

Suffolk celebrates London 2012 Open Weekend

Open Weekend 2010 takes place from 23-25 July and will include hundreds of cultural events across the UK. Suffolk's response to this celebration is a fantastic range of events planned across the county, each one offering a unique opportunity for you to join in and take part, and they're all free. Sail on a keelboat, enjoy a 'Last night of the Proms' style concert, take the family on a fun cycle treasure hunt or enjoy a showcase event for disabled people to get involved in Sport. Try petanque, bowls, circus skills, canoeing, salsa dancing and even take part in the Vegetable Games. Watch street performers, street theatre and draw, paint or photograph a moment in time.

EVENTS AROUND ALPHETON

Alpheton Games and picnic - Alpheton Village Hall
This will be a free entry event. Villagers are invited to bring their own picnic, but some refreshments will be on sale. We will hold 6 or 7 fun sporting events for men, women and children. Olympic style medal ceremonies will take place with the raising of flags. ag.ariss@fiscali.co.uk or 01284 828541

EVENTS AROUND BECCLES & BUNGAY

Beccles Lido Grand Opening Gala - Beccles Lido
The grand re-opening of Beccles Lido (outdoor pool) with fun swimming races, water polo and inflatable games. BBQ, puppet show and children's entertainment. sollychristgreenhill@talktalk.net or 01502 715733

Waveney strings - Beccles
netta.swallow@btinternet.com or 01502 470135

Beccles Cycle Strategy - Cycling treasure hunt - Beccles
A fun filled cycle treasure hunt for all the family, challenging riders to work out clues relating to local information, characters and history which will lead to hidden treasures. info@pinetrees.net or 01502 470796

Fisher Youth Theatre Group - FVTG film club and showcase - Fisher Theatre, Bungay
An open weekend including a showcase of films produced by young people with the local community. helen_kirby@btinternet.com or 01508 518723

Norfolk and Suffolk Aviation Museum - Family fun day

Bungay
A real family fun day to showcase the museum including flight simulator, visits to war-time shelter, access to aircraft. Entertainment includes Jitterbug band, musicians in costume playing WWII tunes and Lancaster Flyover. pamveale@btinternet.com or 01508 532646

AROUND SOUTHWOLD, BLYTHBURGH & WENHASTON

Celebrating Blythburgh - Blythburgh
An event to reflect Blythburgh's natural beauty and heritage. With guided tours, live bands, morris dancers, bouncy castle, carpet bowls, air hockey and licensed bar. david@dtyfler.freeserve.co.uk or 01502 478521

Wenhaston Bowls Club - Junior/Adult Bowls Tournament - Wenhaston Bowls Club
A bowls tournament open to the local community for all age groups. jean.a.macheath@btinternet.com or 01986 873172

Red Rose Chain - The fairy play - Southwold
A touring street theatre performance based on the Faries from Shakespeare's 'A Midsummer Nights Dream'. linge@redrosechain.com or 01473 288886

EVENTS AROUND BRANDON

West Suffolk Arts Centre (WSAC) - Keep buzzing! - Brandon
Sunday 25th July. An afternoon of free drop-in music workshops and taster opportunities plus 'Meet the Bands' jamming sessions and the 'Brandon Buzz', an annual day-long live music event featuring local bands. leigh.driver@westsuffolkartscentre.com or 07882 891022

EVENTS AROUND BRUISYARD

The Bruisyard open weekend - Bruisyard
A weekend full of great activities
Saturday 24th - 10am to 5.30pm - An art exhibition featuring local artists in the Village Hall. Free admission / **1.30pm to 4.30pm** Children's Sports in the Parish Park. Medals and prizes to be won!
4.30pm Official Opening Ceremony of the Village Hall. / **Sunday 25th - 10am to 5.30pm** An art exhibition featuring local artists in the Village Hall. Free admission. / **2pm to 5pm** Five-a-side football competition to win the Bruisyard Trophy. / **2.30pm** Afternoon tea in the Village Hall. Proceeds in aid of the Children's Hospice. / **5.30pm** Grand Prize Raffle Draw in the Village Hall. Big cash prizes will be won! Take part in the Sporting Scarecrow Challenge at any time over the weekend and all correct entries will be entered into a prize draw. - www.bruisyard.com



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EVENTS AROUND BURY ST. EDMUNDS

Bury Skate Park Jam 2010 - Bury Skatepark, Bury
bscskateparkexperience@hotmail.com or 01284 717100
Target Archery Open Day - Whepstead, Bury St Edmunds
Introduction to Target Archery including Archery games, darts, balloons, shooting over different distances. Highest scoring Adult, and Junior will be given free session at the club. daisyj@talktalk.net or 01284 752650

EVENTS AROUND CAMPSEA ASHE

Memories of Campsea Ashe - Campsea Ashe
An event based on an exhibition of local heritage, including an opportunity to add personal resources to the collection. campsealim@googlemail.com or 01728 747995

EVENTS AROUND COWLINGE & GREAT BRADLEY

Cowlinge village weekend - Village Hall, Cowlinge
Celebrating the people and heritage of Cowlinge, this event offers activities such as a country walk, cycle ride, pony rides, tennis round robin, and plenty for the little ones. The event will also celebrate food in particular fruit and veg. linda.scott@dsl.pipex.com or 01440 820437

Sportathon Great Bradley - Great Bradley Village Hall
An afternoon and evening event including sporting competitions and races plus an olympic themed sports quiz. john.barnett@dsl.pipex.com or 01440 783903

EVENTS AROUND ELMSWELL & RATTLESDEN

The return of the Elmswell village hall - Crown Mill, Station Rd, Elmswell
The 'Sign Play' will mark the return of the iconic Elmswell Village sign, originally commissioned in 1995, it's a beautifully crafted evocation of Elmswell through the ages. clerk@elmswell.suffolk.gov.uk or 01359 244134



AROUND FELIXSTOWE

Activfest - Felixstowe Leisure Centre
A sports open day including dance, cheerleading, judo, indoor golf and cricket, karate, aerobics and chair-based activities.
01394 213071

Felixstowe Fun and Games - Felixstowe Promenade
A fun day including activities such as beach volleyball and salsa dancing, as well as performances and demonstrations from local organisations.
julia.carr@westsuffolkmind.org.uk or 01284 764808

Red Rose Chain - The fairy play - Felixstowe
A touring street theatre performance based on the Faries from Shakespeare's "A Midsummer Night's Dream".
linge@redrosechain.com or 01473 288886

AROUND GLEMSFORD

Glemsford Fete - Glemfest - Glemsford Village Hall and Tye Green centre 24th July, 12 noon - 5pm
A village fete with something for everyone. Live music, Morris dancing, flamenco dancing, sports activities, computer games, climbing wall, bouncy castle and slide, Kangoo boots, puppet show, children's entertainer, stalls selling home-made crafts, food and drink. council@glemsfordpc.co.uk

AROUND GREAT BARTON & PAKENHAM

Great Barton Open Morning and Film Festival - Great Barton Village Hall
A combined event including an exhibition of local clubs and societies as well as film screenings for all ages groups.
mick@brabrook.freeserve.co.uk or 01284 788147

Pakenham Village Funday - Pakenham
A village fun day involving competitions, sports events, arts and crafts, open gardens and music.
pakenhamclerk@talktalk.net or 01359 230321

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AROUND IPSWICH

East Anglian Sailing Trust - Summer sailing in

Suffolk - Suffolk Yacht Harbour
An open day welcoming visitors to enjoy sailing sessions with experienced skippers in one of their fleet of sailing keelboats.
trustee@e-a-s-t.org.uk or 3330883278

Martlesham in Bloom - A moment in time in Martlesham
Martlesham, Ipswich

An opportunity for people to be more aware of the parish by drawing, painting or photographing any aspect of it, therefore capturing a moment in time.
mike.irwin1@btinternet.com or 01473 610078

Ipswich Maritime Trust - Wet dock watersports - Ipswich Wet Dock

This event is jointly operated by the Ipswich Sea Cadets and the 13th Ipswich Sea Scouts. Promoting awareness of water sports and water safety with taster sessions in rowing, canoeing, dinghy sailing and motor boating.
bob.pawsey@googlemail.com or 01473 252893

Disability sports culture and art showcase day - Northgate Sports Centre
A showcase day to encourage disabled people in suffolk to get involved in sports.
lisa.butler@optua.org.uk or 01473 836777

Suffolk Coastal Petanque Alliance - Boules in the Park 2010 - Christchurch Park, Ipswich.
An event to introduce people to the sport of petanque, with experienced and nationally licenced players.
imogenlewiskira@sky.com or 01473 236420

Peoples Community Garden Town and Bridge Project - Vegetable Games 2010 - Maidenhall, Ipswich
A health and well-being event based at the community gardens, including sports day and grand produce show.
susannah.robirosa@townandbridge.org.uk or 07530 407302

Ipswich Basketball Club - Ipswich basketball 3 on 3 tournament - Holywells High School, Ipswich
A 3-on-3 basketball tournament hosted by Ipswich Basketball club, open to boys and girls across Suffolk.
denisdixon@googlemail.com or 07783 575230

Alton Water Sports Centre - Get on the water taster day - Stutton, Ipswich
A one day open event including taster sessions in windsurfing, sailing, rowing and canoeing.
chris@altonwater.co.uk or 01473 326966

Positive Youth Programme - Different colours one Suffolk fashion show - Caribbean Club, Ipswich
info@positiveyouth.org.uk

Ipswich Council for Voluntary Services - Calling all international women - Cornhill, Ipswich
An event to raise awareness of support networks available for international women including hands on activities and on site support.
sue.clements@ipswich-cvs.org.uk or 01473 261111

Gainsborough Film Festival - Ipswich
To create a film club in the library which will serve the community with a regular film event that will appeal to a multigenerational audience. We will start the film club with a weekend of films associated with the Olympics to promote sports, health and
terri.hallett@suffolk.gov.uk or 01473 260888

Witnesham Wasps Football Club - Brownies 5-a-side competition - Witnesham Playing Field
A youth girls event for Brownies aged 7 to 10 in Suffolk.
colin.richards14@btinternet.com or 07808 989396

Red Rose Chain - The fairy play - Ipswich
A touring street theatre performance based on the Faries from Shakespeare's "A Midsummer Night's Dream".
linge@redrosechain.com or 01473 288886

AROUND KESSINGLAND

Kessingland community youth funday - Kessingland Youth Centre
A youth community funday with inflatable fun equipment, a circus skills workshop, and various stalls.
michelekessinglandyouthcentre@hotmail.co.uk or 07807 167306

Kessingland Parish Council - Follow Up Day
Kessingland
A sporting event which offers children aged 5-16 the opportunity to use a skateboard ramp and participate in ball games.
kessinglandparish@fsmail.net or 01502 717775

Friends of Kirton Church-10th Birthday Festival - Kirton
A celebration of the 10th anniversary of The Friends, dedicated to the up-keep of the Church and its environs. Includes a flower festival, an exhibition of locally created vestments, stone masonry, traditional oak carpentry and stain-glass making.
l.lanigan@btinternet.com or 01394 448568

AROUND LAVENHAM

Little Hall Museum - Activity day - Lavenham
Demonstrations and have-a-go activities such as archery, painting, weaving, spinning and wood turning.
vlute@googlemail.com or 01787 247554

LEISTON

Ever thought of volunteering - Long Shop Museum, Leiston
A series of events to increase awareness of volunteering opportunities in Leiston and the surrounding area, for under 25 year olds.
volunteer.longshop@googlemail.com or 01728 832189

AROUND LOWESTOFT

Waveney Gymnastics Club - Fun open day - Waveney Gymnastics Club
A fun, open day which will include activities such as gymnastics, trampolining, cheerleading and dance.
waveneygym@aol.com or 01502 501409

Seagull Theatre Community Open Day - Lowestoft
Free admission to a series of taster performances and workshops, showcasing the wonderful variety available. Includes story telling, modern dance, ballroom dancing and classical music.
info@theseagull.co.uk or 01502 589726

AROUND MILDENHALL

Last night of the proms - The Jubilee Centre, Mildenhall
Come and support the Royal Air Force regiment based at Honnington with a 'Last night of the Proms' style concert featuring Suffolks own Band of the Royal Air Force.
caroline_steggles@btconnect.com or 01638 713493

Mildenhall US and UK Open Day - Dome Leisure Centre, Mildenhall
Working in partnership with the First Command Financial Services at Mildenhall's USAF base the open day will include a huge range of activities spinning, body combat, Limbo, Boccia, races and Rock climbing.
nigel.snape@angcomleisure.com or 01638 515687

AROUND NEWMARKET

Gazely village weekend - Gazely Sports field
A weekend event including sports days, multi media art projects and local talent show.
david@allonsong.com or 01638 750646

Moulton get involved weekend
New Moulton village hall
An open weekend including displays and demonstrations by village groups, exhibitions, and organised walks as well as a sports day.
randjwallwork@btinternet.com

Newmarket Leisure Centre disability sports open day - Newmarket
Using the London 2012 Paralympics as inspiration, Newmarket Leisure Centre will be holding a Disability Sports Open Day, celebrating disability sport including clubs from West Suffolk and East Cambridgeshire.
keiran.williams@angcomleisure.com or 01638 782500

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clerk@elmswell.suffolk.gov.uk or 01359 244134

The Rattlesden Community Council - Family Fun Day - Rattlesden playing field
A combined event including a family barn dance and a sports/achievements presentations event.
neiljamescole@hotmail.com or 01449 736145

AROUND RED LODGE

Red Lodge Fun and Fit day-Red Lodge
A village fun and fit day with traditional sports activities for all ages, such as basketball, football, tennis and mini tournaments plus demonstrations and taster sessions.
clerk@redlodgpec@hotmail.co.uk or 07837 637497

AROUND STOWMARKET

Sports Day and the Van Dunk Brothers-Stowmarket
A series of street performances including interactive shows on Stowmarket High Street and surrounding areas.
danielh@stowmarket.org or 01449 612060

Wetheringsett Open Weekend - Wetheringsett Village Hall and school field
An open weekend including sporting tournaments, childrens entertainment, local art and history exhibitions and evening concerts.
01449 766670

AROUND SUBURY

Party in the Park - Sudbury
A free family event including taster sessions and demonstrations in keep fit, martial arts, basket ball, tennis & football.
jacquie.howells@sudburytowncouncil.co.uk or 01787 372331

AROUND THORNHAM MAGNA

Thornham Field Centre Trust - Beyond the wall - Thornham
A showcase of the work of the Thornham Walled Garden project which focuses on people with mixed disabilities. The general public can participate in various workshops including drumming, photography, music, gardening and conservation.
karen@thornham.org.uk or 01379 788700

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An event to reflect Blythburgh's natural beauty and heritage. With guided tours, live bands, morris dancers, bouncy castle, carpet bowls, air hockey and licensed bar.
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AROUND WOODBRIDGE

BCC multi sports Great v Little Bealings - Village Hall Playing Field and Sports Court
Teams from both the Great Bealings and Little Bealings villages participate in a 5-a-side Football, Tennis Doubles, Boules and Netball for the Bealings Challenge Cup (BCC), together with subsidised picnic and BBQ to raise funds for the John Belstead Playing Field
littlebealingspc@btinternet.com or 01473 610088
jhs@nigellawrence.co.uk or 01473 735880

Red Rose Chain - The fairy play - Woodbridge
A touring street theatre performance based on the Faries from Shakespeare's "A Midsummer Night's Dream".
linge@redrosechain.com or 01473 288886