

PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

August & September 2015



Rev'd Chris Norburn

Rector of Redgrave cum Botesdale with the Rickinghalls

The Rectory, Bury Road, Rickinghall, Diss. IP22 1HA Tel: 01379 898685

St Mary's Rickinghall Inferior has a web site

<http://stmarysrickinghallinferior.onesuffolk.net/> or Google: St Mary's Rickinghall Inferior



'Go away and give me peace!' 'Let's have some peace around here!' Familiar cries of frustration in the hurly-burly of life. There seems to be little peace in our lives with demanding families to manage, stressful workplaces to endure, or coping with strained relationships, or even abusive ones. Then there are anxieties of all sorts about the present and the future. What about peace on the beach when on a holiday of a live time! Peace? If only we can find it, unpack it and let it loose wouldn't the world be a better place?

God talks a lot about peace in the Bible. He calls us to live at peace with others, and to work for peace, not just among Christians but also in the wider world. This is the kind of peace Paul has in mind in his list of the fruit of the Spirit (Gal 5:22-23). The good news is that God has made peace between himself and us (at his own great cost through the death of His son Jesus on the cross). Today God calls us to live in peace with one another, as a way of 'living out' the transforming power of the cross in our own practical lives.

In Romans 14:1 -15:13 Paul was writing to the Christians in the great cosmopolitan city of Rome. Many of them had come to faith from a completely pagan, Gentile background. They had no qualms about any kind of food or particular holy days. But some of the Christians in Rome were Jews who had now come to faith in Jesus as Messiah. There were enormous differences between them. They came from different cultures and religious backgrounds. Some thought they could eat any meat from the butcher's shop; others were horrified because they thought it was unclean and idolatrous. Some wanted to observe the Sabbath day; others didn't care what day it was.

Now these were not minor things. They were causing a lot of disagreement and dispute. But Paul spends a chapter and a half urging both sides to 'accept one another' and to avoid quarrelling over 'disputable matters'. And he starts by telling them categorically that they must avoid contempt and condemnation. Why? Because God had accepted both Gentile and Jew through Christ, so they should accept one another for Christ's sake.

Look what Paul says about peace in Romans 14:19:

'Make every effort to do what leads to peace and builds up our common life'.

So what does it mean to practise peace like that - to cultivate that fruit of the Spirit in our lives?

Well, at the very least it should mean:

- That we have to start with ourselves;
- that we seek to address and resolve conflicts among ourselves, rather than adding to them (or causing them in the first place);

- that we should be careful to avoid the kind of words and attitudes that easily create misunderstanding and division;

- that we should be quick to apologise and say sorry. 'Sorry' may be the hardest word, but it is often the first one that leads back to peace;

- that we don't jump to defend ourselves when things are said or done against us, but allow God to vindicate the truth in his own time. Paul said it is better to suffer wrong than to take other Christians to court;

- that we need to follow carefully the instructions of Jesus on how brothers and sisters should deal with grievances against one another (Matt. 18:15-17) - rather than just going public in the press or on blogs etc. about other people;

- Above all, that we avoid all kinds of gossip about others, and learn the strict discipline of keeping confidences.

We could go on adding to that list, I'm sure, and perhaps you have spotted a common theme – peace not only begins with me but is also about putting others first, above your own desires and wants. You see for Paul it was a very important part of living together as Christians.

But, 'hey', I hear you say, 'we live in the (so called) real world - the world of daily work and busyness'. Can we have 'peace' here? Not only would Paul answer, 'Yes we can', I think he would add that that is exactly where it matters most. For a life that is filled with this kind of peace is a powerful witness to the gospel. It is in the non-Christian home or workplace that the person who lives with the peace of God in their heart and works to create or restore peace among others stands out and gets noticed. Such a person is bearing silent witness to the Lord Jesus Christ, by being like Christ in trusting their heavenly Father in the midst of whatever life brings.

Cultivating peace, you see, is not about polishing our own halo, or keeping up a good image - that's all false and everybody (including God) can see through it. No, it's about making Christ's peace visible and making the gospel attractive, because peace can only be found in Christ as it is only He who leads us into God's peaceful presence.

Wishing you all a peaceful summer.

Chris Norburn.

From the registers :

3rd July : Funeral service and burial of Sandra Davina Barnett, died 7th June 2015 aged 53: At St Mary's Church, Redgrave, Churchyard.

9th July : Graveside burial of Matthew Scriven aged 45: At St Mary's Church, Redgrave, Churchyard.

PARISH MAGAZINE—MESSAGE FROM THE EDITORS

This is the 10th issue that the magazine team has produced since taking over from Charles and Lesley. It has been a big learning curve and fundamentally relies on the dedication of a small group of committed volunteers, and then a much larger team of equally dedicated volunteer distributors. It really is a massive team effort. The fact that the magazine is produced each month, delivered through 1225 doors, without too many hiccups along the way sometimes feels nothing short of remarkable!

Anyway, 10 issues in and we are still learning. Still looking for volunteers to share the load. And very much looking forward to a month off. So here's wishing everyone in Redgrave, Botesdale and Rickinghall (and our wider readership) a relaxing and fun-filled summer period. Enjoy this double issue, which is unashamedly aimed at occupying time during the school holidays, in those cases where (god forbid) boredom may creep in.

We'll be back for the next issue in October.

For all editorial content:	editor@rbrparishmag.com
For all commercial adverts:	adverts@rbrparishmag.com
To advertise events:	events@rbrparishmag.com

If you are unable to use email, you can call **(01359) 253 492**. NB: Please leave a message if there is no answer.

Please note that **the copy dates for the forthcoming issues are as follows:**

For the Oct issue: 14 Sept (Mon)
For the Nov issue: 12 Oct (Mon)
For the Dec/Jan issue: 16 Nov (Mon)

We accept items for submission in any of the following formats: MS Word, e-mail, .jpg, .bmp, .pub, Basildon Bond, Back of an envelope. Notices from voluntary organisations within the Benefice are printed free of charge. We try to help similar organisations from outside the Benefice wishing to place a notice in our magazine; this is subject to space being available and we also make a small charge.

Best wishes, The Parish Magazine Volunteers



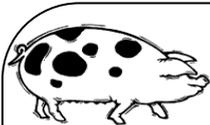
WELCOME

Welcome to new residents in our villages. If you have recently moved into one of our villages the churches wish you a warm welcome. If you would like someone from the church to visit you, or perhaps you would like your house blessed, then please do get in touch with the Rector on 01379 898685. May your life in these communities be peaceful, prosperous and a blessing to your neighbours.



Changes to July Telephone List

Page S2 - From 1st September all Botesdale Hall & Hall Hire enquiries should be directed to Ursula Noyce/William Sargeant. Tel : 890138. Email : sargeantwill@aol.com



HIGHWAYS
FINNINGHAM ROAD
RICKINGHALL, DISS.

RARE BREED GLOUCESTERSHIRE OLD SPOT PORK AND BACON

TRADITIONALLY REARED OUTSIDE ON OUR SMALLHOLDING IN RICKINGHALL

LARGE OR SMALL QUANTITIES AVAILABLE FROM THE FARM GATE OR AT RICKINGHALL FARMERS' MARKET

**FARM BUTCHERY NOW OPEN : MON - FRI : 9AM - 3 PM
SATURDAY : 2 - 5 PM**

PHONE/FAX 01379 898357. MOB: 07887 668445



Hillcrest

Farm Shop * Delicatessen * Bakery * Nursery * Coffee Shop

There is always something new to look at when you visit Hillcrest

HILLCREST COFFEE SHOP

OPEN 7 DAYS A WEEK Breakfast available on Sundays!

Join us during the week for one of our tasty 'Specials' ~
a little light Mid Morning Meal ~ Full on lunch ~
Morning or Afternoon Tea ~ or just . . . Coffee & Cake!

You'll always be made to feel welcome at Hillcrest!

Fruit & Veg, Meat, Bread, Eggs, Milk & so much more - Open 7 days

Hillcrest Nurseries Ltd * Barningham Road * Stanton * Bury St Edmunds * Suffolk * IP31 2DU
Tel: 01359 250 327 * Fax: 01359 252 307



**The Bell Inn
Rickinghall**

Your local village
Hotel, Restaurant & Bar

01379 898445

Under New Management

Bar

Open All Day Every Day
Breakfast Served Daily

7.30 am - 10.00 am

Finest Local Food Served Daily

Mon-Sat 12 noon - 2.30 pm & 6.00 pm - 9.00 pm

(Friday & Saturday to 9.30 pm)

Sunday Roast served all day

New Chef & New Style of Food—come and visit us

www.thebellrickinghall.com

**SUNNYSIDE
Farm Shop**



Home grown seasonal
fresh fruit, vegetables
& eggs etc.

Stowmarket Road

Rickinghall

Tel: 01379 898 219

Open: 9 - 5.30

Monday - Saturday

9 - 1.00 Sunday

CROSS KEYS, REDGRAVE

IP22 1RW

01379 898510



Redgrave Community Shop

**Probably the smallest community shop in
Britain ... but surprisingly well stocked!**

www.redgraveshop.co.uk

01379 898848

The butcher, the baker, the farm shop, the dairy,
They all supply Redgrave Shop!

Please support us and our
local suppliers

Newspapers and general
Groceries

Orders taken

Opening Hours

Mon - Fri 8:30 - 1:00pm

3:30 - 6:00pm

Sat 8:30 - 1:00pm

Sun 9:00 - 11:00am

**SINGER AVAILABLE FOR YOUR FUNCTION
LARGE OR SMALL**

I can also visit your home
for parties and family
gatherings

20's, 30's, 40's and

All Time favourites

Old Time Music Hall

(in full costume)

or a mixture of both



Tel: Gill on 01449 781 375

www.gillnicholls.co.uk

P J Music

Wayside Cottage, Chapel Lane,
Botesdale, Diss, Norfolk,

Music Books, Instruments and Accessories

Recorders, Guitars, Ukuleles, Music Stands, Violins,

Tuners, Strings, Tutor Books, Easy Tune Books,

Country Dance Books, Amplifiers, Leads, Plectrums.

Guitar Lessons Beginners to Advanced

E-mail - pjmusic@btinternet.com

01379 890088 - 07968 687011

August & September Events

Rickingham Farmers' Market



Quality local food
and a FREE Car Boot Sale

Saturday 8 Aug 9–12.30

the WI

RICKINGHALL

The Women's Institute

Thursday Afternoons

August 13th : Celebration of WI Centenary
September 10th : Codes Cypher and Enigma

7:30pm at Rickingham Village Hall

Redgrave Community Shop

invites you to join us for

Tea on the Knoll

Sunday 2nd August, 2pm – 4pm

Redgrave
Shop

Redgrave Community Shop Association Ltd.

To celebrate the renewal of our lease we will be serving free tea, coffee and cakes, along with samples of our shop produce

Come and see what your local shop has to offer
The Coffee Caravan will be in attendance

Garden Fayre

Sunday 9th August
at The Stagers, Redgrave.

Tombola, home made cakes, BBQ, bowling,
bingo and more.

In aid of Redgrave Football Club.

CRAFTY



Thursdays 20th August
17th September
At 7.30 pm
At Parkview Chapel

Spend time doing your favourite hobbies.
Refreshments will be available.

For more information contact Kev : Email :
Kevin@parkviewchapel.co.uk or phone 01379 898924.

CORNER

Redgrave Community Shop

invites you to join us for

Tea on the Knoll

Sunday 2nd August, 2pm – 4pm

Redgrave
Shop

Redgrave Community Shop Association Ltd.

To celebrate the renewal of our lease we will be serving free tea, coffee and cakes, along with samples of our shop produce

Come and see what your local shop has to offer
The Coffee Caravan will be in attendance

Redgrave Ladies Club

TOUR OF THELNETHAM WINDMILL

Cost £3:00

Tuesday 11th August

Following the tour there will be afternoon tea
at Dutch Barn,
Blo Norton

Meet at 2:15pm at the Activities Centre



RICKINGHALL FURTHER EDUCATION GROUP

Rickingham Further Education Group is pleased to announce that its next series of 10 lectures will start on 17th September.

"Looms, Linens, Woollen and Worsteds – a History of East Anglian Textiles" will be delivered by Jean Smith, a lecturer for 30 years at Norwich City College. The ten week course costs £40 and will start on **Thursday, 17th September at 2 pm** in Rickingham Village Hall. Lectures will last for two hours with a short break for refreshments.

The course will consider the important history of the textile industry of East Anglia, from the Middle Ages to the Nineteenth Century; the part played by the many skilled spinners, weavers, dyers and merchants; the use of flax, hemp and wool; the centres made wealthy by the trade; the highs and lows experienced by the industry and reasons for its eventual demise.

An established lecturer with the Workers' Education Association, Jean Smith trained at Hastings School of Art. After working as a commercial artist Jean went on to teach Art, Art History and the History of Costume. We are delighted that Jean has agreed to come to deliver this course.

As is normal with our lectures, it helps us to put out enough chairs and provide sufficient refreshments if we know in advance how many to expect! If you think you might like to come along, do please telephone either Janet Swann (01379 783624) or Sue Emerson (01379 897010). Sue can also be emailed at emerson500@btinternet.com. It also helps us to relieve people from their money quickly, and we can do this more easily if we know who may be coming.

No need to commit – you can sit-in on the first lecture if you are not sure whether or not you will sign up. Please call Janet or Sue if you have any questions.



Cakes For All Occasions by Sharon Castro

Bespoke hand-made wedding, birthday, anniversary and special occasion cakes made to order. Choose from rich fruit cake, various flavours of light sponge or the more unusual refrigerator cakes. Also gluten/wheat free cakes can be supplied. I can copy any style of cake you may have seen or help you decide on the right cake for your special occasion. Sugarcraft is my speciality and if you choose flowers for your cake these are hand made to match your colour scheme. Fresh or silk/foam flowers can also be used to decorate your cake.

I am based in Badwell Ash and deliver throughout East Anglia.

Contact me now on 0800 024 8540 or email me on rcastro3jg@btinternet.com for an instant quote or to make an appointment for a no-obligation wedding cake consultation.

See my website for more details and photographs of previous work at www.sharoncastro.co.uk



**Special cakes
for
special celebrations**

Jean Barker

01359 241135

www.amazingcakesbyjean.co.uk

**Self catering
accommodation
Wortham**

Relax in peace &
comfort in our spacious
yet cosy
ground floor annex.
Sleeps 2
No smoking, or pets
please

01379 890017

www.keswicklodge.com

SWEET TEMPTATIONS

Sweet Temptations Cakes are a Local based Bespoke Cake Company specializing in Wedding Cakes, Birthday Cakes, Christening Cakes, Anniversary Cakes, Cupcakes, and Favour Biscuits. Our Cakes are freshly made and we always use the very best ingredients sourced Locally where possible.

Hand made Sugar flowers/ Butterflies/ Blossoms and 3D Models can also be made to decorate the final Cake, and finished with your chosen Ribbon colour.

I offer free consultations to plan and discuss your Cake requirements & we deliver locally as well as to Suffolk, Norfolk and Cambridgeshire. For further information please visit my Website where you will find a picture gallery/prices and Testimonial pages, or you can contact me by telephone or email

Contact: Sandra Saunders [Email:sandra@sweet-tc.co.uk](mailto:sandra@sweet-tc.co.uk)

Website:sweettemptationscakesbysandra.co.uk

Facebook: Sweet Temptations Cakes

Telephone:01379890681 Mobile:07805633901



We provide a reliable, friendly service of high quality food using locally sourced produce at affordable prices.

Our Services include:
Weddings
Buffets and Celebration Cakes
Christenings
Christmas/Birthday Parties
Dinner Parties
Staff Parties

E-mail: martin@eastangliacatering.co.uk

Office: 01379 870143 Mob: 07732112605

www.eastangliacatering.co.uk

Elm Barns Country Cottages

Hinderclay Diss IP22 1HT

Holiday accommodation/short breaks

Enquiries: Donna Aves

07979 004674
01379 890149
d.aves@btconnect.com
www.elmbarns.com



CINEMA AT PALGRAVE

Palgrave Community Centre, Rose Lane.

Sat June 6th @ 7.30pm

Michael Keaton in BIRDMAN (15)

Winner of Best Film Oscar 2014

Sat July 11th @ 8pm (12)

THE 2ND BEST EXOTIC MAROGOLD HOTEL

All seats bookable in advance from

robert.moore321@btinternet.com

01379 742983

Free Parking - Ice creams in the interval for sale
Digital Surround Sound



4B&B STRENNETH Country Bed and Breakfast



- Seven bedrooms, two with 4 poster
- Four bed economy bunk house
- Two detached holiday cottages
- Ground floor easy access
- Pets welcome

Phone: 01379 688182
E mail: pdavey@strenneth.co.uk
<http://www.strenneth.co.uk>

Airfield Road
Fersfield Diss
Norfolk IP22 2BP

Bed & Breakfast

Grove Flock Farm

The Common, Mill Road South

Botesdale, IP22 1LH

01379 898334

Rural Comfortable Quiet Quality
3 beautiful bedrooms : one with a conservatory
2 en-suite

www.grovecflockbandb.co.uk

Email : joy@grovecflockbandb.co.uk

See our reviews on Trip Advisor

August & September Events

REDGRAVE & LOPHAM FEN T: 01379 688333
for further information.

Guided fen walks

Saturdays - 1 Aug AND 5 Sept
10.30am-1pm. Enjoy the sights and sounds of the Fen with enthusiast and naturalist John Hill. £3
Meet at the Education Centre, no booking required.

Family events, £2.50 per person

Wednesday 5 August, 10am-12noon - Super furry animals
Wednesday 12 August, 2pm-4pm - Awesome arachnids
Wednesday 19 August, 2pm-4pm -

Pictorial orienteering

Tuesday 25 August, 10am-2pm - Fabulous flowers
Wednesday 26 August, 2pm-4pm - Beetlemania

Children must be accompanied by an adult.
Booking essential 01379 688333

Activity days, £6 per child

Tuesday 4 August, 10am-2pm - Wild art
Tuesday 11 August, 10am-2pm - Bio challenge
Tuesday 18 August, 10am-2pm - Wild fun and games

Unaccompanied children only
Booking essential 01379 688333

Art Exhibition

Sat 29, Sun 30 & Mon 31 August, 10am-4pm
Artwork by local artists inspired by nature.
Free entry. Refreshments available.

Adult courses

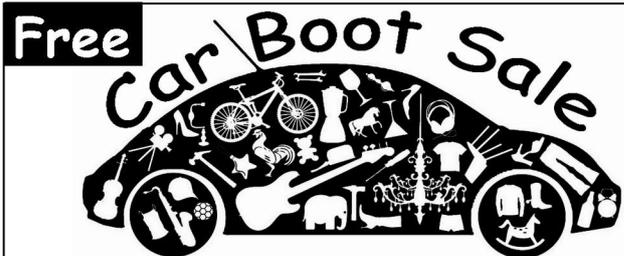
Botanical Illustration
Saturday 1 Aug, 26 Sept 10am-3pm
Illustration techniques with the emphasis on botanical accuracy, using summer plants. With botanical illustrator, Christine Grey-Wilson
£25/£21.50 Booking essential 01473 890089

Introduction to woodblock printmaking
Tuesday 29 September, 10am-4pm
A hands-on course that will introduce you to a range of monotype and relief printmaking techniques. Suitable for beginners. With tutor Glenn Holman.
£35, inc materials Bookings essential
01473 890089

www.suffolkwildlifetrust.org/reserves-and-visitor-centres/redgrave-lopham-fen/

Wildlife Watch Group

Saturday – 12 Sept 10.30am-12.30pm
A club for 6 – 12yr olds, £2
Contact
marcus.halmshaw@btinternet.com
or call 01379 688333



A Car Boot Sale will be held in conjunction with Rickinghall Farmers' Market at Rickinghall Village Hall on 8th August and 12th September 2015, (the second Saturday of each month).

- Trading is from 9 am until 12.30 pm.
- Set up from 8.00 am.
- Pitch fee **NO CHARGE** ←

NO FOOD OR DRINK MAY BE TRADED AT THE CAR BOOT SALE.

For more details please call Monty Cornell on 0774 784 6605.



HERITAGE CIRCLE

www.onesuffolk.co.uk/HeritageCircle

RICKINGHALL VILLAGE HALL
WEDNESDAYs
At 7.30 pm

26th August : Tim Holt-Wilson : Redgrave Hall

23rd September : Roy Tricker: 100 yrs of Diocese
New Members and Guests Welcome
Refreshments *Raffle*

Redgrave Garden Club

Herbs and their medicinal uses

Su Raynor

Thursday 25th September

7:00pm

Enquiries/information: call Chris Giddings on 01379 890548
www.redgrave.org.uk/redgrave-garden-club

CUT ABOVE

Ladies & Gents hairdressing
and beauty.
The Street Rickingham
Open Tuesday-Saturday
TEL .01379 890647

EMMA EDWARDS

PROFESSIONAL HAIRDRESSING

- The salon experience in your own home.
- Fresh, creative approach to mobile hairdressing.
- Former salon owner bringing with her years of experience.
- Dedicated to customer satisfaction.

Evening appointments available.
To make an appointment call Emma on **07900 683649**



Unisex Hair Salon - 01359 253443/07739800155
Email: Cuttingit22@gmail.com FaceBook /Cuttingit22
Situating in Wattisfield just off A143, Bobby Hill, IP22 1NL

Now offering MANICURES, GELISH, PEDICURES, ACRYLICS, WAXING, SPRAY TANS & EAR PIERCING.

Siantelle Laphorne has joined us from **Toni & Guy**, where she worked & trained for 4 years. She specialized in cutting & styling & is an extremely talented stylist bringing all the latest styles & techniques to Wattisfield. So if you want the **TONI & GUY** experience at a fraction of the price, please call for all your hairdressing, nail, waxing & tanning needs.

15% off your appointment with this advert

We are a professional salon with affordable prices. Cut & Finish from £24, Full head Foils including Cut & Finish from £62 Dry Trim from £12, Men from £9. Manicures & Pedicures from £10. Full leg wax £15. We have a Loyalty card, after 10 appointments you receive 5% back on everything you have previously spent. Gift Vouchers, perfect for Christmas or Birthdays. We take credit/debit cards. Parking right outside.
WE WELCOME ALL CUSTOMERS, NEW, EXISTING OR RETURNING. We look forward to seeing you in the near future. Many Thanks Sarah



Kerry Mills

Nail Technician

Bio Sculpture Gel/Gel Polish
Manicures/Pedicures

Now offering treatments in a newly refurbished room at:
VAE Hair
19 St Nicholas Street
Diss, Norfolk, IP22 4LB

Please call **01379 650015, 07791769459** or email kerry_mills_x@hotmail.co.uk for further info and/or appointments

Karen Lawrence

Basketmaker

Willow * Rush * Cane
* Commissions Undertaken

* Courses Available
* Traditional and contemporary baskets
01379 890897

www.karenlawrencebasketry.com
Handmade in Redgrave from English Willow and Rush

Enquiries: Jill on **01379 897055** or **07800 639 141**



A great way to have a fun workout and enjoy exciting Latin sounds.

Fridays @ 10am Palgrave C Centre
Mondays @ 10am Rickingham VH
Tuesdays @ 6pm Rickingham VH

All classes £6 per session (2 in same week £10)



This is an exciting dance craze, which will keep you fit, shape your body, burn those calories and gives the opportunity to learn dances such as the Cha Cha, Charleston, Quick Step, Tango, Jive and Waltz.
Suitable for people of all ages and ability, and, what's more, you don't need a partner!

Thursdays @ 6pm Rickingham VH



Yoga

at Botesdale Village Hall

Tuesdays 7.15 pm—9.15 pm
Term time only
Join any time!
All abilities welcome
£42 for each block of 6 weeks

For more information please ring Julie on **01359 221655** or email juliedyoga@msn.com



A friendly, supportive group run every Monday (including bank holidays)
5.30pm and 7.30pm
Rickingham Village Hall

English Tutoring

Need to boost your child's literacy skills?

Are they preparing for Key Stage 2 or 3 SATS; GCSE English Language, English Literature or Media Studies; A Level Language or Literature?

One-to-one (or small group) English tutoring available from an honours graduate with over 20 years teaching experience.
For more details, please call Sue on **01379 890539 (eves)** or **07926 172066.**
(CRB checked. References available, on request.)

LEARN FRENCH



In Kenninghall
With experienced Teacher (native speaker)

ADULTS AND CHILDREN
All levels, emphasis on speaking

Individual tuition or group tutorials
telephone or Skype tuition

veroniquegordon@gn.apc.org
www.lefrancaisenchante.com
Tel : **01953 887 521**

English Tuition

from an experienced, qualified tutor

Sessions are tailored to meet individual needs and improve grades from Key Stage 2 to GCSE

For an informal chat contact Deborah Vass:
01379 642219
07990 747783
deborahjvass@yahoo.com

September Events

AUTUMN HISTORY WORKSHOP



Saturday 19th September
At St Mary's Church, Redgrave
BIBLES, PRAYER-BOOKS & BISHOPS
(the Stuarts & the Church of England 1603-1714)

TUTOR : Dr Julian Litten FSA

Starting 10:30 am to 4:00 pm
Cost £16 p.p inc. light lunch.

Please contact, 01379 898827 for details or send s.a.e + cheque made out to Redgrave Church Heritage Trust to: Autumn History Day, Barn View, Chapel Lane, Botesdale, IP22 1DT

Craft and Coffee **Morning**

WE ARE
MACMILLAN.
CANCER SUPPORT

FRIDAY SEPTEMBER

25th

10:00am until 12:00noon

In aid of Macmillan Nurses

Admission £1
Fen lane
Children free
1DP

Bowls club,

Rickinghall IP22

Rickinghall Farmers' Market

Quality local food



Free draw for a hamper

Free stalls at car boot

Saturday 12 Sept 9-12.30



SATURDAY 5th SEPTEMBER
RICKINGHALL VILLAGE HALL
Doors open 2.00 pm

Raffle / Tombola
Cake Stall / Refreshments

Entrance : 20p

Enquiries to Carol on 01379 898029
In aid of St Nicholas Hospice Care

REG SIGER

INVITES YOU TO VIEW HIS LATEST COLLECTION
OF

ORIGINAL PAINTINGS

AT HIS PRIVATE GALLERY ON **TWO OPEN DAYS**

Saturday 19th and Sunday 20th September
10.00am-5.00 pm at

Stanwell House, High Street, Gislingham



Also in attendance will be CAROLA SETTLE, with samples of her frames and mounts. If you have an embroidery, certificate, photo etc, why not bring it along on the day to discuss your framing requirements" as has been done in previous years

DETAILS 01379 783415

34th SPONSORED WALK AND BICYCLE RIDE



Saturday 12th September 2015
9 am to 5 pm

A Suffolk Historic Churches Trust (SHCT) event to raise funds to repair and preserve our 500 historic medieval churches and other important buildings.

YOU can help

You can cycle or walk between as little as two churches, or You can sit in silence for a time in your own church You can drive with a group to another area, be dropped off at one church and walk to another.

Have a nice day—Refreshments will be provided at churches

You can be sponsored online (go to the SHCT website and click the Just Giving button)

ONE DAY'S EFFORT CAN RAISE AS MUCH AS £166,000 IN SUFFOLK.

Contact your local organiser for more information and a sponsor form and list of churches open. :

Jenifer Cordeaux : 01379 898286 for Chapel of Ease,
Ruth Powell : 01379 898426 for All Saints, Redgrave
Jean Sheehan : 01379 890237 for St Mary's, Rickinghall
Bob Hayward : 01379 898726 for St Mary's, Redgrave

The Swan Nursery School

Est. 1990



Hall Lane, Roydon

- +++ **Dedicated & highly qualified staff**
- +++ **Excellent Ofsted report**
- +++ **A friendly learning environment**
- +++ **1 to 4 or 1 to 5 Adult / Child ratio**
- +++ **Full day care and sessional care**
- +++ **Beautiful country garden setting**
- +++ **Large outdoor play area**
- +++ **Vegetable plot & Butterfly garden**
- +++ **Funding for all 3 and 4 year olds**

For more information contact:
Michelle Bowgen 01379 644588



PRE-SCHOOL

For all children aged 2 to 5.
We provide an exciting range of indoor and outdoor activities to ensure each child enjoys a stimulating learning experience supported by caring, highly qualified staff.

Exclusive access to Woodland area for exploration and adventure!

Consistently excellent Ofsted reports.

Sessions available Monday to Friday
9.05am-3pm
£2.45 per hour

Contact Karen Hails
07796 014304 (am) or
01379 898868 (evening)
www.botesdaleandrickinghallpre-school.co.uk

Registered Charity no. 1022795



Registered Charity
1142955
OFSTED Registration
EY445021



LOTTERY FUNDED

Botesdale Breakfast and After School Club

OFSTED Registered
www.botesdale-after-school-club.org.uk

Providers of wrap-around quality affordable childcare for children aged 3 - 11 years of age. Term time only with consistently excellent OFSTED reports.

The Clubs provide a safe, fun and social environment with qualified, experienced and caring staff. We offer a wide range of indoor and outdoor activities (weather permitting), including games, Lego, k'nex, arts and craft, IT and quiet area, play station and Wii.

Children are collected daily from St Botolph's Primary School.

We also provide a drop off and collection service for the following schools : Mellis Primary School, Wortham Primary School, Gislingham Primary School and South Lopham. There will be a small additional charge for this service.

Our fees are as follows :

Breakfast Club	£5.15 per session
After School Club	
3.30 pm - 4.30 pm	£3.50 per hour
3.30 pm - 5.30 pm	£7.00 for 2 hours
3.30 pm - 6.00 pm	£8.25 for the session

For further information please contact Paula or Bridget on
07952 961285 or 07758 102043

Rabbats

A baby and toddler group for parents and pre-school children



Rickinghall Village Hall
Every Thursday
9.30 to 11.30 am

Come along and join us

For information call
Keren on 01379 897392

or email us at
rabbats99@yahoo.co.uk
www.onesuffolk.co.uk/llandbotesdalebt

Kevin J Cross

Antique Furniture Restorer
& Cabinet Maker

(New & old work undertaken)

Colt Lodge
Dunhill Lane
Hepworth IP22 2QB

Contact:
07799 640 153



RG Landscapes Qualified Lawn Specialists

Garden Renovation & Maintenance ~
Garden Planning & Planting ~ Hedge & Fencing
Specialists ~ Tree Management ~
All Landscaping work undertaken.

Small family run Business established over 30 years.

Call Rick on **01379 897045** or **07778 007430**
for a free estimate



Botesdale Parish Council

Leeann-Jackson-Eve



Four councillors were present along with 1 member of the public, County Councillor Jessica Fleming, District Councillor Derek Osborne and Peter Beck, the Neighbourhood Watch Co-ordinator. The PC accepted apologies from Mike Bishop, who will be in Djibouti for a little while longer. There are still four vacancies on the Council and we urge you to come forward if you've considered it (or not!). The time commitment can be minimal and it's nice to do something for your village!

Public Forum: Jessica Fleming reported that the proposed Waste hub at Hollow Road, Bury St Edmunds will is unlikely to go ahead so the search for another site is ongoing. She reported that there will be special bins in libraries, citizens advice bureaus and local authority offices for scam letters and emails. The project is called "Scamnesty". Finally, she confirmed that the verges of all smaller roads should have been cut by now so if you know of one that isn't, please let us know.

Derek Osborne reported that MSDC had awarded a grant to the Bowls Club and Peter Beck reported that there had been no crime reported to him in the last month.

The Chairman reported that he was now the Chairman of the Suffolk Association of Local Council's Mid Suffolk North board. He had received correspondence from The Bell Hotel saying that they could no longer store Santa's grotto and sleigh and would not be organising the Christmas event. The property does not belong to the Parish Council and it has never been directly involved in organising the event. However councillors felt that another business within the village might wish to support the event and the Chairman agreed to look into alternative arrangements.

Correspondence: The PC considered a request for support from the Rickinghall and Botesdale Good Neighbour Scheme, or specifically, the community transport arm of RBGNS. The volunteer drivers are now required to have significant liability insurance and the £213 premium had been paid out of volunteer pockets. It was noted that Rickinghall PC had agreed to pay for half of the insurance and Botesdale PC was pleased to support this essential service by paying for the other half.

Tree Survey: The PC considered a quote for a survey of all the trees in the play area – in line with insurance requirements – and agreed to pay £137.50 for Peter Frizzell to carry this out.

Walks Leaflets: The Clerk had looked into reprinting the Botesdale and Rickinghall walks leaflets as well as the St Botolphs Way leaflet and had been advised by the County Council that they were encouraging parishes to sign up to their free design service. This will update the design of the leaflets as well as bringing them into line with the presentation of other leaflets in the County. The information within them will be expanded to include local/historical information and photographs. If you can help provide information or photographs, please let us know. The actual design work is unlikely to begin before the spring so we have plenty of time to

collate information.

Botesdale Parish Council Website: The Parish Council's website has been moved to a new provider, updated with new required information and is ready for your perusal at <http://botesdale.onesuffolk.net/>. The PC thanked Eric Hathaway for his years of dedication to the old site and for the information/photographs on it, many of which you will find enhancing the new site! The PC also thanked the Clerk for her sterling work building the new site. If you have anything you like to add to the website, please contact the Clerk.

THE NEXT BOTESDALE PARISH COUNCIL MEETINGS WILL TAKE PLACE ON

**MONDAY 10th AUGUST at 7.30 pm
at Botesdale Village Hall**

All residents welcome
www.botesdale.suffolk.gov.uk

**Your Clerk is: Mrs Leeann Jackson-Eve,
Wayside Cottage, Cherry Tree Lane,
Botesdale, Diss, Norfolk, IP22 1DL.**

Tel : 01379 890 141

Email : botesdale_pc@btopenworld.com

Please contact her during OFFICE HOURS ONLY.

*I'm going to have a vacation!
I'll leave all my housework behind,
And not have to do any cooking;
I'll forget all the daily grind!
I'll bask in the sunshine—don't worry!—
And so all the things that are right;
I'll enjoy myself every minute,
And I'll go to a dance each night!
But when my vacation is over
And I pack my glad rags, alone,
I'll be happy—so very happy!—
For, really, there's no place like home!
~Gertrude Tooley Buckingham, "My
Vacation" (1940s)*

Traditional Chinese

Acupuncture

Restores Your Health

Deborah Ellis
LicAc M.B.Ac.C

25 years experience

01379 651553

The Paddocks
The Green
Palgrave

Healing, Spiritual Development Indian Head Massage, Meditation

One To One, Groups
& Workshops

With Yvonne Davey-Croft
Allwood Green,
Rickinghall

www.davey-croft.co.uk

Mobile 07969 900960
Phone 01379 890441



ASSOCIATION OF
REFLEXOLOGISTS

ELAINE BROWN Holistic Massage / Reflexology Manicure / Pedicure Spray Tanning / Sugaring Facials / Facial Massage Eyelash & Eyebrow Tinting & Eyebrow Shaping

The ancient Egyptian art of sugaring (similar to waxing) uses a paste of natural ingredients to remove hair. The process has been refined and modernised and it is a good alternative to waxing, providing a long lasting finish.

Tel: 01379 788 904
Mob : 07 894 255 613



DISS FOOT CARE

Foot care in the comfort of your own home

Sherralyn Blakely TCFCP dip
Foot care specialist

Friendly and professional service

Nails cut
Hard skin removed
Callouses, corns, fungal nail, ingrown nails treated



Call for more details : 0787 664 8667

Aisling Practice

I offer both a safe mobile service or a comfortable room in my house for counselling clients



There are always challenges in life : bereavements, loss, trauma, anxieties, relationship issues, low self esteem, confidence issues, abuse. Sometimes one needs time out, one needs to find peace within oneself, one can feel lost, experience loneliness and need a safe place to explore our feelings. A time for you. I will offer support, empathy, congruence throughout your journey. Sample my evening tranquil setting with candles or during the daytime.

Call Jill 01379 897055 or 07800 639141 MBACP, Dip, BA (HONS) Counselling Studies. CRB checked. Rates may be negotiated.

www.aislingcounselling.co.uk



Experienced Reflexologist in Rickinghall

A good all round treatment which may help conditions such as : hormonal problems, digestive problems, people living with cancer and long term debilitating illnesses, breathing disorders, stress & anxiety, pregnancy and many other ailments.

Lisa Howlett MBRA
(Qualified 1999 Bayly School of Reflexology)

Also offering Indian Head massage and Hopi Ear candle treatments,
Full client confidentiality assured

For more information and advice or to book an appointment
please call Lisa on
07989 565210 or 01379 898028



Botesdale Dental Practice

We hope and trust that your visit to the practice will be pleasant & relaxing

We are a small private dental practice providing treatment in quiet, calm and comfortable surroundings. This allows us to give you **individual and personal attention**, plenty of time and an excellent service. We would like to treat everyone as we would like to be treated ourselves.

GENERAL DENTISTRY • CROWN/BRIDGE WORK
ROOT CANAL TREATMENT • DENTURES
• TOOTH WHITENING • IMPLANT DENTISTRY
• ORTHODONTIC TREATMENT

Call our friendly staff for an information pack 01379 897176

The Foot Health Clinic

in the comfort of your own home

Professional treatment of foot related discomfort including:

Corns.
Callus.
Cracked heels
Thickened nails
Fungal infection
Ingrown nails
Athletes foot
Verrucas
Nail cutting



Call David today for an appointment on 07503091122

David Casey
SAC Dip, FHPT, FHPP.

Perfect Forever Aloe
Forever Living Business Owner
Aloe Vera & Bee Pollen Products
Wide Variety of products from weight management to makeup.
Plus work from home opportunities—part time or full time

Contact Emma on 07545 981206
or perfectforeveraloe@hotmail.com
<http://perfectforeveraloe.myforever.biz/store/>



LOCAL IRONING SERVICE + MORE

**Free collection /
delivery within 3 miles
of Rickinghall**
Prices available upon request
Please call Ruth

01379 890506
0751 7039 685

**Transport (Hospital/
Doctors etc.)
Shopping
Other Jobs Considered**



Redgrave Parish Council



Leeann Jackson-Eve

The June meeting was very well attended with 10 members of the public, County Councillor Jessica Fleming, District Councillor Derek Osborne and the Clerk. The PC received apologies from John Giddings, Richard Hilton and Neil Smith.

Public Forum: Jessica Fleming reported that SCC will be implementing changes in response to the Budget over the next six months or so, including some possible devolution of responsibilities to lower tier authorities, including parish councils. One issue which has arisen is the possibility of keeping local taxes within the area generated. She also reported that the proposed Waste hub just outside Bury St Edmunds will not be going ahead. She asked whether the verges had been cut in a timely manner and the Parish Council confirmed that they had, but only because the PC had hired a contractor to do them!

Message from the Tree Officer, John Preston: "It has come to my attention that not all of our villagers are aware that most of Redgrave village is in a Conservation Area and, as a result, the majority of our trees are protected by law. This means that if anyone feels a tree (be it healthy, dead or diseased) needs reduction or removal and its stem/trunk is over 75mm in diameter, they must give notice to the Tree Officer at Mid Suffolk District Council before any action is taken. Failure to get permission could lead to a heavy fine, up to £20,000. As Redgrave's Tree Officer, I am always available for advice – 01379 890974."

Planning: There were four planning applications - the first was at Full Moon House, Half Moon Lane for a two-storey side extension and single storey rear extension following conversion of the existing garage. This application had been discussed in May and the applicant had returned with a re-design which placed the two-storey extension on the right hand side (north) of the building rather than the left and did not replace the converted garage. The PC was concerned that a window on the second storey north elevation would overlook the adjoining property and agreed to suggest alternative ventilation such as a rooflight. There was also some concern about the loss of off-street parking on the narrow lane and it was therefore agreed to object to the application. The second application was at Bridge Farm, Fen Road for demolition of a structure damaged by fire. Members did not wish to see the remaining historic fabric destroyed and it was agreed to object. However, it was also noted that the intention was to replace it with a modern dwelling. It was confirmed that the building had been unoccupied for approximately 40 years and the PC felt that its use as a dwelling was no longer established. It was agreed to suggest that the site would require a certificate of lawful use before redevelopment. The next application was at Keys Cottage, The Street for a rear extension and alterations to the house. There was concern about the growth of the property without suitable parking arrangements and it was agreed to object to the application. The final application was for Land adjacent to Timbers, The Street for erection of a 2-bed dwelling with a detached garage. A design for a smaller home is welcome and there was no objection to this proposal.

Speedwatch: The application to the County Council for a Vehicle Activated Sign had gone through the practical assessment for locations for the sign posts and two sites on Hall Lane, one in the Street, one in Churchway and one on Gallows Hill have been conditionally approved. In

Fen Street the distance between the 30 mph signs and the crossroads was too short. The SCC officer will now submit his report and request speed surveys in Churchway, Gallows Hill and The Street. If speeding is identified in these locations, then they can be approved as sites. In the meantime, the recent Speedwatch statistics are March: 4 sessions, 12 speeders reported; April: 3 sessions, 2 speeders reported; May: 3 sessions, 3 speeders reported. These statistics show quite clearly that the Speedwatch presence alone reduces the speed of the majority of passing vehicles, which is what they set out to achieve.

Redgrave Shop: In the public forum, Jenny Eason of the Redgrave Shop Committee had reported the very good news that a new 4-year lease has been agreed and signed. The Parish Council extends its thanks and congratulations to Jenny and everyone else involved in this endeavour. The Shop Committee requested the placement of the newspaper box (dark grey box in front of the shop) across the road near the notice boards and postbox, as its removal from its current location is a condition of the lease. The PC owns the land around the pond and notice boards and was happy to agree to this. The Shop also wished to hold a tea party for all villagers on The Knoll on Sunday 2nd August in the afternoon and this was agreed by the PC. The event will showcase shop wares and will give the Committee the opportunity to canvas the opinion of villagers as to how they see the future of the Shop, gauge their opinions and to get ideas for improving the Shop. It should also be a good opportunity for new and old residents to get to know each other. There will of course be teas, cakes and sandwiches!

Section 106 Funds: The PC has agreed to write to Mid Suffolk District Council to support two proposals for use of these funds – improvements to parking and access arrangements for the disabled at the Amenities Centre and improvements to the flooring at Redgrave Church to allow its continued use for community events.

Little Ouse Headwaters Project: The PC has received information from LOHP concerning changes to its constitution and a request to confirm nomination of a trustee on the LOHP. It was confirmed that Bob Hayward will continue as a trustee.

**THE NEXT PARISH COUNCIL MEETING
WILL TAKE PLACE AT
THE ACTIVITIES CENTRE
ON WEDNESDAY 9th SEPTEMBER
All Parishioners are cordially invited to attend
www.redgrave.org.uk**

**Your Clerk is: Mrs Leeann Jackson-Eve,
Wayside Cottage, Cherry Tree Lane,
Botesdale, Diss, Norfolk, IP22 1DL.**

Tel : 01379 890 141

Email : redgrave_pc@bopenworld.com

Please contact her during OFFICE HOURS ONLY.

Mobile Library

Rickinghall : Rectory Hill 10.40 – 10.55
Rickinghall : Hinderclay Road 11.00 – 11.15
Rickinghall : Village Hall 11.20 – 11.35

Botesdale : Farnish House 11.40 – 11.55
Botesdale : Village Hall 12.00 – 12.15
Botesdale : Backhills 12.20 – 12.35
Redgrave : The Knoll 12.45 – 1.05

will be calling Wednesday ...26th August 2015

DIRTY OVEN??

DOMESTIC OVEN CLEANING
By the UK's leading oven cleaning company

OVENCLEAN

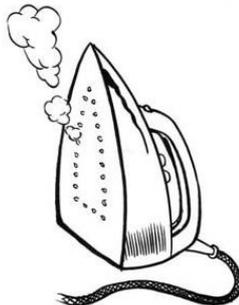
OVER 500,000 cleans
NON caustic, fresh solution every time.
Hobs, Extractors and Microwaves
Aga's and Ranges
PHONE JOHN DYER on 01359 259818
or 07835 256967
www.ovenclean.com

OVEN CARE 4u

YOUR LOCAL DOMESTIC OVEN CLEANING SERVICE
ECO-FRIENDLY - NO MESS - NO FUMES
FREE SILICON OVEN LINER FOR NEW CUSTOMERS
CALL JON ON 07817 212509

PRESSED - T O - G O

FAMILY RUN IRONING
& DRY CLEANING SERVICE
BASED IN ROYDON
ESTABLISHED 9 YEARS
COLLECTION & DELIVERY



PHONE KAREN FOR DETAILS 01379 652767

Need a hand? - Here I am!
Do you ever think 'If only I had help with...'

- Domestic Cleaning
- General tidying
 - weekly, fortnightly, monthly,
 - Parties/Barbeques
- Visitors coming — all those extra jobs
- Moving house — packing or unpacking

Mrs P

Flexible hours
References available

Then why not telephone me on 07720 841 271
to see what I can do for you.

the Tidyteam

An independent and experienced team who can provide ... short notice, evening and weekend cleaning services to landlords, agencies and private households.

Fully insured, fast and fastidious.

Please contact the Tidyteam on
07847 437375 or 07769 260739

Spring cleaning ... Catastrophes
End of tenancy

Turrell

Cleaning Services

- Carpet & Upholstery
- Window Cleaning
- Office Cleaning
- Fire & Flood Damage

Tel & Fax: 01379 687751
Mob: 07801 398247
martinturrellcleaning@aol.com
www.turrellcleaningservices.co.uk

THE HOMECARE SERVICE

WHERE
PEACE OF MIND
COMES AS STANDARD

For more information
please call:
01473 381545

A service from
Prestige Nursing
www.prestige-nursing.co.uk/home

CARE AT HOME
Your care, your choice.

Are you looking for

Live in Care?

Or just need extra help around the house?

For yourself or someone else?

Call 01379 641 250
Sunrise Healthcare

Without Trace

DOMESTIC CLEANING

* Trusted * Reliable * Local * Fully Insured *

Do You Value a Tidy Home
& Your Spare Time?

Ask For Tracey

07872 463977

Are you looking for a Cleaner?

Do you need help with your housework, cleaning, ironing, etc.

Our dedicated cleaners are...

- ★ Trained to a High Standard
- ★ Hard Working & Reliable
- ★ Friendly & Trustworthy
- ★ Carefully Vetted
- ★ Fully Insured

Just **£10 hr** for a regular weekly clean
Minimum 2 hours per week

Always looking for good cleaners to join our team

For a dependable, reliable cleaning service you can trust!

Call us now 01379 871995
www.ticketyboocleaning.com
info@ticketyboocleaning.com



Rickinghall Parish Council



Cllr Geoff Short

The meeting was attended by all councillors except Cllr Jones, who had given apologies, and apologies were also received from Cllrs Osborne (MSDC) and Fleming (SCC). Jessica Fleming had submitted a written report.

In the public forum, a resident had complained about the delay in getting high speed Broadband to the village in its entirety. Money from the Government had been provided via Suffolk County Council to BT, but the roll out has been slow and not universal – parts of Rickinghall and Botesdale were better than others, and local businesses were being affected. The council agreed to write to SCC accordingly to ascertain progress.

There was only one planning application this month – the removal of 5 scotts pines and reshaping of a beech tree in St Georges Drive. Many gardens have excessive trees in that road, and although TPOs are in force, Mid Suffolk are sympathetic to thinning operations – we had no objection. Six previous cases discussed at previous meetings had been determined by MSDC, all granted.

We agreed expenditure on a grant to support the Rickinghall and Botesdale Good Neighbour Scheme, which is the minibuss service for people in the village to undertake journeys they may not have been able to otherwise do. This service is ably run by Gordon Lawrence, and we are pleased to make a grant to cover the public liability insurance to cover the six volunteer drivers from the village. We also discussed four areas in the village that look in need of strimming from time to time, these being the bank near the White Horse, the bench area near The Chestnuts, the notice board and the signpost / bus shelter. It is important to maintain the tidy look of the village, and we agreed to get these areas strimmed four times a year. We also approved two small signs to be placed in Northfield Wood at the request of Barwoods to be made of aluminium, and provide a tidy and permanent solution.

CO –OP YELLOW LINES

We have been 'on the case' with this problem for years now, and after being told the lines could be extended under the existing order some time ago, it appears this is not feasible. We share villagers' concerns about the lack of visibility, and agree that something needs to happen before a further accident takes place. We probably get more comments on the Co-op exit than any other item. Suffolk County Council have been extremely unresponsive, and despite an 'on site' meeting two months ago, we have not heard further. We have no option other than paying for the process, involving expenditure of about £4000, but we have been prudently setting aside a reserve for this eventuality. What is your feeling on the problem? Would you like to see the yellow lines extended for

Your Clerk is :

Mrs Leeann Jackson-Eve
Wayside Cottage, Cherry Tree Lane
Botesdale, Diss, Norfolk, IP22 1DL
Tel : 01379 890 141

Email : rickinghall_pc@btopenworld.com

Please contact DURING OFFICE HOURS ONLY

another 2 or 3 car lengths, as most villagers would? Have you had any near misses? Please let us know your views.

We discussed the problems we are having with the bank – our account was a former TSB account, and they now seem totally incapable of sending us a replacement chequebook, as we are now the 'wrong type of account'. We are arranging to take our funds elsewhere.

Some time ago we reported potholes in Fen Lane and Mill Lane to SCC, and this will be chased as nothing has been done. Reports were received of a member of the Bowls Club falling over due to tripping on a pothole, and we will push the council for pothole repairs as they have indicated the road will not be resurfaced.

You will gather that quite a large part of our remit is trying to elicit action from other bodies! I hope you all received the annual Parish news in the parish magazine, and will find it useful – many thanks to Leeann for compiling this. Our next full meeting will be on the 3 September, unless a planning meeting is required on the 6 August. All are welcome, and we would particularly welcome anybody interested in becoming a Parish Councillor.

RICKINGHALL PARISH COUNCIL'S NEXT MEETING IS ON

**THURSDAY 3rd SEPTEMBER
at 7.30 pm
AT RICKINGHALL VILLAGE HALL**

All residents are very welcome
www.rickinghall.onesuffolk.net

Joke #1:

A small boy was frightened by the thunder and lightning. "Will you sleep in my bed with me," he begged his mother.

You'll be all right, she assured him.

"Please," he repeated.

"You'll be OK in your bedroom," she insisted.

"I'm frightened. Please sleep in my bed."

"I have to sleep with Daddy," she told him.

He paused for a few seconds and said,

"The big sissy."



Priory Antiques

Vintage - Salvage - Collectables
Botesdale

Priory Antiques is always interested in purchasing items

Full or part clearance

Tel: 07925 859355

Email: info@prioryantiques.com
www.prioryantiques.com



Restoration of Fine Antique Furniture

Restoration or conservation is carried out sympathetically using traditional materials wherever possible.

Gilding

Veneering

French polishing

Leather Desk Inserts & many other restoration processes

Local collection service

Please contact Roger Castro on 01359 259643

Character Kitchens

Bedrooms & Bathrooms

◆ Let us quote you to supply top quality furniture at very competitive prices. Over 150 doors and door finishes on probably the best carcasses manufactured in the UK.

- ◆ Most popular brands of appliances supplied at discount prices.
- ◆ We also supply water softeners and block salt.
- ◆ For a fast and efficient service please ring Ivan Baker.

HOPTON Tel: 01953 681522

ARRDEN VALE KITCHENS

EXCLUSIVE, BESPOKE, HANDMADE TIMBER KITCHENS



- TRULY INSPIRING KITCHENS
- VICTORIAN, EDWARDIAN, CLASSIC & CONTEMPORARY DESIGNS
- 100% INDIVIDUALLY DESIGNED & HANDMADE
- COMPLETE ONE-TO-ONE APPROACH FROM DESIGN THROUGH TO INSTALLATION

T: 01449 782062

**E: info@arrdenvalekitchens.co.uk
www.arrdenvalekitchens.co.uk**

Beech Tree Forge

Patrick Stone – Wrought Iron Specialist
Individual Handcraft Wrought Ironwork



No 2 Falcons Hall Cottage
Rickingham, Diss,
Norfolk IP22 1LP

Tel / Fax: 01379 897256
Mobile: 07771 536 251

THE PINE HOUSE CO. HAND MADE FURNITURE

ANY SIZE TO YOUR DESIGN

Including Hand Made Fitted & Free-Standing Kitchens
in

**OAK * PINE * RUSTIC PLANK *
RECLAIMED & DRIFTWOOD TIMBERS**

www.thepinehousecompany.co.uk

Tel/Fax 01359 235030

information@thepinehousecompany.co.uk

Spinney Garage, Stowlangtoft near Bury St Edmunds, IP31 3JS
Open Mon-Sat 9am-5pm, Sun 10am-4pm, Closed Tuesday

House Name Plaques & Weathervanes



Designs moulded in relief and cast in aluminium

Range of traditional designs available

Individual commissions taken

Brochure available

Tel : 01379 651148

Email : johntacey@btinternet.com

The garden room

www.the-gardenroom.co.uk

Chic Vintage & Contemporary
Danish & French Shabby Chic items
for the Home and Garden

Buy online or at our Suffolk Retail Shop

Did you know we are also an ebay power seller? Please visit our ebay store ...

www.stores.ebay.co.uk/The-Garden-Room-1



The Garden Room

110 High Street

Needham Market, Suffolk, IP6 8DW

01449 723412 / 01379 898646

Village News

Our man in Djibouti

*OPEN HOUSE
AT*



*ALL SAINTS REDGRAVE
Tuesdays 4th August & 1st September
10.00 am to 12 noon*

CHURCHES OPEN



Redgrave St Mary's Church :
Church cleaning : Friday **4th Sept**
from 9:00am to 11:00am
Redgrave St Mary's Church : Open Saturday **5th Sept**
St Mary's Church Rickinghall Inferior : **All Saturdays**

THANK YOU: SCHOOL BOOK LAUNCH

Thank you to all the people who attended the 'Keeping History Alive' exhibition to promote the launch of Quatrefoil's new book entitled 'A Rural Education' by Sarah Doig, the 11th book in the local history series. Sarah also gave two talks on schools during the day.

Displays on the village schools of Rickinghall, Botesdale and Redgrave included a photograph of the infants 'class at Redgrave School in the mid 1950s. This was sent to us by a past pupil of Redgrave school, Colin Ray, who now lives in Northampton. When a local lady, Jackie (nee Erith) recognized herself in the photo she was able to meet up with Colin and his brother who attended the exhibition.

Several people brought in artefacts for identification by the professional archaeologist from the Portable Antiquities Scheme.

Donations of £105 were made towards the repairs needed for the chancel roof of Rickinghall Inferior Church. A photograph on canvas of this church and the wild flowers, which recently won the diocesan photography competition at the Suffolk Show, was kindly given by the photographer Charles Greenhough to be sold by sealed bids. This raised another £40 for the roof.

The new book can be purchased from Rickinghall Post Office, Hilltop Hardware and Pet Food Shop, Botesdale, and Redgrave Community Shop for £5 or ring Diana Maywhort, 01379 898 785. Quatrefoil web site www.quatefoil.org.uk.

Jean Sheehan

THANK YOU — TELEPHONE LIST

Many thanks to Lesley Greenhough for updating the telephone list that was included in the July issue of the parish magazine. It was much appreciated by the magazine team and enabled the useful compilation of phone numbers to continue.

Lt Col Mike Bishop, a Botesdale Parish Councillor, is currently serving a 9 month tour of duty with the Combined Joint Task Force - Horn of Africa. During his last deployment to Afghanistan in 2011, Mike shared some of his thoughts with family and friends. He has now kindly offered to share those reflections and his newer ones with us.

There's no place like home

I know I have been pretty quiet so far on this tour and for that I apologize (notice the American spelling...). I also recognize (see! US spelling again!) that a lot of you have no idea what I am doing here, or why. I will try and remedy that over the next few months, but first I want to take the opportunity to say a few things...

I have just returned to Djibouti from a whirlwind trip of the horn of Africa; specifically, Djibouti-Addis (Ababa)-Nairobi-Mogadishu-Nairobi-Addis-Djibouti. For the geographically challenged, that's Djibouti-Ethiopia-Kenya-Somalia-Kenya-Ethiopia-Djibouti. For more help – look at a map. Anyway, with my head spinning, as I looked out of the window on one of my many flights, I would not have been surprised to see an elderly lady in a chair, several farm animals, two men rowing a boat and Miss Gulch, pedaling her bicycle. When I finally crashed in Munchkin-land, or whatever country it is I am in now, just like Dorothy, I had a sudden realization that a significant portion of my recent life has been played out in sepia-tones. It's not that Djibouti is rich in Technicolor; it certainly doesn't have ruby slippers (some people have sandals), a yellow brick road (just a road would be nice) or an emerald city (you are lucky to see a brick building). Whatever Djibouti does have, it is in complete contrast to what I have back in England.

For the benefit of people reading this in the Parish magazine, our family only moved to Botesdale from Southampton in 2014. On arrival in Botesdale it was quickly apparent that we weren't in Kansas (Southampton) anymore – and I bet that's not a comparison that has been made much before. The people of Botesdale, Redgrave and Rickinghall, have all been so welcoming in the period since we moved there, and so supportive of my wife and children since I deployed to East Africa. For both those facts I thank you all. It's not that Southampton was bad - It wasn't, it was just a complete contrast to our life in Suffolk. Unlike Southampton, I know the names of my neighbors. Unlike Southampton, I go to the local pub. Unlike Southampton, I look out of my window and see green fields, I walk my children to school and they can play outside without driving to the park, I could go on, but I won't. I think you get the point. We love it.

With temperatures currently hovering around 120 degrees, much like the Wicked Witch of the West I spend a lot of time feeling like I am melting. I also feel have spent a large part of the last six months avoiding the Al Shaabab equivalent of flying monkeys. With three months still to go in this bizarre, fantastical land, I am not so naive as to think that by the time I get home, the Wicked Witch that is Al Shabaab will be dead. Even so, it has been worth it. I have realized the truth. There's no place like home. I miss it.

Rooms with a View

Fabrics and Interior Accessories
Handmade Curtains and Blinds

Jane Churchill, Colefax, Vanessa Arbuthnott
& many more

Farrow & Ball and Little Greene
paints and wallpapers

For a friendly service, visit our shop at
5 St Nicholas Street, Diss. Tel. 01379 640220
or shop online at
www.roomswithaview.co.uk/shop

INTERIOR DESIGN & SOFT FURNISHINGS

Essential Interiors Bespoke Curtains and Blinds

Free design consultation in your home
A complete made-to-measure and installation service
A comprehensive range of fabrics,
trimmings, poles and accessories
Upholstery, Pelmet & Soft Furnishings
Wooden Venetian Blinds & Velux/roller/vertical blinds

Please contact Kate Bowden
On 01379 897252 kate.bowden@essential-interiors.co.uk
www.essential-interiors.co.uk
Orchard House, Bells Lane, Hinderclay, Norfolk, IP22 1HW

SALLY SMITH

Made to Measure Home Furnishings

Curtains, Blinds, Cushions, Loose Covers

Curtain Alterations

Please contact Sally Smith on 01379 898767

ssmith091@btinternet.com

The Uplands, The Street, Rickinghall, IP22 1DZ

ALTERNATIVE SE

I have been established nearly 20 years and offer a thorough **window cleaning** service for households. Give me a try and see the results - get your windows pristine clean.

Call Nigel on
07775 858 052

DOROTHY SINFIELD UPHOLSTERY

Vine House, Church Hill, Hoxne,
Eye, Suffolk IP22 5AT.

**THAT CHAIR, SETTEE,
CURTAINS/BLINDS,
CUSHIONS -
ANY TYPE OF SOFT
FURNISHINGS/
UPHOLSTERY**

FOR PERSONAL ATTENTION
CALL 01379 668545



showroom Open
Monday - Saturday
09.00 - 17.00

nexus
stoves

New Showroom now open

Welcome to Nexus Stoves where you are guaranteed a warm welcome, expert advice, and a hand selected range of the worlds finest wood and multi-fuel stoves.

- ✓ Over 30 years' experience in the heating industry
- ✓ In-house design, installation, and service options available
- ✓ Exquisite traditional and contemporary wood and multi-fuel stoves
- ✓ Range of summer chimineas and fire pits
- ✓ Beautiful fire side accessories, crafted basketry and local artwork on display

With various models of stoves lit daily, come and visit our showroom.
Located between Bury St Edmunds and Diss, just off the A143.

All of our products are available to view at...www.nexusstoves.co.uk

Nexus Stoves, Malting's Barn, Hinderclay Road, Wattisfield, Diss, Norfolk, IP22 1NF | info@nexusstoves.co.uk | 01379 671 168

Brand New Showroom



Raven Stoves

fully bespoke design and installation service

The Barn | Pottery Hill | Wattisfield | Suffolk | IP22 1NH
01359 250100 www.ravenstoves.co.uk

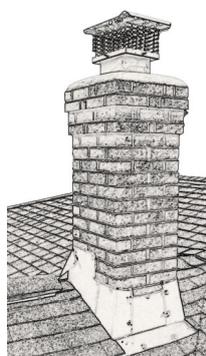
- Quality Stoves
- Exclusive Range
- Great Advice
- Beautiful Showroom

HETAS 

STOVES & FLUE INSTALLATIONS

- Twin Wall chimney systems
- Flexible Flue Liners
- Stoves supplied

Telephone 01284 754544
Mobile : 07974 148170
Email : paul@stovesandflueinstallations.co.uk
www.stovesandflueinstallations.co.uk



www.norfolkwoodburners.co.uk



Norfolk Woodburners offer the best local service for the supply and installation of:

- Wood Burners & Multi-Fuel Stoves
- Main agents for Aga, Hunter & Cleanburn Stoves
- Chimneys Lined
- No Chimney, No Problem
- Fireplaces Enlarged



t: 01508 498393 m: 07847 426953

e: norfolkwoodburners@outlook.com

Club News

Botesdale & District Royal British Legion Women's Section

Twelve members attended the July meeting of the RBLWS.

The Chairman opened the meeting with exhortation, following this necessary matters were discussed and agreed upon.

A report was given by Sheila Rush of the recent County Day in Needham Market. This was enjoyable and the branch achieved excellent results in the Needlework Competition.

The next meeting will include a cream tea on Monday, August 24th at Farnish House.

Margaret Brown

EVER THOUGHT OF HAVING AN ALLOTMENT?

MILL LANE ALLOTMENT ASSOCIATION HAS FULL AND HALF PLOTS AVAILABLE FOR RENT ON OUR MILL LANE SITE.

IF YOU HAVE AN INTEREST PLEASE
CONTACT
THE ASSOCIATION SECRETARY MARK
WISEMAN
FOR FURTHER DETAILS
TEL: 01379 898805 (Answer phone)
EMAIL mark.wiseman@virgin.net



Sudoku

	6						9	
1					3			
					6	7		5
		9				6		1
	7			2		5	3	
								8
		3			8			6
	5		6			9		
	9	1	5	7				

Joke #2

Q: Where do sharks go on summer vacation?

A: Finland!

Q: Why don't mummies go on summer vacation?

A: They're afraid to relax and unwind!

Joke #3

A police officer sees a man driving around with a pickup truck full of penguins. He pulls the guy over and says: "You can't drive around with penguins in this town! Take them to the zoo immediately."

The guy says OK, and drives away.

The next day, the officer sees the guy still driving around with the truck full of penguins, and they're all wearing sun glasses. He pulls the guy over and demands: "I thought I told you to take these penguins to the zoo yesterday?"

The guy replies: "I did ... today I'm taking them to the beach!"

Sudoku

		1						9
8	3	2	9		7			1
			4				6	
	8		7			3		
2								8
		5			1		7	
	7				4			
4			3		9	8	1	7
5						4		

PICTURE FRAMING BY CAROLA SETTLE

Quality mounting & framing of prints,
photographs, paintings, embroideries etc.,
at competitive prices.
Friendly advice & professional service.

Stanwell House, High Street, Gislingham,
Eye, Suffolk. IP23 8JE
Tel: 01379 783 415

FRAMES

by
Emma Slack
Multiple and covered mounts,
box frames and conservation framing.

TELEPHONE: 01379 898380 MOBILE: 07768 513496
emma@slack.co.uk www.slack.co.uk
MIDDLE FEN COTTAGE
FEN STREET REDGRAVE DISS NORFOLK IP22 1SG

CCS CLEANING & MAINTENANCE

Window Cleaning (Traditional / Reach and Wash)
Cladding / Gutter Cleans
Jet Washing (Driveways, Patios and Decking)
Regular House and office cleaning
End of Tenancy / Spring Cleans
Estate Management / Communal Cleaning
Property & Garden Maintenance

**DON'T DELAY CALL TODAY FOR A FREE
NO OBLIGATION QUOTE**

01359 240440 / 07970 040581

Or email at ccswindowcleaning@yahoo.co.uk

Over 20 Years Experience Fully Insured Uniformed Staff

EYE FLOORING

Making Luxury Affordable -
www.eyeflooring.co.uk

Domestic & Contract Flooring Specialists

*Carpets *Vinyls *Safety Flooring
*Carpet Cleaning

The Old Theatre, Broad Street, Eye, Suffolk, IP23 7AF
01379 870190 / 07850 573366

Tripp Batt Country Store

Hardware and Gardening Store

BBQ charcoal and gas
Special offers on garden hoses and fittings
Fly and Wasp repellants
Sandtex Paint – all colours £24.99

Open 7 days a week

Hepworth Road, Stanton, IP31 2AP
Tel. 01359 250268

www.trippbattstore.com

PLANTS

Cottage garden plants
and
Seasonal cut flowers

Cherry Tree House,
Candle Street,
Rickingham,
IP22 1LN

Tel: 01379 890779



Beautiful Flowers
for all occasions

Local & National Delivery
Open : Monday - Saturday

Chilvers, Market Place
Botesdale

01379 897245
www.attheflowerhut.co.uk

HILLTOP

Hardware & Pet Food Store

01379 898139

PET FOODS - cat, dog, hamster, rabbit,
guinea pig, & much more
WILD BIRD FOOD, seeds & mixes
CHICKEN FOOD

HARDWARE ~ COOKWARE ~ DIY
IRONMONGERY ~ GARDENING
ELECTRICAL ~ PAINTS
COAL ~ WOOL - King Cole DK

THE STREET
BOTESDALE
DISS
NORFOLK
IP22 1BX

OPENING TIMES
MON-FRI 9.00-4.00
SAT 9.00 - 1.00

Thermally efficient blinds and shutters

Transform your rooms or conservatory and stay warm in
the winter and cool in the summer

Call Amanda or Alastair for more information on:

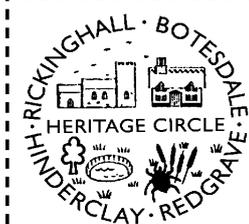
01379 669 209



Village Green



Club News



PRETTY CORSETS IN SUFFOLK

Suffolk in the 1800s may not seem the area for an innovative factory to be built, but this was where the first corset factory in the country was opened.

The speaker at the Rickingham Area Heritage Circle meeting was Roger Kennell, the history recorder for Hadleigh, who became interested in his subject when he discovered there had been a corset factory in what is now the Old Town Hall there. He told members the history of the Pretty family, the founders of William Pretty & Son, Corset Manufacturers.

William Coleman Pretty had connections with this area having been educated in Botesdale and later, on his marriage in 1782, settling in Bacton where he opened a drapery shop. Later, in the 1830s he joined with a John Footman in acquiring a drapers shop in Stowmarket and eventually set up the first corset factory and warehouse in the country there. This soon prospered due to the fashion for nipped in waists and laced corsets, and William Pretty was able to move to Ipswich where he built another factory in the name of William Pretty & Son making the components for the corsets, which were sent by train to Stowmarket for assembling then returned to Ipswich for packing and despatch.

His son, William Jnr, had by this time served his apprenticeship in the trade and as the business grew he took over the management of the factory, freeing up his father to be able to devote more time to the good and charitable causes he sponsored in the town. He was an astute businessman but also a sportman, being the first man in Ipswich to have a lawn tennis court.

He travelled a great deal keeping an eye on the latest fashion trends and manufacturers in other countries. He made forty trips to USA and soon realised he had to expand as he was turning down orders from there as his garments were superior to all others but he could not produce enough. Despite his father's objections he acquired the lease on another building which he was later able to expand and open the largest corset factory in the country. However he found he could not find enough young female workers to fill it. However – ever the business man – he gradually opened about 12 small outpost factories, all in towns with railway connection to Ipswich, including two in Diss. William Senior died in 1889 leaving the business and £67,500 to William Junior who soon expanded again opening workshops to make his own boxes and labels for packaging, also stainless steel for the boning and later an alternative "coraline", becoming the sole manufacturer for Europe, the Colonies and USA of "Coralite Corsets".

He had five sons, one of whom died young; the other four became directors of the firm, at the same time having careers as officers in the Suffolk Regiment of the Territorial Army and they all fought in the first World War. One son, Frank married Edith Dempster from a wealthy Cheshire family. They set up home at Sutton Hoo – another connection to Rickingham – as in 1938 Edith, by then a widow, employed Basil Brown the Rickingham archaeologist, to excavate the mounds there.

William Jnr died in 1916 and his sons carried on running the business. However in the 1920s modern women began to abandon corsets so the business had to diversify, this time into the manufacture of silk lingerie, but this was not successful and in 1930 William Pretty & Son went into liquidation.

After being bought out first by a Market Harborough company then later Courtolds, both still used the Pretty trade name to carry on producing lingerie for Harrods and Liberty. However by 1968, with the coming of mini skirts, hot pants, etc the trade began to collapse and in 1983 the William Pretty & Son was closed for the last time. It was demolished in 1983 and became the car park behind Debenhams.

The next speakers for the Heritage Circle will be Tim Holt-Wilson with a

nostalgic look at Redgrave Park in August and Roy Tricker in September with a talk called "100 Not Out", a humorous talk about the 100 years of St. Edmundsbury Diocese. Visitors are most welcome.

Gwen Smith

tel. 01953 681985.

Coffee On



The Corner

As we had to postpone our June Coffee shop due to several of the organisers and bakers being away on holiday, this is a double report ... lucky you!

In June we had a lovely sunny morning and lots of sunny, chatty people at Coffee on the Corner .. as always a delight to see those of you who come along. Numbers were a bit down, but that may be that many of you are enjoying places a bit further afield - if you are, then have a grand time.

On the "Toilettwinning" front, I am glad to say that a few more "spend a penny" boxes came back rattling this morning and I think we are virtually up to the amount needed for a "This toilet is twinned with ..." frame for each of our toilet doors! We shall be sending the money to the charity shortly and I shall then find out if any of the other loos in the village want the same treatment!

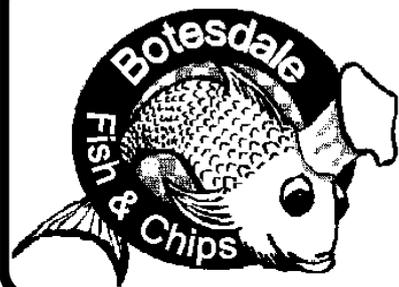
We were joined this morning by Emma White, one of the wonderful people willing to offer a home to a child from Chernobyl each year, for a month during the summer. She came, along with lots of information about the charity and the children's visits. During this "holiday" the children receive love, care, fresh air, vitamins, dental treatment and a good deal of fun. The money raised this morning (£140) will pay the visa costs for one of the children, so thanks to your kindness, we have ensured that one more child will have that much needed respite. It is believed that each time they visit here and receive a boost to their immune systems, their life expectancy goes up by around 5 years - so thanks very much!

The morning of the July coffee shop wasn't quite so sunny, although our lovely cheerful visitors made up for the grey clouds, although again there weren't so many folks chatting as normal. Quite a few other exciting things may be happening at the same time, so you will be forgiven if you weren't there - hope to see you soon. However, there will be a donation of £100 going to Suffolk Accident Rescue Service, the emergency medical charity who supply personnel and equipment to help out at serious medical incidents. I am sure they will be delighted to receive that - many thanks once again!

We **shall** be opening in August - on Tuesday 11th - when any donations will be given to Suffolk Family Carers ... do come along to see us!

If you feel you would like to know more about the coffee shop or any of the happenings at Parkview, please call me on 01379 890423.

Sue Allen



BOTESDALE

Traditional Fish & Chips

Tel: 01379 898 543

MONDAY CLOSED except for a Bank Holiday Monday 4.00 - 8.00 pm
TUESDAY 11.30 am - 1.30 pm 4.15 - 8.00 pm
WEDNESDAY 4.15 - 8.00 pm
THURSDAY, FRIDAY, SATURDAY 11.30 am - 1.30 pm 4.15 - 10.00 pm
SUNDAY 4.15 - 8.00 pm

AUGUST 2015

Saturday	1 st	10:00am 10:00am 10:00am 10:00am	Fen Guided walk Botanical Illustration course Church open Church open	Redgrave Lopham Fen Redgrave Lopham Fen Redgrave St Mary's Rickinghall Inferior
Sunday	2 nd	2:00pm 6:00pm	Tea with Redgrave Shop Zumba	The Knoll , Redgrave Rickinghall Village Hall
Monday	3 rd	2:00pm 7:30pm	Needle craft Slimming World	Activities Centre Rickinghall Village Hall
Tuesday	4 th	10:00am 10:00am 6:00pm 7:30pm	Open House Activity day Zumba Julie's Aerobics	All Saint's Redgrave Redgrave Lopham Fen Rickinghall Village Hall Rickinghall Village Hall
Wednesday	5 th	9:30am 10:00am 10:00am 10:30am	Redgrave Art Club Family Morning Day Centre Macmillan Informtn Outreach	Activities Centre Redgrave Lopham Fen Rickinghall Village Hall Orves Centre
Thursday	6 th	9:00am 9:30am 12:30pm 7:30pm	Church cleaning RABBATS Fitsteps Rickinghall Parish Council	St Mary's Redgrave Rickinghall Village Hall Rickinghall Village Hall Rickinghall Village Hall
Friday	7 th	10:30am 1-2 pm 8:00pm	Positive Steps Beginners Tai Chi Dance Classes	Rickinghall Village Hall Rickinghall Village Hall Botesdale Village Hall
Saturday	8 th	9:00am 9:00am 10-11am 10:00am	Farmer's market Car Boot sale Parish council surgery Church open	Rickinghall Village Hall Rick/hall Recreation Ground Rickinghall Village Hall Rickinghall Inferior
Monday	10 th	9:15am 2:00pm 7:30pm 7:30pm	Rickinghall Ramblers Needle craft Botesdale Parish Council Slimming World	Rickinghall Village Hall Activities Centre Botesdale Village Hall Rickinghall Village Hall
Tuesday	11 th	9:00am 10:00am 6:00pm 7:30pm 7:30pm	Coffee on the corner Activity Day Zumba Julie's Aerobics Redgrave & District Ladies club	Park View Chapel Redgrave Lopham Fen Rickinghall Village Hall Rickinghall Village Hall Activities Centre
Wednesday	12 th	9:30am 10:00am 2:00pm	Redgrave Art Club Day Centre Family afternoon	Activities Centre Rickinghall Village Hall Redgrave Lopham Fen
Thursday	13 th	9:30am 1:30pm 6:00pm 7:30pm	RABBATS Phoenix Luncheon club Fitsteps Women's Institute	Rickinghall Village Hall Activities Centre Rickinghall Village Hall Rickinghall Village Hall
Friday	14 th	10:30am 1-2 pm 8:00pm	Positive Steps Beginners Tai Chi Dance Classes	Rickinghall Village Hall Rickinghall Village Hall Botesdale Village Hall

Jensen Electrical

DOMESTIC **COMMERCIAL**

New build ~ Rewires ~ Security Lighting



Alterations ~ Testing & Inspections ~

Email : robo1206@btinternet.com



Mobile 07790 144 379 evenings 01379 898 074

Did you know that your *flyer* can be delivered with this *magazine* to 1200+ homes in Rickingham, Botesdale and Redgrave for **£70?**

If interested, please contact adverts@rbrparishmag.com

AUGUST 2015

Saturday	15 th	10:00am 10:30am	Church open Guided walk	Rickingham Inferior Redgrave Lopham Fen
Sunday	16 th	6:00pm	Zumba	Rickingham Village Hall
Monday	17 th	2:00pm 7:30pm	Needle craft Slimming World	Activities Centre Rickingham Village Hall
Tuesday	18 th	10:00am 6:00pm 7:30pm 7:30pm	Activity Day Zumba Julie's Aerobics Progressive Whist Drive	Redgrave Lopham Fen Rickingham Village Hall Rickingham Village Hall Activities Centre
Wednesday	19 th	9:30am 10:00am 2:00pm	Redgrave Art Club Day Centre Family Afternoon	Activities Centre Rickingham Village Hall Redgrave Lopham Fen
Thursday	20 th	9:30am 6:00pm 7:30pm	RABBATS Fitsteps Crafty Corner	Rickingham Village Hall Rickingham Village Hall Parkview chapel
Friday	21 st	9:15am 10:30am 1-2 pm 8:00pm	Rickingham Ramblers Positive Steps Beginners Tai Chi Dance Classes	Rickingham Village Hall Rickingham Village Hall Rickingham Village Hall Botesdale Village Hall
Saturday	22 nd	10:00am	Church open	Rickingham Inferior
Sunday	23 rd	6:00pm	Zumba	Rickingham Village Hall
Monday	24 th	2:00pm 2:00pm 7:30pm	Needle craft RBL Women's section Slimming World	Activities Centre Farnish House Rickingham Village Hall
Tuesday	25 th	10:00am 12 noon 6:00pm 7:30pm	Family Morning Luncheon Club 898615/898619 Zumba Julie's Aerobics	Redgrave Lopham Fen Activities Centre Rickingham Village Hall Rickingham Village Hall
Wednesday	26 th	9:30am 10:00am 2:00pm 7:30pm	MOBILE LIBRARY Redgrave Art Club Day Centre Family afternoon Heritage Circle	Activities Centre Rickingham Village Hall Redgrave Lopham Fen Rickingham Village Hall
Thursday	27 th	9:30am 6:00pm	RABBATS Fitsteps	Rickingham Village Hall Rickingham Village Hall
Friday	28 th	10:30am 1-2 pm 8:00pm	Positive Steps Beginners Tai Chi Dance Classes	Rickingham Village Hall Rickingham Village Hall Botesdale Village Hall
Saturday	29 th	10:00am 10:00am	Church open Art Exhibition	Rickingham Inferior Redgrave Lopham Fen
Sunday	30 th	10:00am 6:00pm	Art Exhibition Zumba	Redgrave Lopham Fen Rickingham Village Hall
Monday	31 st	10:00am 2:00pm 7:30pm	Art Exhibition Needle craft Slimming World	Redgrave Lopham Fen Activities Centre Rickingham Village Hall

SEPTEMBER 2015

Tuesday	1 st	10:00am 6:00pm 7:30pm	Open House Zumba Julie's Aerobics	All Saint's Redgrave Rickinghall Village Hall Rickinghall Village Hall
Wednesday	2 nd	10:00am 10:30am	SCHOOL TERM BEGINS Day Centre Macmillan Information Outreach	Rickinghall Village Hall Orves Centre
Thursday	3 rd	9:30am 6:00pm 7:30pm	RABBATS Fitsteps Rickinghall Parish Council	Rickinghall Village Hall Rickinghall Village Hall Rickinghall Village Hall
Friday	4 th	9:00am 10:30am 1-2 pm 8:00pm	Church cleaning Positive Steps Beginners Tai Chi Dance Classes	Redgrave St Mary's Rickinghall Village Hall Rickinghall Village Hall Botesdale Village Hall
Saturday	5 th	10:00am 10:00am 10:00am 2:00pm	Guided walk Church open Church open Jumble Sale (St Nicholas Hospice)	Redgrave Lopham Fen Redgrave St Mary's Rickinghall Inferior Rickinghall Village Hall
Sunday	6 th	6:00pm	Zumba	Rickinghall Village Hall
Monday	7 th	9:15am 2:00pm 7:30pm	Rickinghall Ramblers Needle craft Slimming World	Rickinghall Village Hall Activities Centre Rickinghall Village Hall
Tuesday	8 th	9:00am 6:00pm 7:15pm 7:30pm	Coffee on the corner Zumba Yoga and relaxation Julie's Aerobics	Park View Chapel Rickinghall Village Hall Botesdale Village Hall Rickinghall Village Hall
Wednesday	9 th	9:30am 10:00am 7:30pm	Redgrave Art Club Day Centre Redgrave Parish Council	Activities Centre Rickinghall Village Hall Activities Centre
Thursday	10 th	9:30am 12:30pm 6:00pm 7:30pm	RABBATS Phoenix Luncheon club Fitsteps Women's Institute	Rickinghall Village Hall Activities Centre Rickinghall Village Hall Rickinghall Village Hall
Friday	11 th	10:30am 1-2pm 7:00pm 8:00pm	Positive Steps Beginners Tai Chi Whist Drive Dance Classes	Rickinghall Village Hall Rickinghall Village Hall Bowls Club Botesdale Village Hall
Saturday	12 th	9:00am 9:00am 9:00am 10-11 am 10:00am 10:30am	Farmer's market + Hamper Draw Car Boot Sale Sponsored Church cycle ride Parish council surgery Church open Wildlife Watch	Rickinghall Village Hall Rickinghall Playing fields All local churches Rickinghall Village Hall Rickinghall Inferior Redgrave Lopham Fen
Sunday	13 th	6:00pm	Zumba	Rickinghall Village Hall
Monday	14 th	2:00pm 7:30pm 7:30pm	Needle craft Slimming World Botesdale Parish Council	Activities Centre Rickinghall Village Hall Botesdale Village Hall
Tuesday	15 th	6:00pm 7:15pm	Zumba Yoga and relaxation	Rickinghall Village Hall Botesdale Village Hall

SEPTEMBER 2015

Tuesday	15 th	7:30pm 7:30pm	Julie's Aerobics Progressive Whist Drive	Rickingham Village Hall Activities Centre
Wednesday	16 th	9:30am 10:00am 7:30pm	Redgrave Art Club Day Centre Methodist Wives club	Activities Centre Rickingham Village Hall Methodist Church
Thursday	17 th	9:30am 2:00pm 6:00pm 7:30pm	RABBATS Rickingham Further Education Fitsteps Crafty Corner	Rickingham Village Hall Rickingham Village Hall Rickingham Village Hall Parkview chapel
Friday	18 th	9:15am 10:30am 1-2pm 8:00pm	Rickingham Ramblers Positive Steps Beginners Tai Chi Dance Classes	Rickingham Village Hall Rickingham Village Hall Rickingham Village Hall Botesdale Village Hall
Saturday	19 th	10:00am 10:30am	Autumn History workshop Church open	Redgrave St Mary's Rickingham Inferior
Sunday	20 th	6:00pm	Zumba	Rickingham Village Hall
Monday	21 st	2:00pm 7:30pm	Needle craft Slimming World	Activities Centre Rickingham Village Hall
Tuesday	22 nd	6:00pm 7:15pm 7:30pm	Zumba Yoga and relaxation Julie's Aerobics	Rickingham Village Hall Botesdale Village Hall Rickingham Village Hall
Wednesday	23 rd	9:30am 10:00am 7:30pm	MOBILE LIBRARY Redgrave Art Club Day Centre Heritage Circle	Activities Centre Rickingham Village Hall Rickingham Village Hall
Thursday	24 th	9:30am 6:00pm 7:30pm	RABBATS Fitsteps Redgrave Garden club	Rickingham Village Hall Rickingham Village Hall Activities Centre
Friday	25 th	10:00am 10:30am 1-2pm 8:00pm	Macmillan Craft & Coffee morning Positive Steps Beginners Tai Chi Dance Classes	St Botolph's Bowls Club Rickingham Village Hall Rickingham Village Hall Botesdale Village Hall
Saturday	26 th	10:00am 10:00am	Church open Botanical Illustration	Rickingham Inferior Redgrave Lopham Fen
Sunday	27 th	6:00pm	Zumba	Rickingham Village Hall
Monday	28 th	9:15am 2:00pm 7:30pm	Rickingham Ramblers Needle craft Slimming World	Rickingham Village Hall Activities Centre Rickingham Village Hall
Tuesday	29 th	10:00am 12 noon 6:00pm 7:15pm 7:30pm 7:30pm	Introduction to printmaking Luncheon Club 898615 or 898619 Zumba Yoga and relaxation Julie's Aerobics Talk : Watching wildlife in UK	Redgrave Lopham Fen Activities Centre Rickingham Village Hall Botesdale Village Hall Rickingham Village Hall Redgrave Lopham Fen
Wednesday	30 th	9:30am 10:00am	Redgrave Art Club Day Centre	Activities Centre Rickingham Village Hall
Thursday	31 st	9:30am 6:00pm	RABBATS Fitsteps	Rickingham Village Hall Rickingham Village Hall

DW



Plumbing Services

Bathrooms Fully Installed
Water Softners & Shower Pumps
Easy Access Showers

Free Estimates
Fully Qualified & Insured
Emergency Callout

From Washers to Wash basins...We do it all!

Call Dave Willis on 01379 890050 or 07768 267501 Now!

Your Friendly, Reliable and Local Plumber



Garwood's

OF SUFFOLK

TREE SURGERY AND FIREWOOD DELIVERY



CROWN LIFTING, TREE FELLING, DISMANTLING, REDUCTIONS,
PRUNING, THINNING, STUMP GRINDING, HEDGE TRIMMING, FIREWOOD

GARWOOD'S OF SUFFOLK ARE DEDICATED TO PROVIDING EXCELLENCE
IN EVERY ASPECT OF OUR CRAFT. ALL OF OUR STAFF ARE FULLY TRAINED
AND INSURED, RELIABLE AND PROFESSIONAL. ALL WORK IS CARRIED OUT
RESPECTFULLY AND TO THE HIGHEST STANDARD.

FOR A FREE ESTIMATE PLEASE CALL LEE GARWOOD
TEL: 01379 890617 / 07880 528142
GARWOODSOFSUFFOLK@YAHOO.COM

- General Plumbing
- Bathroom Fitting & Tiling
- Sinks/Water Softeners
- Central Heating, Lead work
- Emergency Call Out 24/7
- Free Estimates
- Fully qualified & insured



Mr Pat Marsden
Tel: 01379 651007
Mobile: 07799 895958
patthep plumber@btconnect.com

*Friendly &
reliable service*

Carberry Plumbing and Heating

For all your domestic plumbing needs



01359 760 220 or 075067 06121

- free quotations
- oil boiler service just £ 40 + VAT
- bathrooms, kitchens
- complete heating systems
- boilers
- or simply just a dripping tap!

WILLOWSERVE LTD

Plumbing & Heating Services

- Worcester Bosch Approved Installers
- Gas Safe, OFTEC, C.I.P.H.E. Registered
- City & Guilds in Energy Efficiency
- All types of heating Installed
- Replacement Boilers / Hot water Cylinders.
- Specialist Boiler Servicing and Repairs
- All aspects of Plumbing
- Guaranteed Quality Installations by Time Served Tradesmen
- Free Quotations
- 5-year Parts and Labour Warranties on all Worcester Bosch Boilers

For a Professional Reliable Service

Tel / Fax: 01359 259886

Mobile: 07771 557937

Email : willowsolve_ltd@hotmail.com

www.replacementboilers.uk.com



Else Heating & Plumbing

Oil and Gas Installation

- * Breakdowns
- * 24 hr call out
- * Servicing
- * Powerflush

Bathroom & Kitchen Fitting

Fully Insured

Contact Eugene Else

01379 688183

07787 854923

elseheatingandplumbing@gmail.com



J. B. PLUMBING

For all your plumbing requirements such as:

- Shower pumps • Water softeners • Kitchen sinks
- Bathroom installations • Changing and moving radiators
- Outside taps • Extensions

No Job Too Small - Qualified and Insured

For a friendly and reliable service please contact:

Jack Buckmaster, Palgrave

Tel: (01379) 644027 Mob: 07912092212

Email: jackbuckmaster@gmail.com

Exploring the Past

Jean Sheehan, 01379 890237

Di Maywhort, 01379 898785

Parish Magazine – August/September 2015 – Enlarging Redgrave and Botesdale School.

Redgrave and Botesdale School was founded in 1845 by the Church of England under the management of the Rector, Revd Thomas Daniel Holt Wilson and the Church Wardens and two principal parishioners. The site, belonging to George St Vincent Wilson, was given in 1846, after the school was built. Parishioners raised over £125, The National Society gave £60, and the balance was requested from the government. The total construction cost nearly £400 and was in the area of Half Moon Green on the same site as when it closed in 1994.

An architect's drawing exists from the 1870s showing an extension to be added to the school. This was the part of the old school building running parallel to the road. The drawing shows gothic style windows instead of the ones which are there now and a small bell turret similar to Rickinghall School. The extension was the part with the gable end facing the road. A directory mentions that the school was enlarged in the 1870s. At this time the education inspector suggested that the school was not big enough, it needed another 60 places approx., bringing the total children it would hold to 100. He suggested building another school at Botesdale but the Rector preferred to have an extension added to the school and he won.

This extension may have been the infant's class as the inspector in 1896 suggested that the infant's room should be altered to give more space and light. Kelly's directory of 1900 mentions that the school was enlarged in 1896 to hold 160 children. From old photographs it looks as if a gap between the two parts of the school was filled in. A photograph taken by Roger Gwynn when the school closed in 1994 shows the difference in the colour of the bricks.

In 1950 architect's plans were drawn up to build new outdoor toilets. When the school was closing ex-pupils were asked for their memories and some of the older ones mentioned the bucket toilets and boys teasing pupils and pupil teachers by pushing twigs and stinging nettles through the gaps into the female toilets in the 1930s. In 1967 plans were drawn up for internal loos. With both these plans adequate provision was made for the storage of cycles at the school.

School dinners were introduced during the war, and a wooden canteen for cooking the meals was erected in the playground. The log book says that requisitions for the canteen started to arrive in September 1942 although the canteen was not opened until January 4th 1943.

Plans were drawn up for a temporary classroom in 1987 and a mobile office in 1991. Plans were also drawn up in 1990/91 for further minor improvements to the school building but these may not have been carried out. In 1992 plans were drawn up for a whole new school to be built in Botesdale to unite the schools of Redgrave and Rickinghall. St. Botolph's school was opened in 1994, one hundred and twenty years after an inspector first suggested a new school in Botesdale for Redgrave and Botesdale children. Redgrave School was made into two houses, and Rickinghall School now has four houses on the site.

Acknowledgements to Sarah Doig for information from her new book 'A Rural Education'. Further information taken from log books, directories, photographs and plans.

Rickinghall School Magazine 1938

In 1938 several of the older students from Rickinghall School produced a school magazine which they called 'The Rica'. Peggy Fellingham was the 'editress' and Audrey Banham was the 'sub-editress' with a committee made up Betty Martin, Joan Huggins, Ruby Bailey, June Banham, Amy Francis, John Scott, Ronald Austin, Gladys Morley and Richard Cook. Gordon Sterry was the 'Manager' for the first magazine and Stanley Rush for the second. Peggy had in her possession two of these magazines, Volume 1 (August 1938) and Volume 2 (Christmas 1938). She left school when she was 14, sometime after November 1938, and it is not known if the magazine continued after this. She figures prominently in both issues, as editor and captain of both shinty and netball. All of the drawings are hers except for the two lino cuts by Gordon Sterry in Volume 1.

The headmaster at this time was always known as 'Flogger' Reynolds, apparently because of his readiness to use the cane, but here we learn that his initials really were F.L.G.R.!

In his introduction to the first volume Mr Reynolds explains the origin of the name Rickinghall 'We in Rickinghall ... should be proud of our village and try to learn all we can about its history... How did Rickinghall receive its name? After a very careful search it has come to light that the 'Ricking' means the settlement of the people of Rica. We know nothing about Mr. Rica but very probably he was a Saxon leader who had not the least idea that his name ... would endure for all time.'

Betty Martin's introduction to Volume 2 concludes with 'We have recently passed through a great crisis and war appeared almost a certainty and how grateful we all are – young and old alike that it has been averted. However, I think the next invasion we will have will be from Father Christmas. May the bombs he drops down the chimney be very acceptable ones.'

The contents of both magazines were prepared with great enthusiasm. There are stories, winning essays from the essay competition, reports on sports matches, drawings, jokes and riddles. There are also several advertisements from local village shops such as:

'To ensure a good smoke, Buy where the stock is always fresh from the makers At Fellinghams'.

'Buy your sweets at Banhams'.

'C. Ashford Mends any old boot or shoe, does not spoil the shape or fit using only hard tough leather. He studies both your feet and your pocket'.

'Teacher: Where do they catch fish? Smart boy: Please Miss, Mother catches it at SHAW'S. Result: A laugh and a new customer'.

'A Good Baker Delays the Undertaker, Dough mixed with brains and baked to perfection, MATTHEWS'.

We would like to know if any other volumes of this magazine survive. Please do get in touch if you have any information about it.

With many thanks to Chris and Marcia Bell (Marcia is Peggy's daughter) who copied the original two volumes & made them available to us.

YOUR RELIABLE LOCAL PLUMBER



Mark Jardine
Plumbing & Heating



- All Household Plumbing, Large or Small
- Full Bathroom Installation
- Domestic Heating, Radiators, Pumps etc.
- Water Softeners
- All Work Anglian Water Certified
- Free Estimates & Fully Insured
- 24 Hour Emergency Call Out

Tel : 01728 628291 Mob : 07854 924 801
email : mgjardine@btinternet.com

Robert Cole Plumbing & Heating

Plumbing & Heating Installation
Oil Boiler Servicing
Woodburner Services & Installations
Emergency Call Out
Mid Suffolk & South Norfolk



Free Estimates
01379 741485



rcoleplumbingservices@gmail.com

WAVENEY WINDOWS LTD

EST.1977



CONSERVATORIES ♦ WINDOWS & DOORS ♦ FACIAS

NIGEL SAYWOOD
Design Consultant

Mob: 07909543905
Show Site: 01379 688488
Home: 01379 640313

SHOWSITE

Blooms of Bressingham
Garden Centre
Diss
Norfolk IP22 2AB

HARDWOOD & COLOURED UPVC AVAILABLE

SEE OUR NEW TIMBER ALTERNATIVE "EVOLUTION" WINDOW

ALAN WADE

For Top Quality

PVCu- ALUMINIUM - WOOD
WINDOWS - DOORS
CONSERVATORIES

Also:

PVC FASCIAS, BARGEBOARDS & GUTTERING
UPVC DOORS IN A VARIETY OF COLOURS

FENSA REGISTERED
INSURANCE BACKED GUARANTEE

OVER 25 YEARS EXPERIENCE

For a free quotation please ring:

01359 251312

First class
treatment!

UPLANDS WAY
VETS LTD



Nurse Clinics are now available at our Stanton Surgery, offering the following care:-

- Pet weight watchers. • Nail clipping. • Dental checks.
- Senior MOT's. • Clinical diet information. • Mobility advice.

Call the surgery direct today, for more information on 01359 251 730.

George Hill Veterinary Surgery
Chare Road, Stanton, Suffolk IP31 2DX
Tel: 01359 251 730

Mon - Fri: 8.30am - 11.00am & 4.00pm - 6.00pm Sat: 9.00am - 10.30am

Also surgeries at:
Uplands Way Surgery Diss 01379 642 865 • Connaught Surgery Attleborough 01953 454 945

Nurse Clinics
NOW available
at Stanton!

For more information visit our website www.uplandswayvets.co.uk



Limes Equestrian
Wattisfield IP22 1PB



BHS Approved Riding Centre

Lessons for all abilities on well-schooled horses from lead rein to schoolmasters. Both instructors are fully qualified with many years of experience in friendly & motivational instruction.

Also Pony Club UK Centre

Training Centre for City & Guilds Qualifications working in partnership with The College of West Anglia and Broadlands Council Training Services for those wanting a career with horses. Open to all from 16 years upwards with all training and assessment on site.

Can also train towards BHS exams Paddock Maintenance—
All aspects undertaken.

City & Guilds

01359 254209 or 07795 844534

info@limesequestrian.com or find and "Like" us on Facebook

THE WINDOW COMPANY WITH A DIFFERENCE!!



We offer good service by skilled workmen with the very latest product technology, but without the high pressure selling.

As well as uPVC windows, doors and conservatories, we also install uPVC fascias, barge boards, guttering and cladding.

A B S
Home Improvements

For Advice and Quotations
Phone: Diss 01379 890626

Unit 2 D & E, Redgrave Business Centre, Gallows Hill, Redgrave, Diss, Norfolk IP22 1RZ
Email: info@abshomeimprovements.co.uk Web Site: www.abshomeimprovements.co.uk

Nyalls Notes Bills Birds



I welcome feedback, do get in touch. Nyall Davies 01379 897 067

Bill Cordeaux Tel: 898286

When I lived in Somerset and was responsible for a church I was asked to mediate in a dispute between neighbours. The request came from one of those neighbours. It turned out that mediate meant take my side. Jesus was asked to perform a similar role when someone in the crowd said to him, "Teacher, tell my brother to divide the inheritance with me."

He replied, "Man, who made me a judge or arbitrator over you?"

Then he said to them, "Take care, and be on your guard against all covetousness, for one's life does not consist in the abundance of his possessions." It may be difficult to recognise that in today's society but that is what he said.

I should have taken the Jesus line but didn't. I mistakenly got involved. The woman concerned owned quite a large piece of land and the neighbours' house had been built on that land. Now being separate properties her land came right up to their house. Although there was a fence around their property giving them a permitted two feet they didn't own it. The lady concerned changed the fence to barbed wire. They retaliated hanging a notice on it saying, "Barbed wire." Various disputes occurred the final one being that they had placed their dustbin on her land. They didn't have anywhere to put it. Despite all my attempts I could not persuade her to be reasonable. She had her rights. I remember saying, "You could give them permission to place their bin there. They could move their bin. I'm not being involved in this petty squabble any longer."

Throughout this squabble each side would quote the acts of the other. The barbed wire was put forward as an example of how rotten one side was and fact that the notice was hung on it was quoted as an example from the other. My job as mediator when explaining the argument of one side was always hampered by their retaliatory actions to the other. Neither side could see anything wrong in their own actions and attitudes.

Minus one plus minus one makes minus two, never zero. Two hostile acts never cancel yet people always want to get even. It seems to be something in our nature. I find that people can't even see that thinking that way is wrong. I can't emphasize this enough people believe they have a right to retaliate, to get even. Each side in a dispute believes itself to be right and the other side wrong. Not only that each side believes that the other side can see where they are wrong and treats all acts as those of deliberate hostility. There is a better way and that is the Jesus way.

In what we call the beatitudes he made a number of statements each starting with "Blessed are" Amongst these is, "Blessed are the peacemakers for they shall be called the sons of God." He was not talking about such roles as Middle East Peace Envoy recently vacated by Tony Blair. He was talking about you and me."

Café Church – helping find peace

10.30 on Sundays
at Redgrave Amenities Centre

Please check we are there in holiday season
Contact Nyall 01379 897067



At this time of the year our birds are quieter. No need to define a territory or charm a wife! Exhaustion becomes the norm, especially in very hot weather and ravenous youngsters still clamour for food though having left the nest for some weeks. In all, we have had three nests of Spotted Flycatchers in our villages. All in old nesting areas. They are slow to show themselves and are usually first seen after the eggs have been laid.

A Red Kite has been seen over Clarks of Walsham and, at last, a Turtle Dove has been heard, seen, and photographed on Botesdale Common. Sadly on at least three regular previous sites no birds have returned, though an occasional lone bird has been seen, possibly searching for its partner who may not have survived its migration route.

However, since my last report, I have travelled across 'the pond' to North America visiting the Florida coast line on the Gulf of Mexico, and in the north, Long Island above New York city. I had a bird book with me but I am a mere amateur in a foreign land of new birds (to me) and new bird song. The big birds were obvious on the Florida coast. Brown Pelicans constantly patrolled the sea shore, like terns which were also present, and, suddenly, they turned and stopped in flight and literally fell into the sea to pick up some useful morsel. At one restaurant they kept a jealous watch on us eating our seafood.

A bird which fascinated me was the 'Skimmer'. This black-winged sea bird toured the shoreline with downward pointing beak, the lower and longer bill protruding in front of the upper shorter bill. They flew swiftly along the tide line, there neatly picking up scraps without stopping. Ospreys were also present and showed themselves rising from the sea with a fish in their talons.

High in the sky floated the 'Magnificent Frigate Bird' (what a romantic name!). Black wings and a forked, sometimes pointed, tail. With a wing span of some seven to eight feet it gently moved serenely above other birds looking down for food.



The Magnificent Frigate Bird

On Long Island, especially in wooded housing areas, plenty of bird song. I felt very frustrated not being able to recognise it. I understood how difficult bird song is to identify here, if one has not been fortunate enough to live in an area of singing birds for many years.

And now the American Robin. Justly named by its red chest. I spied one through our host's garden window soon after we had arrived. It is bigger than our Robin, a relation of the Thrush, and migrates to Central America for the winter.

Just before we left I was attracted to a bird singing in some shrubs. I gently whistled to it and up popped a bird looking like our Great Tit. My bird book stated it was a Great Tit and had been introduced by early settlers!

I finish with some local news—if you go and pick strawberries at Sunnyside you will be accompanied by the singing of a Yellowhammer (somewhat uncommon these days). The number of Lapwings on the Redgrave Fen lake by the B1113 has increased from three to twelve. I wonder if this is due to their nesting locally or visits from friends! And lastly, a bird flew up from a bush in front of our house which looked pretty ordinary except it had a white rump. I am sure it was a baby Bullfinch!

And now over to you—any bird reports from your summer holidays will be very welcome.

Evan Worby

Carpentry & Interior Fitting

Kitchens Bathrooms Bedrooms

evanworby1@gmail.com

Mob: 07523 051481 Tel: 01359 251267



BAVLOWE

CARPENTRY

Oak Frames, Cart Lodges and Barn Conversions

Timber Frame and Period Property Renovation Specialists

General Carpentry, Roof Repairs and Property Maintenance

DESMOND BAVINGTON LOWE

07796 294655 · 01379 897287

bavlowe@hotmail.co.uk



FOREFRONT

CARPENTRY CONTRACTORS LTD

07766 395329

info@forefrontcarpentry.co.uk

www.forefrontcarpentry.co.uk

G. C. COBBOLD JOINERY

ALL ASPECTS OF JOINERY
UNDERTAKEN

GATES, LEDGED & BRACED DOORS, WINDOWS,
GARAGE DOORS, STABLE DOORS, POTTING
SHEDS, FENCING, SHELVES, STORAGE
SOLUTIONS AND MUCH MORE!

Free quotations given

01379 783092 / 07841 026 220

G & S Property Services

For all the
maintenance
work you
hate

We can now service, repair
or replace your oil boiler

- small plumbing work
- drains and gutters
- roofing
- gates
- carpentry
- paths
- patios
- fencing
- plastering

All work considered - No job too small

Tel: 01359 251 287 or 07931 527 247

for a free estimate

M.A. Heating Services

- Oil, Gas and LPG boiler servicing, replacements and repairs
- Repairs to central heating system faults i.e. pumps, programmers and cylinders
- Servicing and repairs to Rayburn, Aga, Stanley and Esse stoves
- Landlord's Certificates

Telephone: 01379 783427
Wickham Gate, High Street,
Gislingham, Suffolk, IP23 8JD

KASEY PLUMBING & HEATING



C2197

Oil, Gas, LPG
& Underfloor Heating
Installation, Boiler Servicing
& Repair
General Plumbing
Bathroom Installation
Water Softeners
Landlord Certificates



202496

01359 221108

07906 095387

E & D Boiler Maintenance Ltd

Upper Church Farm, Finningham Road, Rickinghall, IP22 1LP

SPECIALISTS IN
Oil, Gas & LPG

Boiler Maintenance, Breakdown, Repairs and Installations
All makes covered including:
Worcester Bosch, Boulter Camray, HRM Wallstar, Vaillant, Baxi.
Boiler insurance, annual maintenance reminders and controls work.

edboilers@btinternet.com
Tel : 01379 898574 Mob : 07771 880525

In your garden Cookbook

 * "In Your Garden" with Tripp Batt of Stanton *

* Fruit – keep checking on ‘top fruit’, e.g. apples and pears, and remove misshapen or damaged fruits before fungus attacks. This will encourage fewer but larger and healthier fruit. Strawberry ‘runners’ can be pegged down to encourage roots, and thus propagation takes place. If you don’t want more plants, then simply remove the runners. *

* Vegetables – Now is the time for harvesting many crops. Keep picking the ‘cut and come again’ varieties such as certain lettuces and baby spinach. You can usually do this three or four times until the leaves lose their sweetness. Root crops are best lifted when the soil is damp or in the morning before they lose moisture content on a hot day. Lift carrots at dusk when carrot fly is dormant. *

* Flowers & shrubs –Remove dead flower heads from bedding plants, Fuchsias and roses, not letting them go to seed, and still keep up the liquid feeding. Some shrub roses produce colourful hips, so don’t remove those yet. Keep picking flowers from Sweet Peas and they will continue to produce more. Tie in new growth on climbing plants before the wood ‘hardens’. Hydrangeas produce blue flowers in an acid soil, and pink flowers in a limey area such as ours. If you would rather have blue flowers, apply a rich iron feed such as Maxicrop with Iron. If buying a new plant, consider potting it up into ericaceous compost and water with rainwater. *

* Hedges – Many hedges need cutting, but if they are laden with berries and fruits, they will attract birds to your garden in the autumn. My best advice for shears and hedgetrimmers is to give the blades a coating of WD40 or thin oil before each use, which will reduce the amount of sap sticking to the blades which impairs performance. Hedgetrimmers are now available on long poles which enable safe and quick cutting without the need for climbing steps. *

* Coming up soon is one of the best local events for gardeners, the Walsham Open Gardens weekend which takes place over the August Bank Holiday. This is an ideal chance to see what other gardeners are doing and to get some ideas and tips. *

* Happy Gardening! *

* *Ian Shilling,* *
 * *Tripp Batt Country Store, tel. 01359 250268* *

In the Cookbook, we'd like to share your favourite recipes with baking enthusiasts in our villages.

To include a recipe in the column below, please send it to editor@rbrparishmag.com

Please don't copy straight out of cookbooks—we want to avoid problems with copyright! 😊



Individual summer puddings

- 350g mixed berries, fresh or frozen (we used raspberries, blackberries, redcurrants, blueberries and strawberries)
- 2 tbsp golden caster sugar
- zest 1 lemon
- sunflower oil, for greasing
- 3-4 slices slightly stale white bread, crusts removed

To serve: 2 tbsp extra-thick double cream; 2 tsp icing sugar, sifted

Method

1. Tip all the berries, apart from the strawberries, into a saucepan. Sprinkle over the sugar and stir. Set over a low heat and cook until the sugar has dissolved and the fruit has started to release its juices. Increase the heat, bring the mixture to the boil, then simmer for 2 mins until the fruit is soft and you have lots of deep red juices. Quarter the strawberries and stir into the berries, along with the lemon zest. Remove the pan from the heat and strain the fruit through a sieve, reserving the juices. Meanwhile, lightly oil 2 x 175ml dariole moulds (or 2 large teacups) and line with cling film. Using a pastry cutter, stamp out 2 small circles of bread to fit in the base of each mould. Dip one side into the reserved juices while still hot, and place, juice-side down, into the bottom of the lined mould. Cut another 2 larger circles from the bread, and slice the remainder into 2.5cm-wide strips that are the same height as the mould. Dip the strips into the juices and use to line the sides of the moulds in the same way, pressing each piece in place and overlapping slightly.

2. Pack the strained fruit into the bread-lined moulds, reserving some fruit and juices for serving. Fold over any strips of bread that protrude from the mould, then dip the final 2 circles of bread in the juices and top the puddings to seal. Cover with cling film and push down firmly with the palm of your hand. Pop in the fridge to chill for at least 4 hrs, preferably overnight.

When ready to serve, whip together the cream and icing sugar. Turn the puddings out onto plates, top with the reserved fruit and juices, and serve with the sugared cream.

From BBC Good Food

DINGBATS ANSWERS:

Left overs, bucket list, splitting headache, an inside job, Middle Ages, too little too late, afternoon tea, four wheel drive, a round of drinks, miss understanding, a hole in one, standing ovation, unfinished symphony, free for all, uphill struggle, sand between the toes.



Neil Worby
OF RICKINGHALL
Painter and Decorator
 established over 12 years

- ☑ General repairs & maintenance
- ☑ Expert, clean workmanship

Tel: 01379 890526 Mobile 07738 156 036

e-mail: neil@worby.myzen.co.uk

Painter & Decorator

Internal ~ External
Domestic ~ Commercial

S.C.G. ELECTRICAL

ALL TYPES OF ELECTRICAL WORK UNDERTAKEN

DOMESTIC
 COMMERCIAL
 LIGHT INDUSTRIAL
 SECURITY LIGHTING

01379 741311 or
07792 767869

Cheryl Goddard
Painting & Decorating

Qualified I.C.A. City & Guilds
 Friendly conscientious local service
 No job too small

Tel: **01379 741311**
 Mob: **07817 614 883**

Paul Parsons
Electrical
 Rickingham, Diss, Norfolk

From a new socket to a rewire
 A professional service at a reasonable price

Tel: 07786 558 510 Part P

Anglia Chimney Sweeps

01359 221893
07711 458575

Power sweeping for a thorough clean
 Smoke draft test with every sweep
 Fully trained and insured
 Insurance-recognised certificates

www.angliachimneysweeps.co.uk

INSURANCE THAT'S ON YOUR DOORSTEP

Having a local office means we're accessible, whether you need to make changes to your policy or make a claim.

We can help you insure your:

- Home & Car
- Horse & Horse box
- Business
- LGV & Commercial Vehicle

For a real conversation about your needs call 01379 651800 or pop into our branch
 NFU Mutual Office, Diss Business Park,
 Hopper Way, Diss, Diss, Norfolk IP22 4GT

It's about time[®]

CHIMNEY SWEEP
ECO SWEEP CHIMNEY SERVICES

- New power sweeping method used for a more thorough chimney clean than brushes
- Industrial HEPA filtered vacuum
- Fully insured
- Spotless, reliable & friendly service
- Insurance recognised certificates issued
- All chimneys, Aga, wood burner & boiler flues swept
- Guild of Master Sweeps Certificated Member

Power sweeping
 Before During After

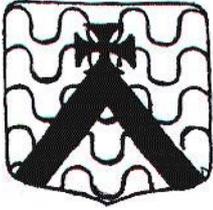
01359 232335

Andy Wishart
Chimney Sweep

- N.A.C.S. Member*
- H.E.T.A.S. Approved
- Insurance Certificates (BS 6461)
- Brush & Vacuum
- All Domestic Chimneys & Boilers cleaned

Diss (01379) 643181

*National Association of Chimney Sweeps



School news

It has been a very busy and productive summer term at St Botolph's and the children and staff are looking forward to a well-earned break next month. All of the children have been enjoying the recent good weather and many of our children have been out and about visiting exciting places and enriching their learning. The children also have also had their sports mornings which were well received by parents and carers. It is fantastic to see the children enjoying themselves and taking part in a variety of competitive and non-competitive sports events. The children not only demonstrated great effort and determination but also good team spirit and sportsmanship.

The children at St Botolph's presented their annual music and art festival. For one evening in July parents and carers were invited to Redgrave Church to view a wide variety of art work and be entertained by numerous talented children from Yr2 to YR6. The choir delighted the audience with their singing and I'm we were inspired by the range of children demonstrating their skills using different instruments; these included guitar, piano, flute, recorder and various brass instruments. The evening was sensational and it was wonderful to see the results of such hard work and dedication from all of the children.

We have recently held our school summer fayre which was wonderful and well supported by the school and local community. St Bots is very lucky to have such a wonderful and committed Friends group. They really did us proud this year.

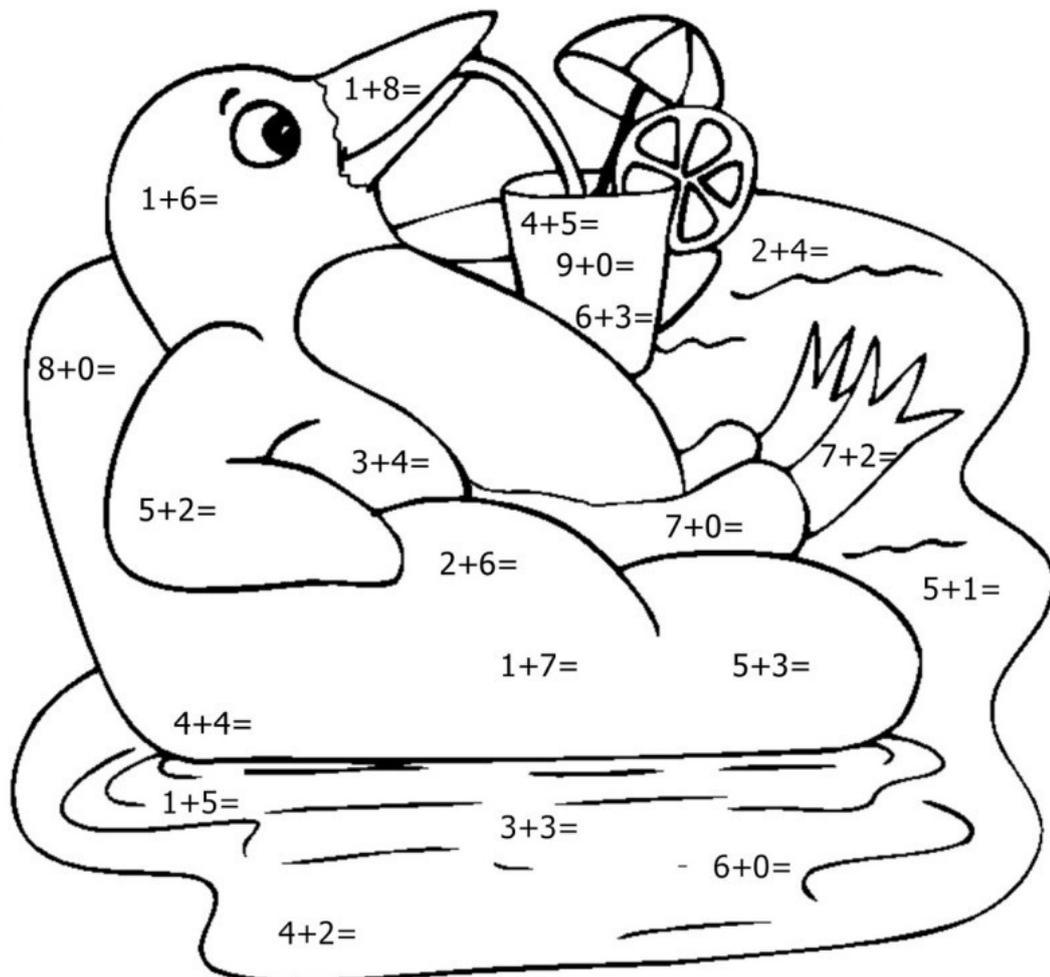
I must mention our fantastic Year 6 children who will soon be starting the next stage of their education. They have been a great cohort of children and leave us well prepared for the move to high school. I'm sure they will all continue to work hard and achieve well. I wish them all well as they move on to new challenges and experiences.

Finally I would like to thank all of the staff at St Bots who have worked so hard this year and achieved great success with the children. We have several staff members who will be leaving us at the end of the term and I wish them all well.

Let's hope for some lovely summer weather so that we can all rest up and recharge our batteries and return to school in September ready for action!

Mr M. Cobbold, Headteacher.

- 6- Blue
- 7- Black
- 8- Purple
- 9- Yellow



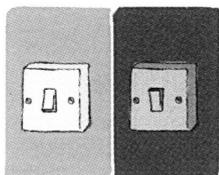
ABC Electricity

For all your electrical requirements
Free quotation and advice
No job too small

Call Christie on
01953 860957
07979 508 408

or e-mail
christieorton@hotmail.co.uk

Part P Accredited
ELECSEA approved



FRANK DAVEY LTD. (EST 1998)

Asphalt and Civil Engineering

SUFFOLK COUNTY COUNCIL APPROVED CONTRACTOR

**DRIVEWAYS & DROPPED KERBS
ENTRANCES AND ACCESSES
ALL TYPES OF GROUND WORKS
HOT TAR SPRAYING
PATCHING / REINSTATING
LORRY / DIGGER HIRE**



Ariesmead, Garden House Lane, Rickinghall, Diss, Norfolk, Ip22 1EA
Email : frankdaveyltd@hotmail.co.uk

Tel : 01379 898371. Fax : 01379 898798. Mob : 07940 530955

Quality TREE SURGERY
at affordable prices

Tree felling, dismantling,
pruning and pollarding,
stump grinding, hedge
trimming and reductions.

Call now to arrange
a *free quote*

01379 871931



www.northsuffolktrees.co.uk

Peter
Goddard
Firewood

**HARDWOOD
FIREWOOD**

available all year round, cut
& split to your requirements

01359 221287 daytime
or 07946 595126 mob

T TAYLOR CONSTRUCTION

Sewer connection • Dropped kerbs • Driveways

Block paving • Patios • Paths

Drainage, kerbs and footings • House and Garden Clearance

All concrete & digger work undertaken

NEW ROADS AND STREETWORKS ACT
CITY & GUILDS APPROVED
OVER 20 YEARS EXPERIENCE



Tel / fax: 01953 688 301 Mobile: 07786 223 141
FREE ESTIMATES - NO OBLIGATION

Block Paving & Patio Specialist

GKW GROUNDWORK

All other types of driveways constructed
Also garden walling, pathways, fencing, foundations &
drainage

Micro digger & driver for hire -
will fit through a standard gateway

20 years experience
Full public liability
insurance

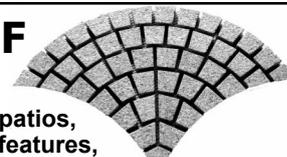


Tel: 01359 250 496
Mob: 0799 0502 354

E-mail: gary@gary49.orangehome.co.uk

UNDER ONE ROOF

Specialist in all types of paving
& hard landscaping, driveways, patios,
ornamental garden walls, water features,
drainage and fencing



A family run business with over 20 years of on the job
experience

Fast professional service.

No VAT on
labour

Fully insured and all work guaranteed

Call Mark for a friendly visit and a free quotation

01379677027 OR MOBILE 07768636618

SEAN ROURKE Carpentry Services

For a free no obligation quote from a friendly
local carpenter call

01379 890463
07773355061

All work considered
No job too small
Fully insured




S.J. MILLS & SON

**PATIOS, PATHWAYS,
TURFING, FENCING,
DRIVEWAYS, BLOCK
PAVING, SHEDS,
GARDEN CLEARANCE**

For a free no obligation quote
please contact us on:
Stephen Mills: 07976 485723
Nathan Mills: 07875 247684
Email: smills46@yahoo.co.uk


Hubbard
Gardening
SERVICES

Landscaping
Grass Cutting
Mower Servicing
Garden Maintenance
Hedge Cutting
Fencing Work
Tree Surgery

Seasoned Firewood by the full or
half load

Call 01379 678836 for further
details or to arrange a free quote



Pre-school news

To find out more about our pre-school or to arrange a visit please contact Karen Hails on 07796 014304.

This term: The summer term is always very busy as we prepare our Butterflies for their move to school in September. We have had regular visits to St Botolphs and welcomed the reception class to pre-school for a teddy bears picnic. We have continued our focus on outdoor play and are looking forward to our end of term Hawaiian party!

All about us: We are a registered charity operating on a not for profit basis. We provide care for local children from the age of 2 years and are based at Botesdale Village Hall. We work closely with St Botolph's Primary School to assist in a smooth transition for our children to primary school.

Committee: As a charity, our pre-school is required to have a committee in place comprising parents/guardians. Our committee meets every couple of months to discuss matters relating to the general running of the pre-school. Joining the committee is a great way to get to know the staff and other parents, and get more involved in your child's experience. It will also make a real difference to how our setting is managed! If you are interested in being involved please speak to Karen.

OFSTED: We were thrilled to receive a fantastic OFSTED report in December 2014 and were very proud to receive particular praise for providing an "extremely calm, relaxed and friendly atmosphere". Please let us know if you'd like a copy of the full report.

If you would like to know more about our pre-school or would like to arrange a visit please drop in or contact Karen Hails on 07796 014304.

*Thank you to Botesdale Village Hall!
The children, staff and committee members would like to say a very big thank you to the Botesdale Village Hall Management Committee for the investment they have made in providing us with super new under-stage storage. This has made a huge difference to how easily we store and access equipment. THANK YOU!*

Goodbye and good luck to all our Butterflies. We are incredibly proud of each and every one of you and wish you every success at your new schools.

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose..."

Dr Seuss

Dingbats

OVERS OVERS OVERS OVERS	1. BUCKET 2. BUCKET 3. BUCKET 4. BUCKET 5. BUCKET	HEA DAC HE	JOB AN
→ AGES AGES AGES	LITTLE LITTLE LATE LATE	NOONT	WHEEL WHEEL WHEEL WHEEL DRIVE
KUMBER SHERRY COLAGI NVODKAMHISKY	STANDING MISS	1	NON-TAVO
Symphon	£0.00 ALL ALL ALL	STRUGGLE	TOSANDES

CW SERVICES
Rickingham
Your local reliable gardener

Grass cutting
 Hedge trimming
 General garden maintenance
 All garden rubbish removed

☎ 01379 890506
 📠 0754 8975350



Ed Batram
GARDEN

SERVICES
 Lawns - Paths - Patios
 Borders - Fruit - Vegetables
 Pruning - Tree Work -
 Hedging - Log Splitting -
 Fencing - Brickwork - Paving
 Clearance - Design - Planting
 Aftercare

Certificated/Insured
FREE ESTIMATES
 Tel : 01379 898203 (home)
 07950923696 (mobile)



ACORN TREES

All types of tree surgery
 and garden work.
 A professional and fully
 insured service.

Tel: 01379 588 122
Mobile:
0777 623 5006
ADAM PICKESS



Professional Pruning
 Nigel Payne

- Fruit trees & soft fruit also wall-trained & espalier
- Apples & pears pruned October to April
- Plums & other 'stone fruit' when in leaf
- Restoring old fruit trees a speciality

Tel: 01359 253545
 Mob: 0781 613 0934
 Email: nudgepayne@hotmail.com
 www.fruittreep pruning.co.uk



THE GARDEN ROOM
 Lady on your own?
 Would you prefer an experienced Lady Gardener?

- Border Specialist • Garden Maintenance
- No job too small • Planting Plans
- R.H.S. trained Garden Designer and Horticulturist

Please ring Marian on
 01379 898646 or 01449 723412
 www.the-ladygardener.co.uk





NICK BOBBY TREE SERVICES

- Professional Service
- Competitive Rates
- All aspects of tree work undertaken
- Professional Hedge Cutting / Reducing

www.nickbobbytreeservices.co.uk
 Free Quotations call 01379 788 757 or 07545 989 081

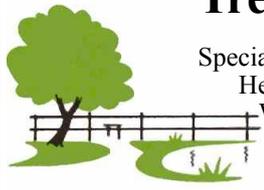


NPTC and LANTRA Qualified

Countryside, Conservation & Tree Services

Specialists in : Tree Surgery, Tree Planting
 Hedge Laying and Hedge Management
 Woodland & Fruit Tree Management
 Conservation & Landscape projects
 Also Stump Grinding
 Wood Chip Mulch

Mark Bleay BSc (Hons)
 Telephone : 01379 651 064 Mobile : 07702 642 463
 markbleay@btinternet.com www.cctrees.co.uk
£5,000,000 public liability insurance



S&S
Safe & Sound Hygiene and Pest Control

Have you a problem with-

- Rats, Mice, Moles, Wasps or Rabbits?
- All typical pests controlled
- For ALL your domestic / commercial pest control
- Garden maintenance
- No obligation - free survey /quotes

Please call: 01379 788 865,
 07809 226109 or 07518 731106
 www.safeandsoundhygieneandpestcontrol.co.uk



RODENT CONTROL AND PROOFING

- AGRICULTURAL
- DOMESTIC
- COMMERCIAL

FULLY INSURED
 CALL TIM:
 01379 890333

npta
 National Pest Technicians Association



MAGPIE TREE & FENCING SPECIALISTS

Fully Insured

All Aspects Of
 Tree Surgery & Fencing
 At Affordable Prices

Call For A Free Quotation & Advice
 Carl J Baker 01379 897 143
 07717101660

N.P.T.C
 Qualified

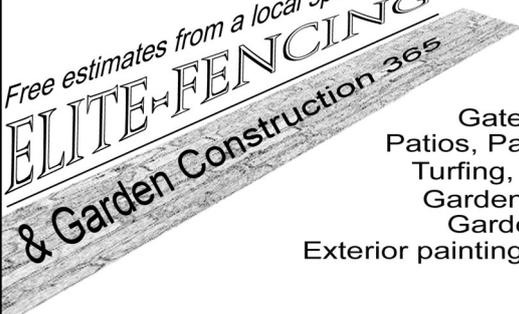


Free estimates from a local specialist

ELITE-FENCING
 & Garden Construction 365

Fencing
 Pergolas
 Gates, Decking
 Patios, Paths, Bases
 Turfing, Demolition
 Garden clearance
 Garden projects
 Exterior painting & staining

Call Trevor : 01359 221 128 or 07761 651 567
 www.elite-fencing.co.uk trevor@elite-fencing.co.uk
Your garden projects turned into reality



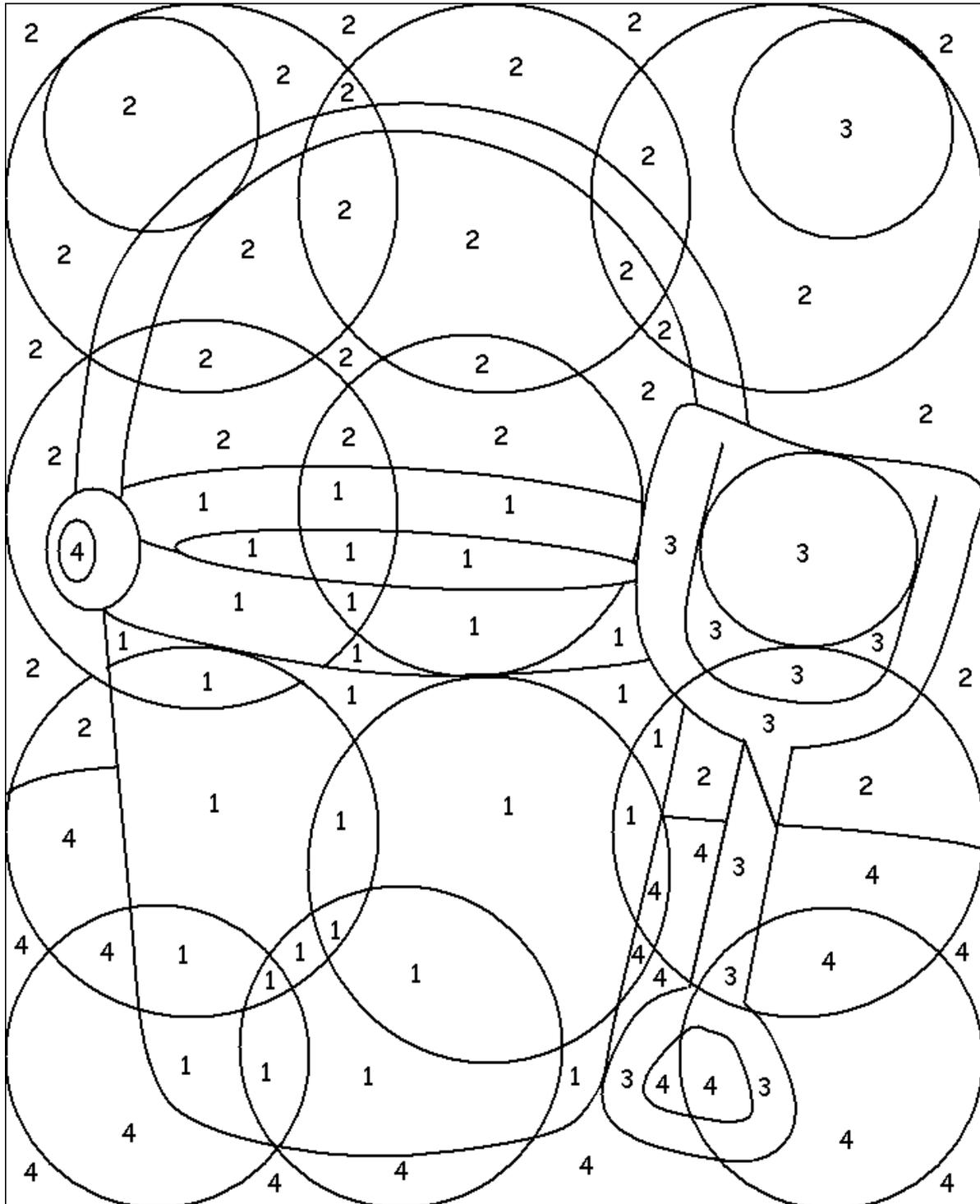
Future Events

THE RBR REMEMBRANCE SUNDAY PARADE

March with us in the Remembrance Sunday Parade on 8th November. Men and women members of the Royal British Legion, the British Red Cross, the WI and the Brownies always march, but it is the villages' parade in memory of those who gave their lives for their country and anyone may join in and is welcome to do so.

The Parade will form up behind the Gislingham Silver Band outside the Old Post Office at 2.45pm. As usual, we will march to the Chapel of Ease for the Remembrance Service, followed by the ceremony at the war memorial.

It is your Parade: join it and march!



1 = red

2 = blue

3 = yellow

4 = light brown



Essential Ponds & Landscapes

(Rickingham)

Pond Design & Construction • Pond Cleaning
Organic & Mechanical Silt Control • Plant Control & Removal
Fish & Pond Health Surveys • Full Maintenance Contracts
Natural Pond Specialists
Turf Supply & Laying • Decking • Fencing • Patios
Free Advice • No Obligation Quotations • Fully Insured

Contact Chris
01379 777365 or 07901 710107

JUST BUILDERS

Established family business – 25 years of providing quality workmanship and service.

All building work undertaken

Including
 Kitchens-Bathrooms-Loft Conversions-Extensions
 Flue Liners- Wood Burners
 Specialists in Listed Buildings & Barn Conversions

Contact: **Justin Crane**
07860 532602 or 01379 890379
justbuilders@btinternet.com



For a fast, friendly & efficient service
 Estimates provided free of charge
 References provided on request

Local Sand & Gravel

Tel: 01379 898 894

- Sand - Soft/Sharp
- Shingle/Gravel - 10, 20 or 40mm
- Ballast - 10mm or 20 mm
- Crushed - Hardcore or Type 1
- Topsoil - Screened or as Dug
- Small trucks for easy excess (6 ft wide)
- Mini digger Hire

Call **01379 898 894** today to book your local delivery
 Or Email:

localsandandgravel@gmail.com



Period Buildings sympathetically restored and repaired using lime mortar

Structural brick repairs
 Repointing
 Flintwork
 Lime / Hair Plaster
 Garden Walls
 Patios etc

Contact Bob on
 07780 790370

GEOFF NICHOLLS & CO. Complete Building Service

SPECIALISTS IN PERIOD PROPERTY RESTORATION

renovation work, all repairs, alterations, conversions, roofing, decoration etc.

Barton.
 (01449) 781375

Quality work guaranteed

BRYANT BROS BUILDERS

A local family firm serving the community with over 57 years experience in :-



- ☑ General building repairs
- ☑ Patios and fencing
- ☑ Interior and exterior decoration
- ☑ Kitchen and bathroom installations
- ☑ Wall and floor tiling

Enquiries to 01379 898806 or email
 mjb@bryantbros1.freeserve.co.uk

Perfect Homes

All aspects of home maintenance undertaken

- Bathrooms fitted
- All types of plumbing
- Pipes lagged
- Gutters cleared
- Sheds repaired
- Fences fixed
- Lofts boarded out and insulated
- Small plastering work
- Painting & decorating inside and out

The list is endless!

Property Maintenance & Renovation

Your friendly, reliable and local service

Fully qualified plumber Free Estimates No job too small
 Call Dave. Tel : 01379 890050 Mob : 07768 267 501

Paul Jenner



All Jobs

01379 898 536

07947 405 670

† To help with all building needs

- † Extensions, Conversions & Renovations
- † Kitchens and Bathrooms
- † Tiling, Flooring
- † Painting and Decorating
- † Plastering Services
- † Fencing, Paths, Patios
- † and much more

1 Church Meadow, Rickingham
 e-mail: pjalljobs@btinternet.com

www.pjalljobs.co.uk



BN Property Maintenance

Any job considered with free estimations and advice

Ben Newman

General Builder

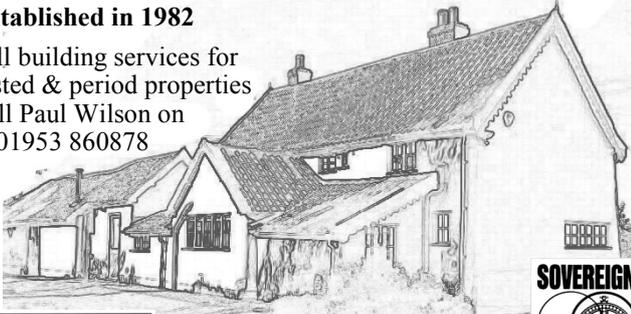


2 Garden House Lane
 Rickingham
 IP22 1EA
 Mobile: 07850 45 97 22
 Home: 01379 309 253
builderben70@yahoo.co.uk

Wilson Restorations

Established in 1982

Full building services for
Listed & period properties
Call Paul Wilson on
01953 860878



NHBC www.wilsonrestorations.co.uk

SOVEREIGN
APPROVED
CONTRACTOR

City & Guilds

DANIEL FOX

The Countryside Agency

MASTER THATCHER

LONG STRAW THATCHING
Ridging and Repair work undertaken

telephone: 01379 423137
mobile: 07768 968465

Find me on  or  twitter @DanTheThatcher

Daniel.Fox11@yahoo.co.uk
www.DanielFoxthatching.wordpress.com



Design

NEED A Grand Design?

- WE GUARANTEE WE WILL BEAT ANY GENUINE QUOTATION
- FREE CONSULTATION
- FULL DESIGN PLANNING FOR COUNCIL APPROVAL
- BUILDING REGULATIONS
- PROJECT MANAGEMENT WHILST ON SITE

WANT TO RENOVATE OR EXTEND YOUR HOME?

CALL US NOW ON
01359 232507

LEWISMN@TESCO.NET

5 HEATHER CLOSE, THURSTON, BURY ST EDMUNDS, SUFFOLK IP31 3PX

Mni Designs Ltd



D. S. Plastering

Interior/Exterior Plastering
Coving
Floor and wall tiling
Painting and decorating

For a free estimate:- Phone: 01379 644320 Mobile: 07842780610

Email: dsharmanplastering@gmail.com Web: www.dsharmanplastering.co.uk  



R.W. LISTER & SON

MOTOR ENGINEERS

Tel : 01379 898 549
Mob : 07767 678 673
07775 623 778

M.O.T. Testing Station
Tyres / Exhausts / Batteries
All car and light commercial servicing



WOLSEY HOUSE MOTORS

The Citroen Specialists

SALES • SERVICING • AIR-CONDITIONING

FULL FACTORY DIAGNOSTIC EQUIPMENT FOR ALL MAKE AND MODELS

MANUAL & AUTOMATIC COURTESY VEHICLES

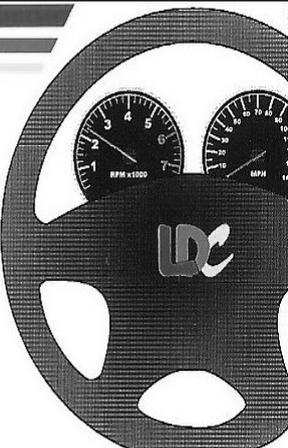
Telephone: 01379 644133
Mobile: 07831 824219

www.wolseyhousemotors.co.uk

Wolsey House, Millway Lane, Wortham, Diss, Norfolk IP22 1SL

Jan Tyrrell
Your local LD instructor

For more information call
Mobile: 07508 059056
Landline: 01379 898697
visit my website at
www.passwithjan.co.uk
or email me on
info@passwithjan.co.uk



**Amanda
The Animal Carer**

3 The Old School, Wattisfield, Diss, IP22 1NT

We offer a wide range of professional Pet caring services -
7 days a week

Including Dog Walking and Home visits
for all your family pets

Please call 01359 251019 or 07775 508041
for more information
or visit our website at www.animalcarer.co.uk

Someone you can trust when you are not there

HAPPY DAYS DOG WALKING SERVICE



YOUR LOCAL VILLAGE DOG WALKING SERVICE

FUN, FRIENDLY AND RELIABLE FOR DAILY, WEEKLY OR OCCASIONAL WALKS



**PLEASE CALL : JANEY AT
HAPPY DAYS DOG WALKING
SERVICE : 077 6419 1542
BASED IN RICKINGHALL**

**WORTHAM BOARDING KENNELS
AND CATTERY**

(established 24 years)

Bury Road, Wortham, Diss, IP22 1PX

- ❖ Small, family run, professionally managed kennels and cattery
- ❖ Friendly compassionate staff
- ❖ Finest standards of care and attention
- ❖ Day boarding available
- ❖ Viewing by appointment

01379 898267

www.worthamkennelsandcattery.co.uk



PROBLEM PETS



Who controls your family you or your dog? Who takes who for a walk? Maybe he/she is anxious, aggressive, and hyperactive or are there any other unwanted behavior issues? I'm here to help!

I offer dog behavior management in **your** home at **your** convenience. All breeds, young and old

At very competitive prices

Contact Owen on: 07545 992584

Email on: problempets@hotmail.co.uk

Also for more info please look at my website at
www.oc-dogbehaviour.com

Your local independent retailer stocking new
BOSCH • HOTPOINT • ZANUSSI • LIEBHERR

Open:
Monday
Friday:
9-4 pm
Sat
10-3pm

Large Showroom:
Finbows Yd
Bacton
Stowmarket
Suffolk

**SUPPLY & INSTALL NEW
AND REFURBISHED APPLIANCES
INCLUDING BUILT-IN
Guaranteed Refurbished Appliances
and Guaranteed Repairs**

01449 780398
www.daappliances.co.uk

**Susan Whymark
Funeral Service Ltd**



Independent and Family Run

- Funerals arranged by trained experienced staff in our friendly office environment or in the comfort of your own home
- Free transport for visits to registrars, our Chapel and other related appointments
- Bereavement support group Open to all in need

Office & Chapel of Rest located at Chestnut House, 12 Progress Way Langton Green, Eye Suffolk, IP23 7HU

Independent of Any Large Corporation and Truly Owned And Run by The Whymark Family

24 Hour Telephone Number **01379 871168**

www.susanwhymark.co.uk
email: susan@susanwhymark.co.uk



RECOMMENDED BY THE
GOOD FUNERAL GUIDE

**Rosedale
FUNERAL HOME**

Derrick Leeder • Richard Green
Anne Beckett-Allen • Christian Fairbrother

We are here to help you select and arrange the kind of funeral that is right for you. We pride ourselves on our premises, our personal service and attention to detail, whilst remaining competitively priced.

**Rosedale House
63 Victoria Road
Diss IP22 4JE**



Tel: 01379 640810 (24 hrs)

www.rosedalefuneralhome.co.uk

An independent, family business – we believe it makes a difference.

Readings for Parish Church Sunday Services		
	1st reading	2nd Reading
2nd August	Ephesians 4:1-16	John 6:24-25
9th August	Ephesians 4: 25-5:2	John 6:35, 41-51
16th August	Ephesians 5:15-20	John 6:51-58
23rd August	Ephesians 6: 10-20	John 6:56-69
30th August	James 1:17-end	Mark 7:1-8, 14, 15, 21-23
6th September	James 2:1-17	Mark 7:24-end
13th September	James 3:1-12	Mark 8:27-end
20th September	James 3:13-4:3, 7-8a	Mark 9:30-37
27th September	James 5:13-end	Mark 9:38-end
4th October	Genesis 2:18-24	Mark 10:2-16

Rotas	Chapel of Ease		Redgrave		Rickinghall	
	<i>Sidesman</i>	<i>Lector</i>	<i>Sidesman</i>	<i>Lector</i>	<i>Sidesman</i>	<i>Lector</i>
2nd August	Mrs C Hilliard	Mrs S McGrath	Mr J Robinson		Mrs J Sheehan	Rector
9th August	Mrs E Moss	Mrs J Shepherd			Mr R Rixon	Mrs P Rixon
16th August			Mrs D Hodson	Mrs S Purdom	Mrs S White	Mrs J Whitehead
23rd August	Mrs J Wilson	Mr K Wilson	Mrs R Walker	Mr J Walker	Mrs J Sheehan	Rector
30th August	Mrs J Wright	Mr J Wright			Mrs M Self	Mr J Lamb

Rotas	Chapel of Ease		Redgrave		Rickinghall	
	<i>Sidesman</i>	<i>Lector</i>	<i>Sidesman</i>	<i>Lector</i>	<i>Sidesman</i>	<i>Lector</i>
6th September	Mrs J Cordeaux	Dr Cordeaux	Mrs F Lamb		Mrs B Foster	Mrs J Bennett
13th September	Mrs D Hodson	Mrs E Young			Mr /Mrs Miles	Mrs J Wilson
20th September			Mrs B Davies	Mr C Davies	Mrs S White	Mrs J Whitehead
27th September					Mrs J Sheehan	Rector

August and September flower rota				
	Chapel of Ease		Redgrave	Rickinghall
2nd August	Mrs Whiteside		Mrs F Lamb	Mrs Whiteside
9th August	Mrs Canning			
16th August	Mrs Canning		Mrs R Walker	Mrs Sheehan
23rd August	Mrs Cordeaux		Mrs R Walker	
30th August	Mrs Cordeaux		United Service	Mrs Draper
6th September	Mrs Heath		Mrs B Cavanagh	Mrs Rixon
13th September	Mrs Heath			Mrs Rixon
20th September	Mrs Moss		Mrs P Button	Mrs Rippingall
27th September	Mrs Moss		Mrs P Button	Mrs Rippingall

Thank you

Thank you so much for all the cards, flowers and kind messages following my recent surgery. I am very well, making good progress and grateful for all the encouragement I get from so many considerate people.

Jane Dorling

Prize Bingo Evening

Botesdale Wives Club thanks all those enthusiasts who supported their annual Bingo Evening on Friday 3 July. Thank you too, to Irene Chandler our 'caller'. Everyone was so generous and the magnificent sum of £200 will be sent to the Alzheimer's Society.

Committee and Members



Microsoft
CERTIFIED
Professional



COMPUTER PROBLEMS ??

Call Joe Richards for Windows and Apple Mac at
BAILIWICK IT SERVICES.

Repairs, Upgrades, Networking, Virus & Malware removal,
Data Retrieval, Printers, new & factory refurbished machines
IT tuition and admin support for home & Business users.

Tel: 01953 718421 Mob: 07928 326008

Email: help@bailiwickit.com Web: www.bailiwickit.com

JP JAMIE PRETTY

Chartered Certified Accountants

Accounts, Bookkeeping, PAYE, CIS, VAT Returns,
Personal Tax, Corporate Tax

Initial consultation meetings are FREE

01379 890656

E: info@jamiepretty.co.uk W: www.jamiepretty.co.uk
Office 5, Rickinghall Business Centre, Allwood Green, IP22 1LQ

comercrawley

the personal injury lawyers

- Hurt or injured?
- Maximum compensation, minimum fuss
- Members of Law Society
Specialist Personal Injury Panel

Chancery House, Victoria Road,
Diss, Norfolk, IP2 2 4HZ

T: 01379 644311
www.comercrawley.co.uk

CLAIRE BISSET ACCOUNTANCY AND BOOKKEEPING



Year end accounts
Bookkeeping
Tax returns
VAT returns
Management accounts
Budgeting
And more....



Call Claire on
01449 781185 or
07710 514925
for a free initial
discussion

www.clairebisset.com

contact@clairebisset.com

ah

branding · logo design · copywriting · presentations
web design · social media · advertising · newsletters
stationery · brochures · reports · books · invitations

01379 897 177 · 07767 662 607
www.andrewhills.com

MANOR storage

SECURE SELF STORAGE
Cranley Manor, Eye, Suffolk IP23 7NX

CALL 01379 873153

Friendly Staff
Country Setting
Competitive prices
Easy access to A140
Small, medium & large secure storage
solutions

Email : info@manorstorage.co.uk

www.manorstorage.co.uk



Photographer and Photographic Restoration Service

Old & faded photographs restored
Scratches & rips repaired ~ Stains removed
Montages ~ Special effects ~ Colour restoration
Enlargements (up to A3) ~ Reduction (to locket size)

All photographs reprinted on the
very highest quality photo paper
Reproductions can be done from prints, negatives, slides,
glass plates and digital images
Home collection / delivery in local area

Contact: Sheila on 01379 890297
or Justin on 07799 260474

Rickinghall Business Centre

Allwood Green,
Rickinghall,

**Offices, storage space &
light industrial units to let**

please call 01379 898 671

Parkview Chapel - August and September

Sundays 10.00 am Communion
11.00 am All Age Worship

Between these 2 services, from 10.30am – 11am, tea and coffee will be served.

August 30th : United Service.

September 13th : 11.00am Harvest thanksgiving service

September : Weekend of 18th – 20th : Church away weekend – no services.

Tuesdays, : August 11th and September 8th; 9 am – 12 noon 'Coffee on the Corner'.

Thursday, : September 17th : 2.00 pm Praise Hour.

Thursdays, : August 20th, and September 17th: 7.30pm Crafty Corner – time for those pastimes that you don't ever have time for. Bring your craft projects and spend an evening working at it in company.

Phone 01379 898924 or 783216 for more details.

<http://www.parkviewchapel.co.uk>

Parkview
Chapel

PARKVIEW YOUTH

some of these activities do not take place during school holidays.

JUNIOR CHURCH
School Years Reception - 11
Sundays 10.30 am - 11.30 am
PYP
School Years 9 - 13
Sundays 7.00 pm - 8.30 pm

Mondays 7.00 pm - 8.15 pm

JUNIOR FRIDAY CLUB
School Years Reception - 6
Fridays 6.00 pm - 7.00 pm

SENIOR FRIDAY CLUB
School Years 7 – 11
Fridays 7.30 pm - 9.30 pm

CROSSTRAX
School Years 6 - 8

For further information check out
the website
www.parkviewchapel.co.uk
or call Kev Gladwell on 01379
898924

BOTESDALE METHODIST CHURCH

Services are held every Sunday at 10.30 am unless otherwise indicated.
A friendly welcome to everyone.

2nd August Mrs S Jobes
9th August Mrs J Browne
16th August Rev H Wilkinson : Holy Communion
25th August Mr D Freeman

All are very welcome to any of these meetings.

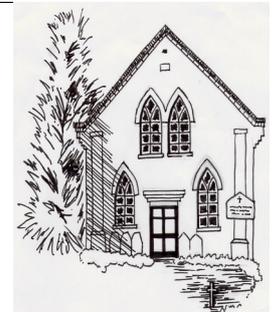
Christian Forum Tuesday 4th August 2.00 pm Garden Party
Wives Group NO MEETING IN AUGUST

September : Sunday services at 10:30 am

Christian Forum 7.30 pm Tuesday, 1st September 2015 Planning meeting

Wives Group 7.30 pm Wednesday, 18th September 2015 Holiday evening Brenda Deaville

BRING AND BUY STALL



Café Church – answering your questions

10.30 Sundays at The Redgrave Activities Centre
What are your questions? Hasn't science disproved God? Why would God allow so much suffering in the world? Who was Jesus? Why did he die? Do I need to forgive? How can I forgive? What is morality? What is the purpose of life?

Contact number – Nyall Davies 01379 897067
Please check we are there in holiday season





**All Saints
Redgrave**



**St. Botolph's
Botesdale**



**St. Mary's
Rickinghall**

2nd August 9th Sunday After Trinity

8:15 St. Botolph's, Botesdale BCP Communion
10.30 All Saints, Redgrave All Saints Altogether

9th August 10th Sunday After Trinity

8.15 St. Botolph's, Botesdale BCP Communion
10.30 St Mary's, Rickinghall CW Communion

16th August 11th Sunday After Trinity

8.15 All Saints, Redgrave BCP Communion
10.30 St. Mary's, Rickinghall Worship Together

23rd August 12th Sunday After Trinity

8.15 St. Mary's, Rickinghall BCP Communion
10.30 **St Mary's, Redgrave** CW Communion

31st August 13th Sunday After Trinity

8:15 All Saints, Redgrave BCP Communion
10.30 St Mary's, Rickinghall United Service

6th September 14th Sunday After Trinity

8.15 St. Botolph's, Botesdale BCP Communion
10.30 All Saints, Redgrave All Saints Altogether
6.30 St Mary's, Rickinghall Evening Prayer

13th September 15th Sunday After Trinity

8.15 St. Botolph's, Botesdale BCP Communion
10:30 St. Mary's, Rickinghall CW Communion,
with the children starting in Rickinghall Village
Hall for "Footprints"



Story Tellers

**20th September 16th Sunday after
Trinity**

8.15 All Saints, Redgrave BCP Communion
10:30 St. Mary's, Rickinghall Worship Together

27th September 17th Sunday After Trinity

8.15 St. Mary's, Rickinghall BCP Communion
10.30 Messy Church, Botesdale Village Hall for
"Coffee and cake", crafts, songs,
stories and family fun.



10.30 All Saints, Redgrave CW
Communion

**4th October 18th Sunday After
Trinity**

8.15 St. Botolph's, Botesdale BCP Communion
3.00 St. Mary's, Rickinghall, Parish Harvest

Also this month



"Open House" @ All Saints

Tue. 4th August and 1st September from
10.00am — For coffee, cakes and chat

"Spearhead" @ All Saints

Thurs. 10th September 7.15pm — *A time of
worship and prayer for revival here in this
area. No meeting in August*

Albert Close, Rickinghall Communion

No service in August
Wed. 2nd September. 10.00am

Farnish House, Botesdale Communion

No service in August
Thurs 17th September. 9.45am
These services are open to everyone



PARISH HARVEST SERVICE

Sunday 4th October

3.00pm

St Mary's, Rickinghall

Thurs 3rd September 7.15pm

St Mary's, Rickinghall

Tues 15th September 7.15pm

All Saints, Redgrave

*A time of prayer for the work and
ministry of the church in this community*



"Together in these villages we offer Christ's healing grace through our worship and service."
For more information; Revd Chris Norburn 01379 898685