

PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

February 2016



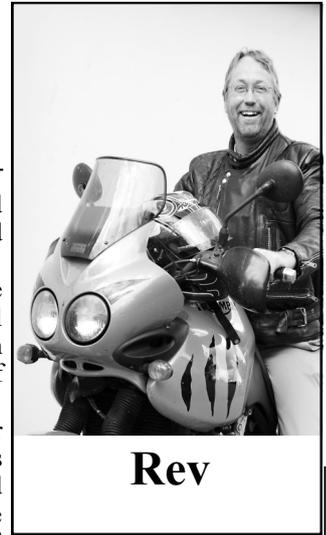
Rev'd Chris Norburn

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



I enjoy watching BBC's Antiques Road Show. It always amazes me what people have without realising what they really have. Something that has been knocking around in their homes for years turns out to be very valuable and maybe century's old. Often the smallest of objects seem to be of the greatest value. Museums enable us to see what others have in their homes! For example Fitzwilliam Museum in Cambridge had on display some small Qing Dynasty vases worth hundreds of thousands to millions of pounds. That is until an individual in a clumsy moment, tripped, crashed into them, and they were shattered to smithereens!

Imagine what you would have felt had they belonged to you. Can we therefore imagine the value God has put on us His creation? In the beginning everything was created for ultimate joy, love, goodness, peace, and fulfilment! Everything fitted together in an unimaginably glorious way. At the centre of this was a mind blowing intimate relationship with God. Such a relationship would have brought the deepest peace possible with yourself leaving you ultimately fulfilled. Relationships with others would be beyond the most cherished moments you have had with your most cherished friends. Marriages would be the richest of experiences; family life indescribable. What a life! Everyone secure in God's love, treating others in generous selflessness.

But sadly God's infinitely valued creation was shattered. We don't have to look very far to see that our world now reflects much of the darkness and ruin of human sin and Satan's death and destruction. Thankfully, there is hope! Jesus came to earth with the purpose of reclamation. He came to destroy the devil's works (1 John 3:8), to restore and save what was lost. He began this by restoring humanities relationship with God by offering personal wholeness, thus restoring dignity and joy. As His purpose includes restoring the significance and fulfilment of family He was relentless at liberating people from demonic torment and illness. Jesus also taught people to love and serve instead of living self-absorbed lives. He trained His disciples to live with hope versus hopelessness. So Jesus gives people eternal purposes for which they are to live for; this was always God's original design and purpose for His creation.

As the first Christmas came to an end did those who witnessed it by their involvement see that God was restoring what was lost? God was making it clear to at least some of those who had seen this new baby that change was in the air; that in some sense this was a new beginning, an outline of things yet to be coloured in. Perhaps this was clearest of all to His parents; but soon it would be recognised by a prophet, Anna, 'who began to speak about the child to all who were looking for the redemption of Jerusalem.' What would it have been like to be caught up in all that? What kind of frisson would there have been in the air?

Well, as we are launching into another year may we reflect on the past and resolve to move forward with God? The Bible tells us that God encouraged Israel through the prophet Haggai to reflect on their ways (Haggai 1:5). The

Apostle Paul also demonstrated resolve in pressing forward (Philippians 3:14).

Perhaps some of the following thoughts will encourage you in your reflection and resolve during this time of year.

1. How about a deeper revelation as to God's original design and purpose for your life for this next year? God wants to do in and through you much more than you can ever imagine! (Ephesians 3:20)
2. Keener discernment and insight is needed for the times in which we live. How can you increase your knowledge of God and His ways, and your sensitivity to God's Holy Spirit and the spiritual realm in our world?
3. We cannot allow fear to control or influence our lives. Do you need greater revelation as to the life, authority, and power of God that is resident in you due to Jesus Christ living in you?
4. Is there anyone you need to generously forgive? Not only for what they did to you but how what they did has affected you. This is called greater freedom!
5. Do you need to ask forgiveness from God or another person(s) for anything you have done that caused pain? Do you need to make any restitution? This too is called greater freedom!
6. Is there any lie you are living under or sin from which you need to radically repent? This is not just in mental assent but also in action.
7. Do you need to exercise an audacious faith that takes you beyond your comfort zone and capacities?

As you go forward into this year may I encourage you to take some time with God to reflect on and resolve to do the purposes He has for you. God longs to release His life in you in ways you would never imagine. And while we are at it let's believe that God will work in our lives and through our lives in such a way this year like no year before!

I wish you all a happy and blessed New Year!

Chris Norburn.

From the Registers

- 4th December : Service of Thanksgiving for the life of Audrey June Simonds at Park View Chapel.
Died 15th November age 86 : Committal and Burial at St Mary's, Redgrave Churchyard
- 12th December : Baptism of Lily Rose Banham at St Mary's Church, Redgrave
- 16th December : Service of thanksgiving at St Mary's Church, Redgrave for the life of John Boyd Drummond Sharp.
Died 2nd December 2015 aged 85. Cremation service on 9th December 2015.
- 19th December : Burial of Ashes at St Mary's Rickinghall of Lynn Dobson ; died 5th March 2014 aged 60

PARISH MAGAZINE—MESSAGE FROM THE EDITORS

We would like to wish all residents of these villages a happy, healthy and successful year in 2016. We're raring to go for the coming year, buoyed by the positive feedback below. I'm sure you'll forgive us for including this in full!

“Letter to the Editor:

The 'new team' who are putting together the Magazine have just completed their first full year and although we would expect to see some 'teething problems', as a whole, the year has been the most successful during the period I have been the Churches' Treasurer. A great deal of time and effort goes into the creation of each issue with various members of the team responsible for specific pages. With Tim Shorten bringing the work of the many together – even though his professional career results in him being out of the country on a regular basis. The majority of the production team have full time careers and families who have to be considered when organising their time on the Magazine. Without the efforts these people and those now retired who give up their time the Magazine would not exist in its present successful form.

The Distribution of the Magazine to over 1200 households (and growing) in the three villages and beyond also takes a great deal of organisation, time and effort. We are very grateful to all those who collect and deliver the issues in all weathers to get the magazines into people's homes.

Due to the nature and location of the production team with the high use of Computers and the electronic transfer of information the preferred contact method is by email. The contact telephone number is published to assist with the production and distribution, and messages are always taken and electronically passed on to the correct person in the production team. However, it is inevitable that with the vast amounts of information transferred and the fact that we rely on the time given freely by production team volunteers that some mistakes will occur. We apologise for these mistakes.

The change of Printers has been a great success with the clarity of the printed words and the occasional coloured front cover at no extra cost will now hopefully continue. In addition the bulk delivery to the parish has been more reliable as a result of this change.

We thank all those who write articles and the individuals and companies who regularly advertise in the magazine, as without their support our successful magazine would only be a shadow of its present format.

Rob Rixon - PCC Treasurer”

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:**

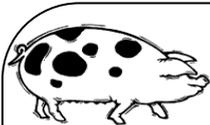
For the March issue: 8 Feb (Mon)
For the April issue: 14 Mar (Mon)
For the May issue: 11 Apr (Mon)

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



Front cover image: "(1876) A collection of Valentines ancient and modern - 04" by Image extracted from page 71 of The Quiver of Love. A collection of Valentines ancient and modern. With illustrations, in colors, ... by W. Crane and Kate Greenaway, by . Original held and digitised by the British Library. Copied from Flickr. This file is from the Mechanical Curator collection, a set of over 1 million images scanned from out-of-copyright books and released to Flickr Commons by the British Library.



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



Farm Shop * Delicatessen * Bakery * Nursery * Coffee Shop

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



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



AVAILABLE NOW!!!
IT'S TIME TO START PLANTING

SEED POTATOES

& ONION SETS

BARE ROOTED HEDGING

FRUIT & ORNAMENTAL TREES



**Valentine's Day
FEB 14**

roses * roses * roses
ready made bouquets
planters & baskets
bouquets made to order

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

CINEMA AT PALGRAVE

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

Saturday January 16th **Suffragette** (12A) 7.30pm

Saturday February 6th - **Mr Holmes**

Saturday March 5th - **Spectre**

Saturday March 12th - **The Lady in the Van**

Saturday April 2nd - **Brooklyn**

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

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



February Events

Rickingham Farmers' Market

Invitation to
ALL LOVERS
of good food.
Indulge yourselves!



Saturday 13 February
9—12.30



Macmillan in the Community Information and Advice for early 2016

If you would like any information about cancer, caring for someone with cancer, financial support etc, then come and see us in **Botesdale**. Or call the **Macmillan Information Centre at the West Suffolk Hospital on 01284 713023 (no appointment necessary)**

NO ONE SHOULD FACE CANCER ALONE
WE ARE MACMILLAN. CANCER SUPPORT

Botesdale Health Centre
1030- 1230

Park View Chapel
0930 - 1130

Wed 13 January
Wed 2 March

Tue 9 February
Tue 12 April

CRAFTY



Thursday 18th February
7.30 pm
Parkview Chapel

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

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

COFFEE

OPEN HOUSE at ALL SAINT'S REDGRAVE

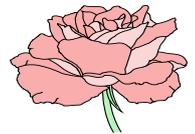
Tuesday 2nd February
10:00am to 12 noon
ALL WELCOME

Come along for a chat, coffee, and cake

Redgrave Ladies Club

TUESDAY 9th FEBRUARY

**NEPAL a PLANT HUNTER'S
PARADISE**



Talk by Christopher (Kit) Grey-Wilson
Local resident, botanist and horticulturalist

Meet 7:30pm at Redgrave Activities Centre
Contact Kay 897324 or Jacqui 890946

HERITAGE CIRCLE

RICKINGHALL VILLAGE HALL

Wednesday 24th February at 7.30 pm

Enjoying Heraldry
with

Derek Palgrave

Tickets from Brenda Deaville at 01379 898561.

New Members and Guests Welcome

www.onesuffolk.co.uk/HeritageCircle



PROGRESSIVE WHIST DRIVE

TUESDAY February 16th

Redgrave Activities Centre : 7.30 pm

Beginners Welcome

Refreshments

Ring 898 619 for further details



PARISH COUNCIL SURGERY

To be held at Rickingham Farmers' Market

Saturday 13th February

Residents of Rickingham and Botesdale are invited to come along and speak to their parish councillors about matters concerning the parish

Parish Councillors will be in attendance from
10.00 to 11.00 am only

the WI

The Women's Institute

RICKINGHALL

Thursday 11th February

"HANDS ON" CRAFT SOCIAL

7:30pm at Rickingham Village Hall

New members and guests always welcome

February Events



REDGRAVE & LOPHAM FEN

For further information.
01379 688333

www.suffolkwildlifetrust.org

Guided fen walk

Sat, 6th February 10:30am - 1:00pm
With John Hill meet at Visitor Centre.
No booking necessary

Jam Masterclass

Sun 7th February 10:00am - 3:00pm
Join master jam-maker, Janet Peachey at this masterclass and learn how quick and easy it is to make jam and preserves .
Booking online

Find out about volunteering

10th February 10:00am - 12 noon
Find out how you can help at Redgrave and Lopham Fen also Knettishall Heath
Just drop in - no experience necessary

Children's activity:

Secrets of survival activity day

Tue 16th February
10:00am - 2:00pm
Activity day for unaccompanied 6 - 10 year olds.
Booking necessary

Family activities :

Bird box building family afternoon

Wed 17th February
2:00pm - 4:00pm
Make a bird box and feeder to take home
Book online

Young Naturalists

Thu, 18th February
10:00am - 2:00pm -
Wildlife detecting and practical conservation work for 11-15 year olds
Booking necessary

Amphibians & reptiles by Froglife

Tue 23rd February
7:30pm - 9:30pm -
Evening talk with Valley Fens wildlife group
All welcome no need to book

WILDLIFE WATCH GROUP

at Redgrave fen
10:30am to 12:30am
Saturday
13th February

Wildlife Watch



A club for 6 to 12 year olds
Nominal charge of £1:00 to cover costs and refreshments

Tel 01379 688333
For further information.



RAHOF AGM & SOCIAL

Tuesday, 2nd February 2016
at 7.30 p.m.

Amenities Centre, Redgrave

Speaker:

Nick Duncan from St Nicholas Hospice Care

Delicious refreshments and coffee,
Draw, Sales Table

Admission free!

Please join us for our annual information "party", when the committee outline what we did last year in support of our local Hospice, and what we have in mind for 2016. We need your support at this friendly get together, where you can enjoy coffee, eats & chat, while renewing your acquaintance with Miranda, our Fundraising Co-ordinator, and hear Nick talk about the beautiful Tree of Remembrance in the Hospice garden.

(RAHOF is a local support team for St Nicholas Hospice Care, Bury St Edmunds, the hospice serving our catchment area).

FARMERS' MARKET at RICKINGHALL VILLAGE Hall

Saturday 13th February
9am to 12:30pm



VALENTINE'S HAMPER FREE DRAW
Buy your food from the people who produce it for truly local flavour

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**



Hair & Beauty Salon-call Sarah
Tel 01359 253443
07739800155
Wattisfield, Bobby Hill, IP221NL

cuttingit22@gmail.com

FaceBook /CuttingIt22,

We are open Tuesday 11.30am-4pm, Thursday & Friday 8am-8pm,
Saturday 9am-3pm, Closed Monday & Wednesday.

Appointments always necessary



Kerry Mills Nail Technician

Bio Sculpture Gel/Gel Polish
Manicures/Pedicures

Now offering treatments in a newly
refurbished room at:

VAE Hair
19 St Nicholas Street
Diss, Norfolk, IP22 4LB

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

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

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

ah

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

01379 897 177 · 07767 662 607

www.andrewhills.com

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
07926 172066.

(CRB checked. References
available, on request.)

February Events

Jumble Sale

Annual Grand Jumble Sale
Saturday 6th February 2016
at 2 pm in Rickinghall Village Hall.

As always ...

Refreshments, Raffle, Tombola and Home-made Cake Stall
 so come along for the first bargains of the season!

Admission only 20p. Enquiries to Pam on 01379 898525.

Proceeds to Rickinghall Village Hall. Charity No : 1031063

REDGRAVE AMENITIES TRUST THEATRE CLUB



The Redgrave and District Theatre Club Annual review with cheese and wine will be held in

Redgrave Activities Centre
on Thursday February 18th at 7:30pm.

At this meeting members choose which productions they want to go to see this year whilst enjoying a pleasant social evening . The club is open to anyone in the local area and family membership is only £5.00 per annum. Anyone who thinks they would like to join us will be made most welcome on 18th February . We hope to see you there .

Kay Mitchell
 Chairman

WHIST DRIVE

12th February 2016
at 7.30 pm at The Bowls Club



Refreshments

These are friendly fun evening,s open to everyone.

Further information from 01379 898566.

Redgrave Garden Club



We meet on the last Thursday of the month .

If you are interested in joining us
we would love to hear from you

Enquiries/information: 01379 890548
 redgravegardenclub@gmail.com
 redgravegardenclub.org.uk

QUIZ NIGHT WITH FISH AND CHIP SUPPER

FRIDAY 26TH FEBRUARY 2016

RICKINGHALL VILLAGE HALL

DOORS OPEN FROM 6.30pm FOR 7.00 pm QUIZ START
 Supper at approx 8.00 pm

RAFFLE ~ LICENSED BAR

(please support the bar provided and do not bring your own drinks)

BRING A TEAM OF 6
OR COME AS INDIVIDUALS AND JOIN OTHER TEAMS

ADMISSION BY TICKET ONLY

£8.50 TO INCLUDE FISH AND CHIP SUPPER
OR VEGETARIAN ALTERNATIVE (please advise)

TICKETS AVAILABLE FROM :

JEAN SHEEHAN 01379 890237

RICKINGHALL POST OFFICE

IN AID OF RICKINGHALL INFERIOR
 CHURCH FABRIC FUND



RICKINGHALL COUNTRY MUSIC CLUB

Saturday 27th February
 At Rickinghall
 Village Hall

8pm til 11:30pm

With
Nashville
Numbers



BAR — RAFFLE — ROLLS

£6.00 per person

Everyone is most welcome
 Come and enjoy an evening with us

Keith and Kathy Double 01379 898758

Botesdale Methodist Wives Club



Wednesday 17th February

Annual General Meeting
 Bring and buy stall

2:30pm at the Methodist Church

All welcome

Why not advertise your event on
 these pages ?
events@rbrparishmag.com

The Swan Nursery School

Est. 1990



Hall Lane, Roydon

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

For more information contact:
Michelle Bowgen 01379 644588



PRE-SCHOOL

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

Exclusive access to Woodland area for exploration and adventure!

Consistently excellent Ofsted reports.

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

Contact Karen Hails
07796 014304 (am) or
01379 898868 (evening)
www.botesdaleandrickinghamhallpre-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

Rabbats

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



Rickingham 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

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

If interested,
please contact
adverts@
rbrpa-
rishmag.com



Botesdale Dental Practice

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

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

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

Call our friendly staff for an information pack **01379 897176**



Botesdale Parish Council

Leeann-Jackson-Eve



December Report

All councillors were present. There are still four vacancies on the Council so please talk to anyone on the Council for more information if you are interested. I'm sure they would confirm that it really does take up very little of your time and has the potential to benefit your whole community!

Public Forum: The meeting was attended by a member of the public who reported that bags or piles of dead animals, particularly poultry and in one case a hare, have been found on Mill Road North nears Millers Orchard several times over the last few months. Could everyone who uses that road regularly please keep an eye out for the culprit(s)?!

Planning: There has been very little planning of late and the PC received nothing for the December meeting.

Correspondence: The cost to the parish of Mid Suffolk District Council emptying litter and dog bins has once again gone up by £5 per bin per annum.

Annual Play Inspection: None of the issues highlighted need immediate attention so it has been agreed to get a working party together when the weather improves in the spring.

Community Emergency Plan: Cllr Bishop agreed to attend a meeting on emergency planning.

Christmas 2015: The Chairman, along with Chris Burnard and David Green, received and decorated the Christmas tree. A thank you to all who helped! Unfortunately, the transformer for the lights promptly failed but the lights have now been replaced with LED sets that don't require a transformer.

Speeding: It was noted that Rickinghall PC is looking into a number of options to combat speeding including a Speedwatch group, a vehicle activated speed sign and 30mph stickers for litter bins. The PC agreed with Rickinghall that a village-wide consultation would be helpful in determining the degree of local involvement and interest in these options that could be expected and it was to support a questionnaire insert in the February parish magazine.

Please look for it in THIS magazine and reply as we need to know what you think!

January Report

All councillors were present and the PC was very pleased to see two individuals interested in becoming a councillor, one of whom wished to observe initially and Caroline Stratford who was proposed, seconded and unanimously accepted as a councillor.

Public Forum: County Cllr Jessica Fleming reported that the

Greenest County Awards are now open for nomination. If you know of a business or project that has done something "green" you can find information on how to enter at <http://www.greensuffolk.org/Awards2016/>. A member of the public asked the PC to look into the possibility of a 20mph zone on Back Hills and to keep in mind the need for more housing for young people when considering planning matters. Finally, it was noted that a group of residents would like to bring back the Soap Box Derby and will be presenting plans to the PC at the February meeting.

Budget: The PC agreed to set a budget of £24,850 for the year 2016-17 and to retain earmarked funds of £19,770 making a total fund of £44,620. This will require a precept of £24,000 from the District Council resulting in an overall 21.9% rise on the amount received in 2015-16. The PC is entering its third year of replacing street lights and that is a significant element of the budget and earmarked funds. It is hoped that the main programme will be completed by 2017 but lights will continue to be replaced as they fail. In addition, an extra £2,000 has been added for work to trees at the play area and £1,000 for new flooring for the village hall.

PC Surgery: It was agreed to discontinue the surgery at the Farmers' Market due to lack of interest.

Christmas 2015: The tree was removed on 12th night and a new year begins. PC extended its warmest thanks to everyone who helped bring Christmas to Botesdale Market Place, with particular thanks to Chris Burnard and Santa's new crew, organised by our Chairman, William Sargeant.

THE NEXT BOTESDALE PARISH COUNCIL MEETINGS WILL TAKE PLACE ON

MONDAY 8th February 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.

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 ... 10th February 2016

Traditional Chinese
Acupuncture
 Restores Your Health

Deborah Ellis
 LicAc M.B.Ac.C

25 years experience

01379 651553

The Paddocks
 The Green
 Palgrave

**Meditation
 Spiritual &
 non-Spiritual**

One To One & Groups

With Yvonne Davey-Croft

www.yvonedaveycroft.com

Mobile 07969 900960
 Phone 01379 890441



Aisling Practice

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

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

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

DISS FOOT CARE

Foot care in the comfort of your own home

Sherralyn Blakely TCFCP dip
 Foot care specialist



Friendly and professional service

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

Call for more details : 0787 664 8667

*Gracious Mountain
 Therapies*

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

*ITEC qualified and IPTI
 registered Aromatherapist*

Call Loraine on

07703 294953




know you're amazing

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



Experienced Reflexologist in Rickinghall

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

Lisa Howlett MBRA
 (Qualified 1999 Bayly School of Reflexology)

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

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

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.

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



Redgrave Parish Council



Leeann Jackson-Eve

January Report

This is a brief report as there was no December meeting and the agenda in January was surprisingly light! The January meeting was well attended with apologies from Bob Hayward and County Councillor Jessica Fleming. The other six councillors were present along with four members of the public, District Councillor Derek Osborne and the Clerk. As always, let me remind you that there are still two vacancies on the Parish Council.

Public Forum: District Cllr Osborne reported that a meeting was planned later in the month to discuss the future of the local community transport scheme (RBGNS). The co-ordinator of the scheme, Gordon Lawrence, will be present, along with County Cllr Fleming, District Cllr Osborne and Suffolk County Council officers.

County Cllr Fleming had sent in a report for the meeting which highlighted the opening of the Greenest County Awards for 2016 – the awards for businesses, farms, schools and communities were announced in early December. For award categories and to enter, see: <http://www.greensuffolk.org/Awards2016/>. Broadband - Premises still unable to receive more than 2 MEB/sec may be eligible for a voucher for short term satellite cover. See <http://www.betterbroadbandsuffolk.com/>. New Heritage Centre - Historic Records Storage in Ipswich: Since July 2015 when the County Council committed funds to this project the Suffolk Records Office team has selected a new name ('The Hold') and prepared a Heritage Lottery Fund application. A decision on the HLF funding application is anticipated in April 2016. Community fundraising and donations are also needed and Records Office staff with UCS is holding a black tie gala evening on Thursday, March 17, 2016 at the Museum of East Anglian Life (MEAL) in Stowmarket with proceeds to "Friends of Suffolk Record Office", a registered charity, and towards "The Hold". Tickets will be available from SRO shortly:

<https://www.suffolk.gov.uk/sro>.

Planning: There were no planning applications or decisions.

Speedwatch: The Vehicle Activated Sign has been ordered and the new/upgraded posts for the sign will be installed by the County Council before the end of March.

Village Sign: A quote for £325 was received for repainting the village sign and it was agreed to get at least one more quote before making a decision.

Heavy Traffic: A new item on the agenda discussed problems with lorries mounting the pavement to pass at pinch points in the village, particularly the section between the Old School and just past the first bend going south out of the village. Pedestrian safety is a concern so the PC will contact Highways to look into a possible weight restriction through the village and/or improved signage to warn heavy vehicles at pinch points.

Signage: Some of our highway signs are a little worse for wear and the PC will be reviewing what needs to be done and asking Highways to upgrade or replace as necessary.

**THE NEXT PARISH COUNCIL MEETING
WILL TAKE PLACE AT
THE ACTIVITIES CENTRE
ON WEDNESDAY 10th February
All Parishioners are cordially invited to attend
www.redgrave.org.uk**

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

Tel : 01379 890 141

Email : redgrave_pc@btopenworld.com

Please contact her during OFFICE HOURS ONLY.

High Speed Broadband

Most people who I have spoken to in Redgrave (the same is probably now true in Botesdale and Rickinghall!) are unaware that high speed broadband is now available in the area. Even the Redgrave Parish Council seems blissfully unaware of this development. For those who have suffered years of frustration and low speeds, interrupted emails and online streaming, salvation is at hand. This is particularly important in rural areas for small firms and businesses and indeed all those who work from home. In my case in Redgrave my speed has leaped from about 3 to over 28 mps the moment I signed up to high speed. If you are a BT subscriber simply phone them up and they will give you the options and sign you up. For most BT Infinity is the best option. Yes, it costs a bit more but it is well worth it. Having given the go ahead BT will let you know when your new service will come into operation (generally 6-7 days). If you are not a BT subscriber you need to go to your internet provider and they should sort it out, otherwise perhaps consider switching to BT. Happy surfing.



Dr Christopher Grey-Wilson

DIRTY OVEN??

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

OVENCLEAN

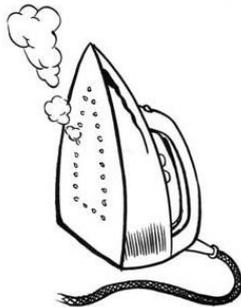
OVER 500,000 cleans
NON caustic, fresh solution every time.
Hobs, Extractors and Microwaves
Aga's and Ranges
PHONE JOHN DYER on 01359 259818
or 07835 256967
www.ovenclean.com

OVEN CARE 4u

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

PRESSED - T O - G O

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



PHONE KAREN FOR DETAILS 01379 652767

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
- Window Cleaning
- Office Cleaning
- Fire & Flood Damage

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

THE HOMECARE SERVICE

WHERE PEACE OF MIND COMES AS STANDARD
For more information please call:
01473 381545
A service from Prestige Nursing
www.prestige-nursing.co.uk/home

CARE AT HOME
Your care, your choice.

Are you looking for **Live in Care?**
Or just need extra help around the house?
For yourself or someone else?
Call 01379 641 250
Sunrise Healthcare

Without Trace

DOMESTIC CLEANING

★ Trusted ★ Reliable ★ Local ★ Fully Insured ★

Do You Value a Tidy Home & Your Spare Time?

Ask For Tracey

07872 463977

Are you looking for a Cleaner?

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

Our dedicated cleaners are...

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

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

Always looking for good cleaners to join our team

For a dependable, reliable cleaning service you can trust!

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



Rickinghall Parish Council



December Meeting by Cllr Rosemary Jones

Only four councillors attended this meeting and there were two apologies. Jessica Fleming, the County Councillor also attended, with five members of the public. It was revealed that Cllr Lister wished to step down, which would leave the council again very short of councillors. As Botesdale is also short of councillors it was suggested that there might be a joint advertisement to encourage residents to serve.

The Public Forum

There was a heartfelt complaint about the failure of BT to provide fast Broadband for the village; the supply of broadband is very patchy and there was no guarantee of a supply before 2018. The clerk would write to BT with a copy to Jonathan Chown at Suffolk County Council.

Planning

There were no planning applications.

Report from the chairman: The paving over of blocks in The Street (near Hinderclay Road) had been done. The village hall AGM revealed a smaller surplus of income for the year although it is one of the most frequently booked halls in the area. After Cllr Lister resigns, another person will be asked to represent the parish council on the village hall committee.

Report from the clerk: Some stickers, signs and posters with regard to dog fouling are available and it was decided to buy some. Another approach had been made to the County Council and the Co-op regarding extending the yellow lines on the busy junction in the street. Mr Cobbold at St Botolph's School had been contacted regarding safe behaviour when cycling on roads.

General items: The chairman had written to the County Council regarding the community bus, which is an excellent service that is thought to be under threat. The service has been put out to tender and there will be no information until after the end of the tendering process.

It was decided to take advantage of the external audit service provided at a reduced cost by an independent government body. Speeding in the Street was discussed again. Alternative deterrents were put forward and it was decided to insert a questionnaire into the magazine to get as many opinions – and offers of help – as possible. The clerk offered to design the questionnaire. Street lighting would remain on all night on Christmas Eve and New Year's Eve to make people feel safer.

Street Sweeping and Footpath Cutting

If you are interested in undertaking either of the above jobs for the parish, please contact the Clerk by email for details. Street sweeping is undertaken year round and footpath cutting from May – September, both a few hours per week. Current pay is £7.20/hour.

January Meeting by Cllr Sally Smith

The first meeting of 2016 was held on 7 January with all Councillors present, including Jessica Fleming from Suffolk County Council and Derek Osborne from Mid Suffolk District Council. There was also a large public presence there to discuss a recent planning application that had been submitted.

The application for 29 houses, to be built at the top of Garden House Lane, had been submitted to Mid Suffolk District Council. All members of the public objected to this scheme on various grounds including inadequate access from the new scheme onto the single track lane, poor infrastructure including an ongoing problem with flooding and drainage down Garden House Lane, an already busy pinch point at the junction of Garden House Lane and The Street and its position outside the village boundary.

There was an extremely informative public forum enabling the Parish Council to gain a good understanding of public opinion and the current issues already affecting Garden House Lane. Following the public forum and a lengthy debate between Councillors it was decided that the Council would object to the scheme on a number of grounds namely: inadequate access to and from the new scheme, over development, existing flooding and drainage issues and the unnecessary need of a new access road into the development site.

In addition, there was no objection to a notice of intent to prune several trees at Maltby House, Bury Road.

Chairmans Report: The Chairman reported on a meeting he had attended with Suffolk Constabulary. On the issue of speeding there are due to be four motorbikes patrolling Suffolk's rural roads and villages in an attempt to identify those breaking the law. We hope this will help alleviate speeding through Rickinghall and Botesdale. Villages have also been offered the chance of funding their own PCSO but at a cost of over £30,000 this was considered too expensive.

General Items:

LITTER PICK – the litter pick this year is to take place on Saturday, 16 April from 10am.

The village street sweeping and grass cutting contracts are up for retender during 2016 and these contracts will be advertised over the coming months.

Rickinghall Parish Council is still looking for four new Councillors to join them. If you think you could be interested come along to the next meeting and see what it involves.

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 February
at 7.30 pm
AT RICKINGHALL VILLAGE HALL**

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



Priory Antiques

Vintage - Salvage - Collectables
Botesdale

Priory Antiques is always
interested in purchasing items

Full or part clearance

Tel: 07925 859355

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



Restoration of Fine Antique Furniture

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

Gilding

Veneering

French polishing

Leather Desk Inserts & many other restoration processes

Local collection service

Please contact Roger Castro on 01359 259643

Character Kitchens

Bedrooms & Bathrooms

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

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

HOPTON Tel: 01953 681522

ARRDEN VALE KITCHENS

EXCLUSIVE, BESPOKE, HANDMADE TIMBER KITCHENS



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

T: 01449 782062

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

Beech Tree Forge

Patrick Stone – Wrought Iron Specialist
Individual Handcraft Wrought Ironwork



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

Tel / Fax: 01379 897256
Mobile: 07771 536 251

THE PINE HOUSE CO. HAND MADE FURNITURE

ANY SIZE TO YOUR DESIGN

Including Hand Made Fitted & Free-Standing Kitchens
in

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

www.thepinehousecompany.co.uk

Tel/Fax 01359 235030

information@thepinehousecompany.co.uk

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

House Name Plaques & Weathervanes



*Designs moulded in relief and cast in
aluminium*

*Range of traditional designs available
Individual commissions taken*

Brochure available

Tel : 01379 651148

Email : johntacey@btinternet.com

The garden room

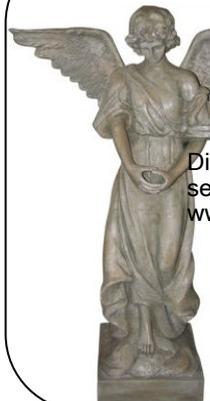
www.the-gardenroom.co.uk

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

Buy online or at our Suffolk Retail Shop

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

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



The Garden Room

110 High Street

Needham Market, Suffolk, IP6 8DW

01449 723412 / 01379 898646

Village News



REDGRAVE CHURCH
HERITAGE TRUST

St Mary's Redgrave

No Church opening
February

For further information 01379 898696



REDGRAVE CHURCH
HERITAGE TRUST

St Mary's, Redgrave

A cleaning session will take place on Thursday 4th February 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.

Redgrave Church Heritage Trust



St Mary's Rickinghall Inferior

The Church will be open
for visitors as usual on

Saturdays 6th and 20th February
10:00am to 5pm

Oil Syndicate: FEBRUARY purchase



Last orders to me by Saturday 27th February

Deliveries may take up to two and a half weeks from ordering, so I need to know of any Urgent orders at the time. I will reply to any messages left via e-mail or on my answering machine within 48 hours. Occasionally messages get lost. Only when I say or write "You are on the list" can you be sure that your order is recorded. If you leave a message and I do not respond, then I might not have received it, in which case, try again.

Email is preferred to botesdaleoil@gmail.com
Failing that call me on 01379 890952

David Sloan

WE NEED



YOU

Botesdale, Redgrave and Rickinghall Parish Councils have vacancies for Parish Councillors

Your parish councils remain desperately short of councillors and we earnestly appeal for more to join us.

It isn't necessarily a long-term commitment and only requires you to put in about four hours per month on council business. Speak with the Clerk or the council Chairman (details below) to find out more or come to council meetings - they are open to the public! Remember if we lose our parish councils we won't have a voice and we won't have a say in our own parish! Can you spare four hours per month, please, even if only for one year?

If you think **YOU** can make a difference and do something for your village then please contact:
the Clerk, Leean Jackson-Eve, on 01379 890141

botesdale_pc@btopenworld.com
redgrave_pc@btopenworld.com
rickinghall_pc@btopenworld.com

OR

William Sargeant (Botesdale) on 01379 890138
Jason Walker (Redgrave) on 01379 898696
Geoff Short (Rickinghall) on 01379 897164

Rooms with a View

Fabrics and Interior Accessories
Handmade Curtains and Blinds

Jane Churchill, Colefax, Vanessa Arbuthnott
& many more

Farrow & Ball and Little Greene
paints and wallpapers

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

INTERIOR DESIGN & SOFT FURNISHINGS

Essential Interiors Bespoke Curtains and Blinds

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

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

SALLY SMITH

Made to Measure Home Furnishings

Curtains, Blinds, Cushions, Loose Covers

Curtain Alterations

Please contact Sally Smith on 01379 898767

ssmith091@btinternet.com

The Uplands, The Street, Rickingham, IP22 1DZ

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



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



Brand New Showroom

Raven Stoves

fully bespoke design and installation service

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

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

HETAS f

STOVES & FLUE INSTALLATIONS

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

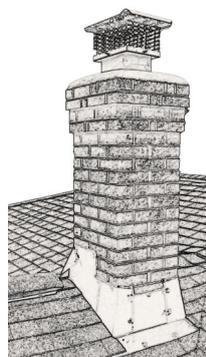
Telephone 01284 754544

Mobile : 07974 148170

Email :

paul@stovesandflueinstallations.co.uk

www.stovesandflueinstallations.co.uk



www.norfolkwoodburners.co.uk



NORFOLK
WOODBURNERS



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

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



t: 01508 498393 m: 07847 426953

e: norfolkwoodburners@outlook.com

Village News

Jill Mitev-Will, a professional counsellor with an interest in both physical and mental well being, provided this piece for the Valentine's day magazine.

Relationship needs to be consistently worked on

I am wondering why so many of us are of the opinion that a relationship will continue to flourish and grow when the bare minimum attention is focused on it. Would we expect our work to be of a high standard if our input was minimalistic? Of course not...

When one meets a new partner that we gel with, connect with, one makes an effort not just with our clothes, shoes and accessories but by conversation, a smile, eye contact. One feels excited, alive and one feels good about themselves. We make plans that are enjoyable for both parties whether that be a trip to the theatre, the cinema, a nice meal out or a cosy night in for two. One pays attention to detail to make the other person feel appreciated and loved. So if we know what it takes for that initial stage to work why is it then one begins to gradually let go of doing those little things that brought so much pleasure and joy to their partner?

Many times people have told me including friends and family that the spark has gone from their relationships. On asking what a typical evening for them is, I am consistently told "well we both fall asleep watching television". I am further told that the sex life that was once filled with passion is fast becoming a distant memory with excuses made on both parts as to why this is not taking place.

Weekends are unplanned where neither person has given each other any quality time. Instead arguments are commonplace, angry words are fired across the room like bullets from a machine gun meaning one has the choice to retreat into the other room or fire the bullets back. It's hardly surprising then that the divide or bridge in the relationship becomes widened. The once well-dressed individual looking attractive and appealing with the subtle smell of perfume or aftershave sending lingering fragrances towards us has been replaced with a pair of jogging bottoms, a t-shirt and at best a pair of trainers and jeans.

I know one can't and shouldn't always have to look amazing and of course one always needs some down time. However if you want to rekindle that spark one has to make efforts to do this. I think the first thing is to be honest to ourselves. How much do we really want to do to make this happen? Do we want to stay with this person? Rather than be negative about the other party, perhaps some own honesty about ourselves is where it should begin. Are we looking after ourselves? Has our own appearance slipped? Are we really paying the attention that our other half deserves? Do we listen to how hard their day was? Are we so absorbed in our own world that we just forgot to ask him/her how they are feeling?

If we decide to take a positive action plan to rekindle the spark then some hard work needs to be in place. Choose to plan this weekend and decide to manage your time, for example this Saturday you could plan a surprise trip out. Do something kind and caring for the other person. Use eye contact with them, switch off the television, ditch the jogging bottoms, and pay attention to your appearance. Make the other person see you as the attractive person they were on those first meetings. Hold their hand or arm, appreciate them for who they are and begin to become a strong unit again. Go back to basics. Talk, laugh and understand them. Through these changes a shift will happen and for those wanting to regain love making and the joy of sex, this will follow after going back to the real basics. How can one really achieve great fun in the bedroom if there is little or no conversation and connection happening outside of the bedroom?

With Valentine's day on the 14th of this month why not plan for some romance. Starts by making him/her feel special. It's a great excuse to bring back that spark!

Through these very basic changes and continuing to plan and manage your time together in a positive way it really is possible to rekindle and reconnect with the very person that you shared all those special times with during those early years. You can make this happen again! And if you are struggling, couples counselling can support you during these changes.

An enjoyable, alternative Christmas

Looking through the parish magazine a couple of months or so ago, I spotted an advertisement from the charity HOSTuk, asking for people who would be willing to offer hospitality to an international student over Christmas. Checking their website, I discovered that HOST's aim is to promote international friendship and understanding by arranging for international students at British universities to meet UK residents in their homes.

I discussed the idea with my daughter, Emily. She was keen for us to go ahead as she has travelled a great deal and enjoyed wonderful hospitality from strangers across the globe. We contacted HOSTuk and received a friendly, informal vetting visit from the Norfolk regional organiser. We filled in a questionnaire detailing the type of accommodation we could offer, our preferences for type of student – we specified female of any age – and our interests.

The charity then sent details of students who could match our profile. We opted for a 31-year-old Chinese student called Qin Qin (pronounced Chin Chin). She is currently studying for a Masters in the Environment and Sustainable Development at UCL. Friendly e-mails passed between us and Qin assured us she was keen to experience a traditional Christmas and was happy to eat anything.

With some apprehension Emily and I went to meet Qin on Christmas Eve at Diss station. Our fears were groundless. Within minutes Qin had linked arms with Emily and we were all chatting as though we had known each other for years.

Over the three days Qin was with us we made mince pies, decorated the tree, met up with friends for mulled wine, more mince pies and stolen, went for walks around Redgrave and on the fen where Qin saw the horses at close quarters and was thrilled that other walkers wished her a Merry Christmas.

Qin was eager to join in everything, taking lots of photos during her stay which she sent to her parents. She helped prepare the vegetables for Christmas dinner and enjoyed the meal – even Brussels sprouts! Most of the time we talked – although, luckily, she is a Downton fan. We compared Chinese and British cultures as well as touching on more serious matters. Qin has a refreshingly curious nature and asked lots of questions, some of which helped us to appreciate Christmas in a new light.

By the end of her visit, we knew we had found a new friend. Emily is planning to meet Qin in London and we are hoping she will come back to Redgrave in the summer before her return to China in September. We have a standing invitation to visit her and her parents in China.

Looking back, our main impressions are of warmth, much talk and lots of laughter – a really great Christmas.

We would highly recommend offering hospitality to an international student and it's not just at Christmas. HOSTuk can arrange weekend (two nights) visits or just a single day throughout the year. If you are interested, check out the website www.hostuk.org for more information.

Lynn and Emily Wilson

RICKINGHALL VILLAGE HALL LOTTERY

As a new lottery year gets under way, many thanks to all who are members of the Village Hall lottery. While it's hardly competition for certain other lotteries, it is an important source of funds for your Village Hall as well as, hopefully, being a bit of fun.

There are a limited number of vacant numbers for 2016, so do contact Monty Cornell on 07747 846605 if you'd like to join, or to take an extra number or two. Most importantly though, and again, thank you to all who take part.

PICTURE FRAMING BY CAROLA SETTLE

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

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

FRAMES

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

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

Tripp Batt Country Store

Salt Tablets 25kg £6.99

Working Dog Food 15kg £12.49

Winter Fuels – Logs – Coal – Propane Gas

A.Bowers Compost £3.99 ea. 3 for £10

Wild Bird Food 12.75kg £9.99

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

Open 7 days a week - 8 – 6 midweek, 8 - 5 Sat, 10-4 Sun.

www.trippbattstore.com

HILLTOP

Hardware & Pet Food Store

01379 898139

PET FOODS - cat, dog, hamster, rabbit,
guinea pig, & much more
WILD BIRD FOOD, seeds & mixes
CHICKEN FOOD
HARDWARE ~ COOKWARE ~ DIY
IRONMONGERY ~ GARDENING
ELECTRICAL ~ PAINTS
COAL ~ WOOL - King Cole DK

THE STREET
BOTESDALE
DISS
NORFOLK
IP22 1BX

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

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

CCS CLEANING & MAINTENANCE

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

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

01359 240440 / 07970 040581

Or email at ccswindowcleaning@yahoo.co.uk

Over 20 Years Experience

Fully Insured

Uniformed Staff

A
L
T
E
R
N
A
T
I
V
E
S
E
R
V
I
C
E
S

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

PLANTS

*Cottage garden plants
and
Seasonal cut flowers*

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

Tel: 01379 890779



Beautiful Flowers
for all occasions

Local & National Delivery
Open : Monday - Saturday

Chilvers, Market Place
Botesdale

01379 897245
www.attheflowerhut.co.uk

EYE FLOORING

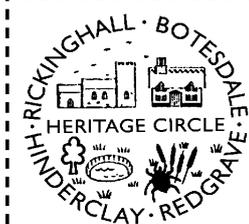
Making Luxury Affordable -
www.eyeflooring.co.uk

Domestic & Contract Flooring Specialists

- *Carpets *Vinyls *Safety Flooring
- *Carpet Cleaning

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

Club News



Mark Mitchels, The Bayeux Tapestry

Mark Mitchels captivated his audience when he spoke about the Bayeux Tapestry and the events of 1066 to the November meeting of the Heritage Circle at Rickingham Village Hall. He explained that the Bayeux Tapestry was completed between 1006 and 1076. It is 70m long and 50cm wide. It is comprised of nine linen sections and is embroidered cloth rather than a tapestry. It is both a remarkable piece of art and an invaluable historical record. It is thought a male artist who sketched the images and then groups of eight women stitched the pictures using ten colours of woollen thread.

The tapestry contains three types of information. There are the central pictures which illustrate the complex events of 1066. Above this is text which may have been added later. This tells the story mostly in Latin, but parts of it is in Anglo-Saxon which has led historians to think that the tapestry was embroidered in Canterbury. There is a border above and below the pictures which are a mystery to historians. They do not know what the animal and human images are meant to depict and how they relate to the Bayeux Tapestry's story.

Mark Mitchels emphasized the importance of William, Duke of Normandy, as an historical figure. There are very few occasions in which an individual has changed the course of British and European history in a single day which is what William achieved through his victory in the Battle of Hastings. Most of the Anglo-Saxon nobility of England was killed, allowing about 20,000 Normans to subjugate an English population of about 2,000,000 people. He views William as a very ruthless man who had emerged from a troubled early life with a suspicion of most people. He was an outstanding warrior and strategist who would not forgive any person who let him down. The tapestry should be viewed as Norman propaganda which legitimised William's claim to the English throne. It claims that promises were made to William by Edward the Confessor and Harold Godwinson that he should be the next King of England. These were broken and William had to mount an invasion to remove the usurper, Harold Godwinson, to gain what was rightfully his.

Some of the most graphic scenes of the Bayeux Tapestry show the Battle of Hastings. The art work of the horses is amazingly realistic. It is possible that the artist may have been present at the battle as historians think that the ebb and flow of the battle described in the tapestry mirrors the actual events. The armies appear to have been of a similar size, about 8,000 men on each side. There was terrible slaughter as the battle went on from dawn to dusk, unlike most medieval battles which lasted less than an hour. The outcome was decisive. William broke the major resistance of the English and could claim his throne.

Bishop Odo of Bayeux, William's half-brother, is believed to have commissioned the Bayeux Tapestry. This is supported by his prominent appearances in the tapestry, for example, his image is larger than that of William in a feast scene and he is shown fighting bravely at Hastings. After the battle, he became Earl of Kent which strengthens the view that the tapestry was sewn in Canterbury. Odo also rebuilt Bayeux Cathedral and the tapestry was seen for the first time in 1076 when the new cathedral was consecrated with William and the Norman nobility in attendance.

The subsequent history of the tapestry begins to explain why it has survived in such good condition. Odo fell from grace in 1082 when he was imprisoned by William. It appears that the tapestry was stored away in the crypt of the cathedral until its rediscovery in 1476. It was later protected from Napoleon and the Nazis by the people of Bayeux

who proudly display this remarkable artefact in a museum today.

The next meeting of the Heritage Circle will be at 7.30pm on Wednesday 24 February 2016 at The Village Hall, Rickingham IP221HD when Derek Palgrave will be speaking about *Enjoying Heraldry*. Further information about the Heritage Circle is available on its website, www.heritagecircle.onesuffolk.net.

Gerry Gurthy !

Coffee On



The Corner

First of all, a Happy New Year to anyone who is reading this and to all of our regular Coffee on the Corner visitors, some of whom I will have seen recently, whilst others may be in poor health and if that's the case for you, then we wish you a speedy recovery.

For those of you who have been regular visitors in the past to the Coffee shop, you will realise that we are missing one of our regular helpers - Audrey Simonds, who has sat behind our bric a brac stall many, many times over the past few years. Her smiling face will be sorely missed, since she passed away in December. However, we were pleased this morning that Brenda Royle (who has been providing our sausage rolls!) has now taken up the same spot! I would also like to thank all those folks who bring in bric a brac for us to "sell" and who then make donations for other items that they take away. Just for your information, much of what is left over each month will be taken, by David Miles, to a local charity shop for re-distribution! We really do like our re-cycling around here!

The monetary donations this month, totalling £100 (yes, we do have kind people who like to "round up" the amount received!), will be given to Lorraine Meekings, a young lady who lives in Rickingham, but who is off to India shortly and is currently raising funds to donate to local children's homes in the area she will be visiting. I suspect that this will be gratefully received in addition to her other fundraising.

Whilst we had some visitors this morning who are normally unable to make the second Tuesday for Coffee on the Corner as they have other commitments (and it was lovely to see them!), we would still like to see more people - new faces, different visitors, anyone who would like to meet others or who just likes to keep up with what is going on locally - as a good Christian organisation, we don't like to encourage gossip, but we do like folks to communicate! The Coffee shop is FREE! Any monies we make are donations only and all these funds are given to the charity or cause that we are supporting on that particular day. So do please join our ranks!

Next month, any donations that are made will be given to Centre Point, the charity for the homeless and whilst the main focus of their attention is people on the streets in London, it does well to remember that many of those homeless folks will have come from other parts of the UK, including the Eastern region. So do come along to drink tea & coffee and eat cheese scones, sausage rolls and/or a selection of different cakes. The date for our opening in February is Tuesday 9th, from 9am (ish!) to 12 noon. Hope to see you then!

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

Sue Allen



BOTESDALE

Traditional Fish & Chips

Tel: 01379 898 543

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

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 6:00pm 7:15pm 7:30pm 7:30pm	Open House Zumba Yoga and relaxation Julie's Aerobics RAHOF AGM and social	All Saint's Redgrave Rickingham Village Hall Botesdale Village Hall Rickingham Village Hall Activities Centre
Wednesday	3 rd	9:30am 10:00am	Redgrave Art Club Day Centre	Activities Centre Rickingham Village Hall
Thursday	4 th	9:00am 9:30am 6:00pm 6:00pm 7:30pm	Church cleaning RABBATS Fitsteps Kuk Sool Won (Juniors 6:00 Adults 7:00pm) Rickingham Parish Council	Redgrave St Mary's Rickingham Village Hall Rickingham Village Hall St Botolphs School Rickingham Village Hall
Friday	5 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	6 th	10:30am 10:00am 2:00pm	Guided walk Church open Annual Grand Jumble Sale	Redgrave Lopham Fen Rickingham Inferior Rickingham Village Hall
Sunday	7 th	10:00am	Jam Master class	Redgrave Lopham Fen
Monday	8 th	10:00am 2:00pm 7:30pm 7:30pm	Zumba Needle craft Slimming World (5:30pm and 7:30pm) Botesdale Parish Council	Rickingham Village Hall Activities Centre Rickingham Village Hall Botesdale Village Hall
Tuesday	9 th	9:00am 10:30am 6:00pm 7:15pm 7:30pm 7:30pm	Coffee on the corner Macmillan Information centre Zumba Yoga and relaxation Julie's Aerobics Redgrave & District Ladies club	Park View Chapel Park View Chapel Rickingham Village Hall Botesdale Village Hall Rickingham Village Hall Activities Centre
Wednesday	10 th	9:30am 10:00am 7:30pm	MOBILE LIBRARY Redgrave Art Club Day Centre Redgrave Parish Council	Activities Centre Rickingham Village Hall Activities Centre
Thursday	11 th	9:30am 12:30pm 6:00pm 7:30pm	RABBATS Phoenix Luncheon club Kuk Sool Won (Juniors 6:00 Adults 7:00pm) Women's Institute	Rickingham Village Hall Activities Centre St Botolphs School Rickingham Village Hall
Friday	12 th	10:00am 1-2 pm 7:00pm 8:00pm	Positive Steps Beginners Tai Chi Whist Drive Dance Classes	Rickingham Village Hall Rickingham Village Hall Bowls Club Botesdale Village Hall
Saturday	13 th	9:00am 10:00am 10:30am	Farmers' market (Hamper Draw) Parish Council Surgery Wildlife Watch	Rickingham Village Hall Rickingham Village Hall Redgrave Lopham Fen

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



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

SEE US AT

Unit 2, Station Lane, Thetford, Norfolk, IP24 1ND
Tel: 01842 763841 www.eastcountyclassics.com
Email: enquiries@eastcountyclassics.com

Monday	15 th	9:15am 10:00am 2:00pm 7:30pm	Rickingham Ramblers Zumba Needle craft Slimming World (5:30pm and 7:30pm)	Rickingham Village Hall Rickingham Village Hall Activities Centre Rickingham Village Hall
Tuesday	16 th	10:00am 6:00pm 7:30pm 7:30pm 7:30pm	Secrets of survival : Activity day Zumba Julie's Aerobics Joint Lent Course Progressive Whist Drive	Redgrave Lopham Fen Rickingham Village Hall Rickingham Village Hall All Saints, Redgrave Activities Centre
Wednesday	17 th	9:30am 10:00am 2:00pm 7:30pm	Redgrave Art Club Day Centre Bird box building family afternoon Methodists Wives Club AGM	Activities Centre Rickingham Village Hall Redgrave Lopham Fen Methodist Church
Thursday	18 th	9:30am 10:00am 6:00pm 6:00pm 7:30pm 7:30pm	RABBATS Young naturalists Fitsteps Kuk Sool Won (Juniors 6:00 Adults 7:00) Crafty Corner Theatre Club meeting	Rickingham Village Hall Redgrave Lopham Fen Rickingham Village Hall St Botolphs School Parkview chapel Activities Centre
Friday	19 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	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	6:00pm 7:15pm 7:30pm 7:30pm 7:30pm	Zumba Yoga and relaxation Julie's Aerobics Joint Lent Course Amphibians and reptiles : Talk	Rickingham Village Hall Botesdale Village Hall Rickingham Village Hall All Saints, Redgrave Redgrave Lopham Fen
Wednesday	24 th	9:30am 10:00am 7:30pm	Redgrave Art Club Day Centre Heritage Circle	Activities Centre Rickingham Village Hall Rickingham Village Hall
Thursday	25 th	9:30am 6:00pm 6:00pm 7:30pm	RABBATS RBLWS lunch Fitsteps Kuk Sool Won (Juniors 6:00 Adults 7:00pm) Redgrave Garden Club Annual Dinner	Rickingham Village Hall Park Hotel, Diss Rickingham Village Hall St Botolphs School Activities Centre
Friday	26 th	9:15am 10:00am 1-2 pm 6:30pm 8:00pm	Rickingham Ramblers Positive Steps Beginners Tai Chi QUIZ NIGHT w/ fish and chip supper Dance Classes	Rickingham Village Hall Rickingham Village Hall Rickingham Village Hall Rickingham Village Hall Botesdale Village Hall
Saturday	27 th	8:00pm	DEADLINE FOR OIL SYNDICATE ORDERS Rickingham Country music club	Rickingham Village Hall
Monday	29 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

Evan Worby

Carpentry & Interior Fitting
Kitchens Bathrooms Bedrooms

evanworby1@gmail.com



Mob: 07523 051481 Tel: 01359 251267

BAVLOWE

CARPENTRY

*Oak Frames, Cart Lodges and Barn Conversions
Timber Frame and Period Property Renovation Specialists
General Carpentry, Roof Repairs and Property Maintenance*

DESMOND BAVINGTON LOWE
07796 294655 · 01379 897287
bavlowe@hotmail.co.uk



FOREFRONT

CARPENTRY CONTRACTORS LTD

07766 395329

info@forefrontcarpentry.co.uk

www.forefrontcarpentry.co.uk

G. C. COBBOLD

JOINERY

ALL ASPECTS OF JOINERY
UNDERTAKEN

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

Free quotations given
01379 783092 / 07841 026 220

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



M.A.
Heating Services

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

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

KASEY PLUMBING & HEATING



C2197

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



202496

01359 221108

07906 095387

**E & D Boiler
Maintenance Ltd**

Upper Church Farm, Finningham Road, Rickinghall, IP22 1LP
SPECIALISTS IN
Oil, Gas & LPG
Boiler Maintenance, Breakdown, Repairs and Installations
All makes covered including:
Worcester Bosch, Boulter Camray, HRM Wallstar, Vaillant, Baxi.
Boiler insurance, annual maintenance reminders and controls work.

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

Club News

BARWOODS

As I write, some new signs for Northfield Wood, Mill Lane, Rickinghall, have arrived and by the time you read this they may well be up. Most of our work parties have been in this wood lately and we welcome new volunteers to join us.



Our other sites are Low Meadow, at the Bury end of the village, where the footpath leads off to the left, and Miller's Orchard in Mill Road, Botesdale.

So far there has not been much winter weather but it is on the way. I am looking forward to seeing our trees with some rime on them and maybe a little snow around their roots. There are still some berries around for the birds, which might be a saving grace for them.

If you would like to join us, our work parties are on the first Sunday of the month, from 10.00 till midday, and our meetings are held at The Bell Inn on the third Monday of the month at 7.30 pm, but not every month; for more details please contact:

Rosemary Jones
01379 890238

Di Maywhort
01379 898785

Tony Emerson
01379 897010

Royal British Legion Women's Section

Twelve members attended the Christmas meeting of the R.B.L.W.S. The entertainment for this meeting was a hand – bell group "Select English Roses". Christmas cards were exchanged and mince pies enjoyed.



At the recent County Conference, the branch excelled itself, winning a Merit Award for a small branch, a best – in – show for Eileen Williams plus many individual certificates.

All the above were for needlework.

The branch will meet for a lunch at the Park Hotel, Diss on February 25th

Margaret Brown

EVER THOUGHT OF HAVING AN ALLOTMENT?

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

IF YOU HAVE AN INTEREST PLEASE CONTACT THE ASSOCIATION SECRETARY MARK WISEMAN FOR FURTHER DETAILS TEL: 01379 898805 (Answer phone)



FLY TIPPING

The members of the Bowls Club would like to thank the 'kind' person for the extra Christmas present. A large pile of tree and shrub branches were dumped on the premises between Christmas and New Year.

This behavior is not acceptable and whoever you are you should be ashamed.

Clive Foskett, Hon Treasurer

The various regional Societies who comprise the National Association of Decorative and Fine Arts Societies (NADFAS) frequently have Groups that undertake volunteer work. The Diss Society is one such, and has a Group of Church Recorders. These volunteers choose local churches, in consultation with PCC's, Incumbents and Archdeacons (within the Church of England) to make a record of just about everything that is within the church.



Having chosen St Mary's, Rickinghall Inferior as their ninth church (to date), they commenced work in 2013 to record, photograph and, if necessary, research the history of the contents of the church. Everything is recorded within relevant sections, namely Memorials, Metalwork, Stonework, Woodwork, Paintings, Library, Windows and a catch all section labelled Miscellaneous. The result of their labours, which usually takes 18 months to two years to complete, is a unique Church Record. Five copies are prepared, one each for Historic England (formerly English Heritage), the V & A Museum, the Church Care Library, the County or Diocesan Archive and the church itself. The now completed Record for St Mary's will be presented to the church, by the Recorders, on Sunday afternoon, 7th February, 2016, during the 3 pm Evensong followed by light refreshments. All will be very welcome to attend.

Dear Editor(s),

As a family we recently got two puppies, our first dogs since moving to this village 3 years ago. We are experienced dog owners and we couldn't wait to get out with our new dogs and explore more of our village on foot. We started this around October and whilst we were not lazy, until we got our puppies we really hadn't explored as many of the paths and streets around here as we are doing now. Our overriding impression is that we



love this area even more than ever now we've found some of those little hidden footpaths and public rights of way but there is a downside. Sadly we were also really disappointed to find there are obviously a number of dog owners around these parts who simply don't care enough to pick up after their dogs. The amount of dog mess along main paths as well as the back lanes and public rights of way is simply disgusting and we've learned that far from keeping your head up and enjoying the village and countryside, the way forward appears to be that you must keep your eyes to the ground and watch where you step, even through areas that you wouldn't expect, like the churchyard. There's not much that will spoil a walk, with or without a dog, than stepping through a pile of dog mess. This is always going to be an emotive topic and many responsible dog owners, like us, obviously do pick up after their pets but it seems there are some that don't. Along the pathway up Rectory Hill there were recently three separate piles of mess, on the path, some of which a local resident told me he'd witnessed being deposited and challenged the owner to pick up but was simply ignored as the person walked away. Another local resident, also a dog owner, said they had challenged somebody to come and review their CCTV footage after she had allowed her dog to deposit its mess, walk away and then swore blind it wasn't hers, even though she had been seen (and recorded). The shame for me is that my own young daughter stepped in a pile right by the dog bin at the White Horse last week... it is not pleasant and, yes, somebody watched their dog do its business within 5 feet of the dog bin and still didn't have enough respect for others to bother picking it up. There are many friendly and responsible dog owners and we count ourselves in this group, so if you are unfortunate enough to step in a pile of dog mess through our lovely village, we feel sorry for you as it is disgusting but all I'd ask is, please, don't tar all of us with the same brush as those who simply don't care enough to bother picking up.

A responsible dog owner.

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)

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
pattheplumber@btconnect.com

*Friendly &
reliable service*

Carberry Plumbing and Heating

For all your domestic plumbing needs



01359 760 220 or 075067 06121

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

WILLOWSERVE LTD

Plumbing & Heating Services

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

For a Professional Reliable Service

Tel / Fax: 01359 259886

Mobile: 07771 557937

Email : willoserve_ltd@hotmail.com

www.replacementboilers.uk.com



Else Heating & Plumbing

Oil and Gas Installation

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

Bathroom & Kitchen Fitting

Fully Insured

Contact Eugene Else

01379 688183

07787 854923

elseheatingandplumbing@gmail.com



J. B. PLUMBING

For all your plumbing requirements such as:

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

No Job Too Small - Qualified and Insured

For a friendly and reliable service please contact:

Jack Buckmaster, Palgrave

Tel: (01379) 644027 Mob: 07912092212

Email: jackbuckmaster@gmail.com

Exploring the Past

Jean Sheehan, 01379 890237

Redgrave Church Bells.

Albert Driver died in 2010 and left quite a large amount of money to add extra bells to the six already in the tower. Albert's main pleasure in life was bell ringing, like his father and grandfather before him who had also been tower captains of Redgrave Church Bells in succession. Albert began ringing at the age of 8 and was still ringing almost to his death aged 95. Redgrave Church Heritage Trust, after a great deal of research and planning, have been negotiating and getting various permissions to carry out his wishes for several years now. The November report of the parish council reported that RCHT have now come to an agreement with the Churches Conservation Trust, for the present bells and frame to be "repaired to best standard prior to establishing a centre for excellence for bell ringing in Albert Driver's name".



The last time Redgrave Bells were re-hung was in 1898. The Bell News and Ringers's Record reported in November 1898 " Some 12 years since the third bell in the Redgrave peal fell, and it was thought wise at the time to remove the ropes from two other bells, so that out of a peal of six only three have been available for chiming for some years past, and although (owing to the fact that young men frequently leave our country parishes now-a-days and render it difficult to maintain a company of ringers) there was not a company in Redgrave, many parishioners desired to restore the bells and have them sounding again. The 1897 Jubilee gave the first impetus to the movement, and side by side with subscriptions for a parish feast, a Bell Fund was started, of which Mr. Pursehouse was secretary and treasurer. This Jubilee collection amounted to about £8, and Mrs. Horsfall, then resident at the Hall, permitted the exhibition of her famous prize-winning Great Danes at the Annual Flower Show. This exhibition raised £9 more, so that when a further effort was made this spring there was a fund of some £17 to start with. The Rector then issued an appeal to friends of Redgrave, who were resident or non-resident, and the response to the appeal has been most satisfactory, so that with £10 from Jumble Sale, more than enough money to cover the expense of the bell-hanging has been raised, and some will be left over to meet the expense of fitting a pinnacle on the tower and repairing the lattice windows, which the Rector and churchwardens thought should be made good at this time before the opening day. The Redgrave bells have not such a good name amongst ringers for sound as Hinderclay or Tibenham, or as some others found in village belfries, but, such as they are, the sound is one familiar to several old inhabitants, and there was a desire amongst them to hear them once more. In old days there were various bell

foundries in the Eastern Counties. We learn of one at Lynn in 1299, of one at Norwich in the fourteenth century until the eighteenth, at Thetford, 1577-1644 East Dereham, 1756 Downham Market, 1799 Bury St. Edmunds in the sixteenth century, Ipswich in the seventeenth, Sudbury 1694-1759, and also a small one at Redgrave itself from 1708 till probably the middle of the century. Two of the Redgrave foundry bells are to be found in the neighbourhood, one at Pulham St. Mary and one at Hoxne. We may therefore presume that at the time, Goldsmith, the Redgrave bell founder, lived, there were many merry peals in the Redgrave tower. Be that as it may, there are only one or two old ringers left, but a young and consequently ardent team of young men were busily practising all last winter on the handbells, preparatory to being initiated into the further mysteries of bellringing in the tower, so that there is some hope that a parish company may be formed once more. On the strength of the £17 raised in 1897 and the promise of more, Mr. Wilson, the owner of Redgrave Hall, and at the time the only churchwarden legally qualified, gave an order to restore the bells.

The Rector and the churchwardens determined to celebrate the opening at the same time as the Harvest Thanksgiving, and selected Tuesday week, St. Luke's Day, as the day upon which to mark this great village event. The Rector issued invitations to all the change-ringers in the Hartismere Hundred to be present if so minded, though in the case of Eye, Mr. Day offered to bring a company over. It was found that there were some eighteen parish churches in the Deanery possessing five bells or more, and that there might be a large company present. But in some cases bellringing had not been kept up, and only about forty change-ringers accepted the invitation to be present. The Rector's wife also issued invitations to all the committee, who worked so well at the recent jumble sale, to be present at tea in the Mission Room near the rectory, after service, and also to some others in the parishes or district interested in church work. To this invitation many responded. The jumble sale held in July had been partly for the Botesdale Chapel of Ease, and as there had been much unanimity amongst the two committees, the Rector's wife wished to take this opportunity of welcoming them. For a small parish of some five hundred people much money, and except in one case, without much cost to anyone, has been spent since 1896 in furthering school and church work. Miss Anna Wilson built a new residence, especially for the schoolmaster, in 1896; the infant school and another room had much money spent on them in the same year; in 1897 the Mission Room was built and furnished, and now in 1898, the bells are restored, the expense thus incurred amounting to £650, which for a village in these days means a considerable amount, and by far the greater bulk of it emanated from residents. In addition to this, restoration work of the Chapel of Ease is proceeding in the companion parish of Botesdale, which will probably bring the total for the two parishes to over £700.

(To be continued next month). Acknowledgments to Bob Hayward for copy of the article from The Bell News and Ringers Record.)

For more information on Albert Driver and John Goldsmith, Redgrave bell founder, read Reflections on Redgrave Part 2 available from Redgrave Community Shop, Rickinghall Paper Shop or Botesdale Hardware Stores or see www.quatrefoil.org.uk.

YOUR RELIABLE LOCAL PLUMBER



Mark Jardine
Plumbing & Heating



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

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

Robert Cole Plumbing & Heating

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



Free Estimates
01379 741485



rcoleplumbingservices@gmail.com



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



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 851800 or pop into our branch
NFU Mutual Office, Diss Business Park,
Hopper Way, Diss, Diss, Norfolk IP22 4GT



It's about time!

We are an approved agent for general insurance products and services as regulated by the Financial Conduct Authority. The general insurance cover is provided by NFU Mutual. For more information on the products and services we offer, please visit our website at www.nfu-mutual.co.uk. NFU Mutual is a member of the Financial Conduct Authority and is authorised to provide insurance services in the United Kingdom. For more information on the products and services we offer, please visit our website at www.nfu-mutual.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

THE WINDOW COMPANY WITH A DIFFERENCE!!



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



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



A B S
Home Improvements

For Advice and Quotations
Phone: Diss 01379 890626

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

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

Exploring the Past Again

Di Maywhort, 01379 898785

Ploughing, Ploughing and Drawing Matches

Plough Sunday was the Sunday after Twelfth Night. It was the day the medieval farmers and villeins would decorate their ploughs and take them to church to be blessed. The next day, Plough Monday, marked the beginning of the spring ploughing season. Very little actual ploughing would take place on this day as it was a festival with a feast at the end of the day. The young people would dress up in fancy dress and pull a decorated plough through the village to collect money for the festivities and for the 'plough light', a candle kept alight in the church throughout the year.

In the medieval period ploughing services or 'works', in Suffolk called 'govelrth', were owed to the lord of the manor by his villeins who would have to plough his land as well as their own. Depending on which land they tenanted they might owe 3 plough 'works' or 1 plough 'work' a week until the lord's land was sown which could be several weeks. It would take about 6 to 8 hours of continuous work by a man and his plough animals to plough an acre of land. (1) In 1357 Redgrave had 421 acres of arable land which would have had to be ploughed. (2)

Throughout time, since humans became agriculturalists rather than hunters and gathers, ploughing has been one of the most basic of agricultural operations but also one of the most skilled.

In later centuries ploughing matches were often held for ploughmen to compete against each other with their ploughing teams. Farmers and land owners would sponsor these and there were prizes of money, tools or cups to be won. In later times The Farmers' Union and tractor companies would sponsor these ploughing matches as by then ploughmen were often competing with tractors. Ploughing matches were, and are still, held across the country. Margaret Fisher, whose family farmed for centuries in the Wattisham area of Suffolk writes:

Ploughing matches were also known as Drawing Matches. This was because the trials mainly involved 'drawing' a straight furrow across an unploughed field. A clean cut edge and an even depth were all part of the judgement. Another test was to draw several furrows into what was locally called a 'stetch'. A series of these stetches across a field left the lie of the land with troughs and ridges, necessary to drain water off the heavy clay soil. Those straight furrows were much admired by others in agriculture.

The first draw across the field straight or crooked stays for the season, and unless the consequent seeding, harrowing and weeding followed suit, which may not be possible, parts of the ground were wasted, and the evidence of that first sloppy job would remain visible for the whole year. A farmer would encourage competition; it showed he had a conscientious and competent team working his land.

The field set aside for the trials would be scanned with a keen

eye by the competing ploughmen, noting any changes in soil type, the humps and 'dokes' (a local dialect word for a hollow or dip in the ground). Once satisfied, the ploughman would select a few straight hazel sticks from the hedgerow. With his penknife these he would strip clean of their outer bark to reveal the inner stark-white pith. He would then walk the entire length to be ploughed, making mental notes and stopping at intervals to line-up his white sticks by eye up to the hedge at the far end. This was called 'sticking' - another skill up for testing. Then, all that remained was for the ploughman to follow that same route with his plough unit, checking ahead at the markers while, at the same time, keeping an eye on his plough at the rear, ready and alert when and where necessary to make adjustments to the depth of the ploughshare.

To plough well was a skill, a skill that has been nurtured and improved upon for more than a thousand years. First by manpower alone, oxen and horses had their turns at drawing the plough, and now, once more, man could cope on his own with his tractor to cultivate the soil. (3)

In August 1894 the Hartismere magazine announced:

'Rickinghall Inferior. Ploughing and Drawing Matches, after a cessation of ten years, were revived in this parish under the auspices of the Technical Instruction Committee of the East Suffolk County Council.

Mr. Olger, steward to Mrs. Norton, interested himself and collected subscriptions towards the Drawing contests. According to the rules of the County Council, a short and most instructive lecture was delivered in the Rickinghall Schoolroom by Mr. George Symonds, on Monday evening, July 16th, at which there was an unusually large attendance. The matches were ploughed in the North Field belonging to Mrs. Norton, on the following day; and in one of the divisions we are pleased to record that five of Mrs. Norton's men took prizes in the following order, - John Hambling, Arthur Fordham, Nathan Kemp, William Hambling and William Talbot. The competitors in the ploughing match were residents in the parishes of Redgrave, Botesdale, and Rickinghall Superior. In the Drawing matches residents in our parish were also allowed to compete.'

Mr. George Symonds farmed at West Hall and Mrs. Norton lived at what is now Snape House and she owned Snape Farm.

- 1) *Ploughs and Ploughing by Roy Brigden Shire Publications Ltd. 2003*
- 2) *1357 Extent, British Library Add 14879*
- 3) *Margaret Fisher Unpublished Work*

Send us your jokes:

We're always on the look out for funny jokes, especially those that readers have found funny. Please send your funniest jokes to editor@rbrparishmag.com by 8 February. We'll publish as many as we can, with credit given to named contributors (or not if you prefer!). Many thanks!

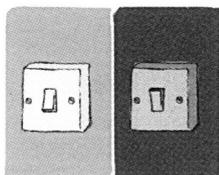
ABC Electricity

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

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



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

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 Sweepers 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



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

Thermally efficient blinds and shutters

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

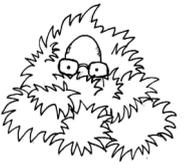
Call Amanda or Alastair for more information on:

01379 669 209



Village Green
Blinds & Shutters

Nyalls Notes Bills Birds



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

Bill Cordeaux Tel: 898286

It is twelve years since we came to Redgrave and I have been writing these notes for all that time. We are also into our tenth year of Café Church something that has proved interesting and stimulating. We have seen people helped in their faith, their questions answered and sometimes not answered. It probably causes as much laughter in Café Church as anything when they see me unable to answer a question. In that the questions are unpredictable I have found it intellectually challenging. I continue to produce these notes and they are now being used by our previous church in Somerset. They are intended to be short and sharp and make people think about some aspect of Christianity.

I have often had people tell me that we all worship the same God. They say that the god of the Jews, Allah and the person Christians call God are all the same. We simply have different names for the same person.

As I write this ISIS, or whatever you like to call them, have just put out another internet video showing the killing of a number of people they say were spying for the UK. Being an extreme Islamic fundamentalist group I presume that, in doing what they are doing they are serving their God. They certainly say that they are. In doing and saying this they demonstrate what their God is like.

Now compare what you see through them with the words and actions of Jesus. "I say to you who hear, love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. If anyone slaps you on the right cheek, turn to him the other also. If anyone forces you to go one mile, go with him two miles." He demonstrated that these weren't just words. He forgave those that crucified him and didn't resist a false trial and its punishment of the cross.

Down through the ages Christians haven't been that good and continue not to be that good in following the instructions and example of Jesus Christ but that is not the fault of Jesus or his instructions. Because Jesus followed his own instructions even when up against such cruelty as an unjust crucifixion we can believe him when he himself offers forgiveness and reconciliation. Paul was an enemy of Christianity. He must have thought of himself when he penned the words, "While we were enemies we were reconciled to God by the death of his Son."

You may be amongst many who read this that consider themselves hostile to Christianity. If so it is particularly to you that Jesus offers forgiveness and reconciliation. He means it and he proved it at an immense cost.

You may not be hostile but simply indifferent. The sacrifice of Jesus means nothing to you. I think Jesus would see you as rejecting the sacrifice that he made with its offer of forgiveness and a relationship with him. Having made such a priceless sacrifice I think he would be reasonable in considering you hostile. Rejection of such a precious gift must come as a slap in the face to him but then he turns the other cheek and continues to love his enemies.

So, what did you see over Christmas? Did you find Redwings picking food under fallen leaves or their fellow 'thrush' visitors from the north, Fieldfares, handsome birds with contrasting grey colouring, feeding with a noisy 'chattering' cries, high amongst shrubs, particularly those bearing fruit.

Did you get to the sea? To see on the beach Shore Larks, with their distinctive 'bow ties', or Snow Buntings, delicate birds which suddenly spring up showing their white wings. They really do look like fluttering butterflies.

Perhaps you saw geese, Barred (as in Autumn Watch), with their prominent 'bars' as they strut around, distinguishing them from our Canada Geese. What about Brent Geese, so common on the North Norfolk coast. Huge skeins of them.

Perhaps you travelled to the Welney Marshes to see the Whooper Swans and, later, the smaller Bewick Swans which have a different yellow/black pattern on their bills.

The influx of winter birds to our gardens can be very exciting. What about the rare and colourful winter visitors, Waxwings?

This winter several of you have reported Woodcock. Apart from our resident population of Woodcock, many come to us over the north sea in winter. This bird is the size of a Jackdaw, inhabits woods and is wonderfully camouflaged when on the ground. They have very long bills similar to a wader. They are often only noticed, if at all, by the glint or reflection in their eyes! There are stories of this bird in the breeding season actually carrying their young between claws and chest, and in one instance, under its wing!

I did manage one visit to the coast, to Shingle Street, a remote area beyond the Hollesley Bay open and closed prisons and at the exit of the River Alde. Here the sea is always turbulent, contrasting with the calm exiting river and at the mercy of tides, currents and wind. On the day I went there was a strong easterly wind, just right for winter migrants of which many had been reported locally, especially in the many bushy coverts.

Bird watchers were also present, plus their digiscopes which had huge telescopic lenses.

I never saw any 'interesting' migrants with my mere binoculars and the strong wind. Though I noted on the internet that two Firecrests had been seen. They had probably travelled all the way from the Continent. How can these smallest of British migrant birds (only weighing 6 grammes) survive such a crossing? Firecrests (see above), are similar to our Goldcrests, but with a 'fiery orange crest' and distinctive white eye streak.



Firecrest

You will be reading this in February. The earliest signs of a new year are the broken eggs of nesting Collar Doves. This bird has such a long breeding period which accounts for its incredible increase in population. I saw my first in the early 1970's—a rare bird at the time.

February, I always feel, is a dark, dismal month, in which I can hardly imagine the spring. But don't be faint-hearted it always does come!

Cafe Church - now into its tenth year
Answering your questions

Sundays at 10.30
Redgrave Amenities Centre
Contact Nyall Davies
01379897067





Neil Worby
OF RICKINGHALL
Painter and Decorator
established over 12 years

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

Tel: 01379 890526 Mobile 07738 156 036

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

Painter & Decorator



Internal ~ External
Domestic ~ Commercial

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



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



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

Quality TREE SURGERY
at affordable prices

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

Call now to arrange
a **free quote**

01379 871931



www.northsuffolktrees.co.uk

Peter Goddard
Firewood

HARDWOOD
FIREWOOD

available all year round, cut
& split to your requirements

01359 221287 daytime
or 07946 595126 mob



Wood's

OF SUFFOLK

CROWN LIFTING, TREE FELLING, DISMANTLING, REDUCTIONS,
PRUNING, THINNING, STUMP GRINDING, HEDGE TRIMMING, FIREWOOD
GAF WOODS OF SUFFOLK ARE DEDICATED TO PROVIDING EXCELLENCE
IN EVERY ASPECT OF OUR CRAFT. ALL OF OUR STAFF ARE FULLY TRAINED
AND INSURED, REPUTABLE AND ALL WORK IS CARRIED OUT
RESPECTFULLY AND TO THE HIGHEST STANDARD.

FOR A FREE ESTIMATE PLEASE CALL LEE GARWOOD
TEL: 01379 890617 / 07880 528142
GAFWOODSOFSUFFOLK@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: smills46@yahoo.co.uk

Hubbard
Gardening
SERVICES

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

Seasoned Firewood by the full or
half load

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

In your garden Cookbook



“In Your Garden” with Tripp Batt of Stanton

February is here and spring is just around the corner ! Gardeners can start venturing out when the weather permits, and start preparing for the coming season. This is the last safe month to move any plants without causing them too much distress. You may have plants which are getting too large for their position, or ones which could do better in a sunnier or more shady spot. Herbaceous perennials can be divided and re-planted elsewhere or given to a friend. Dig around them carefully giving them as large a root volume as possible. Re-plant with some added compost and some Growmore or Bone Meal fertilizer to give them a good start in their new home. If you think the wind will rock the plant, then apply a stake and tie.

Prepare vegetable plots by removing any weed growth and lightly forking over. Do not rake until you are ready to sow as otherwise the rain will cause a ‘pan’ effect over the soil. Soil can be warmed up prior to sowing, by using clear or black polythene. Pruning fruit trees and bushes also needs doing and the sooner the better. Pruning is a subject that is often made to sound over-complicated. With fruit trees, you are trying to encourage new and healthy growth which is sturdy enough to support the coming years fruit. You may seek out a book with diagrams, but briefly, cut back approx. one third to a half of last years growth (you’ll notice this by the colour of the wood), and cut to an outward facing bud. You are trying to create a sort of wine-glass shape to the tree, so also remove any ‘cross’growth.

Shrubs can be pruned back too at this time of year, as most berries have long gone, and shotting hasn’t yet started. The only shrubs which for which it might be unwise to prune now are those which flower before June, as these will already have flower buds on them. Wait until they finish flowering.

Happy Gardening!

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



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

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

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



Valentine’s lemon mousse

Ingredients

- 4 medium free-range eggs, separated
- 250g/8oz caster sugar
- 3 lemons, zest and juice only
- 5 tbsp cold water
- 15g/½oz powdered gelatine
- 300ml/½ pint double cream
- small handful blanched toasted almonds, finely chopped

Preparation method

1. Using an electric whisk, whisk together the egg yolks, sugar, lemon zest and juice until the sugar has dissolved and the mixture has thickened a little. (If you do not have an electric whisk, whisk by hand in a glass bowl set over a pan of hot water. When the mixture has thickened, remove the bowl from the pan and whisk until cool.)
2. Place the cold water into a heavy-based saucepan, sprinkle in the gelatine and place over a gentle heat, without stirring, until the gelatine has melted. Remove from the heat and leave to cool slightly.
3. In a separate bowl, lightly whip the cream until soft peaks form when the whisk is removed. Stir the melted gelatine into the cream and fold into the egg yolk mixture.
4. Whisk the egg whites in a separate bowl with an electric hand-whisk until soft peaks form when the whisk is removed.
5. Place the bowl with the egg yolks inside a bigger bowl filled with ice-cold water. Gently fold the whipped egg whites into the egg yolk mixture with a metal spoon. Stir the mixture until it begins to thicken, then pour into a glass bowl and refrigerate for one hour, or until set.
6. Sprinkle the toasted chopped almonds over the top of the mousse and serve.

Less than 30 mins preparation time

10 to 30 mins cooking time

Serves 6-8

From BBC Food

CW SERVICES
Rickinghall
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



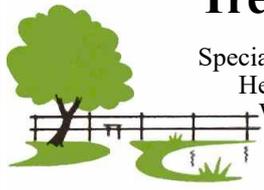
- Professional Service
- Competitive Rates
- All aspects of tree work undertaken
- Professional Hedge Cutting / Reducing

NPTC and LANTRA Qualified

www.nickbobbytreeservices.co.uk

Free Quotations call 01379 788 757 or 07545 989 081

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

Perfect Forever Aloe 
 Forever Living Business Owner

Aloe Vera & Bee Pollen Products
 Wide Variety of products from weight management to makeup.

Plus work from home opportunities—part time or full time

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



Graham's
Gardening
Services

For all your gardening needs

Call me on
01379 741491
 Mob 07765 388082

MAGPIE
TREE & FENCING
SPECIALISTS



Fully Insured N.P.T.C
Qualified

All Aspects Of
 Tree Surgery & Fencing
 At Affordable Prices

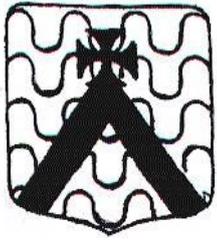
Call For A Free Quotation & Advice
 Carl J Baker 01379 897 143
 07717101660

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



School news

I hope that you all had a wonderful Christmas and New Year. The Spring term is now well underway and it was great to see the children again after a two week break.

This term we welcome two new members of teaching staff to our team. Both Mrs Taylor and Miss Walsh have joined us to cover for Miss Clements whilst she is on maternity leave. They have both been very impressed with the Squirrels Class and are looking forward to getting to know them better as the academic year progresses.

The children have settled back into school well and we continue to focus on improving the key skills through the delivery of our broad and balanced curriculum. I have been very impressed with the art, design and music which were covered last term. It was wonderful that two of our Yr6 children were keen to play their guitars during our end of term assembly. It is such a wonderful gift and the children not only impressed all present but also provided inspiration for others who are considering learning an instrument. On the sporting front we have seen good levels of physical activity at play and lunchtime and we continue to promote and reward good manners through our Manners matter initiative. Our girls football team narrowly missed out on a place in the regional finals. They have achieved so much and played with great skill, determination and pleasure.

This term we will be welcoming the children from pre-school who will be joining us in September. It is so important that the school works closely with the pre-school and starts the transition process as early as possible. It is a process that is mirrored with our Yr6 children who also start to visit Hartismere on a more frequent basis. Good transition can help to make sure that when children do arrive in their new setting they feel confident, safe and ready to learn.

I am very much looking forward to the remainder of the Spring term and the challenges it will surely bring.

Mr M. Cobbold, Headteacher.

The Owl and the Pirate

The owl and the Pirate
went to sea

in a dirty pirate ship:

They took some treasure,
and something to measure
Wrapped up with a big black zip.

The Owl looked up to the stars above
and sang to a recorder,

O messy pirate, O pirate my
dear,

What a fierce pirate you are,
You are,

You are,

What a fierce pirate you are!



The Owl and Santa Claus

The owl and Santa Claus
went to Finland

in a beautiful shiny red
sleigh:

They took some pheasants,
and plenty of presents

To deliver on Christmas Day.

The owl looked up to the stars above,
and sang to a violin,

O lovely Santa, O Santa my
love,

What a cheerful old fellow
you are,

You are,

You are!

What a cheerful old fellow you are!



Shared writing by Rabbits Class

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

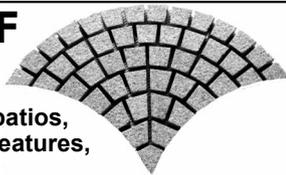
Fast professional service.
labour

No VAT on

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



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 AGM was held in November and we said farewell to our Chairperson Tanya Pratt. We would like to thank Tanya for all her hard work and commitment and welcome Lucy Trumpe as our new Chair. The committee officers are now: Chairperson – Lucy Trumpe, Secretary – Jordan Fox, Treasurer – Jemma Shorten. 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. New members are always welcome so please contact us to find out more.

This term at pre-school:

This term our themes are spring and colours. We will also be looking at different celebrations, including Chinese New Year and Easter. The children will have an opportunity to take part in different themed days and do an Easter egg hunt. They will practice yoga which will help them to learn to move safely, with confidence and imagination and they will play tennis which will help them develop hand eye co-ordination and gain an awareness of space. There will also be the annual trip to Monsters. The children will experiment with colour and see how colours can be changed. They will explore the different sounds of musical instruments and learn to recognise repeated sounds. They will have the opportunity to respond to stories, songs and other music, rhymes and poems and make up their own stories, songs, rhymes and poems. They will also learn about children from around the world and the different religions and celebrations.

Christmas Raffle:

£113 was raised from our Christmas raffle and we are going to be putting it towards items for the home corner. Thank you to everyone who took part.

Diary dates:

Half term: 15th-19th February

Trip to Monsters: 18th March (no Pre-school on this day)

Easter egg hunt: 22nd March

Last day of term: 24th March

Rainy day fun

E	L	G
S	U	L
I	E	S

How many words containing three or more letters can you make from the letters in the grid above? Plurals are allowed, proper nouns are not. Can you find the nine letter word? Answers on page -----

Sudoku

6 QUIZ QUESTIONS - these are not trick questions just fascinating ones! (answers on page ____)

1. Name the one sport in which neither the spectators, nor the contestants, know the score or the leader until the contest ends.
2. What famous North American landmark is constantly moving backward?
3. Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are these two perennial vegetables?
4. What fruit has its seeds on the outside?
5. Only three words in standard English begin with the letters 'dw' and they are all common words. Can you name them?
6. Name the only vegetable that is never sold frozen, canned, processed, cooked, or in any other form except fresh.

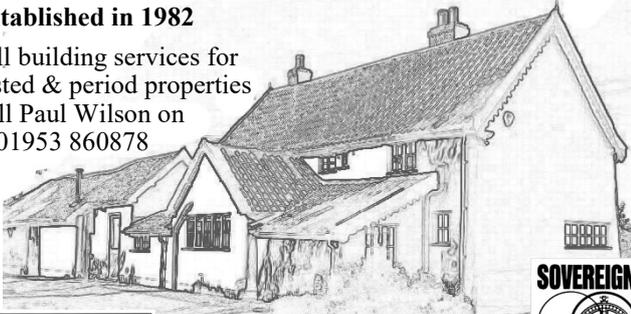
		3						6
9	4	5	6		2			3
			8				7	
	9		2			4		
5								9
		1			3		2	
	2				8			
8			4		6	9	3	2
1						8		

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

Wilson Restorations

Established in 1982

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



NHBC www.wilsonrestorations.co.uk

SOVEREIGN
APPROVED CONTRACTOR

City & Guilds **DANIEL FOX** The Countryside Agency

MASTER THATCHER

LONG STRAW THATCHING
Ridging and Repair work undertaken

telephone: 01379 423137
mobile: 07768 968465

Find me on  or  twitter @DanTheThatcher

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



Design
Mni Designs Ltd

NEED A Grand Design?

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

WANT TO RENOVATE OR EXTEND YOUR HOME?

CALL US NOW ON
01359 232507

LEWISMN@TESCO.NET

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



D. S. Plastering

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

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

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



R.W. LISTER & SON

MOTOR ENGINEERS

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

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



WOLSEY HOUSE MOTORS

The Citroen Specialists

SALES • SERVICING • AIR-CONDITIONING

FULL FACTORY DIAGNOSTIC EQUIPMENT FOR ALL MAKE AND MODELS

MANUAL & AUTOMATIC COURTESY VEHICLES

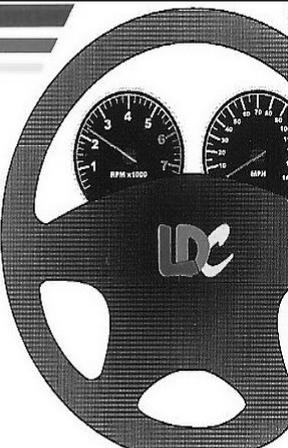
Telephone: 01379 644133
Mobile: 07831 824219

www.wolseyhousemotors.co.uk

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

Jan Tyrrell
Your local LD instructor

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



Future Events

**Fashion Show
Fashions by Artichoke**

Wednesday 2nd March.

Admission by ticket only : to include a glass of wine.
LOOK for Further details in the March issue.

the WI
RICKINGHALL

the WI
RICKINGHALL

Advance Notice

Jumble Sale

Saturday 19th March.

Doors open 2pm. Admission 20p.

Oil syndicate : 2016 Delivery dates

Would customers wishing take advantage of ordering oil through the Botesdale Oil Syndicate please note the following key dates.



Advance 2016 dates

Spring: Orders due by Saturday Feb. 27.

Summer: Orders due by Saturday July 23.

Winter : Orders due by Saturday November 26.

E-mail botesdaleoil@gmail.com

Or call me on 01379 890952. Leave a message, if there is no answer. If you send me an e-mail message or leave a phone message, I will reply within 48 hours.

If I do not, try again, as occasionally messages do not get through.

David Sloan.

'EASTER CONCERT'

SAT 26th MARCH

REDGRAVE CHURCH at 7.30

THE REDGRAVE SINGERS and top soloists

MUSIC BY PETER CRESWELL

'BEFORE PILATE'

'MASS IN F MINOR'

CHAMBER ORCHESTRA

conducted by the composer

tickets from Rickinghall and Redgrave shops



**ANNUAL
FISH 'N' CHIP
QUIZ NIGHT**

AT

**PARKVIEW CHAPEL
SATURDAY 19TH MARCH**

QUIZ STARTS AT 7.00PM

TEAMS OF NO MORE THAN 6

£6 PER PERSON

(£5 IF SAUSAGES/VEGGIE PREFERRED)

BOOKING ESSENTIAL

For further information and to book tickets please call
Kev Gladwell on 01379 898924

CAROLS ON THE KNOLL

2016?



The Organisers of Carols on the Knoll, held on 4th December 2015, thank the many villagers, from all three villages, who attended and helped to make the event a huge success.

The impressive sum of £402 was raised for Salvation Army funds. The event was organised by members of your local Parish Church with support from Redgrave Parish Council.

The Salvation Army were invited to attend to provide traditional music and also to support their work within the local community.

If you felt that this was an event that should be repeated, please mention this to your Rector, any Church member or your local Parish Councillor and let them know.

SOAP BOX DERBY

August 2016



A small gang of eager volunteers are working on bringing the thrill of the race back to Botesdale! With every intention of holding a revived and revitalised soap-box derby event on August Bank Holiday 2016, there is a lot to do. We will be forming a small committee to arrange, coordinate and administer the event but will need plenty of support and, although still in the very early planning stages, we are keen to involve as many people as possible.

If you were involved in previous derbies, we would love to have the benefit of your experience and comments. Likewise, if are interested in helping in the preparation or in the organisation, either on the day or in the run up, then get your motor (pedals!) started and we would be delighted to hear from you. We will find a role for everyone, however large or small a commitment they can make.

We also recognise that there may be some concerns about the event and would like to address any that do exist as early as possible:

You can email us on botesdalesoapbox@gmail.com, or call Mike on 07801 815983

Doug Aiken part of



DK Appliances Ltd

Telephone:
01449 780398

**Domestic Appliance Repairs, Sales
of New and Reconditioned Machines**

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

HAPPY DAYS DOG WALKING SERVICE



YOUR LOCAL VILLAGE DOG WALKING SERVICE

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

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



**WORTHAM BOARDING KENNELS
AND CATTERY**
(established 24 years)

Bury Road, Wortham, Diss, IP22 1PX

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

01379 898267

www.worthamkennelsandcattery.co.uk



PROBLEM PETS



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

I offer dog behavior management in **your** home at **your** convenience. All breeds, young and old
At very competitive prices
Contact Owen on: 07545 992584
Email on: problempets@hotmail.co.uk
Also for more info please look at my website at
www.oc-dogbehaviour.com

S&S

**Safe & Sound
Hygiene and Pest Control**

Have you a problem with-

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

Please call: 01379 788 865,
07809 226109 or 07518 731106

www.safeandsoundhygiene
andpestcontrol.co.uk

**RODENT CONTROL
AND PROOFING**

- AGRICULTURAL
- DOMESTIC
- COMMERCIAL

FULLY INSURED
CALL TIM:
01379 890333



National Pest Technicians Association

**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.

FEBRUARY Readings for Parish Church Sunday Services

Date	1st reading	2nd Reading
7th February	2 Corinthians 3 : 12 to 4:2	Luke 9 : 28 to 43a
14th February	Romans 10 : 8b to 13	Luke 4 : 1 to 13
21st February	Philippians 3 : 17 to 4 : 1	Luke 13 : 31 to End
28th February	1 Corinthians 10 : 1 to 13	Luke 13 : 1 to 9

ROTAS	Chapel of Ease		Redgrave		Rickinghall	
	Sidesman	Lector	Sidesman	Lector	Sidesman	Lector
7th February	Mrs J Cordeaux	Dr Cordeaux	Mrs F Lamb		Mrs B Foster	Mrs J Bennett
10th February	Mr J Wright	Mrs J Wright	ASH WEDNESDAY			
14th February	Mrs E Moss	Mr L McGrath			Mrs M Self	Mrs J Dickman
21st February			Mr J Robinson	Mr C Davies	Mrs S White	Mrs J Whitehead
28th February			Mrs R Walker	Mr J Walker	Mrs J Sheehan	Rector
6th March	Mrs D Hodson	Mrs J Shepherd		Mr K Wilson	Mrs B Foster	Mrs J Bennett

February flower rota			
	Chapel of Ease	Redgrave	Rickinghall
NO FLOWERS DURING LENT			

United Parish of Redgrave cum
Botesdale
with the Rickinghalls



Joint Lent Course

Making Good Sense of the Bible Together

Weekly sessions starting
Tuesday 16th February until 15th March
7:30 until 9:15pm

ALL SAINT'S CHURCH, Redgrave

Each session is designed to:
enhance faith by offering a deeper, richer, more
vibrant insight into the Bible
broaden your vision of the Bible
increase your enthusiasm to open the Bible and read
it.

This takes a lifetime's commitment –
but it is an exciting journey and one that will take you
deeper into the heart of God.

All are welcome

For further details please contact Rev Chris
Norburn on 01379 898685

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.**



SORRY

Apologies to Brenda Royal for not
including her message in the
December/January issue of the Parish
Magazine. Brenda made a donation to
charity in lieu of sending Christmas
cards and sent Christmas greetings to
all her friends.





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



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



the personal injury lawyers

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

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

T: 01379 644311

www.comercrawley.co.uk

CLAIRE BISSET ACCOUNTANCY AND BOOKKEEPING



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

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

www.clairebisset.com

contact@clairebisset.com



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



SECURE SELF STORAGE

Cranley Manor, Eye, Suffolk IP23 7NX

CALL 01379 873153

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

Email : info@manorstorage.co.uk

www.manorstorage.co.uk



Photographer and Photographic Restoration Service

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

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

Contact: Sheila on 01379 890297
or Justin on 07799 260474

Rickinghall Business Centre

Allwood Green,
Rickinghall,

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

please call 01379 898 671

Parkview Chapel - February



Sundays 10.00 am Communion
11.00 am All Age Worship

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

Tuesday 9th: 9.00 am – 12 noon 'Coffee on the Corner'

Thursdays 2.00 pm Praise Together on 4th and 18th.

Thursday 18th: 7.30 pm 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.

Also regular activities for children and young people.

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.



7 th February	Rev David Ely	Covenant Service and Holy Communion
14 th February	Mr David Freeman	
21 st February	Mr P Mottram	
28 th February	Mr Steve Aspinall	

All are very welcome to any of these meetings.

Bible Study	Alternate Mondays at 10:00am
Christian Forum	Tuesday, 2 nd February 7.30 pm Rev David Ely
#Wives Club	Wednesday, 17 th February 2.30 pm Annual General Meeting Bring and Buy Stall

Cafe Church - now into its tenth year

Answering your questions

Sundays at 10.30
Redgrave Amenities Centre
Contact Nyall Davies
01379897067





All Saints
Redgrave



St. Botolph's
Botesdale



St. Mary's
Rickinghall

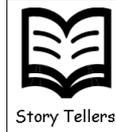
7th February '16 *Sunday next before Lent*
8:15 St. Botolph's, Botesdale BCP Communion
10:30 All Saints, Redgrave All Saints Altogether



An interactive service for people of all ages starting with coffee

3.00pm St. Mary's, Rickinghall Evening Prayer

14th February '16 *1st Sunday of Lent*
8:15 St. Botolph's, Botesdale BCP Communion
10:30 St. Mary's, Rickinghall CW Communion



Children starting at Rickinghall Village Hall, for "Footprints"

21st February '16 *2nd Sunday of Lent*
8:15 All Saints, Redgrave BCP Communion



10:30 St Mary's, Rickinghall
Worship Together
An interactive service for people of all ages

28th February '16 *3rd Sunday of Lent*
8:15 St. Mary's, Rickinghall BCP Communion



10.30 Messy Church in Botesdale Village Hall for tea, cake, crafts, songs, stories and family fun.

10:30 All Saints, Redgrave
CW Communion

6th March '16 *4th Sunday of Lent*
8.15 St. Botolph's, Botesdale BCP Communion
10.30 All Saints, Redgrave All Together All Saints
3.00pm St Mary's, Rickinghall Evening Prayer

Also this month: **Ash Wednesday** 10th Feb 7.30pm



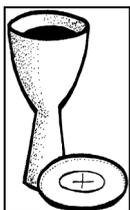
Tue. 2nd Feb. from 10.00am
"Open House" at All Saints For coffee, cakes and chat



The Rectory, Rickinghall
A time of prayer for the work of the church in the community
No Tues meeting due to Lent Course

No "Spearhead" this month.

Wed. 3rd Feb. 10.00am
Albert Close Communion
Thur. 18th Feb 9.45am
Farnish House Communion
These services are open to everyone



Holy Communion, St. Botolph's, Botesdale



Thur. 4th Feb. 7.15pm,

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