

PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

August & September 2016



Produced by the Parish of Redgrave cum Botesdale with the Rickinghalls, for the local community.

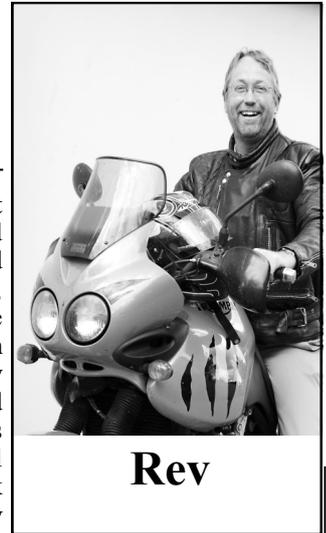
Rev'd Chris Norburn

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



Psalm 46:10 says,

*"Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."*

The United Kingdom has made a historic decision to exit the European Union. This has left many feeling vulnerable, but as ever in times of uncertainty and change, the Word of God offers us profound reassurance as it does not change, and no better place to start is with Psalm 46. From these words we can draw encouragement and wisdom from our Lord.

God begins by instructing us to be still. After the referendum result a flurry of activity ensued. The financial markets reacted predictably in panic. The Prime Minister has announced his resignation. Both the major parties appear to be in disarray! By the time you read this much may have happened!

The public has expressed either delight or intense disappointment. Social media has been used as a place to vent thoughts and feelings, where discussions have become very heated and nasty on both sides, causing tension between family, friends and the church – to say nothing of the wider community.

In the midst of this turmoil, God offers us refuge in His presence. As believers we must turn away from the negativity, confusion and fear conveyed by many in the debate before and after the vote, and look to the one who can show us a way forward. God's call to us is the same as it was yesterday, today and tomorrow, He calls us to seek His face. God did not fall off His throne when the result was announced!

This momentous event has shaken the foundations of what many people have placed their hopes in, so now is the time to re-evaluate what we have built our hope on. If through this event, we have found that it was placed on anything other than Christ the Rock, now is the time to repent and turn to Him once again.

For those who voted to remain, disappointment is acute at this time. There was an e-petition calling for a second vote which attracted over four million signatures. The response from the Government has so far been that no second vote will take place. The political elite, on all sides of the political spectrum, have found that it has not been easy to come to terms with the result. In fighting between the Brexit top guns has resulted in a senior Conservative not putting their name forward for the leadership of the party. Scotland, which voted to remain in the EU, is talking about holding another referendum on independence from the rest of the UK.

I know that Christians prayed fervently before the referendum, and whether they hoped for the UK to stay or leave, many asked that God's will would be done. As this referendum has exposed much division and hatred across the land, acceptance of the outcome appears to be difficult (which is not to say that this wouldn't have been the case if the result had been different). Some may be wondering how

God can work through a result that produced such a divided response. But we serve a Lord who is the Alpha and Omega; the Beginning and the End. He sees beyond the short-term consequences, which will surely contain many challenges, and understands how this event fits into His purposes for all mankind. What may look hopeless to us looks entirely different to our God.

God wants us as individuals to humble ourselves and seek stillness and complete dependency on the Lord of Hosts, accepting that we do not understand all that He is doing. Many expressed their views strongly before and after the referendum – about its outcome, about those who voted differently to themselves, and about the government with all its shortcomings. To cease argument and look to God is a humbling thing to do.

Now more than ever we need to seek God and pray that He would use us effectively in working for Him as He brings about His purposes. If we look at this event with a Godly perspective, we can look beyond the turmoil before us and begin to see this time as one of great opportunity. We are seeing a shaking of Britain's political structures and *now* is the time to pray that the Lord will raise up new leaders who will advocate for Godly laws and standards. It is important that we be prepared to recognise that this shaking may be a necessary part of God's restoration process, and that we particularly partner with God in this.

There is much to be done in the ministry of reconciliation. The church community needs to rise up and model healing and unity as we seek to love our neighbour and repair the hurts that have sprung from this referendum. Matthew 5:9 says *"Blessed are the peacemakers, for they will be called children of God."* We must also intercede for our nation, confessing and repenting on its behalf of how it has turned away from God. We must speak prophetically into our society the message of the gospel. Jesus Christ *is* our Living Hope. He *is* the only Hope of the nation, as He is the only hope of *all* nations.

Verse 10 of Psalm 46 ends by the Lord promising us that He will be exalted among the nations; indeed, over all the earth. The Good News is that Jesus Christ reigns supreme over all (*Colossians 1:16-18*) and we can place complete confidence in Him despite the changing circumstances. Above all things, we should pray that God be **glorified** in this situation and that His people would walk in assurance that He reigns.

With every blessing.

Chris Norburn.

From the Registers

21st May : Blessing of marriage of David Crawley and Lisa Owen at Rickinghall St Mary's Inferior

11th June : Blessing of marriage of Dave Hall and Jo Welch at St Mary's Redgrave

PARISH MAGAZINE—MESSAGE FROM THE EDITORS

In the June issue of the magazine we highlighted a key stage in the parish magazine process, where the printed copies are organised into the right numbers for each village and stuffed with flyers from local organisations. We called for volunteers to help with the stuffing, which takes place at All Saint's Church, Redgrave at 4pm on Friday afternoon, 11 days after the copy date. (listed below). We were absolutely delighted to have three people respond to our message and help with the preparation of the July issue, and would like to extend our warmest thanks to those brave souls!. It was encouraging, not least because I have always doubted whether anyone reads this message each month!, but more importantly because it clearly demonstrated strong support for the magazine, and that it is valued by residents in our villages. It was a great example of 'many hands might light work', and was complete in around 30 minutes!. We'd love to have more helpers each month, so please put it in your diaries or get in touch for more details. The next session will be on October 21st.

We are always on the look out for volunteers to contribute to the magazine production process. If you've ever thought you'd like to get involved in some way, please do get in touch. We'd love to hear from you.

You may notice a number of spaces on the adverts pages that highlight the opportunity to advertise in the magazine. For more details, see page 18 or contact us using the details below.

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: 12 Sept (Mon)
For the Nov issue: 10 Oct (Mon)
For the Dec/Jan issue: 7 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

Would you like to
advertise in this
magazine, from just **£40**
a year?

Changes to July Telephone List

Page S1: There is a new councillor at Redgrave :
Cllr David Snashfold. Tel no : 890608.



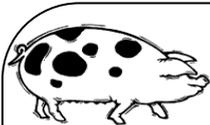
WELCOME

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.

Printed by:

Gipping Press

Front cover image by Tony Hisgett from Birmingham, UK - SunflowerUploaded by tm, CC BY 2.0, <https://commons.wikimedia.org/w/index.php?curid=27908782>



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

BBQ IT'S BBQ & PICNIC WEATHER BBQ

BBQ PACKS, STEAK & SAUSAGES, CHARCOAL, PICNIC RUGS, PLATES ETC WE HAVE EVERYTHING YOU NEED! WE HAVE ALL THE SALAD GOODIES TO GO WITH IT, POTATO SALADS, COLESLAW & THEN TO FINISH IT ALL OFF, SCRUMPTIOUS DESSERTS, OR LOCAL STRAWBERRIES & ICE CREAM!

HILLCREST COFFEE SHOP
OPEN 7 DAYS A WEEK
Breakfast served daily from 9.00am - 11.30am

ALL DAY BREAKFAST SERVED AT THE WEEKENDS!

check out our HUGE range of PERENNIALS & new range of WIND SCULPTURES plus we still have plenty of TREES, SHRUBS & PLANTED TUBS & POTS AVAILABLE to brighten up your garden!

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 - Shop * Tel: 01359 250 547 - Coffee Shop * Fax: 01359 252 307

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

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

Cocoa Mama Chocolaterie

4 Broad Street, Eye, Suffolk

* Fresh cakes and light lunches made daily

* Our own handmade Suffolk chocolates

* Private parties and chocolate workshops

* Delicious hot chocolates, cappuccinos and fruit smoothies

"A heavenly place to enjoy the best coffee in town"

Open Tuesday - Saturday 9am-3pm

www.cocoamama.co.uk

01379 870688

Tripp Batt Country Store

Hardware & Gardening Store

Best Prices on Paints & Decorating Equipment

Sandtex 5L all colours was £28 - now £19.99

Sadolin Extra 1L rrp £28 - now £19.99

Crown White Emulsion 7.5L Bucket - £10.99

Hepworth Road, Stanton, IP31 2AP

Tel. 01359 250268 Open 7 days a week

www.trippbattstore.com

A warm welcome awaits you at the **White Horse Thelnetham**

a cosy & relaxing atmosphere pub with log burner every night, during these cold winter months, along with a great selection of tea, coffee and homemade cakes (served 11am - 3pm Wednesday to Sunday). We prided ourselves on using locally sourced ingredients, where possible, on our monthly changing menus along with weekly specials board.



Monday - closed, Tuesday 5pm - 10.30pm (drinks only)

Wednesday - Friday 11am - 3pm 5pm - 10.30pm

Weekends - 11am - 10.30pm (9.30pm Sunday)

Food served 12pm - 3pm 6pm - 9pm (Sunday till 8pm)

To book your table or see our menu, please call 01379 898779

or email us at: info@thelnethamwhitehorse.co.uk

Christmas menus are now available

CROSS KEYS, REDGRAVE

IP22 1RW

01379 898510



Aug / Sept Events

Rickingham Farmers' Market
 Quality local food
 and a Car Boot Sale



Saturday 13 Aug 9–12.30

Redgrave Community shop invite you to
Redgrave Shop
Redgrave Community Shop Association Ltd.

Tea on the Knoll
 Sunday 7th August 2pm - 4pm

Come & sample produce from your
 Local community shop

Cake event
 Coffee Caravan in attendance



**BLO, NORTON'S INDIAN PRINCE
 H.H FREDERICK VICTOR DULEEP
 SINGH 1868-1926**



CHURCH FLOWER FESTIVAL
 Saturday 13th August 10-5pm and
 Sunday 14th August 10-4.30pm
 Talk 2-3pm on Saturday by ticket only

VILLAGE HALL EXHIBITION and
 Informal talk on Sunday by Geoffrey Leigh
 2.-3pm

The talk on Saturday will be given by
 Peter Bance who has written extensively
 on the
 Duleep Singh family.

Tickets are limited and free but donations would be
 welcomed. Available now from Joan Kibble 01953 681396

Exhibition material has been loaned by local museums but if
 you have any memorabilia or photographs and
 would be willing to have it exhibited or photographed contact
 Geoffrey Leigh 01379 898025

Stalls and refreshments available in church and village hall

Hexachordia present
 Concert at St. Mary's Church Rickingham
 Inferior



Sunday 7th August at 4pm,
 followed by light home made
 refreshments.

Music for a Golden Queen
 To celebrate the 90th birthday of Queen Elizabeth the
 Second, the early music trio Hexachordia
 (www.hexachordia.com) presents a concert looking
 back to the glorious reign of Queen Elizabeth the First.
 Elizabethan England experienced an artistic and cultural
 renaissance. Music was richly served by composers like
 William Byrd, Thomas Tallis, Thomas Morley and John
 Dowland, to name but a few. "Music for a Golden
 Queen" features readings from the era and music
 played on instruments that were regularly heard at
 court, particularly the lute and virginals which were
 played by the monarch herself. The concert also
 features popular instruments from the time including
 viols, recorders, the shawm and the crumhorn

Tickets at £10, under 16s £5, Inc. refreshments,
 ♦ Rickingham Newsagents,
 ♦ Redgrave Community Shop
 ♦ Jean Sheehan on 01379 890237.

In aid of Rickingham Inferior Church Fabric Fund.

Redgrave Ladies Club
TUESDAY 9th August
Visit to Sea Mere Gardens,
Hingham, Norfolk



Cost £7.00 includes guided tour of gardens
 followed by tea, coffee and homemade cakes

Meet 1:20 pm at Redgrave Activities Centre
 Contact Kay 897324 or Jacqui 890946

PROGRESSIVE WHIST DRIVE



August 16th and September 20th
Redgrave Activities Centre : 7.30 pm
Beginners Welcome Refreshments
Ring 898 619 for further details

CRAFTY



Thursday 18th August 7.30 pm
Thursday 15th September 7.30 pm
Parkview Chapel

Spend time doing your favourite hobbies.
 For more information contact Kev
 : Email : Kevin@parkviewchapel.co.uk or
 01379 898924.

Free to every household thanks to the local businesses that advertise here. Please support local businesses.



Cakes For All Occasions -

bespoke wedding cake specialist, also birthdays, anniversaries etc. Designs from traditional to ultra-modern, we can design a unique cake just for you or copy any photo you may have. Contact Sharon on 0800 024 8540 for a free consultation or visit our website at www.sharoncastro.co.uk or Email to rcastro3jg@btinternet.com



**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



Bespoke cakes for all occasions
Weddings, Anniversaries, Birthdays, Christenings etc.

Call Jacqui for a friendly chat and to arrange a free no obligation cake consultation.

Tel: 01379-897264 or 07712-775466

Special Cakes for Memorable Occasions

www.cakes2crumbs.co.uk



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



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 Airfield Road
E mail: pdavey@strenneth.co.uk Fersfield Diss
<http://www.strenneth.co.uk> 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.grovetflockbandb.co.uk
Email : joy@grovetflockbandb.co.uk
See our reviews on Trip Advisor

**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

Aug / Sept Events



REDGRAVE & LOPHAM FEN

For further information.
01379 688333
www.suffolkwildlifetrust.org

Guided fen walks

Saturday 6 August and 3 September 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.

Summer holiday activities

Family events, £4 child, £2 adult

Wednesday 3 August, 2pm-4pm - Wild play
Wednesday 10 August, 10am-12noon - Treasure hunt
Wednesday 17 August, 2pm-4pm - Animal Olympics

Children must be accompanied by an adult

Book online at www.suffolkwildlifetrust.org

Activity days for 6-10 year olds

10am-2pm, £7 per child

Tuesday 2 August - Wild fun and games
Tuesday 9 August - Dens on the Fen
Tuesday 16 August - Hedgehogs

For unaccompanied children only

Book online at www.suffolkwildlifetrust.org

Young naturalists, £7 each

Thursday 4 August, 10am-2pm

For unaccompanied 11-15 year olds

Wildlife skills & practical conservation work

Book online at www.suffolkwildlifetrust.org

"Inspired by nature" Art Exhibition

Sat 27, Sun 28 & Mon 29 August, 10am-4pm

Artwork by local artists inspired by nature.

Free entry. Refreshments available.

Botanical Illustration

Saturday 3rd September 10:00am to 3:00pm

With Christine Grey-Wilson £25 adults : £21.50 concessions

Jam Master class

Sunday 25th September 10:00am to 3:00pm

With Jan Peachey £25

20 Year Anniversary

The Green Hut

Meet all our RAT Volunteers

Please come and join us on the
18th September 2016 at 3pm onwards
There will be activities going on that you can join or watch
The history of The Green Hut explained
Refreshments provided

The Women's Institute **the WI**
Thursday 11th August **RICKINGHALL**
Golden Girl of the Olympics : Barry Tyler
Thursday 8th September
Nothing like a dame : Horry Parsons and his wife
7:30pm at Rickinghall Village Hall

HERITAGE CIRCLE
RICKINGHALL VILLAGE HALL
Wednesday 24th August at 7.30 pm
A history of Bury Gaol.
Tessa West
Wednesday 28th September at 7.30 pm
You'll make a lovely sergeant—The WW1 experiences of Flora Sandes, the only British woman to fight in the trenches
Janette Robinson
New Members and Guests Welcome
www.onesuffolk.co.uk/HeritageCircle

Botesdale Methodist Church
"Coffee down the Lane"
10:00am - 11.30 am
Tuesday, 23rd August
Tuesday 27th September
All welcome - coffee, cake and chat

Free to every household thanks to the local businesses that advertise here. Please support local businesses.

CUT ABOVE

Ladies & Gents hairdressing
and beauty.

The Street Rickinghall

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**

Angel Nails

Bio Sculpture Gel • CND Shellac
OPI Gel • Gel Extensions
Acrylic Nails
Manicures • Pedicures

Angel House
The Street
Botesdale
IP22 1BU

Open Wednesdays, Thursdays and Saturdays.

Please call 07791769459 or email
kerry_mills_x@hotmail.co.uk for
more information or to book
appointments.



O.P.I CND
Shellac

Enquiries: Jill on 01379 897055 or 07800 639 141



ZUMBA
fitness

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

Mondays @ 10am Rickinghall village hall
Tuesdays @ 6pm Rickinghall village hall

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



FIT
STEPS

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 & Waltz. Suitable for people of all ages and ability, and, what's more, you don't need a partner!

Mondays @ 7pm Garboldisham village hall
Thursdays @ 6pm Rickinghall village hall
Fridays @ 10am Palgrave village hall



Yoga at Botesdale Village Hall

Tuesdays 7.15 pm—9.00 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

Simply Beauty

of Botesdale

Telephone 01379 308338

Join us for our open day Saturday

30th July between 10am – 4pm.

Have a look around the salon, free glass
of bubbly and nibbles.

Enter the raffle for your chance to win a
Neal's Yard Remedies Signature facial
or a Neal's Yard Remedies goodie bag.

Book your appointments.

Rest Relax and Rejuvenate



Hill Top The Street, Botesdale Norfolk IP22 1BX

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 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
07493 880577

(CRB checked. References
available, on request.)

Would you like to
advertise in this *magazine*,
from just **£40** a year?

If interested, please contact

adverts@rbrparishmag.com

September Events

Redgrave Church Heritage Trust cordially invite you to their AUTUMN HISTORY WORKSHOP
"Richard III: A Failed King?"

St Mary's Church, Redgrave

Tutor: Dr Rosemary Horrox (Cambridge)

Saturday 24th September 2016

10.30 a.m. - 4.00 p.m.

Admission: £16 pp, including light lunch

Richard III is a controversial monarch, never more so than recently, when publicity over his funeral in Leicester has revived argument & discussion about his reign. We are delighted to welcome Dr Rosemary Horrox, Fellow and Director of Studies in History at Fitzwilliam College, Cambridge, an authority on the subject. She is the author of *Richard III, A Study in Service* (CUP 1989), and has also published extensively on other aspects of English medieval history. Come along to this study day to find the answers to many questions about Richard's reign, the shortest of any crowned post-Conquest king, and the only one to end with the king's death in battle.

To book: Send cheque for £16 pp., made out to Redgrave Church Heritage Trust, plus a SAE please, to June Shepherd, Barn View, Chapel Lane, Botesdale IP22 1DT, or phone 01379 898827.

"DID YOU JIVE IN 55?"



A fun musical evening by Mike Bowen, featuring hit songs from the '50s & onwards.

FRIDAY, 16th SEPTEMBER

at Redgrave Activities Centre
7.30 p.m.

Tickets: £8 pp. including tasty refreshments
 (available from 01379 897180)
 or any RAHOF committee member
Do come along for a trip down memory lane, tap your toes, & sing!

SUFFOLK HISTORIC CHURCHES TRUST
SPONSORED CYCLE RIDE 2016



Saturday 10th September

Suffolk Historic Churches Trust will be holding their annual Sponsored Bicycle Ride and Walk on Saturday 10th September. Anyone who is sponsored for this event can chose which church they would like 50% of the money to go to and the other 50% goes to SHCT. This year the trust has donated a great deal of money to churches towards the cost of a burglar alarm for the roof to prevent lead theft. Volunteers are needed not only to cycle or ride but also to man our churches on a rota basis to welcome and initial the forms. These people can also be sponsored if wished but not obligatory. If you would like to help please contact

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

Redgrave Garden Club

Thursday 29th September 7:30pm



Plant Odyssey

(plant hunting from Britain to China, NZ, and North America)

With Christopher (Kit) Grey-Wilson
 Redgrave Activity Centre

Enquiries/ Information 01379 890548
 redgravegardenclub@gmail.com
 redgravegardenclub.org.uk

THELNETHAM WINDMILL



The mill will be open between 11am and 4pm (last admission for a mill tour 3pm) on all days below, and wind permitting, the sails will be turning:

Guided tours throughout the day.
 Monday 29 August (summer Bank Holiday weekend)
 Saturday 10 September (Heritage Open Weekend)
 Sunday 11 September (Heritage Open Weekend)

Entrance fee: £3.50 adults, children over 5 £2.00, children under 5 free. Children need to be accompanied by one responsible adult. Please note access to the mill above ground floor is impossible for wheelchair users. If you require any further information on the mill or future projects at the mill, we have a website <http://thelnethamwindmill.org.uk/>.



local author SARAH DOIG
invites you to a BOOK LAUNCH
of

"The A-Z of Curious Suffolk"
 published by The History Press

Sunday 4th September
2.30pm to 4.30pm
Rickingham Village Hall

readings from the book at 3pm and 4pm
exhibition of photographs from the book
refreshments
(with profits to Macmillan Cancer Support)

Free to every household thanks to the local businesses that advertise here. Please support local businesses.



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



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

Andrew Dickson limited

chartered financial planners

Your partner for a brighter financial future

To benefit from our independent financial advice please contact us at:
Offices 3-4, Willow Farm
Allwood Green, Rickinghall
Diss, Norfolk IP22 1LQ
T: 01379 890401
F: 01379 898755
E: enquiries@andrewdickson.co.uk
W: www.andrewdickson.co.uk



Authorised and regulated by the Financial Conduct Authority.
Registered in England No. 3915306

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



A friendly, supportive group run every Monday (including bank holidays)

5.30pm and 7.30pm
Rickinghall Village Hall

Call Amanda
01379 652087

Would you like to
advertise in this *magazine*,
from just **£40** a year?

If interested, please contact

adverts@rbrparishmag.com



Botesdale Parish Council



Leeann Jackson-Eve

July Report – Leeann Jackson-Eve (Clerk)

All councillors were present along with two members of the public, District Councillor Derek Osborne and County Councillor Jessica Fleming. There were far fewer members of the public present this month but the Parish Council was happy to hear from the two who came along to let us know about local issues they'd like the PC to look into. Members of the public are always welcome!

Public Forum: County Cllr Jessica Fleming reported that verge cutting is two weeks behind schedule due to bad weather. Suffolk County Council has voted in favour of the proposals for a Norfolk-Suffolk combined authority and 'weak' elected mayor model. District Cllr Derek Osborne reported that Mid Suffolk District Council has also voted in favour of the proposals. A member of the public expressed concern about the regular flooding on Back Hills between the B1113 and the school. The Clerk will ask Highways to investigate the drainage in that area.

Planning: There were no applications or decision notices. The Chairman and councillors had attended the Mid Suffolk District Council event at Rickinghall Village Hall on "Building a Sustainable Future". The event was well attended and there was good engagement with the process, with only a minority in favour of future development. The PC has been approached by Worham & Burgate PC with a request to liaise with their planning committee about the effect of proposed large housing developments on common facilities such as the health centre and the pre-school. At present, the PC doesn't have a planning committee so our Chairman will be contacting their Chairman to discuss this.

Play Area: The PC is looking into the Centenary Fields programme which aims "to protect the war memorial parks and playing fields given in memory of those who lost their lives, or other green spaces that have an existing or planned link to World War One". It is possible that the playing field can be dedicated as a Centenary Field in commemoration of the 100th anniversary but we are clarifying a couple of issues before making a decision in September. Also in September, the PC will discuss purchasing more items for pre-school children – possibly individual pieces such as "springies". More seating, including picnic benches, will also be considered.

Private Pumping Stations: Anglian Water has written to us to say that there may be good news coming for anyone who has a private pumping station on their property. Currently, homeowners are responsible for electricity running costs, maintenance and repairs to look after these private pumping stations. From October 2016, many of these private pumping stations will transfer over to Anglian Water and become their responsibility. They will take over all of the maintenance and the running costs too. To help customers identify and report the pumping stations easily, they have launched a specialist website: www.spotapumpingstation.co.uk. The Parish Council isn't aware of any so we're throwing this out to you.

Traffic Issues: Following the Traffic Survey, the PC has been considering the necessity of double-yellow lines in the village, noting that savings can be made by combining the Traffic Restriction Order with Rickinghall's at the Co-op. We are going to arrange a site visit with Suffolk County Council to get advice on double yellow lines at the Mill Road North junction with The Street and The Drift junction with Back Hills. The Clerk will also approach Rickinghall PC about the possibility of sharing a portable speed indication device.

Highways: Flooding from the ditch near the end of Bridewell Lane has been significant lately and a section of road has collapsed at the edge. This will be reported to the Highways department.

Flood Risks: Flooding is made worse when waterways/ditches become overgrown. If your property includes a ditch, you are a **riparian owner** and you have responsibilities as follows:

Under common law a riparian owner is a land or property owner who has a watercourse within or adjacent to the boundaries. Where a watercourse is sited between two or more property boundaries each owner may be equally responsible.

The Land Drainage Act 1991 requires that a watercourse be maintained by its owner in such a condition that the free flow of water is not impeded. The riparian owner must accept the natural flow from upstream but doesn't have to carry out work to cater for increased flows resulting from some types of works carried out upstream, for example a new housing development.

The riparian owner of a ditch alongside a road is normally the adjoining landowner, as the highway boundary usually lies along the top of the bank closest to the road. Thus, although the road may drain into the ditch, the landowner is responsible for maintaining it. When the condition of a ditch is such that it is causing flooding on a highway, Suffolk County Council, as the Highway Authority, can take action against the riparian owner.

However, if the highways authority has 'piped' the ditch, they become responsible for its maintenance. Likewise, any pipe beneath the highway is the responsibility of the Suffolk County Council.

Why should we maintain our ditch? A ditch / watercourse forms a vital role in draining the land. If a watercourse is blocked or has a restricted flow, it means that the water can't leave the area quickly enough. This could lead to localised flooding for you or your neighbours. You have a legal duty to maintain the watercourse and if you don't and someone is flooded, you could be liable for the flooding.

If you'd like more information on riparian ownership, you can download a leaflet called 'Living on the Edge' at www.gov.uk/government/publications/riverside-ownership-rights-and-responsibilities.

Next Meeting: 8 August 2016 (only if we have planning that needs to be dealt with) and 12 September 2016.

THE NEXT BOTESDALE PARISH COUNCIL MEETINGS WILL TAKE PLACE ON MONDAYS 8th August and 12th September 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.

Free to every household thanks to the local businesses that advertise here. Please support local businesses.

Traditional Chinese

Acupuncture

Restores Your Health

Deborah Ellis
LicAc M.B.Ac.C

25 years experience

01379 651553

The Paddocks
The Green
Palgrave

Gracious Mountain Therapies

Professional Holistic and
Aromatherapy Massage in the
comfort of your own home

ITEC qualified and IPTT
registered Aromatherapist

Call Loraine on

07703 294953



Aisling Counselling

A fresh positive approach to
couples relationship counselling as
well as individual counselling.

I offer a tranquil peaceful and comfortable setting, where you
can fully explore your feelings and emotions. I deal in all
relationship issues with couples, including infidelity, life after
affairs, sexual problems and communication issues. I aim to
help you find the balance you both need to regain
togetherness and love in your relationships.

Jill Mitev-Will BA(Hons) Dip. MBACP,
Email: aislinghousepractice@gmail.com
Mob: 07800 639141 Tel: 01379 897055
www.aislingcounselling.co.uk

Essential care for your teeth!

We're now offering
Denplan Essentials
- an easy way to
pay for your routine
dental care.

Botesdale Dental Practice

Holly Close • The Drift
Botesdale • Diss • IP22 1DH

01379 897 176

bdp.thedrift@yahoo.co.uk
www.botesdaledental.co.uk

Any patient
joining Denplan
Essentials will get
£30 off their first
appointment

Ask us about
cosmetic
and implant
treatments.



Experienced Reflexologist in Rickinghall

A good all round treatment which may help conditions
such as : hormonal problems, digestive problems, peo-
ple 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

DISS FOOT GARE

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
Calluses, corns, fungal nail, ingrown nails treated



Call for more details : 0787 664 8667

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.





Redgrave Parish Council



Leeann Jackson-Eve

Redgrave July Report – by the Clerk

The June meeting was well attended by councillors (apologies were received from Richard Hilton) and County Councillor Jessica Fleming, District Councillor Derek Osborne, seven members of the public and the Clerk were present. Everyone welcomed David Snashfold, who was co-opted onto the Parish Council. The PC now has its full complement of nine councillors.

Public Forum: County Cllr Jessica Fleming reported that verge cutting is two weeks behind schedule. Suffolk County Council has voted in favour of the proposals for a Norfolk-Suffolk combined authority and 'weak' elected mayor model and will vote again in October on the draft order to establish the new local authority. District Cllr Derek Osborne reported that Mid Suffolk District Council has also voted in favour of the proposals. Mark Emsden spoke about his fundraising for East Anglian Children's Hospice (EACH) through balloon modelling and magic shows. Mark is the postman in Redgrave and lives locally. Please keep him in mind for local events – he recently performed at the fundraiser for the new village defibrillator and at the summer fayre at St Botolph's School. He also asked for, and received, permission to use a metal detector at the Town Pit. If anything of value is found, the law specifies that the finder and the landowner each receive half of the proceeds. Mark has a written agreement with EACH to donate at least 50% of anything he earns by this method.

Planning: There was one planning application at Oak House, The Green for a new dormer window at the back of the house and the PC had no objection to the application. There was a decision on some works at the Gressingham Food site converting Grange house to office accommodation – planning permission was granted. It was also noted that an application for Listed Building Consent for the bell frame repairs at St Mary's Church is likely to be submitted over the holiday period. It was agreed that as these are specialist repairs and there is no objection to them in principle, there is no need for the PC to hold a special meeting to comment if the application arrives before the meeting in September.

Community Assets: There will be a tribunal reviewing the Cross Keys Pub's status as an Asset of Community Value (ACV) on 20 July at Norwich Law Courts. Mid Suffolk District Council's solicitor has indicated that the tribunal will not only review the process of ACV designation but will look at whether the designation itself is merited. Cllr Snashfold will attend the tribunal as a representative of the PC although the PC is not a party to the appeal and cannot give evidence.

Play Area: The PC will get quotes for low maintenance soft-pour surfacing in certain areas of the play area. Councillors have considered the removal of the youth shelter due to repeated vandalism, but have agreed instead to look into the removal of the Perspex panels, to reduce the area which can be used for graffiti.

Speedwatch: So far, the data has confirmed that the peak time for speeding is between 5 am and 8 am, with another lesser peak in the early evening. Peak numbers of vehicles recorded so far pass through

between 9 am and 10 am, and 5 pm and 7pm. However, it is early days yet with regard to useful comparisons. While 85% of all vehicles, at all times, are travelling at 38 mph or below, one individual clocked up 80 mph on Hall Lane at 7.15 am on 14th April. The Speedwatch group will be on the lookout for a repeat performance!

Do you have a pumping station in your back garden? Anglian Water has written to us to say that there may be good news coming for anyone who has a private pumping station on their property. Currently, homeowners are responsible for electricity running costs, maintenance and repairs to look after these private pumping stations. From October 2016, many of these private pumping stations will transfer over to Anglian Water and become their responsibility. They will take over all of the maintenance and the running costs too. To help customers identify and report the pumping stations easily, they have launched a specialist website: www.spotapumpingstation.co.uk.

Community Transport: Hopefully everyone knows already about the local transport scheme run by Gordon Lawrence and a team of volunteers. Anyone may ask to make certain journeys for which no private car or suitable public transport is available, e.g. local shopping, personal business, visiting relatives or friends at home, to link with nearest public transport service or local visits to the doctor, dentist or optician. Journeys where other transport is available are not usually undertaken. All journeys must be pre-booked on 01379 897109 / 07751 438534. There is now an additional service called **Connecting Communities** which is run by Bury St Edmunds Volunteer Centre. It aims to run in tandem with our local service and focuses on helping people access public transport. When you need to make a journey and there's no public transport available to you locally, they will collect you and connect you to an appropriate bus route or train link for onward travel so you can reach your destination quickly and easily. Call 01449 614271 or go to <http://communities.suffolkonboard.com/> and they will give you advice on how to make that connection.

Next Meeting: 14 September

**THE NEXT PARISH COUNCIL MEETING
WILL TAKE PLACE ON
WEDNESDAY 14th September at 7.30 pm
Redgrave Amenities Centre**

All Parishioners are cordially invited to attend

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

Tel : 01379 890 141

Email : redgrave_pc@btopenworld.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 24th August, 2016**
Wednesday 21st September, 2016

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



YOUR LOCAL DOMESTIC OVEN CLEANING SERVICE

ECO-FRIENDLY - NO MESS - NO FUMES

FREE SILICON OVEN LINER FOR NEW CUSTOMERS

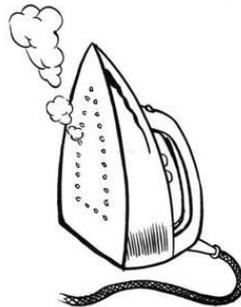
CALL JON ON 07817 212509

PRESSED-TO-GO

FAMILY RUN IRONING
& DRY CLEANING SERVICE
BASED IN ROYDON

ESTABLISHED 9 YEARS

COLLECTION & DELIVERY



PHONE KAREN FOR DETAILS 01379 652767

Squeaky Clean!

Local Professional Domestic
Cleaner - only £10ph!

Imagine returning home to find
your house is gleaming!

I can provide a thorough, friendly,
flexible service to fit in with your needs.

- ◆ Cleaning and Ironing
- ◆ Option of using my own eco friendly
products (extra £1ph)
- ◆ Fully insured
- ◆ Personal home consultation
- ◆ Dog walking/cat feeding service
- ◆ 1 hour free ironing for new customers

Call Vicky on 07944182033 or
email cleanerneeded@outlook.com
for more info or to book your
consultation.

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

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
- Office Cleaning
- Fire & Flood Damage

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

Would you like to
advertise in this *magazine*,
from just **£40** a year?

If interested, please contact

adverts@rbrparishmag.com

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

Always looking
for good cleaners
to join our team

Just £10.50hr
for a regular
weekly
clean
(minimum 2 hours per week)

For a
dependable,
reliable cleaning
service you can
trust!

Ticketyboo

CLEANING SERVICES

Call us now 01379 871995

www.ticketyboocleaning.com
info@ticketyboocleaning.com

A Helping Hand

A friendly, reliable, professional
service

- Housework
- Cooking
- Gardening
- Dog walking
- Transport (doctors, shops etc)

Fully insured, DBS checked,
Character references.
£10 ph plus mileage for
transport services.
Contact Caragh: 07786551771
or 01359 253577
Email: caraghhill@yahoo.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.



Rickinghall Parish Council



Meeting held 7/7/16 by Cllr Dominic Ebert

The Council received apologies for absence from two councillors. Approx. eight members of the public were also present.

The Public Forum

Council heard from Mr Maurice Smith requesting more clarity in the allocations of funds between woodland and the allotments and what precisely the budget had been spent on in recent years. It was confirmed that the £1720 in the budget report are, in fact, earmarked funds to be used as and when deemed necessary for future projects in either woodlands or allotments and this was not the spend for the past year. Council agreed to a request to split the budget going forward, with precise figures to be agreed by council at a future date and that the council would provide details of historical spend for the last 2 or 3 years to illustrate the spending pattern and quell any possible misconceptions.

A complaint was heard from another member of the public forum regarding the recent planning road show, in that the notice for the event and communication and publicity about it was very poor. Similarly, there was very short notice (two or three days) regarding Tim Waller, a planning consultant, addressing the council at the June meeting regarding a potential application for development around Greenacres in Garden House Lane. Council advised that the road show was organised by Mid Suffolk District Council and agreed communication had been very late and poor. The event however was not run by the Parish Council and a complaint had already been made to MSDS regarding the organisation of the series of road shows. However, in spite of the short notice, it was noted that Rickinghall's meeting was attended by around 150/200 people whereas other venues had attracted as few as five. Regarding the Greenacres proposal, Mr Waller was speaking purely within the public forum, no official application had yet been made and his attendance was just to voluntarily outline his plan.

County Councillor Jessica Fleming gave a report including:

- grass cutting on the B road verges was slightly behind schedule but should complete in the coming week.
- a new community transport scheme covering seven areas was being launched. Details can be found at www.suffolkonboard.com
- Regarding devolution, MSDC voted overwhelmingly to support devolution although as the project is EU funded, with the current political situation, the final outcome may change. A 'Public Engagement' starts on 8/7 which includes a survey. More information can be found by searching for 'East Anglia Devolution' online.

A member of the public noted that the verge outside the village hall was encroaching further and further onto the pathway. This would probably come under County Highways' responsibility and Councillor Fleming would follow this up.

Planning

There were no planning applications, only notes to confirm:

- Listed Building consent had been granted for regularisation of replacement windows at Beaumont Cottage, The Street, Rickinghall
- Planning Permission had been granted for a conversion and extension at Kiln Cottage, Candle Street, Rickinghall
- No objection to crown reduction at Redwings, Rectory Hill, Rickinghall
- No objection to a number of trees to be felled at St Georges House, 3 St Georges Drive, Rickinghall

Chairman's Report

It was noted that various responses had been received regarding letters sent to numerous parish councils on the request for

contributions towards the community bus, some positive promising funds, others negative and others requesting more info which will be provided.

The missing drain cover in the lay by on the bypass has been very efficiently cordoned off by County Highways but to date, no replacement cover is in place. This will be chased up.

Correspondence

Anglian Water is asking residents who have a private pumping station on their property to identify and report it to them which can be done via www.spotapumpingstation.co.uk From Oct 2016, Anglian Water are due to take over responsibility for maintenance and running costs so if you know of one, please report it as it could save you money.

A letter was received from an allotment holder complaining of lack of control over the neighbouring community woodland (Barwoods) resulting in wind borne seeds and weeds affecting the allotments. It was agreed the Chairman and Barwoods representative would respond to the letter following a site meeting to better understand the situation and address specific points.

General Items

Following discussions with Botesdale PC, it was agreed to possibly share the costs of a TRO and further discuss with the County Council application for double yellow lines at a couple of pinch points in the villages. A site meeting with the County Council has provisionally been booked for 18th/19th August. It was also agreed further information would be obtained regarding the mobile traffic camera in line with results from the recent traffic survey. Now the resurfacing in The Street has been completed, we are requesting the agency to have the residual tarmac mounds removed asap. Council agreed the £142 quote to re-site the bench previously at Maypole Meadow at Barwoods. Road markings and traffic management signage should be reviewed near Sunnyside Farm Shop.

Rickinghall Parish Council is still looking for new Councillors to join them. If you would like to find out more, please come along to our next meeting.

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

RICKINGHALL PARISH COUNCIL'S NEXT MEETING IS ON

THURSDAY 4th AUGUST (only if planning applications) and

THURSDAY 1st SEPTEMBER

at 7.30 pm

AT RICKINGHALL VILLAGE HALL

All residents are very welcome

www.rickinghall.onesuffolk.net

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

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

Haydon Webb

Kitchens & Furniture

- ◇ Showroom in Debenham
- ◇ Handmade contemporary styles
- ◇ Bosch & Neff appliances on display
- ◇ Worksurfaces – Granite – Silestone – Corian
- ◇ Showroom open for appointments only

Tel: 01379 783028 [Wortham office]
 E: robert@haydonwebb.co.uk
www.kitchensinsuffolk.co.uk



Beech Tree Forge
 Patrick Stone – Wrought Iron Specialist
 Individual Handcraft Wrought Ironwork



No 2 Falcons Hall Cottage
 Rickinghall, 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

Would you like to
advertise in this *magazine*,
 from just **£40** a year?
 If interested, please contact
adverts@rbrparishmag.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

MISS A.I. HINDMARSH, Teacher at Rickinghall School

Miss A.I. (Rene) Hindmarsh died suddenly at the Norfolk and Norwich Hospital on Monday, June 20, 2016. She was 87.

Born in Alnwick, Northumberland, Miss Hindmarsh lived in Thelnetham and taught at the former Rickinghall School for over 30 years.

She was a born teacher, hugely popular with first and second year primary school children many of whom will remember her with affection. She was sometimes accompanied to school by her two labradors William and Henry much to the delight of the youngsters..

She was immensely proud of her "children" and delighted seeing them grow up and take their place in society.

Following her retirement Miss Hindmarsh later moved to Bale near Fakenham to be closer to her family but she never forgot her years at the Rickinghall School not her young pupils.

Unsuccessful Roof grant application.

Rickinghall Inferior Church was unsuccessful in its 2016 bid for a government funded grant for repairs to the chancel roof. The estimate for the repairs is £70,000. The listed Places of Worship Roof Repair Fund has granted nearly half a million pounds to twelve churches in Suffolk, 4 of which had lead stolen from their roofs.



The profits from the concert 'Music for a Golden Queen' to be held on the 7th August at Rickinghall Inferior Church will be used towards the roof repairs.

Rickinghall Village Hall

Many readers will be aware that Mid Suffolk District Council had asked that red bins for glass recycling be again located at the village hall, for the greater convenience of residents of both Rickinghall and Botesdale, and this was duly agreed by the Management Committee.

Unfortunately, because of a complaint from a near neighbour of the hall the bins were withdrawn by MSDC before actually being used.

The facility at Snape Hill continues to be operational until further notice.

The Management Committee regrets this loss of amenity within the community but the decision to withdraw the bins is outside its control.

Rickinghall Village Hall Management Committee

Thank you from Quatrefoil

Quatrefoil would like to thank all the people who attended the 'Bringing Local History Alive' day, especially all the people who brought photographs and ephemera and their personal memories.

We had visitors from as far away as Surrey and Northamptonshire, as well as many local people and other East Anglians.

The event launched Brian Chandler's book 'James Scarfe of Botesdale, one of the Noble Six Hundred' which tells the story of a man who survived the Charge of the Light Brigade in the Crimean War in 1854. This is the 12th book in the Quatrefoil series of local history books.

Sue Emerson gave a talk about the book and even brought a genuine sabre to demonstrate how James would have received his wounds. Sarah Doig gave a power point presentation showing photos which The Rev. Edmund Farrer had taken of Botesdale and Rickinghall in the 1920s showing properties which have been demolished since then.

Displays and information on the villages of Botesdale, Rickinghall and Redgrave were available to view as well as profiles of individual people involved in The Great War. Records were also available for people to research their own family histories in these villages.

Donations from visitors were given in support of Rickinghall Inferior Church Fabric Fund amounting to over £140.

Copies of the books are available from Diana Maywhort. Tel. 01379 898785.



REDGRAVE CHURCH
HERITAGE TRUST

St Mary's Redgrave Church

Open mornings
Saturday 6th August
Saturday 3rd September
10:00am until noon

Cleaning sessions will take place on
Thursdays 4th August and 1st September from 9.00 am to 11.00 am. All are welcome to join the happy group who dust, sweep, polish or even scrub. Coffee and eats are available. Please come along and give your support.

For further information or to help call 01379 898696.



St Mary's Rickinghall Inferior

Open for visitors every Saturday
10:00 am to 5 pm

*OPEN HOUSE
AT
ALL SAINTS REDGRAVE
2nd August and 6th September
10:00am to 12 noon
Everybody welcome. Coffee & cakes provided*

Free to every household thanks to the local businesses that advertise here. Please support local businesses.

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

Kevin J Cross

Antique Furniture Restorer
& Cabinet Maker

(New & old work undertaken)

Colt Lodge
Dunhill Lane
Hepworth IP22 2QB

Contact:
07799 640 153

**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

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

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, Gislegham,
Eye, Suffolk. IP23 8JE
Tel: 01379 783 415



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

W/BG

WHITE BEAK GALLERY

art & framing

BESPOKE PICTURE FRAMING

For all types of paintings, prints and photographs.
Plus a wide selection of readymade handcrafted frames.

Pop in for some advice, a no obligation quote
and visit our gallery too.

Artists' priority service available.

Open Monday to Saturday 10am - 5pm
Sunday by appointment

Woodstock Barn, Botesdale, IP22 1DT

(corner of Mill Road and Chapel Lane
behind Parkview Chapel)

call 01379 890 072 / 07535 776 902

email info@whitebeakgallery.co.uk

visit www.whitebeakgallery.co.uk

nexus
Stoves

*Winter is coming...
Don't wait for the cold weather*

A hand selected range of the worlds finest wood
and multi-fuel stoves are waiting for you at our showroom

Open Monday to Saturday 9:00am to 5:00pm

(01379) 671 168 | info@nexusstoves.co.uk

Nexus Stoves, Malting's Barn, Hinderclay Road, Wattisfield, Diss, Norfolk, IP22 1NF

Club News

St Botolph's & District Bowls Club

Over the past two years, St Botolph's & District Bowls Club has embarked on an ambitious programme of upgrading its premises and bowls green.

The Club, founded in 1977 had 20 original members, and six of those invested £100 each to purchase land and an old prefabricated building as a club house. Many members of the new club gave of their time freely and eventually opened on June 1981.

Over the years, improvements were made as funds allowed until 2000 when it became clear the green needed to be renewed. This was done with the help of the National Lottery and others.

In 2014 it became apparent that the Club floor was becoming unsafe, after all it was over 40 years old, and it was decided to replace the floor and carpet. This was completed in early 2015 at a cost of £3,500 using our own volunteer labour and financed entirely from our own funds.

For some time we had been aware that the 15 year old mower was reaching the end of its life and that a new one would help enhance the playing surface. At the same time, we recognised that the clubhouse needed an upgrade to improve heating, lighting and become more energy efficient and comfortable as a key asset to the local community.

Of course, a project of circa £16,000 was beyond our financial means but over time grants were received from a number of sources. Again, a small group of members worked tirelessly, without cost to complete the work before the 2016 season.

Grants from Mid Suffolk /Babergh District Council, were supplemented by support from Suffolk County Council Locality, Community Foundation and Green funds. The Alfred Williams Charitable Trust and the Parishes of Botesdale, Redgrave and Rickinghall also provided financial support. We thank everyone who has helped us achieve our aims.

Now this work is complete, we wish to expand our activities on and off the bowls green. We now have a bowling green to be proud of and look forward to its greater use in representative events and the enhancement of bowls in this area. We also have a modern clubhouse with excellent facilities that we hope will become a focal point for activities of all kinds in the future and for the wider public.

If you would like to find out more about St Botolph's please give the Club Captain, Dave Maycock a call on 01379 890275 or email davidmaycock@btinternet.com.

More information about the Club can also be found on our web-site: www.stbdbc.btck.co.uk

BARWOODS



Only a small select group of people gathered to view our sites in June, as advertised in the April and May issues.

The problem was competition from the church's celebration of the Queen's 90th birthday! However, we were very pleased to meet those people who wished to support our efforts and they walked up to Northfield Wood and then along Low Meadow. Afterwards they sat and enjoyed the afternoon sun over a cup of tea.

Since then there has been an extraordinary quantity of rainfall and all the wild plants that may be called flowers and grasses or weeds, according to your point of view, have flourished, undoing all the brushcutting that Patrick did in the wood and threatening to overwhelm some of the smaller trees. We shall continue to battle with them, especially the thistles and fireweed. A second bench will be put in the wood, courtesy of the Parish Council.

Low Meadow will get its haircut before the autumn sets in and we will rake the grass off the centre of the meadow as usual. The nettles have been vigorous in Miller's Orchard this year but the path is still well used - and soon it will be fruit-picking time.

Rosemary Jones 01379 890238

R B L Women's Section

Nine members attended the June meeting.

This was a sad occasion as the branch will be closing shortly and the Standard will be laid up in the Chapel of Ease, Botesdale. The closure is due to a directive from the RBL HQ that the Women's Section RBL will no longer exist in its present form.

The Women's Section in Botesdale was formed in 1961 and four founder members are still involved. Members intend to meet socially and stay in touch with each other.

Margaret Brown - 'Funder Member'

Dates for 'Headspace' in September

- Wednesday 14th 9.30am at All Saints, Redgrave
- Thursday 22nd " " "
- Wednesday 28th " " "

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





Beautiful Flowers
for all occasions

Local & National Delivery

Open : Monday - Saturday

Chilvers, Market Place
Botesdale

01379 897245
www.attheflowerhut.co.uk

moss & stone

flower school
Brook House, Rickingham

*fabulous floral workshops creating English style,
natural, seasonal arrangements using British flowers*

*taught by Brigitte Gurling
an experienced large event florist
we will have fun, food and fabulous flowers in abundance*

for more information contact
brigitte@mossandstone.co.uk
www.mossandstone.co.uk

PLANTS

*Cottage garden plants
and
Seasonal cut flowers*

*Cherry Tree House,
Candle Street,
Rickingham,
IP22 1LN
Tel: 01379 890779*



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

CINEMA AT PALGRAVE

Palgrave Community Centre, Rose Lane, 01379 742983
the hall has been refurbished and comfortable new seats added!

Saturday August 6th – **Spotlight** 8pm
Saturday September 3rd- **Trumbo** 8pm

Saturday October 1st - **Eddie the Eagle** 7.30pm
Saturday September 3rd- **Florence Foster Jenkins**

Free parking - Bar Open - Ice Creams in interval -

Digital surround sound - the Best Cinema Experience

Book tickets online at www.palgravecinema.co.uk
(also read Guardian reviews of the films and watch trailers)

Tickets reserved on website – payment at door on the night

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

Spice parties for all ages



Great fun, sounds, lights, professional lady DJ,
children's discos and entertainer and Wedding DJ.

Call - Jill 01379 897055 or 07800 639141
Email - spiceupyourparty@hotmail.co.uk
Website www.atouchofclassevents.co.uk

ALTERNATIVE SERVICES

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**



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.



01359 254209 or 07795 844534

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



**UPLANDS WAY
VETERINARY CLINICS**

The family vets for family pets

— OUR CLINICS —

Become part of the family

To register your pet or for further information
call **01379 642 865** or visit our website today!

DISS
01379 642 865

ATTLEBOROUGH
01953 454 945

STANTON
01359 251 730



uplandswayvets.co.uk



Club News



HERITAGE CIRCLE

Richard Smith, Ale-brewing, Ale-houses and Ale-selling in Medieval Suffolk

Richard Smith gave an interesting account of medieval brewing, based upon detailed research, to the June meeting of the Heritage Circle at Rickinghall Village Hall. He emphasized the importance of grain to all

aspects of the medieval diet, especially for the poor. In the medieval period, grain was consumed by humans in three ways. There was bread, ale and pottage. Pottage was a form of porridge made using oats, barley and vegetables. It was a major part of the staple diet of the poorest in society.

The poor have left few records but the household accounts of the elite give some insight into the medieval diet. The accounts of a Benedictine monastery in London show an allowance of one gallon of ale a day for each monk. Similar quantities of ale seem to have been consumed at Framlingham Castle as 78 gallons of ale a day were provided for the 83 inhabitants during 1385-6. This may seem to be a lot to us. However, the ale had a lower alcoholic content than modern beers and was much safer to drink than the contaminated water available at the time.

It is likely that brewing would have been a widespread activity in villages because there were few technological needs for the process. It tended to be done by women. Brewing began with malting. Barley was soaked for several days and then turned onto a floor to germinate and ferment. It was then dried. The drying for wealthier households was done in a kiln but the poor dried their grain in the sun as fuel was expensive. Once dry, the malted grain would last up to a year. Malt was crushed with a hand mill and then mixed with hot water where its sugars were dissolved. The liquid was drawn off and yeast was added. The ale was ready in a couple of days. Households tended to brew every three to six days as the ale would go sour within a week.

From the 13th Century the price and quality of ale was monitored. Assize records offer valuable information about brewing. The price of ale was linked to the cost of grain and was higher in the towns than in the countryside. This possibly reflects lower transport costs. Fines were imposed upon people selling ale which had not been checked for quality or where it was found to be inferior or sour. Ale tended to be sold from the front of the brewer's house. There are few archaeological remains indicating the existence of pubs in the medieval period.

Records show that there was a busy market at Botesdale in 1289. 18 stalls sold ale which was often bought by the very poor who had little land but earned wages by labouring. Intriguingly, one large scale producer was called Roger the Taverner which may suggest that he owned a pub.

The Black Death (1348-9) brought about considerable change as standards of living rose with increased wages. More barley was grown and the alcoholic strength of ale increased. Men tended to replace women as brewers because production became a more lucrative business. Further change occurred in the late 15th Century when the introduction of hops into brewing led to the production of beer which lasted longer and could be transported over greater distances. Inns and taverns began to develop. These were initially used by richer people as a place to eat, drink and stay when travelling. Ale houses were opened from the 16th Century as places run by the poor for the poor. Their increase in number, and instances of drunkenness, sinfulness and disorder worried Tudor and Stuart governments. This was an approach to brewing and leisure which is more familiar to us than the medieval period.

The next meeting of the Heritage Circle will be at 7.30pm on Wednesday 24 August at The Village Hall, Rickinghall. Tessa West will be speaking about the history of Bury Gaol. Further information about the Heritage Circle is available on its website, www.heritagecircle.onesuffolk.net

Gerry Gurhy

Coffee On



The Corner

Another Tuesday morning and another Coffee on the Corner - and what a lovely group of visitors we had this morning. As always coffee and cake and tea and sausage rolls were exchanged for the happy sound of chatter, as folks spent time catching up with one another.

As you are aware, I was away for the coffee shop last month when we were supporting funds for the Rickinghall & District Community Bus, a service that has lately been taken over by the local Parish Council. Those of you who came, kindly donated almost £110 towards that. On behalf of those who run the service and those who make good use of it, thank you so much.

Once again this morning, hands went into pockets and more cash was donated. This month the recipient of the money is the Rickinghall Co-operative store. Currently they have a fundraising target of £2,000 to pay for a defibrillator to be located at the shop. As soon as we hand over your kind donations, they will be £142 nearer to the target - once again, I am amazed at your generosity - thank you.

I don't normally interrupt the visitors once they get talking, but this month I bravely did just that! I wanted to point out that we prefer, where possible, to give donations to local fundraisers, or charities and to that end I asked if anyone knew of someone local who might benefit from the donations at our August coffee shop. Someone pointed out that St Nicholas Hospice, in Bury St Edmunds, are always fundraising and that they offer a brilliant place for those in need at that stage of their lives. We shall therefore be supporting them next time round. That Coffee on the Corner will be held on **Tuesday 9th July** - as usual from 9am to 12 noon.

For future reference - do note the date of **Friday 23rd September** in your diary. WHY? I hear you ask. We shall be repeating our Macmillan Coffee Morning fundraiser on that day - not only will there be the usual selection of goodies to eat and drink, but there will be a variety of stalls to peruse - why not come and do some of your Christmas shopping really early - Phoenix cards will be there - with Charity Christmas cards - together with a produce stall and other lovely goodies - please put that morning aside to come along!

Also if you know of a local fundraiser or charity that might benefit from a donation, do please get in touch - we are always open to ideas!

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

Sue Allen

MACMILLAN BIGGEST COFFEE MORNING

We will be organising a Coffee Morning in aid of **MACMILLAN**

Venue: Parkview Chapel, The Street, Botesdale

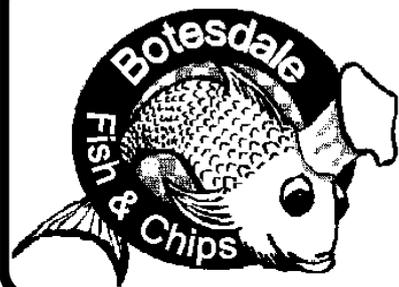
DATE: Friday 23rd September 2016

TIME: From 9am to 12 noon

PLEASE COME ALONG TO SUPPORT THIS WORTHY CAUSE

There will be a selection of stalls to browse and purchase early gifts for Christmas as well as Phoenix Charity Christmas cards, a produce stall and a raffle.

If you have any questions, do get in contact.
Sue Allen: 01379 890423



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

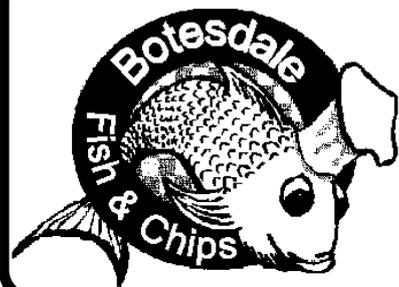
August Calendar

Monday	1 st	10:00am 2:00pm 7:30pm	Zumba Needle craft Slimming World (5:30pm and 7:30pm)	Rickingham Village Hall Activities Centre Rickingham Village Hall
Tuesday	2 nd	10:00am 10 – 2pm 6:00pm 7:30pm	Open House Wild Fun and Games Zumba Julie's Aerobics	All Saint's Redgrave Redgrave Lopham Fen Rickingham Village Hall Rickingham Village Hall
Wednesday	3 rd	9:30am 10:00am 10:30am 2-4 pm	Redgrave Art Club Day Centre Macmillan Information Outreach Wild play	Activities Centre Rickingham Village Hall Botesdale Surgery Redgrave Lopham Fen
Thursday	4 th	9:00am 9:30am 10 – 2pm 6:00pm 7:30pm	Church cleaning RABBATS Young naturalists Fitsteps Rickingham Parish Council	Redgrave St Mary's Rickingham Village Hall Redgrave Lopham Fen Rickingham Village Hall Rickingham Village Hall
Friday	5 th	10:00am 1-2 pm 8:00pm	Positive Steps Beginners Tai Chi Dance Classes	Rickingham Village Hall Rickingham Village Hall Botesdale Village Hall
Saturday	6 th	10:00am 10:00am 10:00am 8:00pm	Guided walk Church open Church open Palgrave cinema "Spot light"	Redgrave Lopham Fen Redgrave St Mary's Rickingham Inferior Palgrave Cinema
Sunday	7 th	2:00pm 4:00pm	Tea on the Knoll : Redgrave Shop Hexcordia Concert	The Knoll Redgrave Rickingham Inferior
Monday	8 th	9:15am 10:00am 2:00pm 7:30pm 7:30pm	Rickingham Ramblers Zumba Needle craft Slimming World (5:30pm and 7:30pm) Botesdale Parish Council	Rickingham Village Hall Rickingham Village Hall Activities Centre Rickingham Village Hall Botesdale Village Hall
Tuesday	9 th	9:00am 10 – 2pm 1:20pm 6:00pm 7:30pm	Coffee on the corner Dens on the Fen Redgrave & District Ladies Club Zumba Julie's Aerobics	Park View Chapel Redgrave Lopham Fen Activities Centre Rickingham Village Hall Rickingham Village Hall
Wednesday	10 th	9:30am 10:00am 10am -12 7:30pm	Redgrave Art Club Day Centre Treasure hunt Redgrave Parish Council	Activities Centre Rickingham Village Hall Redgrave Lopham Fen Activities Centre
Thursday	11 th	9:30am 12:30pm 6:00pm 7:30pm	RABBATS Phoenix Luncheon club Fitsteps Women's Institute	Rickingham Village Hall Activities Centre Rickingham Village Hall Rickingham Village Hall

August Calendar

Friday	12 th	10:00am 1-2 pm 8:00pm	Positive Steps Beginners Tai Chi Dance Classes	Rickingham Village Hall Rickingham Village Hall Botesdale Village Hall
Saturday	13 th	9:00am 10:00am 10:00 am 10:00am	Farmers' market Car Boot Sale Church open Flower Festival and Exhibition	Rickingham Village Hall R Recreation Ground Rickingham Inferior Blo' Norton Church
Sunday	14 th	10:00am	Flower Festival and Exhibition	Blo' Norton Church
Monday	15 th	10:00am 2:00pm 7:30pm	Zumba Needle craft Slimming World (5:30pm and 7:30pm)	Rickingham Village Hall Activities Centre Rickingham Village Hall
Tuesday	16 th	6:00pm 10 – 2pm 7:30pm 7:30pm	Zumba Hedgehogs Julie's Aerobics Progressive Whist Drive	Rickingham Village Hall Redgrave Lopham Fen Rickingham Village Hall Activities Centre
Wednesday	17 th	9:30am 10:00am 2 – 4pm	Redgrave Art Club Day Centre Animal Olympics	Activities Centre Rickingham Village Hall Redgrave Lopham Fen
Thursday	18 th	9:30am 6:00pm 7:30pm	RABBATS Fitsteps Crafty Corner	Rickingham Village Hall Rickingham Village Hall Parkview chapel
Friday	19 th	9:15am 10:00am 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	20 th	10:00am	Church open	Rickingham Inferior
Monday	22 nd	10:00am 2:00pm 7:30pm	Zumba Needle craft Slimming World (5:30pm and 7:30pm)	Rickingham Village Hall Activities Centre Rickingham Village Hall
Tuesday	23 rd	10:00am 6:00pm 7:30pm	Coffee down the lane : Botesdale Zumba Julie's Aerobics	Methodist Church Rickingham Village Hall Rickingham Village Hall
Wednesday	24 th	9:30am 10:00am 7:30pm	MOBILE LIBRARY Redgrave Art Club Day Centre Heritage Circle	Activities Centre Rickingham Village Hall Rickingham Village Hall
Thursday	25 th	9:30am 6:00pm 7:30pm	RABBATS Fitsteps Redgrave Garden Club	Rickingham Village Hall Rickingham Village Hall Activities Centre
Friday	26 th	10:00am 1-2 pm 8:00pm	Positive Steps Beginners Tai Chi Dance Classes	Rickingham Village Hall Rickingham Village Hall Botesdale Village Hall
Saturday	27 th	10:00 am 10 – 4pm	Church open Art exhibition	Rickingham Inferior Redgrave Lopham Fen
Sunday	28 th	10 – 4pm	Art Exhibition	Redgrave Lopham Fen
Monday	29 th	10:00am 11:00am 10 – 4pm 2:00pm 7:30pm	Zumba Windmill Open Art exhibition Needle craft Slimming World (5:30pm and 7:30pm)	Rickingham Village Hall Thelnetham Windmill Redgrave Lopham Fen Activities Centre Rickingham Village Hall
Tuesday	30 th	12 noon 6:00pm 7:30pm	Luncheon Club: 898615 or 898619 Zumba Julie's Aerobics	Activities Centre Rickingham Village Hall Rickingham Village Hall
Wednesday	31 st	9:30am 10:00am	Redgrave Art Club Day Centre	Activities Centre Rickingham Village Hall

Free to every household thanks to the local businesses that advertise here. Please support local businesses.



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

September Calendar

Thursday	1 st	9:00am 9:30am 6:00pm 7:30pm	Church cleaning RABBATS Fitsteps Rickinghall Parish Council	Redgrave St Mary's Church Rickinghall Village Hall Rickinghall Village Hall Rickinghall Village Hall
Friday	2 nd	10:00am 1-2 pm 8:00pm	Positive Steps Beginners Tai Chi Dance Classes	Rickinghall Village Hall Rickinghall Village Hall Botesdale Village Hall
Saturday	3 rd	10:00am 10 - 3pm 10:00am 10:00am 8:00pm	Guided walk Botanical Illustration Church open Church open Palgrave Cinema : "Trumbo"	Redgrave Lopham Fen Redgrave Lopham Fen Redgrave St Mary's Rickinghall Inferior Palgrave Cinema
Sunday	4 th	2:30pm	Book Launch : Sarah Doig	Rickinghall Village Hall
Monday	5 th	9:15am 10:00am 2:00pm 7:30pm	Rickinghall Ramblers Zumba Needle craft Slimming World (5:30pm and 7:30pm)	Rickinghall Village Hall Rickinghall Village Hall Activities Centre Rickinghall Village Hall
Tuesday	6 th	10:00am 6:00pm 7:15pm 7:30pm	Open House Zumba Yoga and relaxation Julie's Aerobics	All Saint's Redgrave Rickinghall Village Hall Botesdale Village Hall Rickinghall Village Hall
Wednesday	7 th	9:30am 10:00am 10:30am	Redgrave Art Club Day Centre Macmillan Information Outreach	Activities Centre Rickinghall Village Hall Botesdale Surgery
Thursday	8 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	9 th	10:00am 1-2pm 8:00pm	Positive Steps Beginners Tai Chi Dance Classes	Rickinghall Village Hall Rickinghall Village Hall Botesdale Village Hall
Saturday	10 th	9:00am am 10:00am 10:00am 10:30am 11:00am	Farmers' market : Hamper raffle Suffolk historic Churches: Cycle ride Car boot sale Church open Wildlife Watch Windmill open day	Rickinghall Village Hall At our Churches Recreation Ground Rickinghall Inferior Redgrave Lopham Fen Thelnetham Windmill
Sunday	11 th	11:00am	Windmill open day	Thelnetham Windmill
Monday	12 th	10:00am 2:00pm 7:30pm 7:30pm	Zumba Needle craft Slimming World (5:30pm and 7:30pm) Botesdale Parish Council	Rickinghall Village Hall Activities Centre Rickinghall Village Hall Botesdale Village Hall
Tuesday	13 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

September Calendar

Wednesday	14 th	9:30am 10:00am 7:30pm	Redgrave Art Club Day Centre Redgrave Parish Council	Activities Centre Rickinghall Village Hall Activities Centre
Thursday	15 th	9:30am 2:00pm 6:00pm 7:30pm	RABBATS Rickinghall Further Education Group Fitsteps Crafty Corner	Rickinghall Village Hall Rickinghall Village Hall Rickinghall Village Hall Parkview chapel
Friday	16 th	9:15am 10:00am 1-2pm 7:30pm 8:00pm	Rickinghall Ramblers Positive Steps Beginners Tai Chi RAHOF : Fun musical evening Dance Classes	Rickinghall Village Hall Rickinghall Village Hall Rickinghall Village Hall Activities Centre Botesdale Village Hall
Saturday	17 th	10:00am	Church open	Rickinghall Inferior
Sunday	18 th	3:00pm	20 th Year Anniversary	Activities Centre
Monday	19 th	10:00am 2:00pm 7:30pm	Zumba Needle craft Slimming World (5:30pm and 7:30pm)	Rickinghall Village Hall Activities Centre Rickinghall Village Hall
Tuesday	20 th	6:00pm 7:15pm 7:30pm 7:30pm	Zumba Yoga and relaxation Julie's Aerobics Progressive Whist Drive	Rickinghall Village Hall Botesdale Village Hall Rickinghall Village Hall Activities Centre
Wednesday	21 st	9:30am 10:00am	MOBILE LIBRARY Redgrave Art Club Day Centre	Activities Centre Rickinghall Village Hall
Thursday	22 nd	9:30am 6:00pm	RABBATS Fitsteps	Rickinghall Village Hall Rickinghall Village Hall
Friday	23 rd	09:00am 10:00am 1-2pm 7:30pm 8:00pm	Macmillan BIGGEST COFFEE MORN- ING Positive Steps Beginners Tai Chi Film Evening Dance Classes	Park View Chapel Rickinghall Village Hall Rickinghall Village Hall All Saints , Redgrave Botesdale Village Hall
Saturday	24 th	10:00am 10:30am	Church open Heritage Trust : History Workshop	Rickinghall Inferior Redgrave St Mary's Church
Sunday	25 th	10 – 3pm	Jam Master class	Redgrave Lopham Fen
Monday	26 th	9:15am 10:00am 2:00pm 7:30pm	Rickinghall Ramblers Zumba Needle craft Slimming World (5:30pm and 7:30pm)	Rickinghall Village Hall Rickinghall Village Hall Activities Centre Rickinghall Village Hall
Tuesday	27 th	10:00am 12 noon 6:00pm 7:15pm 7:30pm	Coffee down the lane : Botesdale Luncheon Club 898615/619 Zumba Yoga and relaxation Julie's Aerobics	Methodist Church Activities Centre Rickinghall Village Hall Botesdale Village Hall Rickinghall Village Hall
Wednesday	28 th	9:30am 10:00am 7:30pm	Redgrave Art Club Day Centre Heritage Circle	Activities Centre Rickinghall Village Hall Rickinghall Village Hall
Thursday	29 th	9:30am 6:00pm 7:30pm	RABBATS Fitsteps Redgrave Garden club	Rickinghall Village Hall Rickinghall Village Hall Activities Centre
Friday	30 th	10:00am 1-2pm 8:00pm	Positive Steps Beginners Tai Chi Dance Classes	Rickinghall Village Hall Rickinghall Village Hall Botesdale Village Hall

Free to every household thanks to the local businesses that advertise here. Please support local businesses.

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



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
- plastering
- fencing

All work considered - No job too small
Tel: 01359 251 287 or 07931 527 247
for a free estimate

- 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

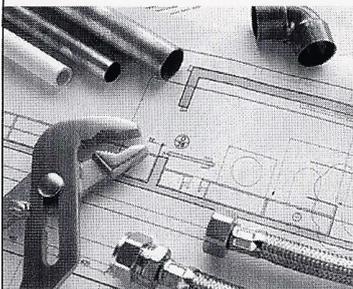
- free quotations
- oil boiler service just £ 40 + VAT
- bathrooms, kitchens
- complete heating systems
- boilers
- or simply just a dripping tap!

www.gasengineersburystedmunds.co.uk

WILLOWSERVE LTD

Plumbing & Heating Services

We provide Plumbing and Heating services in Bury St Edmunds, Stowmarket, Thetford, Diss, Sudbury and surrounding areas and cater to the general public and small, commercial companies. We are Worcester Bosch approved boiler installation, boiler servicing and we are also Gas Safe, OFTEC and CIPHE registered. We are City and Guilds qualified in energy efficiency, covering all aspects of Plumbing and Heating.



- Plumbing and Heating
- Central Heating
- Underfloor Heating
- Replacement Boilers
- Boiler Servicing
- Boiler Installation
- Hot Water Cylinders
- Oil, LPG and Gas
- Landlord gas certificates
- Bathrooms, including tiling
- Gas appliances
- Water Softeners

Checkatrade
Where reputation matters



Tel: 01359 259886 • 07771 557937

Email: willowserveltd@hotmail.com

16 Grove Park, Walsham-le-Willows, Bury St Edmunds, Suffolk IP31 3AE

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



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

Exploring the Past

Jean Sheehan, 01379 890237

Exploring the Past

Mellis Railway Crossing

This month's article is not directly related to our villages, but for our residents who go to Eye via Mellis it would be a much longer journey if the railway crossing was closed as was discussed recently by Network Rail. Discussions are still going on. Apart from the main crossing Mellis has 4 more crossings on the railway line, two for private use, and two with footpaths crossing them. One of these is from Rectory Road. This sad story was reported in the Hartismere Deanery Magazine for August 1892 under Mellis.

We were all much shocked on hearing of the sad accident which occurred at the Railway Crossing, near the Rectory, on Monday, June 27th. Mrs. John Bridges accompanied by her little daughter, had come over from Burston by the mid-day train to spend the afternoon with her mother-in-law, who keeps the Gatehouse; when the child unobserved by its mother, strayed from the garden to the permanent way, and being knocked down by a passing train, received such injuries that she died in a few minutes. Both grandmother and mother [a few words missing] for perceiving the perilous position of the child, just as the express was within a few yards of it, regardless of their own safety, they rushed to its rescue, Mrs. Bridges, senior, being struck by the foot plate of the engine, which fractured her arm and otherwise injured her.

It was a sad sight to see the dear little child lay on her death bed, with the flowers beside her, which she had gathered in the bright sunshine scarcely an hour before. On the following Friday she was laid to rest in our Church-yard, in the presence of her deeply sorrowing father and mother and a few friends. Mrs. Bridges we are glad to find, is progressing favourably, both she and her husband are old servants of the Railway Company, having resided at the crossing forty years. We ought not to omit mentioning that Mr. Moore, who has recently obtained the St. John's Ambulance certificate for First Aid, being apprised of the occurrence, was quickly on the spot and rendered valuable help both before and after the arrival of Dr. Wright.



When I went to work at Multiyork in 1983 one platform of the demolished Mellis station was still in position, as were the signals. When a train was coming the signalman walked out of his box along the platform and closed the gates manually which took a few minutes. When this crossing became automated a few years later I was always relieved that no accidents happened. At this time the signal box also disappeared. Old rails leading to The Old Mill from the track were still visible from the time when this was the busy Mellis Junction, with railway buildings on 3 corners of the junction.

Mrs Morgan was hit by a train and died whilst crossing the line on one of the footpaths a few years after the gates went.

Exploring the Past Again

Churchwardens' Accounts (Part 1)

At Quatrefoil's recent 'Bringing History Alive' day the subject was Memories. We encouraged people to bring in their old photographs and also tell us their memories of growing up in our villages in the 20th century in order to have a record of how life has changed since the Second World War for future generations.

Today we have many newspapers and other documents which will help future generations research our lives. However occasionally documents from the past can help our understanding of the life of previous generations. We are lucky to have a set of such documents. These are churchwardens' accounts for both Rickinghall Superior and Inferior dating from the late 17th and early 18th centuries. These documents give us a wonderful snapshot of life at this time although sometimes they pose more questions than they answer.

In the past each church had two churchwardens. These men (for they always seem to be men!) had to submit an account of their expenses with the bills they had paid each year.(1)

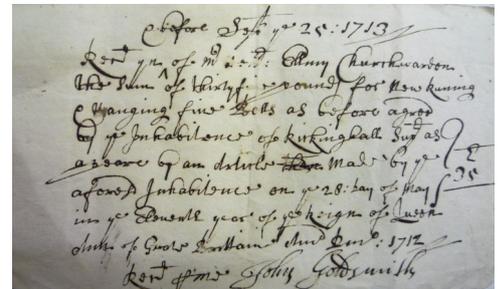
The writing from these accounts can be difficult to decipher and the spelling is often quite random! For instance in the account for 1698 is written 'laid out for 7 Travlrs with sortefekets' (laid out for 7 travellers with certificates)

'laid out for the sorples washen' (laid out for the surplice washing)

Other officials helped them, for instance the 'questman' (the churchwarden's assistant or sideman) was paid 6s a year in 1743 and the 'paritor'; the church officer or beadle was paid for writing out notices of such things as the Bishop's visitation.

The churchwardens were responsible for any church expenses. Washing the surplice was done once or twice a year. Bread and wine were bought for Communion which was only taken at the main church feasts; Christmas, Easter, Whitsun and Michaelmas.

They paid for new bells and for ropes for the bells. There exists an agreement from 1712 between the churchwardens of Rickinghall Superior and John Goldsmith of Redgrave a bell founder to make 5 new bells.(2)



Receipt for payment for new bells - 1712

In the 1690s the bell ringers were still being paid to ring on 5th November 'gave the ringers at gunpowder treason 1s'. It seems that this custom was not carried on for it does not appear in the 18th century accounts. Perhaps bonfires and burning the guy superseded this?

In 1742 the lower church appears to have needed to be repaired. The account lists tiles, nails, sand and lime being bought. Afterwards it had to be whitewashed and cleaned:

'Paid Jno Morly for cleaning the Church twice after the Masons & Carpenters 5s'

'Paid Theo Chadly for witeing the Church 3s'

But why were two people being paid for lodging in Rickinghall Inferior churchyard at this time? 'Wm Day & Jno Margerum lodging in the Churchyard 11s'

To be continued ...

(1) SROI FB 122/E2/1 Rickinghall Inferior & FB 121/E1/4 Rickinghall Superior

(2) SROI FB121/E2/1/1 & Quatrefoil's Recording Local History no.7

'Reflections on Redgrave part 2' by Jean Sheehan

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



TAYLORMADE BATHROOMS

Bathroom design and installation specialist.

Kitchen fitting

All aspects taken care of including tiling, flooring & plastering

All plumbing enquires welcomed

Qualified Plumber

Free estimates

Call Robert Taylor

Mobile: 07979 590528

Business: 01359 221 015

www.taylormadebathrooms.co.uk



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, Rickingham, 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

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.



ABS
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

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

WAVENEY WINDOWS LTD

EST.1977



CONSERVATORIES ♦ WINDOWS & DOORS ♦ FASCIAS

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

Nyalls Notes Bills Birds



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

Bill Cordeaux Tel: 898286

Because of holidays and deadlines I am writing this the day after the electorate voted to leave the EU. You'll probably remember it still. Today the stock market lost 250 points or 4% and the FT100 now stands at 6095. This appears to be taken as a disaster but that wasn't being said a few days ago when it dropped below 6000. What has actually happened is that people have bought, expecting the index to rise on a 'remain' vote. They did so with the intention of making some quick money. The gamble didn't pay off and they are selling to try and avoid any loss. The very acts of many people greedily buying or selling causes prices to rise or fall. As far as the underlying value of the stock market is concerned nothing has changed between yesterday and today. Wild gyrations in markets are simply driven by people wanting to make money. I observe that the FT100 is now rising as others take the opportunity to buy cheaper shares. (You might observe that both the FT100 and the pound have only lost what they gained in the last few days and, in fact, are trundling around in the same range of values that they have covered over the past year.) The volatility of the stock and money markets is largely a product of the love of money.

Jesus said, "You cannot serve two masters, you cannot serve God and mammon (money.) Seek first the kingdom of God and his righteousness...." He put that in what we know as the Lord's Prayer: Our Father, thy kingdom come, on earth as it is in heaven.

So what would God's kingdom here on earth look like? Certainly not like the campaign that led to that vote to leave with its fractious debate and outbursts of bad temper and fabricated information. There wouldn't be that desperation to win but more a concern to get the right, the best result.

Paul puts that message of Jesus into his own words: For the love of money is a root of all kinds of evils. but as for you, flee these things. Pursue righteousness, godliness, faith, love, steadfastness, gentleness.

I would sum it up by saying, "Be like Jesus." He said, "Love your enemies," and put his own words into practice even praying 'Father forgive' of those that crucified him. He came into the world that through paying the price for their forgiveness he might turn his enemies into his friends forever. Imagine a country where all behaved like that, where each says, "I will not be greedy for gain but do whatever it takes and pay whatever the price to win over those that are against me, those who dislike me and those who consider me an enemy." God's kingdom on earth?

What has struck me more than ever in the Euro debate is that we all believe in democracy until it produces an outcome which we dislike or costs us. In other words we are all naturally self-centred, me first, it's what I want, people who could really do with Jesus in our lives.

Cafe Church - Christianity explained

Now at:

1 Helens Close, Redgrave
10.30 on Sundays



On 24th June I heard a Robin singing in our garden. "So what" you may say, but, it had not been singing for several months. Too busy nest building or fledglings to feed? Or had the Blackbird, with a louder and more beautiful song, shouted him down? Perhaps the Sparrowhawk had got 'my' bird, or merely it had done its work for the season and he (or she, they both sing) could relax into song. It is a somewhat melancholic song in an otherwise quiet garden. Could it be a young bird asserting itself above over-worked parents? Sadly it does say (or sing) that the year is moving on, although we complain that we have yet to have a summer.

I think you may hear a hint that other birds have realised this and the young ones start to practise. Starlings remind us of other birds from chimney pots or roof ridges. Also, you may hear a little secretive song of a warbler slowly moving south, eating a full diet, ready for a sea or perhaps a Sahara crossing.

I have written of Wood Pigeons, Collared and Stock Doves, but the other day there was a diminutive dove on our drive. A small dove, like the Stock Dove but no red legs or bill, and quite tame. There were no rings on its legs. I think it was a Feral Dove, feral to the Rock Dove, from which Feral or racing pigeons are descended. Similar to the pigeons of city centres like Trafalgar Square or which were used to stock the dovecotes of big country houses and monasteries for food.

The sky is a vast area, but if we continually keep looking skywards we would be prone to accidents. The other day I saw a large number of Swifts wheeling high in the sky. While I watched a raptor sailed easily through their number, without troubling them. The raptor, possibly a Kestrel, was not interested in the Swifts and they knew it. Even from that height the raptor had its eyes firmly focused on the ground for its next meal. By the time you read this article the Swifts will be doing their figure of eight racing in joyful anticipation of flying to warmer climates. I always go roughly by their arrival date of about 8th May and departure about 8th August. Only three months here to raise their families and then off to Africa.

A Yellow Wagtail has been reported. Once seen, never forgotten. The male really is bright yellow. Unlike our common Pied Wagtail which migrates locally in the winter, often in large numbers, the Yellow migrates in winter south of the Sahara and West Africa. I remember seeing only one in my life (a male) by Coniston Water in the Lake District when I was about ten years old.



Oyster Catcher

I am often asked about Oyster Catchers. Why don't they keep to the coast? They have unmistakable black and white plumage with a long red bill and red legs. They will be seen on Redgrave Fen and near New Waters lake.

Their call again is unmistakable and I have seen and heard them in flight over our house in Rickinghall. It is a typical 'wader-like' call and reminds me at once of the coast. Records show large groups of these birds on the coast but over the years more of them are travelling inland, perhaps following a river (locally the Waveney) and they find food they enjoy inland as well as at river estuaries to satisfy their appetite.

And now a follow-up on our Sea Eagle. A reporter followed this bird which was ahead of their car near West Hall Wood, Rickinghall, flying slowly and veering off at the end of the wood. It looks as though this bird has taken a liking to this area.

Free to every household thanks to the local businesses that advertise here. Please support local businesses.

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

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*



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



Just a Call or a Click Away

For all your Property
Maintenance Needs
Contact

Mark 07703 418120

mkservices@outlook.com
www.mkservices.co.uk

- ✓ General Maintenance
- ✓ Specialist Carpentry
- ✓ Handyman
- ✓ Painting
- ✓ Tiling
- ✓ Patio & Paving Cleaning

- Property Renovations
- Project Management

Fully insured & DBS
checked



Parker
Home Improvements Ltd

Helping you create the perfect home

Our local family run business has 30 years of experience
and a team of committed craftsmen to help you with:

- Carpentry and Joinery
- Asbestos Removal
- Garage Conversions
- Fitted Kitchens
- Plastering and Rendering
- Painting and Decorating
- Renovations & Alterations
- Project Management

01284 386899 or 07810 353426

info@phihome.co.uk



www.phihome.co.uk

Would you like to
advertise in this *magazine*,
from just **£40** a year?

If interested, please contact

adverts@rbrparishmag.com



J & S Newstead



**With over 25 years professional
building experience we can
offer you a bespoke service to
suit your needs & budget**

Free no obligation quotations

- Plant Hire with Operator
- Kitchen Fitting
- Bathrooms
- Painting & Decorating
- Driveways
- Fencing

- All Ground Works
- Bespoke Carpentry
- Building Works
- Renovations
- Home Improvements
- Equestrian Buildings/Arenas

**For Quality Service & Workmanship
Please Call:**

T: 01379 890106

M: 07768 212187

E: jsnewstead@btinternet.com

Jokerman!

*Two Aerials meet on a roof - fall in love - and get married
The ceremony was rubbish but the Reception was Brilliant.*

"Doc, I can't stop singing the green green grass of home."

"That sounds like Tom Jones syndrome."

"Is it common?"

"It's not unusual."

A man takes his Rottweiler to the vet.

"My dog's cross-eyed, is there anything you can do for him?"

"Well," says the vet, "let's have a look at him"

So he picks the dog up and examines his eyes, then checks his teeth.

Finally, he says, "I'm going to have to put him down."

"What? Because he's cross-eyed?"

"No, because he's really heavy"

Two elephants walk off a cliff..... boom boom!

So I was in my car, and I was driving along, and my boss rang up, and he said 'You've been promoted.'

And I swerved.

And then he rang up a second time and said 'You've been promoted again.'

And I swerved again.

He rang up a third time and said 'You're managing director.'

And I went into a tree.

And a policeman came up and said

'What happened to you?'

I said 'I careered off the road.'

I had a ploughman's lunch the other day.

He wasn't very happy.

I was getting into my car, and this bloke says to me "Can you give me a lift?"

I said "Sure, you look great, the world's your oyster, go for it."

*A man walked into the doctors,
he said "I've hurt my arm in several places"*

The doctor said, "well don't go to those places"

*I went to the butchers on Saturday and I bet him 50 quid
that he couldn't reach the meat off the top shelf.*

He said, "No, the steaks are too high."

Thanks to Chris, Rickinghall

Cookbook

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! ☺



Sticky barbecue chicken wings and drumsticks

Ingredients

- 6 chicken drumsticks, preferably free-range

- 6 chicken wings, preferably free-range

For the marinade:

- 2 tbsp clear honey
- 3cm/1¼in piece of fresh ginger, peeled and grated
- 1 garlic clove, crushed
- 1½ tsp Chinese five spice
- 2 tsp soy sauce
- 3 tbsp orange marmalade
- ½ tsp grated orange zest
- 1 tbsp sesame oil

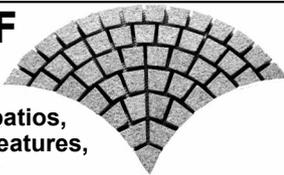
Method

1. Slash the chicken drumsticks three to four times each with a sharp knife and place in a non-metallic bowl with the chicken wings. Mix together all of the marinade ingredients and pour over the chicken. Leave to marinate for at least 2 hours, or overnight if you can, turning occasionally.
2. Once it has marinated, place the chicken on the barbecue over medium-hot coals and cook for about 20 minutes, brushing with any marinade left in the dish as it cooks. If it's colouring too quickly, move to a cooler part of the barbecue to cook more gently. It's important you cook the chicken all the way through.
3. If you're unsure, pierce a drumstick with a skewer: if the juices are still pink, carry on cooking. Eat as soon as they're cool enough to handle, with the sticky sauce all around your mouth and fingers. Isn't that what barbecues are all about?
4. The chicken can also be cooked in the oven for perfect picnic food. Preheat the oven to 200C/400F/Gas 6.
5. Transfer the chicken into a roasting tray with a couple of spoonfuls of marinade. Place in the oven for about 50 minutes, turning occasionally and basting with the marinade and juices until thoroughly sticky and golden, adding extra marinade to the tray if necessary. Once the chicken pieces are cooked, eat them when fresh and hot, or leave to cool before packing up for a picnic or packed lunch.

BBC Food recipes

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

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

BN Property Maintenance

Any job considered with free estimates 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

GEOFF NICHOLLS & CO. Complete Building Service

SPECIALISTS IN PERIOD PROPERTY RESTORATION

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

Bacton.
(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

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, Rickingham, Diss, Norfolk, IP22 1EA
Email : frankdaveyltd@hotmail.co.uk

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

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



Block Paving & Patio Specialist

GKW GROUNDWORK



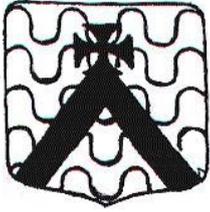
All other types of driveways constructed
Also garden walling, pathways, fencing, foundations & drainage
Micro digger & driver for hire -
will fit through a standard gateway

20 years experience
Full public liability
insurance



Tel: 01359 250 496
Mob: 0799 0502 354

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



School news

The Summer term was, as usual, very busy and productive. Our Year 2 and Year 6 Children completed their National Tests and did so with great effort and determination. I was very proud of them all and their achievements.

We also held our annual School Games sports mornings. It was 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. These events are always so valuable as the children come together to achieve a common goal. Parents and Carers also enjoy the chance to see the children competing and doing their best.

Many of the children went out and about visiting exciting places linked to their learning topic. The children always enjoy school visits and return to school full of ideas and enthusiasm it's also an excellent learning experience as it brings the topic to life.

Lions and Tiger delighted us all with their school production of Gold. Once again the children worked hard to produce a wonderful and entertaining performance. The singing was fantastic and we witnessed some excellent individual contributions. Mrs Heath and Mrs Hamilton did a remarkable job in organising their team and children who all did them proud. It was so wonderful to see the children acting, singing and supporting each other to such good effect.

The children at St Botolph's also 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 EYFS to YR6. The choir delighted the audience with their singing and we were all inspired by the range of children demonstrating their skills using different instruments; these included guitar, piano, flute, recorder, various brass instruments and the clarinet. The evening was sensational and it was wonderful to see the results of such hard work and dedication from all of the children.

Finally I must mention our fantastic Year 6 children who will soon be starting the next stage of their education. I wish them all well as they move on to high school. You will all be missed.

The children will return to school on Monday 5th September for the start of the new academic year.

M. Cobbold, Headteacher.

Solve the clues then find the answers in the wordsearch on p35.

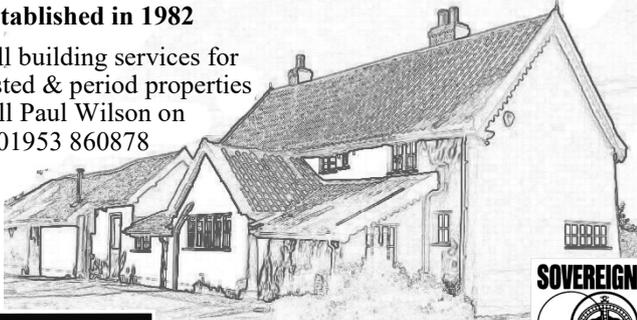
Seat of the Duke of Norfolk	Queen's estate in Norfolk
City where Richard III is buried	15 years of marriage celebrates which anni-
Port Said is in which country?	What is the name for the study of insects?
If cats are feline, what are sheep?	In which town did Billy Butlin open his first
How many gallons of beer in a firkin?	African & French marigolds are natives of
Canada's national animal is the what?	Who is Dick Grayson better known as?
In the play Romeo and Juliette, is Juliette a	Beaumaris Castle is on which island?
President of France from 1969 to 1974	The song, 'Oh What a Beautiful Morning'
Who killed Cock Robin?	What school did Billy Bunter attend?
Consecrated in 1962, where is the cathedral	A routemaster is what type of vehicle?

Free to every household thanks to the local businesses that advertise here. Please support local businesses.

Wilson Restorations

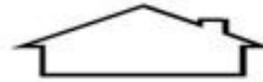
Established in 1982

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



NHBC

www.wilsonrestorations.co.uk



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



MNL Designs Ltd

NEED A *Grand Design*?

WANT TO RENOVATE OR
EXTEND YOUR HOME?

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

CALL US NOW ON

01359 232507

LEWISMN@TESCO.NET

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

Would you like to
advertise in this
magazine, from
just **£40** a year?

If interested,
please contact
adverts@
rbrparish
mag.com



EAST COUNTY CLASSICS

OUR STAFF HAVE OVER TWENTY YEARS
WORKING EXPERIENCE ON CLASSIC CARS.
WE AIM TO PROVIDE A KNOWLEDGEABLE AND
HIGH QUALITY SERVICE TO ALL OUR CUSTOMERS

Mechanical repairs
and upgrades

Bodywork repairs
and panel work

Maintains
and prepares
classic cars
SPECIALIST IN MGS

New tyre and
wheel balancing

Routine servicing
and M.O.T testing

Hood and
interior trimming

Race and rally
tuning preparation

SEE US AT

Unit 2, Station Lane,
Thetford, Norfolk, IP24 1ND

Tel: 01842 763841

www.eastcountyclassics.com

Email: enquiries@eastcountyclassics.com

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

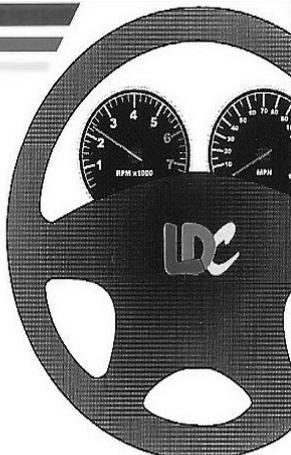
Landline: 01379 898697

visit my website at

www.passwithjan.co.uk

or email me on

info@passwithjan.co.uk



Pre-school news

To find out more about us or to arrange a visit please call Karen Hails on 07796 014 304.

About us: We are a registered charity operating on a 'not for profit' basis. We provide a happy, stimulating and secure learning environment for children aged 2-5 years.

School transition: We work closely with St Botolph's Primary School to ensure a smooth transition for our children into primary school. In the academic year before they start school, our pre-school children graduate from being "Caterpillars" to "Butterflies" and our Butterflies benefit from specific activities, such as phonics and numeracy, to help them prepare for school. We also make regular visits with the children to St Botolph's to take part in activities such as assemblies, PE lessons and lunches.

OFSTED: We were thrilled to receive a fantastic OFSTED report in December 2014 and were very proud to have received particular praise for providing an "extremely calm, relaxed and friendly atmosphere". A copy of the full report is available on request.

Committee: The Committee is responsible for the management of the pre-school. Parental involvement is key to a child's successful development and volunteering for the Pre-school Committee is an ideal way to be involved in both your child's development and their life at pre-school. Committee members also help to shape how the pre-school setting is managed. New members are always welcome (and needed). You can choose how much time to commit and there are lots of ways to contribute so please contact us if you would like to get involved.

The end of another year

It is, as always, with sadness that we say goodbye to our latest batch of 'butterflies-soon-to-be-squirrels'. We would like to thank you all for giving us many fun times and lovely memories and wish you the best of luck on your next adventure at school.

Looking forward

Of course, we also look forward to welcoming our new caterpillars and to hatching a new group of butterflies in the autumn term. We also hope to have our new log cabin ready by September! Thanks to the efforts of some very generous volunteers one soggy Sunday morning we made great progress with clearing the area around the cabin site. Once the site was clear, the log cabin was constructed and another group of volunteers have already managed to stain most of the exterior. Any donations of time or money, however small, that would help us to complete the rest of the work would be very gratefully received!



We would like to wish everyone a safe, happy and sunny summer break.

Rainy day fun

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

For the list of words hidden in this wordsearch, answer the questions on p33.

Free to every household thanks to the local businesses that advertise here. Please support local businesses.

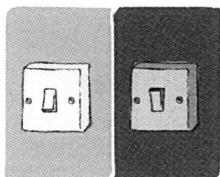
ABC Electricity

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



JLW Electrical Services LTD

James Waterman
Electrician

Domestic, Industrial &
Commercial Installations

26 Gaye Crescent
Eye, Suffolk,
IP23 7BW

T 01379 872991
M 07800 739476
E jlwelectrical@hotmail.co.uk

S.C.G.

ELECTRICAL

ALL TYPES OF ELECTRICAL
WORK UNDERTAKEN

DOMESTIC COMMERCIAL
LIGHT INDUSTRIAL
SECURITY LIGHTING

**01379 741311 or
07792 767869**



Paul Parsons Electrical

Rickinghall, Diss, Norfolk

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

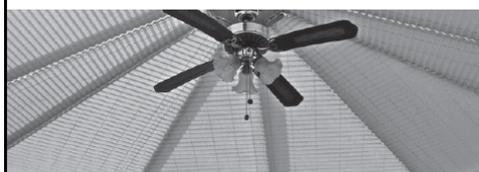
Tel: 07786 558 510 Part P

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
Blinds & Shutters

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



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



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



Peter
Goddard
Firewood

**HARDWOOD
FIREWOOD**

available all year round, cut
& split to your requirements

01359 221287 daytime
or 07946 595126 mob

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

September Events

Rickingham Farmers' Market

A car boot
A free hamper raffle



beer & meat for the B.B.Q!

Saturday 10 Sept 9–12.30

All Saints Church, Redgrave,
FILM EVENING
FRIDAY 23rd SEPTEMBER
7:30 pm

“The Importance of being Ernest”
By Oscar Wilde
Starring Dame Edith Evans

Tickets £7:00 including refreshments available
from September 1st

Rickingham Newsagents
Redgrave Shop
or ring 01379 898426

ALL SAINTS CHURCH, REDGRAVE
In aid of Church funds

RICKINGHALL FURTHER EDUCATION GROUP



We are delighted to announce the return of David Prynne to Rickingham on **15 September 2016**. David has lectured to us before, and we can expect a real treat as he delivers his next **10 week** course entitled **“Wildlife and History of the Russian Far East.”**

David says “The Russian Far East, with its close proximity to North East China and Korea, is a land of dramatic landscapes, beautiful mixed temperate forests of great biological diversity and magnificent wildlife: a blend of northern and southern forms, notably the Amur tiger and leopard. It is also a region that has witnessed a turbulent human history with successive settlement of peoples – Tungus tribes, Chinese, Koreans and Russians – and wars and conflicts during the time of the Tsars and the Soviet Union that replaced it after the 1917 Revolution. This course examines the progress of human settlement and its impact on the natural world in the nineteenth and twentieth centuries and evaluates the prospects for conservation in this region.”

The course will start at **2pm on Thursday 15th September 2016 at Rickingham Village Hall**. The cost is still **only an amazing £40** for all ten lectures – which are spread across 11 weeks to accommodate the school half term break. The lectures last 2 hours, with a short break for free tea and coffee.

Whilst there is no need to book, it is very helpful to know how many people we are expecting, so for this reason we ask that you telephone either **Sue Emerson on 01379 897010** or **Janet Swann on 01379 650615**.

Sue can also be emailed at emerson500@btinternet.com.

If you haven't been to one of our lecture series before, do please come along and sample the first lecture before you sign up. If you then feel the course is not for you, there will be no need to pay.

Future Events

ANNUAL QUIZ NIGHT

Friday 21st October
Hinderclay Village Hall
7.00 for 7.30 pm

Quizmasters: Mike Webb and John Kilgannon
Tickets: £9 pp, including Finger Buffet
(Admission by ticket only, tables of 6)
NOTE: Please bring your own beer/wine glasses
DRAW

(Tickets from June Hart on 01379 897180)
Book early for this popular quiz night



Parish Church HARVEST SUPPER CEILIDH

Saturday October 1st
7:00 for 7:30pm

Rickingham Village Hall

Tickets : Including Ploughman's supper: Adults £5:00
Primary Children Free

ALL WELCOME

Look for Local Posters

Free to every household thanks to the local businesses that advertise here. Please support local businesses.



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



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**



Painter & Decorator



Internal ~ External
 Domestic ~ Commercial



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



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

Eastern Landscapes

The Complete Landscaping Service from Design to Construction



- Fencing and Decking
- Patios and paths
- Turfing
- Garden Makeovers
- Tree and Hedge Care
- Constantly Recommended

01379 871252
Mobile: 0777 1675 262

Established over 10 years



Essential Ponds & Landscapes
 (Rickinghall)

*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



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 / 07880528142
GARWOODSOFSUFFOLK@YAHOO.COM



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:



- 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

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

NPTC and LANTRA Qualified

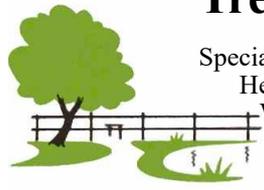
www.nickbobbytreeservices.co.uk

Free Quotations call 01379 788 757 or 07545 989 081

Would you like to *advertise* in this *magazine*, from just **£40** a year?

If interested, please contact **adverts@rbrparishmag.com**

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

Eye Gardens

For all Garden Maintenance and Design jobs

For all quotes contact
Amanda
07732 783572
 www.eyegardenmaintenance.co.uk

MAGPIE TREE & FENCING SPECIALISTS



Fully Insured N.P.T.C Qualified

All Aspects Of
 Tree Surgery & Fencing
 At Affordable Prices

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

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

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 info@ccsmaintenance.uk.com
www.ccsmaintenance.uk.com

Over 20 Years Experience **Fully Insured** **Uniformed Staff**

WATER SOFTENERS

New Installations ~ Repairs & Service to all Brands
Drinking Water Filters ~ Taps ~ Salt Deliveries

A D Veale Water Treatment Ltd (est. 1981)

01379 871020

www.adveale.com

Your LOCAL Water Softener Specialist
(Brome, Suffolk, IP23 8AL)

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



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

Doug Aiken part of



Appliances Ltd

Telephone:
01449 780398

Domestic Appliance Repairs, Sales of New and Reconditioned Machines

Finbows Yard, Station Road, Bacton,
Stowmarket, Suffolk IP14 4NH

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.

AUGUST and SEPTEMBER : Readings for Parish Church Sunday Services

Date	1st reading	2nd Reading
7th August	Hebrews 11 : 1 to 3 and 8 to 16	Luke 12 : 32 to 40
14th August	Hebrews 11: 29 to 12:2	Luke 12 : 49 to 56
21st August	Hebrews 12 : 18 to end	Luke 13 : 10 to 17
28th August	Hebrews 13 : 1 to 8 and 15 to 16	Luke 14 : 1 and 7 to 14
4th September	Philemon 1 to 21	Luke 14 : 25 to 33
11th September	1 Timothy 1 : 12 to 17	Luke 15 : 1 to 10
18th September	1 Timothy 2 : 1 to 7	Luke 16 : 1 to 13
25th September	1 Timothy 6 : 6 to 19	Luke 16 : 19 to end

ROTAS	Chapel of Ease		Redgrave		Rickinghall	
	<i>Sidesman</i>	<i>Lector</i>	<i>Sidesman</i>	<i>Lector</i>	<i>Sidesman</i>	<i>Lector</i>
7th August	Mrs J Wright	Mr J Wright	Mrs J Wilson	Mr K Wilson		
14th August	Mrs C Hilliard	Mr L McGrath			Mr Mrs Miles	Mrs J Dickman
21st August			Mrs R Walker	Mr J Walker	Mrs S. White	Mrs J. Whitehead
28th August			Mr J Lamb	Mr C Davies	Mrs J. Sheehan	Rector
4th Sept	Mrs L Wills	Mrs J Shepherd	Mrs J Dickman	Mrs F Lamb	tba	Mrs J. Bennett
11th Sept	Mrs D Hodson	Dr W Cordeaux			Mr R Rixon	Mrs P Rixon
18th Sept			Mrs D Hodson	Mrs S McGrath	Mrs M Self	Mrs J. Whitehead
25th Sept			Mrs C Davidson	Mrs S Purdom	Mrs J. Sheehan	Rector

AUGUST and SEPTEMBER : Flower rotas

	Chapel of Ease	Redgrave	Rickinghall
7th August	Mrs Canning	Mrs Lamb	Mrs Rixon
14th August	Mrs Canning		Mrs Rixon
21st August	Mrs Cordeaux	Mrs Lamb	Mrs Sheehan
28th August	Mrs Cordeaux		Mrs Sheehan
4th September	Mrs Heath	Mrs Powell	Mrs Draper
11th September	Mrs Heath		Mrs Draper
18th September	Mrs Moss	Mrs Walker	Mrs Rippingall
25th September	Mrs Moss	Mrs Walker	Mrs Rippingall

Thank you

Prize Bingo Evening

Botesdale Wives Club would like to thank all those enthusiasts who supported their annual Bingo Evening at Rickinghall Village Hall on Friday 1 July.

A 'thank you', too, to Irene Chandler our 'caller'. Everyone was so generous and the magnificent sum of £200 will be sent to the Dialysis Unit at West Suffolk Hospital, in memory of Wives Club member and Botesdale resident Beryl Hill.

Committee and Members

Neighbourhood Watch

Local Contact Details

For Neighbourhood Watch contact your local Co-ordinator, or else in Botesdale and Rickinghall Peter Beck on 01379 890495, (email : peter@pbeck.plus.com), and in Redgrave John Campbell on 01379 890946 or email him on redgrave.nwatch@outlook.com

Contact Details;

Mid Suffolk North Team, The Lodge, Castleton Way, Eye. Tel No – 101. Email – midsuffnorth.snt@suffolk.pnn.police.uk
Our local officers are : PCSO 3240 Faulkner and WPC 80 Wiggins

Non-emergency calls and enquiries to the Police, please ring 101. Emergency calls—Fire, Police, Ambulance, dial 999.

Free to every household thanks to the local businesses that advertise here. Please support local businesses.



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

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!

RHB Accounting Services

All Aspects of Booking Keeping,
VAT Returns, Purchases
Sales, Ledgers
Credit Control, PAYE
Inland Revenue: CIS etc
Can be office based,
if required

Rachel
07887991191

rachel@rhbaccounting.co.uk

CADE CREATIVE

- Graphic Design
- Copywriting/Editing
- Proofreading
- Public Relations
- Event Management
- Print Buying
- Marketing
- Promotions

• 01379 783 380 / 07931 850 813
• contact@cade-advertising.com
• www.cade-advertising.com



We offer a personal service, locally, with
high street offices in Diss and Harleston

Legal services at a competitive price
for individuals and businesses

www.jackamans.co.uk

Diss 01379 643555

Harleston 01379 854455

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 07711959228

peeps56@hotmail.co.uk

RICKINGHALL BUSINESS CENTRE

Allwood Green, Rickinghall, Diss, IP22 1LQ

**Light industrial units, offices &
storage available to let.**

Tel: 01379 898 671

Email: willowlast@btconnect.com

Parkview Chapel - August and September



Sundays in **AUGUST** 11.00 am All Age Worship
 Sundays in **SEPTEMBER** 10.00 am Communion 11.00 am All Age Worship
 Between these 2 services, from 10.30am – 11am, tea and coffee are served.

September 11th 11.00am Harvest thanksgiving service
 Weekend of 16th – 18th Church weekend away – no services.

Tuesdays August 9th and September 13th: 9 am – 12 noon : ‘Coffee on the Corner’
 Thursday September 15th : 2.00 pm Praise Hour.

Thursdays, August 18th, and September 15th: 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 YOUTH

(All held at Parkview Chapel, Botesdale)

JUNIOR CHURCH
 Reception – Year 9
 Sundays 11.00am – 12.00pm

LMNT
 Years 6 – 9
 Mondays 7.00pm – 8.15pm

PYP
 Years 10 – 13
 Sundays 7.00pm – 8.30pm

JUNIOR FRIDAY CLUB
 Reception – Year 6
 Fridays 6.00pm – 7.00pm

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

For further information
 please contact
 Kev Gladwell on
 01379 898924
 or check out our website
www.parkviewchapel.co.uk

BOTESDALE METHODIST CHURCH

Services are held every Sunday at 10.30 am unless otherwise indicated.

A friendly welcome to everyone to services and all meetings

7th August Mr P. Mottram
 14th August Congregation led
 21st August Mr S. Aspinall
 28th August Rev. D. Ely (Communion)
 4th September Mrs S. Goodwin
 11th September Congregation led
 18th September Rev. D. Kemble
 24th September Miss J Nicholson

Bible Study Mondays 8th & 22nd August and 26th September at 10.00 am. All welcome.
 Christian Forum Tuesday, 2nd August Garden Party at “The Swallows”, Rickinghall
 Wives Club Tuesday, September 6th 7.30 pm. Planning Meeting
 Coffee down the Lane” NO meeting in August :
 21st September 7.30 pm. Holiday Evening with Brenda Deaville
 Tuesdays 23rd August and 27th September at 10.00 – 11.30 am



Cafe Church - explaining Christianity

Now at 1 Helens Close ,Redgrave

10.30 on Sundays

Contact : 01379 897067 - Nyall Davies



Free to every household thanks to the local businesses that advertise here. Please support local businesses.



All Saints
Redgrave



St. Botolph's
Botesdale



St. Mary's
Rickinghall

7th August 11th Sunday After Trinity

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

14th August 12th Sunday After Trinity

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

21st August 13th Sunday After Trinity

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

28th August 14th Sunday After Trinity

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

Note: no evening service, Footprints or Messy Church during August

4th September 15th 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



11th September 16th 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"



18th September 17th Sunday after Trinity

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



25th September 18th 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

**2nd
19th
After**
8.15 St.
Botesdale



**October
Sunday
Trinity**
Botolph's,
BCP

Also

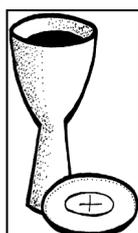


"Open House" @ All Saints

Tue. 2nd August
and Tue. 6th September
from 10.00am – 12noon
For coffee, cakes and chat

PARISH HARVEST CELEBRATIONS

Saturday 1st & Sunday 2nd October
Botesdale Village Hall
Harvest displays by local groups open to the public from 11am -4pm, Saturday 1st October.
Harvest Service of Thanksgiving,
10.30am Sunday 2nd October



Albert Close, Rickinghall Communion
No service in August
Wed. 7th September. 10.00am
Farnish House, Botesdale Communion
No service in August
Thurs 15th September. 9.45am
These services are open to everyone



Thurs 1st September 7.15pm
St Mary's, Rickinghall
Tues 20th September 7.15pm
All Saints, Redgrave
A time of prayer for the work of the church in the community.

*"Together in these villages we offer Christ's healing grace through our worship and service."
For more information ring 01379 890204 or 01379 890756*