

# PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

August & September 2017



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

Also available at <http://stmarysrickinghallinferior.onesuffolk.net/parish-magazine/>

## 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



**Rev**

We all love good news stories. Here are a couple:

Johnnie Phillips used to suffer a 2-hour walk to and from work every day – but not anymore, thanks to a compassionate customer. Johnnie a father of three works at a petrol station in Illinois. Despite his 10-hour shifts, he braves the tedious walks to his job through heat and high weather. Every night on his way to work Jim Copeland stops by to pick up a snack. After several months of chatting with the attendant, he found out about Johnnie's lack of transportation. Eager to help Jim found a bike for sale and brought it for Johnnie. When presented with the gift Johnnie couldn't contain his excitement, tears flowed, followed by gleeful laughing, and then he took the bike for a spin around the petrol station. Though he's a grown man and a father, he still looked as happy as a child on Christmas morning. "I wanted to get him something special," Jim said.

Celebrities including Russell Crowe, Dawn French and Jason Manford stepped up to wish a bullied nine-year-old boy a happy birthday. The boy's dad tweeted an appeal to celebrities on Thursday 29 June to send his son, Ollie, a positive birthday message. The dad said "a bully keeps putting my son down and telling him his birthday wouldn't be any good. I would love someone to tell him he does mean something and bullying is not okay." Within a couple of hours, the dad's initial tweet was retweeted more than 5,000 times. Within 24 hours it had more than 10,000 retweets. Celebrities, well-known people, sportspeople, actors and actresses, comedians, and TV presenters sent touching words to Ollie. One response was "Happy Birthday Ollie! Another year bigger, bolder, braver... And a better man than any of those bullies ever will be! Have an amazing day." Ollie had a great day!

Here's a "good news" story that is 2000 years old. Jesus Christ was sent from God the Father to deliver us from the bondage of sin and to restore us to fellowship with the one true God. Jesus is the only Son of the Father. He is fully God and fully man. He is present in the world today in the person of the Holy Spirit. He lived on Earth to show us who God is, and how much His Father loves us. By God's grace He paid the price of death that we deserve for our sinful nature. Whilst alive many walked and talked with Him and touched Him. However, some hated Him for who He was, but Jesus lived a perfect life in the sight of His Heavenly Father. At the time appointed, all deserted Him. His religious enemies arrested Him. They blindly convicted Him of lies and turned Him over to Roman soldiers to be tortured to death by nailing Him to a cross. By the power of the Holy Spirit, the Father brought Jesus back to life on the third day, as He promised. He was seen by hundreds before He ascended up to Heaven. By God's grace, all can receive Jesus in their heart through the power of the Holy Spirit. God invites us to humble

ourselves before Him, admit our sinfulness, repent of our sins, and believe on Him with everything in us. When we follow Him in His Written Word, allow the Holy Spirit to live within us, we will live changed lives and can confidently embrace His promise of eternal life. He died for us - let us live for Him! This is the "real" good news story!

The churches in these villages continue to offer this Good News today and particularly over the weekend of 7<sup>th</sup> and 8<sup>th</sup> October when we are having a weekend titled "Stepping into...Harvest". On the Saturday we are putting on various workshops, led by members of the local churches. These workshops are a willow workshop in which you will be make a dragonfly, a lino cutting and printing workshop on the theme of harvest, making church banners, an acoustic guitar workshop and a "session" about a local brewery! All of these workshops will take place in Botesdale Village Hall. For times and booking details (it will be essential to book as we have limited space) see the advert later in this magazine.

The purposes of these workshops is to have some fun and have a chance to ask some questions about life and where Jesus fits into all of this.

On the Saturday evening there will also be a harvest supper with ceilidh in Rickinghall Village Hall, again the details are available in this edition of the magazine. Booking for this is also important.

On the Sunday we will have two church services, a 9am Harvest Communion Service at Rickinghall and an All Age Harvest celebration in Botesdale Village Hall.

The Bishop of Dunwich, Bishop Mike, will be with us for the weekend, encouraging us and talking about what it means to be a follower of Jesus Christ.

This promises to be a weekend where all can step into knowing God through Jesus Christ through our harvest celebrations. We look forward to sharing the Good News with you. For further information about Stepping into Harvest please do get in touch with me. We look forward to seeing you at some point over this weekend.

Every blessing for a joyous and refreshing August and September.

*Chris Norburn.*

#### From the Registers

18th June : Baptism of Ralphie William Robert Bennett at St Mary's Church, Rickinghall Inferior

1st July : Blessing of Marriage between Ishani and Josh Davidson at St Mary's Church, Rickinghall Inferior

## PARISH MAGAZINE—MESSAGE FROM THE EDITORS

This issue marks the 30th edition during the three years since Charles & Lesley Greenhough stepped down after an amazing stint of 14 years producing the magazine.

Over the last three years a dedicated team has worked hard every month to update the events pages, ensure our advertisements are up to date, and to incorporate articles from our regular contributors. We took over from Charles & Lesley, inheriting a process that took 40 hours a month to complete, and with the hope that it would be possible to break it into more manageable chunks. I think it's fair to say that it's been a pretty successful experiment.

- We have added more pages, more advertisers to enable us to bring on new staff
- We have changed our printer, to improve the quality and reliability of the magazine that you receive
- We have worked to give recognition and credit to the brilliant team of deliverers that post your copy through your door each month
- And we have made changes to the production process to streamline, modernise and decentralise it. Amongst other things, this has meant that the magazine has been pulled together in Cambodia, Rwanda, somewhere over the atlantic ocean, in Charles de Gaulle airport in France; and this issue of the parish magazine is being finalised from Nepal.

And with this reflection in mind, it is time to hand over the editorial duties to someone else. At this stage, it is unclear who that will be and **the future of the magazine remains somewhat precarious. If you can spare 6-8 hours a month, and have an interest in playing a central role in the magazine production process, please do get in touch using the contacts below.**

Wishing you all a wonderful summer period. The magazine team will be back for the October issue after a well deserved rest!

To contact the team that produce the magazine, please use the details below.

For all editorial content: [editor@rbrparishmag.com](mailto:editor@rbrparishmag.com)  
For all commercial adverts: [adverts@rbrparishmag.com](mailto:adverts@rbrparishmag.com)  
To advertise events: [events@rbrparishmag.com](mailto:events@rbrparishmag.com)

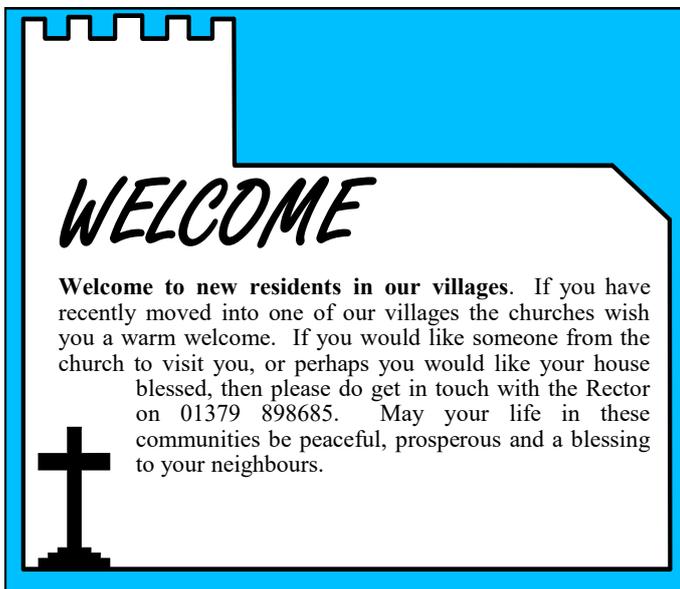
Alternatively, please write to: *The Parish Magazine, The Rectory, Bury Road, Rickingham, Diss, Norfolk. IP22 1HA .*

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

- October issue: 11 September (Mon) come and help stuff the magazine @ All Saint's, Redgrave—4pm on 22 September (Fri)
- November issue: 9 October (Mon) come and help stuff the magazine @ All Saint's, Redgrave—4pm on 20 October (Fri)
- Dec/Jan issue: 6 November (Mon) come and help stuff the magazine @ All Saint's, Redgrave—4pm on 17 November (Fri)

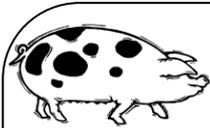
We accept items for submission in any of the following formats: MS Word, e-mail, .jpg, .bmp, .pub. Notices from voluntary organisations within the Benefice are printed free of charge. We try to help similar organisations from outside the Benefice wishing to place a notice in our magazine; this is subject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

Best wishes,  
The Parish Magazine Volunteers



Front cover image by Whit Welles - Own work, CC BY 3.0, <https://commons.wikimedia.org/w/index.php?curid=2805839>

Also available at <http://stmarysrickinghaminferior.onesuffolk.net/parish-magazine/>



**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

**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 - 5:30pm  
Sat 8:30 - 1:00pm  
Sun 9:00 - 11:00am**

**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](http://www.cocoamama.co.uk)

01379 870688

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



a cosy & relaxing atmosphere pub with log burner every night, during these cold winter months, along with a great selection of afternoon teas and homemade cakes, served 12 - 3pm Wednesday to Sunday. We pride ourselves on using locally sourced ingredients, where possible, on our monthly changing menus along with weekly specials board.

Bookings are advised during weekends due to popular demand

Monday - closed, Tuesday 5pm - 10.30pm

Wednesday to Friday - 12 - 3pm 5pm - 10.30pm

Weekends - 12 - 10.30pm (5pm Sunday)

Food served 12pm - 3pm only

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

or email us at: [info@theltenhamwhitehorse.co.uk](mailto:info@theltenhamwhitehorse.co.uk)



Farm Shop \* Delicatessen \* Bakery \* Nursery \* Coffee

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

**IT'S BBQ & PICNIC WEATHER**



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



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



check out our HUGE range of PERENNIALS & WIND SCULPTURES plus TREES, SHRUBS & PLANT-

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

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

**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

**Tripp Batt Country Store**

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

**For all your Gardening & DIY needs**

Salt Tablets 25kg - £6.99

BBQ Charcoal & Gas

New Range Cordless garden machines - Now In

Mon - Fri 8.30 to 5.30

Saturdays 8.30 to 12.30 Sundays - Closed

Our Garden Machinery, Gardening, Pet & Wild Bird Foods also at

Marlows Home & Garden - Bury St Edmunds - 7 days a week

[www.trippbattstore.com](http://www.trippbattstore.com)

**CROSS KEYS, REDGRAVE**

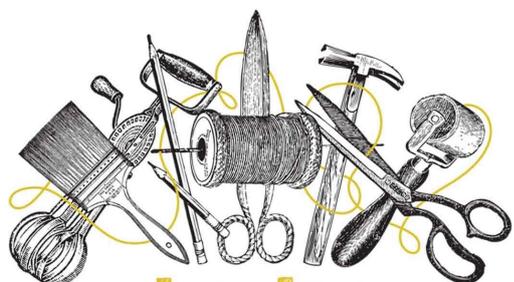
IP22 1RW

01379 898510



# Aug / Sept Events

## MASTER CRAFTS FAIR



**border**  
craft collective

**SATURDAY 16<sup>th</sup>  
SEPTEMBER**

**BOTESDALE VILLAGE HALL  
10AM - 3PM**

Come and meet the local crafters  
Free Admission

## Rickingham Farmers' Market & Car Boot Sale

### CAPTION COMPETITION

????

Entry forms at the market (no charge to enter). Judge: See picture →  
Prize: Cake. Not the one in the picture.  
It's been eaten! Entries close: 11.45  
Winner announced: 12.00



**Saturday 12th August  
9—12.30**

### Redgrave Ladies Club

**TUESDAY 8th August  
VISIT WEST STOW HALL**

Meet 1:15pm at Redgrave Activities Centre  
£16 including tea and cake  
Contact Kay 897324



**The Women's Institute  
Thursday 10th August  
Member's meeting**



**Thursday 14th September  
Behind the bathroom door**

Lisa Jones  
Competition : Something beginning with R  
Trading Stall : Savoury and cakes  
**7:30 pm at Rickingham Village Hall**  
New members and guests always welcome

### Botesdale Methodist Church

"Coffee down the Lane"  
10:00am - 11.30 am  
Tuesday 22nd August  
Tuesday 26th September



### HERITAGE CIRCLE RICKINGHALL VILLAGE HALL

Wednesday 23rd August at 7.30 pm  
Elizabeth Fry

with **Georgette Vale**

Wednesday 27th September at 7.30 pm  
Suffolk connections to the battle of Waterloo  
with **Peter Driver**

*New Members and Guests Welcome*  
[www.onesuffolk.co.uk/HeritageCircle](http://www.onesuffolk.co.uk/HeritageCircle)



### THELNETHAM WINDMILL

Open between 11:00 am – 4:00 pm  
Last tour starts at 3:00pm.

**Monday 28 August** (Bank Holiday)



**Sunday 10 September** (Heritage Open Weekend)

Entrance fee: £3.50 adults, children over 5 £2.00, children under 5 free. Children need to be accompanied by a responsible adult.

*Please note access to the mill above the ground floor is not possible for wheelchair users.*

<http://thelnethamwindmill.org.uk/>.

**NO ONE  
SHOULD FACE  
CANCER  
ALONE**

WE ARE  
MACMILLAN  
cancer support

### Macmillan in the Community Information

**Park View Chapel, Botesdale**

**9.30am – 11.30am**  
Tuesday 8th August  
Tuesday 12th September

Come and see us Or call the Macmillan Information Centre at the West Suffolk Hospital on 01284 713023 (no appointment necessary)

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



## *Cakes For All Occasions -*

bespoke wedding cake specialist, also birthdays, anniversaries etc. Designs from traditional to ultra-modern, we can design a unique cake just for you or copy any photo you may have.

Contact Sharon on 0800 024 8540 for a free consultation or visit our website at [www.sharoncastro.co.uk](http://www.sharoncastro.co.uk) or Email to [rcaastro3jg@btinternet.com](mailto:rcaastro3jg@btinternet.com)

## CARRIE'S ARTISAN CAKES

Five star hygiene rated, registered company  
Join me on Facebook Carrie's Artisan Cakes  
Email [bisquebyu1@yahoo.co.uk](mailto:bisquebyu1@yahoo.co.uk)  
Telephone 07979 795161



**SPECIALIST CAKE MAKER  
FOR ANY OCCASION**



### *Bespoke cakes for all occasions*

*Weddings, Anniversaries,  
Birthdays, Christenings etc.  
Call Jacqui for a friendly*

Tel: 01379-897264 or 07712-775466  
*Special Cakes for Memorable Occasions*

[www.cakes2crumbs.co.uk](http://www.cakes2crumbs.co.uk)



**Special cakes  
for  
special celebrations**

*Jean Barker*

01359 241135

[www.amazingcakesbyjean.co.uk](http://www.amazingcakesbyjean.co.uk)

## Angel Nails

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

Angel House  
The Street  
Botesdale  
IP22 1BU

Open Wednesdays, Thursdays and Saturdays.

Please call 07791769459 or email  
[kerry\\_mills\\_x@hotmail.co.uk](mailto:kerry_mills_x@hotmail.co.uk) for  
more information or to book  
appointments.



**O.P.I** CND Shellac



**Pumping Distinctive Ales Through  
the Heart of Suffolk**

**Please Ask for our Fine Ales and Porters.**

**Now Available from the Greyhound and  
the Bell Public Houses, Botesdale/  
Rickingham**

**Star Wing Brewery, The Old Saw Mill,  
Unit 6, Hall Farm, Redgrave IP22 1RJ**

**01379 890586**

**[www.starwingbrewery.com](http://www.starwingbrewery.com)**

## Bed & Breakfast

Grove Flock Farm  
The Common, Mill Road South  
Botesdale, IP22 1LH  
01379 898334

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

[www.groveflockbandb.co.uk](http://www.groveflockbandb.co.uk)  
Email : [joy@groveflockbandb.co.uk](mailto:joy@groveflockbandb.co.uk)  
See our reviews on Trip Advisor



**4B&B STRENNETH**  
*Country Bed and Breakfast*



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

Phone: 01379 688182  
E mail: [pdavey@strenneth.co.uk](mailto:pdavey@strenneth.co.uk)  
<http://www.strenneth.co.uk>

Airfield Road  
Fersfield Diss  
Norfolk IP22 2BP

# Aug / Sept Events



## REDGRAVE & LOPHAM FEN

For further information.

01379 688333

Book online at

[www.suffolkwildlifetrust.org](http://www.suffolkwildlifetrust.org)

### Time to paint

Friday 29 September, 10am-2pm

Bring some artwork and join like-minded people in a relaxed, informal setting £5 donation, includes tea/coffee and cake or biscuits All welcome, no need to book

### Following in the footsteps of northern naturalist, Thomas Bewick

Tuesday 26 September, 7.30pm

Evening talk with Valley Fens Wildlife Group

Followed by the AGM

£2 per person (includes refreshments)

All welcome, no need to book

### Family Holiday activities, £4 child, £2 adult

2 August, 10am-12noon

Myths & magic

9 August, 2pm-4pm

Fun with the sun

16 August, 2pm-4pm

Wild pirate adventure

Children must be accompanied by an adult

### Children's activities for 6-10 year olds, £7 per child, 10am-2pm

1 August

Extinct & endangered

8 August

Awesome arachnids

15 August

Wild art

### For unaccompanied children only

#### Young naturalists, £7 each

Thursday 3 August, 10am-2pm

For unaccompanied 11-15 year olds

Wildlife skills & practical conservation work

### Art Exhibition

Sat 26, Sun 27 & Mon 28 August, 10am-4pm

Artwork by local artists inspired by nature.

Free entry. Refreshments available.

### Wildlearning courses for adults

#### Felted tawny owl workshop

Saturday 16 September, 10.30am-12.30pm £15

Learn the craft of needle felting with local artist Jilly Trafford

#### Jam masterclass

Sunday 24 September, 10am-3pm

Join local master preserver Janet Peachey to learn how quick and easy it is to make different jams and conserves. £25

#### Guided fen walk

Saturday 5 Aug 10.30am-1pm.£4

Meet at Education Centre,- no booking

#### Wildlife Watch Group

Saturday 9 September, 10.30am-12.30pm 6-12 years

£2 Contact [marcus.halmshaw@btinternet.com](mailto:marcus.halmshaw@btinternet.com)

For further details and to book, [www.suffolkwildlifetrust.org](http://www.suffolkwildlifetrust.org) or call 01473 890089

## BOTESDALE METHODIST CHURCH



### SALE OF CHURCH PEWS EDWARDIAN PINE PEWS

VARYING LENGTHS – 36in/54in/9ft/11ft  
(90/137/270/330 cms)

Offers invited.

Please Contact Brian on 01379 890898

Redgrave Church Heritage Trust

### AUTUMN HISTORY WORKSHOP

#### "People Power: A History of Portraiture"

Tutor: Tania Harrington  
St. Mary's Church, Redgrave  
Saturday 30th September

10.30am - 4.00pm

Admission: £18 pp, including light lunch

This popular history series continues with a fascinating study day on the history of portraiture through the ages, looking at sculpture and painting, function and form. Tania Harrington is an experienced lecturer with an MA in History of Art. She is passionate about her subject and avoids a dry, academic approach, making her subject really "come alive". Anyone interested in the history of art will enjoy this study day.

To book, please send stamped, addressed envelope to Mrs J. Shepherd, Barn View, Chapel Lane, Botesdale, IP22 1DT, with a cheque made out to Redgrave Church Heritage Trust.

Early booking advisable.

Further information: 01379 898827

### Ride and Stride.

#### Saturday September 9<sup>th</sup>

If you wish to participate in, or help with, the sponsored Ride and Stride Day for the Churches Conservation Trust (CCT); by either cycling or walking between churches ; please contact your local organiser :-

Bob Hayward for Redgrave St. Mary's, 01379 898726,  
Lynn Wills for Botesdale Chapel of Ease, 01379 890732,  
Jean Sheehan for Rickinghall Inferior & Superior, 890237.

Half the money raised goes to the church of your choice and the other half goes to the CCT. This is a key source of income for grants to churches needing repairs. Rickinghall Inferior and Botesdale Chapel of Ease have both received generous grants for repairs in the past. Volunteers to sit in the churches to sign participants' forms on a rota basis can also be sponsored if they wish..

Sponsorship forms will also be available in the churches.

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

# CUT ABOVE

Ladies & Gents hairdressing  
and beauty.

The Street Rickinghall

Open Tuesday-Saturday

TEL .01379 890647

## EMMA ■ EDWARDS PROFESSIONAL HAIRDRESSING

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

Evening appointments available.

To make an appointment call Emma on 07900 683649

## Reflections

Health, Beauty and Relaxation  
has moved to Dovedale, Back Hills, Botesdale

Skin care and facials inc. Combined Ultrasound & Light Therapy  
Non Surgical micro current facial and body lifting  
Massages – Aromatherapy, Indian Head, Hot Stone, Reflexology  
Sugaring Manicures Pedicures Hopi Ear Candle  
New treatments include Sandalwood and Coconut Body Polish  
followed by a warmed Ayurveda herbal oil massage

Telephone Fiona on 07791 073772 or 01379 898789

## Gill's Mobile Hairdressing Service

Unisex Stylist for all ages  
Specialising in Senior Citizens  
In the comfort of their  
own homes

Contact Gill on  
Mobile: 07910 799452  
Home: 01379 890165



## Simply Beauty

of Botesdale

Telephone 01379 308338

NOW OPEN

Neal's Yard Remedies Facials, Massage, Reflexology,  
Waxing, Tinting, Jessica Manicures & Pedicures,  
GELeration Manicures and Pedicures,  
Gift Vouchers available and much more!  
Rest Relax and Rejuvenate

Hill Top The Street, Botesdale Norfolk IP22 1BX

## Strands HAIR SALON

IXWORTH



I have over 20 years Experience in  
Cutting & Styling Ladies & Gents hair

### OPEN HOURS

Tuesday, Wednesday, Thursday  
8.30am - 7.00pm

Friday  
8.00am - 6.30pm

So for a professional & friendly  
service phone Sarah on

**01359 230300**

Appointments not always necessary

## BOTESDALE HAIR PARLOUR

1 Market Place, Botesdale, IP22 1BT

Unisex hair salon

Open - Monday to Saturday  
Evening appointments available

Using Matrix and TIGI Products

Tel: 01379 890900

# September Events



**Motocross  
Wattisfield Hall –  
A143**



**Sunday 17<sup>th</sup> Sept.**  
Solos EC Champ - 11.30am start

**Rickinghall  
Farmers'  
Market &  
Car Boot  
Sale**



**Free hamper raffle**

**Saturday 9th September  
9 – 12.30**

This hamper was won at the June market

**RICKINGHALL FURTHER  
EDUCATION GROUP**



... is looking forward to the return of **Roger Simpson** to lead a series of 10 lectures.  
**"Is Modernism Art?"**

- Pablo Picasso (the story goes) sits in a bar listening to a friend's financial woes. The artist picks up a napkin, signs it, and says to his friend "Don't sell it too cheap".
- A French Canadian artist sets light to a VW Beetle full of live rats, paid for by a grant from the Canada Council.  
**Money, shock, novelty.**

Roger's course, will take a sympathetic if critical view of modernism in its social perspective. The course will start at  
**2pm on Thursday 14 September 2017  
at Rickinghall Village Hall**  
cost only £40 for the course.  
As usual, we will enjoy half term: Thursday 26 October 17.  
To sign up or for any queries Sue Emerson  
**01379 897010**  
[emerson500@btinternet.com](mailto:emerson500@btinternet.com).

Ring Sue and come along to the first lecture. If you think it's not for you there is no obligation to pay anything!  
Lectures last 2 hours, with a break for FREE refreshments!!

**Redgrave Activities Trust**  
**10th SEPTEMBER**  
2-00pm to 4-00pm



*Entry 20p*

The increase in the cost of running the field and the Hall means that in order to keep the Hall-hire affordable, we will hold an annual jumble sale to supplement our funds.  
There will be a cake stall, so if anyone would like to contribute a home-made cake OR indeed anything else please call Jim on 890142

ALL proceeds will go to hall and field maintenance. The R.A.T. (Redgrave Amenities trust) meets every 1<sup>st</sup> Monday of the month at 8-00pm and all are welcome.  
Jim McCluskey (Hall Hire)

**BRINGING LOCAL HISTORY  
ALIVE**



**RICKINGHALL VILLAGE HALL  
SUNDAY 3RD SEPTEMBER 2017  
10am—4pm**

LAUNCH OF QUATREFOIL'S LATEST  
BOOK  
**Shops and Shopping**  
Four Hundred years of Retailing  
In Botesdale, Redgrave and Rickinghall

**TALKS**  
Introducing one of our oldest shops  
A tribute to Brian Chandler, local historian  
**10.30am repeated at 2.30pm**

EXHIBITION OF  
OLD PHOTOGRAPHS , DOCUMENTS , MAPS  
FREE ADMISSION  
LIGHT REFRESHMENTS AVAILABLE  
[www.quatrefoil.org.uk](http://www.quatrefoil.org.uk)

**Redgrave Garden Club**



**Thursday 28th September 7:30pm**  
**Growing Herbaceous Plants for cutting**  
Helen Hillier

**Enquiries/ Information 01379 890548**  
[redgravegardenclub.org.uk](http://redgravegardenclub.org.uk)

**W.I. Jumble Sale**  
Saturday 16th September at 2.00pm  
Jumble, Nearly New, Bric a Brac, Toys, Books,  
Cakes, Refreshments etc.  
Entrance 20p

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



**PRE-SCHOOL**

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

**Exclusive access to Woodland area for exploration and adventure!**

**Consistently excellent Ofsted reports.**

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

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

**Registered Charity no. 1022795**



Registered Charity  
1142955  
OFSTED Registration  
EY445021



**LOTTERY FUNDED**

**Botesdale Breakfast and After School Club  
OFSTED Registered  
www.botesdale-after-school-club.org.uk**

Providers of wrap around quality affordable childcare for children aged 3-11, 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 Botolphs Primary School. We also provide a drop off & collection service for these schools; Mellis Primary School, Wortham Primary School, Gisingham Primary School, Palgrave Primary School and Scole Primary School. There will be a small additional charge for this service.

Our fees are as follows;

Breakfast Club	£5.15 per session
After School Club	
3.30pm – 4.30pm	£4.00 for the hour
3.30pm – 5.30pm	£8.00 for 2 hours
3.30pm – 6.00pm	£9.25 for the session £8.25 for siblings

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

**Essential care  
for your teeth!**

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

**Botesdale Dental Practice**

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

**01379 897 176**

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

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

Ask us about  
cosmetic  
and implant  
treatments.



**Rabbats**

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



**Rickinghall Village Hall  
Every Thursday  
9.30 to 11.30 am**

Come along and join us

For information call  
Keren on 01379 897392

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



Yaxley Road,  
Mellis , Nr Eye  
IP23 8DY

www.ympreschool.co.uk

Fun & stimulating environment.  
Dedicated Staff with high adult to child ratio.

Fully qualified SEN Staff.

We are open term-time Monday-Friday, 9am-3pm and provide funding for 3-4 year olds and eligible 2 year olds.

contactus@ympreschool.co.uk

Tel: 01379 788 458



Yaxley & Mellis Pre-school

**Registered childminder**

Orchard childcare

Cherry tree lane, Botesdale, IP22 1DL

Experienced childminder available for full  
daycare 7.30-5.30

Before, after school and school holidays

**Specialising in child development through  
play**

**Full support provided for children with  
additional needs**

**Lisa Crawley**

**01379 309175 / 07514280925**



# Botesdale Parish Council

Leeann Jackson-Eve



## **BOTESDALE JULY REPORT – by the Clerk**

Five councillors were present, with apologies from Cllrs Bishop, Liddle and Stratford.

**Public Forum:** We were fortunate to have a visit from PC Stefan Henriksen from our Safer Neighbourhood Team based in Stowmarket. He apologised for the lack of police presence at PC meetings but explained that with 73 parishes to cover with two members of staff, this just wasn't possible anymore and the police have chosen to utilise their limited time focussing on community issues. He emphasised that they are always contactable in the usual ways, by telephone on the emergency line and 101 and on their website. Councillors commented that the main issue was the reduced amount of feedback to parishes, particularly on follow-up to incidents. PC Henriksen confirmed that the police could no longer update parishes unless there had been a series of events in the area.

**Roadwork Alerts:** From 1 July 2017, Network Assurance will no longer email copies of notices of roadworks or diversions routinely to parish clerks or councillors. The good news is that anyone can sign up to the new alert system for any area of the country. To begin using the road works website and set up your required alerts, go to [www.roadworks.org](http://www.roadworks.org), open the map area for which you'd like to receive alerts and select options.

**Planning applications:** There was one Prior Approval Application for change of use of an agricultural barn to a dwelling at Lodge Farm, Mill Road. It was agreed that there just wasn't enough information available to make a comment on this application.

**Neighbourhood Plan:** By the time you read this, you will have received a Survey through your door and we hope you returned it! There are three surveys – a combined Household and Housing Needs Survey, a Youth Survey for 11-18 year olds and a Business Survey. Through these we hope to get a lot of useful information on what residents do and do not want in the community. If for some reason you didn't have the opportunity to fill this out, either hard copy or online, please let us know.

**Criminal Damage at the Play Area:** As we noted in the last magazine, someone broke one of the large Perspex panels in the youth shelter. The cost of replacing this panel, due to its size and shape, is £1200. Although we reported it to the police as criminal damage and can claim on insurance, we can expect our premiums to rise. We are working VERY hard to improve things at the play area and this sort of behaviour is just anti-social. As you can see, there is also a real cost to the community. We would really rather not have to provide CCTV to make sure this doesn't happen again so please keep things nice for the community!

## **RICKINGHALL JULY REPORT – by the Clerk**

Five councillors were present, with apologies from Cllrs Jones and Smith.

**Public Forum:** County Cllr Fleming reported that there was a new service delivery model for Highways department. It has been divided into three areas and our area is now covered from a hub in Halesworth. There will be a co-ordinator for the area who will liaise with parish councils and a greater emphasis on reporting things online. There is also a facility to report the need for verge cutting. All this – and more! – can be reported at <https://www.suffolk.gov.uk/roads-and-transport/highway-maintenance/report-a-highways-issue/>

District Cllr Osborne reported that all district councillors now have a budget of £6,250 to give grants to local organisations.

**Planning:** There were three planning applications on the agenda, the first two for Stanley Cottage, Bury Road for a link between the cottage and an annex and other works to the house. This was supported by the PC. The third application – Land at Rectory Hill – had been received only three days prior to the meeting. Nevertheless, the PC was able to notify local residents about the application thanks to one Rectory Hill resident who passed on the news with some speed! We had about 20 residents at the meeting who wanted to talk about the application for 10 houses in the gap between Mount Cottage and 1 Rectory Hill. Most of them were very unhappy about the lack of notification from MSDC, which left them with less than the regulation 21 days to respond to the application. It was also noted that a notice had not yet been posted on site. Otherwise, there were two main concerns with the application: pedestrian safety and access issues. The access is located near a blind bend at the brow of a hill and on a fast road into the village from the bypass. It was felt that further traffic at that location would be dangerous. It was also noted that a proposed access for one house on a straighter section of Rectory Hill had been refused in 2012 for reasons of safety. There was a lot of concern about pedestrian safety as there would be additional foot traffic, particularly school children, from the site to The Street and the footway stops at the edge of the site. Provision of an extended footway is not possible due to the narrow width of Rectory Hill, particularly near the junction with The Street. This, coupled with the poor visibility at the bend/hill, makes pedestrians and cyclist very vulnerable. Additionally, as an access between the A143 and The Street, Rectory Hill is frequently used by large commercial and farm vehicles, despite a weight restriction. Residents felt that a width restriction should be imposed, as well as greater enforcement of weight restrictions. Traffic measures/pedestrianised rights of way were suggested. The Parish Council noted the concerns and agreed to oppose the application on that basis.

**Charging for planning advice:** Please note that from 1 July Mid Suffolk District Council will be charging for pre-application advice. Fees start from £84 for a written response and more for a site visit. See <http://www.midsuffolk.gov.uk/planning/development-management/pre-application-advice/> for more information.

**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](mailto:botesdale_pc@btopenworld.com)**

**Please contact her during OFFICE HOURS ONLY.**

**THE NEXT BOTESDALE PARISH COUNCIL  
MEETING WILL TAKE PLACE ON**

**MONDAY 4th September**

**at 7.30 pm**

**at Botesdale Village Hall**

**All residents welcome**

**[www.botesdale.suffolk.gov.uk](http://www.botesdale.suffolk.gov.uk)**

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

Traditional Chinese

## Acupuncture

Restores Your Health

**Deborah Ellis**  
LicAc M.B.Ac.C

30 years experience

01379 651553

71 Wheatfields,  
Rickinghall,  
IP22 1EN

## Gracious Mountain Therapies Hypnotherapy

*Weight Loss, Smoking Cessation, Stress  
Anxiety, Confidence and Self Esteem  
Habits and Phobias (fear of flying,  
heights, dentistry etc.) IBS,  
Exam Nerves including Driving Test*

### Aromatherapy

*Relaxation, Stress, Aches and Pains,  
Arthritis, Insomnia*

Call Loraine on

01953 681122 or 07703 294953

[www.graciousmountain.co.uk](http://www.graciousmountain.co.uk)



## Aisling Counselling

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

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

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

## The Mindful Retreat

6 week introduction to Mindfulness courses

Relaxation sessions

Stretch, focus, breathe, relax sessions

Also offering tailored sessions for your business & employees



[www.mindfulretreat.co.uk](http://www.mindfulretreat.co.uk)

[info@mindfulretreat.co.uk](mailto:info@mindfulretreat.co.uk)

07951041604

Sessions now available at the Langham Clinic, Langham,  
IP31 3EE (booking essential)



## The Bowen Technique

Melanie Coe E.C.B.S MBTPA

A gentle non-invasive relaxing treatment that can be administered through light clothing. Bowen is a series of carefully orchestrated moves using fore fingers or thumbs, at key anatomical locations relaying numerous signals to the body brain and mind. The moves are interspaced with short breaks to allow the body to absorb the information it has received to make the changes needed to realign and restore balance to the body and its systems. No oils or lotions are used. Bowen is suitable for all ages. Conditions that may respond to Bowen include Back/ Neck Shoulder pain/restrictions/Tennis/Golfers elbow Carpal tunnel RSI Hip/Hamstring/Knee/Ankle/Foot problems/Pelvic imbalance problems Asthma/Bronchial complaints/Hay Fever/Sinusitis Headache/Migraines Menstrual-/Fertility problems Depression/Anxiety Jaw problems /Glue Ear/Infant Colic/IBS/Digestive problems/Post Stroke problems. And many more. For information or to book an appointment please call Melanie on **01379 890126 or 07717886273** [mcoebowen@hotmail.co.uk](mailto:mcoebowen@hotmail.co.uk) - [www.btpa.co.uk](http://www.btpa.co.uk)



**Bowen Therapy Professional Association**

An independent organisation of Bowen Therapists run by Bowen Therapists

## West Suffolk Counselling

[www.westsuffolkcounselling.co.uk](http://www.westsuffolkcounselling.co.uk)

### PROFESSIONAL COUNSELLING SERVICE

Confidential counselling service to help with relationship problems, anxiety, depression, day to day difficulties or any personal issue you may be facing.

Registered member of the United Kingdom Council for Psychotherapy

Walsham-Le-Willows,  
BSE, IP31 3BD  
Tel 07792 635057  
Email:  
[westsuffolkcounselling@gmail.com](mailto:westsuffolkcounselling@gmail.com)



### PILATES

BOTESDALE AND WORTHAM VILLAGE HALLS  
NEW COURSES. TERM TIME ONLY  
BOOKING ESSENTIAL

Contact Helen now - 07587 700 892



[info@bowen.healthcare](mailto:info@bowen.healthcare) · [www.bowen.healthcare](http://www.bowen.healthcare)

Enquiries: Jill on 01379 897055 or 07800 639 141



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

**Mondays @ 10am Rickinghall village hall**

**Tuesdays @ 6pm Rickinghall village hall**

**Thursdays @ 6pm Rickinghall village hall**

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



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

**Mondays @ 7pm Garboldisham village hall**

**Fridays @ 10am Palgrave village hall**



# Redgrave Parish Council



Leeann Jackson-Eve

## Redgrave July Report – by the Clerk

Councillors Mike Denmark, John Giddings, Bob Hayward, Matthew Millard, Ann Preston and Jason Walker were present in addition to the Clerk, County Councillor Jessica Fleming, District Councillor Derek Osborne and 12 members of the public. Everyone welcomed Angela Bigley, who was co-opted onto the Parish Council. The PC now has its full complement of nine councillors.

**Public Forum:** County Cllr Fleming reported that the Highways team will now be run from three hubs around the county and each will have a co-ordinator to liaise with parishes. Mid Suffolk will be based in Halesworth. As always, you can report most problems online at <https://www.suffolk.gov.uk/roads-and-transport/highway-maintenance/report-a-highways-issue/> Grass verge cutting was running a bit behind. You can find out more online (see above).

District Cllr Osborne reported that all district councillors now have a budget of £6,250 to give grants to local organisations.

**Roadwork Alerts:** From 1 July 2017, Network Assurance will no longer email copies of notices of roadworks or diversions routinely to parish clerks or councillors. The good news is that anyone can sign up to the new alert system for any area of the country. To begin using the road works website and set up your required alerts, go to [www.roadworks.org](http://www.roadworks.org), open the map area for which you'd like to receive alerts and select options.

**Planning:** There were two applications (one planning, one listed building consent) related to an extension to link the Barn at Money Pot Farm with its garage. There was no objection to this. There was also an application at Sundown, Half Moon Lane for part conversion of the garage as well as a side extension and small front extension. There was no objection to this but there were concerns about the reduction in parking facilities as Sundown is sited on a narrow road with no on-road parking.

**Charging for planning advice:** Please note that from 1 July Mid Suffolk District Council will be charging for pre-application advice. Fees start from £84 for a written response and more for a site visit. See <http://www.midsuffolk.gov.uk/planning/development-management/pre-application-advice/> for more information.

**Housing Needs Survey:** By the time you read this, you will have received a Survey through your door. If for some reason you didn't have the opportunity to fill this out, either hard copy or online, please let us know. We hope this will give us the evidence needed to shape development in the village.

\*\* Sorry, if you wanted to fill out the online form, we printed the wrong website address on the survey!! It should have been [www.redgrave.onesuffolk.net](http://www.redgrave.onesuffolk.net) (not .org!) but we're hoping our computer-savvy residents will have found their way to it anyway. Let us know if you have had trouble.\*\*

**Cross Keys Pub Purchase:** Andrew Dickson reported that there had been an application to register the company as a Community Benefit Society. The Parish Council noted the summary of costs which included solicitors' fees, VAT advice and advice on a share offer scheme concerning tax relief. It is expected that any donation or loan would be able to take 30% tax relief on that amount but the company will first seek "advance assurance" of this from HMRC. There will also be the cost of recruiting a manager for the pub. Anyone who has responded to the recent survey will receive a letter with an update and there will be a meeting about the share offer scheme in due course. If you can help in any way with this project, please contact Neil Smith on 01379 897213 or [Neil.Smith@shelbourne.com](mailto:Neil.Smith@shelbourne.com). You can also contact the SG or see progress updates on Facebook – just search for Redgrave Community Pub News.

The Parish Council has agreed to apply for a Community Build grant through Locality to pay for pre-application work and advice for development of the old school playing field. Informal discussions with an architect have indicated that the land would be suitable for a small development of two houses if the access can be agreed. Development of the site would provide funds for the purchase of the Community Pub.

**The Knoll:** It has been agreed that the Redgrave Garden Club can move all of the tubs to the corner opposite the pond for maximum impact.

**THE NEXT PARISH COUNCIL MEETING  
WILL TAKE PLACE ON  
WEDNESDAY 6th September at 7.30 pm  
Redgrave Amenities Centre**

**All Parishioners are cordially invited to attend**

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

**Tel : 01379 890 141**

**Email : [redgrave\\_pc@btopenworld.com](mailto:redgrave_pc@btopenworld.com)  
Please contact her during OFFICE HOURS ONLY.**

## Mobile Library

Rickinghall :	Rectory Hill	10.40 – 10.55
Rickinghall :	Hinderclay Road	11.00 – 11.15
Rickinghall :	Village Hall	11.20 – 11.35
Botesdale :	Farnish House	11.40 – 11.55

Botesdale :	Village Hall	12.00 – 12.15
Botesdale :	Backhills	12.20 – 12.35
Redgrave :	The Knoll	12.45 – 1.05

will be calling: **Wednesday 23rd Aug, 2017**  
**Wednesday 20th Sept, 2017**

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

# 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**

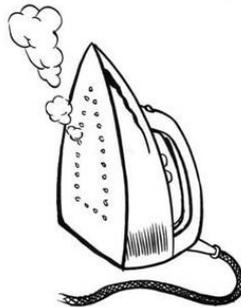
**CALL JON ON 07817 212509**

# 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**

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



**LOCAL IRONING  
SERVICE + MORE**

Free collection /  
delivery within 3 miles  
of Rickingham

Prices available upon request  
**Please call Ruth**

**01379 890506  
0751 7039 685**

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

**A  
L  
T  
E  
R  
N  
A  
T  
I  
V  
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**

**Turrell**

*Cleaning Services*

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

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

# DISS FOOT GARE

*Foot care in the comfort of your own home*

**Sherralyn Blakely TCFCP dip**  
Foot care specialist

Friendly and professional service

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



**Call for more details : 0787 664 8667**



**Experienced Reflexologist in Rickingham**

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

**Lisa Howlett MBRA**  
(Qualified 1999 Bayly School of Reflexology)

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

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

# 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.





# Rickinghall Parish Council

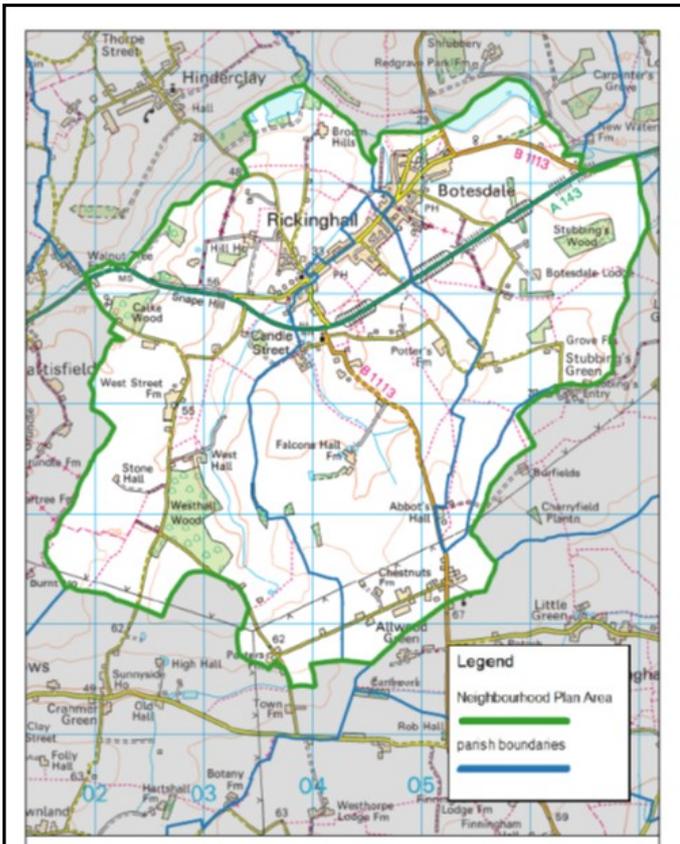


**JULY Parish Council Report to be found with Botesdale Report this month**



## **Botesdale and Rickinghall Neighbourhood Plan CALL FOR DEVELOPMENT SITES**

The Neighbourhood Plan Steering Group, with the support of Botesdale and Rickinghall Parish Councils, is preparing a Neighbourhood Plan, under the provisions of the Localism Act 2012. As part of its work in assessing future development opportunities, we are calling on landowners, developers, residents, businesses, local interest groups and agents with an interest in Botesdale and Rickinghall to propose sites or areas within the neighbourhood plan area (see map) for development.



This process will not decide whether a site is allocated for development by the neighbourhood plan as not all sites will be necessary or acceptable. However, it will enable us to ensure that all potential development opportunities are considered. In this case, development could refer to housing, commercial space or community/leisure space including green spaces and facilities like parking.

The site suggestions received will be used to guide and inform the preparation of site allocations in the Neighbourhood Plan.

If you have/know of a site which you would like to be considered, we would like to hear from you. The site need not be in your ownership.

Please contact the Parish Clerk for a form or fill it out online at [www.botesdale.onesuffolk.net](http://www.botesdale.onesuffolk.net) or [www.rickinghall.onesuffolk.net](http://www.rickinghall.onesuffolk.net). The deadline for submission is Friday, 15 September 2017. For further information go online or contact the Clerk at 890141 or [rickinghall\\_pc@btopenworld.com](mailto:rickinghall_pc@btopenworld.com).

**RICKINGHALL PARISH COUNCIL'S NEXT MEETING IS ON**  
**THURSDAY 7th SEPTEMBER**  
**at 7.30 pm**  
**AT RICKINGHALL VILLAGE HALL**  
  
All residents are very welcome  
[www.rickinghall.onesuffolk.net](http://www.rickinghall.onesuffolk.net)

**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](mailto:rickinghall_pc@btopenworld.com)**  
**Please contact DURING OFFICE HOURS ONLY**

**EYE FLOORING**  
*Making Luxury Affordable -*  
[www.eyeflooring.co.uk](http://www.eyeflooring.co.uk)  
**Domestic & Contract Flooring Specialists**  
 \*Carpets \*Vinyls \*Safety Flooring  
 \*Carpet Cleaning  
 The Old Theatre, Broad Street, Eye, Suffolk, IP23 7AF  
 01379 870190 / 07850 573366

**ARRDEN VALE KITCHENS**  
 EXCLUSIVE, BESPOKE, HANDMADE TIMBER KITCHENS



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

**T: 01449 782062**  
**E: INFO@ARRDENVALEKITCHENS.CO.UK**  
**WWW.ARRDENVALEKITCHENS.CO.UK**

**n.b.k.** Bathrooms  
 Kitchens  
 Design & Installation

Contact us today  
 for your FREE survey



**Forward-thinking design**  
**Traditional customer service.**

Mrs C - Watton

**We offer all these great benefits**

- ✓ 3 year guarantee on installations
- ✓ Full project management
- ✓ Latest 3D CAD software
- ✓ Free Design & Planning

Visit our fabulous Diss showroom or go online [n-b-k.co.uk](http://n-b-k.co.uk)

**Address**  
 Carmel House  
 Park Road  
 Diss  
 Norfolk IP22 4AS

**Opening times**  
 Monday – Friday 9am – 5pm  
 Saturday 10am – 4pm

**Contact us**  
 01379 640812  
[diss@n-b-k.co.uk](mailto:diss@n-b-k.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

**EDMUNDS & CLARKE**  
 FURNITURE  
 The Independent Family Run Shop With Product Value And  
 Customer Service At Its Heart



**Indulge In Some Retail Therapy**

- \*Oak \* Pine \* Painted \* Bespoke \* Dining \* Living
- \*Bedroom \* Office \* Home Accessories

**ECFURNITURE.CO.UK**  
 Edmunds & Clarke Furniture Ltd  
 1A Barton Road,  
 Bury St Edmunds, IP32 7BE  
 01284 760103  
[sales@ecfurniture.co.uk](mailto:sales@ecfurniture.co.uk)

Facebook, Pinterest, Twitter, Google+, 40 YEARS

**FREE Parking**

**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](http://www.thepinehousecompany.co.uk)  
 Tel/Fax 01359 235030  
[information@thepinehousecompany.co.uk](mailto:information@thepinehousecompany.co.uk)  
 Spinney Garage, Stowlangtoft near Bury St Edmunds, IP31 3JS  
 Open Mon-Sat 9am-5pm, Sun 10am-4pm, Closed Tuesday

# Village News



**St Mary's Rickinghall Inferior**  
Open for visitors every Saturday  
during the summer.



REDGRAVE CHURCH  
HERITAGE TRUST

**St Mary's Redgrave Church**  
Open Days : Saturdays 5th August  
2nd September

A Cleaning sessions will take  
place on

Thursdays 3rd August : 31st August **2017**  
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.



## Quatrefoil and Rickinghall Inferior Church

Members of Quatrefoil will be in Rickinghall Inferior Church on the 2<sup>nd</sup> Saturday of the month for the months of August, from 9 am until 1 pm. We will have a small display on a changing theme each month. The thirteen local history books now published by Quatrefoil on Rickinghall, Botesdale and Redgrave will be on sale. Why not call in on your way to or from the Farmer's Market and Car Boot Sale.



## CROSS KEYS UPDATE



So what's been going on behind the scenes over the past month? PLENTY is the answer!

- Redgrave Community Society Ltd was officially registered with the Financial Conduct Authority on 7th July 2017. This is the legal entity through which the pub would be purchased.
- Redgrave Community Society website is currently under development – please visit [www.redgravecommunitysociety.com](http://www.redgravecommunitysociety.com)
- A bank account is now open.
- £2,500 bursary has been received from the Plunkett Foundation and £5,000 from Redgrave Parish Council towards initial costs.
- Features have been published in the Diss Express and the Eastern Daily Press.
- A structural survey and a valuation have been undertaken. Reports are awaited.
- Volunteer fundraisers have been contacted to start planning fundraising events.

What happens next?

- Pre-approval of tax incentives required from HM Revenue & Customs for investors.
- Share brochure launch – expected mid-August.
- A variety of fundraising events will be advertised shortly – **please come and support** as many events as you can!

A few people who volunteered help in the survey, either financially or practically, omitted to provide their contact details. If you think you might be one of them, or would like to get involved, please contact:  
[fiona@redgravecommunitysociety.com](mailto:fiona@redgravecommunitysociety.com)

## ARMISTICE DAY REMEMBRANCE SUNDAY 12<sup>th</sup> November 2017



On WW1 Armistice Day, the eleventh hour of the eleventh day of the eleventh month, we salute the Fallen by a short period of silence at the War Memorial. Join us on Friday 10<sup>th</sup>, just before eleven am.

The Three Villages' Parade to commemorate Remembrance Sunday will take place on **12<sup>th</sup> November 2017**. The Gislingham Silver Band will play and we will march behind the Band. It is your Parade; come and join in.

No training is needed. "Fall in", three lines, behind the Brownies, facing downhill. Orders - "Attention" then "Quick March". Eyes Left" at the Memorial, then "Eyes Front". At the Blue Lagoon, break lines and go up to the Chapel. If in doubt, follow a Brownie.

We will set off at 2.45 pm from the Old Post Office to the Chapel of Ease. After a short service we will fall in, as before, outside the Chapel and march to the War Memorial where wreaths and tributes will be laid and the two minutes' silence observed. The parade finishes at that point, but the good ladies of the WI will have tea and coffee for us in the Bowls Club. Join us!

### **The main road through the villages will be closed to through traffic for the parade and ceremony:**

a diversion will operate via the A143 from the Hinderclay junction in Rickinghall and Mill Road in Botesdale. Access will be maintained for village traffic and to the Co-op store.

The road affected will be from the Old Post Office to the Chapel of Ease from 2.45 pm to 3 pm, then from the Chapel to the war memorial from about 3.45 pm to 4.30 pm. If this causes difficulty, call John Canning on 01379 898352.

## 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](http://www.roomswithaview.co.uk/shop)

INTERIOR DESIGN & SOFT FURNISHINGS

## Karen Lawrence Basketmaker

*Willow \* Rush \* Cane*

- \* Commissions Undertaken
- \* Courses Available
- \* Traditional and contemporary baskets

01379 890897

[www.karenlawrencebasketry.com](http://www.karenlawrencebasketry.com)

Handmade in Redgrave from  
English Willow and Rush

## DOROTHY SINFIELD UPHOLSTERY

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

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

FOR PERSONAL ATTENTION  
CALL 01379 668545

## SALLY SMITH

Made to Measure Home Furnishings

Curtains, Blinds, Cushions,

Curtain Alterations

Please contact Sally Smith on 01379 898767

[ssmith091@btinternet.com](mailto:ssmith091@btinternet.com)

The Uplands, The Street, Rickingham, IP22 1DZ

## PICTURE FRAMING BY CAROLA SETTLE

Quality mounting & framing of prints,  
photographs, paintings, embroideries etc.,  
at competitive prices.

Friendly advice & professional service.

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



## Restoration of Fine Antique Furniture

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

*Gilding*

*Veneering*

*French polishing*

*Leather Desk Inserts & many other restoration processes*

Local collection service

Please contact Roger Castro on 01359 259643

## The garden room

[www.the-gardenroom.co.uk](http://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](http://www.stores.ebay.co.uk/The-Garden-Room-1)

The Garden Room  
110 High Street  
Needham Market, Suffolk, IP6 8DW

01449 723412 / 01379 898646



Garnet House Drapes

Made to Measure Curtains & Blinds  
Julie Wood  
[Julie@GarnetHouseDrapes.co.uk](mailto:Julie@GarnetHouseDrapes.co.uk)  
07568 365694

## 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

# Club News

## Redgrave Garden Club

The June meeting of Redgrave Garden Club was a visit to Howard's Nursery at Wortham. The visit started with an introduction to the Nursery, explaining its history and growth in the last few years. Their policy is to produce strong healthy plants, from seed, cuttings etc. . This is achieved by the cleanliness of the plant trays and pots, and also the use of clean compost, which they mix themselves according to the needs of a particular plant. We visited each department, and every process was explained. We were also taken to see two reservoirs which Howards have created to provide water for the nursery, they are also a haven for wildlife.



The nursery is very environmentally friendly, and every thing is recycled. The afternoon ended with tea and biscuits and the chance to purchase plants.

Angela Bigley

## Redbrick Watercooler

Redbrick Watercooler is a forum for freelance, or home-based professionals who miss those stimulating watercooler conversations. We share ideas, best-practice, problems, solutions or anything else of interest.

The next meeting is Friday 4<sup>th</sup> August at 12 noon in the Bell Inn, Rickinghall, and in September we meet on Friday 8<sup>th</sup>, same time and venue. If you would like to find out more, please contact Jamie Cleaver: [mail@jamiacleaver.co.uk](mailto:mail@jamiacleaver.co.uk)

## Redgrave Activities Centre

Are you lonely? Do you wish you knew more people. May be you could help others who need more company and who can tell you about other events.

Redgrave Activities Centre hold's two Luncheon Clubs a month. Both charge £5 for a meal and sweet with coffee or tea. There is an Art Club, and Needlecraft club held weekly. A professional Artist comes to Art Club once a month but if he is not there we help each other. The Needlecraft only has 7 members at the moment and would welcome some more. We chat together as a group and sometimes put the world to right whilst Knitting or Sewing etc.

Other Club's are Football ,Ladies Club, Gardening Club and a Whist Drive

If you are not interested in any of these activities you can hire the Hall for £15 a session ( Morning, Afternoon or Evening) and run your own club. How about a Mother and toddler group. The hall is also available for private Parties.

My message is now getting too long. If you are interested please look in the Parish Magazine (Centre pages). I do know about some of the clubs not all of them, but I know who would be able to help you with others. Please ring Joyce on 01379 898619 . If I am out Please Leave your telephone number and I will contact you .

Joyce Orves

## BARWOODS

This is the time of year when we like to get the long grass mown and raked off Low Meadow to encourage wildflowers to flourish there.



It is also the season when fruit will become available in Miller's Orchard and in local hedgerows for making traditional jams and jellies.

At Northfield Wood we have been offered very welcome support by neighbouring allotment holders. Some of them have offered to help with the removal of weeds in this fairly large area. When the trees have established themselves it will not be such a problem but at the moment there are times when the grasses are higher than the saplings!

Hoping for a sunny August while the days are still long,

Rosemary Jones, tel: 01379 890238, email:

[rjones2000@btinternet.com](mailto:rjones2000@btinternet.com)

Tony Emerson, tel: 01379 897010, email:

[emerson500@btinternet.com](mailto:emerson500@btinternet.com)

Di Maywhort, tel: 01379 898785, email:

[maywhort2@gmail.com](mailto:maywhort2@gmail.com)

## 1<sup>st</sup> Redgrave & Botesdale Brownies

Our Brownies have been busy lately – getting involved in their community, learning valuable life skills, going on trips and generally having fun.

We look forward to our annual events at Farnish House and Remembrance Parade. Each term we explore somewhere new together including Banham Zoo, Knettishall Heath and Bewilderwood. Every week is different from learning First Aid to Lego challenges to Bollywood dancing.

We would love for more girls and adults to join our unit. We meet on

Tuesdays in Botesdale. We have spaces for girls aged 7-10 years and vacancies for adult volunteers aged 18 and over.

Please get in touch for more info.

[botesdalebrownies@hotmail.com](mailto:botesdalebrownies@hotmail.com)

Rhoda – 01379 898743



The **Botesdale and Rickinghall Runners** is a new running group that meets Thursday evenings at Rickinghall Village Hall from 7pm-8pm.

We welcome runners of all abilities from complete beginners to accomplished marathon runners. For more information visit our website: <https://botesdalerunners.org.uk/>



Beautiful Flowers  
for all occasions

Local & National Delivery  
Open : Monday - Saturday

Chilvers, Market Place  
Botesdale

01379 897245  
www.attheflowerhut.co.uk

## HAPPY DAYS DOG WALKING SERVICE



### YOUR LOCAL VILLAGE DOG WALKING SERVICE

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



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

Looking for  
flexible  
reliable help?



From pet sitting and dog  
walking to cleaning and  
house sitting—I can help!

Call Judith  
**07733 361156**



## 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](mailto:johntacey@btinternet.com)



**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](mailto:info@nexusstoves.co.uk)  
Nexus Stoves, Malting's Barn, Hinderclay Road, Wattisfield, Diss, Norfolk, IP22 1NF

### French & German Tutoring

Is your child ready for the new  
French/German GCSE?

Whether your child is already in  
years 10/11, or is in year 9 or below  
and would like a head start, I can  
offer one-to-one tuition.

I am a graduate with 10 years  
teaching experience and thorough  
knowledge of the requirements of  
the new GCSE syllabus.

For more information, please  
contact Louise on 01379 423059  
or 07951 455323.

### 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](mailto:veroniquegordon@gn.apc.org)  
[www.lefrancaisenchante.com](http://www.lefrancaisenchante.com)

Tel : 01953 887 521

### English Tutoring

Need to boost your child's  
literacy skills?

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

One-to-one (or small group)  
English tutoring available from  
an honours graduate with over  
20 years teaching experience.

For more details, please call Sue  
on 01379 890539 (eves) or  
07493 880577  
(CRB checked. References  
available, on request.)



### 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](mailto:juliedyoga@msn.com)

### SINGER AVAILABLE FOR YOUR FUNCTION LARGE OR SMALL

I can also visit your home  
for parties and family  
gatherings

20's, 30's, 40's and  
All Time favourites  
Old Time Music Hall  
(in full costume)  
or a mixture of both



Tel: Gill on 01449 781 375  
[www.gillnicholls.co.uk](http://www.gillnicholls.co.uk)

## P J Music

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

### Music Books, Instruments and Accessories

Recorders, Guitars, Ukuleles, Music Stands, Violins,  
Tuners, Strings, Tutor Books, Easy Tune Books,  
Country Dance Books, Amplifiers, Leads, Plectrums.

Guitar Lessons Beginners to Advanced

E-mail - [pjmusic@btinternet.com](mailto:pjmusic@btinternet.com)

01379 890088 – 07968 687011

# Club News



## HERITAGE CIRCLE Sarah Doig, A Job for Life – The History of Apprenticeship and Guilds

Sarah Doig gave a fascinating talk about the history of apprenticeship and guilds to the June meeting of the Heritage Circle at Rickinghall Village Hall. It was based upon her extensive research of local and family history.

Sarah explained that people specialised in trades to meet the needs of communities from earliest times. Skilled workmen provided transport, food, drink and housing. This is often reflected in modern surnames, such as Thatcher, Taylor and Miller. Apprenticeship began in the Middle Ages as the way in which mainly boys were trained in the skills for a certain trade. In 1563 the Statute of Artificers regulated apprenticeship and made it compulsory for entry into a trade as a means maintaining standards. Prior to the Act, there had been private arrangements made between masters and parents. After 1563 apprenticeship was formalised by a written indenture which bound the child, who was usually aged about 14, to the master craftsmen. Most apprentices were boys. It appears that only 3% of indentures were given to girls although this could rise to 7% in towns because of the prevalence of the clothing industry.

The 1563 Act allowed the payment of a fee, the premium, to the master by the parent. This amount was negotiable and varied according to trades. One apothecary was paid £60 and given 400lbs of cheese, whereas a dressmaker was given £5. In return, the boy went to live with the craftsman to learn the trade, and was given food and lodging. Many apprenticeships were arranged through the family or friends but newspapers from the 18<sup>th</sup> Century often advertised posts, such as an apprentice to a draper in Botesdale in 1794.

The 1563 Act bound apprentices to their masters until the age of 24 but this was reduced to 21 in 1768. It seems that only 50% completed their full apprenticeship. Some boys ran away because of ill-treatment or the restrictions of apprenticeship. Some masters became ill, died or became bankrupt. The parish tended to use apprenticeships to reduce the burden of pauper children on the rates. It also acted as a method of social control to stop boys roaming, begging and joining gangs. However, the positive aspect was that poor boys were given an education, including basic literacy and numeracy, as craftsmen had to submit customer bills.

The talk continued with a review of guilds. These began in towns in the Middle Ages where groups of craftsmen created monopolies and regulated various trades. They set prices for products and the wages for tradesmen. They oversaw the system of apprenticeship. A major concern was to ensure that standards were met and maintained. A craftsman could only practice a trade if he was a freeman and belonged to the guild. Consequently, guilds dominated the social and economic life of the towns. The guilds gradually evolved into local government as boroughs where officials monitored the quality of food and other products. As the most prominent citizens, they gained the titles of councillor, alderman and mayor. Eventually, the post of magistrate emerged to resolve disputes between guild members and to levy fines for shoddy work, but in time it took on a broader role for local justice.

Apprenticeships began to decline at the end of the 18<sup>th</sup> Century when population growth meant that more opportunities for work became available. It was argued that the 1563 Statute of Artificers only applied to listed trades and so could not be applied to new trades. Similarly, the seven year apprenticeship became regarded as inflexible and the charges of a premium expected of parents were seen as excessive. In addition, the treatment of apprentices brought the system into disrepute. By 1906 only 20% of young males were apprentices and the number has steadily declined with changes to the education system since then.

The next meeting of the Heritage Circle will be at 7.30pm on 26 July when David Berwick will give a talk entitled *Nuggets of History* – the secrets of Norwich Cathedral as told by a cathedral guide. Further information about the Heritage Circle is available on its website, [www.heritagecircle.onesuffolk.net](http://www.heritagecircle.onesuffolk.net)

Gerry Gurhy



Well - what a thoroughly enjoyable morning and what a lovely group of people who came along to chat, eat and drink! Most of them were our regulars and I just need to make it clear that there is still plenty of room for newcomers. If you haven't been along before then do come and join us. It is a chance to

chat and catch up with what is going on, not just at Parkview Chapel, but in the local villages as well.

We had some great bargains too on the bric a brac stall - books, jigsaws and a whole variety of other items, including home produce and home made marmalade. These are available for a donation to the charity of the day, which was Behold Ministries this month. This charity is run by Steve Murray, the mime artist who came to perform at Parkview last month and he was absolutely fantastic. Not only does he work in churches, but he also performs in schools with the aim, amongst other things, of increasing the confidence of young people. Many young people, particularly those of secondary school age, really struggle with their self image and I am keen that we support anyone or anything that helps with this. Your kind donations of £110 this month will be sent to Behold Ministries to help with the continuing work.

By the time you read this you may have missed my next plug which is for **Coffee on a Sunday - Sunday 16th July**. As I mentioned previously this event follows the same format as our regular Coffee on the Corner, but this time on a Sunday morning, instead of any church service. It will run from 11am to 12noon - so come along, just for coffee, tea, cakes and chat! We will be holding this Sunday event again in August (Sunday 13th) and a bit later in September (Sunday 24th).

At the moment we do not have a nominated charity for our Coffee on the Corner on August 8th, so if you know of any local charity who would welcome a few funds, or indeed a national charity that has helped someone living locally, then do please get in touch and we shall try to include them.

Hope to see even more folks next month!

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

Sue Allen

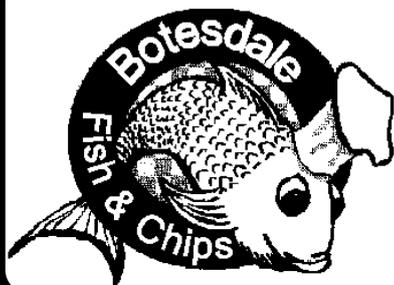
## Hamper Winner

The June Farmers' Market saw many new visitors to this monthly event, possibly attracted by the additional incentive of a free raffle for local produce, worth well in excess of £50. The prize hamper was won by a delighted Victoria Curry of The Street, Rickinghall, who only recently moved to the village.



The next Market will be at Rickinghall Village Hall on Saturday 12th August, when for a bit of fun we will be holding a free-to-enter caption competition. The prize will be a quality home made cake (see our advert in the magazine and posters around the village). The next opportunity to win a hamper will be on Saturday 9th September when the Market, as always, will be open from 9.00 until 12.30.

We look forward to seeing you.



## BOTESDALE

Traditional Fish & Chips

Tel: 01379 898 543

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

### AUGUST

Tuesday	1 <sup>st</sup>	10:00-2:00 6:00pm 7:30pm	Children's Activity : Extinct & Endangered Zumba Julie's Aerobics	Redgrave Lopham Fen Rickinghall Village Hall Rickinghall Village Hall
Wednesday	2 <sup>nd</sup>	9:30am 10:00am 10:00-12:00 7:30pm	Redgrave Art Club Day Centre Myths and Magic Redgrave Parish Council	Activities Centre Rickinghall Village Hall Redgrave Lopham Fen Activities Centre
Thursday	3 <sup>rd</sup>	9:00am 9:30am 10:00am 10:30am 10:00-2:00 6:00pm 7:30pm	Church cleaning RABBAT St Nicholas Hospice Care: Drop in Diss U3A Young Naturalists Zumba Rickinghall Parish Council	Redgrave St Mary's Rickinghall Village Hall Botesdale Health Centre United Reformed Church Redgrave Lopham Fen Rickinghall Village Hall Rickinghall Village Hall
Friday	4 <sup>th</sup>	10:00am 8:00pm	Positive Steps Dance Classes	Rickinghall Village Hall Botesdale Village Hall
Saturday	5 <sup>th</sup>	10:30am 10:00am 10:00am	Guided walk Church open	Redgrave Lopham Fen Redgrave St Mary's Rickinghall Inferior
Sunday	6 <sup>th</sup>			
Monday	7 <sup>th</sup>	9:15am 10:00am 2:00pm 5:30pm 7:30pm	Rickinghall Ramblers Zumba Needle craft Slimming World Botesdale Parish Council	Rickinghall Village Hall Rickinghall Village Hall Activities Centre Rickinghall Village Hall Activities Centre
Tuesday	8 <sup>th</sup>	9:00am 9:30am 10:00-2:00 6:00pm 7:30pm 1:15pm	Coffee on the corner Macmillan Information & advice Children's Activity : Awesome Arachnids Zumba Julie's Aerobics Redgrave & District Ladies club	Parkview Chapel Parkview Chapel Rickinghall Village Hall Rickinghall Village Hall Activities Centre Activities Centre
Wednesday	9 <sup>th</sup>	9:30am 10:00am 2:00-4:00	Redgrave Art Club Day Centre Fun with the Sun	Activities Centre Rickinghall Village Hall Redgrave Lopham Fen
Thursday	10 <sup>th</sup>	9:30am 12:30pm 6:00pm 7:30pm	RABBATS Phoenix Luncheon club Zumba Women's Institute	Rickinghall Village Hall Activities Centre Rickinghall Village Hall Rickinghall Village Hall
Friday	11 <sup>th</sup>	10:00am 7:00pm 8:00pm	Positive Steps Whist Drive Dance Classes	Rickinghall Village Hall Bowls Club Botesdale Village Hall

Saturday	12 <sup>th</sup>	9:00am 9:00am 10:00am	Farmer's market Car Boot Sale Church open	Rickingham Village Hall R Recreation Ground Rickingham Inferior
Sunday	13 <sup>th</sup>			
Monday	14 <sup>th</sup>	10:00am 2:00pm 5:30pm	Zumba Needle craft Slimming World	Rickingham Village Hall Activities Centre Rickingham Village Hall
Tuesday	15 <sup>th</sup>	10:00-2:00 6:00pm 7:30pm 7:30pm	Children's Activity: Wild Art Zumba Julie's Aerobics Progressive Whist Drive	Redgrave Lopham Fen Rickingham Village Hall Rickingham Village Hall Activities Centre
Wednesday	16 <sup>th</sup>	9:30am 10:00am 2:00-4:00	Redgrave Art Club Day Centre Wild Pirate Adventure	Activities Centre Rickingham Village Hall Redgrave Lopham Fen
Thursday	17 <sup>th</sup>	9:30am 6:00pm	RABBATS Zumba	Rickingham Village Hall Rickingham Village Hall
Friday	18 <sup>th</sup>	9:15am 10:00am 8:00pm	Rickingham Ramblers Positive Steps Dance Classes	Rickingham Village Hall Rickingham Village Hall Botesdale Village Hall
Saturday	19 <sup>th</sup>	10:00am	Church open	Rickingham Inferior
Sunday	20 <sup>th</sup>			
Monday	21 <sup>st</sup>	10:00am 2:00pm 5:30 pm	Zumba Needle craft Slimming World	Rickingham Village Hall Activities Centre Rickingham Village Hall
Tuesday	22 <sup>nd</sup>	10:00am 6:00pm 7:30pm	Coffee down the lane Zumba Julie's Aerobics	Methodist Church Rickingham Village Hall Rickingham Village Hall
Wednesday	23 <sup>rd</sup>	9:30am 10:00am 7:30pm	MOBILE LIBRARY Redgrave Art Club Day Centre Heritage Circle	Activities Centre Rickingham Village Hall Rickingham Village Hall
Thursday	24 <sup>th</sup>	9:30am 6:00pm	RABBATS Zumba	Rickingham Village Hall Rickingham Village Hall
Friday	25 <sup>th</sup>	10:00am 8:00pm	Positive Steps Dance Classes	Rickingham Village Hall Botesdale Village Hall
Saturday	26 <sup>th</sup>	10:00am 10:00-4:00 8:00pm	Church open Art Exhibition R'hall Country music club	Rickingham Inferior Redgrave Lopham Fen Rickingham Village Hall
Sunday	27 <sup>th</sup>	10:00-4:00	Art Exhibition	Redgrave Lopham Fen
Monday	28 <sup>th</sup>	10:00-4:00 5:30pm	Art Exhibition Slimming World	Redgrave Lopham Fen Rickingham Village Hall
Tuesday	29 <sup>th</sup>	12 noon 6:00pm 7:30pm	Luncheon Club 898615 or 898619 Zumba Julie's Aerobics	Activities Centre Rickingham Village Hall Rickingham Village Hall
Wednesday	30 <sup>th</sup>	9:30am 10:00am	Redgrave Art Club Day Centre	Activities Centre Rickingham Village Hall
Thursday	31 <sup>st</sup>	9:00am 9:30am 6:00pm	Church cleaning RABBATS Zumba	St Mary's Redgrave Rickingham Village Hall Rickingham Village Hall

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

## SEPTEMBER

Friday	1 <sup>st</sup>	10:00am 8:00pm	Positive Steps Dance Classes	Rickingham Village Hall Botesdale Village Hall
Saturday	2 <sup>nd</sup>	10:00-3:00 10:00am 10:00am	Botanical Illustration Church open Church open	Redgrave Lopham Fen Redgrave St Mary's Rickingham Inferior
Sunday	3 <sup>rd</sup>	10:00am 11:30am	Quatrefoil Motocross	Rickingham Inferior Wattisfield Hall
Monday	4 <sup>th</sup>	9:15am 10:00am 2:00pm 5:30pm 7:30pm	Rickingham Ramblers Zumba Needle craft Slimming World Botesdale Parish Council	Rickingham Village Hall Rickingham Village Hall Activities Centre Rickingham Village Hall Botesdale Village Hall
Tuesday	5 <sup>th</sup>	9:45-10:45 6:00pm 7:15pm 7:30pm	Pilates Zumba Yoga and Relaxation Julie's Aerobics	Rickingham Village Hall Rickingham Village Hall Botesdale Village Hall Rickingham Village Hall
Wednesday	6 <sup>th</sup>	9:30am 10:00am 7:30pm	Redgrave Art Club Day Centre Redgrave Village Hall	Activities Centre Rickingham Village Hall Activities Centre
Thursday	7 <sup>th</sup>	9:00am 9:30am 10:00am 6:00pm 7:30pm	Church cleaning RABBATS St Nicholas Hospice Care: Drop in Zumba Rickingham Parish Council	Redgrave St Mary's Rickingham Village Hall Botesdale Health Centre Rickingham Village Hall Rickingham Village Hall
Friday	8 <sup>th</sup>	10:00am 8:00pm	Positive Steps Dance Classes	Rickingham Village Hall Botesdale Village Hall
Saturday	9 <sup>th</sup>	9:00am 10:00am  10:30-12:30	Farmer's market Church open Ride and Stride : Sponsored ride Wildlife Watch	Rickingham Village Hall Rickingham Inferior Local Churches Redgrave Lopham Fen
Sunday	10 <sup>th</sup>	11:00am 2:00pm	Windmill open Jumble Sale : Redgrave	TheInetham Windmill Activities Centre
Monday	11 <sup>th</sup>	10:00am 2:00pm 5:30pm	Zumba Needle craft Slimming World	Rickingham Village Hall Activities Centre Rickingham Village Hall
Tuesday	12 <sup>th</sup>	9:00am 9:30am 9:45-10:45 6:00pm 7:15pm 7:30pm	Coffee on the corner Macmillan Information & advice Pilates Zumba Yoga and relaxation Julie's Aerobics	Parkview Chapel Parkview Chapel Rickingham Village Hall Rickingham Village Hall Botesdale Village Hall Rickingham Village Hall
Wednesday	13 <sup>th</sup>	9:30am 10:00am	Redgrave Art Club Day Centre	Activities Centre Rickingham Village Hall
Thursday	14 <sup>th</sup>	9:30am 12:30pm 2:00pm 6:00pm 7:30pm	RABBATS Phoenix Luncheon club Further Education Group Zumba Women's Institute	Rickingham Village Hall Activities Centre Rickingham Village Hall Rickingham Village Hall Rickingham Village Hall

**SEPTEMBER**

Friday	15 <sup>th</sup>	9:15am 10:00am 8:00pm	Rickingham Ramblers Positive Steps Dance Classes	Rickingham Ramblers Rickingham Village Hall Botesdale Village Hall
Saturday	16 <sup>th</sup>	10:00am] 10:00am 10:30-12:30	Church open Master Crafts Fair Felted Tawny Owl Workshop	Rickingham Inferior Botesdale Village Hall Redgrave Lopham Fen
Sunday	17 <sup>th</sup>	11:30 am	Motocross	
Monday	18 <sup>th</sup>	10:00am 2:00pm 5:30pm	Zumba Needle craft Slimming World	Rickingham Village Hall Activities Centre Rickingham Village Hall
Tuesday	19 <sup>th</sup>	9:45-10:45 6:00pm 7:15pm 7:30pm 7:30pm	Pilates Zumba Yoga and relaxation Julie's Aerobics Progressive Whist Drive	Rickingham Village Hall Rickingham Village Hall Botesdale Village Hall Rickingham Village Hall Activities Centre
Wednesday	20 <sup>th</sup>	9:30am 10:00am 7:30pm	MOBILE LIBRARY Redgrave Art Club Day Centre Methodist Wives club	Activities Centre Rickingham Village Hall Methodist Church
Thursday	21 <sup>st</sup>	9:30am 6:00pm	RABBATS Zumba	Rickingham Village Hall Rickingham Village Hall
Friday	22 <sup>nd</sup>	10:00am 8:00pm	Positive Steps Dance Classes	Rickingham Village Hall Botesdale Village Hall
Saturday	23 <sup>rd</sup>	10:00am	Church open	Rickingham Inferior
Sunday	24 <sup>th</sup>	10:00-3:00	Jam Masterclass	Redgrave Lopham Fen
Monday	25 <sup>th</sup>	9:15am 10:00am 2:00pm 5:30pm	Rickingham Ramblers Zumba Needle craft Slimming World	Rickingham Village Hall Rickingham Village Hall Activities Centre Rickingham Village Hall
Tuesday	26 <sup>th</sup>	9:45-10:45 10:00am 12 noon 6:00pm 7:15pm 7:30pm 7:30-9:30	Pilates Coffee down the Lane Luncheon Club 898615 or 898619 Zumba Yoga and relaxation Julie's Aerobics Thomas Bewick talk	Rickingham Village Hall Methodist Church Activities Centre Rickingham Village Hall Botesdale Village Hall Rickingham Village Hall Redgrave Lopham Fen
Wednesday	27 <sup>th</sup>	9:30am 10:00am 7:30pm	Redgrave Art Club Day Centre Heritage Circle	Activities Centre Rickingham Village Hall Rickingham Village Hall
Thursday	28 <sup>th</sup>	9:30am 11:00am 6:00pm 7:30pm	RABBATS Windmill open Zumba Redgrave Garden club	Rickingham Village Hall Thelnetham windmill Rickingham Village Hall Activities Centre
Friday	29 <sup>th</sup>	10:00am 10:00am 8:00pm	Positive Steps Time to Paint Dance Classes	Rickingham Village Hall Redgrave Lopham Fen Botesdale Village Hall
Saturday	30 <sup>th</sup>	10:00am 10:30am 8:00pm	Church open <b>Heritage Trust : History Workshop</b> Rick Country Music club	Rickingham Inferior Redgrave St Mary's Rickingham Village Hall

# 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](http://www.adveale.com)

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



**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](http://uplandswayvets.co.uk)



# 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*

# Evan Worby

**Carpentry & Interior Fitting**

**Kitchens Bathrooms Bedrooms**

[evanworby1@gmail.com](mailto:evanworby1@gmail.com)



**Mob: 07523 051481 Tel: 01379 898911**

# 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*



# PARKERHOME

PROPERTY REFURBISHMENT AND RENOVATION

Local family run business. 30 years of experience  
and a team of committed craftsmen to help you

Carpentry and Joinery    Plastering and Rendering  
Asbestos Removal        Painting and Decorating  
Garage Conversions      Interior and Exterior Decoration  
Fitted Kitchens            Project Management  
Small Renovations

**01284 386899 or 07810 353426**

**info@phihome.co.uk www.phihome.co.uk**



*Peter  
Goddard  
Firewood*

**HARDWOOD  
FIREWOOD**

**available all year round, cut  
& split to your requirements**

**01359 221287 daytime  
or 07946 595126 mob**

## Local Sand & Gravel

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

Call **01379 898 894** today  
to book your local  
delivery or Email:  
**localsandandgravel@gmail.com**

## DESIGN - CONSTRUCT - MAINTAIN

For all your Landscaping & Building needs

Driveways / Blockpaving / Tarmac - Patios - Garden design

Turfing - Hedge cutting - Brickwork - retaining walls

Lawncare - Maintenance

CONTACT US FOR FURTHER INFO

**07948151235**

[info@jwslandscaping.co.uk](mailto:info@jwslandscaping.co.uk)

PLEASE VIEW OUR ONLINE GALLERY AT -

[www.jwslandscaping.co.uk](http://www.jwslandscaping.co.uk)



# Exploring the Past

Jan Sheehan, 01379 890237

## Exploring the Past

### Whites Directory 1844

Many shopkeepers and businesses were listed in directories in the nineteenth century. Redgrave was virtually self-contained and White's Directory of 1844 lists some of these businesses.

William Cracknell traded as a grocer, draper and tailor, in the shop known more recently as Waveney Stores. Another grocer and draper was Baker Taylor who may have traded from Redgrave Stores. Amos Burrows was a tailor trading from the house now known as Charity Cottage. There were two butchers, Edward Vyse, in the small pork butchers shop in the part of Knoll Cottage next to the Cross Keys, and John Jolly who may have worked from a single-storey shop extension at the Grapes. Daniel Witting dealt solely as a tea dealer. Horses were shod by blacksmith Edward Baily, probably at the house now known as The Old Forge where the large bellows were still in existence until at least the 1970s. Saddles were made by Herod Chaplyn and the wheelwright and machine maker was George Adams. There were three shoemakers, George Crack, Benjamin Cullingford and William Pemberton, the latter working from the centre portion of Glebe Cottage. William Clarke and John Pearce were carpenters, George Payne was a bricklayer and Edward Collins a gardener. The village had two corn millers, John Browne from the tower mill off Sandy Lane which burnt down in 1924 and William Bullock from the mill at Crossways. A very unusual business was carried on by Joseph Hart and Sons who were organ builders and built an organ for Redgrave Church in 1842 for £185. They carried on their business in a double storied shed in the garden of Walnut Tree House.

Robert Gates was a corn merchant who combined this business with selling wine and spirits at The Grapes, now known as Kent House. Robert was also listed as a farmer. Charles Hart at the Cross Keys, described as a victualler, which shows that he sold cooked food as well as beer. The Cross keys is the only pub still in existence, and at the moment the village are endeavouring to buy it as a community asset. Sibery Holt was the victualler at The Fox which is situated almost opposite the Cross Keys across The Knoll and is now known as Fox Cottage.

As Redgrave is a rural community it is not surprising to find that eleven farmers are listed. One of them, William Henry Debenham is also described as a maltster and the maltings, recently converted into a private house, was at Street Farm. The farmers were probably relieved that Redgrave also had Robert Rush as a veterinary surgeon.

George St. Vincent Wilson, Esq of Redgrave Hall, Edward Parker Blake of Redgrave Cottage and Rev Marmaduke Wilkinson of the Rectory were also listed.

The only shop remaining in Redgrave now is the community shop, housed in an extension to the old Spar shop and post office, formerly Redgrave Stores and a nineteenth century post office. This remarkable little shop run by volunteers can claim to be one of the smallest shops in Britain.

Thank you to David Powell, formerly of Glebe Cottage, and Miss Cresswell (formerly of Knoll Cottage) for information given to me from their own researches into their houses and other occupiers of properties who have lent me their deeds.

If you would like to see old photographs of some of these shops mentioned as well as shops in Rickinghall and Botesdale please visit 'Bringing History Alive' at Rickinghall Village Hall on Sunday Sept.3<sup>rd</sup> from 10am to 4pm. Quatrefoil will be launching their new book on Shops and Shopping for the last 400 years to the present.

Di Maywhort, 01379 898785

## Exploring the Past Again

### Trade Directories

Trade Directories appeared regularly in the 19<sup>th</sup> and 20<sup>th</sup> centuries. These directories were published for each county. They showed the towns and villages with lists of the inhabitants who were members of professions or had farms, inns, shops and trades.

Although 'The Little London Directory', which listed merchants and bankers in London, first appeared in 1677 the earliest trade directory for the whole of Great Britain was not published until the 1790s. This was 'The Universal British Directory of Trade Commerce and Manufacture'. We have a copy of the entry for Botesdale which gives a brief description of the village. This is then followed by a list of the principal inhabitants. Firstly the gentlemen, then the clergy followed by the doctors – these were John Elliot and Thomas Reeve both 'surgeons', then the lawyers - Philip Meadows and Thomas Slapp. After this the traders were listed, amongst them a Peruke (wig) maker called Henry Doughton, and a blacksmith who was a woman called Elizabeth Foulger. It lists the victuallers, with the inns they managed in brackets beside their name, for instance the Greyhound's innkeeper was John Cottenham. There are five inns mentioned - the Greyhound, the Crown, the Cherry-tree, the Queens-head and the Cock.

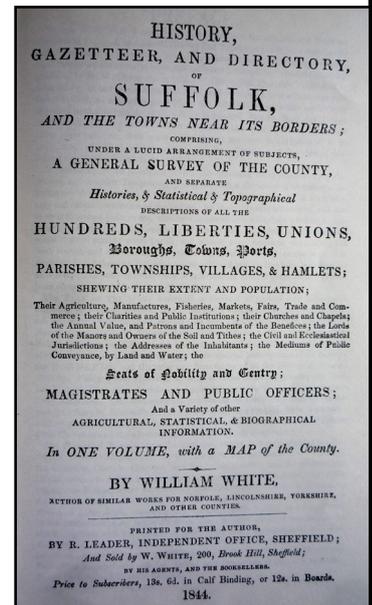
In the 19<sup>th</sup> and 20<sup>th</sup> centuries the main trade directories were published by 'Pigot & Co.' 'William White' and 'Kelly's Co.'. The Norfolk Counties Directory also had entries for our villages as did the Post Office Directory. Like the first directory these directories gave a description of the village followed by a list of the inhabitants with their occupations. These provide a wonderful source of material for the historian.

In 1839 Pigot's had a single entry for Botesdale, Redgrave and Rickinghall. It gave a description of the villages with the number of inhabitants – Botesdale 655, Redgrave 712, Rickinghall Inferior 465 and Superior 774. It listed the coaches travelling between London, Norwich, Yarmouth and Cambridge which stopped at The Greyhound or The Bell. These were still running in 1844 but by White's directory of 1855 the coaches appear to have stopped running and only carriers were listed.

There was an entry concerning the Post Office in Botesdale 'Letters from all parts arrive every morning at half past seven, and are despatched every evening at half past seven'. This was a good service for the time as the Penny Black was not introduced until 1840.

There were three schools, a bank and the 'professional persons' included two attorneys and three surgeons. However the veterinary surgeons were listed under 'Trades'. Eleven inns were listed, with the innkeepers named. Fifty-five shopkeepers and traders were named. There were grocers, bakers, butchers, and millers, dressmakers, tailors, shoe makers and straw hat makers. There was even a 'patent medicine vendor'!

We know where some of these people had their shops and businesses. For instance Robert Harris Homer, a surgeon, lived at The Priory, William Street, a grocer, had his shop and also lived at Jessamine House and Bernard Smith, a tanner, had his tannery behind Uplands House where he lived. Unfortunately we do not know where Thomas Collins, a watch and clock maker, had his business although some of his clocks still survive.



## UNDER ONE ROOF

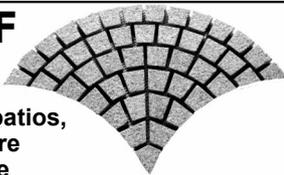
Specialist in all types of paving & hard landscaping, driveways, patios, ornamental garden walls, pressure washing, water features, drainage and fencing

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

Fast professional service.  
Fully insured and all work guaranteed

Call Mark for a friendly visit and a free quotation

**01379677027 OR MOBILE 07768636618**



Domestic & Commercial

Mark 07703 418120  
Redgrave

mkservices@outlook.com  
[www.mkservices.co.uk](http://www.mkservices.co.uk)

Property Maintenance,  
Alterations & Renovations

Specialist Carpentry &  
Timber Frame

Project Management

Handyman – hourly charge

Patio & Paving Cleaning

Fully insured & DBS checked



## 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](mailto:dsharmanplastering@gmail.com) Web: [www.dsharmanplastering.co.uk](http://www.dsharmanplastering.co.uk)

**GEOFF NICHOLLS & CO.** Complete Building Service

**SPECIALISTS IN PERIOD PROPERTY RESTORATION**

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

**Bacon.**  
(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](mailto: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](mailto: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](mailto:pjalljobs@btinternet.com)

[www.pjalljobs.co.uk](http://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: [geewebster1966@gmail.com](mailto:geewebster1966@gmail.com)

# Nyalls Notes

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

# Bill's Birds

Bill Cordeaux Tel: 898286

Christians take Jesus' death on the cross as something done for them personally. The Bible presents two views in that it tells us that Jesus died for the sins of the world and also that it has to be applied individually exemplified by the Apostle Paul who speaks of Jesus as the Son of God, who loved me and gave himself for me.

A woman who had almost undoubtedly been a prostitute came into a house where Jesus had been invited to a meal. She had clearly already had dealings with Jesus as she was overcome with emotion and wept, her tears dropping onto his feet. He would have been reclining, lying on his left side on the floor with the meal spread out on the floor or on a very low table no more than a few inches high. She used her long hair to wipe his feet. Her gratitude and love for him was clearly apparent for all to see.

Simon the host for the meal looked at this situation askance causing Jesus to ask him who it would be that would love the most, one who was forgiven much or one who was forgiven little? Simon answered correctly, "The one, I suppose who was forgiven the most."

Jesus replied, "Therefore I tell you, her sins, which are many, are forgiven—for she loved much. But he who is forgiven little, loves little." And he said to her, "Your sins are forgiven."

Now both Simon and Jesus lived in a Jewish society that revered the laws set out in what we call the Old Testament. In these a system of sacrifices had been set up for the forgiveness of sins. Every sin needed sacrifice. To us this doesn't make much sense but it had been set up so that when Jesus came along and died on the cross the people would understand that he was the final and ultimate sacrifice for sins. Simon knew this and Jesus knew this. It is summed up later in the Bible where it says, "Without the shedding of blood there is no forgiveness of sins." I emphasize, Jesus knew that.

Thus here Jesus in telling this woman, "Your sins are forgiven," he was saying these words to her personally and he was saying them knowing that "Without the shedding of blood there is no forgiveness of sins." In other words he was saying to this woman, "For you, I choose the cross." That is why Christians take the sacrifice of Jesus as something for them personally.

A modern song by Martyn Layzell:

You chose the cross with ev'ry breath; the perfect life, the perfect death.  
*You chose the cross.*

A crown of thorns you wore for us, and crowned us with eternal life;  
*You chose the cross.*

And though your soul was overwhelmed with pain, obedient to death, you overcame.

You loosed the cords of sinfulness, and broke the chains of my disgrace;  
*You chose the cross.*

Up from the grave victorious, you rose again so glorious;  
*You chose the cross.*

The sorrow that surrounded you was mine. Yet, "Not My will, but yours be done," you cried.

I'm lost in wonder, I'm lost in love, I'm lost in praise forevermore.  
Because of Jesus' unfailing love, I am forgiven, I am restored.

*Jesus has appeared once for all at the end of the ages to put away sin by the sacrifice of himself.*

*The Epistle to the Hebrews: Chapter 9 verse 26*

After the excitements of my July report, everything seems to have gone quiet. With the rearing of their families and the heat wave, the birds must have been quite exhausted.

Our Thrush had a sudden burst of song for several days, and we saw it several times coming to the drinking fountain. One time it saw me, and we stared at each other. I am sure it has had a nest nearby.

Amidst the relative quietness, I have heard instances of a Blackbird's soft voice. I am sure it is a young male practising, and showing its potential future authority.

I have more time to watch the Swifts. Not so many this year. But what acrobats they are. Just recently, while watching the Queen's birthday celebrations on television, we saw the Red Arrows fly over. In perfect formation, but watch Swifts. They keep in formation for a moment and then speed apart. Never touching each other. Watch a hover fly. It is still one moment and then speeds off in any direction, eventually it comes back to its original hover. No trouble with the forces of gravity or bumping in to another quick-moving insect. Nature really is wonderful, but we just accept it!

Which brings me to the Blackcap Warbler and Darwin. Darwin stated that evolution was "the survival of the fittest" over millions of years. But it is possible to see what is taking place with some of these warblers over just a few years. I have already written that some stay here in the winter. Apparently, on closer examination, they have longer and narrower bills. This enables them to get food from our bird feeders. Think of the millions of us who put out food in our feeders for the birds in winter and the commonsense shown by those birds that have developed longer and thinner bills - they can keep going with our supplies, (instead of making the long trip to the Mediterranean in the winter). I quote a leader in a popular daily paper. We are in fact perpetuating Darwin's theory.

One of my previous queries has been answered concerning the morning departure of Starlings from their murmurations overnight roosts. Whether this was by an observant watcher who could not sleep and got up and had a look again at last night's murmurations drop to rest. Apparently on waking they rise and fall in small groups until linking with other groups they fly straight back to the direction from which they came, to an established daytime feeding area.

And now to another warbler which has recently reappeared in Suffolk, the Dartford Warbler. This bird had usually only appeared in south-west England. Here it came to Dunwich Heath. The Dartford Warbler does not migrate, it is similar to the Cetti Warbler. Looking at Ticehurst's 'Birds of Suffolk', 1932, this warbler seemed to inhabit gorse bushes in typical coastal heathland areas. Many of such areas have disappeared due to housing and changes in farming practices. But after 60 years birds appeared on Dunwich Heath in 1993, and in the year 2000, 61 pairs were recorded. The Dartford Warbler is a small, dark long-tailed warbler with a tail which it flips up and down, and which keeps hidden in gorse and heather. I have seen it on Dunwich Heath. It was pointed out to me by a friend visiting from Australia. Such is life!

Remember last month French Partridges had appeared to residents in Water Lane?

Well, they obviously so appreciated the welcome and good food they received that they brought their recently fledged chicks to their generous hosts and here is a photo to prove it!



Partridge and chicks

Enjoy your summer break.

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



**LOOKING TO SELL OR JUST CURIOUS  
TO KNOW HOW MUCH YOUR  
HOME IS WORTH?**

For a valuation telephone 01284 755552  
or email [sales@richardgreen.uk.com](mailto:sales@richardgreen.uk.com)

*All valuations are treated in the strictest confidence and  
are without charge or obligation*

**RG**

**RICHARDGREEN  
.UK.COM**

**CLARKES**

01359 259 259  
[www.clarkesofwalsham.co.uk](http://www.clarkesofwalsham.co.uk)

**CLARKES OF WALSHAM LIMITED**

*Products to the Trade and Retail*  
BUILDING  
CLOTHING  
SHOOTING  
AGRICULTURAL



The Street • Walsham-le-Willows • IP23 3BA

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

If interested,  
please contact  
**adverts@  
rbrparish  
mag.com**

**EAST COUNTY CLASSICS**



*Full body restoration to routine  
service, MOTs and maintenance.*

**Unit 2, Station Lane**

**Thetford**

**IP24 1ND**

**01842 763841**

[www.eastcountyclassics.com](http://www.eastcountyclassics.com)

[enquiries@eastcountyclassics.com](mailto:enquiries@eastcountyclassics.com)

**R.W. LISTER & SON**



**MOTOR  
ENGINEERS**

**Tel : 01379 898 549**

**Mob : 07767 678 673**

**07775 623 778**

**M.O.T. Testing Station**

**Tyres / Exhausts / Batteries**

**All car and light commercial servicing**



**WOLSEY HOUSE MOTORS**

***The Citroen Specialists***

**SALES • SERVICING • AIR-CONDITIONING**

**FULL FACTORY DIAGNOSTIC EQUIPMENT  
FOR ALL MAKE AND MODELS**

**MANUAL & AUTOMATIC COURTESY  
VEHICLES**

**Telephone: 01379 644133**

**Mobile: 07831 824219**

[www.wolseyhousemotors.co.uk](http://www.wolseyhousemotors.co.uk)

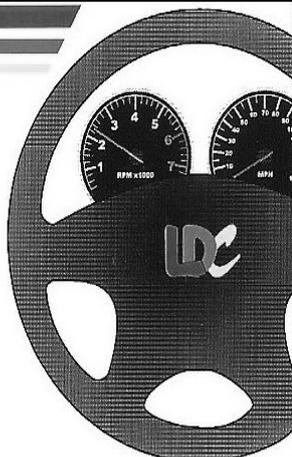
**Wolsey House, Millway Lane, Wortham,  
Diss, Norfolk IP22 1SL**

**Jan Tyrrell**  
Your local LD instructor

For more information call  
Mobile: 07508 059056

Landline: 01379 898697

visit my website at  
[www.passwithjan.co.uk](http://www.passwithjan.co.uk)  
or email me on  
[info@passwithjan.co.uk](mailto:info@passwithjan.co.uk)



# In your garden

# Cookbook



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

\* August can be one of the driest months, growth in the garden slows down, and so it's a case of light maintenance work to keep the garden looking at its best. Trimming of excess growth, removal of spent flowers and edging the lawns will keep things tidy. \*

\* Talking of tidying, at Tripp Batt we have been expanding our range of new lightweight machines which make easier work of most gardening chores. New battery technology is enabling domestic garden machines to be easy to use, more comfortable to handle, and have fewer maintenance needs. For a long time, petrol machines have had a reputation for being difficult to start, noisy and smelly. They need routine maintenance and when they go wrong, they can be costly to repair. \*

\* Battery power is now available on most types of garden machine including strimmers, hedge-trimmers, lawnmowers and even chainsaws. Starting the motors is at the push of a button, and with the newest lithium ion batteries, run-times are longer and charge times are quicker. The better quality brands have machines which are all compatible. This means it's possible to have several different machines all capable of running from one battery, and so reducing the cost of your outlay. \*

\* New cordless equipment is proving the ideal solution for the likes of hotels and residential homes, where noisy machines aren't wanted. Equally, they appeal to those gardeners who may not have the strength to keep pulling a cord to try to start an engine, or they find hand-held machines to be heavy and uncomfortable. A quiet revolution is taking place which will be better for users, and better for our environment. \*

\* If you are looking for gardening inspiration at this time of year, why not pop along to the 'Walsham le Willows Open Gardens' event at the end of the month where you'll see some well-trimmed gardens for sure. \*

\* 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](mailto:editor@rbrparishmag.com)

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



## Herb & garlic pork with summer ratatouille

### Ingredients

- 2 tsp rapeseed oil
- 2 red onions, halved and sliced
- 2 peppers (any colour), diced
- 1 large aubergine, diced
- 2 large courgettes, halved and sliced
- 2 garlic cloves, chopped
- 400g can chopped tomatoes
- 2 tsp vegetable bouillon
- 1 thyme spig
- handful basil, stalks chopped, leaves torn and kept separate

### For the pork

- 475g pork tenderloin, fat trimmed off, cut into 2 equal pieces
- 2 garlic cloves, crushed
- 1 tbsp thyme leaves, plus a few sprigs to decorate
- 1 tsp rapeseed oil
- brown rice or new potatoes, to serve

### Method

1. Heat the oil in a large non-stick pan and fry the onions for 5 mins or until softened. Stir in the peppers, aubergine, courgettes and garlic, and cook, stirring, for a few mins. Tip in the tomatoes and 1 can of water, then stir in the bouillon, thyme and basil stalks. Cover and simmer for 20 mins or until tender. Stir through the basil leaves.
2. Meanwhile, rub the pork with the garlic, then scatter with the thyme and some black pepper, patting it so it sticks all over. Heat the oil in a non-stick frying pan and cook the pork for about 12 mins, turning frequently so it browns on all sides, until tender but still moist. Cover and rest for 5 mins.
3. If you're making this as part of the Healthy Diet Plan, set aside half of the pork to use in the curried pork bulghar salad later in the week and store in the fridge once cooled. Chill the half of the ratatouille and use it to make the ratatouille pasta salad with rocket for another day. If you are serving four you can skip this step.
4. To serve, slice the pork and serve with the ratatouille, some brown rice or new potatoes and some extra thyme.



Good Food Magazine,  
May 2017

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

# CHIMNEY SWEEP

## ECO SWEEP CHIMNEY SERVICES

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




**01359 232335**

## Andy Wishart Chimney Sweep



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

**Diss (01379) 643181**



\*National Association of Chimney Sweeps

## Anglia Chimney Sweeps

**01359 221893**  
**07711 458575**

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



[www.angliachimneysweeps.co.uk](http://www.angliachimneysweeps.co.uk)

# MARTINCOE

DECORATING, PLASTERING & MAINTENANCE

- Internal /external plastering & rendering.
- Painting & decorating.
- Building works, carpentry & alterations.
- Patios & ground works.

🏠 07903 520809 / 01379 898519



## 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](mailto:neil@worby.myzen.co.uk)



## Cheryl Goddard Painting & Decorating

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



Tel: 01379 741311  
Mob: 07817 614 883

## Painter & Decorator



**Adrian Lovering**  
01379 898994  
Mobile 079225 10597  
Rickingham

**Internal ~ External  
Domestic ~ Commercial**



### Safe & Sound Hygiene and Pest Control

Have you a problem with-

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

Please call: 01379 788 865,  
07809 226109 or 07518 731106  
[www.safeandsoundhygieneandpestcontrol.co.uk](http://www.safeandsoundhygieneandpestcontrol.co.uk)



## Mark Wade Painting & Decorating

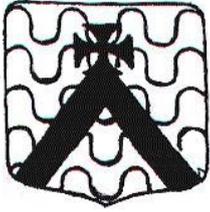
— Est. 2010 —

### Interior & Exterior Commercial & Domestic

Visit us on Facebook 

**Tel: 07527 663785**  
Email: [chunky.wade@hotmail.com](mailto:chunky.wade@hotmail.com)





# School news

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

We also held our annual School Games sports mornings. It was fantastic to see the children enjoying themselves and taking part in a variety of competitive and non-competitive sports events. The children not only demonstrated great effort and determination but also good team spirit and sportsmanship. These events are always so valuable as the children come together to achieve a common goal. Parents and Carers also enjoy the chance to see the children competing and doing their best.

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

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

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

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

The children will return to school on Tuesday 5<sup>th</sup> September for the start of the new academic year.

The school will be open to parents on Monday 4<sup>th</sup> September between 10am and 12pm for the purchase of school uniform.

Mr M. Cobbold, Headteacher.

## Dates for your diary:

### September

Mon 4<sup>th</sup> School open to parents between 10am and 12pm for the purchase of school uniform

Tue 5<sup>th</sup> children will return to school

Oil Fired Pressure Jet Boiler  
Servicing & Plumbing



**ANDY'S  
OIL BOILER  
SERVICES**

**ANDY BACOS**

07775 751303

andy.bacos@ntlworld.com

Andy's Oil Boiler Services



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

If interested, please contact

**adverts@rbrparishmag.com**

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



**RG Landscapes**  
Qualified Lawn Specialists

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

Small family run Business established over 30 years.

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

**Eastern Landscapes**

The Complete Landscaping Service from Design to Construction



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

**01379 871252**  
**Mobile: 0777 1675 262**

Established over 10 years



**Essential Ponds & Landscapes**  
(Rickingham)

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

**Contact Chris**  
**01379 777365 or 07901 710107**



*Garwood's*  
OF SUFFOLK  
**TREE SURGERY  
AND  
FIREWOOD DELIVERY**



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

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

**FOR A FREE ESTIMATE PLEASE CALL LEE GARWOOD**  
TEL: 01379 890617 / 07880528142  
GARWOODSOF SUFFOLK@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:



**Hubbard  
Gardening**  
SERVICES

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

Seasoned Firewood by the full or  
half load

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



# Pre-School news

To find out more about us or to arrange a visit please contact Karen Hails on 07796014304

**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, stories 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 or you can find it on the Ofsted website.

**Committee:** The Committee is responsible for the management of the pre-school. Parental involvement is key to a child's successful development and volunteering for the Pre-school Committee is an ideal way to be involved in both your child's development and their life at preschool.

Committee members also help to shape how the pre-school setting is managed. New members are always welcome (and needed). You can choose how much time to commit and there are lots of ways to contribute so please contact us if you would like to get involved

Well yet again another school year has come to an end. We have said a sad farewell to all our butterflies (tissues were in large supply). The children enjoyed the leaver's party with a disco and games and were presented with a pre-school teddy so they can remember us in years to come.

The children have had lots of water play at pre-school this term even enjoying a waterslide which was kindly donated to us.

We also had a fantastic time at dinosaur adventure, searching for dinosaurs and playing in the new water park (we were very lucky with the weather).

On the last day of term we all enjoyed a Hawaiian party, where the children enjoyed playing on the beach or having a drink in the tiki bar and taking part in different games, ending with party food.

We will miss all our wonderful butterflies and their parents. We hope you have a fantastic time at big school. We will see you all again soon when the new butterflies start their school transition.

We would like to wish everyone an amazing summer!

**Pre-school returns on Tuesday 5<sup>th</sup> September.**

## Rainy day fun

### Sudoku

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

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

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.

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

**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)



**CCS CLEANING & MAINTENANCE**

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

**DON'T DELAY CALL TODAY FOR A FREE NO OBLIGATION QUOTE** 01359 240440 / 07970 040581  
 Or email at [info@ccsmaintenance.uk.com](mailto:info@ccsmaintenance.uk.com)  
[www.ccsmaintenance.uk.com](http://www.ccsmaintenance.uk.com)

Over 20 Years Experience      Fully Insured      Uniformed Staff

**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](http://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](http://www.nickbobbytreeservices.co.uk)  
 Free Quotations call 01379 788 757 or 07545 989 081



**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**



**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](mailto:markbleay@btinternet.com)      [www.cctrees.co.uk](http://www.cctrees.co.uk)  
**£5,000,000 public liability insurance**



**Eye Gardens**

For all Garden Maintenance and Design jobs

For all quotes contact  
**Amanda**  
**07732 783572**  
[www.eyegardenmaintenance.co.uk](http://www.eyegardenmaintenance.co.uk)



**MAGPIE TREE & FENCING SPECIALISTS**

Fully Insured      N.P.T.C Qualified

All Aspects Of  
 Tree Surgery & Fencing  
 At Affordable Prices

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

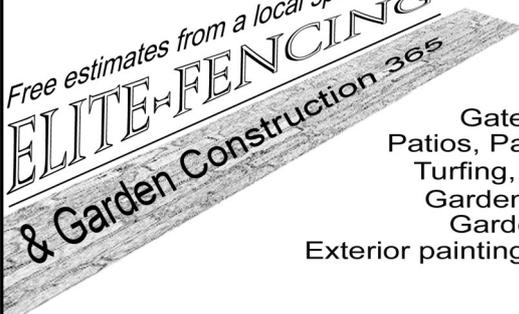


*Free estimates from a local specialist*

**ELITE FENCING**  
 & Garden Construction 365

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

Call Trevor : 01359 221 128 or 07761 651 567  
[www.elite-fencing.co.uk](http://www.elite-fencing.co.uk)      [trevor@elite-fencing.co.uk](mailto:trevor@elite-fencing.co.uk)  
*Your garden projects turned into reality*



# Future Events

**RAHOF**  
 Rickinghall Area Hospice  
 Fundraiser presents their  
 popular



**ANNUAL QUIZ NIGHT**  
 Hinderclay Village Hall  
 Friday 13th October  
 7.00pm for 7.30pm prompt start  
**Tickets: £9 each**  
 Finger Buffet -- Draw  
 Tables of 6

Please bring your own favourite beer/wine/  
 drinks/favourite glasses.

Tickets available from June Hart 01379  
 897180,  
 or RAHOF committee members.  
 (Admission by ticket only)

In support of St Nicholas Hospice Care,  
 Bury St Edmunds

## Stepping into ...

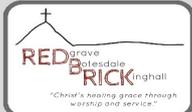


**FRIDAY 6TH-SUNDAY 8TH OCTOBER 2017**  
 A weekend of harvest themed activities with guest:  
**Bishop Mike Harrison: Bishop of Dunwich**

**67** days, from 1st August



Revd. Chris Norburn 01379898685  
 chris.norburn@breathemail.net




Parish Church  
**Harvest Supper  
 & Ceilidh**  
 Saturday October 7<sup>th</sup> 2017  
 6.00 for 6.30  
 Rickinghall Village Hall  
 All Welcome

Tickets including Ploughmans Supper  
 Adults £9.00 Primary Children Free  
 Tickets available from Redgrave Shop or  
 Phone Fiona Kenworthy 07811790622

**Saturday 7th October Harvest themed workshops: something for everyone.**  
 Botesdale Village Hall from 10am till 4pm  
 To book your place on any of the workshops please contact:  
**Fiona Kenworthy: 01379 309426 fionakenworthy@hotmail.co.uk 07811 790622**  
 Places will be limited so please book in advance to avoid disappointment.

<p><b>Willow Workshop</b>              with Karen Lawrence</p> <p>Willow dragonflies. Suitable for adults or children working with an adult.              45 minute workshops starting at 10am, 11am, 2pm &amp; 3pm.</p>	<p><b>Harvest Lino Prints</b>              with Caroline Davidson</p> <p>For adults or children; cutting and printing with lino.              2 hour workshops starting at 10am &amp; 2pm.</p>
<p><b>Banner Making</b></p> <p>Working together with a variety of materials to make harvest banners. Suitable for all ages and abilities. "Drop in" or stay for 2 hours!              Workshops starting at 10am &amp; 2pm.</p>	<p><b>Light Refreshments</b></p> <p>These will be served throughout the day. There will be opportunity to chat, get to know one another better and to meet our visitor for the weekend:  <b>Bishop Mike Harrison.</b></p>
<p><b>Acoustic Guitar Workshop</b>              with Jamie Cleaver</p> <p>Want to strum some tunes? Bring along your acoustic guitar; beginners and professionals welcomed alike.              2 hour workshop starting at 10am</p>	<p><b>Beer Talk and Tasting</b>              new, local, Star Wing Brewery</p> <p>Explore the role of yeast, malt, water and hops in making great craft ale.              45 minute workshops starting at 10am &amp; 11am. Over 18's only.</p>

Also look out for:

<b>Harvest Supper and Ceilidh:</b>	6pm for 6.30pm @Rickinghall Village Hall Tickets available from: <b>Fiona Kenworthy</b> or <b>Redgrave Shop</b>
<b>Harvest Communion Service:</b>	9am @St. Mary's Church, Rickinghall
<b>Harvest All-age Celebration:</b>	3pm @Botesdale Village Hall Incorporating outcomes from the workshops.

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

## Robert Cole Plumbing & Heating

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



Free Estimates  
01379 741485



rcoleplumbingservices@gmail.com

## G & S Property Services

For all the  
maintenance  
work you  
hate

We can now service, repair  
or replace your oil boiler

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

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

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



**Mr Pat Marsden**

**Mobile: 07799 895958**  
patthep plumber@btconnect.com

*Friendly &  
reliable service*

## Carberry Plumbing and Heating

For all your domestic plumbing needs



01359 760 220 or 075067 06121

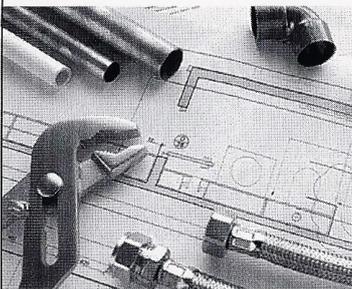
- free quotations
- oil boiler service just £ 40 + VAT
- bathrooms, kitchens
- complete heating systems
- boilers
- or simply just a dripping tap!

www.gasengineersburystedmunds.co.uk

## WILLOWSERVE LTD

Plumbing & Heating Services

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



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

**Checkatrade**  
Where reputation matters



**Tel: 01359 259886 • 07771 557937**

Email: willowserve\_ltd@hotmail.com

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

## Else Heating & Plumbing

Oil and Gas Installation

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

**Bathroom & Kitchen Fitting**

Fully Insured

Contact Eugene Else

01379 688183

07787 854923

elseheatingandplumbing@gmail.com



## M.A. Heating Services

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

**Telephone: 01379 783427**

Wickham Gate, High Street,  
Gislingham, Suffolk, IP23 8JD

## YOUR RELIABLE LOCAL PLUMBER



**Mark Jardine**  
Plumbing & Heating



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

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



## TAYLORMADE BATHROOMS

Bathroom design and installation specialist.

Kitchen fitting

All aspects taken care of including tiling, flooring & plastering

All plumbing enquires welcomed

Qualified Plumber

Free estimates

Call Robert Taylor

Mobile: 07979 590528

Business: 01359 221 015

www.taylormadebathrooms.co.uk



## KASEY PLUMBING & HEATING



C2197

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



202496

01359 221108

07906 095387



## E & D Boiler Maintenance Ltd



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

SPECIALISTS IN

Oil, Gas & LPG

Boiler Maintenance, Breakdown, Repairs and Installations

All makes covered including:

Worcester Bosch, Boulter Camray, HRM Wallstar, Vaillant, Baxi.  
Boiler insurance, annual maintenance reminders and controls work.

edboilers@btinternet.com

Tel : 01379 898574 Mob : 07771 880525

## THE WINDOW COMPANY WITH A DIFFERENCE!!



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



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

**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

## ALAN WADE

For Top Quality

PVCu- ALUMINIUM - WOOD  
WINDOWS - DOORS  
CONSERVATORIES

Also:

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

FENSA REGISTERED  
INSURANCE BACKED GUARANTEE

OVER 25 YEARS EXPERIENCE

For a free quotation please ring:

01359 251312

**WAVENEY WINDOWS LTD**

EST.1977



CONSERVATORIES ♦ WINDOWS & DOORS ♦ FASCIAS

**NIGEL SAYWOOD**  
Design Consultant

Mob: 07909543905

Show Site: 01379 688488

Home: 01379 640313

**SHOWSITE**

Blooms of Bressingham  
Garden Centre

Diss

Norfolk IP22 2AB

HARDWOOD & COLOURED UPVC AVAILABLE

SEE OUR NEW TIMBER ALTERNATIVE "EVOLUTION" WINDOW

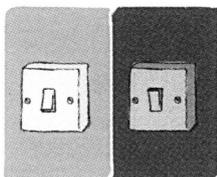
## ABC Electricity

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  
ELECSA approved



## JLW Electrical Services LTD

James Waterman  
Electrician

Domestic, Industrial &  
Commercial Installations

26 Gaye Crescent  
Eye, Suffolk,  
IP23 7BW

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

## S.C.G.

## ELECTRICAL

ALL TYPES OF ELECTRICAL  
WORK UNDERTAKEN

DOMESTIC COMMERCIAL  
LIGHT INDUSTRIAL  
SECURITY LIGHTING

**01379 741311 or  
07792 767869**



## Paul Parsons Electrical

Rickinghall, Diss, Norfolk

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

Tel: 07786 558 510 Part P



## J. K. Ward Electrical Services

Jake Ward  
Residential & Commercial

New Installations - Rewires - Maintenance  
Testing - Fault Finding - Lighting - Power  
Consumer Unit Upgrades - Data Cabling  
**T: 01379 897082 / 07541 278736**  
jkwardelectrical@outlook.com



## QUATREFOIL

local history books on  
**Botesdale, Redgrave & Rickinghall**

books are available from:  
**Redgrave Shop** (only books about Redgrave)  
**Jean Sheehan (01379 890237)**  
**Di Maywhort (01379 898785)**

full details of all books and prices are available at:  
**www.quatrefoil.org.uk**



*"The time leading  
up to the funeral was  
made bearable  
knowing that you  
were at the end of  
the telephone."*

— from a family we have cared for at Rosedale

We are a family business and promise  
to provide exceptional care and a truly  
personal 24 hour service, when you  
need it most.

Victoria Road, Diss **01379 640810**



## Rosedale FUNERAL HOME

[www.rosedalefuneralhome.co.uk](http://www.rosedalefuneralhome.co.uk)

## Susan Whymark Funeral Service Ltd



Independent and Family Run

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

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

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

24 Hour Telephone Number **01379 871168**  
[www.susanwhymark.co.uk](http://www.susanwhymark.co.uk)  
email: [susan@susanwhymark.co.uk](mailto:susan@susanwhymark.co.uk)



Readings for Parish Church Sunday Services		
Date	1st reading	2nd Reading
6th Aug	2 Peter 1:16-19	Luke 9:28-36
13th Aug	Romans 10:5-15	Matthew 14:22-33
20th Aug	Romans 11:1-2a, 29-32	Matthew 15:21-28
27th Aug	Romans 12:1-8	Matthew 16:13-20
3rd Sept	Romans 12:9-end	Matthew 16:21-end
10th Sept	Romans 13:8-end	Matthew 18:15-20
17th Sept	Romans 14:1-12	Matthew 18:21-35
24h Sept	Philippians 1:21-end	Matthew 20:1-16

ROTA	Chapel of Ease		Redgrave		Rickinghall	
	Sidesman	Lector	Sidesman	Lector	Sidesman	Lector
6th Aug	Mr J Lamb	Mrs J Stokes	Mrs C Davidson	Mrs J Whitehead		
13th Aug	Mrs C Hilliard	Mrs S McGrath			Mr & Mrs Miles	Mrs C Davidson
20th Aug			Mr J Lamb	Mrs F Lamb	Mrs S White	Mrs J Whitehead
27th Aug	ST MARY'S REDGRAVE		Mr J Walker	Mr C Davies	Mrs J Sheehan	Rector
3rd Sept	Mrs C Hilliard	Mrs J Stokes	Mrs F Lamb	Mrs J Whitehead	Mrs M Self	Mrs J Bennett
10th Sep	Mrs J Wright	Mr J Wright			Mr and Mrs Rixon	
17th Sep			tbc	Mr L McGrath	Mrs S White	Mrs J Whitehead
24h Sep			tbc	Mrs K Gunn	Mrs J Sheehan	Rector

Flower Rotas			
		Redgrave	Rickinghall
6th Aug		Mrs R Stimson	Mrs A Rippingall
13th Aug			Mrs J Whiteside
20th Aug		Mrs P Button	Mrs J Whiteside
27th Aug	ST MARY'S REDGRAVE :	Mrs P Button	WEDDING RICKINGHALL
3rd Sept		Mrs R Powell	Mrs P Rixon
10th Sept			Mrs P Rixon
17th Sept		Mrs R Walker	Mrs J Sheehan
24h Sept		Mrs R Walker	Mrs J Sheehan

## Neighbourhood Watch

Due to Police cutbacks, information for residents who are victims of crimes is very poor. Anyone who is the victim of crime or unsocial behaviour incidents, in respect of Botesdale and Rickinghall, should contact Peter Beck and in respect of Redgrave, contact John Campbell. Contacts for both are below.

### 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:

Stowmarket Safer Neighbourhood Team. Stowmarket Police Station, Violet Hill Road, Stowmarket, IP14 1NJ.

Tele. - 101.

Email. [Stowmarket.snt@suffolk.pnn.police.uk](mailto:Stowmarket.snt@suffolk.pnn.police.uk)

Our local safer Neighbourhood team are stationed there.

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

If residents of Botesdale and Rickinghall would like to be added to the Neighbourhood Watch email circular, please email Peter Beck.



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



## 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](mailto:help@bailiwickit.com) Web: [www.bailiwickit.com](http://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@jamiепretty.co.uk](mailto:info@jamiепretty.co.uk) W: [www.jamiепretty.co.uk](http://www.jamiепretty.co.uk)

Office 5, Rickinghall Business Centre, Allwood Green, IP22 1LQ

### RHB Accounting Services

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

Rachel

07887991191

[rachel@rhbaccounting.co.uk](mailto:rachel@rhbaccounting.co.uk)

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

• 01379 783 380 / 07931 850 813  
• [contact@cade-advertising.com](mailto:contact@cade-advertising.com)  
• [www.cade-advertising.com](http://www.cade-advertising.com)

## Andrew Dickson limited

chartered financial planners

Your partner for a brighter  
financial future

To benefit from our  
independent financial advice  
please contact us at:

Offices 3-4, Willow Farm  
Allwood Green, Rickinghall  
Diss, Norfolk IP22 1LQ

T: 01379 890401

F: 01379 898755

E: [enquiries@andrewdickson.co.uk](mailto:enquiries@andrewdickson.co.uk)

W: [www.andrewdickson.co.uk](http://www.andrewdickson.co.uk)



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



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](http://www.jackamans.co.uk)

Diss 01379 643555

Harleston 01379 854455

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

If interested, please contact

[adverts@rbrparishmag.com](mailto:adverts@rbrparishmag.com)

## Rickinghall Business Centre

Industrial Units, Offices & Storage  
available to let

Tel: 01379 898 671

Mob: 07798 501 108

Email: [willowlast@btconnect.com](mailto:willowlast@btconnect.com)

Web: [www.rickinghallbc.co.uk](http://www.rickinghallbc.co.uk)

Allwood Green, Rickinghall, Diss. IP22 1LQ

## Parkview Chapel

AUGUST 2017

**ALL SUNDAYS** – One service at 11.00am (to include Communion)  
**Tuesday 8<sup>th</sup>** – ‘Coffee On The Corner’ – 9.00am.

SEPTEMBER 2017

**Sunday 3<sup>rd</sup>** – One service at 11.00am (to include Communion).  
**Sunday 10<sup>th</sup>** – Communion service at 10.00am and main service at 11.00am.  
**Sunday 17<sup>th</sup>** – No services at Parkview this day.  
**Sunday 24<sup>th</sup>** – Communion service at 10.00am and Main service at 11.00am.

Refreshments are served on all Sundays at 10.30am.

**Tuesday 12<sup>th</sup>** – ‘Coffee On The Corner’ – 9.00am.

**Thursday 21<sup>st</sup>** – ‘Praise Hour’ – 2.00pm.

Also regular activities for children and young people (below).

Please call Kev Gladwell on 01379 898924 for more details.

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



## PARKVIEW YOUTH

(All held at Parkview Chapel, Botesdale)

### JUNIOR CHURCH

Reception – Year 6  
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](http://www.parkviewchapel.co.uk)

## BOTESDALE METHODIST CHURCH

Services are held every Sunday at 10.30 am unless otherwise indicated

A friendly welcome to everyone to services and all meetings

### August

6<sup>th</sup> August Congregational Service  
13<sup>th</sup> August Rev Harold Wilkinson Holy Communion  
20<sup>th</sup> August Mrs Jane Drury  
27<sup>th</sup> August Mr J C Browne  
Christian Forum Tuesday 1<sup>st</sup> August 2.30 pm Garden Party  
Wives Club No meeting in August  
Coffee down the Lane Tuesday, 22<sup>nd</sup> August 10 -11.30 am

### September

3<sup>rd</sup> September Congregational Service  
10<sup>th</sup> September Rev David Ely Holy Communion  
17<sup>th</sup> September Rev Chris Whie Harvest Festival  
24<sup>th</sup> September Mr Steve Aspinall  
Christian Forum Tuesday, 5<sup>th</sup> September 7.30 pm Planning Meeting/Quiz  
Wives Club Wednesday, 20<sup>th</sup> September 7.30 pm Holiday Evening with Brenda Deaville  
Coffee down the Lane Tuesday, 26<sup>th</sup> September 10 -11.30 am



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



All Saints  
Redgrave



St. Botolph's  
Botesdale



St. Mary's  
Rickinghall

**6th August Transfiguration of Our Lord**

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

**13th August 9th Sunday After Trinity**

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

**20th August 10th Sunday After Trinity**

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

**27th August 11th Sunday After Trinity**

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

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

**3rd September 12th Sunday After Trinity**

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



**10th September 13th Sunday After Trinity**

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



**17th September 14th Sunday after Trinity**

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



**24th September 15th Sunday After Trinity**

8.15 St. Mary's, Rickinghall BCP  
Communion  
10.30 Messy Church, Botesdale Village  
Hall. Family fun for everyone.  
Refreshments available.

10.30 All Saints, Redgrave CW Communion

**1st October After**

8.15 St.  
Botesdale  
Communion  
10.30 All



**16th Sunday Trinity**

Botolph's,  
BCP  
Saints,

Also

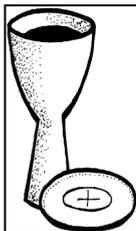


Sat 16th September

**Men's Breakfast**

All Saints, Redgrave

*Please contact Mark Duxon on 01379  
890897 if you wish to join us*



**St Mary's Rickinghall, Monthly Midweek Communion**

No service in August  
Wed. 6th September. 10.00am

**Farnish House, Botesdale Communion**

No service in August  
Thurs 21st September. 9.45am

*These services are open to everyone*

**STEPPING IN HARVEST Fun for All Ages  
with Bishop Mike**



**Saturday 7th October Botesdale Village Hall**—Various workshops in the morning and afternoon.

**Rickinghall Village Hall**—Harvest Supper with ceilidh on the Sat evening. Further details in this magazine. Please book your places for these events!

**Sunday 8th October**

**Harvest Services of Thanksgiving,**  
9am Rickinghall, Communion  
3pm Botesdale Village Hall, Celebration

Thurs 7th September 7.15pm  
**St Mary's, Rickinghall**

Tues 19th September 7.15pm  
**All Saints, Redgrave**

*A time of prayer for the work of the church in the community.*



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