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Tis the season to start shopping

Treat yourslf and treat others at the same time at the Living It Up Christmas shopping and lifestyle show at Seckford Hall Hotel, near Woodbridge on Sunday, November 30.

The show, supported by Seckford Hall Hotel, Suffolk Magazine, Town 102 and The Juice Works, brings together more than 40 exhibitors under one roof offering the best of Suffolk lifestyle and gift shopping - crafts, fashion and beauty, interiors and produce.

Flawless Image will be offering mini treatments, make up tips and skin care advice as well as showcasing their Temple Spa

There will also be a pop up fashion shop and walk-round fashion show offering ideas and outfits for Christmas and New Year dressing up, plus a charity raffle to win a Fred Olsen mini cruise, with all proceeds donated to Cancer Campaign in Suffolk.



From 11am to 3pm, Living It Up promises to be not just a great day out but a chance to take in the wonderful surroundings of Seckford Hall Hotel, where food and drink will be available all day.

Parking is free, entry is £5, including a free welcome drink. All ticket proceeds will be donated to Cancer Campaign in Suffolk.

 Age UK Suffolk is hosting a Christmas Up-Market on Sunday, November 23, which promises to be the perfect shopping experience, where you can 'browse and buy from the loveliest Suffolk treats'.

The event is at Greshams, 312 Tuddenham Road, Ipswich IP4 3QJ. Doors open at 11am and you can shop until 4.30pm. For more details, call 01473 353071 or email jo.reeder@ ageuksuffolk.org

• Supporters of St Mary's Church, Wortham holds their annual autumn fair with a Christmas flavour on Saturday, November 1 in Wortham Village Hall, IP22 1PS. The fun kicks off at 2pm with stalls - bric a brac and books, cakes and sweets, plants and preserves and a tombola - plus there will be a raffle for a Christmas hamper, games including Christmas tree rings, bottle top fishing and the clothes peg game, tea and homemade cake.

DON'T MISS!

There will be Christmas trees galore in Stowmarket this festive season with the Museum of East Anglian Life joining with Stowmarket Christmas Tree Festival to put on an even bigger and better display. The Christmas Tree Festival, in the church of St Peter and St Mary, is now in its 10th year and believed to be A Vintage the biggest of its

kind in Britain,



featuring more than 300 trees and attracting 25,000 visitors. Now the Museum of East Anglian Life will extend the event by adding its own festive display in Abbot's Hall. The show will include a number of fake firs decorated by museum members and visitors and will form part of the museum's Vintage Christmas exhibition. Both church and museum display will open on November 28, the day of the Stowmarket Lights Switch-on, and continue until January 11. As well as visiting the Christmas trees visitors to A Vintage Christmas will be able to discover children's toys from times past and see decorations that the museum has never displayed before. Come and learn how people celebrated Christmas before online shopping, explore Christmas traditions and find out about festive folklore. www.eastanglianlife.org.uk

Cambridge Renaissance Voices perform Lamentations and Rejoicing in Tudor England: Music of Mourning and Joy from Taverner to Dowland, at Holy Trinity Church, Long Melford on Sunday, November 16 at

Cambridge Renaissance Voices

7.30pm. Tickets £16 / £13 concessions from Theatre Royal Box Office, Bury St Edmunds www. theatreroyal.org

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