

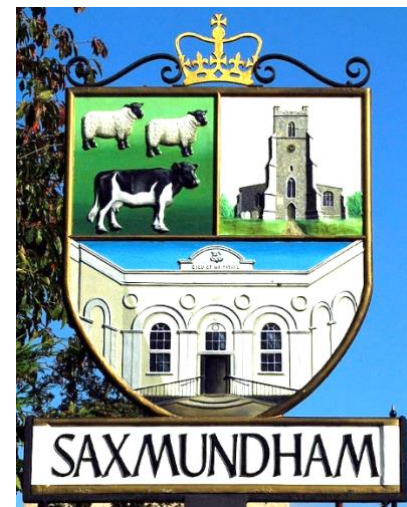
## A Guide to Saxmundham

### An Introduction to Saxmundham

Saxmundham is a historic market town at the centre of the Heritage Coastal region in Suffolk, England.

Saxmundham, or 'Sax' as it is known locally, has many local shops and businesses, sports and leisure facilities.

As well as having good rail links, Saxmundham is situated on the A12 trunk road, putting the town within easy reach of Ipswich, Norwich, London, and the whole of mainland Europe.



**Please note ALL opening times below may differ due to Covid-19.**

### Supermarkets

We are fortunate to have two supermarkets situated within walking distance of the Guesthouse, making it easy for you to source food for your lunch and evening meals. Both are located just off the high street – taking a left at the traffic lights (if you are coming from the Guesthouse).

#### Tesco

Opening times: Monday – Saturday: 8am – 10pm, Sunday 11am - 5pm

#### Waitrose

Please note that Waitrose also has a café and facilities for you to collect online orders from John Lewis.

Opening times: Monday – Friday: 8am - 9pm, Saturday 8am - 8pm, Sunday 10am - 4pm

### Food outlets

Within Saxmundham there are many different places to have meals if you do not fancy cooking. This varies from café's to takeaways and restaurants depending on your preferences.

#### Cafes/Bakery

- Costa – The nationwide coffee chain have a branch located here and also have outdoor seating, perfect for a drink or light lunch. Opening times: Monday - Sunday 7.30am - 5pm,
- Trinity's at No.14 – Located in the Market Place, Trinity's offer a range of food to eat - in or takeaway. This is particularly a good place to go if you enjoy a cooked breakfast - they even have a 'slimming breakfast' for the more health conscious!
- Get Stuffed – The local bakery also located in the Market Place. Alongside the cakes and bread rolls you can expect to find in a bakery, Get Stuffed also offer filled rolls, salad bowls,

filled jacket potatoes and more! Opening times: Monday - Wednesday: 8am - 3pm, Thursday - 8am - 2pm, Friday 8am - 3pm and Saturday 8am - 2pm.

### Takeaways

Whatever your tastes, there are a range of takeaways in Saxmundham that are easily accessible and within walking distance - some even offering delivery.

- The Prince of Bengal – Indian eat - in/ takeaway restaurant. Located in the High Street, The Prince of Bengal offer 10% discount on takeaway orders over £20 (collection only). The menu can be located online. Opening times: Monday - Thursday: 5 – 10.30pm, Friday and Saturday 5 - 11.pm and Sunday 5.30 – 10.30pm. Closed on Tuesdays.
- Mandarin House – Chinese Takeaway. This is located opposite the entrance to Street Farm Road and is the closest food outlet to the Guesthouse.
- Golden Fish Bar and Chinese – Located at the crossroads (traffic lights) this establishment offers both Chinese cuisine and fish and chips.
- Trawler's Catch – Fish and Chip shop takeaway only which located on the High Street and is open both for lunch and evening meals.  
All food cooked to order. Opening times: Monday - Thursday 11.30am - 2pm and 4.30 – 8.30pm,  
Friday and Saturday 11.30am - 2pm and 16.30 - 9pm.
- Zorbas – Kebab/Takeaway, located in the Market Place. Offering a range of food from Kebabs to Pizzas.

### Restaurants

If you are fancying a change from eating in the Guesthouse, there are a few restaurants where you can eat - in and have an evening meal.

- The Prince of Bengal – (See takeaway section above).
- The Bell Hotel – Located on the High Street. We would strongly recommend booking a table if you wish to eat here. This can either be done online or by calling 01728 602331.
- The Queen's Head – Chinese Restaurant/Public House/Takeaway - located on the High Street. Booking is advisable but not essential. Opening times: Monday - Sunday 12.30pm – 3pm, 5.30pm – 10.30pm. Closed on Tuesdays.

### **Health and Emergency Services**

#### Doctors

To locate the Doctors Surgery turn right out of Street Farm Road, under the railway bridge and continue onwards and the Surgery will be located on the right. The name of the Surgery is 'Saxmundham Health'. To contact the Surgery you can call 01728 602022 - the opening hours are Monday - Friday 8 - 6.30, Saturday and Sunday – Closed. For out of hour's health advice, please dial 111.

#### Pharmacy

Located in the High Street. 'East of England Co - op Pharmacy'. Here you are able to buy toiletries, medication and collect prescriptions. The pharmacist is able to offer you advice if you believe you

require any over the counter medications. The pharmacist is unavailable during the lunch hour of 1pm – 2pm. Opening hours: Monday - Friday 9 - 6, Saturday 9 – 2.30, Sunday - closed.

### Dentist

‘Olive Dental Practice’ is located in the High Street should you require any emergency dental treatment whilst staying with us. You can either pop in to the practice to see if they can assist you, or call them on 01728 602537.

Opening hours: Monday - Friday 8.30am - 5pm and Saturday and Sunday –Closed.

### Police

Although there is a police station located in Saxmundham (opposite the Train Station) this is generally unmanned. In the event of an emergency dial 999, for non - emergency situations call 101.

### Local Amenities

We are fortunate to have access to many resources in Saxmundham, some of them you may never need – but here is some information on some that may be of interest.

### Post Office

The Post Office can be found in the Pharmacy and is located on the High Street. Opening hours: Monday - Friday 9.30 - 5, Saturday 9 – 2.15, Sunday - closed. Post boxes can be located outside the sorting office (at the end of Street Farm Road turn left, first building on your left) and outside the Pharmacy.

If you require any documentation to be sent to you whilst you are here on your Induction training, these can be posted to - [Your Name], Christies Care Ltd, Rose House, Street Farm Road, Saxmundham, IP17 1AL for your immediate collection.

### Cash Machines

There are three cash machines in Saxmundham. These are located outside HSBC, Zorba’s Takeaway and Tesco. There is also the option to get cashback when making a purchase in Waitrose and Tesco.

### Banks

We are fortunate to have a Bank located in Saxmundham - located on the High Street.

- **HSBC** – Opening times: Monday –Friday 9.30 - 4.30pm, Saturday and Sunday - Closed.

### Library

The Library is located in Street Farm Road, before you reach the Christies Care buildings (first turn on the left as you enter Street Farm Road). Opening Times: Monday – Closed, Tuesday and Wednesday 10 - 2pm, Thursday and Friday - Closed, Saturday 10 - 2pm, Sunday – Closed.

### Places of Worship

- **St John The Baptist – Parish Church** – Located in Church Street. For details of services contact the Reverend Andy Wolton on 01728 602687 or view the Church notice board. There is also a

Church shop located in the High Street called 'At the Crossroads' where you can have a tea or coffee with members of the Parish.

- **Saxmundham United Reform Church** – Located in Rendham Road. Services are usually held at 11am on Sundays.

### Laundry

Our Guesthouse has the facilities to do laundry. This can be done on any day (depending on the workload of the housekeeping department) and is at a cost to you of £4 per bag should you wish to have this done. Should you wish to iron your clothing, we also have the facilities for you to be able to do this. More detail will be given to you about this on the first day of your training, during the Guesthouse talk.

If you require any items to be dry-cleaned, there is a dry-cleaners located in the Market Place in Town.

### Shops

Should you require any additional clothing items or just fancy a browse, Saxmundham has a couple of charity shops where you can grab a bargain whilst helping a good cause. These are located on the High Street. There is also 'The Factory Shop' which is located near the Church/next to Costa. This is a factory outlet and sells makeup, toiletries, clothing and more for discounted prices.

Opening times: Monday – Saturday - 5.30pm, Sunday 10.30 - 4.30pm.

### Essentials for training

- **SIM Cards/ UK Telephone Number** – If you have travelled from overseas, you will need to obtain a UK telephone number. It is not essential for you to have this prior to your training, but you will be required to obtain one whilst you are here – this is because we need to have this information in order to contact you during your training and afterwards whilst you are out at work.

In order to obtain a UK number, you will need to purchase a SIM Card. These can be purchased from Martin's (newsagents) located in the Market Place and also Tesco.

## **Public Transport**

### Trains

For such a small town we are fortunate to have a train station located within a 5/10 minute walking distance from the Guesthouse. This is unmanned and tickets can be purchased using the machine on the platform or on the train with the conductor when seated. All train services are run by Abellio Greater Anglia and the timetables can be located on their website.

### Buses

Saxmundham also has bus links to other local towns and our nearest 'big' town Ipswich. Due to Suffolk being a rural area, the buses are not as regular as you would expect in more urban places.

Generally the bus services are run by First Group –Suffolk and Norfolk, but there are also some services run by Borderbus, though these are less frequent.

The nearest bus stops to the Guesthouse are near the entrance to Street Farm Road. To head in the direction of Ipswich, you would need to catch the Bus opposite the Street Farm Road entrance. To head towards Aldeburgh/Leiston (See ‘Places of Interest’) you would need to catch the bus under the railway bridge (to the right of the entrance to Street Farm Road).

### Taxi

Depending on your preferences, you may sometimes wish to travel by taxi. Some of the smaller towns in the area are not accessible by bus or train, so if you are staying locally prior to your training with us, you may be interested in the below information to ensure you are able to travel to Saxmundham.

#### **Ipswich**

Hawk Express Cabs – 01473 222222  
Avenue Taxis – 01473 888888  
Beeline Cars – 07473 252222  
Elite Taxis – 01473 620884

#### **Saxmundham / Leiston / Darsham**

Boomerang Travel – 01728 833331  
Hart Cars – 01728 602009  
Swift Cars – 01728 602986  
A2B Travel – 01728 633003 or 07951 291413  
Darsham Cars 01728 668039

#### **Woodbridge**

M&R Cars (based at Woodbridge Station) - 01394 386191  
Elite Taxis – 01394 285665  
Woodbridge Cars – 01394 610210

### **Possible Places of Interest**

#### **Leiston**

Leiston is one of our nearest towns and these are many facilities here if you fancy a change of scenery. Leiston is easily accessible by bus or taxi. We have included some information below, however more information could be found on [www.visit-leiston.co.uk](http://www.visit-leiston.co.uk)

#### **Aldeburgh**

Our nearest local seaside town which was home to famous composer Benjamin Britten. There are many places of interest here which you may want to visit including the Martello Tower, Moot Hall and the Lifeboat station. The easiest way to access Aldeburgh is to take the bus or to drive. More information can be found on [www.visit-aldeburgh.co.uk](http://www.visit-aldeburgh.co.uk).

On the beach you will see the Scallop sculpture created by Suffolk artist Maggi Hambling in tribute to Benjamin Britten. This sculpture has been subject to much controversy among locals, but it worth a look if you find yourself in Aldeburgh.

Aldeburgh is also famous for its fish and chips. Both of the fish and chip shops are located on the high street and have previously been voted in the top 50 fish and chips in the UK.

There is also a cinema here, visit [www.aldeburghcinema.co.uk](http://www.aldeburghcinema.co.uk) for screenings and timings.

### **Woodbridge**

A riverside town with both shops and a cinema. Most of the shops are closed on a Sunday, so if you are looking to visit Woodbridge it may be best to do so on a Saturday. Woodbridge has both bus and train links to Saxmundham, but is around a 20 minute drive from Saxmundham for those who have access to a vehicle. For more information go to [www.visit-woodbridge.co.uk](http://www.visit-woodbridge.co.uk).

### **Ipswich**

Our nearest big town. Accessible by both bus or train and is around a 40 minute drive. This has a much larger high street than the other towns previously mentioned and is home to more high street chains. We may direct some of you here if you are unable to open a bank account with HSBC as more banks and larger branches can be found here – including NatWest, Lloyds and Nationwide. For more information on attractions and events in Ipswich, please visit [www.allaboutipswich.com](http://www.allaboutipswich.com).

### **Lowestoft**

The largest seaside town nearby which is popular with tourists. There is also a high street here should you fancy some shopping. Lowestoft is easiest to access via train or if you are driving it takes around 30 minutes to get there. To find out more information about the attractions here please visit [www.lovelowestoft.co.uk](http://www.lovelowestoft.co.uk).