



# FORUM

SUFFOLK FREEMASONS NEWS

AUGUST 2023



*Arguments are extremely vulgar, for everybody in good society holds exactly the same opinion.*

*Oscar Wilde*



In my 38 years of being a Suffolk freemason I have seen many, many changes, but mostly in attitude. The journey however, which it is undoubtedly, for all of us, offers many options. Not unlike a car journey we have brakes, a reverse gear, a maximum top speed and most importantly, indicators. It is our decision as we make that journey to choose at every point, which way we want to go. However, aspiration and inspiration often attach another choice to the above.

My time as an acting Provincial Officer within Suffolk goes back to 1993 and during that time, I have been involved with hundreds of the most dedicated and remarkable individuals, who also happen to be Freemasons. It has been their guidance, support and encouragement which has undoubtedly played a critical part during that journey, as well as their loyalty, which has been astonishing.

I have so enjoyed my 10 years as your Provincial Grand Master and all that went before it and as I gaze into the future I see a Pro Grand Masters' 2022 Strategy, a new Provincial Grand Master who has a wealth of Masonic knowledge and enormous enthusiasm and the brightest future for Suffolk Freemasonry and that, is a delightful feeling.

One of my last duties is to attend the Suffolk Punch Trust on Wednesday 30th August, to simply receive their thanks for £50,000 raised by Suffolk Freemasons over the last couple of years, all generated by the engine room, which is Barry Bloomfield and I would be delighted if you and your family, could join us to celebrate that monumental achievement.

January will see the launch of the new Festival and again give us the chance to repay the generosity of the MCF, to say nothing of the £14 million they are going to spend refurbishing Cornwallis Court.

Referring to the opening quote, I think Freemasonry is the best example of a society where we should hold similar opinions and removing politics and religion from the equation, it gives us a fighting chance. It provides stability and a haven of like-minded people and offers a tremendous opportunity for self-improvement and an ability to help others with both time and charity. I can think of no other society whose doors are open to everyone, that can even come close to our Brotherhood and share similar views and opportunities.

George Bernard Shaw started his quote 'Progress is impossible without change'. We have a new era, fresh thinking as well as the renewed enthusiasm of a brand-new season. I have enjoyed the best time with you all over the years and I thank you for your support and especially your kindness and friendship. It has been a privilege and a pleasure, and I sincerely hope that in some way, whatever that may be, I have brought satisfaction to you and advantage to our most remarkable Province.

R.W.Bro. Ian J. Yeldham Provincial Grand Master

**A date for your diaries...**

**The Investiture of Jolyon Berry as our Provincial Grand Master  
and Grand Superintendent of Provincial Grand Chapter of Suffolk**

**Will be held on Friday 3rd November 2023 at Royal Hospital School, Holbrook**

*We look forward to seeing you there!*

# Jottings

from The Provincial Grand Secretary

Welcome to the latest addition of Forum, there are many changes in the Province this year which will set it on a course for making sure we keep the ethos of our Lodges to the forefront of our efforts and that we maintain our very healthy intake of new candidates.



We will see a new Provincial Grand Master in November. After 10 very successful years RWPGM Ian Yeldham will be succeeded by W.Bro Jolyon Berry. The ceremony will be at the Royal Hospital School, Holbrook on the 3rd of November, further details of the day's events and the booking forms will follow shortly. The whole Province wishes Ian the very best in whatever he endeavours to do, and I urge all Brethren to put this date in their diaries and attend if at all possible.

The Provincial Grand Master designate has already planned several positive actions to be incorporated during the latter part of this year and the first half of 2024, growing on those strategies already in place and implementing others. These are partly due to the directions being promulgated by Grand Lodge and because of the movement towards a closer working relationship between the Craft and the Royal Arch. Again, details will follow.

Suffolk Lodges have been very proactive in recruiting new members and as a province we are ahead of the game regarding the goal set for us by Grand Lodge, but we must not get complacent. The Membership Officer, Dean Willingham has put in a lot of work into explaining to the membership what the 'Pathway' is all about and how to proactively increase our numbers whilst retaining those who have already joined.

The provincial Almoner will be hosting an Almoners Conference on Sunday the 15th of October at Ashlar House with various speakers who will update the meeting on what is happening from a national and local point of view. He is hoping for a very good attendance.

With several of the Active Officers being new to their positions there is, very clearly demonstrated within the Province, a team spirit. This is reflected in the way that new initiatives are blended into our framework. One of the outstanding contributions has been made by the Hermes team so well led by W.Bro Geoff Spencer and taken on board by the Lodge Secretaries, no easy task.

The Provincial Office Secretariat has worked hard behind the scenes to ensure the smooth running of the Province and along with the Prov. Communications Officer have ensured you are all aware of the direction we are travelling and how we are going to achieve our goals. I thank them for their continued voluntary support.

**Trevor J. Tinley**  
Provincial Grand Secretary

## Message from WBro Jolyon Berry, PGM and MEGS Designate

I remember vividly speaking to the late John Yeldham in 2013 when RWBro Ian Yeldham was announced as the incoming Provincial Grand Master. 'JY' was a formidable character who wouldn't hesitate to put you back in place if you said something daft. I knew John some time before I met Ian; he was Master of Ceremonies at my lodge, Laconic. Ian had been identified as Barry Ross' successor and at a festive board I suggested to JY that he must be very proud of Ian. He agreed, but looked as soft and humble as anyone ever could as he said it... I never saw him like that again though!



Brother Ian will be leaving some very big shoes to fill. His enthusiasm, energy and incredible work-rate has really set a standard that will be hard to match. My circumstances are different to Ian's so I am not even going to try to 'PGM' the way he did, however I am so grateful to him for handing over a Province that is in such fine shape and I wish him every success in his 'retirement', although knowing him, he'll probably be busier than ever!

Ian became the Most Excellent Grand Superintendent in and over the Royal Arch Province of Suffolk two years ago when the former MEGS, VWBro David Boswell, became PGM of 'the friendly degree' of the Mark Master Masons of East Anglia. There are few gentlemen in this world that you will ever meet with a more friendly and kind disposition than David and as Grand Superintendent he presided over a Province that was unified and in harmony. It was not known until now whether or not Ian was going to be a 'Caretaker MEGS' until a new MEGS, separate from the Craft was appointed and I am sure that it will take us a little time to get used to one person leading both organisations. However I am reassured that I have the support and backing of PGMs and MEGS past and present, as well as the Pro GM and First Principal. And, from my recent meetings with many Companions and Brethren, I know I have your support too.

Thank you as well to all those who have sent me their best wishes and greetings and I thank you all in advance for the work that you will do in the name of our great Chapters and Lodges.

*Jolyon*

**Get yourself tested! Our next PSA Day:**  
**Soane Street, Ipswich**  
**Saturday 21st October 9 am to 1 pm**  
**Full details on Page 15**

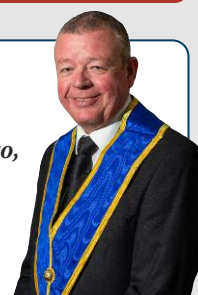


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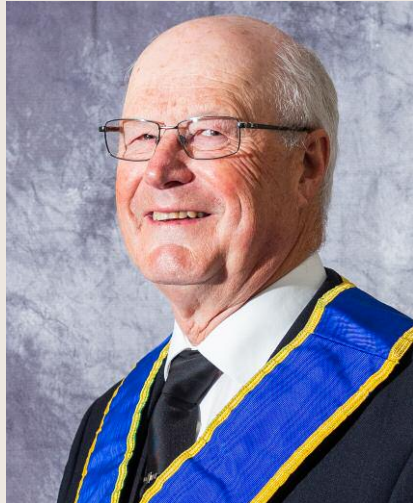
**Kelvin Avis, Provincial Communications Officer**  
Tel: 07771 644716 E: [comms@suffolkfreemason.org.uk](mailto:comms@suffolkfreemason.org.uk)

*"I am always pleased to receive your reports, particularly if accompanied by a photo or two, on what you, your lodge or chapter have been up to, what you are organising, your thoughts, donations and indeed anything you feel might be of interest to us all, simply get in touch"*



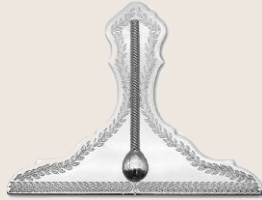


# Meet your Wardens...



**Captain Nigel Palmer OBE**  
*Provincial Senior Grand Warden*

Nigel was born in Middlesex in 1951 but grew up in Herefordshire and Suffolk before going to sea as a Cadet at the age of 16, this was followed by 17 years at sea in the Merchant Navy achieving command in 1984. The next 20 years were spent in shipping management with 7 years living in Japan and Australia. Another 11 years as Chairman of a major global marine insurer kept the shipping connection alive along with roles in maritime training.

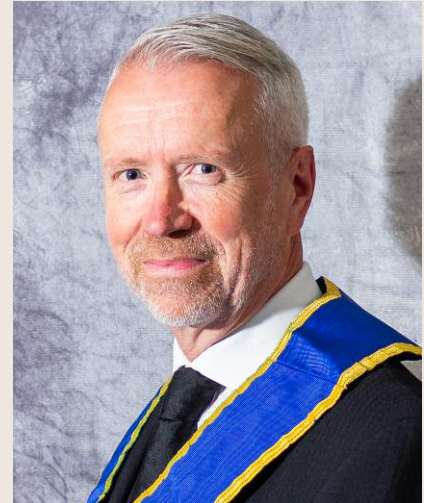


Nigel is an Elder Brother of Trinity House and continues to be actively engaged with the maritime sector today. He is Chairman of the Shipwrecked Fishermen and Mariners' Royal Benevolent Society and Patron of the East Anglian Sailing Trust. He was appointed OBE in 1989 for services to the shipping industry.

Nigel married Sandra in 1984 and they have three adult children and one grandson. They live in Felixstowe in an old thatched house that always seems to have something to be repaired or renovated. Gardening and membership of the Sailing and Golf Clubs provide leisure opportunities.

Nigel's Father and Grandfather were both Masons and he was initiated into Felix Lodge No. 2371 in 1984. Progression was interrupted by periods abroad, but he finally had the privilege of being Worshipful Master of his Mother Lodge in 2009/10. Nigel has been Lodge Secretary since 2018, so it will be a busy year juggling this with Provincial duties. He is also a member of Chapter, Mark, Royal Ark Mariners and Rose Croix.

Whilst living and working abroad the universal nature of Masonry became apparent with visits to Lodges in Japan, Singapore and Australia. Felix Lodge No. 2371 is twinned with Lodge Vembanad No. 319 (Grand Lodge of India) and Nigel was able to visit them in 2017 whilst on holiday in Kerala and participate in that evening's ceremony. Masonry has come to form an increasingly important part of life and appointment as Provincial Senior Grand Warden represents an incredible (and unexpected) honour - he is looking forward to visiting Lodges throughout the Province during his year of office.



**Mark Hawes**  
*Provincial Junior Grand Warden*

Mark was born in Cambridge, moving to Southern Ireland when he was three due to his fathers work and returning to settle with the family in Kessingland at the age of seven. Having finished school at the Sir John Leman High in Beccles he joined Barclays Bank in 1978 as the office junior based in Loddon. His career with the Bank lasted 43-years before he decided to retire in May of 2021, purely to explore other options for his time.



He was extremely fortunate to spend his whole banking career within Norfolk and Suffolk with the last 11-years as an Agricultural Manager looking after purely farming clients but it was during his 20-years as a Local Business Manager based in Southwold that masonry entered his life. Moving professionally to Southwold in 1989, having spent the previous 6-years in Great Yarmouth, he initially joined the local Rotary club and perhaps not unexpectedly ended up as Treasurer for 5-years. It was during a particular business conversation with WBro Brian Duncan that the subject of masonry came up which led to Mark being proposed and seconded by WBro Brian and Brian's late father WBro Mungo. Mark was initiated into Martyn Lodge in Southwold in 1994, became Master in 2002 and for the last 5-years has held the office of Lodge Mentor.

Outside of lodge, Mark celebrates 40-years of marriage in September of this year with Sharon. Together they have two daughters and two granddaughters which occupy a lovely part of their time.

From a very early age Mark has always had a passion for sport, playing most from school age and for 6-years in the mid to late eighties he ran a very successful local football team. Now, a more leisurely and not too serious round of golf is the order of the day, time permitting, with the armchair the vehicle of choice for all other sports!

The offer of the office of PJGW came completely out of the blue, something he never expected, but Mark is determined to throw himself into the role and is really looking forward to expanding his masonic family through visiting and taking up opportunities he had not even dreamt of.



## Stewards donate bench in memory of 'JY'

On one of the better summer days we've had this year, the annual Group 3 BBQ, organised by Nigel Gregory, was held at Ashlar House. As has become custom, the invitation was extended to all Lodges in the Province and around 100 members, family and friends turned out for a wonderful feast laid on by Roff caterers.

This year was a little different in that a presentation was held for a special bench in memory of John Yeldham, JY as he was known to most of us. The Provincial Grand Steward's Lodge wanted a way to remember JY as he had an enormous impact on the Lodge, so it was agreed that a memorial bench would be paid for and placed in the Ashlar House memorial garden.



Unfortunately, our PGM Ian Yeldham, was unable to attend to receive the bench in memory of his father, but a good number of current Steward's Lodge members

including John Rice and current Master Andrew Pryke, were there to present the bench and the DPGM Roger Nash, was there to receive it on behalf of the PGM.

*Paul Rayner*

## SLB Royal Arch Red Table

On 28th April, the Suffolk Light Blues, in conjunction with Suffolk Provincial Grand Chapter, organised a Red Table event for local masons to find out more about the Royal Arch – the completion of pure antient masonry. Members of both the Craft and Royal Arch Provincial Teams explained the history and story of the degree, along with the practical logistics of being a member of a Chapter, before members of



local Chapters gave 60-second elevator pitches to promote their units. 45 Masons attended, with over half being non-Royal Arch Masons who wanted to discover more about the Royal Arch. Of those non-members, all have committed to joining the Royal Arch with 10 already being proposed and seconded.

The team will be putting more of these events on around the province in the next 12 months – keep an eye on the SLB Facebook group and on your emails for further details!

If you want to find out more about the Royal Arch in the meantime, you can talk to your Lodge Royal Arch Rep, or reach out to any member of the SLB Team or Provincial Team.

*Will Lambarth, Suffolk Light Blues Vice-Chairman*

## The full circle of Freemasonry

Freemasonry, is by nature, a continuous cycle, a "Living Circle". In love, wisdom, fraternity, and charity, Stour Valley Lodge No. 1224 placed the tail firmly in the in mouth of the province of Suffolk, if you know your allegory, to form the perfect circle in the masonic progression of their very own Provincial Grand Master Right Worshipful Brother Ian John Yeldham. It was with splendid care and planning that the evening unfolded and the details of our PGM's initiation were revisited and carefully stitched to the coat tails of what would be his final Provincial Grand Lodge meeting only ten days later.

Brethren from across our province tendered their generous blind bids in a ballot to perform the various offices and ritual for the evening. The ceremony was conducted with a care and polish that took even our candidate by surprise, particularly when the secretary came out of the temple to receive the fees for initiation. With several lifetimes of masonic experience at work on the temple floor that night, the contrast of light and shade of the squared pavement was matched by the work of the Junior Warden for the evening, an office performed by a master mason as his very first attempt at masonic workings since his own initiation and a faultless performance indeed. In the bar afterwards, the candidate what heard to say when the blindfold was removed, "I was surprised to see so many of my friends were masons!"



The festive board continued the evening in a true and proper format when a member of Stour Valley spent his bid, on the task of singing the candidate's song, inevitably followed by the "Toast to the Initiate". This could not have been more appropriately proposed than by Ian's great friend and Past Deputy Provincial Grand Master, Very Worshipful Brother John Rice. The combination of personal memories, research from the lodge minute books and a copy of the hand written table plan from the festive board of 17th May 1985, made the evening complete.

The end result, a team of brethren with something very unusual to add to their masonic CV's and a Provincial Grand Master, genuinely taken by surprise at an evening of Freemasonry, charged with emotion and spent in the company of his mother lodge.

*"Just when you think Freemasonry has given you everything...  
The brethren you share it with give you that bit more!"*



# An introduction to Jolyon Berry our PGM and MEGS Designate...

Jolyon Berry is originally from Kent. He went to school in London and was based in Germany while serving in the Army. After his military service, he read law at Nottingham University. It was as an undergraduate in 1996 that he was initiated into Westminster & Keystone Lodge No.10 by the then VWBro Cmdr Michael Higham, Grand Secretary.

At Dulwich College, Jolyon enjoyed playing rugby but fell short of ever making it to the 1XV. More sporty than academic, he evaded questions about university ambitions by stating an intention to join the Royal Military Academy Sandhurst. Satisfied with this response, his schoolmasters left him alone and he ended up at Sandhurst in January 1990 straight after A Levels and just after a cycling accident which resulted in a nasty injury near his right eye, necessitating plastic surgery. Jolyon was commissioned into the Royal Tank Regiment aged 19.



*As a new Troop Leader with 3 Troop, DSqn, 3RTR in Canada before going on exercise Medicine Man, 1991*

Jolyon had planned to serve a short service commission which would have enabled him to avoid university while still being able to get a 'real job' when he left the Army at about the same time as his classmates who had decided to get degrees. However, he had no career path in mind, a recession was about to start in 1994 and the redundancy of many Army Officers at about the same time further to 'Options for Change' meant that being an Army Officer was not going to help much in a competitive job market. And, while he could strip and reassemble the main armament of a Challenger tank, his CV was still that of a quite good rugby player. So, at the age of 23, all apprehension about academic learning was set aside as he resolved to apply to university. With some luck and a lot of soldiers' cheek

and bluff, he managed to persuade the powers-that-be to allow him to sit an entrance test to read law at Nottingham University. From a cohort of well over 100 applicants, six would be selected to be accepted as mature law students. Shortly before that test he worked as a solicitors' clerk assisting counsel through a particularly long and boring fraud trial during which the barristers argued daily about whether the evidence about to be heard was, or was not 'hearsay'. To his delight, the only question on the University entrance paper was about the law of hearsay!

During his year at law school, Jolyon met Gayle, to whom he was married for 20 years. He qualified as a solicitor in the Employment, Pensions, and Incentives team at Allen & Overy in London and by 2003 two of their three children had arrived. This prompted a move from central London to Colchester and shortly after Jolyon moved jobs and began working as a solicitor in Ipswich for Birketts LLP.

It was during his first week at Birketts that Jolyon was approached by WBro Jeremy Bristol, a senior partner at the firm, who introduced himself with the words 'I understand you are a Freemason', inviting him to a meeting at British Union No.114; his first introduction to Suffolk masonry. There he was introduced to the idea of joining the newly formed Laconic Lodge No. 9771, which he joined in 2006 becoming Worshipful Master ten years later.

In 2010, Jolyon was exalted into Westminster & Keystone Royal Arch Chapter No.10. He became an active Grand Officer in 2016, serving as an Assistant Grand Registrar for a year before being appointed Suffolk's Provincial Grand Registrar in 2017. In 2019, Companion Jolyon was a founder member of Sparta Chapter No. 9771 of which he is currently Haggai. He is a member of Philip Jervis Kay Lodge No. 9300 and the 'red apron' Old Union Lodge No.46. Until this year he was both DC of No.10, and the Secretary of Laconic. He is proud to be a member of the Anglia Chapter of the Widows Sons Masonic Bikers Association but does not get to ride out as often as he'd like.

Jolyon's involvement in Freemasonry extends beyond his lodges and chapters. He is a member of the UGLE Masonic Appeals Court and a trustee of the Freemasons Fund for Surgical Research, formerly known as the 250th Charity.



*With VWBro. HHJ Simon Medland KC on the occasion of us becoming AGReg, 2016, Simon recently became DPGM for Cheshire*

Although Freemasonry occupies a significant place in Jolyon's life, he has many other interests and commitments. During 'lockdown', while residing in his bachelor pad in Wivenhoe, he got into the habit of picking up litter during his daily dog walks. This inspired the creation of the Facebook group 'the Wombles of Wivenhoe' which in turn led to him contacting the CEO of Wombles Operations Limited, the company that owns the global intellectual property rights for the original Wombles. The pair met, got on well and they soon agreed to form a new, national charity; the Wombles Community Charity which came into being in March 2023. Its aims are to support community litter picking groups and to assist educating primary school children about environmental matters. Brother Jolyon is its Chairman and most days he still picks litter while walking Cosmo the dog.

Although Jolyon's days of playing rugby are behind him, he tries to keep fit as a member of the men's crew that rows the coastal gig 'Defiance' for the Wivenhoe Corsairs Rowing Club and every year he and an old army friend go on a European motorbike tour; last year to Norway.

At work, Jolyon is an Executive Committee member and a director of Thompson Smith and Puxon in Colchester. He specialises in advising businesses about employment matters. He has lived in Wivenhoe for over 18 years and remains nearby Gayle and their children, Emily, Xavier and Caspar. His partner, Bettina, is Austrian. Although she has lived in the UK for over 15 years, she has only recently been introduced to Freemasonry!



*with Bettina in Austria*



*In 'Defiance', on the River Colne at Wivenhoe*



*cosmo on a 'womble'*



*crossing a Norwegian fjord*



## Thank you from Rick...

Well, the last four years have flown past, even though some of them were during the pandemic.

When I first had the honour of becoming Provincial Grand Charity Steward, it was towards the end of the 2019 Festival which was brilliantly organised by WBro Neville Warnes, so I did not have the pressure of running a Festival during my period of office. However, because our funds were relatively low, I was asked to keep everything in good order during the ensuing period and be somewhat constructive about how our money was spent during my tenure of office and prior to the beginning of another festival.

I now find myself leaving the office and passing it on to WBro Jon Neill, who, as incoming Provincial Grand Charity Steward, will have the honour of beginning the 2029 Festival for Suffolk. During my tenure of office, it was my intention to visit every lodge in our Province, which I achieved some time ago. During my visits it was a pleasure to meet individual lodge Charity Stewards and to share their experiences and offer some advice when asked. It was always going to be a suggestion for lodges to consider budgeting for the next festival so that when it begins each lodge had some funds already in place, which may help them over the duration of it. Many lodges have received this suggestion well, and I hope that when it does begin in earnest, that it will get a positive response throughout the Province from everyone involved.

WBro Jon has gathered a team to assist him with the organisation of the festival, and naturally I wish him every success, and because I have no intention of disappearing any time soon, I will always be available should the need arise. We have kept the Suffolk 500 Club going during the non-festival period, and although it may need a rebranding of it in the coming months, I am sure that WBro Jon will be up to the task. I would like to thank WBro Mark Ashmore and my wife Chris for their support and assistance in running the club.

I have been involved in many projects during the past four years, including many applications to the MCF for matched-funding and other programmes, most of which have resulted in successful outcomes for everyone concerned. There were also other applications that occurred during the pandemic via the Regional Communications Group that we are a part of. The MCF also asked us to focus on certain areas that were hardest hit as a result of the pandemic, including foodbanks.

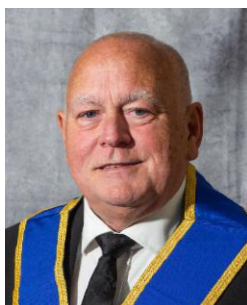
The MCF also targeted each Province to put forward a charity for support and mentoring via a project that involved The Cranfield Trust. My recommendation is being followed through, so it will be interesting to see how this works out in the coming months as well.

There have been many situations that I have been involved with during my years of office, many of which have probably gone "under the radar". However, I have worked behind the scenes on many occasions doing my best representing our Province and our PGM, for whom I have the greatest thanks to pass on to, because without his support I would not have been able to do what I have done.

Finally, I'd like to thank every lodge Charity Steward for their efforts with fund-raising and for what they do for their local donations.

So, my four years is up, but good luck WBro Jon and thanks, PGM.

*Rick Orme, Past Provincial Grand Charity Steward*



## A Magic night at Magi



Years ago, some Masonic centres would put on a 'Lodge of Confusion' where members from all the Lodges that met at the centre would join together to put on a demonstration ceremony. Now, imagine that but every person taking office had not performed their role in open Lodge before. You'd be forgiven for thinking that only pandemonium could ensue, but if you were at Magi Lodge in June you'd know that isn't the case.

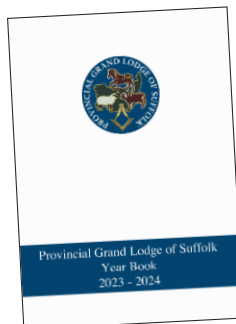
Members of the Suffolk Light Blues from across the North-East of the province took part in a First Degree demonstration; the initiation of 'Mr A and Mr B', which was expertly organised by Robbie Hall and Paul Barker. None of the individuals taking part had taken on their offices before, but you wouldn't have known it. Every person, from Master Liam Allen, to DC Duane Ashworth, to Marching Band (who needs an organist?!) Tom Whittington, put on an exemplary performance characterised by accuracy, meaning and humour. The mystery candidates, 'Mr A and Mr B', were only revealed after being admitted as candidates by the Inner Guard as the Assistant Provincial Grand Master and the Provincial Grand Mentor.

The initiation complete, Magi's Worshipful Master, Pat Denny, resumed his seat and concluded the business of the meeting. The Festive Board, with over 80 dining, was (as you can imagine) a raucous affair which rounded off one of the best nights of masonry many of us have experienced. There's very little that can beat a night out with mates to see a great ceremony and a high-quality Festive Board. The Entered Apprentices song played on a guitar was an experience we'll all never forget, that's for sure! With the steak, dessert and a fair amount of wine consumed, the Lodge proceeded to raise over £1000 between a raffle and an auction for some very worthy causes.

Congratulations to Magi Lodge for a fantastic night of masonry at its best. Surely this must be an annual event?!

*Will Lambarth*

## Provincial Year Book 23-24



The Provincial Year Book is usually published at the end of August. This year the publication has been delayed until the end of November in order that the most up to date details may be included, following the installation of our new Provincial Grand Master and Grand Superintendent.

*Graham Saward*

# Masonic Visiting Overseas

With summer holidays in and out of Suffolk now being planned and masonic travel following in the slipstream of those plans, we thought it might be timely for Forum Newsletter to give a short overview on the subject. Also, some pointers, which will underline the advice given in the "Information for Guidance of Members of the Craft", of which every brother has a copy, given to him by his lodge... somewhere!

With well over 200 Grand Lodges recognised by UGLE as being regular, or acceptable to visit, there are a lot of options open to masonic travellers and that is in addition to UGLE's own lodges, spread around the world. It is interesting to note that each Grand Lodge recognised by UGLE has their own procedure on visiting and whilst they are nearly always welcoming, each is different and has its own "sovereign" rules. Some are more formal than we are in their procedures, but many of their Brethren will be ignorant of their rules and perhaps likely to offer invitations than can embarrass them when the unintentional error becomes known...

More of our brethren than ever are taking the opportunity whilst away on holiday to have an 'evening off' from the family to visit a local lodge under a recognised Grand Lodge. The best way to do this is to plan ahead and early, via an enquiry to the Provincial Office. Visit requests for a meeting "next week", or without specific dates in mind will have to take their turn in the queue of work and may not be reached in time... Please give the Provincial Office as much notice as possible and be as specific as you can! Wherever you are travelling to, you will need your Grand Lodge Certificate and clearance certificates to show you are in good standing.

The first thing to remember is that UGLE's protocol on visiting lodges abroad does not permit brethren to contact non-UGLE lodges directly - see "Information for Guidance of Members of the Craft" pg 6. It may seem tempting to save time and get in touch directly with a lodge in the town being visited which has its own website (like our own lodge websites, there is usually a message of welcome to a prospective visitor and more often than not an email address or enquiry form), but so often this can be problematic. Firstly, because as mentioned above, it is a breach of masonic protocol. Secondly, because the Grand Lodge to which the lodge belongs may be irregular and unrecognised by UGLE. Lastly, because the Grand Lodge of which the lodge is a member may insist that

'their' protocol is followed, sending the enquiry to the Grand Chancellor's office at Great Queen Street, instead of replying direct. All three can lead to embarrassment and in certain cases, censure for the brother, who after all, only wanted a visit!

This all sounds rather dramatic, so it may be easiest to give an example using one of our closest neighbours,

France, where UGLE recognises the National Grand Lodge of France/ Grande Loge Nationale Française ("GLNF") alone. Our example will be of a prospective visit from 'Brother John Bull' an imaginary member of the Province...

Bro Bull plans to be in Paris for a long weekend and decides to tack on an extra day for sightseeing. He arrives on Friday and plans to leave early on the following Tuesday. He calculates that he may be available to visit a lodge on the Monday evening.

1. He writes to the Province explaining this and asking if there is a lodge that works in English meeting on the Monday
2. The Province checks with the Grand Chancellor's office which confirms that whilst there are several lodges meeting in French on the Monday, the only meeting in English in Paris is on the Saturday.
3. The Province informs Bro Bull, who decides to change his schedule to go to the Saturday lodge, working in English
4. The Province relays this to the Grand Chancellor's office, which passes on Bro Bull's name and rank to the GLNF, who inform their Lodge Secretary in Paris.
5. GLNF simultaneously passes the meeting time and venue of the lodge to the Grand Chancellor's office, which writes to the Province giving these details
6. The details are passed onto Bro Bull by the Province together with a reminder that he will need to take a clearance certificate from his lodge(s) together with his Grand Lodge Certificate.

This latter point is an important one. It is not normal for Entered Apprentices or Fellow Crafts to travel as they do not have a Grand Lodge Certificate, but some Grand Lodges will accept a visit if the brother's desire to travel is supported by his lodge, or he is accompanied by a more established brother and he has a letter of endorsement from the Provincial office.

'Group' visits (by which a group of masons will travel from Suffolk to an overseas Grand Lodge) are also increasing in popularity. The process is largely the same, except that one brother should act as the "arranger" on behalf of his brethren, providing a list of those attending with their clearance certificates. With this sort of group, it is essential that plenty of notice is given. Imagine what your own Lodge Secretary might say if he was approached, without notice, by a party of 20 visitors - especially if the visitors

wished to dine!

Lastly, a quick word on visiting the Grand Lodges of Ireland and Scotland - collectively known with UGLE as the Home Grand Lodges. Visits to Irish lodges follow the same procedures as us. For Scotland, by specific request of their Grand Secretary's office, all visitors should be notified in advance. Thus, if a visit to a Scots lodge is planned, whether individually or in a group, a note to the Province requesting the visit should be made in advance. This will be forwarded to the Grand Chancellor's team who will get the written approval for the visit from the Grand Lodge of Scotland and send that back to the Provincial Office, who will pass that on to you.

**We hope you have fun - happy visiting!**



## Summer Working

The sad news for masonic travellers is that the summer recess for lodges also takes place in nearly all overseas Grand Lodges at the relevant time of year (but do remember Summer in the Southern Hemisphere occurs during our winters!



**To visit overseas contact the Provincial Secretary Trevor Tinley  
secretary@suffolkfreemason.org.uk**



## Mildenhall Lodge pleased to donate to St Nicholas Hospice



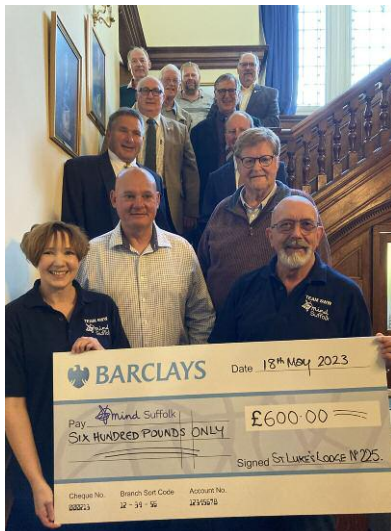
Nick Self, who was WM of Mildenhall Lodge during 2022-23, chose as his charity for the year the St Nicholas Hospice, Bury St Edmunds. The mother and stepfather of his wife Helen both passed away in the hospice in recent years so Nick and Helen thought it would be fitting to make it their charity as a small way of saying thank you for the excellent care received.

During the Summer of 2022 they hosted an afternoon tea garden party at their home then a quiz night at the lodge room in the Autumn. The total raised from both events amounted to £2445 and they were delighted to present a cheque to the Hospice on Friday 2nd June.

*Chris Curtin*

## St. Luke's donate for 'National Mental Health Week'

St. Luke's Lodge No 225 were aware that week beginning the 15th May was National Mental Health Week and they decided to contribute to a local charity which has a very good track record in this field. Suffolk Mind has a reputation of providing an excellent product to its service users and the charity receives very good feedback. For those reasons the Lodge decided it was an ideal opportunity to support the work being done and a presentation was made at Soane Street.



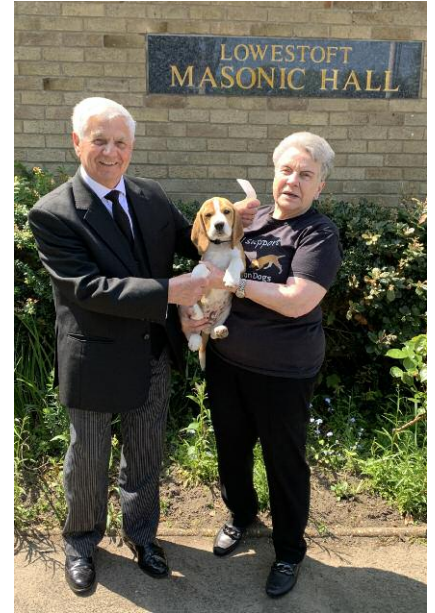
The picture shows members of the Lodge along with Tony Wooderson and Nicki Bush receiving a cheque for £600. Tony was pleased to inform the Lodge that because the donation was made this week it would qualify for a match donation from "The Big Give" an organisation supporting mental health charities. Tony and Nicki thanked the Lodge for their support and indicated that the money would be used for counselling, a much needed boost to a stretched part of their budget.

*Trevor Tinley*

## Suffolk Installed Masters Lodge and The Medical Detection Dogs Charity

Who would believe that the key to a greater understanding of the diagnoses of human disease was held in the paws of man's best friend?

At the May meeting of Suffolk Installed Masters Lodge, held at the Lowestoft Masonic Hall, members together with their wives and guests were entertained by a talk and film show given by Mrs. Norma Howell, volunteer speaker for the Medical Detection Dogs Charity assisted by her husband Rod.



It was a most fascinating talk as these marvellous dogs are trained to detect even the tiniest scents associated with cancers and many diseases including Parkinson's, Malaria, Covid19 and bacterial infections. On the day Jack Clarke, WM of SIM was pleased to present the charity with a cheque for £250.

UGLE Annual Reports are issued yearly and aim to provide an insight into UGLE's activities and finance of the previous year. The annual reports are published digitally as well as available in hard copy.

Read the latest report here:  
<https://www.ugle.org.uk/about-us/annual-reports>



## Introducing...

### Jon Neill

#### Provincial Charity Steward and Festival29 Chairman

I was born in 1968 and raised in Colchester. I left school in 1984 and completed apprenticeships in carpentry and joinery and decided to work in the family industry, as a funeral director, and although it was very rewarding, after a year I wanted to try something a bit different. I became a safety inspector and engineer of sports equipment in schools. This role took me all over the world and gave me great experience for what was to come.

In 1995 I married Jaci in Ulting, Essex and decided to settle down with less travelling, so after 10 years of working for a leading company, I decided to go it alone and started my own business in 1997. My daughter Amy was born in that same year, and our son, Sam, was born later in 2000. The business first started from a small garage on the Suffolk border, but within 15 years I employed over 120 people and looked after 20,000 schools with four offices across the UK. I went on to sell this business in 2017 but at aged 50, I was not quite ready to retire, so we bought a 700 year old derelict pub and turned it into an antique centre and tearoom - The Shoulder of Mutton.

I was first introduced to Freemasonry by friends some 14 years ago, I went to a white table event and two months later I joined. I am an active member of Court Knoll Lodge, other craft lodges and the Royal Arch.

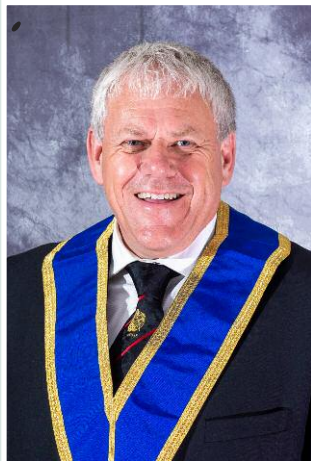
I went through the chair of Court Knoll in 2019, then moved into the role of Almoner and Visiting volunteer. Working alongside Prov. Almoner Jamie Gwatkin and the MCF has given me so much experience and has been very enjoyable.

Even in my formative years I have always enjoyed doing things for other people. I have positions such as Trustee of a local Cancer Charity, Rotary President and Foster Carer. Some of these roles have included raising funds and we have held events ranging from music festivals to tea parties raising many thousands of pounds.

The most notable success for me within Freemasonry was starting the Suffolk branch of the MTSFC a fishing charity taking disadvantaged and disabled youngsters on fishing and countryside experience days in Suffolk, these have been hugely rewarding and show the public the excellent work we do.

I am looking forward to the challenge ahead acting as your Charity Steward and Festival29 Chairman, I want our festival to be fun and my aim is to give something back to the members to thank them for the support that I am confident they will give to the festival.

**ChStwd@suffolkfreemason.org.uk**



## Ipswich Masonic Hall Big Quiz Night Friday 29th September 2023

How is your General Knowledge? Why not come along to Soane Street and take part in the Ipswich Masonic Hall Big Quiz Night!

- Teams of up to 8 people allowed, entry is £10 per person.
- Each team must all belong to the same Lodge/Order. You can even have more than one team from the same Lodge/Order if more than 8 want to take part, however, there must be no helping your other lodge members team, as both teams will be disqualified!
- The winning team will win half of the profits made from the event, to go towards the charity of their lodge's choice. The other half will go towards the Hall's Lift Fund.
- The winning team will also have a framed picture put up in the bar area, stating they are the champions of "The Ipswich Masonic Hall Big Quiz 23".
- The Bar will be open from 6.30pm, Quiz will start at 7.30pm with Nibbles being provided on each table.
- Book in with Hannah, with the Team name and names of members on your team, payment is cash on the night, prize money back in cash!

*For any further information email Hall Manager, Hannah:  
hannahditcham@ipswichmasonichall.co.uk*



## MILITARY VETERANS DAYS

In conjunction with The Not Forgotten charity

### VOLUNTEERS NEEDED

**Day 1 – Tuesday 5th September 2023 at Euston Hall**  
(<https://www.eustonhall.co.uk>)

**Day 2 – July/September 2024 at Helmingham Hall**  
(<https://www.helmingham.com>)

**Timing 11.00am to 6.00pm approx.**

**Theme "Garden Party Drive In"**  
**including Pimms reception, musical stage show and hog roast.**  
**150 – 200 veterans and helpers expected at each event.**

Volunteers needed for car parking, serving food and beverages, assisting with the raffle and Singo Bingo, generally chatting to the veterans, and tidying up at the end of the day.  
If you wish to help please contact the Provincial Grand Almoner.

If any Freemason knows of a military veteran who would benefit from the day, please contact the Provincial Grand Almoner with details of the veteran including service number.

**Preferred dress code:** jacket and white shirt with military tie, Suffolk Provincial Grand Stewards tie or Masonic tie. Members of Provincial Grand Stewards Lodge to wear their collars.

W Bro Jamie Gwatkin, Provincial Grand Almoner  
Bradwell, The Street, Bradfield Combust, Bury St Edmunds IP30 0LP  
Tel: 01284 386111 | Mobile: 07976 736393 | Email: [almoner@suffolkfreemason.org.uk](mailto:almoner@suffolkfreemason.org.uk)



## Macmillan Cancer Care Navigators receive £700 donation from Lodge of Dawn

Lowestoft based Lodge of Dawn 8799 were pleased to donate £700 to Macmillan Cancer Care Navigators at The James Paget Hospital to help support their work with patients across the East Coast.

A cheque was formally handed over to the team by Ray and Sue Pull - Ray served as Master last year and he and Sue, who previously worked at the James Paget for 29 years, knew of the good work of the cancer care team, and said the £700 had been raised through a raffle, games and donations at their Ladies Night.

Lyndsey of Cancer Care Navigators, who are based in the Louise Hamilton Centre on the James Paget site, thanked the couple and everyone who supported the fundraising "The money raised will help us fund a number of events we are planning which will help support patients and we're very grateful for this large donation. Thank you to Ray and Sue and everyone who attended the night who made a contribution."

*James Paget University Hospital*



## Composite make £2500 donation to Cancer Campaign in Suffolk

Charity Steward Graham Spenser and IPM John Ling of Composite Lodge No 9480 were delighted to present a cheque for £2500 to Mrs Karen Hare, CEO of Cancer Campaign in Suffolk (CCinS).

CCinS is a local charity supporting those with cancer diagnosis and their families before, during, and after cancer. From their community hub in Ipswich they provide psychological help to those going through treatment in both hospital and the community enabling patients to self-manage by providing coping strategies to manage their prognosis. They also provide education into the local community on cancer awareness, encouraging early detection for a more successful treatment and a higher survival rate.

Composite Lodge is one of the few Lodges in Suffolk to meet on a Saturday morning. Visitors from other Lodges are always very welcome on the first Saturday of every month, October to May, and every other month the Ladies and Lodge Widows are invited to dine with us after the meeting.

*John Ling*



## Ancient and Accepted Rite (Rose Croix)

The District of Suffolk has enjoyed a successful year to date. Chapters are now beginning to record attendances similar to those enjoyed prior to the Covid 19 Pandemic and Candidates for Perfection are also on the increase. "Red Table" events, especially those hosted by St. Edmund Chapter and Simon of Sudbury Chapter have been remarkably productive in generating interest and membership into this lovely Order.

Outside of the District, the King Edward VII Chapter of Improvement demonstrated the 15 & 16° with their usual panache. Several members of the District, including myself, attended their meeting at Grand Lodge in April. We were treated to a memorable occasion and an enjoyable & sociable festive board; we are already planning for next year's trip.

Three members of the District have been Elected to the 30°. Bob Champkin, Chris Wilson, and Will Austin are scheduled to receive their promotions at the hands of the Supreme Council on the 18 September at Duke Street, in St. James's. It will be my intention to be present and witness this eventful day out, one that will remain in their memories for many years to come.

To commemorate the Kings Coronation, Supreme Council were pleased announce that two promotions would be made available to each District. I am delighted that they were able to accede to my recommendations, and that John Edmonds & Barry Ross have been Elected to the 32° & 31° respectively. These well deserved promotions will take place in London on 31 January 2024.

The Inspector Generals Luncheon was held in June and proved to be a successful & well supported event. Numbers were up from last year and my sincere thanks go to the District Recorder, Dave Deal, for all his hard work in organising this event.

There have been one or two changes at Supreme Council, notably the retirement of M. 'P.' Bro. Guy Elgood 33°. Bro. Guy rose to become head of the Order in 2020 but stood down at the end of 2022, reverting to the Office of Grand Treasurer General, and retiring with effect of 31 July this year. He has been an influential member of the Supreme Council for many years, and has attended this District on several occasions, the last of which was at my Installation as Inspector General in September 2019.

If you are interested, the qualification for membership into the Rose Croix is 12 months standing as a Master Mason and an appreciation that this is a Christian Order. We welcome enquiries regarding membership, which may be directed to the District Recorder or any Chapter Recorder, the contact details of which are to be found in the Craft Provincial Yearbook.

**Ralph Robertson 33°**  
*Inspector General for the District of Suffolk.*





# Suffolk 250 Lodge and The Cathedral Chair Appeal

After the meeting of Suffolk 250 Lodge at Ashlar House, Bury St. Edmunds, on Tuesday 4th April the members and guests present welcomed the Dean of St. Edmundsbury Cathedral, The Very Reverend Joe Hawes.



Tim McCormick explained to everyone present the connection that the Masonic Province of Suffolk had with the Cathedral, the assistance it had given over the years and how pleased he was to be able to present a cheque to the Dean to represent the money given by both the Province of Suffolk and it's individual Lodges for the Cathedral Chair Appeal.

The total collected was £12,000 and in addition Suffolk 250 Lodge presented an additional cheque for £250.00 which had been agreed during the Lodge meeting. The Very Rev'd Joe Hawes thanked everyone present and all the representatives of the various Suffolk Lodges for their kind donations and stated how grateful the Cathedral was for the help received from the Freemasons in Suffolk and that he hoped we would again attend the Cathedral for an Evensong Service in October.



David Wilson, RA Charity Steward also made a presentation of £1,000 on behalf of the Provincial Grand Chapter of Suffolk.

The total raised by both Craft and Royal Arch members in Suffolk was £13,250 which represents a purchase in the region of 53 chairs for the Appeal.

The Cathedral wants to be a centre of learning, both for the Christian faith and beyond and wishes to assist helping towards a more caring and just society, both locally and further afield. The Very Rev'd Joe Hawes then went on to talk about how the Cathedral was assisting to house local homeless people and look after those who are lonely and in need.

*Reg Rivett*

## Suffolk Freemasons Social Media

Run by your Communications Team the Provincial Grand Lodge of Suffolk has a presence on Facebook, Instagram and Twitter which are all open to public viewing. They will give you up to date information on what is happening around the Province as well as having topical posts from UGLE, the Masonic Charitable Foundation, Supreme Grand Charity and many, many others.



*If you have anything you want to share on our social media, simply get in touch - [comms@suffolkfreemason.org.uk](mailto:comms@suffolkfreemason.org.uk)*

## Provincial Golf Day

The annual match between ourselves and the neighbouring Provinces of Essex, Norfolk and Cambridgeshire has been arranged by Cambridgeshire this year and is to take place on the 20th September. The venue is the Newton Green Golf Club with the fee being £40-£45. The programme will consist of coffee and bacon roll, 18 holes of golf, followed by a 2 course meal. These are very good days and provide an opportunity to meet Brethren from the various Provinces and in the past there have been many visits and friendships made on the strength of them.

The teams consist of 8 players and if there are more than that number interested, as in previous years, a draw will take place for team membership.

*If you are interested in attending contact Trevor Tinley: [trevor.tinley1@btinternet.com](mailto:trevor.tinley1@btinternet.com)*

## How old can you go?

A very special Installation Meeting took place at KTP Felix of Burgundy Tabernacle on the 1st April at Lowestoft, especially when you consider the ages of the two principals on the day. Brian Hole, Installing High Priest was 88 years 296 days and High Priest Elect John Edmonds was 94 years and 47 day giving a total of 182 years and 343 days, an average of over 91 years.



The interesting question here is - can any Masonic Unit beat this total age of the 'Elect' and the 'Installing' at an installation? Why not put it out there?

But it does not stop there! Brian Hole is also registered blind and cannot read regular ritual books or the printed material used in the KTP ceremony. He uses very special 'supersized' A3 ritual books with 48 point text and commits the ritual to memory. He has long been supported by Brian French, who reads some of the lengthy bible readings within the High Priest ritual and also provides a few quiet prompts to Brain to help maintain his flow.

*Richard Beardall, Felix of Burgundy Tabernacle 132*

**Need material to give to a potential member?  
I can support you with printed information...**

*Kelvin Avis: [comms@suffolkfreemason.org.uk](mailto:comms@suffolkfreemason.org.uk)*





## Three brothers for Doric...

At the heart of every Masonic ritual are our Masonic Brothers... but it's not every day that they're also biological brothers. On 10th May, Doric Lodge had the opportunity to Pass Rupert, Toby and Max Durrant: three brothers following their late father's footsteps into the Craft.

They'd hoped to be initiated together, but the pressing emergencies of their public avocations prevented that, and now the three had the chance to go through a ceremony together. We in the Lodge readily agreed, and thanks to a dispensation the Passing went ahead.

From the Chair, it was a relatively straightforward affair: the same running order, the same words (give or take a "they" or "them") and the same meaning. But our Deacons had the hard job: Woodbridge Masonic Hall was built in 1906, and our forebears may not have had the needs of a triple ceremony in mind! Navigating the lodge room with three candidates was no easy task, but our two Deacons - assisted by a Steward and a cast of Past Masters - made it work like clockwork.

It was wonderful to watch three brothers take this step together, when life so often makes it hard to spend enough time with friends and family. You could see all three taking in what was happening, from the first moment they answered their questions right through to the end of the Festive Board.

And what kind of evening, or Festive Board, would it have been without visitors? Word had got around, and we had a host of guests to share the evening with, including a special visitor from Essex to explain the Tracing Board.

It was an evening to remember for everyone. I couldn't be prouder of the Doric team who made it happen, and I am certain the memory of it will stay with the Durrants forever.

*Duncan Merren*

## Congratulations Bob!

At the March 2023 meeting of Caduceus Lodge held at Diss one of our Founder Members Robert (Bob) Jenkins was presented with his 50 year certificate by the APGM Bob Lee.

At the previous meeting Bob had the pleasure of presenting a 25 year pin to his son Scott Jenkins who Bob had initiated into Caduceus.

Members of Caduceus sometimes jokingly refer to it as 'The Jenkins Lodge' due to the number of family members Bob has brought in, all of whom perform active roles keeping Caduceus on its feet and running smoothly.

*Kelvin Claxton-Middleton*



## Home-Start delighted with donation from Christchurch

Christchurch have made a £1,040 donation to Home-Start in Suffolk, a local charity which aims to give children the best possible start in life. Home-Start supports parents to grow in confidence, strengthen their relationships with their children,

improve their health and wellbeing and widen their links locally.

Alison Watson, fundraising and marketing manager for Home-Start commented: "Your incredible donation will go a long way towards providing vital support for Suffolk families. We have seen a steep rise in the number of families accessing our services".

"In 2020/2021 we supported 600 families but in 2021/2022 that number rose to 1,500 and there is little sign of this increase slowing. Your money will be put towards training new volunteers and providing group support to families across the county."

*Brian Wilks*



## Provincial Grand Lodge of Suffolk



## Suffolk Provincial Regalia

On our website you will find over 600 pieces of regalia. So, whether you are an Entered Apprentice or a Grand Officer all of your Masonic and Side Order needs are here.

Masonic publications and Ritual books, Personal Gifts, Morning Suits, Trousers, Waistcoats, Jewellery, Lapel Pins, Cuff Links, Watches, Masonic Rings and even Lodge Furniture.

**Donations of your old or unwanted Regalia always gratefully received, collection can be arranged.**

**Contact: Bro. Burt Royal on 07971 919358**

E: [regalia@suffolkfreemason.org.uk](mailto:regalia@suffolkfreemason.org.uk)  
Freemasons Hall, Soane Street, Ipswich IP4 2BG



[www.suffolk.provincial-shop.co.uk](http://www.suffolk.provincial-shop.co.uk)





## *Dear Companions,*

November sees the installation of our new PGM and MEGS W. Bro Jolyon Berry. Planning for the ceremony is well progressed and it promises to be a wonderful day. This will be very much a joint effort with the various provincial DCs and Stewards of both craft and chapter working together to ensure that both the ceremonies and the festive board are a success.

In May Ex. Comp Nigel Gregory and I joined the RA rulership team and Ex Comp Roger Young was promoted to Second Grand Principal. In November we will have our new MEGS. So, quite a few changes but please be reassured that we are all very much focussed on ensuring that the great traditions of RA Masonry, and, in particular, Suffolk RA Masonry, are maintained and upheld. I can offer this reassurance not least because of the wonderful team of active officers that we are blessed with and who bring such experience and continuity to their roles but also because of the fantastic support we all have received from the companions throughout the province.

We have a lot to look forward to, but before I review the future, I would like to touch on why we are so well placed. We can look back over the last 10 years as being a wonderful time for the Royal Arch in Suffolk much of that due to the brilliant leadership of Ex. Comp David Boswell. I know that he's still very busy with other Masonic duties but he has reassured me that I can lean on him for advice and support. I am also pretty sure that the MEGS designate has his number on speed dial - we won't let him escape that easily.

Our retiring MEGS Ex comp Ian Yeldam had the frustrating misfortune of taking over just as Covid struck but thankfully the difficult task of trying to 're-boot' both Craft and Chapter after nearly 18 months of inactivity was made that much easier by the tireless work of his Deputy Grand Superintendent Ray Pascoe. Ray is passionate about the Royal Arch, about the history of our ritual but above all about the success of the Suffolk Province. We have much to thank him for.

I am sure that you are all aware that the Pro Grand Master has launched a strategy that will impact on us all, both as Brethren and Companions, but I am very hopeful that it will be of particular benefit to the Royal Arch. I would stress that the strategy is not about having change imposed on us, rather it is about developing a framework to help us reflect on what we do well and plan how we can exploit these positives to be better still. Of course, reflection might also expose weaknesses but I prefer to call them opportunities - opportunities to make small changes for the better. Above all though, any changes that we make will be our changes.

In RA we have one great asset - our magnificent ceremony - so let us exploit this wonderful gift. Let's explore how we can give our candidates the best masonic experience. It's our most important sale's pitch.

A good ceremony doesn't happen by chance and we all need to be prepared to play a part delivering success. The chapter PCs can help by forward planning - giving companions time to prepare for the ceremony and chapters time to rehearse. As individual companions, we can play our part by supporting our chapter DCs - when we get that call. The Province can play its part too - there are active officers and many other experienced companions happy to volunteer if asked - so please reach out to the Province if support is needed.

We don't need to be perfect, and we might even read a little, but, in my experience the happiest companions are those who tried their best. And happiness is contagious. So, we don't expect faultless ceremonies but rather happy ceremonies, they are the greatest masonic experience: they bring back the buzz and they bring back the visitors.

Those of you familiar with the strategy will also be aware of its emphasis on "yes, if" - i.e., being open to new ideas. I am sure that best ideas and initiatives come not from the rulers but from the wider membership - so the job of the provincial executive is to listen. Therefore, I am pleased to announce that we will be holding a Provincial Chapter Seminar at the start of 2024. We hope that we can encourage companions and in particular chapter DCs/ADCs to share their own experiences and examples of successful practice. More details to follow.

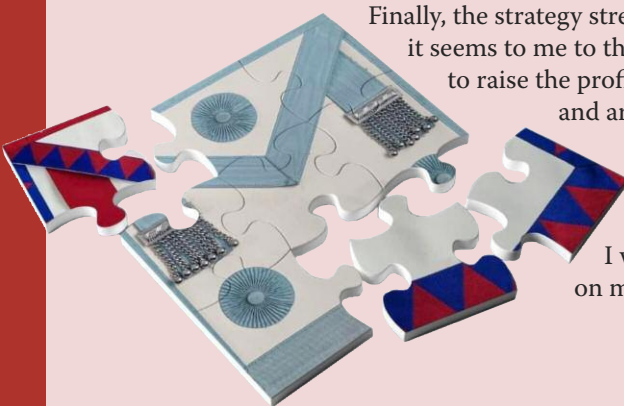
Finally, the strategy stresses the importance of having a seamless link between Craft and Chapter - it seems to me that we have lots to gain from working more closely with the Craft: It helps to raise the profile of RA in a Craft setting; brethren become more familiar with the order and are more likely to see joining Chapter as a natural progression rather than a step into the unknown.

So, lots of food for thought but opportunities for every companion to help shape a successful future.

I will be out visiting again in the coming weeks and hope to see many of you on my travels, if not before then at Holbrook in November.

***Tim McCormick***

**Deputy Grand Superintendent**



## 2023 a Memorable Year for a Remarkable Mason



*Picture show the 3 PGMS of the Royal Order of Scotland  
Ralph Robertson, Alf Garner and John Robertson*

Alfred Edward Garner was born on 12 July 1923, was initiated into Jubilee Lodge No 5582 in Zambia on the 6 April 1953, becoming District Grand Master in February 1971. On his return to the United Kingdom, R.W.Bro. Alf eventually settled in Colchester Essex, where his commitment to all aspects of Freemasonry are legendary. He was Exalted into the Royal Arch, whist in Essex, in June 1955, eventually rising to PGSN (Eng) in 1983.

My personal connection with RWBro. Alf is through the Royal Order of Scotland. Bro. Alf was Advanced into the Order in Zambia on the 26 May 1973. On his return to Essex, Alf joined the Province of East Anglia in 1981. His administrative talents were soon recognised with his appointment to Provincial Grand Secretary, an Office he was holding when I was Advanced in 2005. Bro. Alf was Installed as Provincial Grand Master at Colchester in April 2007 by the then Head of the Order, the Earl of Elgin & Kincardine.

In April this year, the PGM for Essex, R.W.Bro. Paul Tarrant presented Bro. Alf with a 70 year Certificate to commemorate his membership of the Craft. This followed later with a 60 year Certificate in the Rose Croix.

On the 26 May 2023, Bro. Alf received a 50 year Certificate from the Royal Order of Scotland which I was pleased to present to him at his home in Colchester. Such is the rarity in the Royal Order of such a presentation, the Grand Secretary had to visit the archives in Edinburgh to "dust off" the document. I was accompanied by the PPGM, Bro John Robertson and, more importantly, a bottle of decent Malt Whisky to mark and commemorate the occasion.

The 12 July 2023 marked Bro. Alf's 100th Birthday. He received a Telegram from the King, a card signed by many members of the Royal Order in East Anglia and a personal letter from the current Deputy Grand Master and Governor (the head of the Order), R.W.Bro. Ewan Rutherford.

Alf's attendance at Masonic Meetings are more measured these days but I am advised that he intends to be present at the Installation Meeting of the Office Bearers at Lowestoft on 29 September 2023. I for one look forward to receiving him, mindful that I will also have to be on top of my game to measure up to the standards of this remarkable Mason.

***Ralph Robertson, Provincial Grand Master,  
Royal Order of Scotland in East Anglia***

## Suffolk Freemasons pleased to support Leiston Air Cadets


On 31st May 1379 (Leiston) Squadron, Royal Air Force Air Cadets held a sponsors evening. The evening was an opportunity for individuals and organisations that had supported the Squadron over the last few years to view the equipment they had helped to purchase being used by the cadets themselves.

The equipment being demonstrated included the new Flight Simulator, First Aid Equipment, Camping equipment for Duke of Edinburgh Awards expeditions and Archery Equipment.

The purchase of the equipment was made possible by significant support from Craft Lodges and Royal Arch Chapters from East Suffolk; these include Martyn Lodge No 1983, Adair Lodge No 936, St Edmund's Chapter No 1983, Henniker Chapter No 555 and Suffolk Provincial Grand Chapter.

*Jason Mayhew*





### Almoner Conference 2023

"Future Plans...Future Care"

**SUNDAY 15TH OCTOBER 9.30am - 12.30pm**  
Ashlar House, 23 Eastern Way, Bury St Edmunds IP32 7AB

TIME	CONTENT
8.45am	Breakfast & Registration
9.30am	Delegates take their seats
9.40am	Session 1 - Welcome & Suffolk Almoner Service Update Jamie Gwatkin PGA
10.00am	Session 2 - MCF strategy 2023 - 2030 Les Hutchinson CEO
10.30am	Session 3 - RMBI 20 year strategy and update on Cornwallis Court Mark Lloyd MD
11.00am	Session 4 - Coordinating strategies & Suffolk CARE initiative Jamie Gwatkin PGA
11.15am	Session 5 - Refresher on support available to Suffolk Freemasons Dougie Paine DPGA
11.45am	Session 6 - The Importance of the Lodge Almoner Nick Clarke PProvGA Essex
12.15am	Final Questions
12.30am	Conference close
12.45am	Sunday Lunch served

**SAVE  
THE  
DATE!**  
15th October  
2023

**Who Should Attend:**

- Lodge Almoner and their wives/partners
- Assistant Lodge Almoners & their wives/partners
- Lodge secretary and the Worshipful Master & their wives/partners
- Group Reps & their wives/partners
- Provincial Almoner Team Members and their wives/partners/husband
- Lodge Charity Stewards and members of the Festival29 Fundraising Team
- Widows Groups
- The Provincial "Chains"
- Exhibitors
- Heads of all Suffolk Side Orders

**Why should delegates attend and what will they learn:**

- Learn what the Province is doing to support Freemasons
- Learn about Freemasons Charities Strategy Plans
- Get an Update on Cornwallis Court redevelopment
- Hear about the Suffolk CARE initiative
- Refresh knowledge of Support available to Freemasons
- Hear why Almoners are so important



## Visit to Supreme Grand Chapter



A good number of Suffolk Royal Arch Companions were in London in April to attend Supreme Grand Chapter and enjoy the Annual Investiture. This was followed by our now traditional post meeting lunch at the Punjab, just a short walk away in Covent Garden. This day visit is great way to visit Freemasons Hall in the company of friends, so look out for the circulated booking details and consider joining us next time.

## Dedham Vale Council No. 284



On the 15th of March 2023 the Grand Master of the Allied Masonic Degrees the Most Worshipful Thomas Firth Jackson together with a team of officers from the Grand Council attended Ashlar House at Bury St Edmunds where they consecrated a new Allied Council known as the Dedham Vale Council No. 284, which will be based at Clare in Suffolk. The Council is part of the District of East Anglia whose District Grand Prefect is R.W.Bro. Geoffrey A. Keer and comprises of brethren from across East Anglia and Essex. It is an example of how the two Districts have united to enable the brethren in that area to meet and work together.



## Prostate Test Days in Suffolk 2023

The remaining Prostate Test Days in the Province are:

**Ipswich 21st October**  
**Bury St Edmunds 28th October**  
**Lowestoft 11th November**

The password for each event will be each town, i.e. Ipswich where the event is held. All lower case. Please place one of these days in your diary and book on-line nearer the time.

These days will once again be open to the general public and a large take up is expected. With regard to the cost, as you all know everything has gone up over the past 2 years and the charity, CHAPS, has had a large increase in its costs for blood testing and administration procedures. It is therefore, with regret, that a charge is to be made this year. A fee of £10.00 will be sought for each booking. That is by no means the full cost of the test and the Province will be picking up the lions share for all Suffolk Freemasons.

The programme that we run has been perceived as being very beneficial to our Brethren and has without doubt saved a number of lives during the time it has been set up. Other Provinces are now seeking to establish their own programme and I have had a number of discussions with them to aid this to happen.

Until there is a National Testing Programme our type of testing is vital, make sure you attend one of our days and if you are in the programme already be aware of the advice given on what schedule of future tests you should be following. Please make use of one of the Test Days, it could save your life!

*Trevor Tinley*



## Prostate Check

Suffolk Freemasons and CHAPS have teamed up to provide a programme for men aged 40 - 80 to have a Prostate Check.

This is a simple blood test (PSA) that has achieved very good results in terms of early detection and therefore early treatment.

## IPSWICH

**Saturday 21st October 9am - 1pm**  
**Masonic Hall, Soane Street IP4 2BG**

This is an appointment only event

### BOOK A SIMPLE PSA BLOOD TEST NOW BOOKING INSTRUCTIONS

**Prostate  
Cancer  
Screening**

- YOU MUST book an appointment to be tested (no walk-ins)
- YOU MUST have your NHS Number to book an appointment
- YOU MUST book online at [www.chaps.uk.com/events](http://www.chaps.uk.com/events)
- YOU MUST print out and bring your appointment confirmation

NB: Prostate tests are for men aged 40-80. Prostate Cancer Screening is strongly recommended for men of black African or Caribbean heritage and men with a family history of prostate cancer or breast and ovarian cancer who are thus at considerably higher risk from prostate cancer.



**CHAPS**  
THE MASONIC CHARITY

**tackle**  
prostate cancer



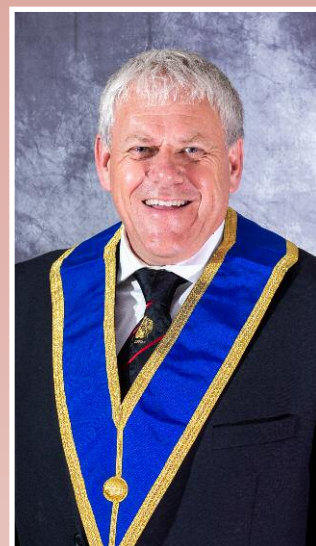
Suffolk Freemasons working with the community

# Forum caught up with our Chairman Jon Neill to ask some questions about our forthcoming Festival

## What is a festival?

A festival is a fundraising appeal that is held to raise funds in support of the MCF. The festival consists of an 'appeal' and a 'finale'. During the appeal, members across the Province are encouraged to donate, raise funds, participate in events, learn about and promote the work of the charity, and join together for the benefit of the Province, the members and the MCF. The result of the appeal is celebrated at a final event where the total amount raised through donations is announced and the achievements and activities of the Province are celebrated.

A festival is very much a partnership with the MCF. Through participation in every aspect of the festival, the MCF aims to work with the Province to deliver a successful outcome.



## What does Suffolk achieve from the Festival appeal ?

When we have a festival, we raise money for our own charity the MCF, we then receive this back in grants and support for our members and families, the amount we get back is normally more than what we raise.

## How does Suffolk get this money back?

We receive this money back by the grants and support which is accessed through the Prov Charity Steward, the Prov Almoner or by direct contact with the MCF. See the MCF website for further information on grants.

## When does our next festival start?

It will commence in January 2024 with an official opening event planned for Spring 2024, where any saved donations over the last 5 years can be given.

## Can we pay money into the Festival29 relief chest now?

Yes, the Festival29 relief chest is now open, further details will be given on how to do this in the coming months.

## When does the Festival finish?

It is planned to finish in Summer 2029 with an event where all will be welcome to celebrate our success.

## Do we qualify for gift aid on our donations?

Yes, you can use the Festival relief chest then the gift aid is automatically paid in for you, straight into the relief chest.

## Do we get interest on the money we donate?

Yes, if done via gift aid we can receive up to 6% back in interest making it better than any bank.

## What happened to the old masonic charities?

They were all combined and now operate under one umbrella, our own charity the "MCF"

## Where can we get more information about Festival29?

The Festival website will launch late Autumn giving you full information on all our plans and projects, but in the meantime if you have any question at all, would like to be part of the festival team or undertake a fundraiser, please email our Festival Chairman Jon Neill on [chstwd@suffolkfreemason.org.uk](mailto:chstwd@suffolkfreemason.org.uk)

## The importance of Festival appeals

The MCF is often faced with the misconception that additional donations are not needed due to the income it receives from its investments and the Annual Contribution. In reality, around 60 per cent of our income comes from the contributions of today's Freemasons, the majority of which is raised through festival appeals.

In 2019/20 the MCF spent over £36.2 million supporting individuals, families and charities, whereas the income received from investments amounted to only £7.44 million. This statistic clearly demonstrates that festivals are vital if the MCF is to continue its activities.



**Masonic**  
Charitable Foundation



## The Suffolk branch of the MTSFC are back!

The Suffolk branch of the Fishing charity are pleased to announce they are able to resume fishing events across the Suffolk province. Operated by Suffolk Freemasons and giving children the chance to learn to fish and have a countryside experience, many of these children are disadvantaged and get so much from these days out with one to one tuition.



Due to COVID the group has had to close all planned activities since 2020, this has meant a small backlog of events all of which have been sponsored by Suffolk Lodges.

It is hoped subject to schools bookings, that Langham Oaks School and Ferriers Barn will be able to attend events on the 19th and 20th October 2023, these were sponsored by Virtue and Silence Lodge and the Forum Rotary Club. Other fishing days sponsored by Suffolk lodges including Suffolk Installed Masters, Brett Valley Lodge and Apollo lodge will all be planned for the spring of 2024 and be a mixture of Fly and Coarse fishing.

The Suffolk branch would like to thank the patience of those that have provided sponsorship and we are looking forward to now resuming these events.



We urgently need fishermen (fly and coarse) who are happy to help teach a child to fish. If you would like to help as castor please log into the MTSFC website and register under Suffolk, this will enable a DBS to be completed.

If your lodge would like to sponsor an event in your area then please make contact with us, this is great way to showcase your lodge to the local area, schools and do something very special for your community.

*If you would like to join the organising group, need more information or like to join us, please get in touch with Jon Neill on [jneill20@gmail.com](mailto:jneill20@gmail.com)*



### A date for your diaries...

**The Investiture of E.Comp Jolyon Berry as Grand Superintendent**

**Provincial Grand Chapter of Suffolk**

**Will be held on Friday 3rd November 2023 at Royal Hospital School, Holbrook**

*We look forward to seeing you there!*

## Introducing...

### Paul Rayner

#### Provincial Treasurer

I was born in 1975 in Norwich and grew up in a small Norfolk village a few miles from the Suffolk border. After taking my GCSE's at my local High School, I then moved to Downham Market Sixth Form and took A-Levels in Physics, Geography and Economics & Politics.



Although securing a university place, I instead decided to take up a job with an Accountancy firm who offered training and a qualification. I moved onto a larger firm in Bury St Edmunds at BDO and qualified as a Chartered Certified Accountant, becoming a Fellow a few years later.

I then took a different route moving into Commerce, working as an accountant in a large PLC, and smaller construction firms as Finance Manager before spending 5 years at a Joinery Company in Suffolk as Financial Controller. In 2005 I started my own Accountancy practice and I am still doing that today.

Whilst a Norfolk boy, I moved to Bury St Edmunds in my early 20's and have lived there ever since with no plan on moving. I am married to Jo, and we have 1 son, Thomas who is 12. I enjoy watching all sports and, in my youth, played Rugby and Cricket, which I enjoy now as a spectator with my son playing both. I have recently decided to start playing cricket again after many years in the hope my son and I get to play on the same team in a year or two.

I like to help in my local community and coached my son's Primary School football team for 7 years, been Chairman and Treasurer of numerous local clubs and societies, a Princes Trust Mentor and am now on the board of Ashlar House. I play drums badly and being a Gamekeeper's Grandson enjoy country pursuits.

My son was born prematurely so my wife and I have also laid on numerous charity events to raise money for the West Suffolk Hospital including a Three Peaks climb. A little-known fact is that I am a qualified Motorcycle instructor, though sadly no longer do this.

I joined Abbot Baldwin Lodge in February 2011 and have not looked back. I always had an interest in tradition and history, so from the beginning really enjoyed Freemasonry.

I was lucky enough to be one of the Founders of Sportsman's Lodge of Suffolk, which is quite a unique lodge! In 2018 I became WM of Abbot Baldwin and in 2020 I was honoured to become a Provincial Grand Steward. Last year I was installed as MEZ in Abbot Baldwin Chapter.

I am looking forward to taking on the Provincial Treasurer role, particularly helping where I can and visiting around the Province.

**[treasurer@suffolkfreemason.org.uk](mailto:treasurer@suffolkfreemason.org.uk)**



# Orient take part in 40 mile Kayak Challenge

A £4,000 donation has been handed over to the Sandra Chapman Cancer Centre and Ward 17 at the James Paget Hospital after a 40-mile Kayak challenge undertaken by members of Lowestoft based Orient Lodge 4085.

Ian Moir, Chaplain of Orient Lodge, supported by lodge members of the Lowestoft Volunteer Lifeguard Corps and the Orient Lodge support team, undertook a 40-mile kayak paddle around Lowestoft, Gorleston and Burgh Castle in August 2022 to raise money for the centre.

Starting at the Lifeguards Lowestoft beach headquarters they headed up the coast to the mouth of the River Yare between Gorleston and Great Yarmouth before following the river inland to Burgh Castle and then taking the River Waveney via St Olaves, back through Oulton Broad to Lowestoft, completing the kayak paddle over the course of two days.

The route was designed to circle the James Paget hospital via the waterways which encircle the hospital.

Through sponsorship from local lodges and fundraising the team managed to raise a total of £4,000 to purchase two special treatment chairs, and on Thursday, 29 June, members of the lodge visited the James Paget centre to formally hand over the donation to staff at the Sandra Chapman Centre and Maxine Taylor, their hospital charity manager.

John Holland, one of the lodge members who was in the support team, said the fundraising had been a real team effort to raise money in memory of his wife Josie, who has since sadly passed away, and who had received treatment at the Centre and in Ward 17. The centre is treating many of the areas lodge members and families as well as the general public who suffer from this terrible disease.

Maxine said, "We'd like to thank everyone involved in the kayak and everyone who supported the fundraising. This generous donation will purchase two more of the specialist chairs which provide additional comfort for patients receiving treatment for cancer. This will directly benefit those using the Centre and the Ward and we're grateful for your support."

The Lodge's 2023 Chaplain's Challenge will be raising money to support Lowestoft girl Jessica Butler and this will have taken place between 11th and 13th August, the aim being to kayak along the whole coast of Suffolk.

You can find out more about this event, which will see the team kayak up the east coast from the Woodbridge area to Pakefield, here; <https://orientlodge4085.org/chaplains-challenge.html>

*Donations for this event will be gratefully received and can be given through the Lodge relief chest on the Home page of the web site*



## First official RA visit for Tim



Triune 114 were delighted to welcome the new Suffolk Royal Arch Deputy Grand Superintendent Tim McCormick to their Installation Meeting at Soane Street in May, particularly special as it was Tim's first official visit since taking office. Like most Chapters Triune has been down a little on numbers since Covid but with three joining members on the night and Exaltations at their next two meetings Triune is certainly now moving in the right direction.

*Kelvin Avis*



*Interested in finding out  
more about the  
Royal Arch in Suffolk?*

*Visit: [www.suffolkpgc.org.uk](http://www.suffolkpgc.org.uk)*





## Lovely afternoon at the Wine Boutique!

A lovely afternoon was enjoyed by Felixstowe Freemasons at the Wine Boutique in Felixstowe doing what Masons do best, enjoying each other's company, welcoming new candidates and raising money for charity.

We were particularly pleased to welcome Celia Boreham and Christine Simmonds as we raised over £500 for Pulmonary Fibrosis Research in memory of their late husbands, and our very good friends, Brian and Dennis. Celia and Christine were delighted to have been invited and thanked everyone for their time and generosity.



*Celia Boreham, Mark Jepson and Christine Simmonds*



A big thank you to the 73 who attended and thanks to the Wine Boutique staff who donated prizes and worked so hard to make the event so memorable.

*Mark Jepson*

## The Travelling Gavel

On June 14th members of Priory Lodge travelled over to Ipswich in an attempt to claim the Travelling Gavel from St Lukes Lodge No 225. Only to find a packed Temple with other visiting Lodges and it soon became apparent that Priory were not the only ones intent on claiming the Gavel that evening. At the festive board we discovered that there was a good number of members from Lodge of Perfect Friendship and it was hard to tell who had the greater number!

At the end of the evening the two respective Worshipful Masters were called outside to give their numbers, Priory had 17 visiting Brethren to Perfect Friendships 12.

So after a suitable forfeit WBro Steven Ray claimed the Travelling Gavel from WBro Richard Bowdidge of St Lukes.

*Should any lodge wish to issue a challenge for the Gavel at the November meeting of Priory please contact*

*Andy Gentle*

*grp5rep@suffolkfreemason.org.uk who would be happy to make all arrangements for your visit.*



## New treatment for diabetes on the horizon

There will be hope for new treatments and better care for people with or at risk of diabetes, as PhD students receive a research grant of £315,000 from the MCF in partnership with Diabetes UK.

Over 4.9 million people in the UK are living with diabetes which, if untreated, can lead to health complications, like eye, foot or heart problems. Around 90 per cent of people with diabetes have type 2, and it is predicted that over 850,000 people have type 2 diabetes and are unaware of it. The series of research by the PhD students aimed to improve the treatment and diagnosis of different forms of diabetes, and protect people with the condition from its long-term complications, tackle some of the problems that diabetes can cause and improve the lives of many living with the condition.

Oliver Richards at Swansea University looked to improve the screening process for a type of diabetes that can develop during pregnancy, called gestational diabetes. Gestational diabetes occurs when pregnancy hormones make it hard for the body to use insulin properly, resulting in high blood sugar levels. While gestational diabetes usually goes away after giving birth, it can increase risk of type 2 diabetes in later life. Current screening for this form of diabetes is time-consuming and expensive, as mothers must fast overnight and be in hospital for several hours.

Oliver worked with Professor Thornton to develop a quicker, cheaper and more informative test for expecting mothers. This could reduce the time and cost of diagnosis, allowing the NHS to screen more pregnant women who are more likely to be at risk for gestational diabetes.

This research found that the new test works effectively with a non-invasive finger prick blood test, which is less invasive for the mother and easier to administer for hospital staff, making the testing process more time and cost effective. Moreover, this new method could provide further health information that could help to decrease the risk of pregnant women developing type 2 diabetes in later life.

"We're really pleased to be in partnership with Diabetes UK, who are the leading charity in the UK for people living with diabetes. In supporting future scientists through their research, we can have a major impact on the lives of many having to manage diabetes." – Les Hutchinson, Chief Executive of the MCF.





## The Suffolk Resilience Forum



Jamie Gwatkin, Provincial Grand Almoner and Jon Neill our Provincial Grand Charity Steward delivered a presentation to the Suffolk Resilience Forum (SRF) in Ipswich on Wednesday 16th August 2023. The objective of the meeting was for SRF to liaise with the Voluntary Sector in Suffolk and build on the positive experiences/relationships during covid to enhance the performance of the Tactical Coordination Group (TCG) in peacetime and during critical incidents.

Providers included many emergency organisations from RNLI, British Red Cross/St Johns Ambulance, ReAct Suffolk (Disaster Response), Search & Rescue/Suffolk Lowland Rescue/Search & Rescue Dog Association/Norfolk & Suffolk 4x4 Response/Felixstowe Coastal Patrol, Community Action Suffolk/Community Together, Eastern Region Counter-terrorism advisory Group, FareShare (Food Pantries), Victim Support, and Salvation Army.



Their presentation was well received and they were very positive about what Freemasonry could do to assist in peacetime and during a critical incident. Suffolk Freemasons have now been invited to be part of a new group "Voluntary Organisation Emergency Support Group" which will report to the Collaborative

Communities Board (CCB) which co-ordinates emergency response throughout Suffolk.

This will significantly advance our involvement in the Community in Suffolk, and enable us to be viewed as an important link in the County infrastructure.

We also had two other positives – one potential initiate for a Woodbridge Lodge and a request from the Norfolk & Suffolk NHS co-ordinator to rent our Masonic Halls for training conferences.

*Jamie Gwatkin*



In the last few months, the Provincial Learning & Development Team has organised three online study circle meetings, which have proven to be very informative and interesting to Suffolk Masons, regardless of their experience. All these meetings were held over "Zoom" and were scheduled for days when no lodges had a regular meeting so that as many could attend as possible.



The 'L & D' Team invite guest speakers to join them online. The first was held in March and featured Dr David Harrison. David gave an in-depth study entitled "The lost rites and Rituals of Freemasonry." Then in May, Larry Bensusan, the Provincial Learning & Development Officer, stood in for Julian Rees and presented a fascinating talk about "The Power of Allegory." Finally, in June, guest speaker Tony Harvey joined us for a talk entitled "The historical links between Craft, Mark, and Holy Royal Arch", in which he dispelled many myths as well as bringing context and understanding to the subject. It was an excellent presentation.

Moving forward, the L & D team will be hosting additional mini-seminars throughout the season. The first one is scheduled for September 27th, featuring an insightful talk by author Michael Lawrence titled "Hiram Abiff, The Man, the Myth, The Legend." There are also plans for more virtual gatherings in November and beyond.

Also, in November, the L&D Team has planned to organise an in-person session for important lodge members. The session will take place at three venues yet to be confirmed. The Masonic Knowledge and Understanding sessions will offer guidance on improving Masonic knowledge within each lodge through presentations and workshops. Further information regarding the event will be shared in due time.

The Learning and Development Team look forward to catching up with you all soon.

**Larry Bensusan Prov. LDO**  
[orator@suffolkfreemason.org.uk](mailto:orator@suffolkfreemason.org.uk)

## Suffolk Mobility Equipment (Loan) Scheme

We need any unused mobility equipment including: Wheelchairs (not motorised), Walking Aids and Frames, Sara Steady Sit to Stand Aids and other simple basic mobility aids.

Items will be made available for members and dependants to borrow on loan, free of charge

**Please contact Dougie Paine 07947 355893 or [paine69@sky.com](mailto:paine69@sky.com) or any member of the Provincial Group Almoner Team.**

