

CURIOUS MINDS LEGACY GROUPS

NEWSLETTER

OCTOBER 25

THIS MONTHS THEME - WILD READS

Wild Reads

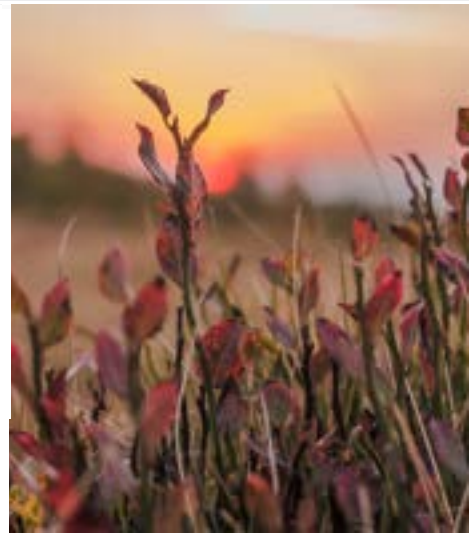
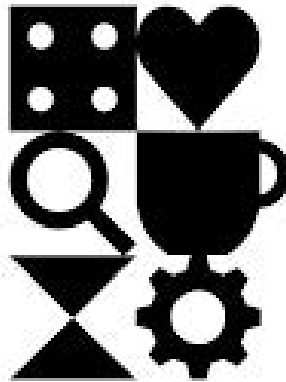
Discover the beauty of the natural world through the power of words with our Wild Reads project, in partnership with Suffolk Wildlife Trust. Join us for a series of enriching events encouraging readers and wildlife-lovers of all ages throughout the autumn months.

Take a look at our chosen [nature-themed titles](#) for this year's Wild Reads project, celebrating the connection between the natural world and the written word. All free with your library card.

However, if audiobooks are more your thing, Suffolk Community libraries has put together a list of our favourite nature and wildlife-themed audiobooks, available to listen for free on our BorrowBox service. Why not take a look?

Want to learn more about the Wild Reads programme? Take a look on the [Suffolk Community website](#).

All are welcome to attend the well the Wellbeing Suffolk talk and Wild Reads craft activity on Monday 3rd November at Woodbridge library in the meeting room.



VOLUNTEER WITH US

We have lots of volunteering opportunities within Suffolk Community Libraries where you can learn new skills, connect with new people, and make a genuine contribution to your community.

Have a browse of our latest volunteer roles and see if there are any opportunities that you would be interested in [here](#).

Struggling to come up with some creative ideas? Suffolk Artlink have some wonderful DIY craft ideas for you to try. Find them [here](#).

SPOTLIGHT

FELIXSTOWE CURIOUS MINDS EXHIBITION

Pathways - Lines & Layers

Monday 13th Oct - Monday 20th Oct

**Felixstowe Library
Crescent Road, Felixstowe, IP11 7BY**



Come and see a selection of what the Felixstowe Curious Minds group have made over the 12 week programme with artists Michelle Brace and Ellie Rodwell. The group have made lots of work exploring the theme of maps.

What is happening this month?

Suffolk Community Libraries

Finds out what's happening in a library near you [here](#).

Open Space

Ipswich County Library -

Wednesday

1pm - 3pm

Woodbridge library - Wednesday

1:30pm - 2:30pm

Felixstowe library - Thursday

2pm - 4pm

Current exhibitions at the Food Museum

School Dinners

Until 21 February 2027

Food not Cuts

Until 9 November 2025

Akenfield

Until April 2026

Upcoming event at the Food Museum

Apple Week

25 October - 2 November

This October half-term, join us for a week of apple-themed fun for the whole family! Enjoy juice-making, baking workshops, and tastings of local apples and juices.



Woodbridge Curious Minds Meet up Mondays 2pm – 4pm

8/9/2025

Gentle introductory session

6/10/2025

Wild Reads

3/11/2025

Wellbeing Suffolk talk and Wild Reads craft activity

1/12/2025

Make your own festive cards

This is the programme for the Woodbridge Curious Minds meet up. Currently only open to those who have participated in the Curious Minds Programme. There is no pressure to come to every session, although you are very welcome to. Come along for a cup of tea or coffee, participate in the activity and have a catch up. This group will be led by Chrissie.

If you are interested in becoming a part of this group, please contact Shauna at: shauna.king@suffolk.gov.uk
Please wait for a response, please do not just turn up.





Saxmundham Curious Minds legacy Meet up Fridays 2:30pm – 4:30pm

3/10/2025

Wild Reads Activity Continued

17/10/2025

Comms Campaign Session

31/10/2025

Textiles Craft

At Woodbridge library

3/11/2025

Wellbeing Suffolk talk and Wild Reads craft activity

This is the programme for the Saxmundham Curious Minds meet up.
Currently only open to those who have participated in the Curious Minds Programme.
There is no pressure to come to every session, although you are very welcome to.
Come along for a cup of tea or coffee, participate in the activity and have a catch up.

If you are interested in becoming a part of this group, please contact Shauna at:
shauna.king@suffolk.gov.uk

Please wait for a response, please do not just turn up.



GET OUT IN NATURE

WILDLIFE WATCH ACTIVITY

As we continue into autumn the weather is turning cooler and the leaves are changing colour why not be inspired by artist Andy Goldsworthy and make a nature mandala.

Find more wildlife watch activities from the Wildlife Trust [here](#).



Make a nature mandala



You will need

- Bags or baskets to collect natural materials

- Natural materials:



Sticks



Grass



Leaves



Feathers



Pebbles



Pine cones



Flowers

Only pick from your own garden and leave plenty for pollinators!

- 1 Head outdoors and collect your natural materials. Try to find a few of the same thing as this will help with your shape (eg. five yellow leaves, four twigs of equal length).



- 2 Find a flat surface – maybe a table or even your lawn or yard outside. Place one of your finds down first to act as the middle of the mandala.



- 3 Use the rest of your finds to make a pattern coming out from the centre. Consider the symmetry of your pattern, making one side mirror the other. You can be as creative as you like.



- 4 Remember to take a photo of your finished mandala!

The word 'mandala' is Sanskrit for circle. The circular shape symbolises how nature doesn't begin or end, but is always connected.

Fall Prevention Classes

Fun and friendly classes, designed to reduce the risk of falls by improving balance, co-ordination and mobility.

Online via Teams
Every Monday 10am - 10.45am

For more information, and to refer yourself onto these classes, scan the QR code or visit:

www.suffolkcommunitylibraries.co.uk



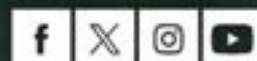
***moving* minds**
FALLS PREVENTION



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

Suffolk
Community Libraries

 **Suffolk**
County Council



GREEN LIGHT TRUST



Starting 2nd September 2025

FREE places on our Earth Rebuild & Support

Activities for adults 19+



Wardens Trust, Sizewell



Sessions 10am - 3pm

In partnership with the Wardens Trust and Suffolk Community Foundation's Sizewell C fund, the Green Light Trust will be delivering woodland activity days in the beautiful grounds of the Warden's Trust in Sizewell, for anyone residing or working in the Leiston and surrounding villages area, who are being affected by the local construction of the Sizewell C plant.

Our woodland activities are running for one day a week until the 4th November, providing opportunities to engage with nature, learn green woodworking skills, fire lighting, build conservation knowledge, participate in woodland crafts, amongst a host of other activities.

Each week we will provide a meal cooked over the open fire and a chance to meet other people from the community whilst engaging in meaningful tasks around the grounds.

Want to find out more, ask us a question, or want to book a place?

Please register your interest at the QR code below or contact pecsupport@greenlighttrust.org



**SIZEWELL C
COMMUNITY FUND**



www.greenlighttrust.org



**A Company Limited By Guarantee
Registered Charity Number 1000977
Registered Company Number 02550866**

RESOURCES

Useful Contacts

Suffolk ArtLink
Telephone: 01986 873955
enquiries@suffolkartlink.org.uk

Food Museum
01449 612229
<https://foodmuseum.org.uk/contact/>

Want to get in touch?

Contact us:

Shauna
shauna.king@suffolk.gov.uk

Chrissie
chrissie.meikle@suffolk.gov.uk

Want to be the next spotlight participant?

Please fill in this [form](#).



SIGNPOSTING AND RESOURCES

Suffolk Mind

Suffolk's independent mental health charity. Suffolk Mind provides a range of mental wellbeing support and services across the county.

Telephone: 0300 111 6000

Health Watch Suffolk

A social enterprise delivering insight to shape local NHS and social care. We passionately believe that listening and responding to your lived experiences is vital to create health and care services that work for everyone.

Telephone: 01449 703949

Samaritans

We're Here to Listen – Get in Touch About Anything That's Troubling You No Matter How Big or Small the Issue Is.

Telephone: 116 123

If you are in need of mental health support you can contact 111 and choose the mental health option or Text SHOUT to 85258 to contact the Shout Crisis Text line.