



This Week At Orwell | Friday 23rd February 2024

'All About You' Pamper Sessions | Cancer Support Suffolk

Cancer Support Suffolk are offering a free pamper sessions for those with a cancer diagnosis, interested in skincare and makeup.

The free sessions run from 10am and 1pm with refreshments and lunch provided.

The sessions are held at the Cancer Support Hub in Ipswich and [you can find more information on how to register here.](#)

Proud Patches Event | LGBT+ History Month

Saturday 24 February @ Beccles Library (suitable for ages 12+)

Clare Sams, textiles artist and Suffolk Libraries' Environmentalist in Residence, will be hosting free sustainable stitching workshops at Ipswich Library and Beccles Library to celebrate LGBT+ History Month this month.

Clare will be showing people how to make a range of colourful patches using recycled materials, including pronoun badges, flag patches and lots more. [For more information please click here.](#)

Cheap Cinema Tickets | Half Term

There are just a couple of days left in half term left and if a trip to the cinema sounds like a great way to end the holidays, remember that many of the cinema chains still have some great half term offers. [Check out the link here](#) for some great deals at Odeon, Cineworld and Vue.