

A stylized, high-contrast illustration of Framlingham Castle. The castle's stone walls and towers are rendered in black and white with a cross-hatch texture. It sits atop a hill, with a steep, grassy slope in the foreground. To the right of the castle, there are several trees and a small building. The background features rolling hills under a light blue sky. The entire image has a graphic, almost woodcut-like quality.

WELCOME TO FRAMLINGHAM

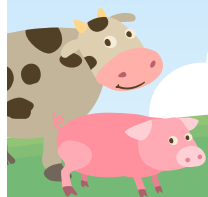
So much more than just the Castle on the Hill

A Town Guide
FOR VISITORS
FOR RESIDENTS
FOR FRIENDS



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WELCOME

You don't have to be in Framlingham long to realise that it's a much loved town. And if you've been here for years, it will probably always have a particular place in your heart. Cheesy though it may all sound, Fram is a bit of Suffolk gold.

Over the years, it has been featured in the Sunday Times 101 Best Places to Live in Britain and Country Life magazine's Top 10 All-round Great Little UK Small Towns. The Guardian has raved about living here and the Telegraph championed it for 'Sheeran short breaks'.

The town is now definitely on the visitor map since local-lad-come-global-popstar, Ed Sheeran penned his triple-platinum single 'Castle on the Hill'. But what makes Fram special is a personal thing. Somewhere in the mix, though, is sure to be its rich history, unspoilt countryside, superb schools and enterprising businesses; its vibrant markets, thriving independent shops and supportive community. It's a place where people really care and live their lives amidst the legacies of others.

This guide is all about sharing too - because there's always more to enjoy and discover about Fram. From a helpful contact directory to fun facts and insights into what goes on where and why, it's intended to be something worth holding on to and sharing with visitors – a bit like Framlingham itself really.

Fram in a Nutshell

Population:	around 4,500
Market Town:	since c. 1285
Fairtrade Town:	since 2008
Market Days:	Tuesday/Saturday
Traditional Closing Day:	Wednesday
Biggest Employer:	Framlingham College
Visitors to the Castle:	+ 100,000 per year
Listed Buildings:	135 (74 in designated Conservation Area)
Local celebrity:	Ed Sheeran (singer)
Latest News & Views:	framlingham.com

Distance (miles)

London	88
Ipswich	19
Norwich	45
Coast	14

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The information in this guide is provided in good faith & is correct to the best of the publishers' knowledge at the time of going to press, but is subject to alteration.

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initiative by Drab Ltd & Xtrahead
to celebrate & share their home
town of Framlingham.

See Local Information
on pages 42-46

See Further Reading list
on page 46



THE (HI)STORY OF FRAMLINGHAM

Once upon a time – possibly as early as the 6th century – there was a castle...

Who's the king of the castle?

During some periods of history, there was no easy answer!

The Saxons (c. 700+)

Legend has it that King Edmund sought sanctuary from the Danes within the walls of this Saxon stronghold, but was driven out and murdered in the dense forests of the area.

The Bigods (after 1066 via William the Conqueror/Henry I)

This powerful family became the Earls of Norfolk. Roger Bigod I and his son Hugh enjoyed 117 of 629 Suffolk manors including Framlingham. The family built a small motte (mound) with an outer courtyard (bailey) protected by a palisade and ditch on three sides and a mere on the fourth. Henry II ordered its demolition in 1175/77.

Roger Bigod II, the 2nd Earl of Norfolk, built the curtain-wall castle with towers (c.1190), incorporating the domestic buildings of his father.

Thomas de Brotherton (after 1312)

When finally the last Bigod of a great line fell out with royalty, Framlingham returned to the king. Edward II gave it to his half-brother.

The Mowbrays (after 1397)

The Framlingham estates had passed via the female line to Thomas Mowbray, created the first Duke of Norfolk by Richard II.

The Howards (after 1476)

Framlingham passed once more via the female line to John Howard. The Howard Dukes had a mixed history: the first Duke backed the losing side at the Battle of Bosworth; his son, Thomas, restored their name by defeating the Scots at the battle of Flodden, but the third Howard Duke lost the favour of Henry VIII and the estates went back to the realm.

Queen Mary (after 1553)

Edward VI held his first court at Framlingham and gave the castle to his sister Mary who was proclaimed Queen while rallying her forces against the armies of Lady Jane Grey. During the time of Elizabeth I, the castle became a prison for priests defying the new Church of England before being returned to the Howards in 1613.

Sir Robert Hitcham (after 1613)

Preferring their new Norfolk home in Kenninghall, the Howards leased out and finally sold the castle to lawyer, Sir Robert Hitcham MP, in 1635 for £14,000.

Pembroke College, Cambridge (after 1636)

Hitcham died, willing everything to his old college, Pembroke Hall, Cambridge but with stipulation to build almshouses and a workhouse with a consideration for education. The castle's subsequent Red House workhouse (1664) was joined by a stone workhouse building in 1729. Redundant by 1839, it was later let to the community.

The State (English Heritage) (after 1913)

The castle was given to the State, but the College remain Lords of the Manor. With its 13 impressive towers, the castle looks from the outside much as it would have done 800 years ago. Today the workhouse has lift access to the first floor and is home to an exhibition, a shop, café and the Lanman local history museum (*see page 11*). Visitors can walk the curtain wall for fantastic views and explore the castle with a personal audio commentary. 📄 🗣️



Did you know?

After 1839 the castle's great hall was used as a courtroom, meeting room, a dance hall, drill hall for the local volunteers and the parish fire station!

St Michael's Church

Created, adorned and refined by craftsmen since the 12th century this mighty Grade 1 listed medieval masterpiece may look conventionally 'Suffolk Perpendicular' from the outside, but inside its wealth of treasures and noble connections show English history through a 1000 years.

Amazing sights

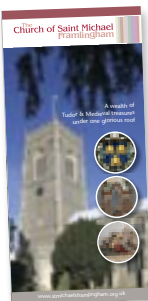
The impressive medieval nave has a single oak hammer-beam roof, unusual fan vaulting and beautiful Arts & Crafts stained glass, yet the chancel is wider and longer still, designed as the resting place for some of England's most powerful Tudor noblemen. The East Anglian richly carved, octagonal font dates from the 14th century and nearby above the pillars of the nave, there is a restored medieval wall painting of the Trinity with God depicted as an old man dressed in what some have claimed looks suspiciously like a nightshirt and a countryman's pair of boots!

Impressive sounds

The magnificent organ made by Thomas Tamar of Peterborough in 1674 is a rare survivor of Cromwell's purges and as one of the finest examples in England, attracts top visiting organists from around the globe. The church is home to a full peal of eight 16th and 17th century bells – quite a tonnage to hang in a tower which sits on just 18" of foundations! Then there is the striking tower clock, gifted by Sir Henry Thompson, surgeon to royalty and a pioneer of cremation, who once lived on Market Hill.

History in full colour

At the chancel end, William Morris-style stencilling decorates the walls together with the funereal helmet crowned with a golden



lion first used for the 2nd Duke of Norfolk, leader of the English in their victory over the Scots at Flodden in 1513. Behind the altar is The Glory, a striking painting by an unknown 18th century artist, and to each side the magnificent carved or coloured tombs of the Howards, Dukes of Norfolk, renowned as some of the finest in Europe. 📖

So much to celebrate

As well as a place of worship, the church is also a popular venue complete with on-site kitchen, toilet and wheelchair-friendly facilities for community concerts and celebrations plus ticketed public events.

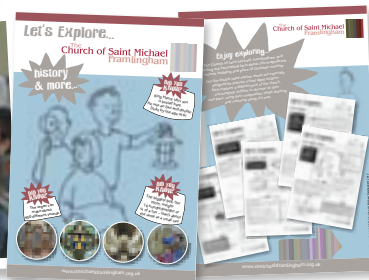
In the past the nave has found itself resounding to recitals from the East Anglian Academy of Organ and Early Keyboard Music 🎹 Aldeburgh Music Festival concerts and the songs of Ed Sheeran – probably St Michael's most famous choirboy - before he became a global pop phenomenon.

Friends of Saint Michael's Framlingham

The Friends is a friendly membership organisation which coordinates a rich and varied programme of events including talks, quizzes, suppers, outings and concerts to raise funds to help preserve the beautiful building. It ensures that externally organised events receive a warm welcome and can also arrange guided tours for groups (bookable in advance). 🗨️

Let's Explore!

A fab, fun and interactive way for primary aged children to enjoy and discover St Michael's Church. Pack with coloured pencils available for purchase at St Michael's - just £1.00.



Did you know?

King Henry VIII's son, Henry Fitzroy, who was an Earl and double Duke by the age of six is buried in St Michael's. He was married to Lady Mary Howard, a daughter of the third Duke of Norfolk.

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Free-thinking Framlingham

The Castle and the Church have had a firm hand in Fram's developmental history, but so too have many other enlightened and progressive individuals.

The town's history of Protestant Dissenters dates back to the 1660s including Independents (later Congregationalists), Presbyterians and finally Baptists. Framlingham's Unitarian Meeting House was built in 1717 and conceived as a simple brick 'preaching box' with large clear glass windows where people could come together in their own way for religious worship.

A multitude of free thinkers, educationalists and conservationists are linked with this special place, including local pastor and philanthropist, Thomas Mills and John Goodwyn Barmby who coined several new words to describe his ideas including 'communist' and 'communitarian'. 📄

Can you spot Fram's round plaques?

Look out for the blue plaque commemorating Victorian royal surgeon, **Sir Henry Thompson** (Market Hill); the memorial to '**Doophus**' Fram's famous Bridge Street feline (Library) and the **Town Trail** pavement markers.



Overseas Connections

The Puritan Danforth family left New Street Farm, Framlingham for life in New England USA in 1634. They settled in Newtowne, later to become Cambridge, Massachusetts and were actively involved not only in the early life of Harvard University there, but in founding the community of Framingham (*no L!*) which now has nearly 20 times as many inhabitants as its UK near namesake! 📄



The 390th US Bomber Group was based at Parham Airfield during World War II and the US personnel often cycled into Fram to relax at the Anglo-American Club in New Road. Today Framlingham's castle, town and college welcomes resident and visiting guests from around the world.

There is also a Framlingham (*with L!*) in the state of Victoria in Australia.



Did you know?

Fram's French twin town, Coucy-le-Château in Picardy also has an impressive castle, hailed as one of the most remarkable western strongholds of the Middle Ages. Fram has 'Coucy Close'; Coucy has 'Avenue de Framlingham' in honour of the association.

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THE (HI)STORY OF A BUSTLING MARKET TOWN

Framlingham was first granted a market in 1285. It's a tradition which has remained fixed over the centuries, even though its streets have seen other retail and commercial activities migrate in and around the town.

Moving times

Today, all but a couple of properties in Double Street are private residences - a far cry from the time when it was Fram's main shopping street. The Post Office decamped from the corner of Albert Place to the Riverside just after Queen Victoria's long reign and Well



Close Square, home to tailors and furniture dealers, was double parked with carts by College Road, whilst the horses rested up in stables behind the then White Horse Inn and their owners headed for the Sale Yard in Bridge Street.

Well within living memory, a handful of pubs and small shops have become private residences. Some garages and commercial units have spread their wings to bigger premises as new business parks develop and spread Framlingham out a bit more with it, but this only serves to echo the past and open Fram up for the future...

On track for a growing population

The opening of the East Suffolk Railway branch line from Framlingham to Campsea Ashe in 1859 made a great impact on the social, cultural and economic development of the town. Shortly afterwards, the death of Prince Albert in 1861 was commemorated by the building of the massive, mock-gothic Albert Memorial College for Middle Class Boys, now known as Framlingham College.

For nearly a hundred years, the railway line ferried boys and goods back and forth until the passenger trains ceased in 1952 and freight trains gave way to lorries in 1964. The line was finally closed in 1965, although bridges and

embankments are still traceable on the way out to Parham. Today the Station building and Station Hotel remain, with new houses on the old railway sidings paying a modicum of homage to the old goods sheds in their design.

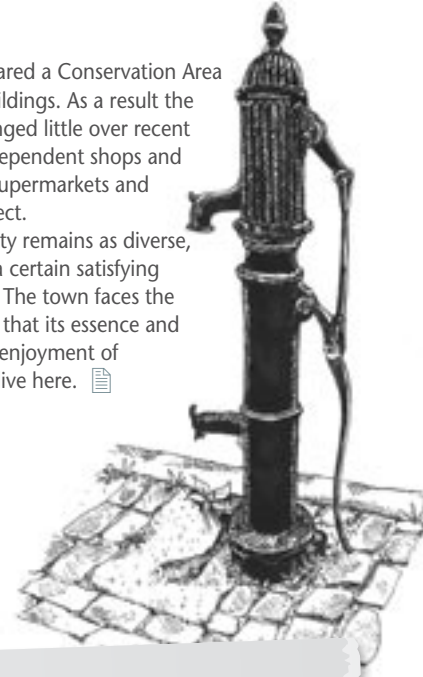
As safe as houses

Fortunately Fram town centre was declared a Conservation Area in 1971, clocking up some 74 listed buildings. As a result the appearance of the centre itself has changed little over recent years. It has retained a high level of independent shops and there at least new buildings including supermarkets and residences have been crafted with respect.

The Framlingham business community remains as diverse, vibrant and proactive as ever, keeping a certain satisfying level of self-sufficiency about the place. The town faces the challenges of today with an optimism - that its essence and special charm will be preserved for the enjoyment of visitors and those fortunate enough to live here. 📄

Did you know?

The old parish pump on Riverside is unusual as it has 2 spouts: one for domestic use and the other to fill the water carts which supplied outlying houses.



Fram's Public Transport

- Buses:** To nearby towns/villages/the coast
- Main bus stop:** Bridge Street
- Timetables:** The library/suffolkonboard.com 📄
- Trains:** Regular service to Woodbridge/Ipswich & Lowestoft
- Nearest station:** Wickham Market at Campsea Ashe
- Timetables:** nationalrail.co.uk 📄

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History on View

The Town Crest



- What?** The symbols allude to the town's long history, to those important families who have held Framlingham Castle and estates (particularly to the Howards) and to Pembroke College, still Lords of the Manor today. The green background signifies the surrounding countryside.
- Who?** Designed by local resident Tony Martin and approved by The College of Arms (but never registered due to the expense).
- When?** In March 1974 the designer generously assigned all interest in and copyright of the design to the Town Council.

The Town Sign

- Where?** On Market Hill
- When?** Erected in 1991
- Why?** To mark the 75th anniversary of the Women's Institute
- Who?** Funds raised by the Framlingham WI.
Designed by Beryl Gilder and daughter, Lucy, with further input from Claire Dewsbury and David Moore. Crafted by Hector Moore of Brandeston from final drawings by his wife, Mary, who also painted it.



The Lanman Museum

The Lanman Museum is a special place which showcases and shares the rich history of Framlingham's commercial past and its community. It is located in the Castle and is a diverse collection full of local interest.

From the contents of a cobbler's shop to tools and teacups, Messers Lanman and Stannard shared Fram-related artefacts in a 1950s exhibition which resulted in many donations and became the basis of a formal museum.

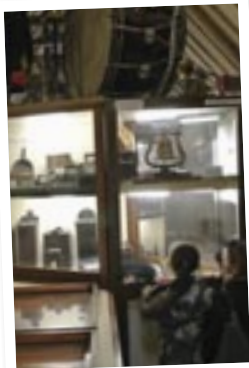
It started out in a premises on Market Hill, then in a building in Double Street and was displayed briefly in the Court Room above the library in Bridge Street from June 1979, before being moved to the Castle in 1984 where it is run on professional lines in close association with English Heritage and staffed by volunteers.

Displays include paintings, photographs, prints and drawings, agricultural implements, a replica of the famous Flodden Helm and Earl Soham's old funeral cart. There are stories of the great Pageant and Thomas Mills Grammar School and memorabilia relating to the impact on Framlingham of the two World Wars. *Entrance to the fully accessible first floor museum is included in the castle entry ticket.*



Did you know?

The Framlingham Weekly News was printed and issued from the Regency House opposite the church (from 1859 until 1938). The Lanman Museum archive has a copy of every issue!



Historic Fram on Film

Find out more about Framlingham's past, its people, places and events through the fascinating photographic archive of the town's history collated and presented by the Framlingham and District Local History and Preservation Society.

Fram on Film brings together a selection of photographs which capture the spirit of the town over a period of approximately 100 years. Many of the early photographs were taken as a hobby by the draper and tailor, John Self, who moved to Framlingham in 1884. Other work includes that of Channing Dowsing, a commercial photographer (c.1912-1926).

Classified into several sections by subject and date, there are over 400 photos to browse through from Victorian times to c.1975 at framlinghamarchive.org.uk



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LIVING HISTORY

History is all around in Framlingham. It's here and now, integrated in modern day-to-day life, rubbing shoulders with the latest technologies and yet so often overlooked...

Head to the library

Fact or fiction? There's so much more to Fram Library than meets the eye – it's located in the Victorian Court House of 1872 for a start! But did you know that the old Court Room still holds sessions of sorts? From children's storytime to writing and book groups or 'Knit & Natter' to Citizens Advice and IT help drop-in sessions, the library has gatherings galore and the upstairs function room is also available for hire. ☞

Its library service has even more surprises: as well as borrowing books/audio books, there are CDs, DVDs and playstation games for hire; you can read the local newspapers, get online for free and enjoy free Wi-Fi, plus there's access on offer for a range of free eBooks/ eAudio books and eMagazines.

Younger visitors will enjoy the well-stocked children's corner and reading challenge activities and for older or less mobile library users who find it difficult to visit, the Suffolk At Home Library Service ☞ coordinates volunteers to deliver books.



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Did you know?

In 1872, Framlingham was the legal centre for 33 parishes. Judge's Courts were held here until 1924 and Magistrates Courts until 1978.

Post a letter

Framlingham has two very special octagonal pillar boxes situated on the corner of Double Street/Castle Street and Mount Pleasant/College Road. Made in 1856/7 they are among the earliest boxes in mainland Britain. Unlike later Victorian boxes, the posting flap is both narrow and vertical – not the boxes to choose for posting large birthday cards!



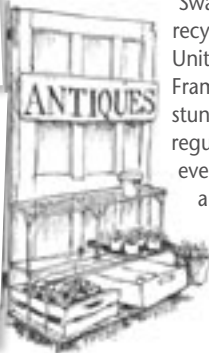
Pop in a shop

Duck as you dive in the deli; head up the Guildhall steps to buy your newspaper or sit and muse over the mathematical tiles so cunningly made to look like brickwork, as you sip on your latte at a pavement café. You'll get more than you banked on at Fram's first purpose-built bank house with its false façade, but then historic Framlingham has so many secrets to share.



Enjoy some time out

From the Saturday or Tuesday stalls or gravity-fed go-kart racing on Market Hill to jousting tournaments at the Castle, concerts in St Michael's to 'Makers Markets' or 'Swap-and-Mend' recycling events at the Unitarian Meeting House, Framlingham provides stunning backdrops for regular and one-off events. Every venue tells a story and brings its own contribution to making life in an historic town so very, very special. 📄



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AT HOME IN THE COUNTRY

Catkins on your favourite Fram dog walk. An impromptu **spring** game of poohsticks on the little bridge by The Fens. Banks of primroses and violets viewed from the castle moat. A moorhen busying herself with her brood down by The Riverside. Bright blooms in the tubs on Well Close Square and a bright Fram Gala Fest day on the horizon.



A **summer** mooch around the Mere near the cattle and marsh irises. An al fresco concert that's music to the ears and a lawn tennis tournament that's served up several Wimbledon finalists. An old section of the cemetery filled with wildflowers and butterflies. The sleek splendour of the annual Horse Show. The purple surprise of a lavender-hedged allotment, that's pretending to be in Provence.

Golden leaves to catch on the **autumn** walk to school down through Pigs Meadow. A hedge full of sloes and trees dripping elderberries. The castle's Tudor chimneys just poking through a swathe of lowhanging mist. Harvest time at Shawsgate vineyard; a sausage trail, one great bonfire and a day full of poppies to remember.

The whoosh of a toboggan down the daring **winter** slopes of Fram Castle's earthworks. A heart-warmingly homemade pie for supper, hand-picked from the supermarket's Suffolk specials counter, the local butchers or deli. Twinkling Christmas lights, community carols and a charity market on the Hill. Real holly, ivy and robins in the hedgerows. Mistletoe and more...

*Wonder what **you** think makes Framlingham a great place to stay, and a home for all seasons..?*



Did you know?

Fairfield/The Fens on the south of the town was the former site of Fram's two annual fairs held at Whitsun and Michelmas.

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FRAMLINGHAM MERE

Fast Facts

- Lake fed by:** The River Ore
- Size of nature reserve:** 31 acres/ 13.8 hectares
- Habitats:** Sedge swamps, damp meadows, open water, pollarded willows, scrub and mature trees.
- Managed by:** Suffolk Wildlife Trust 
- Owned by:** Framlingham College and the Church
- Recent restoration by:** Local enthusiasts, Suffolk Wildlife Trust, the College, the Environment Agency funded by the Heritage Lottery and other sources
- Access points:** Gates to footpaths along New Road, at The Elms car park, from the Castle court

There are only a handful of places in Suffolk where human history and natural history sit so comfortably together. Framlingham Mere is one of them. It is within a few minutes' stroll of even the most bustling parts of the town, close to just about everyone - everywhere, and yet it is totally worlds apart.

Brimful of history – naturally

A piece of wild wetland amidst an intensively arable area with no other wetland like it for 100 square miles around is quite remarkable. Once thought to have originated during the building of the castle's defences, evidence from soil cores taken during the restoration of the mere in 1998 suggest that it is a natural feature dating back to the ice age or earlier. The lake mud was more than 13 metres deep, containing the remains of ancient plants and animals: analysis showed that for the first 7,000 years of its life, the lake was unaffected by human activity.



Making footprints

In the late Bronze/early Iron Age as people cleared forests for farming, rain run-off sped up and more topsoil was washed into the lake and deposited as silt.

Fast forward 1,900 years to the 12th century: Roger Bigod built the first castle of wood /mud on the high ground overlooking the water. His grandson (another Roger) went on to build the stone castle we see today. He may have enlarged the Mere as a natural defence during the digging of the moat or as a status symbol.

In Roger Bigod's time, the open water was five times as big as it is now, lying at the southern end of a great hunting park stretching several miles to the north. The waters of the Mere thus covered the whole of today's reserve, which explains why there is a shoreline bank running around its circumference. It is probable that the River Ore which feeds the Mere, was navigable throughout the 12th - 13th centuries, allowing stone for the castle construction to be brought up by small ship.

The Mere attracted animals and birds back then too – an excellent spot for hunting and hawking as well as providing fish for the castle household.

Cover up & invasion

Silting has always been a challenge, but this speeded up in more recent times when the grassland was ploughed for crops. As well as more soil, nutrients went into the water, producing green algae which smothered everything else. It created



yet more mud as it died and sank, then depleted the oxygen in the water as it rotted.

The meadows around the Mere were grazed until the 1970s when it became no longer economical. Management only began again in 1988 when some areas were cut by hand until 1991, before fencing allowed the reintroduction of grazing in 1992.

At this time water disappeared completely in dry summers and surrounding meadows were invaded by sedge and scrub. Ancient willows began to split and topple... The dire situation prompted action and in 1999, funded from a variety of sources including the then Heritage Lottery Fund, 40,000 tonnes of silt were removed and a preventative reedbed silt trap was established at the north end where the River Ore flows in. The willows were pollarded to prolong their life and new hedging was planted; rank vegetation was cut; fencing was renewed; gates installed; paths improved and bridges rebuilt.

Today habitat management is ongoing: cattle graze the meadows every summer; volunteer working parties clear paths and keep the vegetation under control. The Mere is enjoyed by residents and visitors, educational groups and wildlife enthusiasts.



Framlingham Mere Wildlife Watch - spot the species

☐ Kingfisher

☐ Snipe

☐ Heron

☐ Egret

☐ Barn owl

☐ Great crested grebe

☐ Green sandpiper

☐ Water vole

☐ Otter

☐ Great crested newt

☐ Grass snake

☐ Southern marsh orchid

☐ Ragged robin

☐ Yellow marsh iris

Of course there are warblers, tits, woodpeckers and ducks and many species of dragon- and damselflies too!



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WALK THIS WAY

Perfect for Sunday strolls or right old rambles, there's every reason under the Suffolk sun to explore more of Framlingham's beautifully gentle, historic countryside. Help is at hand too – why not check out the following walks to, from and around Fram?



A MERE STROLL

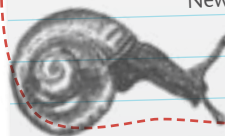
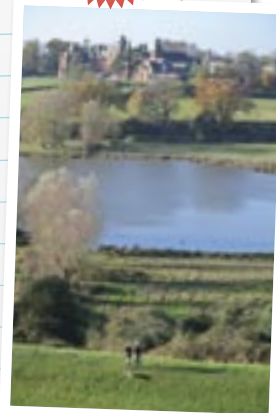
Circular route 3/4 mile (1.2km)

Stand by the Castle on the Hill and the view to Hogwarts-style Fram College is mere magic. But follow footpaths around the water and on reflection, by some medieval wizardry Framlingham Castle looks twice as mighty and impressive.

Just before the castle entrance, take the footpath (left) down over the bridge, past the prison tower onto the Lower Court. Head diagonally towards the left-hand corner to find steps down to the Mere where footpaths lead full circle. The anti-clockwise path to the further side is quite firm; the clockwise path, can be boggy at times. There are two gates on to

New Road and one to the Elms car park near Well Close Square.

Stout shoes a must!





Something to write home about

Visitors and residents alike will enjoy Fram's **walk postcards** which introduce the town from all angles. Directions and Ordnance Survey mapping extracts guide 5-6 mile (8-9.5 km) circular walks along public footpaths and rights of way. Two free packs cover 20 walks.

For panoramas, the **Brownsord Way** is an 11 mile (17.5 km) circular waymarked route which can be swallowed whole or dissected into bite-size chunks. Framlingham also has a town trail. *Downloads and details: framlingham.com Both available from the library / Fram Town Council Offices.*



Right on track

Walk in or out of Framlingham, following parts of the former railway line through the picturesque village of Parham and Marlesford on a linear 7.5 mile (12 km) waymarked walk to/from Wickham Market railway station at Campsea Ashe. *Downloads and details: eastssuffolkline.com/walks*

Heavenly discoveries

The angel roof at Badingham may take your breath away after the Angels & Pinnacles church heritage trail from Fram, but there's an Agincourt hero, a mermaid, tortoise and strange sciapod waiting further on at Dennington. Find out more on page 31.

See page 25 for Fram's Hidden Heritage walk and the wheelchair and buggy-friendly Castle to College Explorer.



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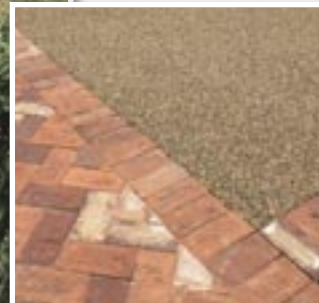
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SO GREEN & PLEASANT

Framlingham's great crop of green and grassy places is just perfect for those all-important impromptu outings, whether there's a need to let off steam or give the generations a bit of space. Everyone has their own firm favourite: a hearty stroll and moment to watch the world go by on The Fens; a run around with Rover on Castle Meadow; a relaxed family alfresco afternoon playing up above the Mere.

Nothing beats that communal snack-and-play stop after-school at the Pageant Field - except perhaps spreading the picnic blanket out at the Greener Fram community space on Pig's Meadow by Fram College. Here, the view across the allotments to the castle is always food for thought, especially when accompanied by a few fresh and tasty treats from the deli, the market or gardeners' little streetside sharing 'honesty box' stalls. Interested in having an allotment? Contact the Town Council. 🐾

GREENER FRAM

action for a positive future



Greener Fram is the town's independent, voluntary community group which aims to raise awareness of environmental issues, promote practical ways of reducing energy consumption, and champion the creation of a sustainable community. It's College-side garden and growing space was set up in 2010 and is enjoyed by all the town's schools and the community as a whole. The site has included raised vegetable beds, an East Anglian orchard, a wildflower area with 'bug' hotels, willow seats and arbours – a space for the community to grow together.

In addition, Greener Fram regularly runs popular 'swap-and-mend' recycling events and operates other local green initiatives including a wholefood bulk-buy group. 🐾



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where provided.



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A TASTE OF THE PLACE

Fairtrade town Fram has a healthy appetite for events and places to enjoy time out with friends and family.

From occasional community parties on Market Hill and time-honoured town diary dates such as Fram Gala Fest, Fram Horse Show or upcoming SausageFest, to the great crop of pubs, cafés and delicious dining experiences, there really is something for everyone.



Reasons to be cheerful

- A really cool ice-cream cone to enjoy by the Castle
- A truly local pint after a long working week
- A perfect picnic, cherry-picked from the delicious offerings at the Deli
- A cup of tea and catch up after church on Sunday
- A local sausage feast at the annual SausageFest
- A lazy latte on the café terrace
- A crunchy English apple straight from the market stall
- A stick of fluffy candyfloss from Fram Gala Fest

Did you know?

Until 1952 there was an open carriageway right the way through The Crown allowing coaches to pass from Fairfield Road onto the Market Hill.



Enjoy your own celebrations in style

There are perhaps more places for parties and private dining than you think in Framlingham. Facilities from community rooms to restaurants are available for hire throughout the town and beyond to help host and even cater for your own 'event'. If you're planning a family celebration or special time with friends, need a venue for social events for your club/organisation or the right place to hold your next business function, check out the Local Information on pages 42-46. 📖



Did you know?

Joseph Tetley, one of the founders of Tetley Tea Co in 1837 whose family went on to invent the tea bag, lived in Broadwater House and is buried in the Tetley-Jones family plot in Framlingham Cemetery.



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SPECIALS & SALADS

Don't miss... Fram's fab annual events

- May: **Fram Gala Fest** (Castle Meadow)
- July: **Framlingham Horse Show** (Castle Meadow)
- Aug: **Lawn Tennis Tournament & Suffolk Championships** (Framlingham College)
- Sept: **Heritage Open Days** (town-wide)
- Oct: **Great Framlingham Sausage Festival** (town-wide)
- Nov: **Framlingham Fireworks** (Pageant Field)
- Dec: **Christmas Tree Festival** (St Michael's Church)

Fram also regularly hosts a popular country show, flower festival, gravity-fed go-karting, craft markets and castle events.



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FRAMLINGHAM TOWN CENTRE MAP

Key

- 1 Framlingham Castle & Lanman Museum
- 2 St Michael's Church/War Memorial
- 3 Market Hill
- 4 Framlingham Mere
- 5 Sir Robert Hitcham's Alms Houses (1654)
- 6 Thomas Mills Alms Houses (1705)
- 7 Tomb House/Mills Mausoleum (1703)
- 8 Unitarian Meeting House (1717)
- 9 United Free Church (1853)
- 10 Framlingham College (1864) & Headmaster Porter Theatre
- 11 Jeaffreson's Well (1898)
- 12 Library & info point/Old Court House (1872)
- 13 St Clare's Church (RC)
- 14 St Michael's Rooms
- 15 Post Office
- 16 Supermarket
- 17 Chemist
- 18 Doctors' Surgery



Parking



Petrol Station



Public Toilets



Bus Stop

Don't forget to look out for Fram's famous Victorian post boxes!





Framlingham Castle



WC



Fram's Hidden Heritage

Start/finish: Market Hill 3. With church behind you, cross the square. Go left to find Queen's Head Alley. Follow it down to Fore Street. Go right past St Clare's Church **13**, then left at T-junction (Station Road). Beyond the Railway Inn, cross with care to Tomb House **7**. Head back towards town, past alms houses **6** and cross at zebra crossing by Ancient House to United Free Church **9**, originally a steam-driven flour mill **9**. Continue to Well Close Square, keeping right. Cross Bridge Street into New Road to view even older alms houses **5**. Retrace steps, going left into Bridge Street, uphill past Unitarian Meeting House **8** and Old Court House **12** to Market Hill **3**. Turn left by phone box, up alley-way and steps to St Michael's Church **2**. Continue through churchyard to Church Street. Cross over to fine Regency townhouse, going left to Castle and Lanman Museum **1**. Leaving castle, go left along Castle Street to spot Jeaffreson's Well **11**, before turning right (Victorian post-box) into Double Street – Fram's first street with houses on both sides! At end, turn left to Market Hill.



Castle to College Explorer

Start/finish: Market Hill 3 With church on left, head left at top of hill into Church Street. Turn right opposite church gates into Double Street - Fram's first street with houses on both sides! At T-junction with Castle Street, spot Jeaffreson's Well **11** (right), turning left to find Castle Pond, the Castle and Lanman Museum **1**. With castle behind you, go straight ahead (Church Street) to St Michael's Church **2** (right). Continue to Market Hill **3**, keeping right downhill into Bridge Street past Unitarian Meeting House **8** and Old Court House **12** (right) to spot New Road's old alms houses **5**. At Well Close Square*, turn right uphill (College Road) to Framlingham College **10** and views down across the Mere to the Castle (right). Return down College Road, going left at Well Close Square into Bridge Street to Market Hill.

* To see Thomas Mills Alms Houses **6**, Tomb House **7**, United Free Church **9**, St Clare's RC Church **13**, go left down Station Road, then retrace steps, keeping left at Well Close Square to go up College Road.

Wheel-y Friendly



Each walk is about 1.5 miles (2.4 km)



FRAM STUFF



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KIDS' CORNER

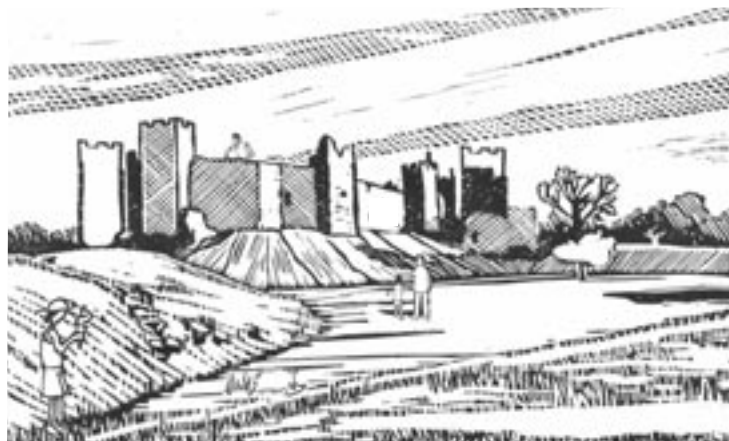
Find the Famous Characters Wordsearch. A duke, queen, tea-importer, founder of USA's Harvard University, a global popstar and a soppy town cat – Framlingham has been a home to them all!

<input type="checkbox"/> BULSTRODE	<input type="checkbox"/> MARY TUDOR	<input type="checkbox"/> TETLEY JONES
<input type="checkbox"/> ED SHEERAN	<input type="checkbox"/> NICHOLAS DANFORTH	<input type="checkbox"/> THOMAS MILLS
<input type="checkbox"/> HOWARD	<input type="checkbox"/> ROGER BIGOD	<input type="checkbox"/> DOOPHUS
<input type="checkbox"/> JOHN MOWBRAY	<input type="checkbox"/> SIR ROBERT HITCHAM	<input type="checkbox"/> HAROLD LANMAN

S I R R O B E R T H I T C H A M E
N I C H O L A S D A N F O R T H O
E P E E H I T E T L E Y J O N E S
D R A B O E H H G T D O O P H U S
S U N X W A O P P E R E O I U E E
H C T V A N M A R Y T U D O R I R
E R C D R S A O X T R A H E A D E
E A Z Q D A S D E J A R O L F
R E J O H N M O W B R A Y T L T
A X N D O G I B R E G O R R O E
N E E O E L L P C O M E O R E B
D R H A R O L D L A N M A N J F
O E D O R T S L U B I L O L X D



Castle Capers. Will you be climbing the walls trying to spot the 10 sneaky differences between these two pictures?



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AN ACTIVE INTEREST

From play places for little ones to skatepark layouts for youngsters looking to ramp Fram life up a bit with bmx-ing or a quick skateboard 'scoop', there's so much space for fun in the fresh air around Fram and a wide range of sporting organisations with first class facilities for all.

Spotlight on Pageant Field

1931 saw hundreds of Fram folk taking part in a magnificent 4 day historical Pageant. The huge undertaking, staged at the Castle, was so successful that funds raised could purchase land for the community. 'Pageant Field' was duly presented to the Parish Council in 1933.

Impressive gates, play equipment and trees were added with Oaks planted to commemorate national events such as the coronations and jubilees of reigning monarchs. The two play areas have been



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regularly upgraded and a skatepark, basketball facility and five-a-side football pitch have all proved popular. Generations continue to enjoy their little outings 'up the Pageant'. The open space is also home to popular community events including the annual Firework Spectacular.

Framlingham Sports Club

Long-established and priding itself on the organisation and support of great sport, Fram Sports Club offers tennis, football, running, cycling, archery, croquet, badminton and ladies hockey. Its Badingham Road site provides first class grounds and facilities for most of these, with the Badminton Club meeting at Thomas Mills High School Sports Centre and the Ladies Hockey Club at Framlingham College. It aims to enable everyone to participate in the sport of their choice locally with most sections offering coaching/match practice for different ages and abilities. Focus is on raising standards, encouraging excellence, discipline and ensuring the future of the Club.

The Management Committee oversees the administration and maintenance of

16 acres of sports land including: 3 floodlit hard tennis courts; 7 football pitches (1 floodlit); 2

pavilions incorporating a range of dressing rooms with shower/toilet facilities; 2 archery ranges and 3 croquet lawns. The spacious, comfortable Clubhouse is available for hire. All officers of the



Did you know?

The annual Fram Gala is organised by the Sports Club – a firm fixture in the town's calendar now for over 300 years!




Club/sections serve voluntarily and new members can be assured of a very warm welcome.

framlinghamsportsclub.co.uk 



Fancy a spin with Fram Cycle Club?

Weekly rides and events for
leisure cyclists and more
experienced riders. British
Cycling Affiliated. 

Did you know?

Fram has been en route for the
Men's/Women's Tour of
Britain in recent years.



Thomas Mills High School Sports Centre

Both the sports hall and outdoor court and pitch facilities are available for public hire on weekday evenings and weekends.

Fram Leisure

Located at Framlingham College, this sports complex is accessible by members drawn from the school and wider community. Facilities include a 20m indoor pool, fully equipped gym, squash courts, floodlit hard tennis courts and astro-turf, all-weather pitches with a wide range of classes available.

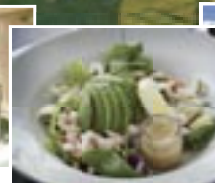
From Top Tennis to Park Runs

Framlingham's prestigious Lawn Tennis Tournament has been played annually since 1883 - with the ball firmly in Fram's court for over a century. Held in early August on Fram College's 33 tennis courts, the Grade 3 Lawn Tennis Association Official Tournament incorporates the Junior Grand Prix and caters for players of all ages. It has served up several Wimbledon finalists and London 2012 Olympic Games referees. framlinghamtennis.org.uk 

Enjoy green spaces of a different kind by participating in or watching Fram's local park runs. From a gentle informal jog to stretching your personal best, the park run is a fun way to enjoy the outdoors along with some local team spirit. parkrun.org.uk/thomasmills




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✉ info@bruisyardhall.com
🌐 www.bruisyardhall.com

(From top to bottom) Kristian Lismore Photography; Simply C Photography; D & A Photography

ROUND & ABOUT FRAM

From mills, meadows and menageries to quirky tales and crinkle-crankle walls, there are many things to discover when you head into the countryside around Framlingham. What's more, most are only a good walk or gentle cycle ride away...

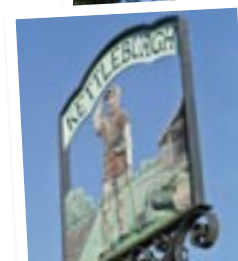
Saxtead

The iconic 18th century post mill on Saxtead Green north-west of Framlingham is certainly one of Suffolk's finest. Now in the care of English Heritage, it has regular summer opening times with plenty of internal workings to wonder at and is well worth a visit ☺. The massive green is a great place to picnic or to stop off at the ice-cream van! Like the graveyard at Saxtead All Saints' Church (a different walk out of Fram at the 'Bottom' of the village), it is a haven for wild flowers. Be sure to visit the church at cherry blossom time, and look out for the unusual village stocks and whipping post inside.



Kettleburgh, Brandeston & Earl Soham

Here's a great little cluster of villages to cycle around with the family, but with signs of a different kind to look out for. There's the mighty man holding an axe in hand and believed to be of Norse origin on the village sign in Kettleburgh and curious, carved figures on the unusual wooden sign at Earl Soham. At Brandeston, the village sign includes the poor vicar, John Lowes, hanging from the gallows having confessed to witchcraft after being tortured by the Witchfinder General in 1646. Of course, the villages have other more palatable signs too with each of the pubs en route having gardens or greens available to rest up with refreshments.



Parham

South-west of Fram, this village in the valley of the River Ore includes a number of historic houses with rich carvings, the 16th century moated Parham Hall and St Mary's Church. The 390th Bomb Group Memorial Air Museum, incorporating the British Resistance Organisation Museum is located in the control tower of one-time Parham Airfield. It has a rare and unique collection of World War II memorabilia and is free and open regularly in the summer. 🖱

Easton & Letheringham

The waymarkers for the Suffolk Coastal Cycle Route lead south out of Framlingham towards Easton to meet the famous crinkle-crankle wall. At 2.5 miles (4km) long, this eccentricity is possibly the longest of its kind in the world. The estate village is absolutely charming, although the Duke of Hamilton's house was demolished in 1924. Easton Farm Park makes for a fantastic family day out (*see inside front cover*) with animals and activities including some fine Suffolk Punch horses. Follow the road near the Farm Park to reach the timeless village of Letheringham with its picturesque watermill and some impressive history at the Priory Church of St Mary where sheep sometimes graze the graveyard!

Did you know?

Brandeston's vicar was tortured by the Witchfinder General in 1646 until he confessed to employing two imps to sink ships at sea. He was allegedly 'swum' in the 'ducking' pond by the castle at Framlingham.



Badingham & Dennington

There are a multitude of reasons to follow the Angels & Pinnacles church heritage trails for a 4.75 mile (7.5km) walk from Fram to Badingham. The angel roof at the Church of St John the Baptist is breathtaking, then there's the nave's uphill aisle and the community garden alongside the churchyard with its creative gates and benches. Continue on to Dennington on a second 2.5 mile (4km) route to discover an amazing mythical menagerie of medieval carvings at St Mary's. Be sure to look out for the mermaid, the tortoise and the great sciapod. There are impressive tombs here too of an Agincourt hero and his wife. The Angels & Pinnacles 'Framlingham Cluster' leaflet also includes a pleasant 13 mile (21km) cycle route from Fram north-west to Worlingworth. angelsandpinnacles.org.uk



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EDUCATING GENERATIONS

A fantastic crop of educational establishments of the highest quality makes a massive contribution to ensuring that the historic market town of Framlingham remains vibrant and future-focused.

From pre-school groups and early years nursery teaching to secondary education, sixth form studies and adult learning, Framlingham has a long-established reputation for choice and excellence when it comes to education.

Sir Robert Hitcham's Primary School, Thomas Mills High School and the independent school for day and boarding students, Framlingham College, all have strong links with the town's history and development. They perform great roles in both growing and supporting the community and enable Framlingham to welcome new young faces from further afield in Suffolk, Britain and indeed from across the world. ➡



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Learning Caring Inspiring



Framlingham College & Brandeston Hall

Officially named the Prince Albert Memorial College and founded in 1864, Framlingham College is a fee-paying, fully co-educational boarding and day school for students aged 13-18 years (*see back cover*). Its preparatory school with its purpose-built nursery facility at nearby Brandeston Hall caters for younger pupils from 2½ -13 years. In addition to academic success, pupils enjoy a wide range of music and drama opportunities and a variety of sports. Scholarships and bursaries are available to ensure access is open to talented students.

Many of Framlingham College facilities (indoor swimming pool, gym, selected sports pitches, Headmaster Porter Theatre) are made available for local community use. Its self-funding membership-based society, 'FramSoc' shares educational lectures, a book club plus trips, music, food and the arts. 📖

A not-so-distant cousin...

Pembroke College, Cambridge has strong ties with Fram dating back to Sir Robert Hitcham's 17th century bequests to his old educators. Even today, it has a governing role in Framlingham College, the Sir Robert Hitcham's almshouses and in choosing the Rector of St Michael's! The church's magnificent Thamar organ is a Pembroke 'hand-me-down' and each year, the Cambridge college holds a Framlingham Feast. 📄

Lasting Legacies

Framlingham's Sir Robert Hitcham's Primary School has a special place at the heart of the community. Named after its original benefactor, it has been educating local children since 1654 and now includes a nursery for younger Fram folk. Combining a rich, engaging curriculum with wide-ranging extra-curricula activities, it is thriving and high-performing, but above all, a vibrant, nurturing place, where all children are welcome and where kindness, caring and happiness are the cornerstones of daily life.

Did you know?

You'll find a Sir Robert Hitcham Primary School in nearby Debenham too and a former Hitcham School building across the Essex border in Coggeshall where Hitcham's close wool merchant friends, the Guyon family, lived.



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 Words &
 Pictures
FOR THIS PUBLICATION

Lindsay Want
lindsay@xtrahead.co.uk
 0791 8702606
xtrahead.co.uk

BRIGHT FOR BUSINESS

Framlingham recognises that business is at the heart of a sustainable economic future for the town. Its business community is vibrant and proactive and includes a broad spectrum of small to medium-sized enterprises, from retail and trade supplies to professional services, manufacturing and new technologies.

The state-of-the-art Framlingham Technology Centre was built on Station Road in 2001 as a focal point for innovation and enterprise in East Suffolk and strongly affirms that the town is a real place to do business both now and into the future.

Set to make a difference

More and more companies operating locally or globally, trading on- or offline are choosing to 'set up shop' in Framlingham or to relocate here. Established and upcoming premises and trading estate units; the Tech Centre's fully serviced offices, hot desks and virtual tenancies; extensive broadband and wi-fi coverage for anytime business on the move - these are all just part of the attraction. Fram is a place which offers the realistic opportunity of a good work-life balance, community support and a business networking infrastructure. It is well-positioned, well-connected for business and in reach of Ipswich, Norwich, Cambridge and London.

Made for meetings

Business development, training or team catch-up time - Fram has venues and facilities to suit. The Tech Centre provides fully serviced meeting rooms, presentation theatre and IT training suite; Framlingham College is a popular conference, exhibition and event centre and the town's hotels, community assembly centres, pubs and cafés all extend the offering. ☞



Framlingham Technology Centre

- Serviced Offices
- Meeting Rooms
- Hot Desking
- Virtual Tenancy

 www.t-centre.co.uk



Neat for networking

Framlingham is a Suffolk location of choice for official regional, county and district business support training, workshops and courses, available to both start-ups and established businesses including those delivered by not-for-profit organisation, MENTA. The Framlingham Business Association (FBA) meets regularly, sharing business development opportunities as well as supporting the town with organised events. Wider networking meet-ups, business exhibitions and festivals take place close by in Ipswich, Bury St Edmunds or along the coast, courtesy of the county's active Chamber of Commerce, Ipswich & Suffolk Small Business Association, other local business forums and council partnerships such as East Suffolk Means Business. 📞

FRAMLINGHAM
BUSINESS ASSOCIATION 



Community spirited

Framlingham offers businesses many opportunities to engage with the community from organising Christmas shopping events to sponsoring town-centre flower displays. But its unique Hour Community project is something special and every business - great or small - can help. It's all because sometimes, just an hour of someone's time can make all the difference.

Let your business lend a little time, pledge services, materials or sponsorship which could make a positive change to Fram's less fortunate residents (see page 36).

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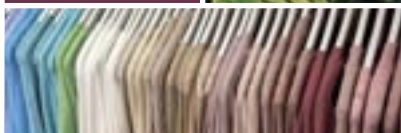
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HELP IS AT HAND

Hour Community

The people of Framlingham are blessed with a special ground-breaking local support charity - Hour Community. Over recent years it has developed valuable services for the town's less fortunate residents, enriching lives of its both service-users and local volunteers.

The Hour Community transport division is on hand to help, with a wheelchair-accessible 14 seater minibus and car for outings and excursions for local groups, hospital and medical appointments. The quirky 'Cycling without Age' project gives local care home residents the chance to enjoy trishaw rides and feel the wind in their hair again! A befriending service sees dedicated befrienders offering varied one-to-one support within the home, whereas the supportive Worry Tree Café and dementia friendly Forget-me-not Club provide specific meet-up opportunities. New initiatives are always on the table and the organisation is pleased to welcome new volunteers as well as service-users. hourcommunity.co.uk 📞

Community Action Suffolk

Formed in 2013, the charity Community Action Suffolk offers funding advice, training, services and networking opportunities to voluntary and community groups. Its county-wide volunteering team can help individuals find the right opportunity, or help organisations find the right person. 📞

Coastal Accessible Transport Service (CATS)

CATS helps Framlingham residents, community groups and charities by providing journeys in wheelchair-accessible minibuses, multi-purpose vehicles and private cars. Drivers are specialists in supporting frail, elderly or mobility-impaired passengers. The services are membership based with a small membership fee. Its offer includes a pre-booked, demand-responsive public transport solution for the area without any route and timetable restrictions. 📞

Citizens Advice

Regular drop-in advice service, based in Fram Library, Citizens Advice is a registered charity reliant on trained volunteers. It helps resolve legal, money and other problems by providing free, independent confidential advice. 📞



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FRAMLINGHAM'S CHURCHES

For full programmes of weekly and Holy Day services, please refer to websites.

St. Michael's Church (Church of England)

stmichaelsframlingham.org.uk

Clergy: Revd Canon Mark Sanders
Parish Administrator: 01728 621255 e: framparish@gmail.com
Sunday Services: 8.00am Holy Communion; 9.30am Family Service or Parish Communion with children's activities.

St. Clare's Roman Catholic Church (Fore Street) wfrcp.org.uk

Parish Priest: The Fr Edmund Eggleston
Parish Office: 01394 383551 e: admin@stthomas-woodbridge.co.uk
Sunday Services: 9.00am Mass and Children's Liturgy; Thursdays 12.00pm (winter) 6.30pm (summer) Mass.

United Free Church (Well Close Square) framlinghamufc.onesuffolk.net

Minister: Revd Martin Dawes 01394 383674
Sunday Services: Sunday Services: 11.00am Morning Service. The ground floor church hall is available for hire. ☞

Unitarian Meeting House (Bridge Street)

framlingham-unitarians.org

Minister: Revd Matthew Smith 01728 621409
 e: minster@framlingham-unitarians.org
Secretary: 01728 723451 e: angelahatt@btinternet.com
Sunday Services: (2nd and 4th Sun.) 4.00pm The Meeting House is available for hire. ☞

Christian Science Society csfram.church

Administrator: 01502 722906
Sunday Services: 11.00am, see website for venue

Framlingham Community Baptist Church

framlinghambaptist.co.uk

Contact: 01728 621341 c/o Grange Farm, Framlingham IP13 9PT
Sunday Services: Encounter Café Church (morning), see website for time and venue.

NOTABLE TOWN CHARITIES

The Mills Charity

This was founded in 1703 following the death of the devout Baptist, Thomas Mills. He is buried in Tomb House in Station Road and not only are the fine row of historic almshouses which sits alongside part of his legacy, but 2018 saw the development of 14 new almshouses at Mills Crescent in the Brook Lane area. 📍

Thomas Mills came to Framlingham in 1640 as an apprentice wheelwright and inherited the business in 1660. This, together with hard work and marriage to a rich widow meant that he died a rich man. His only child had died early.

His charity - originally to help the poor - has been updated and now provides assistance for any charitable purpose to benefit Framlingham and district.

millscharity.co.uk

The Mills Educational Foundation

This pays some of its income to Thomas Mills High School. The remainder is used for educational purposes aimed at children and young people.

Enquiries: P.O. Box 1703, Framlingham, IP13 9WW e: office@millscharity.co.uk

The Pryke Charity

A bequest from Mrs Pryke in the 1960s joins the Towns Lands Trust of 1862, and three bread charities dating from 1701, 1703 and 1890. Two bequests to help apprentices or poor tradesmen of 1639 and 1673 were unfortunately ill-managed and had all but disappeared by 1780.

This Charity makes grants to Framlingham residents in urgent need of financial help and may also be used for educational purposes.

Enquiries to the Secretary, 78 Station Road, Framlingham IP13 9EE e: gwenetheridge.ve@gmail.com

The Sir Robert Hitcham's Almshouses

These 12 historic houses are available for those in the Framlingham and Saxtead area who need warden assistance or have housing problems.



Enquiries: Orwell Housing 0345 60100 30; Clerk to the Trustees - 01728 74375.

Framlingham St John Ambulance

Could you be the difference between a life lost and a life saved? At St John Ambulance we can teach you life saving skills so you can be the difference in your local community and invite you to get involved with the charity, either by volunteering with the local unit based on Fairfield Road, or simply by learning first aid.

Adult volunteers offer their knowledge and time to provide first aid at local events. If you're looking for a new, rewarding challenge, then volunteering with St John Ambulance might be for you. You don't need any previous first aid experience, as our training will equip you with all the skills you need.

The Framlingham St John Ambulance **Badger Sett for children (aged 7-10)** offers an exciting weekly programme to enable them to learn important life skills, such as first aid, in a fun and safe environment. 📍

Framlingham St John Ambulance also offers **first aid courses** at the Westbury Centre.

Did you know?

Built in 1654 as laid down in Sir Robert's will, the Hitcham's Almshouses on New Road were built from reclaimed Tudor bricks – salvaged during demolition at the castle!



Get in touch with our Framlingham unit - call 01728 621 674 or email Framlingham-Suffolk@sja.org.uk

With first aid, anyone can be the difference between life and death
sja.org.uk

© St John Ambulance 2014 | Registered Charity no. 1127285/1

FORWARD-LOOKING FRAM

Framlingham like many Suffolk market towns is growing. Even those who have only made it their home in recent years will have seen significant changes. Fram's former railway sidings industrial area has been transformed by new streets and housing of all shapes and sizes, but so too some of its green fields along Mount Pleasant and Fairfield Road. Much celebrated new almshouses to support local families have been created in the Brook Lane area. All change throws up challenges, yet with them come true excitement for the future and above all, the opportunity to welcome new faces, new families, new enterprise and new ideas.

A real sense of responsible community is at the very heart of Framlingham. It threads its way through the town's history. It is evident in the active charities, organisations and schemes which make Framlingham the supportive community that it is today. And above all, it is recognised as key to the sustainable future of the town.

A proactive Town Council

Framlingham Town Council (FTC) is the first tier of local government and closest to the people it represents and as such plays a significant role in the planning, development and upkeep of the town. Its origins lie in 1894 when the Parish Council Bill became law, requiring the election of councillors.

Did you know?

To keep the footpaths around Framlingham open, the Town Council organises a free guided Sunday walk annually. Why don't you go along?



Fram's first Parish meeting held that year in the Castle Hall saw 15 councillors (all men) elected. These days, as a Town Council, 11 elected volunteers still continue the unbroken tradition of working for the good of the community, operating through committees and holding monthly 'full council' meetings which are open to the public. Official council reports and minutes are published online on its go-to website for news and upcoming Framlingham events. It operates a walk-in office in the town centre. See framlingham.com for location and opening times. 📄

Fram's bi-weekly markets; maintenance of Pageant Field and its facilities, of The Fens green space off Station Road, the churchyard and the cemetery; trees and seats; litter, grit and dog bins – all these come under the Town Council's remit as well as administering the allotments and checking that local footpaths are kept open for all to enjoy.

But as the town grows, a keen eye must be kept on planning matters and vital infrastructure issues need addressing: congestion, car parking, public transport, education, health and community meeting provision. Framlingham Town Council strives to make a positive difference in an ever-challenging environment.



A Neighbourhood Plan


Framlingham has a Neighbourhood Plan in place which puts forward local priorities, drawn from the findings of a town-wide business questionnaire and separate residents survey. Beside East Suffolk Council's Core Strategy, it will give weight to local opinion in the planning process up to 2030/35.



A voice for local residents

Established in 2014, Framlingham Residents' Association is a non-political organisation run by elected volunteers, with stated aims to 'Preserve Fram's heritage and promote Fram's future.'



It shares updates on matters of local interest, holds regular community events and monitors and comments on local issues including planning applications. It also liaises with and attends meetings with other groups sharing common aims and interests. framresidents.com 



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LOCAL INFORMATION

Please check websites for the most current contacts and information.
 Contacts for clubs etc. do change regularly; all information is given in good faith and
 believed to be correct at time of going to press June 2019.
 All telephone numbers should be prefixed with 01728, unless otherwise indicated.

Clubs & Societies

Amateur Dramatics Society FADS fadsweb.co.uk	07788 819273
Art Society framlinghamartsociety.co.uk	621366
Bell Ringing stmichaelsframlingham.org.uk/history/church-bells	723603
Bridge Club bridgewebs.com/framlingham	602938
Camera Club framcameraclub.org.uk	685655
East Anglian Academy of Music eastanglianacademy.org.uk	648571
Film@Fram facebook.com/filmatfram/	
Flower Club framlinghamflowerclub@gmail.com	
FramSoc (see page 33) framcollege.co.uk	
Friends of St Michael's Church (see page 5)	
stmichaelsframlingham.org.uk	621255
Horticultural Society	724406
Ladies Choir	724859
Local History & Preservation Society - Fram & District (see page 11/50)	
framlinghamarchive.org.uk	723557
Phoenix Singers phoenixsingers.org.uk phoenixsingers@outlook.com	

Did you know?

Thomas Mills High School remembers
 another Fram philanthropist and
 benefactor. Between 1902 and 1979,
 it was Thomas Mills Grammar School,
 located in Fairfield Road.
 Look carefully in the hedgerow there.
 Can you spot the old brick boundary
 wall and pudding gates?



Pop Chorus popchorus.co.uk	07788 585441
Probus probusonline.org	
Rabble Chorus therabblechorus.co.uk	
Rotary Club: Framlingham (Meets Tues at The Crown, Fram) rotary-ribi.org	
Rotary Club: High Suffolk (Meets at Saxtead)	highsuffolkrotary.org
Royal British Legion (Branch) britishlegion.org.uk	
Saxtead Trefoil Guild trefoilguild.co.uk	
Suffolk Wildlife Trust suffolkwildlifetrust.org (see page 16/17)	01473 890089
Women's Institute facebook.com/framlinghamwisuffolk	
framlinghamwi50@gmail.com	07410 984055

Education & Schools

Adult Learning Centre coastalleisurelearning.co.uk/thomas-mills-framlingham	
coastalleisurelearning@gmail.com	833171
Framlingham College (see ad back page and page 33) framcollege.co.uk	723789
Granary Nursery School (see ad page 32)	
thegranarynurseryschool.co.uk	621105
Mother & Toddlers up to 5 yrs	
(Thurs @ United Free Church Hall/Fris @ Sports Club, Badingham Rd)	
.....	723161/724440
Music for Parents & Toddlers: 'Crocodile Rock' Wednesdays (term time)	
@ Sports Club crocodile-rock.com	07976 299297
Sir Robert Hitcham's Primary School (see ad page 32)	
hitchamsframlingham.org.uk	723354
Thomas Mills High School (see ad page 33)	
thomasmills.suffolk.sch.uk	723493

Fitness & Sports

Angling Club (Fram & District)	01394 460550
Castle Bowls Club framlinghamcastlebowlsclub.suffolk.cloud	724659
Fram Leisure (membership based gym/swim/fitness classes) (see page 29/33)	
framcollege.co.uk/framleisure	727223
Framlingham Sports Club (see page 28/29) framlinghamsportsclub.co.uk	
Archery - Framlingham Bowmen secretaryframbow@gmail.com	724653
Badminton suffolkbadminton.co.uk/clubs/framlingham	07752 082976

Croquet Club	685360
Cycle Club (see page 29) framcycleclub@hotmail.com	
Running Club (Fram Flyers) framflyers.org.uk	720707/07957 396399
Hockey Club framlinghamhockeyclub.co.uk	07971 487290
Football Club (Fram Town FC)	723524
Lawn Tennis Club (see page 29) framtennis.org.uk	723705
Ladies Netball Club (Fram Finches) suffolknetballassociation.weebly.com	
Matspace (see ad page 27) matspace.co.uk	564203 / 07919 942259
Park Run parkrun.org.uk/thomasmills (see ad page 29)	
Pétanque Team (Meets at The Railway Inn & Kettleburgh Chequers)...	727412
Sports Centre (Thomas Mills High School - open 6pm - 10pm) (see page 29) thomasmills.suffolk.sch.uk/community/sports-centre	724374
Table Tennis (Meets Parham Village Hall)	723868
Ufford Park, Hotel, Golf, & Leisure (see ad page 29) uffordpark.co.uk	01394 383555

Groups for children & young people

Scouting: Scouts, Cubs, Beavers fram.scouts.gsl@btinternet.com	
Fresh Explorer Scouts freshexplorers@hotmail.com	
FAYAP (Fram Youth Action Partnership) fayap.net	07831 843922/723949
Girlguiding: Guides, Brownies, Rainbows girlguiding.org.uk guidinginfram@btinternet.com	
Sports Club Junior Sections: archery, football, hockey, running, tennis - see the Sports & Fitness list above for contact details	
St John's Badgers (see page 39)	621674
Health & Social Services Age UK ageuk.org.uk	01473 351234
Alzheimers Society alzheimers.org.uk	01473 237301
Coastal Accessible Transport Service (see page 36) cats-paws.co.uk	830516
Chemist – Framlingham Pharmacy	723477
Chiropodist (visits Fram surgery)	01449 760790
Citizens Advice (see page 12/36)	832193
Community Action Suffolk (see page 36) communityactionsuffolk.org.uk	01473 345400
Community Club (Fram & District)	747078

CRUSE Bereavement Care Suffolk suffolkcruse.co.uk	01473 230888
Dentist aldeburghdentist.co.uk	723651
Disability Advice Service daeastsuffolk.org.uk	01394 387070
District Nurses (via Fram surgery)	723627
Driving (Horse & Carriage) for the Disabled rda.org.uk	685357
First Responders - For Emergency call out dial 999	
Framlingham Medical Practice framlinghamsurgery.co.uk	723627
Framlingham Surgery Dispensary	723957
Hearing Care (visits Fram surgery) hearingcarecentre.co.uk	0800 096 2637
Hitcham's Almshouses (c/o Orwell Housing Association Ltd) orwell-housing.co.uk	0345 60 100 30
Home-Start in Suffolk homestarteastssuffolk.org.uk	01473 621104
Hour Community (see page 36) hourcommunity.co.uk ..	07808 533453/440511
Mills Charity Almshouses (see page 39) millscharity.co.uk	685031
Mills Meadow (c/o Care UK) careuk.com/mills-meadow	0333 455 1020
St. John Ambulance (see ad page 39) sja.org.uk	621674
Veterinary Surgeons	
Castle Vets castlevetgroup.com	723480
Framlingham Vets framlinghamvets.com	621666

Did you know?

Jeaffreson's Well (1898) was a pump/ well gifted by the daughter of William Jeaffreson, a pioneering surgeon and doctor. The well supplied Fram until 1945 when the town went on mains water.



Other Organisations

Cats Protection League framandsax.cats.org.uk	723499
East Suffolk Means Business eastsuffolkmeansbusiness.co.uk	03330 162000
Fairtrade Group facebook.com/FramFairtrade/	724438
Framlingham Business Association (see page 35) framlinghambusiness.co.uk	
Framlingham Makers Markets (see ad page 13) instagram@FramMakersMarket	
Framlingham Residents' Association (see page 41) framresidents.com	
Greener Fram (see page 21) greenerfram.org.uk greenerfram@btinternet.com	

Places for Meetings/Venues

Framlingham Technology Centre (see ad page 34) t-centre.co.uk	726500
Framlingham Sports Club, Club House framlinghamsportsclub.co.uk ..	723524
Headmaster Porter Theatre/Framlingham College framcollege.co.uk/facilities-hire-filming	723789
St Michael's Rooms stmichaelsframlingham.org.uk	621255
The Old Court House (Library)	723735



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Unitarian Meeting House framlingham-unitarians.org	723451
United Free Church Hall framlinghamufc.onesuffolk.net/hall-lettings/ ...	724680
Westbury Centre (St John's HQ)	621674

Places to Eat/Catering – advertisers in this guide

Leo's Deli (see ad page 22) leos.co.uk	724059
The Common Room (see ad page 28)	768238
The Dancing Goat Café (see ad page 23)	621434

Places to Shop – advertisers in this guide

Ernest Doe (see ad page 14) ernestdoe.com/branch/framlingham	723963
Framlingham Makers Markets (see ad page 13) instagram@FramMakersMarket	
Fram Stuff (see ad page 26/41) framstuff.co.uk	
Handmade Lampshades by Helen (see ad page 13).....	723127
Kitchen Range & Cookshop (see ad page 44) krcookshop.com .	723757/723909
Leo's Deli (see ad page 22) leos.co.uk	724059
Ruby Tyger (see ad page 36) rubytyger.co.uk	724470
Simpsons (see ad page 23) info@framsweets.co.uk	621639
Tobys' Pet Shop (see ad page 6) tobyspetshop@gmail.com	724571/727409
Trulock & Harris, Gun Room & Countrywear (see ad page 15) trulockandharris.com	724776

Places to Stay – advertisers in this guide

Boundary Farm (see ad page 12) boundaryfarmcottages.co.uk	638003
Bruisyard Hall (see ad page 30) bruisyardhall.com	639000
Easton Farm Park (see ad inside front cover) eastonfarmpark.co.uk	746475
Ufford Park, Hotel, Golf, & Leisure (see ad page 29) uffordpark.co.uk	01394 383555

Places to Visit/Activities

Congo Rapids Adventure Golf (see ad page 29) uffordpark.co.uk	01394 383555
Cycle Breaks (Holidays & bike hire) cyclebreaks.com	01449 721555

Discover Suffolk (Suffolk County Council Activities) discoversuffolk.org.uk
Easton Farm Park (see ad inside front cover) eastonfarmpark.co.uk.....746475
Framlingham Castle (see page 4) english-heritage.org.uk
Framlingham Mere (see page 16-17) suffolkwildlifetrust.org.uk
Lanman Museum (see page 11) thelanmanmuseum.onesuffolk.net724189
Parham Airfield Museum (see page 31) parhamairfieldmuseum.co.uk....621373
Saxtead Green Post Mill (see page 30) english-heritage.org.uk

Services

Citizens Advice citizensadvice.org.uk (see page 12/36).....832193
East Suffolk Council eastsuffolk.gov.uk.....01333 016 2000
Library & Home Library Service (see page 12)
suffolklibraries.co.uk/libraries/framlingham-library723735
Mobile Service (villages) suffolklibraries.co.uk/mobiles-home01473 351249
Police suffolk.police.ukRing 101 or Emergency 999
Suffolk County Council suffolk.gov.uk0345 606 6067
Suffolk InfoLink infolink.suffolk.gov.uk
Tourist Information (see the Library page 12) or framlingham.com
The Technology Centre (see ad page 34) t-centre.co.uk726500
Town Council (see page 44) framlingham.com720183

Services (additional) – advertisers in this guide

Bridge Street Barbers (see ad page 38)621622
Castle Cleaners (see ad page 27)723426
Colin Church (see ad page 38)07798 784711
FCS Computers (see ad page 38)724728/07591 621086
Fire Place (see ad page 8) the-fireplacefram@btconnect.com621212
Geoffrey A. Mayhew, Plumbing & Heating (see ad page 37)
.....724024/0788 5885407
Just Tiles (see ad page 37) justtileswoodbridge.co.uk01394 382067
Kind Water (see ad page 8) kindwater.co.uk746764
Mark's Maintenance (see ad page 37)
marks-maintenance.weebly.com621341/07887 925507
Moat Farm (see ad page 13) moatfarmflowers.com638768/07799 621403

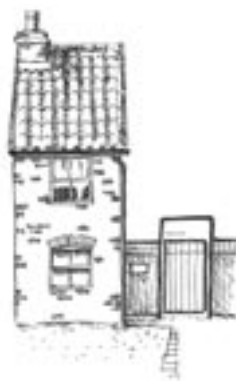
Paragon (see ad page 20) paragonservices.co.uk07767 072713
Resinator (see ad page 20) theresinator.co.uk07502 348159/07767 072713
Tim Brewster (see ad page 10) tmbrewster.co.uk07931 701903
Suffolk Coast Builders Ltd (see ad page 36)
suffolkcoastbuilders.co.uk768499/07988 792241
Suffolk Punch Construction (see ad page 37)
suffolkpunchconstruction.com720199/07392 334922

Services (professional) – advertisers in this guide

Clarke & Simpson, Chartered Surveyors & Estate Agents (see ad page 41)
clarkeandsimpson.co.uk724200
Drab Ltd, Graphic Design (see ad page 34) wearedrab.co.uk724800
Moggy (see ad page 18) moggyphotographer.co.uk079392 392877
Huntingfield Estates (see ad page 47) huntingfieldestates.co.uk724566
Turner & Ellerby, Chartered Accountant/Auditor (see ad page 35)723365
Xtrahead, Marketing & Web (see ad page 34) xtrahead.co.uk...0791 8702606

Transport

Public Transport Traveline travelineeastanglia.co.uk0871 200 2233
Rail Enquiries nationalrail.co.uk03457 484950
Suffolk County Council Transport suffolkonboard.com0345 6066171



Did you know?

The Check House, (off Bridge Street) is one of the smallest houses in the area, stands at what was once the entrance to a large steam-powered mill.

Utilities

Electricity EDF Energy, power cut helpline edfenergy.com	105
Gas Emergency	0800 111 999
Water Sewerage emergencies anglianwater.co.uk	
Essex & Suffolk Water (supply) eswater.co.uk	08457 820999

Useful direct contact details

Highways General enquiries/report issues: suffolk.gov.uk

For the following matters see: eastsuffolk.gov.uk

Council Tax Enquiries

Faulty Street Lights (give lamp standard no./location)

Planning

East Suffolk Council Services (re. wheelie bins & refuse collection, also overflowing litter/dog bins; street & public toilet cleaning issues)

For downloadable copies of this
Welcome to Framlingham guide
visit framstuff.com

Did you know?

The archway at Queen's Head Alley is thought to be the original toll entrance to the town. Bears used to sleep outside the Blue Boar Inn (later the Queen's Head) here, whilst their leaders slept in the nearby doss-house.



FURTHER READING

Bibliography

A History of Framlingham, Muriel Kilvert, Bolton & Price Ltd 1995
Portrait of a Suffolk Town, John Bridges, compiler & publisher 1975
All Change for Framlingham, Canon David Pitcher, author & publisher 2002, 2007
A History of Framlingham, Hawes & Loder, privately printed Woodbridge 1798
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The Church of Saint Michael, Framlingham, A.J. Martin, 1985
Framlingham & Orford Castles, Derek Renn, English Heritage 1992
Framlingham Castle, F.J.E. Raby, English Heritage 1994
Larks Ascending – A history of the men of Framlingham whose names appear on The War Memorial (1914-1918), John Haygarth (2011). Also as virtual book online at framlinghamarchive.org.uk

Periodicals

Lamberts Almanacks, 1873-1916 (Suffolk Record Office, Ipswich)
The Framlingham Weekly News 1859 - 1938 (Lanman Museum archive/Suffolk Record Office)
The Parish Magazine, quarterly by subscription or in St. Michael's Church
Framfare, monthly free community magazine
Fram, the journal of the local Historical Society (3 times a year to members)

Other Sources

framlinghamarchive.org.uk/The Local Historical & Preservation Society. Large number of historic photos of Fram/New members welcome for talks, outings and visits
Suffolk Record Office, Ipswich. Extensive archive - manuscripts, books and photographs (see suffolk.gov.uk)
stmichaelsframlingham.org.uk St Michael's Church Framlingham
pope-genealogy.me.uk Burial listings and photographs
discoversuffolk.org.uk Countryside access and walks/cycling/riding information
For latest information about all aspects of Framlingham including downloadable leaflets and trails visit framlingham.com



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