blue Heritage Plaques
- History through Beers Brewed in the East
- History through East Anglian 'Bits and Pieces'
- History through Suffolk/Borough/District Coats of Arms
- History through Beers Brewed in Suffolk
- History through the Parish Church
- History through Nelson and Watery Things
- History through the Sea Shanty
- History through the Thames Sailing Barge
- History through Old North-Essex Ballads
- A Secular Christmas 'Pot Pourri' - (readings, songs, jokes, etc.)
- A Christian Christmas 'Pot Pourri' - (as above + Carols)
- Extracts from 'Mrs. Beeton's Book of Household Management' of 1861

Fee: £40 per talk

Travel: 35p per mile from Mersea Island.

*Available: mornings, afternoons, evenings and at short notice.*

## **OUR SPECIAL FRIENDS**

C/o Visitors Centre, Animal Health Trust, Lanwades Park, Kentford, Newmarket, CB8 7UU

Tel: 01284 335351

Email: [office@ourspecialfriends.org](mailto:office@ourspecialfriends.org)

**Supporting Animal Companionship:** The benefits of animal companionship for human well-being are well known. Pets can be vital companions especially for the vulnerable or isolated, but when times are difficult help may be needed to maintain that special bond. Our Special Friends is a charity that provides a range of support services to help those in need to continue to enjoy contact with animal during illness, bereavement and other crises.

Requirements: Screen and access to electrical sockets.

Fee: Donation

Travel: 45p per mile

*Available: afternoons, evenings and at short notice.*

## **REVIVE ACUPUNCTURE** (Jenny Riches)

211 The Street, Kirtling, Newmarket, Suffolk, CB8 9PD

Tel: 07518 113472 Email: [jenny@revive-acupuncture.co.uk](mailto:jenny@revive-acupuncture.co.uk)

**Acupuncture for health and wellbeing:** Topics which can be covered in more depth include anxiety, depression, headaches, menopause and migraines.

Requirements: Projector if possible, but not essential.

Fee: Nil

Travel: Nil

*Available: Thursday mornings, Thursday afternoons, and evenings, as well as at short notice.*

## **RIDING FOR THE DISABLED** (Kala Nobbs)

Dodds Cottage, Tuffields Road, Whepstead, Bury St Edmunds, IP29 4TN

Tel: 01284 735057 Email: [kalanobbs@btinternet.com](mailto:kalanobbs@btinternet.com)

**Riding for the Disabled in West Suffolk:** Talk about the history of the RDA, their activities and the horses, riders and volunteers who make up our team. When possible the speaker will be accompanied by an adult rider who will tell their own story of overcoming disability through riding.

Requirements: Projector and screen.

Fee: Nil (Donation to West Suffolk RDA).

Travel: Nil

*Available: mornings, afternoons, evenings and at short notice.*

## **ROYAL AGRICULTURAL BENEVOLENT INSTITUTION** (Lucy Bellefontaine)

13 Beaumont Cottages, Kelsale, Saxmundham, Suffolk, IP17 2NW

Tel: 01728 602888 Mobile: 07739 297374

Email: [lucy.bellefontaine@rabi.org.uk](mailto:lucy.bellefontaine@rabi.org.uk)

RABI is a grant-making charity that helps farming people of all ages if they are in financial difficulty – this presentation explains how the charity helps and how the money is raised.

Can bring RABI Christmas cards for sale, during the early part of the year cards are sold at a discounted price.

Requirements: A large blank wall to project on to and a couple of tables.

Fee: Nil

Travel: Nil

*Available: mornings, afternoons, evenings and at short notice.*

## SHANTYFOLK

Skimbles, The Street, Assington, Sudbury, CO10 5LN

Tel: 01787 211133      Mobile: 07811 716565

Email: igclark72@yahoo.co.uk

**The origins and meanings of shanties and other sea songs:** ShantyFolk is a five-member *acapella* group who have been singing together for the last five years. They explain the origins of shanties and when they were used and perform a selection of shanties and songs of the sea. Audience participation is encouraged.

Please note - performance is not amplified.

Requirements: Close proximity to electrical sockets and a projector and screen if available (please advise when booking). Also requires a table for projector.

Fee: £50 donation to RNLI

Travel: 35p per mile (maximum two vehicles will be required)

*Available: mornings, afternoons and evenings and at short notice.*

## SILVER LINING ESTATE PLANNING

Stephen Wilkes, Silver Lining Estate Planning, IP City Centre, Ipswich, IP2 8SD

Tel: 01473 358195

Mobile: 07932 153092

Email: steve@silverliningep.co.uk

**Protecting Your Estate – Local Will writer shares his secrets:** An educational presentation which explains how assets can be protected against a range of dangers by having a Will and Lasting Power of Attorneys in place; about using trusts in your Will so that more of your estate can be passed on to the next generation without impacting your current lifestyle; preventing the estate from being lost to care fees; protecting assets for disabled people; how to prevent your assets being frozen if you lose your mental capacity; how to make probate easier or even unnecessary; why next of kin doesn't mean anything when it comes to decisions about your medical treatment if you cannot make them.

Requirements: TBC on booking.

Fee: Nil

Travel: Nil

*Available: mornings, afternoons, evenings and at short notice.*

## THE ACCIDENTALS & FLAT BROKE

8 Acton Lane, Sudbury, Suffolk, CO10 1QN

Tel: 01787 377487

Mobile: 07903 677138

Email: emnguy45@gmail.com

Website: [www.accidentalsflatbroke.com](http://www.accidentalsflatbroke.com)

Five-part ladies vocal harmony group, with four piece backing band or keyboard accompanist for smaller venues, singing easy listening, light classical, swing, disco and pop numbers. Formed in 2010 from members of Sudbury Choral Society, the Accidentals have performed for Terry Waite, Sir Andrew Phillips and for BBC Radio Suffolk in venues across the county.

**Celebratory events/concerts/parties:** Can provide entertainment with full band (keyboard, drums, guitar, bass guitar) and a full PA set up - quality sound guaranteed via by band leader David, who is a sound engineer for BBC Radio Suffolk!

**AGMs/weekly meetings:** Can entertain with a singing workshop – some fun warm-ups and sing-alongs followed by a short set of songs to suit the audience.

**45 minute set:** with keyboard player, going through the ages from the Great American Songbook through light classical, to up to the minute hits to appeal to WI members of all ages. Andrews Sisters to Abba, Gershwin to Lady Gaga!

Requirements: Access to electrical sockets to plug in keyboard, and if full band is required, enough space to plug in speakers and mixing desk and singers' mics.

Fee: £150 to cover the six singers and accompanist's music costs and petrol (Negotiable).

Travel: Nil

*Available: afternoons (weekends only), evenings and at short notice.*

## **TROPIC SKINCARE** (Kara Andrews)

46 Daisy Avenue, Bury St Edmunds, Suffolk, IP32 7PH

Mobile: 07909 902983

Email: karaandrews@live.com

**Helping create a healthier, greener, more empowered world:** Tropic ambassador Kara talks about the ethics behind the brand, their ingredients and packaging. Also offers mini facials, hand scrubs and foot soaks, as well as a chance to sample products. Tropics products will also be for sale after the presentation.

Requirements: A table to display products and access to hot water.

Fee: Nil

Travel: Nil

*Available: Wednesday mornings only, evenings and at short notice.*

## **WALSH, Andrea**

Willowbank, Old School Road, Whepstead, IP29 4UA

Tel: 01284 736807

Mobile: 07949 083629

Email: andrea@alexandertechniqueworks.co.uk

**How to Stay Young with the Alexander Technique:** How we sit, stand, move and bend were all learned as a child. It's a joy to watch toddlers moving, as they use their bodies innately. As we start to get older, we tend to interfere with that natural poise and balance we had as children. This is largely caused by the nature of habit. Once we repeat something often enough it becomes a habit and we no longer think about how we do it, we just do it the same way every time. But what if some of those habits are putting strain on the body? The good news is we can 'unlearn' habits which interfere with our body's every day movements, which can help restore the good use and balance and poise we had when we were younger. The Alexander Technique is a method for unlearning less than useful habits, which are putting strain and often pain on the body. It improves balance, walking, bending, sitting and standing. It is easy to learn and is very safe for most people. Once learned, the Alexander Technique is a skill for life. Andrea is a qualified Alexander Technique Teacher and undertook a 3-year training course in order to qualify. Fully insured through the government body, Society of Teachers of the Alexander Technique and am also registered with the CNHC.

Fee: Nil

Travel: Nil

*Available: mornings, afternoons, evenings and at short notice.*

## **WOODHOUSE, Sarah**

Picken House, 22 Gardeners Walk, Elmwell, Bury St Edmunds, Suffolk, IP30 9ET

Tel: 07715 213392

Email: sarah@sarahwoodhousetherapy.co.uk

**The Bowen Technique:** An explanation of what the Bowen Technique is, where it came from, what it does along with a practical demonstration. It is a gentle therapy that works on the fascia. Clients can be fully clothed and because it's so gentle it's suitable for everyone.

**Reflexology:** An explanation of what it is, what it does with a practical demonstration.

Requirements: Screen or a blank wall.

Fee: Donation to The Tom Bowen Legacy Fund.

Travel: 35p per mile

*Available: mornings, afternoons, evenings and at short notice.*

## **AMENDMENTS**

**Please note the following amendments for the 2018/19 Speakers Directory:**

- **HEATHCOCK, Geoff**  
Change of email address: geoff.heathcock88@gmx.com
- **MURTON, David**  
Change of address: 148 Lloyds Avenue, Kessingland, Suffolk, NR33 7TS