

Grant funds a topic room at Level Two

Hello and welcome to the February edition of Our Town: Felixstowe.

This month, the town is getting ready for Felixstowe Fairtrade Fortnight, with a very special guest set to visit some of the events. See the opposite page for details.

Meanwhile, Felixstowe Sewing School are gearing up for the 2016 Sewathon - see below for details.

It seems to be the month for competitions - if you're a keen writer or photographer, turn to page four to find out how to enter two local contests.

Later this month, half term takes place, so if you're stuck for ideas on what to do turn to page five for our round-up of fun events in Felixstowe.

Find out what's happening at the library on page six and see photos of February in Felixstowe through the years on page eight.

If you have any news or events to share, get in touch. Call 01473 324751 or email nicola.warren@archant.co.uk

Level Two Youth Project has opened a new topic room, thanks to a lottery grant. Wendy O'Connor, project administrator, explained: "With thanks to a grant from the Big Lottery Fund, this has enabled us to open up a new topic room, where early intervention learning can further support our young people."

In the new room, young people can access information and advice on a wide range of issues, with topics rotating every two to three weeks.

The first subject covered was stress, anxiety and sleep. In the weeks leading up to half term, there will be interactive activities on healthy eating.

Next week, to celebrate Chinese New Year, youngsters can cook and sample Oriental cuisine.

Young people have been involved in the choice of topics which will be covered in the room in the coming weeks.

The topics will include e-safety, personal safety, road safety, first aid, recycling and care of the environment, sport and exercise, smoking, alcohol and drugs and bullying.

Wendy added: "Last year our youth workers, through fun activities and games, were able to assess young people's current knowledge on these issues.

"It is from this benchmarking that we have been able to design programmes to deliver that will be pitched at the relevant levels to increase our young peoples' awareness and learning, enabling



■ The new topic room at Level Two in Felixstowe.

them to make informed choices about their own health and wellbeing."

■ For more details, contact Wendy or project manager Shez Southernwood on fydlevel2@btconnect.com or 01394 272521.

■ Level Two is offering lots of activities over the February half term week, including bowling and laser quest and Anglia Karting. For further information, visit www.leveltwo.org or www.facebook.com/leveltwoyouthproject



Raise money for mayor's charities

Join Felixstowe Mayor Doreen Savage at a charity curry night at Bombay Nite on Monday, February 15, from 7pm.

The evening will include a meal and the chance to take part in a raffle.

Funds raised will go to the mayor's charities.

Tickets, which cost £20, and must be booked in advance by calling 01394 288193.

Bags of support needed for Sewathon



■ Colourful bags designed to hold symptom relief syringe pumps are presented to Ingrid Garbett, palliative care specialist nurse at The Ipswich Hospital NHS Trust.

Picture: CONTRIBUTED

Felixstowe Sewing School will be holding their third annual Sewathon on Saturday, April 9, and there are lots of ways to help.

Once again a team of people will be sewing from 9am to 9pm to make syringe driver bags for the oncology department at Ipswich Hospital.

"We are broadening it out after the success of last year," said Amanda Bowden, who runs the sewing school.

"The hospital used up many of the bags and St Elizabeth Hospice found out about them and has asked us to make them for the hospice as well."

"The hospital found them to be very well received," she added. "People are very happy to have them, so that's great."

You can get involved in the event

by volunteering for a two-hour sewing slot, donate some new medium cotton fabric, a minimum of half a metre, or give money on the Felixstowe Sewing School website. Any funds raised through the site will go towards buying fabric, thread and buttons.

"I have put a call out to all my clients. The response has been absolutely amazing so far and lots of people are signing up," said Amanda.

"I just find that asking people to come along and do something practical, which collectively makes a small but lovely difference, to have that opportunity is really very precious," she added.

Members of the public are welcome to attend the Sewathon on

the day and make a donation for tea, coffee and cake, which will be supplied by Maggie Franks from Felixstowe-based business Delicious Nutritious.

If you would like to make a syringe driver bag to donate to the hospital or hospice, but can't attend the Sewathon, get in touch with Amanda. She will be able to send you instructions on how to make one.

"A big thank you for all the sewing community for stepping up and giving their time because it's a wonderful thing to do," she concluded.

■ For more details, visit www.felixstowesewingschool.co.uk and click on the Sewathon3 tab.