



Oulton Broad parishPRESS

Welcome to the Parish Press Spring issue. Delivering the latest news, updates and announcements from within the Oulton Broad Parish

Discover the natural work of Bonds Meadow



Spending time in the countryside offers a refreshing escape.

Tucked away to the north of the parish between Sands Lane and Hall Road you'll find the Suffolk County Wildlife site of Bonds Meadow, a seven-acre community managed woodland, wetland and meadow. Surrounded by houses, it's one of the area's best kept secrets.

It is community managed with volunteers meeting every Tuesday at 9:30am.

The site boasts a diverse habitat with three small ponds, and dykes along its boundaries. Three small wildflower meadows, World War tank blocks, a maturing orchard and various trails among different tree species. At its core lies a secluded and tranquil bowl-like feature, believed to be the remnants of Pond Farm's Marl Pit. This pit once held a type of clay rich in minerals that farmers used until the 19th century to enhance soil fertility and structure.



As summer approaches and the days lengthen, Bonds Meadow breathes with life again. A kaleidoscope of green blankets the ground and canopy. Moss covering the

fallen branches line the footpath, while aggressive Alexanders and ferns complete with stinging nettles for dominance on the woodland floor. However, as much as we may dislike nettles, they have an important role in the eco-system, serving as food for caterpillars and butterflies. Ladybirds feast on the aphids hiding among the leaves, while seed-eating birds enjoy what's left.

A quiet visitor may come across a family of muntjacs, foxes and squirrels. This year, amongst the regular resident bird species, a tawny owl, buzzards and woodpeckers have also been reported.

So come and enjoy what's great about life; take your family and head outside to explore the amazing natural beauty of our parish. It's free and on your doorstep.

Jasmin's PILATES

NICHOLAS EVERITT PARK

INTRODUCES

PILATES CLASSES

NO EXPERIENCE NEEDED

Tuesdays

CHAIR PILATES - 10:45am - 30 minutes

MAT PILATES - 9:15 or 11:30am - 60 minutes

MIXED ABILITY, EQUIPMENT PROVIDED, IN THE PAVILION NEAR THE BOWLING GREEN, OPPOSITE EVERITT PARK CAFÉ & BAR

For more information please contact ...



Instagram: jasmins_pilates
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Monckton Avenue

As the weather warms, the birds are singing, and the spring flowers are in bloom... it's the perfect time to explore the old Nursery Woods.

Nursery Woods is a new public green space linking Monckton Avenue to the Peto Way roundabout. The site has a network of paths, perfect for a game of Tag, Capture the Flag or even just a run-about. You'll also find a fantastic mix of wildlife habitats including a wildflower meadow, brambly scrub, woodland and wetland areas with temporary ponds.

Volunteers will be hard at work in the coming months maintaining and improving these areas for both humans and wildlife. There are also some curious features, with exotic plants like pampas grass appearing amongst the undergrowth. These are left-overs from the time when the site was a council nursery. Do you have any memories or old photos of the site as it was then? If so please contact us, as these could be useful to include in the new interpretation boards to be installed this year.

For more details about volunteering or to tell us about the history of the site, please contact Mark via: mark.webster@tcv.org.uk or on 07740 899691.

Welcome to another addition of our Newsletter. I hope you find it interesting and enjoyable.

As Chair I am very proud of our park. As it's a charity we are always looking for ways to raise money to keep it well maintained. Thankfully we have the support of **Friends of Nicholas Everitt Park** who do a tremendous job keeping it looking great with all the colourful plants and general upkeep. **FONEP** is a volunteer group and we are appreciative of all the time, effort and hard work they put in each week.

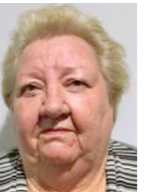
You may have noticed the building work that was going on in and around the museum over the past months. This is now complete, and you'll notice the improvements so please pop down and visit. The museum is run by volunteers so any support you can give is very welcome.

Unfortunately we have had trouble in the park lately created by youths breaking glass bottles, getting intoxicated and creating problems, which we do not deserve and neither do the park visitors. Due to this behaviour, we have had to upgrade our security which means additional expense to us.

On the other hand, we are looking forward to another year full of events. You can find a list of events overleaf, and on our website, Facebook page and posters in and around the park. We hope to see many of you in attendance.

Thanks go to both our Clerk and Administration Assistant for all the hard work they do in the background keeping the office running and keeping us in order.

Finally, we hope you have a great summer with a lot of sunshine!



Statement from Councillor Sandra Keller Chair of Oulton Broad Parish Council

Summer in our park

We are proud to have such a loved park and would like to keep it up to the best standards. So we ask that those who visit respect the area and use the rubbish bins (which are located around the park). This includes picking up any dog faeces and disposing of appropriately in a bin, or taken home to be disposed of.



Sallyann @ Up4Fitness invites you to join her for the new Move to Improve program!

Designed to enhance strength, mobility, and balance, this low-impact program offers accessible exercises in a welcoming and supportive group setting. Enjoy fun and engaging sessions with like-minded individuals, led by an experienced Exercise Referral trainer.

Program details

Chair Exercises Performed seated, supported against a chair, or standing near a chair. **6-week course starts: Friday, 28th February 2025, at 10:45 AM**

Senior Circuits A functional workout tailored for seniors. **6-week course starts: Friday, 25th April 2025, at 10:45 AM**

Walk with Poles Improve posture, strength, and endurance through guided pole walking. **6-week course starts: Friday, 13th June 2025, at 10:45 AM**

Cost: £36 for a 6-session block or £7 per session (pay-as-you-go)

Location: The Pavilion, Nicholas Everitt Park, Bridge Rd, Oulton Broad NR33 9JR

- Donations for refreshments after exercise are appreciated.
- Please park & pay before leaving your car.
- All equipment is provided.

For more information, contact: **Sallyann Protheroe - Up4Fitness** by email up4fitness@gmail.com or call **07599 044806**
Find us on Facebook: **Up4Fitness**



Get in touch with Michaela, your Clerk.

Tel: 01502 580942 | Email: clerk@obpc.uk | Office Hours: Mon-Thur 11am-4pm

Post: Clerk's Office, Broad House, Nicholas Everitt Park, Oulton Broad, NR33 9JR



Keep updated and follow us

Oulton Broad Parish Council

www.obpc.uk



Friends of Nicholas Everitt Park • UPDATE

Good news – we've had **3 new volunteers** join us since the last newsletter in November. We would still like more people to join us. So if you, or someone you know, has some spare time on a Thursday morning from 9:30am until noon, and would like to help then you're more than welcome. Just turn up at the Pavilion – on a Thursday morning – for a chat and/or to help. The Pavilion is in Nicholas Everitt Park, next to the Bowls Green.

If you're not sure about gardening, we have other tasks on our list, such as cleaning and painting wooden benches, the bandstand railings, the duck pond bridge top rail and the boat planters. The latter three are due to receive a fresh coat of paint this year.

We have been busy during the past months clearing leaves and tidying the flowerbeds. The memorial roses have been given a hard prune to try and rejuvenate them. We have also built another section of staging for the greenhouse. The plug plants for the circle flowerbed have been ordered, as well as some young Begonias for the hanging baskets, to add to the tubers stored over the winter. We plan to plant some perennials in the circle flowerbed to provide a continuous display. There will be lots of weeding to do during the summer, so there's plenty to keep us all busy.



Find us on Facebook: fonepob

What's coming up 2025 DATES FOR YOUR DIARY

May to September – Powerboat Season

Bank Holiday May 26th – Powerboats and Lowestoft Invaders

June 7th – Parish Picnic, Craft Fair and entertainment

July to September – Bands in the Park playing on selected Sundays

July 5th and 6th – Nearly Festival

July 12th – History of Transport

July 26th and 27th – Kidzfest

August 2nd – Evening concert with the Ipswich Hospital Band

Bank Holiday August 25th – Lowestoft Lions family fun day

August 26th to September 2nd – Art Circle exhibition in the Pavilion

October 31st – Children's Spooktacular Halloween

December 7th – Carols on the Quay

For more details and further updates please see our Facebook page and Website

www.obpc.uk

Oulton Broad Parish Council

STALL-HOLDERS

We always welcome new stall-holders for our events. If you're interested please email Rebekah at admin@obpc.uk for details.



Lowestoft Museum

In the last Parish Press Newsletter we gave details of the progress of 'excluding water' from the cellar in Broad House as part of the MEND project. This process has now been completed – in time for the new season.

We had scaffolding in place while the work was taking place which allowed us to have ten solar panels installed on the flat roof. These are on lightweight supports, elevating the panels towards the sun. Batteries were then connected in January. Unfortunately there was, on occasion, water seeping into the stairwell just above the new concrete floor in the cellar. However, the fitting of a new pump has now corrected this. To celebrate the completion of this project we have a **MEND celebration** taking place on Thursday March 20th, when we will be showing our gratitude to those who contributed to the success of the project.

Overall visitor numbers have been lower than in recent years, possibly due to poor weather and the appearance of Broad House while the building work was in progress. Now all the improvement work on Broad House has been completed we are hoping annual visitor numbers will increase. Visitors will get to see two new display cases funded by a donation from **Art Friends Suffolk**. These were ordered and installed in the Everitt Room ready for new displays, consisting of WWII, VE Day and more, in time for our re-opening on April 5th.

In other news – we were surprised and delighted to be invited to a Rotary Club dinner where the Museum was presented with a trophy for **Service before Self2**, which will join other recent acquisitions in the new Turner Room display case.

On Bank Holiday Sunday, May 25th, the **Motor Bike Rally** will be held behind the Museum.

On June 18th we have an **Antiques Valuation Day** in the Pavilion and in the Museum.

We will also focus on the **Scout** and **Guide** organisations in the Turner Room.

We hope to welcome you soon!

www.lowestoftmuseum.org

lowestoftmuseum

FOR HIRE

Are you looking for a place to hold community groups, work related activities or even birthday parties? Then look no further than the Pavilion in Nicholas Everitt Park.

The Pavilion consists of a large hall, a fully equipped kitchen and two toilets. Alternatively, if you are wanting to hold a larger event similar to the sizing of *Nearly Festival*, then hire our Green. For more information about hiring either the Pavilion or the Green email Rebekah at admin@obpc.uk

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