

PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

November 2018



The Botesdale & Rickinghall Neighbourhood Plan

Your Chance to Have Your Say!



The draft Neighbourhood Plan is ready

for the

Neighbourhood Plan Consultation

from

November 9th

to

December 21st

inclusive

Provide *your* feedback before the draft Plan is submitted to
Mid-Suffolk District Council for approval.

Come to a launch event to find out more about the Plan over tea and coffee.

The Neighbourhood Plan Steering Group looks forward to receiving your comments -
all (written) comments will be recorded and inform the content of the final Plan.

Discuss the Plan with the
Steering Group at these
3 Launch Events

10th : 9:00am-2:00pm
Botesdale Village Hall

16th : 2:00pm-7:00pm
Rickinghall Village Hall

17th : 9:00am-2:00pm
Rickinghall Village Hall

See the Plan and
Record Your Comments

Printed copies available at the
launch events or the Bell Inn

Online versions at
www.botesdale.onesuffolk.net
www.rickinghall.onesuffolk.net

For help

email
rickinghall_pc@btopenworld.com
or phone
Botesdale PC Chairman
William Sargeant 01379 890138

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

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

St Mary's Rickinghall Inferior
www.stmarysrickinghallinferior.onesuffolk.net

All Saints, Redgrave
www.achurchnearyou.com/church/2274

Botesdale Chapel of Ease
www.achurchnearyou.com/church/22197

Foreword from
Reverend Chris Norburn
Rector of
Redgrave cum Botesdale
with the Rickinghalls
The Rectory, Bury Road,
Rickinghall, Diss. IP22 1HA
Tel: 01379 898685



11 November 2018 marks 100 years since the end of World War I. Remembrance Sunday draws us together in a way that's unique. Both young and old gather together across the nation, some with memories of wars in the past, some who are affected by current conflicts. But we gather to reflect and remember how some aspect of the reality of war has touched us all. Whatever the memories or knowledge of war is, in the silence of Armistice Day we can quietly, in our hearts and minds do justice to the cost of war, its sacrifice and its shame.

During the 1st World War there were countless grim battles. Perhaps the grimmest was the Battle of the Somme. It lasted for 141 days and the cost was over 1 million lives on both allied and German sides. Grandfathers on both sides of my family survived this war, and like so many they rarely spoke about it; they saw and experienced hell on earth. It was far too painful for them to recall what they saw.

Sadly, war and conflict is not confined to the history books, but today it is civilians who bear the brunt of war. It is estimated that today 90% of war casualties are civilians (during the First World War, 10% of casualties were civilians). We turn on the TV news and hear of acts of war and violence in Afghanistan, Syria, Yemen and Iraq. Then there are the acts of terror that have taken place on the holiday beaches in Tunisia, and on the streets of many cities across Europe in recent times. Hundreds have been killed, maimed and injured. Sadly, there seems to be no end in sight, so stories will continue of women, children and men continuing to experience death and destruction. We see images of town after town being nothing more than a pile of rubble. Can we imagine what it would be like if the street we lived on were to be reduced to rubble by a cruise missiles or a terrorist truck bomb?

How long, O Lord, can this carry on?

So why should we pray for the troubles in the world, as so many appear unsolvable? Our answer should be, that's why we are to pray – we can't solve them! The real answer can be found in John's Gospel (Chapter 15:9-17). Here Jesus is talking about love, not a sentimental love, but an unlimited, unconditional love. The command to love our neighbour is also found in the Old Testament Book of Leviticus, (see Chapter 19) where we are told to love foreigners. It's easy to love somebody who we like, who we share similar interests with, but to love our enemies, well that's just not that easy. In fact, it is only possible if the love and forgiveness of God is working through us. Loving our enemies can push us out of our comfort zone and challenges us to the core. But that is how God has always worked. That's why Jesus instructs his disciples to ask God to bless those who hurt them, and to do good deeds even to those who cause them harm or upset.

I remember being struck by the story of Corrie Ten Boon. I'm sure most of you know that during World War Two her family hid Jews in their small shop in Amsterdam. Corrie and her family were caught, and ended up in a concentration camp. Corrie lost her father and her sister in this ordeal. After the war she travelled preaching, telling her story. In America she was introduced to a man who she recognised as a member of the concentration camp guards. He had become a Christian and offered her his hand. Corrie immediately prayed, but for a moment she froze, she couldn't forgive him. But without warning her arm flew out and met his. That is the power of Christ's love and forgiveness, and healing lies in that power.

It is hard to understand the evil of war, to understand the beheadings and executions that occur, the evils of the Holocaust. The cost of war is all around us. We see the effects of conflict on men, women and children. Not only through the loss of limbs or sight, but also through the inability of those who were intelligent confident people, who now cannot concentrate, cannot remember things and cannot socialise anymore. The cost of war is great indeed.

So we remember the sacrifice of the many in the 2 world wars and see pain and suffering continue in today's conflicts. In our acts of remembrance, we need to hand ourselves over to the power of Christ's love. That is where the healing is held. The gospel message is the healing power and forgiveness of God's love, of the coming of the Kingdom of God, for the long hoped for future of justice, peace, mercy and truth. As we remember those who died in war may we pledge to do what we can do here in our own lives to always work for peace through Christ's love. This is a good way to honour them for their sacrifice. Let us, therefore, remember the past, pray for the present and hope for the future in obedience to Christ's command to love all.

We will remember them.

Chris Norburn.

From the Registers

15.09.2018	Wedding at St Mary's Church, Rickinghall Inferior of Kerryann Emma Maule and Charlie Joseph Ken Baxter
02.10.2018	Funeral and burial at St Mary's Church, Redgrave of Mr Christopher David Keeble Died 3rd September 2018. Age 76

PARISH MAGAZINE — MESSAGE FROM THE TEAM

We are now into Autumn and still, as I am writing, the weather is surprisingly good. This month's magazine has some Christmas adverts so winter must be on its way!

As usual, thanks to all those who have supplied us with articles and adverts for the magazine and please keep them coming in—reports of activities, recipes and anything else you think may be of interest. New ideas for articles are appreciated.

Charles Murray

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

For all editorial content: editor@rbrparishmag.com

For all commercial adverts: adverts@rbrparishmag.com

To advertise events: events@rbrparishmag.com

Alternatively, please

write to: *The Parish Magazine, The Rectory,*

Bury Road, Rickingham, Diss, Suffolk, IP22 1HA or call The Editor 01379 890382

Please note that **the copy date for the forthcoming issues is as follows:**

- **Dec/Jan** issue 5 Nov (Mon). Come and help stuff the magazine @ All Saint's, Redgrave—4pm on 16 Nov (Fri)
- **Feb** issue 7 Jan (Mon). Come and help stuff the magazine @ All Saint's, Redgrave—4pm on 18 Jan (Fri)
- **March** issue 4 Feb (Mon). Come and help stuff the magazine @ All Saint's, Redgrave—4pm on 15 Feb (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

WELCOME

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

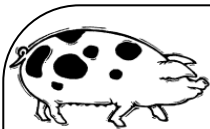


Printed by:



One Saturday morning at three,
A cheese monger's shop in Paree.
Collapsed to the ground,
With a thunderous sound,
Leaving only a pile of de brie.

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

FARM SHOP * DELICATESSEN * NURSERY * COFFEE SHOP



HILLCREST COFFEE SHOP
~*01359 250 547*~
Breakfast served daily from 9.00 am - 11.30 am
All day on the weekend.
HOT FOOD served until 3pm
Open Mon - Sat 9.00 am - 4.30 pm
Sunday 9.00 am - 4.00 pm
Light meals, Tea,

WE PRIDE OURSELVES ON OUR FRIENDLY SERVICE

CHRISTMAS GIFT GREENHOUSE

Pick up a GIFT, WRAPPING PAPER, DECORATIONS for your tree!

CHRISTMAS ESSENTIALS
Order you CHEESE, HAM, FRUIT & VEG or CHRISTMAS HAMPER

THE BUTCHERY

We are now taking orders for our Free Range 'Award Winning' Turkeys & Geese. Finest quality aged

Ribs of Beef etc.

LAST ORDERS

DECEMBER 7th

Don't forget to order your pigs in blankets!

HILLCREST NURSERIES LIMITED ~ Open 7 days a week
Barningham Road * Stanton * Bury St Edmunds * IP31 2DU

SUNNYSIDE Farm Shop



Home grown seasonal fresh fruit, vegetables & eggs etc.

Stowmarket Road
Rickingham
Tel: 01379 898 219

Open: 9 - 5.30
Monday - Saturday



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

Tripp Batt
Country Store

Garden Machinery

Sales - Service - Repair
Petrol - Electric - Cordless - Robotic
Mon - Sat 8.30 - 6.00 Sundays 10.00 to 4.00

Find us 7 days a week at
Marlows Home & Garden, Hollow Road, Bury St Edmunds, IP32 7AP
Tel. 01284 763155

www.trippbattstore.com



Special cakes for special celebrations

Jean Barker
01359 241135

www.amazingcakesbyjean.co.uk

CADE CREATIVE

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

• Telephone: 01379 783 380
• Mobile: 07931 850 813
• joclifford@cadecreative.com

Professional Ecologist and Nature Conservation Consultant

Dr Jon Huckle PhD MSc BSc

Huckle Ecology



- Ecological Survey & Assessments
- Habitat management advice
- Protected Species Surveys and mitigation
- Bats, great crested newts, reptiles, birds
- Planning application advice



Call Jon in Redgrave on 01379 890770 or 07496 255050
Email: info@huckleecology.com
Web: www.huckleecology.com

November Events

Rickinghall Farmers' Market

New stalls:

- 1) Dan the Apple Man
 - 2) Iced desserts & Sorbets
- .. bring your freezer bag!

Saturday 10 November 9–12.30

HERITAGE CIRCLE

Rickinghall Village Hall
28th November at 7:30 :

-
Nick Sign

The Home Front in Suffolk 1914-1918 – village life during World War I

-
New members and guests welcome.
onesuffolk.co.uk/HeritageCircle



November 8th
Rickinghall Village Hall
7:30pm

theWI Rickinghall
INSPIRING WOMEN

Pip Wright :
Frolic, Fervour and Fornication
Competition: Any item coloured Blue
New members and guests always welcome

RICKINGHALL COUNTRY MUSIC CLUB



**Saturday 24th
November**

at Rickinghall
Village Hall

8 pm - 11.30 pm

with

Bobby Graham

Ticket price £6.00

All Welcome

No bar—bring your own drinks and nibbles
Contact Keith or Kathy on 01379 898758



FIREWORK PARTY

WITH FOOD FROM 5 PM
FRIDAY NOVEMBER 2nd

RICKINGHALL VILLAGE HALL

Hall open for you to sit and enjoy
the Hog Roast and BBQ

PLUS ... Family Entertainment
with Park Radio from 5 pm

Fireworks start at 7.00 pm

BAR HOG ROAST & BBQ

Entrance : Adult : £5 / Accompanied Child £2

No unaccompanied children allowed in

*****Please DO NOT bring your own fireworks *****
*****not even sparklers*****

Botesdale Methodist Church

"Coffee down the Lane"

Tuesday 27th November 10.00am - noon



Residents of Rickinghall Superior & Rickinghall Inferior
are cordially invited to :

Rickinghall Village Hall AGM
Friday 23th November 2018
at 7.30 pm

Enquiries: Bob Clark
07930 188472

Charles Greenhough
077099 62658

Redgrave Garden Club

THURSDAY 29th NOVEMBER

XMAS Wreath Demonstration

with nibbles and mulled wine



Gabi Reid, Gabriel's Garden

Kits will be available for sale

Email : redgravegardenclub@gmail.com

Website redgravegardenclub.org.uk



the
CROSS KEYS

FREE HOUSE

*A warm welcome awaits
you at our new
community pub*

THE CROSS KEYS, THE STREET,
REDGRAVE, DISS IP22 1RW
TEL: 01379 779822
Email: gm@crosskeysredgrave.co.uk

	OPENING HOURS	FOOD FROM TO NO FOOD SERVICE	ORDERS FROM TO SERVICE
MON	12-11PM	12-2:30	6-8:30PM
TUES	12-11PM	12-2:30	6-8:30PM
WED	12-11PM	12-2:30	6-8:30PM
THURS	12-11PM	12-2:30	6-8:30PM
FRI	12-11:30	12-3PM	6-8:30PM
SAT	12-11:30	12-3PM	6-8:30PM
SUN	12-8PM	12-3PM	

Cocoa Mama Chocolaterie

4 Broad Street, Eye, Suffolk

- *Fresh cakes and light lunches made daily
- *Our own handmade Suffolk chocolates
- *Private parties and chocolate workshops
- *Delicious hot chocolates, cappuccinos and fruit smoothies

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

Open Tuesday - Saturday 9am-3pm

www.cocoamama.co.uk

01379 870688



THE WHITE HORSE

BAR & RESTAURANT

Event Nights
Lunchtime
Opening Hours
Starting in April

For More Info Visit
Our Website

NEW MENU
NOW
AVAILABLE

01379 898779

Midweek Discount
Wednesday &
Thursday Evening
15% Off Your Bill

Terms & Conditions
Apply

www.whitehorsethelnetham.co.uk



4B&B STRENNETH

Country Bed and Breakfast



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

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

Airfield Road
Fersfield Diss
Norfolk IP22 2BP



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

**Please ask for our selection at
The Cross Keys, Redgrave
or**

**Visit the Brewery - now open to the public for
the sale of bottles**

**Star Wing Brewery, The Old Saw Mill,
Unit 6, Hall Farm, Redgrave
IP22 1RJ
01379 890586
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
Email : joy@groveflockbandb.co.uk
See our reviews on Trip Advisor



Pansthorne Bed & Breakfast

Tel: 01379 688096

Modern Service In a Country Setting



Spacious, ground floor, ensuite accommodation,
in sympathetically converted farm outbuildings.
Each room opens onto a gravel courtyard.
Guest Controlled heating.
Free WiFi and plenty of parking



Email: enquiries@pansthorne.co.uk

**Pansthorne Farm, Redgrave Road
South Lopham, IP22 2HL
www.pansthorne.co.uk**

November Events

Redgrave &  Suffolk Wildlife Trust Lopham Fen

Weekend Wildlife Club
Saturday 10 November, 10.30am-12.30pm
A club for 6-11 year olds, £3
Booking essential

**Windfall preserves -
autumn bounty in chutneys & preserves**
Sunday 11 November, 10am-3pm
£38, incl ingredients & jars. **Booking essential**

Two colour woodblock printmaking
Tuesday 13 November, 10am-4pm
£40, incl materials. **Booking essential**

Festive willow decorations workshop
Saturday 17 November, 10am-1pm
£30, incl. materials. **Booking essential**

Nature's gifts – festive preserves
Sunday 25 November, 10am-3pm
£38, incl ingredients & jars. **Booking essential**

Know your soils
Tuesday 27 November, 7.30pm-9.30pm
£2 per person (includes refreshments)
All welcome, no need to book

Time to paint
Friday 30 November, 10am-2pm
£5 donation, includes tea and cake
All welcome, no need to book. Contact 01379 688333

For further details and to book, visit
www.suffolkwildlifetrust.org or call 01473 890089

Want to make better use of your tablet or PC?
Need help with email attachments?
Not sure what to do with a smartphone?
No computer but need to fill in an online form?



We'll try to help!
Visit us in the Cross Keys,
3rd Thursday of each month
3:30 - 4:30pm
Tea, Coffee & Cake £3.50

CROSS KEYS UPDATE

November Key Events

Thurs 8th PIES! PIES! PIES!
Come and enjoy the variety of delicious homemade pies on offer tonight

Wed 28th QUIZ NIGHT
7.30pm start £2 entry

Now taking party bookings for Christmas
Events and menus available on the website

www.crosskeysredgrave.co.uk Tel: 01379 779822

ARMISTICE DAY REMEMBRANCE

SUNDAY 11th November 2018

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. All are welcome to observe this silence with us - please assemble at the Memorial just before eleven am.

The Three Villages' Parade to commemorate Remembrance Sunday will take place later the same day. The Gislingham Silver Band will play. It is your Parade and all are welcome, and indeed encouraged, to march behind the Band.

No training is needed! "Fall in", behind the Brownies, facing downhill. On orders, we will "Quick March" with an "Eyes Left" at the Memorial, then "Eyes Front". At the Blue Orchid, we will halt, 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 all welcome to join us in the Greyhound where tea and coffee will be provided.

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 Mike Bishop on 07801 815983.

COFFEE ON A SUNDAY AT PARKVIEW CHAPEL BOTESDALE

November 18th 11.00AM-12.00PM

COFFEE, TEA, CAKE AND FRIENDS

For more info contact Kev at the Chapel on
kevin@parkviewchapel.co.uk or 01379 898924



The Watercooler

A forum for freelance/home-based professionals to share ideas, best-practice, problems, solutions etc. Meetings held first Friday every month at 12 noon, in the Cross Keys, Redgrave. For further details, contact Jamie Cleaver: mail@jamiecleaver.co.uk

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

HEALING HANDS

Mobile therapist covering
Diss and surrounding areas

*Specialising in Manual
Lymphatic Drainage,
Aromatherapy massage,
Hot stones, Swedish/
Indian head massage
for relaxation and other
health benefits*

Karen 07766 466884
karenjacob777@gmail.com
Visit Facebook Healing
Hands Massage Therapist

Traditional Chinese

Acupuncture

Restores Your Health

Deborah Ellis
LicAc M.B.Ac.C

30 years experience

01379 651553

71 Wheatfields,
Rickinghall,
IP22 1EN

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

CUT ABOVE

Ladies & Gents hairdressing
and beauty.

The Street Rickinghall

Open Tuesday-Saturday

TEL .01379 890647



Simply Beauty of Botesdale

01379 308338

Hill Top The Street Botesdale

IP22 1BX

Neal's Yard Remedies Facial & Body Treatments
Jessica Manicures & Pedicures Gelation Nails
Massage Reflexology Waxing Tinting & Beauty
Packages

Gifts & Vouchers available

Holistic Therapies NOW available with Jayne
For a professional & friendly service visit

Simply Beauty
Rest Relax & Rejuvenate

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

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.



Denplan
At the heart of dental care.

NEE 5/2009 012 1/0

November/December Events

HEADSPACE

Time to clear your head, talk, think & be together



Thu Nov 1st, Wed 7th, Thu 15th, Wed 21st, Thu 29th
from 9:30am for coffee & cake @ **All Saints Redgrave**

All women welcome. Children catered for.

Karen 01379 890897

► Christmas lunch Wed December 5th 12.00pm ◀

RAHOF presents their annual:

"CHRISTMAS EVENING"

Friday, 14th December

All Saints Church, Redgrave

7.00p for 7.30pm start

Admission: £8 pp

A friendly evening of non-alcoholic mulled wine
mince, pies, songs, carols, poems, humour &
seasonal cheer!

**CHRISTMAS HAMPER DRAW & CHRISTMAS BIRD
DRAW!**

Tickets from June Hart on 01379 897180 or
Committee members

Parish of Redgrave cum Botesdale with the Rickinghalls

Advent Bazaar

--- St Mary's Church, Rickinghall ---

--- Saturday 1st December 2018 10am - noon ---

Before the Christmas rush starts, come and enjoy
refreshments, mince pies, and home baking, and browse at
various stalls including cakes, books, chocolate tombola,
and children's activities.

Entry free



DISS University of the Third Age

The next meeting of Diss U3A will be on

Thursday November 1st 2018

at the United Reformed Church at 10.30.

The guest speaker will be **Nick Sign**

who will be giving a talk entitled

Boudica and the Icenii Rebellion of 60 – 61CE

The charge for each monthly meeting is **50p** for
members & £2 for guests, which includes tea or coffee.

Annual membership is £12 (pro rata).

For further information on Diss U3A
visit our website: www.dissu3a.org.uk



**OUSE VALLEY
FILLING STATION**

fill up spiritually

Friday 9 November 2018
7.30 pm @ Garboldisham Village Hall
(Refreshments from 7.00pm)

email: ousevalley@thefillingstation.org.uk

Autumn Services



All Souls' Memorial Service

For those who have been bereaved recently
Everyone welcome - refreshments available
Sunday 4th November; 3pm, St Mary's, Rickinghall



Remembrance Sunday

11th November

10.30am Holy Communion, St Mary's Rickinghall;
3pm Parade Service, St Botolph's, Botesdale

MERE PLAYERS present HAPPY DAYS ARE HERE AGAIN

*A cabaret with live musicians travelling through
six decades of music from the 1920s to the 1970s*

ROYDON VILLAGE HALL at 7.30pm on
Thu 15th, Fri 16th & Sat 17th November 2018

Licensed Bar – doors open 7.00 pm.

Tickets (£10) available from :

* www.mereplayers.com

* call 07908 962961

* Park Radio at Diss Youth Centre (cash only)

Christmas Open Studio and Sale at Pound Farm Barn Rickinghall

Saturday 17th November 10.00-4.00



Original Prints, Christmas Cards,
Ceramics, Baskets and many other
Handmade Gifts

10% of sales to Parkinson's UK

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
£4.05 or £3.85 per hour (depending on age)

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

Registered Charity no. 1022795



Registered Charity
1142955
OFSTED Registration
EY445021



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

Providers of wrap around quality affordable childcare for children aged 3 – 11, term time only with consistently excellent OFSTED reports.

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

Children are collected daily from St Botolph's Primary School.
We also provide a drop off & collection service for the following schools

Mellis Primary School, Wortham Primary School, Gislingham Primary School, Palgrave Primary School.

There will be a small additional charge for this service.

Our fees are as follows;

Breakfast Club

7.45am start £5.40 per session
7.30am start £5.90 per session

After School Club

3.30pm – 4.30pm £4.25 for the hour
3.30pm – 5.30pm £8.50 for 2 hours
3.30pm – 6.00pm £9.50 for the session £8.50 for siblings

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



Rabbats

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



Rickinghall Village Hall
Every Thursday
9.30 to 11.30 am
Come along and join us
For information call
Keren on 01379 897392
or email us at
rabbats99@yahoo.co.uk
www.onesuffolk.co.uk/

STAMP COLLECTIONS WANTED

GB / BR COMMON-WEALTH, MINT, USED, PACKS, COVERS, ALBUMS

TEL 01379 898577

IMMEDIATE OFFER AFTER VIEWING



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

u uplandswayvets.co.uk **W**





Botesdale Parish Council



Leeann Jackson-Eve

OCTOBER Report – Leeann Jackson-Eve (Clerk)

Eight councillors were present with apologies from Cllr Green.

Public Forum: County Cllr Fleming reports that Suffolk's 2019/2020 Budget Consultation is open and can be accessed by visiting www.suffolk.gov.uk/budget2019. Hard copies will be available from libraries. The consultation closes at 5pm on Friday 16 November. - The deadline for applications to secure a place at a Suffolk secondary school for 2019/ 20 is 31st October 2018. For primary schools it is 15th January 2019. Secondary schools include high and upper schools and primary schools includes infant, junior and middle schools. Note that the new school transport policy offering service for new students only to the nearest suitable school will commence in September 2019. More information about the changes is available at www.suffolk.gov.uk/admissions.

District Cllr Osborne reports that the five-year housing supply figures for Mid Suffolk – reported in last month's magazine, have been challenged and will be reviewed.

A member of the public spoke about the planning application at Virginia Cottage, with concerns about the size of the house relative to the plot.

Planning: The PC considered three applications. The first was at Stubbings Entry, Slough Road for the erection of two poultry houses. There was some concern about the effect the construction vehicles would have on the already damaged road and the additional vehicle movements once the poultry houses were constructed. However, if road improvements could be made, there would be no objection. The second was at Land adjacent to Virginia Cottage, The Street for the erection of a new dwelling and garage with new vehicular access. Councillors felt that the amount of land allocated to the new dwelling was disproportionately small compared to the existing dwelling, particularly in the context of the rest of the properties on Bury Road, all of which had sizeable gardens. As a result, the proposed plot felt quite constrained and the PC agreed to object on those grounds. Finally, the PC considered an application to reduce several trees/hedges at Woodstock Barn, Chapel Lane. There was no objection.

Neighbourhood Plan: The draft has received its informal review from Mid Suffolk District Council and has been circulated to councillors for review, to be considered for approval by the Parish Councils at their November meetings. The public consultation will start on 9 November and finish on 21 December. This is your opportunity to comment so please attend one of the launch events – on 10 November, 9am – 2pm at Botesdale Village Hall; 16 November, 2.30pm – 7pm at Rickinghall Village Hall; or 17 November, 9am – 2pm at Rickinghall Village Hall. Alternatively, go to the Botesdale PC or Rickinghall PC website for the link or check out the posters around the village for locations where you can access a hard copy.

Footpath Cutting: Most of our footpaths are cut twice in the summer by Suffolk County Council, with a small number cut monthly by the Parish Council from May to September. The PC has been consulted on the paths included in SCC's cutting schedule and will be asking for a few changes to be made, mainly leaving the cutting to SCC where paths don't need to be maintained as regularly.

Community Infrastructure Levy: The PC congratulates the Botesdale Health Centre on its recent successful bid for £98,739.74 from the District Council's Community Infrastructure Levy fund. If you want to find out what qualifies for infrastructure, please go to www.midsuffolk.gov.uk/planning/community-infrastructure-levy-and-section-106 for more details of the funding scheme and dates of the next round of bidding.

Hedges: The PC is still receiving complaints about hedges not being cut

back sufficiently, blocking footways and visibility for motorists. Please make sure your hedges are trimmed.

Council Documents: The PC's Standing Orders, Financial Regulations and Risk Assessment documents have all been reviewed and updated where necessary. These are reviewed annually.

Footpaths and Streams Project: The project aims to provide maintenance to support the continued flourishing of native flora and fauna within the streams and footpaths area between Fen Lane and The Street. A summer of strong growth and not enough undergrowth management has left the area requiring a significant investment in effort to restore its suitability for wildlife and to encourage a wider diversity of flora. Currently, streambeds are choked with silt and a semi-aquatic plant known as 'fools-watercress'. It's almost impossible to calculate how long it will take to achieve the goals the team has set for this winter's program, but with Christmas not too far away the eleven working parties planned over the autumn and winter may not be enough, particularly as we don't know yet how much assistance will be forthcoming. What is required is specialist assistance with fallen tree cutting and their eventual disposal, most of the remaining tasks simply requiring the application of manual labour. Scheduled working party dates: 14th, 28th October; 11th, 25th November; 2nd, 9th December; 6th, 20th January; 3rd, 17th & 24th February (All dates are Sundays – meet by the bridge in Fen Lane at 10:00 AM.)

Play Area: The PC has engaged a mobile jet wash service to clean the play area and this has been very successful. We've struggled to get this done previously as there is no source of water at the play area but have now found a suitable service and agreed a cleaning schedule three times a year to start – winter, spring and summer. More dates will be added if needed.

Meeting Dates 2019: 7 Jan; 4 Feb; 4 Mar; 1 Apr; 13 May; 3 Jun; 1 Jul; 5 Aug (Planning only); 2 Sep; 7 Oct; 4 Nov; 2 Dec. Please note that the May meeting will be a week late due to the bank holiday.

Post Office: Arrangements are being put in place to receive two visits a week at Rickinghall Village Hall from a Post Office equipped van. The PCs have been working for some time to encourage the Post Office to provide replacement services and it is hoped that the service will be up and running before Christmas.

Christmas Events: The Christmas tree Lights On Ceremony will be on Saturday, 1 December at 6pm.

THE NEXT BOTESDALE PARISH COUNCIL MEETING WILL TAKE PLACE ON MONDAY 5th NOVEMBER

at 7.30 pm
at Botesdale Village Hall

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

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

Tel : 01379 890 141

Email : botesdale_pc@bopenworld.com

Please contact her during OFFICE HOURS ONLY.

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

QUATREFOIL

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

books are available from:

Redgrave Shop

(only books about Redgrave)
Jean Sheehan (01379 890237)
Di Maywhorl (01379 898785)

full details of all books and
our events are available at:

www.quatrefoil.org.uk

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



Aisling Counselling

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



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

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

West Suffolk Counselling

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



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
www.dissbowentherapy.co.uk



Bowen Therapy Professional Association

An independent organisation of Bowen Therapists run by Bowen Therapists



House Sitting Service

I am a capable, trustworthy and caring house sitter
Your pets stay comfortable in their own home
Relax while away knowing all is well at home
Save on pet boarding costs
Long or short assignments
Competitive rates, meet & greet, free trial dog walking
References available
Interested: Please call Katrina on **07867 844702**

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**

Dr Cheontell Barnes BSc MSc DClInPsy

Chartered Clinical Psychologist

Offering friendly and confidential psychological therapy for adults,
children, families and couples, for a range of mental health
difficulties.

Eye Movement Desensitisation Reprocessing Therapy (EMDR) -
Cognitive Behavioural Therapy (CBT) - Cognitive Analytical
Therapy (CAT) - Mindfulness - Trauma-focused therapy - Systemic
therapy - Psychodynamic therapy

Based in Gislingham

Email: cheontellbarnes@gmail.com

Call: 07717 175226





Redgrave Parish Council

Leeann Jackson-Eve



Redgrave October Report – by the Clerk

Councillors Mike Denmark, John Giddings, Richard Hilton, Ann Preston and Jason Walker were present in addition to County Cllr Jessica Fleming, the Clerk and 15 members of the public. Everyone welcomed Angela Clarke, who was co-opted onto the Parish Council. The PC now has its full complement of nine councillors.

Public Forum: County Councillor Jessica Fleming reports that the Suffolk Design Guide is currently being updated and SCC is looking for input on what the guide should contain. The Guide will give advice on design matters for planning officers and committees as well as developers. SCC is also currently consulting on next year's budget until 16 November. You can complete a short survey at: <https://www.suffolk.gov.uk/council-and-democracy/consultations-petitions-and-elections/consultations/a-tough-call-to-make-budget-20192020/>. Finally, the Suffolk school application deadlines are 31 October for secondary school and 15 January for primary school.

A resident complained about potential tree loss on The Green and the lack of notification from the District Council. Tree applications come and go on a very quick turnaround so the best way to keep an eye on any (as well as planning) in your immediate area is to subscribe to notifications from MSDC Planning. To do that, go to the website at <https://planning.baberghmidsuffolk.gov.uk/online-applications/> and register. You can then save a "search" on a particular area to receive notifications.

Planning: The PC supported an application for a new dwelling and access at The Mill House, The Street. There was no objection to two tree notices for removal of a cherry and a mountain ash at Tamarind, The Street and for removal of a cherry and a ginkgo at Felix Cottage, The Street.

Housing Development: We spoke too soon when we reported last month that the district had a 6.5-year housing supply. Our County Councillor reports that this was challenged successfully by a developer and the inspector determined that the district did not have an adequate supply. As you may recall, the previous lack of a five-year supply for deliverable housing land had forced the District Council to consider all planning applications from a starting position of being in favour of any sustainable development. This will now be the case again.

Neighbourhood Plan: A village meeting is planned for Wednesday, 14 November at 7pm in the Redgrave Activities Centre. This will be a consultation meeting informing the community about plans to draft a Neighbourhood Plan. There will be more information about the evening coming directly from the Neighbourhood Plan team.

Footpath Cutting: The PC has agreed the footpath cutting schedule for the next year which goes unchanged. Suffolk County Council are responsible for footpath maintenance and cut the paths twice in the summer.

Community Infrastructure Levy: The PC has received details on the current bidding round for CIL funds, which are available to any community group. Although funds can be delivered without a Parish Infrastructure Investment Plan (PIIP), which we reported on back in May, it is recommended that every community should have one to confirm community priorities for funding. The Neighbourhood Plan group will be looking at some kind of consultation with the community to formulate a PIIP. If you want to find out what qualifies for infrastructure, please go to www.midsuffolk.gov.uk/planning/community-infrastructure-levy-and-section-106 for more details of the funding scheme and dates of the next round of bidding.

Old School Playing Field: The PC has received notice of an application for right of way over the access to the Old School Playing Field which will be dealt with by the PC's solicitor who is already looking into the status of the access. The PC also received a request to purchase part of the Playing Field to add to a resident's garden. This was not dismissed but it was agreed to defer it until the access was sorted out.

Remembrance Day: Wing Commander Chris Davies will be representing Redgrave at the Remembrance Day events.

Council Documents: The PC's Standing Orders, Financial Regulations and Risk Assessment documents have all been reviewed and updated where necessary. There are a few recommendations on the Risk Assessment which will be discussed at the November meeting.

Meeting Dates 2019: 9 Jan; 6 Feb; 6 Mar; 3 Apr; 1 May; 5 Jun; 3 Jul; 4 Sep; 2 Oct; 6 Nov. As always, there are no August or December meetings.

**THE NEXT PARISH COUNCIL MEETING
WILL TAKE PLACE ON
WEDNESDAY 7th NOVEMBER
at 7.30 pm
Redgrave Amenities Centre**

All Parishioners are cordially invited to attend

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

Tel : 01379 890 141

**Email : redgrave_pc@btopenworld.com
Please contact her during OFFICE HOURS ONLY.**

Mobile Library

Rickingham :	Rectory Hill	10.40 – 10.55
Rickingham :	Hinderclay Road	11.00 – 11.15
Rickingham :	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: 14th November, 2018**

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

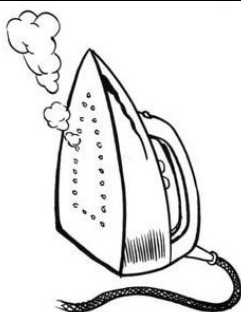
CALL JON ON 07817 212509

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



RICKINGHALL
IRONING SERVICE

And More



Free collection/delivery
within 3 miles of Rickingham

Please call Ruth
01379 890506
0751 7039 685

Prices available upon request

Transport
(Hospital/Doctors etc)

Shopping



Do you need someone
to take the stress out
of your life? I can
help by:

- Cleaning, regular or one-off
- House/pet sitting
- Extra pair of hand at parties or events

Call Judith
07733 361156

Turrell

Cleaning Services

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

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

TIME FOR YOU
DOMESTIC CLEANING

Typically
£12.00
per hour



- ✓ Cleaning over 400 homes for 10 years
- ✓ Same reliable weekly cleaner
- ✓ Insured service
- ✓ Our cleaners are fully vetted
- ✓ Great customer service

Call today: 01359 258991
www.timeforyou.co.uk



Shine n Clean

Residential and commercial window cleaning.

A reliable window cleaning service using the latest pure water and reach & wash cleaning systems, leaving glass sparkling clean for weeks, no mess, no smears and no harmful chemicals.

01359 259376

email shinenclean@mail.com

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

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

If interested, please
contact

adverts
@rbrparishmag.com



Rickinghall Parish Council



October Report by Cllr Nicolaas Joubert

The council received apologies for absence from Cllrs Sally Smith and Gillian Crossley-Holland. Cllr Dominic Ebert has regrettably tendered his resignation to the Rickinghall Parish Council with immediate effect. All other Cllrs were in attendance as well as the Clerk, Leann Jackson-Eve. A single member of the public was in attendance.

The Public Forum

No contributions were made.

Planning

Stubbings Entry, Slough Road, Burgate. Ref. DC/18/03751. Planning Application - Erection of 2no. clear span poultry houses. The council was unanimously in favour for the application to be approved.

Jackamans Farm, Briar Lane. Ref. DC/18/04333. Notification for Prior Approval under Schedule 2, Part 3, Class Q (A) and (B) of the Town and Country Planning (General Permitted Development) (England) Order 2015 - Change of Use of Agricultural Building to a Dwellinghouse. The council was unanimously in favour for the application to be approved.

Notice of Intent to prune/remove tree(s) in the Conservation Area: **1 Church Farm Close.** Ref. DC/18/04294. Fell 1 No. Silver Birch. No objection.

Notification of Planning Decisions by Mid Suffolk DC: Church Farm Barn, The Street. Rev. DC/18/02986. Householder Planning Application - Erection of a single storey side extension. Planning Permission GRANTED.

Neighbourhood Plan - Update

Public consultation will take place from the 9th November to the 21st December. A briefing will take place on the 22nd October, 19:30 for the parish councillors in advance of signoff.

General

Cllr Jessica Fleming - The County Council is formulating a new design guide which will be completed next year. This will be to offer the county authorities a tool to liaise with developers early in the

planning phase to achieve good design schemes for new developments. This will also enable meaningful local input.

The new School Transport policy comes into effect Sept 2019. The public are urged to review this policy.

Accessible footpaths – Councillors will be meeting with the footpaths officer at SCC to discuss footpaths which may require improvement. Disabled accessibility will also be considered.

There was a request for support for a lowered speed limit on Mill Lane. It has been considered and following advice from the Police and SCC has been found not to be enforceable and expense will far exceed the benefit.

The Environment Agency has requested feedback on flooding strategy. Both the Parish Council and the public are free to give feedback or comment on local concerns or issues.

The Remembrance Day event is being arranged by Mike Bishop. Cllr Robin Brown offered to assist.

Meeting Dates 2019: 10 Jan; 7 Feb; 7 Mar; 4 Apr; 2 May; 6 Jun; 4 Jul; 1 Aug (Planning only); 5 Sep; 3 Oct; 7 Nov; 5 Dec. January meeting a week later due to public holidays.

Next Meeting: 1st November 2018 at 7:30pm

RICKINGHALL PARISH COUNCIL'S NEXT MEETING IS ON

THURSDAY 1st NOVEMBER

at 7.30 pm

AT RICKINGHALL VILLAGE HALL

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

Your Clerk is :

Mrs Leann Jackson-Eve
Wayside Cottage, Cherry Tree Lane
Botesdale, Diss, Norfolk, IP22 1DL
Tel : 01379 890 141
Email : rickinghall_pc@btopenworld.com

Please contact DURING OFFICE HOURS ONLY

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

If you can walk on it or sit on it, we
 can **Crystal Clean** it
 Carpet cleaning
 Upholstery cleaning
 Hard floor cleaning
 In homes and businesses

Crystal Clean Services
Mark Underwood
 01379 678806
 07984 648296
info@crystalclean.services


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

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

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





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
 Tel/Fax 01359 235030
information@thepinehousecompany.co.uk
 Spinney Garage, Stowlangtoft near Bury St Edmunds, IP31 3JS
 Open Mon-Sat 9am-5pm, Sun 10am-4pm, Closed Tuesday

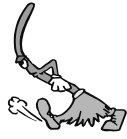
Village News



St Mary's Redgrave Church

REDGRAVE CHURCH
HERITAGE TRUST

Cleaning 9am 1st
November



Redgrave Neighbourhood Plan - Have your say!

Redgrave Parish Council invite you to a Village Meeting at 7:00pm on Wednesday 14th November in Redgrave Activities Centre to launch Redgrave's Neighbourhood Plan.

A Neighbourhood Plan will give our community the power to develop a shared plan for this village for the next 20 years and shape its development and growth.

More information will be delivered to every household before the meeting and we would love to hear your thoughts. Please attend if you can, otherwise ideas and suggestions can be sent to:

redgraveneighbourhoodplan@gmail.com or dropped into the shop.

Finnabair, Bridewell Lane, Botesdale

Dear Friends

I would like to say a big thank you to the many people in Botesdale, Rickinghall and Redgrave who sent me such beautiful cards and letters when I lost my darling Ian in August. Ian and I always knew we had done the right thing when we moved to this lovely area 15 years ago. Thank you all so much

Janet (Whiteside)

Do you like learning new skills?

Do you enjoy working with children?

Do you want to make a difference in your community?

Do you have some time each week to lead and join in with fun activities?

If the answers are yes then Brownies could be for you!

1st Redgrave & Botesdale Brownies are looking for new leaders to join their experienced team.. For more information please contact

botesdalebrownies@hotmail.com

or search for 1st Redgrave & Botesdale Brownies on Facebook Full training and support given.



Thank you so much to all who attended our Macmillan Coffee Morning in September. We were blessed with wonderful sunshine and very little wind so were able to sit outside. We were overwhelmed with the generosity and support we received and were able to donate £611.80 to Macmillan Cancer Support - such an amazing amount - thank you.

I would also like to thank those who gave me such support over the last few months,

I have treasured the cards, and so appreciated those who kept in touch with emails and telephone calls, it was wonderful - thank you.

I feel very lucky now that I have been given the all clear and feel back to 'normal'.

Many thanks Philippa and Rob Rixon

Orders for the winter oil purchase



Need to be with David Sloan by Saturday 23rd November

I will place the order on the following Monday,

the 25th. Deliveries should all be complete by Friday 7th December, and

probably well before that. The following bulk purchase will be at the

end of February 2019. As always for ordering, e-mail is preferred, at:

botesdaleoil@gmail.com

If that is impossible, then call me on:

01379 890952

Leave a message if there is nobody home I will always reply to messages, either e-mail or 'phone, within 2 days.

If I do not, try again. Sometimes messages don't get through, on 'phone or e-mail.

If I have not told you "You are on the list", then you are not, and need to try to contact me again.

Rickinghall Church

Thank you

to all the people who helped to man the churches on the day of the sponsored cycle ride and gave the visiting cyclists raising money for Suffolk Historic Churches Trust a warm welcome.



Rooms with a View

Fabrics and Interior Accessories
Handmade Curtains and Blinds

Jane Churchill, Colefax, Vanessa Arbuthnott
& many more

Farrow & Ball and Little Greene
paints and wallpapers

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

INTERIOR DESIGN & SOFT FURNISHINGS

Karen Lawrence Basketmaker

*Willow * Rush * Cane*

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

01379 890897

www.karenlawrencebasketry.com

Handmade in Redgrave from
English Willow and Rush

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

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



Restoration of Fine Antique Furniture

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

Gilding

Veneering

French polishing

Leather Desk Inserts & many other restoration processes
Local collection service

Please contact Roger Castro on 01359 259643

The garden room

www.the-gardenroom.co.uk




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

Buy online or at our Suffolk Retail Shop

Did you know we are also an ebay power
seller? Please visit our ebay store ...
www.stores.ebay.co.uk/The-Garden-Room-1

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

01449 723412 / 01379 898646



Made to Measure Curtains & Blinds
Julie Wood
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



SPOTLIGHT ON Gordon Lawrence

For most people, Gordon is the man who organises the community transport in the benefice. He and his wife, Jan, have lived in Rickinghall for the past twenty years.



He grew up in London and trained as an engineer, with a particular interest in the development side of motor engineering. He went on to work his way up through the ranks with Ford, acquiring further qualifications in business studies through evening classes and weekend courses. He was promoted to a management role at a very young age and had to be asked by his boss to wear a pair of glasses in order to look older so he would be taken seriously! Towards the end of his career with Ford he worked on the development side of engineering and developed the first diagnostic computer for production.

He has always preferred country living to that of the city and, at one stage, he bought a derelict cottage with a large amount of land near Rayleigh in Essex, which he spent three years renovating, where he bred bull mastiffs, kept pigs and 300+ poultry as "light relief" to his day job.

As time went by, and now with a grown-up daughter who had always adored horses, he and Jan set up an equestrian business for her to help manage once she had completed her equestrian training. They successfully ran a riding school with their own horses for several years, and also had a livery business.

On taking an early settlement package from Ford, they continued to run the equestrian business for several more years before eventually selling up and moving to Suffolk.

Within the year he was asked if he would consider running the community bus for the council, which he did, and in 2009 he was presented with a Community Achievement award for his efforts. The county council has since pulled out of the service, but Gordon and a band of volunteer drivers continue to provide the valuable service for the community. However, additional financial support will be required in due course to ensure the service continues.

Like his father before him, Gordon is a vintage car enthusiast and currently has a garage full of wonderful old vehicles, all in various states of restoration.

If whisked away from Rickinghall to that elusive desert island, Gordon's book choice would be "The History of the Development of the Motor Car from 1900". He's not actually aware of the existence of such a book so he might need to write it himself! His luxury item would be a lovingly preserved vintage Red Label Bentley.

VILLAGE NEWS

Rickinghall Village Hall

Hall & tennis court hire

0770 996 2658

rickinghallvh@gmail.com

LOHP (Little Ouse Headwaters

Project) AGM & Members' Evening

30 November 7.30pm at The Lophams Village Hall

• Short AGM followed by talk on 'Ponds' with Dr Carl Sayer from UCL.

• Seasonal refreshments available, raffle, non-

• members welcome - suggested donation £2,

• members free. Please bring a plate to share.

TRADITIONALLY REARED FARM TURKEYS AVAILABLE FOR CHRISTMAS

**Contact:
JOHN FARROW
PRIORY FARM
WEST HALL
ROAD
RICKINGHALL
IP22 1LY**



Telephone: 01359 259221

DISS FOOT CARE

Foot care in the comfort of your own home

Sherralyn Blakely TCFCP dip

Foot care specialist

Friendly and professional service

Nails cut

Hard skin removed

Callouses, corns, fungal nail, ingrown nails treated



Call for more details : 0787 664 8667



Experienced Reflexologist in Rickinghall

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

Lisa Howlett MBRA
(Qualified 1999 Bayly School of Reflexology)

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

For more information and advice or to book an appointment
please call Lisa on

07989 565210 or 01379 898028

The Foot Health Clinic

in the comfort of your own home

Professional treatment of foot related discomfort
including:

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



Call David today for an appointment on 07503091122

David Casey
SAC Dip.FHPT.FHPP.

NATURAL FOOT CARE

Treatment in the comfort of your own home

Melanie Johnson SAC Dip RFHP

Corns - Calluses - Verrucas
Fungal Infections - Athletes Foot
Ingrowing Toenails - Cracked Heels

Call 07568374257

www.naturalfootcare.co.uk



P J Music

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

Music Books, Instruments and Accessories

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

Guitar Lessons Beginners to Advanced

E-mail - pjmusic@btinternet.com

01379 890088 – 07968 687011

English Tutoring

*Need to boost your child's
literacy skills?*

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

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

For more details, please call Sue
on 01379 890539 (eves) or
07493 880577

(CRB checked. References
available, on request.)

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

If interested, please
contact

adverts
@rbrparishmag.com

Chair based
strengthening/
balance exercises

Fridays 10-11am, at
Park View Chapel,
Botesdale

Contact Lesley on
01359 221583.



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

Enquiries: Jill on 01379 897055 or 07800 639 141



ZUMBA
fitness

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

Mondays @ 10am Rickinghall village hall

Tuesdays @ 6pm Rickinghall village hall

Thursdays @ 6pm Rickinghall village hall

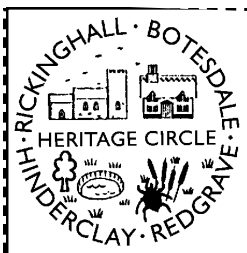
All classes £6 per session (2 in same week £10)



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 @ 6pm Garboldisham village hall
Fridays @ 10am Palgrave village hall

Club News



The A-Z of Streets in Bury St Edmunds Martyn Taylor

Martyn Taylor used material from a recent book to give an entertaining talk to the August meeting of the Heritage Circle at Rickinghall Village Hall about changes to the streets of Bury St Edmunds. He used the idea of an A-Z gazetteer to explore aspects of the history of the town through short

anecdotes about places and the people who lived there.

Martyn started his review with the letter A and Angel Hill. This lies at the heart of the historic town. One of its most prominent features is the Angel Hotel which was built on the site of three medieval inns. It used to have attractive creepers across its frontage but they had to be removed as mice climbed them and got into the bedrooms, upsetting guests. Nearby is another notable building, the Athenaeum. It has a green dome which contained an observatory opened in 1859. Unfortunately it is now in disrepair. However, at the time, it encouraged a flourishing astronomical society.

Like most medieval towns and cities, guilds played a prominent role in the community. In Bury St Edmunds, the most influential was the Candlemas Guild whose members were the wealthiest citizens in the town. They supported the poor and the needy. Two examples of their work are still to be found. The Guildhall Feoffment School in Bridewell Lane and the almshouses in College Square were financed by the guild.

The talk offered quirky details about Bury St Edmunds. Hatter Street, where the Abbeygate Theatre now stands, is little changed from when it was built but it was the Jewish Quarter and was originally called Heathenmen Street. The Fox in Eastgate Street is probably the oldest pub in the town. Drovers who brought animals to the market drank there. Around the corner was the ducking stool which was last used in 1833 to punish scolding wives or cheats. Similarly, in Home Farm Lane, near the hospital, there is the only thatched building in Bury St Edmunds because a serious fire in the town in 1608 led to thatched roofs being banned.

Martyn told one distressing story. Chalk mining was undertaken in parts of Bury St Edmunds. The chalk was used to make lime cement for building work or to reduce the acidity of fields. In 1964, 33 houses were built in Jacqueline Close to the west of the town centre. In 1967 some of the houses began to collapse and fall into the old mine workings. The problem was so bad that most residents had to be moved out for their safety. Their problems did not end there as most were not insured for subsidence and so were still liable for their mortgage repayments. Questions about why permission was granted to permit building on the site were never adequately answered.

At the end of his A-Z review, Martyn mentioned Zulu Lane. He has found a link between the town and the Zulus. In the middle of the 19th century, Thomas Wilkinson, the son of a JP in Walsham-le-Willows was a pupil at a grammar school in Bury St Edmunds. He went on to become the Bishop of Zululand. This story concluded an enjoyable evening provided by a man with an extensive knowledge of Bury St Edmunds through research of the town where he was born and obviously loves.

The next meeting of the Heritage Circle will be at 7.30pm on Wednesday 28 November at The Village Hall, Rickinghall. Nick Sign will give a talk about The Home Front in Suffolk 1914-1918 – village life during World War 1. Further information about the Heritage Circle is available on its website, www.heritagecircle.onesuffolk.net.

Gerry Gurhy

Coffee On



Hello one and all and I hope that you have had a good month since I last wrote in the Parish Magazine.

The Coffee Shop at Parkview started with just the four of us who organise the event ... and it was VERY quiet.

We wondered if we had got the day wrong ourselves, but we needn't have worried. By 10 o'clock the room was buzzing - happy chat and refreshments. The Coffee shop is aimed at EVERYONE ... those "of a certain age" and those who are considerably younger. We have a creche for our really young visitors and we have coffee, tea, cheese scones, cake and biscuits for everyone who wishes to indulge!

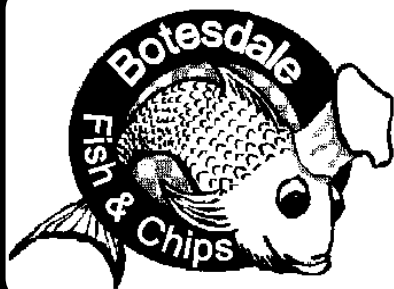
If you have been before, then do keep coming. If you haven't visited before, then do come and find out what is happening. Like everyone, the team at Parkview have their faults, but one thing which we try to do really well is to welcome everyone. WHY NOT TRY US OUT?

We were fortunate enough to have an official visitor this morning, in the shape of Sue Roots who is the fundraiser for SARS - Suffolk Accident Rescue Service. Not only did she have some information leaflets with her, explaining about the work of the charity, but she sat at all of the tables and chatted to people about what the charity does. What a lovely personal service! For those of you who haven't heard of the charity, or who have not had to make use of their services, they are run by volunteers. SARS includes doctors and consultants who volunteer extra time to help at really serious accidents, where roadside medical assistance of the highest level may have to be given, in order to save lives. We are so fortunate to have this service available in this county, although I hope you never have to need them. Our very kind visitors donated a wonderful £73.00 towards their costs and, in doing so, I hope that they learned a bit about their work and thoroughly enjoyed our hospitality.

At the present time, I don't have a charity allocated to next month, but I don't doubt that I will. If anyone comes forward with a suggestion, we try to ensure that the charity of their choice receives some funds; if not, I will choose a suitable charity - either a small local organisation or a national one that has benefited someone living around here. Either way, your attendance at our Coffee Shop is making a difference.

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

Sue Allen



Traditional Fish & Chips

Tel: 01379 898 543

MONDAY Closed

botesdaleonline.co.uk

TUESDAY

11.30am - 1.30pm 4.00pm - 9.30pm

WEDNESDAY

4.00pm - 9.30pm

THURSDAY, FRIDAY, SATURDAY

11.30am - 1.30pm 4.00pm - 10.00pm

SUNDAY

4.00pm - 9.00pm

Calendar for November 2018

Thursday	1 st	9:30am 9:30am 10:00am 10:30am 6:00pm 7:00pm 7:30pm	RABBATS Headspace St Nicholas Hospice Care Drop-in Diss U3A Zumba Botesdale & Rickinghall Runners Rickinghall Parish Council	Rickinghall Village Hall All Saints Redgrave Botesdale Health Centre Diss United Reform Church Rickinghall Village Hall Rickinghall Recreation Ground Rickinghall Village Hall
Friday	2 nd	10:00am 12:00pm 5:00pm 8:00pm	Positive Steps Watercooler Firework Party Dance classes	Parkview Chapel The Bell, Botesdale Rickinghall Village Hall Botesdale Village Hall
Saturday	3 rd	10:00am 10:00am	Church open (April-October) Church open (April-September)	St Mary's Redgrave Rickinghall Inferior St Mary's
Sunday	4 th	3:00pm	All Souls' Memorial Service	Rickinghall Inferior St Mary's
Monday	5 th	All Day 9:15am 10:00am 2:00pm 5:30pm 7:30pm	Samaritans Rickinghall Ramblers Zumba Needlecraft (not Bank Holidays) Slimming World Botesdale Parish Council	Bury St Edmunds Railway Station Rickinghall Village Hall Rickinghall Village Hall Redgrave Activities Centre Rickinghall Village Hall Botesdale Village Hall
Tuesday	6 th	9:45am 5:30pm 6:00pm 7:15pm	Pilates (term-time only) Brownies (term-time only) Zumba Yoga and relaxation (term-time only)	Rickinghall Village Hall St Botolph's School Rickinghall Village Hall Botesdale Village Hall
Wednesday	7 th	9:30am 9:30am 10:00am 7:30pm	Redgrave Art Club Headspace Day Centre Redgrave Parish Council	Redgrave Activities Centre All Saints Redgrave Rickinghall Village Hall Redgrave Activities Centre
Thursday	8 th	9:30am 12:30pm 6:00pm 7:00pm 7:30pm	RABBATS Phoenix Luncheon Club Zumba Botesdale & Rickinghall Runners Women's Institute	Rickinghall Village Hall Redgrave Activities Centre Rickinghall Village Hall Rickinghall Recreation Ground Rickinghall Village Hall
Friday	9 th	10:00am 8:00pm	Positive Steps Dance Classes	Parkview Chapel Botesdale Village Hall
Saturday	10 th	9:00am 9:00am 9:00am-2:00pm 10:00am 10:30am	Farmers' market Car Boot Sale (Apr-Sep) Neighbourhood Plan Consultation Launch Church open (in the Summer) Weekend Wildlife Club	Rickinghall Village Hall Rickinghall Recreation Ground Botesdale Village Hall Rickinghall Inferior St Mary's Redgrave & Lopham Fen
Sunday	11 th	10:00am 11:00am 2:45pm	Windfall preserves Armistice Day Remembrance Armistice Day 3 Villages' Parade	Redgrave & Lopham Fen Botesdale War Memorial See page 7 for details
Monday	12 th	10:00am 2:00pm 5:30pm	Zumba Needlecraft (not Bank Holidays) Slimming World	Rickinghall Village Hall Redgrave Activities Centre Rickinghall Village Hall
Tuesday	13 th	9:00am 9:30am 9:45am 10:00am 5:30pm 6:00pm 7:15pm	Coffee on the corner Macmillan information & advice Pilates (term-time only) 2-colour woodblock printing Brownies (term-time only) Zumba Yoga and relaxation (term-time only)	Parkview Chapel Parkview Chapel Rickinghall Village Hall Redgrave & Lopham Fen St Botolph's School Rickinghall Village Hall Botesdale Village Hall
Wednesday	14 th	9:30am 10:00am 10:40-12:35pm	Redgrave Art Club Day Centre Mobile Library	Redgrave Activities Centre Rickinghall Village Hall See www.suffolklibraries.co.uk

Thursday	15 th	9:30am 9:30am 3:30pm 6:00pm 7:00pm 7:30pm	RABBATS Headspace IT Hub in the Pub Zumba Botesdale & Rickinghall Runners Mere Players : Happy Days are Here Again	Rickinghall Village Hall All Saints Redgrave Cross Keys Redgrave Rickinghall Village Hall Rickinghall Recreation Ground Roydon Village Hall
Friday	16 th	9:15am 10:00am 2:00pm-7:00pm 7:30pm 8:00pm	Rickinghall Ramblers Positive Steps Neighbourhood Plan Consultation Launch (repeat) Mere Players : Happy Days are Here Again Dance Classes	Rickinghall Village Hall Parkview Chapel Rickinghall Village Hall Roydon Village Hall Botesdale Village Hall
Saturday	17 th	9:00am-2:00pm 10:00am 10:00am 7:30pm	Neighbourhood Plan Consultation Launch (repeat) Church open (in the Summer) Festive willow decorations workshop Mere Players : Happy Days are Here Again	Rickinghall Village Hall Rickinghall Inferior St Mary's Redgrave & Lopham Fen Roydon Village Hall
Sunday	18 th	11:00am	Coffee on a Sunday	Parkview Chapel
Monday	19 th	10:00am 2:00pm 5:30pm	Zumba Needlecraft (not Bank Holidays) Slimming World	Rickinghall Village Hall Redgrave Activities Centre Rickinghall Village Hall
Tuesday	20 th	9:45am 5:30pm 6:00pm 7:15pm	Pilates (term-time only) Brownies (term-time only) Zumba Yoga and relaxation (term-time only)	Rickinghall Village Hall St Botolph's School Rickinghall Village Hall Botesdale Village Hall
Wednesday	21 st	9:30am 9:30am 10:00am 7:30pm	Redgrave Art Club Headspace Day Centre Methodist Wives club (not Jan/Aug)	Redgrave Activities Centre All Saints Redgrave Rickinghall Village Hall Methodist Church
Thursday	22 nd	9:30am 6:00pm 7:30pm 7:00pm	RABBATS Zumba Redgrave Garden Club Botesdale & Rickinghall Runners	Rickinghall Village Hall Rickinghall Village Hall Redgrave Activities Centre Rickinghall Recreation Ground
Friday	23 rd	10:00am 7:30pm 8:00pm	Positive Steps Rickinghall Village Hall AGM Dance Classes	Parkview Chapel Rickinghall Village Hall Botesdale Village Hall
Saturday	24 th	10:00am 8:00pm	Church open (in the Summer) Rickinghall Country Music Club	Rickinghall Inferior St Mary's Rickinghall Village Hall
Sunday	25 th	10:00am	Nature's gifts—festive preserves	Redgrave & Lopham Fen
Monday	26 th	9:15am 10:00am 2:00pm 5:30pm	Rickinghall Ramblers Zumba Needlecraft (not Bank Holidays) Slimming World	Rickinghall Village Hall Rickinghall Village Hall Redgrave Activities Centre Rickinghall Village Hall
Tuesday	27 th	9:45am 10:00am 12 :00pm 5:30pm 6:00pm 7:15pm 7:30pm	Pilates (term-time only) Coffee down the Lane Luncheon Club 898615/898619 (not Dec) Brownies (term-time only) Zumba Yoga and relaxation Know your soils	Rickinghall Village Hall Methodist Church Redgrave Activities Centre Rickinghall Village Hall St Botolph's School Botesdale Village Hall Redgrave & Lopham Fen
Wednesday	28 th	9:30am 10:00am 7:30pm	Redgrave Art Club Day Centre Heritage Circle	Redgrave Activities Centre Rickinghall Village Hall Rickinghall Village Hall
Thursday	29 th	9:30am 9:30am 6:00pm 7:30pm 7:00pm	RABBATS Headspace Zumba Redgrave Garden Club Botesdale & Rickinghall Runners	Rickinghall Village Hall All Saints Redgrave Rickinghall Village Hall Redgrave Activities Centre Rickinghall Recreation Ground
Friday	30 th	10:00am 10:00am 8:00pm	Positive Steps Time to paint Dance Classes	Parkview Chapel Redgrave & Lopham Fen Botesdale Village Hall
Saturday	31 st	10:00am	Church open (in the Summer)	Rickinghall Inferior St Mary's



FORREST WOODWORKING
BESPOKE JOINERY

ALL ASPECTS OF BOTH TRADITIONAL & MODERN JOINERY / CABINET MAKING

STAIRCASES, DOORS, SLIDING SASH WINDOWS ETC.
CIRCULAR, ARCHED, BOWED AND LAMINATED WORK.
JOINERY AND MOULDINGS FOR LISTED BUILDINGS MACHINED TO MATCH EXISTING DETAIL.

UNIT 4 LOWER CHURCH FARM,
HINDERCLAY RD. RICKINGHALL, DISS. IP22 1HD
Phone : **07835 301863**
Email : forrestwoodworking@yahoo.com



**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

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

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 of 30 years' experience, specialising in traditional craftsmanship, combined with the latest in innovative, sustainable design and build methods.

- Period Renovations
- Garage Conversions
- Electrician: 24hr call out
- Fitted Kitchens & Bathrooms
- Home Extensions
- Home Refurbishment & Modernisation
- Custom built Annexes & Garden Offices
- Traditional Carpentry & Joinery

01284 386899 / 07810 353426 : www.phihome.co.uk
"Lovely guys who were very professional and knowledgeable. Would have no problem recommending you to our friends & neighbours"

 **nexus**
Stoves

Maltings Barn
Hinderclay Road
Wattisfield
IP22 1NF

A warm welcome is guaranteed with a hand selected range of the world's finest wood and multi-fuel, gas and electric stoves in our showroom. We offer expert advice, a non-obligation survey and installation

www.nexusstoves.com info@nexusstoves.co.uk
01379 671168

Come and visit our showroom to see
our wide range of products
Monday – Saturday: 09:00-17:00
Sunday & Bank Holidays: CLOSED



 **JWS**
LANDSCAPING & BRICKWORK

DESIGN – CONSTRUCT – MAINTAIN

We cover all your Landscaping, Building & Garden needs

- ✓ **Garden Design** – Patios, turf, artificial grass, hedge cutting & maintenance, lawn care
- ✓ **Brickwork** – Block & brick walls, concrete pads & Restoration projects plus much more
- ✓ **Driveways** – Block paving, tarmac, shingle & resin

Contact us today for a no obligation free quote
07948151235 Info@jwslandscaping.co.uk
Please view our online gallery www.jwslandscaping.co.uk

Club News

Barwoods – Botesdale and Rickinghall Community Woodlands



'Barwoods' is a community group who, at the moment, look after three pieces of land for the community in our villages. These are; **Millers Orchard** in Mill Road, Botesdale which is an old orchard and has many rare fruit trees, **Low Meadow** situated on the right as you enter Rickinghall this is a small meadow donated to the village by the Barker family and **Northfield Wood** where we started to plant trees nearly 8 years ago. Each site has paths running through them and can be visited at any time. We are hoping to be planting about 50 saplings in Northfield Wood during our November work party on Sunday 7th (starting at 10am). If you would like to help please just turn up at the site (next to the allotments in Mill Lane, Rickinghall).

Anyone is welcome to join us at Barwoods – if we have more people to help look after our sites we could acquire more land for the community.

Di Maywhort, Rosemary Jones is away this month

Bowls Club Finals Day 2018

It was a good Finals Day at the St Botolphs & District Bowls Club for Bob Giles of Rickinghall. Bob started the event by winning both the Singles Competition for the Club Members Handicap Final and the Non-Winners Final. Adding to Bob's win list was the Mixed Pairs with his wife Linda and the Pairs Final with David Maycock. Congratulations go to Bob on winning all 4 Finals – a tiring achievement.

The 'Blue Ribbon' finals (being the 2 woods events) were won either side of lunch by Mrs Eileen Pegram in the all Ladies event and David Maycock in the Men's competition. In the 4 woods finals Mrs Vivienne Sword won in the Ladies competition and later the Jubilee Cup which was open to both Male & Female members. While Alan Brown won the Men's 4 woods final.

In the team events Mrs Margaret Brown, David Maycock and Keith Kendrick won the Club Blocks Final and Mrs Pauline Kendrick, Brian Shurmer and John Williamson won the Club Triples Final.

Members of the Club are reminded of the Annual General Meeting on Wednesday, 5th December 2018.
Rob Rixon

REDGRAVE GARDEN CLUB

After a most enjoyable BBQ held on a hot evening in July, and a visit to Fernatix Nursery at Stoke Ash, Redgrave Garden Club rounded off their year with a Fungi Foray at Knettishall Heath. We were led by Neil, County Fungi Recorder for Suffolk. We were led to various locations on the heath where we might find fungi. Some prefer to grow under oak, some birch, some conifers, and some on heathland among heather. Twenty six different species were found, including ink cap, club foot, turkey tail, and fly agaric. We were amazed by Neil's knowledge, particularly the Latin names of all the species. Neil was thanked for his tour, and every one agreed it had been a most interesting afternoon. Angela Bigley.

LIFE ON THE MILL LANE ALLOTMENT SITE. (Author Unknown)

An Ode To Our Veggie Plots

I've dug it till my back was almost breaking, I've pulled out weeds and slung out stones galore.

I've levelled it with hours and hours of raking and spread a ton of compost, maybe more.

I've sown the seeds as neatly as I could, the plants all have the proper space between them,

I've watered, mulched and fed them when I should, and sprayed the pests whenever I have seen them.

I've watched the onions swell, the spinach grow, the leeks and beans and peas proliferate,

the berries ripen and the currents glow, the rhubarb thrive with leaf stalks long and straight.

I've gathered in the crops assiduously, they're bottled, frozen, dried, preserved and stored,

so why not come join us and grow your own, as you can see there's never any time for being bored.

If you are interested in taking on an allotment plot or half plot at Mill Lane Allotment Association for the 2019 growing season, please contact Mark Wiseman (Association Secretary) on 01379 898805 or mark.wiseman@virgin.net. We currently have full and half plots available so don't delay as the new season will soon be upon us.

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

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

mskservices@outlook.com
www.mskservices.co.uk

Property Maintenance,
Alterations & Renovations

Specialist Carpentry &
Timber Frame

Project Management

Handyman – hourly charge

Patio & Paving Cleaning

Fully insured & DBS checked

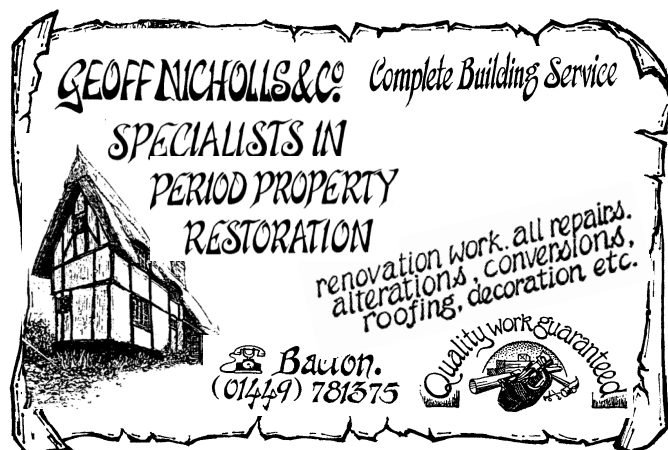


D. S. Plastering

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

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

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



DAVID PETTITT FENCING

Agricultural/Garden/Equestrian
Locally based company
Reliable, quality work

Mobile: 07771541990

Email: davidcpettitt@gmail.com

FRANK DAVEY LTD. (EST 1998)

Asphalt and Civil Engineering

SUFFOLK COUNTY COUNCIL APPROVED CONTRACTOR

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



Ariesmead, Garden House Lane, Rickingham, Diss, Norfolk, IP22 1EA
Email : frankdaveyltd@hotmail.co.uk

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

Paul Jenner



All Jobs

01379 898 536

07947 405 670

† To help with all building needs

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

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

www.pjalljobs.co.uk



A&L Roofing (suffolk) Ltd

Specialising in....
Re-Roofing
Flat Roofing
Fiberglass (GRP)
Repairs
All types of lead work

Please contact Steven or Jamie
01449 258346
07545 071147

allumloveroofing@hotmail.com

**NEED A
Grand Design?**

**WANT TO RENOVATE OR
EXTEND YOUR HOME?**

- LOCAL QUALIFIED ARCHITECTURAL TECHNICIAN WITH 20+ YEARS EXPERIENCE
- COMPREHENSIVE SURVEYS & ADVICE OFFERED
- MEASURED SURVEYS UNDERTAKEN
- FULL DESIGN PLANNING FOR COUNCIL APPROVAL
- BUILDING REGULATIONS
- PROJECT MANAGEMENT WHILST ON SITE IF REQUIRED

**CALL US NOW ON
01359 232507**
lewism521@gmail.com

3 HEDDER CLOSE, THURINGTON, BURY ST EDMUNDS, SUFFOLK, IP19 3PL

Mni Designs Ltd

Exploring the Past

Jean Sheehan, 01379 890237

American Hospitals in Redgrave Park - Part 2

Last month I wrote about the American hospitals situated in Redgrave Park during the second half of WWII. The doctors and nurses performed miracles repairing the battered bodies of the American airmen injured on daytime flying raids over Germany.

Although many of the medical staff had passed through Duke University Medical School, established in October 1940, to get their MD degrees they also had to do military basic training for a year. This involved the doctors spending long days training with full packs through the pines at Fort Bragg, North Carolina.

They were first sent overseas in July 1942 and arrived in England in October 1943. They were initially sent to Malvern in Worcestershire where they equipped and furnished two new hospitals, and life was much quieter until the 65th was sent to Botesdale in February and March 1944 where they were thrown in at the deep end.

During the war a number of medical advances and surgical firsts were established by the American Army Hospitals. One of these was the successful removal of shell fragments within the beating heart (open heart surgery) before the invention of the heart lung machine. Three of these operations were carried out by the 65th General Hospital; they had nothing to lose if they could save the patient. One of the main operations they carried out was removing 'flak' from wounded airmen, this was pieces of metal from various places ending up in the patients. A war artist and US War correspondent, Frank Beresford, who was also a patient at the hospital, stood looking through the window of the door of the operating theatre and sketching a picture of an operation and gave the name "Flak" to the painting, from which prints were made. This was number 12 of a set of wartime hospital paintings. He posted a copy of the print to the five people depicted in the painting who were Suzy Alexander, nurse, Sgt Gauthier, assistant, Major Jacobs, head of orthopaedics, Lt. Col Gardner, chief of surgery and Liz Goodman, anaesthetist..



FRANK BERESFORD
"FLAK"
THE 65TH GENERAL HOSPITAL, BOTESDALE, ENGLAND, 1944. DRAWN BY FRANK BERESFORD. REPRODUCED BY PERMISSION OF THE DUKES OF DURHAM ARCHIVES. L to R: Lt. Alexander, Sgt Gauthier, Maj Jacobs, Lt Col Gardner, Lt Goodman

"Flak"

I think that much of the medical success which the 65th achieved must have been due to team work. Dr Brown later said he had never known such camaraderie as that developed among the personnel of the hospital. The 65th were still having annual re-unions years later in 2001. The following year was due to be the last re-union they would have at Duke University Medical Centre, Durham, NC when a

memorial was due to be erected there in memory of the work which they did during the war.

Patients also came to these re-unions, many of them had received horrific injuries during the war but were still alive in their 70s and 80s. Some of these people also came back to Redgrave in 1992 when a plaque was mounted at the entrance to Redgrave Park commemorating the existence of the hospital. Three years later four of the nurses returned to plant a tree and lay another memorial plaque at the site in the park where the hospital had been situated. George Stebbings arranged these visits in Redgrave and David Orr filmed the proceedings. Duke University has recently had the film of the nurses added to their web site.) Since then the nurses have died but fortunately their memories were not lost for ever thanks to George for keeping in touch and David for filming them. (<http://library.digitalnc.org/cdm/ref/collection/avmovies/id/164>).

Not only did many of these people keep in touch, a few of them married whilst still in Redgrave. Frances Kathleen Godwin married Elbert Francis Smith in Redgrave Church on July 22nd 1944. Frances was a nurse at the hospital and her husband was a paratrooper stationed at Leicester. Photos of her wedding are in the collection of paraphernalia and after George and Margaret were invited to America she wrote them a letter saying how lovely it was to revive memories of her time in Redgrave and the wonderful English people. She said it was a "privilege to serve as a nurse at this awful time in our history". She mentioned she still had the wedding dress a lovely English lady made for her, although she could not remember her name. Neither could she remember who the "precious little boy and girl" were who were bridesmaid and page boy at the wedding. From the photos of them in Redgrave Churchyard they looked as if they enjoyed themselves. Do you know who they were? The local Doctor's wife loaned Kathleen a veil for the wedding.

Another photo shows the wedding of Lt. Helen Jones and Bill Nichols held in the chapel on the hospital site. Helen also had a lovely white dress and a bridesmaid. The photos show that the reception was held in one of the Nissen huts with a grand piano. It also shows a beautiful tiered wedding cake with a wedding couple decoration on the top. I wonder if this was a real cake or just a cardboard cut-out with a small cake underneath such as English brides had to make do with. In these photos the bridegroom and other men were in their military uniforms. Other photos show even the brides in their military uniforms.

The nurses lived in Nissen huts and had to walk outside to their washroom and often only had cold water to wash. Although their working conditions were very hard and their accommodation basic the nurses seemed to enjoy themselves. One photograph shows nurses watering the 'garden' outside their hut with a stirrup pump in a fire bucket which is entitled "Scientific Gardening Hut 113. July 1944." There are many photos of bikes which they would probably have needed just to get around the hospital site and park. In one of them a group of young women and men are shown having a picnic and the caption on the back reads they are eating a take-away sent over from America by the brother of one of the nurses. Entertainment was provided with dances, bands and one photo even shows James Cagney, a film star visiting.

To be continued.

Acknowledgements to George and Margaret Stebbings and information from Duke Medical Perspectives Volume 18, Number 2, Fall/Winter 1998 and 8th AF News Vol 01 Number 3 2001.

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

EAST COUNTY CLASSICS LTD
CLASSIC CAR RESTORATION
 MGCC TRADE MEMBER - MGOC APPROVED PAS INSTALLER - SPECIALIST IN MGS

Bodywork repairs and panel work
 Maintenance and preparation
 Routine servicing and M.O.T testing
 Hood and interior trimming
 Mechanical repairs and upgrades

And much more, so come on in or phone **Tel: 01842 763841**
 Unit 2, Station Lane, Thetford, Norfolk, IP24 1ND * Email: enquiries@eastcountyclassics.com

WOLSEY HOUSE MOTORS
The Citroen Specialists

SALES • SERVICING • AIR-CONDITIONING

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

**MANUAL & AUTOMATIC COURTESY
 VEHICLES**

Telephone: 01379 644133
Mobile: 07831 824219

www.wolseyhousemotors.co.uk

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

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

CLARKES 01359 259 259
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

D.A.R SERVICES LTD

DOMESTIC APPLIANCE REPAIRS

01379 898062

RICKINGHALL

**REPAIRS AND INSTALLS OF ALL MAKES
 AND MODELS OF DOMESTIC APPLIANCE**



WATER SOFTENERS

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

A D Veale Water Treatment Ltd (est. 1981)

01379 871020
www.adveale.com

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

Exploring the Past Again

Di Maywhort, 01379 898785

The Bell and Golden Lion

Inns and Pubs in Botesdale and Rickinghall - Part Two

The only pub still in operation in Rickinghall today is **The Bell Inn**. The listings for The Bell say it dates from the first half of the 17th Century and an inn called The Bell was mentioned in a recognisance (application to eat meat in Lent) of 1617-20. So it appears that there had been an inn on the site from at least this time. In about 1720 the building was expanded and the rear wing was added, which was probably when it became a coaching inn. A brew house was built at about this time. Pigot's directory for 1830 says that coaches going between Cambridge and Yarmouth on Tuesdays, Thursdays and Saturdays called here. Coaches to Norwich left on a Monday. An advertisement in the Bury & Norwich Post on 3rd April 1844 states '*Alteration of time. Notice. The Phenomena Coach will leave the Royal Hotel, Market Place, Norwich on and after Monday, 8th April, every morning, at half past eight o'clock (Sundays excepted) by way of Scole, Diss, Botesdale, Bury, Sudbury, Braintree, Chelmsford and Brentwood, to the Bull Inn, Bell Sauvage, Ludgate Hill and Hatchett's Hotel, Piccadilly, London. Fares: Inside, 38s. Outside, 18s. NB. The above coach will leave the Royal Hotel every Sunday morning at 1/4 before 7 o'clock.*' The Bell was often said to be in Botesdale at this period. There were still coaches running in 1847 but by 1855 it appears these coaches had ceased to run as there is no mention of them in the directory for that year. This was probably when the railway came to the area, with Mellis station opening in 1847, which would have put paid to the coaching business.

The Philips family were the inn keepers here for many years with James Philips being named in 1830, after this from 1841 until 1881 Augustus Philips ran the inn with James Philips again being named in 1884.(1) Shortly after this the appropriately named Leonard Tipple took over, for according to the 1891 and 1901 census returns he was the licensed victualler at that time. In 1898 the Rickinghall & Hinderclay Magazine recorded that '*The Bell Hotel narrowly escaped being burnt down when a beam in a chimney caught fire but was seen and instantly put out.*' Mr and Mrs Tipple were named as escaping the fire.(2)



The Bell (Note the two cottages later demolished)

Assembly Rooms behind the pub were built in the early 20th century; outbuildings, cart lodges and gig houses were demolished to make room for these. In 1912 Thomas Hupton the proprietor was advertising these rooms. They were still in operation in 1925 when Henry Seeley was the proprietor of the Bell Hotel. Later, in the mid-20th century, the two cottages that stood between The Bell and Bell House were demolished. In the early days of the Second World War Tom Dunkley took over as landlord. Daisy his wife was a circus owner in partnership with her sister Rose and her brothers Frederick and Horace Crick. When the war

stopped the circus from travelling they moved to the Bell. At that time there was a large row of stables in the Bell yard. It was here they kept their animals; cats, dogs, geese and a mule in the fields behind. Their miniature horses were kept in the Bell meadows in Fen Lane. They had a parrot in the bar that used to swear at the customers. Tom and Daisy's daughter Olga used to take the performing animals to shows and pantomimes all over England. In 1945 the Bowls Club was reformed and the Green was established behind The Bell. Freddy gave a cup to the Bowls Club, now known as the 'Bell Cup' which is still presented each year. Apparently the actual cup was one Freddy used to present to anyone who could ride his mule in the circus. (3) Today the Bell is still operating as a successful inn, with accommodation, where the customer is encouraged to 'Eat-Drink-Sleep'.

There had been a building, probably a shop, on the site of Lion House from at least the mid-18th century. However it appears that it was William Street, of Jessamine House, who bought the property in 1848, who converted it to a beer house. The deeds mention that in 1850 he had recently built a brewery next to the beer house as well as a new warehouse, steam mill and engine house. In the 1851 census the name '**Golden Lion**' was first mentioned.



The Golden Lion - early 20th century

William mortgaged and re-mortgaged the property but was declared bankrupt sometime in the 1860s. Although he retained Jessamine House, the beer house and brewery, including a *steam engine, mill stones, going gears, tackle and machinery, coppers, vats, coolers, mash tub, brewing utensils* were taken over by the creditors. The Golden Lion premises and outbuildings were sold by the creditors, the Messrs. Burton and a Mr Ransom, to Tollymache's Brewery in 1897, after obtaining the freehold from George Holt Wilson, the price paid was £300.

In the 1861 and 1871 census returns Thomas Chapman was reported as being the publican. By 1912 Edward Avis, 'beer retailer' was the proprietor and from 1925 Mrs Alice Avis ran the premises until about 1945 when Claude Elmer took over. At this time the Golden Lion was a beer house and could not sell spirits. In the early 1960s the Golden Lion and cottage were sold to Arthur and Ken Bryant and became a private house. Ash House now stands on the site of the brewery.(3)

(1)1847 Norfolk Counties Directory, Kelly's directories and Census Returns (2)Information from Ken Youngs (3)Information from Arthur Bryant

(To be continued)

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

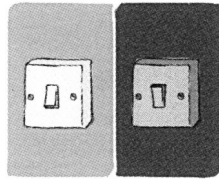
ABC Electricity

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

Call Christie on
01953 860957
07979 508 408

or e-mail
christieorton@hotmail.co.uk

Part P Accredited
ELECSA approved



Paul Parsons Electrical

Rickingham, Diss, Norfolk

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

Tel: 07786 558 510

Part P



S.C.G. ELECTRICAL

ALL TYPES OF ELECTRICAL
WORK UNDERTAKEN
DOMESTIC COMMERCIAL
LIGHT INDUSTRIAL
SECURITY LIGHTING

01379 741311 or
07792 767869

Painter & Decorator



Internal ~ External
Domestic ~ Commercial



Professional and experienced
Painter and decorator
Residential and Commercial
Internal or external
Spraying available for new builds or extensions
10% discount available on any job by quoting Painter5
Call Will for a free quote on
07814240840
Email.- wjcpainters@outlook.com
Website.- www.wjcpainters.co.uk
Facebook- W.J.C Painters



Neil Worby OF RICKINGHALL Painter and Decorator

established over 12 years

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

Tel: 01379 890526 Mobile 07738 156 036

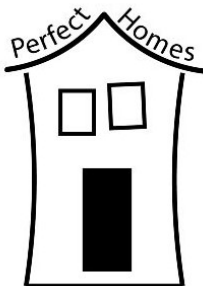
e-mail: neil@worby.myzen.co.uk



Cheryl Goddard Painting & Decorating

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

Tel: 01379 741311
Mob: 07817 614 883



Painting & Decorating

All Interior & Exterior work undertaken
Established in Botesdale in 2005
Fully Insured
No Obligation Quotations
Friendly Reliable and Local

Tel : 01379 890050
Mobile : 07768 267501



MARK WADE DECORATORS

Interior & Exterior
Commercial or Domestic

Email: markwade@markwadedecorators.com
Tel: home: 01359 259 874
Mobile: 07527663785

visit us on Facebook



Nyall's Notes

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

Have you ever looked at the night sky and thought, "I'm glad we have stars"? "That was a brilliant idea, decorating the sky with stars. Just black sky would be so boring."

At first it might appear that they don't have anything to do with us other than to add interest to the blackness but, in fact without them we wouldn't be here. The scientists tell us that the universe is 13.8 billion years old and that it started out of nothing in what we now call the big bang. Only the light elements were produced at that time, those being the gases hydrogen and helium. These formed, under the force of gravity, into stars and when these eventually burnt out, collapsed and exploded they left behind the heavier elements of which we are made. We are made of the ashes of a dead star. Out of the death of a star came life on earth. *Out of death comes life.*

It occurs all the time in nature. Plants and animals die that others may eat of them and live. Their decaying remains produce fertile ground for more plants and so it goes on.

It is a recurring theme. Jesus said, "I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit." He was using the theme of life out of death as an illustration about his own death. Had I given you the previous sentence of the full quotation it would have said, "The hour has come for the Son of Man to be glorified. Truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit."

Again Jesus said, "I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live."

What is he saying here? When Jesus died on the cross he paid for those things we do and say and think that are wrong. He bought forgiveness. There is then a second stage to what Jesus did in that his rising from the dead brings new life. This isn't our earthly life. Death on this earth is as certain as ever but it is that life that survives death which we refer to as eternal life.

There are two stages of faith involved in becoming a Christian. The first is that through his death Jesus brings us forgiveness and secondly, through his resurrection he brings life. It doesn't have to be blind faith but after all we have done in thinking it out, looking at the evidence and reading about what Jesus did and said there comes the time when we need to take those steps of faith and they are steps of faith.

Jesus said: Whoever hears my word and believes has eternal life. He does not come into judgment, but has passed from death to life.

John's Gospel Chapter 5 v. 24

Bill's Birds

Bill Cordeaux Tel: 898286

We are still realising the effects of the 'Beast from the East'. No Cetti Warbler on the Fen this year—a bird seldom seen but heard with a sudden burst of loud song from the nearby undergrowth. It has only colonised in this country in the last 30 years. What a pity that our sudden early March very cold unusual weather should have wreaked such havoc. However, I note a recent report from Minsmere (late September), also affected, stated that the Cetti had been heard again. Our Marsh Harriers have raised three young and the Bearded Tits are still 'pinging' though we have lost our breeding pair of Stonechats. My last Swallow this Autumn departed on 27th September, but I suspect there will be reports of later departures. House Martins also left before October.

I keep seeing recently vacated white eggshells outside our back door. I think they must be Wood Pigeons. Collar Doves have been scarce recently but they will still breed in November and January depending on the weather.

I recently wrote about the Cattle Egret, the third egret, only three having been recorded up to 2003 seen in this county, and, now, coincidentally, there has been the appearance of one and possibly two on Spring Meadows, Botesdale. I have seen it several times over a week and it seems happy amongst the sheep. It is the same size as our Little Egret but its bill is yellow, whereas the Little Egret's is black. I note there have been several Cattle Egrets seen in East Anglia, mainly in groups of three this year. Is this an advance party? Is it here to stay?

In our garden we cannot attract birds to our 'fat balls'. Ours feel as though they are thickened with cement! Flocks of tits pass through, Long Tailed and Blue and the occasional Coal Tit. This latter bird is the smallest tit. It is a slender shy neat bird and its colouring of black and white is noticeable in the strong Autumn sun.

In Autumn and Spring I note the reports of migrating birds that pass along our coast. Wrynecks are always mentioned. This bird is named after its ability to twist its neck (similar to owls). It is of a mottled brown colour and slightly bigger than our House Sparrow. They used to be a common Summer visitor and breeder. The last breeding report in Suffolk was 1972. In this country I have seen it occasionally in the Spring or Autumn. In the great Fall of migrating birds in Suffolk 1965 no fewer than 160 were grounded on the coast between Gorleston and Minsmere.

About 40 years ago a friend rang me from Redgrave to say there was a Wryneck in her garden. Of course I 'visited' at once and saw this bird. That visit was in the 1960s and the friend was in her sixties. She told me one of the signs of Spring, when she was in her teens, was the 'peeping' song of



Wryneck

Wrynecks. That would have been in the period 1910-1920s. My Suffolk bird book of 1932 states of the Wryneck 'it is fairly common in the Spring'. What an interesting link with the past.

Stop Press!! A Great White Egret is back on Redgrave Fen—1st October 2018.

I have no more potential egrets on offer.

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

- Est. 1998
- Power Sweeping available
- Insurance Certificates (BS 6461)
- Brush & Vacuum
- All Domestic Chimneys & Wood Burners Cleaned



Diss (01379) 643181

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



Take advantage of this great offer, call your local branch for a FREE lawn analysis and no obligation quote. Our professional and courteous staff are available to assist your lawn care needs.

01473 277000
stowmarket@greenthumb.co.uk

GreenThumb
LAWN TREATMENT SERVICE

T&Cs apply



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



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



Jarwood's OF SUFFOLK TREE SURGERY AND FIREWOOD DELIVERY



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

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

FOR A FREE ESTIMATE PLEASE CALL LEE GARWOOD

TEL: 01379 890617 / 07880528142
GARWOODSOFSUFFOLK@YAHOO.COM



FENCING TURFING SHEDS GARDEN CLEARANCE DRIVEWAYS BLOCK PAVING

For a free no obligation quote
please contact Stephen on:
07976 485723

Or Email:
sjmills46@yahoo.co.uk



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

Seasoned Firewood by the full or
half load

Call 01379 783093 for further
details or to arrange a free quote

Puzzles

Sudoku

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

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.

A few riddles....

1. Johnny 's mother had three children. The first child was named April. The second child was named May. What was the third child's name?
2. Down at the butchers shop, Dave the Butcher is five feet ten inches tall, and he wears size 13 boots. What does he weigh?
3. What was the President's Name in 1975?
4. If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in another field?
5. Billy was born on December 28th, yet his birthday is al-

Answers to riddles:
 1. Johnny of course
 2. Meat
 3. Same as is it now - Donald Trump
 4. One. If he combines all of his haystacks, they all become one big one
 5. He lives in the southern hemisphere!

Cookbook

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

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

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



November is upon us and what could be better than this delicious sounding recipe for Bushman's Pie?

Bushman's Pie

- 2 packets pork sausage meat
- 1 leek—chopped very small
- 2 cooking apples
- 2 tablespoons tomato puree
- 2lbs sweet potatoes
- 1/2 lb mature cheddar cheese

Cook the sweet potatoes and mash them.

Moisten the sausage meat with the tomato puree and place the sausage meat in a greased pie dish.

Chop the leek into very small pieces and layer these on top of the sausage meat.

Slice up the apples and place these on top of the leeks.

Spread the mashed sweet potato onto the top and spread over the apples to make the top of the pie.

Grate the cheese and sprinkle on top of the sweet potato.

Cook for about 3/4 to 1 hr at 180C or Gas mark 4 until the top is nicely browned and looks gorgeous!

Serve with a side order of seasonal vegetables – carrots, cabbage or cauliflower perhaps?

If you would like to share one of your favourite recipes then feel free to send them to us at:

editor@rbrparishmag.com

C W SERVICES RICKINGHALL



GRASS CUTTING
(SMALL/LARGE LAWNS)
HEDGE TRIMMING
GARDEN MAINTENANCE
FENCING
PRESSURE WASHING

ALL GARDEN RUBBISH REMOVED
TEL: 01379 890506
0754 8975 350



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)



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



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

Peter Kerry

Telephone : 01842 862237 Mobile : 07792 995483
peterkerry2018@gmail.com www.cctrees.co.uk
£5,000,000 public liability insurance

Peter
Goddard
Firewood

**HARDWOOD
FIREWOOD**

available all year round, cut
& split to your requirements

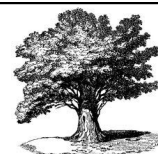
01359 221287 daytime
or 07946 595126 mob

Free estimates from a local specialist
ELITE-FENCING
& Garden Construction 365

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

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

NICK BOBBY TREE SERVICES



NPTC and
LANTRA
Qualified

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

www.nickbobbytreeservices.co.uk

Free Quotations call 01379 788 757 or 07545 989 081

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

Treecraft

Kim A. Stebbings

NCH.Arb, C&G, NPTC, LANTRA Qualified
Based in Rickingham - Free estimates - Over 30 years
experience

Reduction, dismantling, felling, crown lifting,
pruning, thinning, stump grinding, hedge trimming,
pleaching, topiary, pest and disease management,
root barriers, core samples and site surveys

£5m Public Liability
01379 309589 - 01728 564234 - 07769 658183
treecraftmail@gmail.com



School news

The Autumn term is now well underway and all the children and staff at St Bot's are back into routine and working hard. I have been really pleased with the efforts and attitudes during this opening term.

Our School Governors recently spent a day in school as part of their monitoring role. The morning was spent in class with the children and many Governors rolled up their sleeves and played an active part in the lessons. During the afternoon the Governors took some time to reflect on the morning and take part in some Governor training about SEND (Special Education Needs and Disability) They then had the opportunity to ask questions and share their experiences with one another and members of the school senior leadership team.

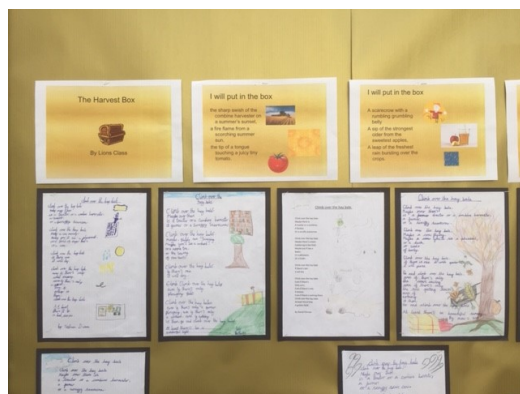
The sports season is well and truly up and running. We took over 50 children to participate in the annual cross country competition and observed some determined performances from the children. Our girls football team has also been in action. We travelled to Framlingham to compete against eleven other schools. The girls played some wonderful football and worked well together both on and off the pitch. We won six games and lost two (the last one on the dreaded penalty shoot-out) meaning that we narrowly missed out on a medal. However we were all pleased with a fourth place finish as it was a wonderful afternoon..



Harvest was a great event at the school this year with all of the children getting involved through the power of song, poetry and. Our celebration was led by the Reverend Norburn. It was a wonderful event and morning. We collected food for the Waveney Valley Food Bank which was gratefully received. The event was also very well supported by our Parents and Carers. A huge "Thank-you" to everyone who joined us.



Our current Yr6 children will soon be going off on a week-long adventure to North Norfolk. This is an annual residential visit which is shared by other local schools. It's a great experience for the children and a real opportunity for them to get to know each other before they move up to Hartismere.



M. Cobbold, Headteacher

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



**CHRIS HOWARD
PLUMBING AND HEATING**
Local, professional and reliable
service

- ◆ All household plumbing
 - ◆ Gas boiler install and servicing
 - ◆ Hot water cylinders
- Free non committal quotes**

07749315908

chrisward5@googlemail.com
www.chriswardplumbingandheating.co.uk



**Safe & Sound
Hygiene and Pest Control**

Have you a problem with-

- Rats, Mice, Moles, Wasps or Rabbits?
 - All typical pests controlled
 - For **ALL** your domestic / commercial pest control
 - Garden maintenance
 - No obligation - free survey /quotes
- Please call: 01379 788 865,
07809 226109 or 07518 731106

www.safeandsoundhygiene
andpestcontrol.co.uk

Carberry Plumbing and Heating

For all your domestic plumbing needs



01359 760 220 or 075067 06121

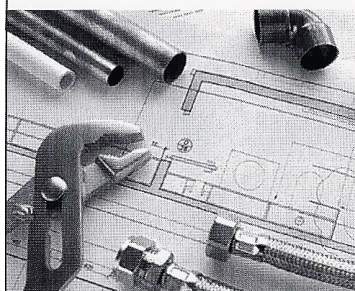
- free quotations
- bathrooms, kitchens
- boilers
- oil boiler service just £ 40 + VAT
- complete heating systems
- or simply just a dripping tap!

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: willowserv_ltd@hotmail.com

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

Else Heating & Plumbing

Oil and Gas Installation

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

Bathroom & Kitchen Fitting

Fully Insured

Contact Eugene Else

01379 688183

07787 854923

elseheatingandplumbing@gmail.com



- ☛ 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

Nature Notes

Hares and Haws

Have you seen diseased or dead Brown Hares?

Throughout September and October, reports were coming in of sightings of obviously sick or dead hares. This led to a series of articles in the press about the issue and a call for records to be submitted to help understand how widespread the issue might be.

Research is being led by Dr Diana Bell of the UEA, who has been studying the impacts of diseases on rabbit populations, including myxomatosis and strains of hemorrhagic disease. Dr Bell and the Suffolk Wildlife Trust has asked for people to send photographs of any dead or diseased hare bodies along with the exact location.



We are lucky in East Anglia to be home to a good population of brown hares and the sight of them is commonplace. They are larger than rabbits, with longer back legs and distinctive black tips to their ears. But brown hares have declined by over 80% in the past 100 years, with reasons such as agricultural intensification and persecution being key factors.

The reports of disease is concerning and there is a need to understand what is happening. If you have seen a sick or dead hare, you can help by sending a photograph (including head and bottom!) to Dr Bell at the UEA—d.bell@uea.ac.uk.

Hawthorn provides rich pickings for our wintering birds

The hawthorn is a marvellous feature of our hedgerows and scrub and at this time of year is still laden with a good crop of haws—the small, bitter but colourful fruit of the hawthorn bush.



Hawthorn is probably the most common hedgerow species, planted in profusion and providing rich benefits to bird species throughout the autumn and winter months. Our resident thrush species are bolstered by fieldfares and redwings, the winter migrants that are a common sight in the fields around our villages.

Helping the hedgehogs

Hedgehogs are another familiar species in decline with over 50% lost in the last two decades. Hedgehogs have relatively large ranges and in a single night a single male can roam 2-3km.

To help hedgehogs follow these simple tips:

1. Make your garden accessible - creating holes at ground level in fences helps hedgehogs roam around
2. If you see a thin hedgehog during winter, a bit of wet cat or dog food will help (but not bread and milk as hedgehogs are lactose intolerant!!)
3. Check bonfires! Particularly important for Bonfire Night (the best thing is to make a bonfire on the day you burn it!)

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



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

If interested, please contact

adverts
@rbrparishmag.com

E&D Boiler Maintenance Ltd



LOCAL, PROFESSIONAL, ESTABLISHED SPECIALISTS IN
Oil, Gas & LPG

Servicing, Breakdowns, Repairs and Installations

All makes covered including:

Grant, Worcester Bosch, Boulter Camray, HRM Wallstar, Vaillant, Baxi.



Telephone
01379 898574

Upper Church Farm, Finningham Road, Rickinghall, Suffolk, IP22 1LP
www.boilerrepairsuffolk.co.uk

Oil Fired Pressure Jet Boiler
Servicing & Plumbing



ANDY BACOS

07775 751303

andy.bacos@ntlworld.com

Andy's Oil Boiler Services



GIDNEY PLUMBING & HEATING

Tap Changes, Ball Valves, Shower Pumps, Water Softeners,
Hot Water Cylinders, Bathroom, Wet room & Kitchen Installs,
Radiator & Valve Replacements, Underfloor Heating,
Heating System Repairs, Renovation & New Builds.

24 Hour Emergency Cover
Professional & Reliable Service

07534 525263

01449 258254

gidneyph@outlook.com www.plumbinginsuffolk.com



Contact us today for your **FREE** survey

Bathroom & Kitchen
Showroom

n-b-k.co.uk

Diss 01379 640812

Carmel Works, Park Road, Diss IP22 4AS

f facebook t twitter i instagram

December and Beyond



**You are invited to a
Christmas table
decoration workshop**

At: Parkview Chapel
On: Sunday 9th December
Time: 5.00pm-5.00pm
Cost: £10

Please bring scissors or sealers if you have them. All other supplies and refreshments will be provided.
Book your place now, as spaces are limited.

For more information contact Kev at Parkview on 01379 898924 or kevin@parkviewchapel.co.uk



Parish Gift Day will take place during Advent, on:

Sunday 9th December Christingle Service, Chapel of Ease, Botesdale, 3.30pm	&	Sunday 16th December Carol Service, St Mary's, Rickinghall Church, 3.00pm
--	--------------	---

Gift Day is a way of giving thanks to God for the work and ministry of the church throughout these villages and beyond. Whether you attend and give to the church on a regular basis, or just attend on occasion, we're asking if you would consider contributing to help us to continue the work we do in the local community through the many things we are involved in. **Special Gift Day envelopes will be available in church from the beginning of December as well as at the two services mentioned above.** If you have any queries on this, please do contact me on 01379 898685. Thanking you in advance for your support.
The Rector and the Parochial Church Council of this Parish.

One for your diary! The annual quiz to raise money for the fabric fund of Rickinghall Inferior church will be held on **Friday, February 15th at Rickinghall Village Hall.**
Further details next month.

STILL THE PLACE FOR UNUSUAL GIFT IDEAS

RICKINGHALL VILLAGE HALL'S

**CHRISTMAS
CRAFT FAIR**

**Sunday 2nd
December**

10.30 am until 3.30 pm

at Rickinghall Village Hall

Over 20 exhibitors,
some coming for the first time
Refreshments available
Admission only £1.00.

For information call Bob on 07930 188472



Advent and Christmas Services



Sundays during Advent & Christmas

9th December - 3.30pm **Christingle**, St Botolph's, Botesdale;
16th December - 3pm **Carol Service**, St Mary's, Rickinghall



Christmas Eve

5.00pm **Crib Service**, All Saints, Redgrave;
11.15pm **Midnight Holy Communion**, St Botolph's, Botesdale



Christmas Day

9.30am Family Holy Communion,
St Mary's, Rickinghall



Rickinghall Botesdale and Redgrave Parish Churches Present

CAROLS ON THE KNOLL REDGRAVE

Friday December 7th at 7.00 pm
Accompanied by the Salvation Army

Mince pies and mulled wine
Afterwards at All Saints Church
Collection for the Salvation Army



ADVANCED WARNING! Christmas Nativity Exhibition

Sat/Sun 15th/16th December @ St Mary's Church Rickinghall

We like to display readymade, handmade and well-loved Nativities, so put on your thinking caps, look in the loft and keep your eyes peeled!

Traditional scenes & your own interpretations welcome.
Who can forget the vegetable nativity, the dog grooming stable or the Brownies camp fire from last year?

This year we're hoping for more contributions from businesses and organisations as well as from children's groups and individuals of any age.

Further enquiries: Sarah Raynham 07719 973327 &
Barbara Norburn 01379 898685

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

"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

Susan Whymark Funeral Service Ltd



Independent and Family Run

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

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

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

24 Hour Telephone Number **01379 871168**

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



Doug Aiken part of



Appliances Ltd

Telephone:
01449 780398

Domestic Appliance Repairs, Sales of New and Reconditioned Machines

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

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 ♦ FACIAS

NIGEL SAYWOOD
Design Consultant

Mob: 07909543905

Show Site: 01379 688488

Home: 01379 640313

SHOWSITE

Blooms of Bressingham
Garden Centre
Diss
Norfolk IP22 2AB

HARDWOOD & COLOURED UPVC AVAILABLE

SEE OUR NEW TIMBER ALTERNATIVE "EVOLUTION" WINDOW

Readings for Parish Church Sunday Services		
Date	1st reading	2nd Reading
4th November (All Souls)	Philippians 1:1-11	John 5:24-29
11th November (Remembrance)	Revelation 21:3-5	Mark 1:14-20
18th November	Psalms 16	Mark 13:1-8
25th November	Daniel 7:9-10, 13-14	John 18:33-37
2nd December	Jeremiah 33:14-16	Luke 21:25-36

Notice to the Villagers of Rickinghall

Jeff Lamb is standing down, in April 2019, after 9 years as Churchwarden. He has been responsible for the upkeep of Rickinghall Inferior Church and also the Churchyards at Inferior and Superior.

We are looking for persons who would be willing to take on each of the following roles:-

- Stewardship of the beautiful listed medieval Inferior Church building, and also -
- Management of the two Churchyards. Note that most of this is organising contractors who do the work.

The Church and Churchyards are very popular with the villagers and have been kept in good order in recent years.

It is desirable to see that this is continued.

For more details contact Rev Chris Norburn 01379 898685 or Jeff Lamb 01379 890204

Service	Task	1 st Sunday Nov 4th	2 nd Sunday Nov 11th	3 rd Sunday Nov 18th	4 th Sunday Nov 25th	Dec 2nd
9:15 Redgrave All Saints Holy Communion	Lector	Mr J Walker	-	Mrs J Stokes	-	Mr J wright
	Sidesman	Mrs R Walker	-	Mrs C Hillard	-	Mrs J Wright
10:30am Redgrave All Saints All Together	Lector	-	-	Mrs C Davidson	-	Mrs C Davidson
	Sidesman	-	Remembrance Parade Botesdale 3:00pm	Mrs S White	-	Mrs S White
10:30am St Botolph's Chapel of Ease Holy Communion	Lector	All Souls Service 3:00pm		-	Mr L McGrath	-
	Sidesman			-	Mrs L Wills	-
10:30am St Mary's Rickinghall Holy Communion	Lector	Mrs F Lamb	Mrs C Davidson	-	-	-
	Sidesman	Mrs J Sheehan	Mr & Mrs Miles	-	-	-
6:30pm St Mary's Rickinghall Evening Prayer	Lector	Rickinghall 3:00pm	-	-	Rector	-
	Sidesman		-	-	Mr R Rixon	-
Redgrave All Saints	Flowers	Mrs Draper	Mrs Draper	Mrs Rixon	Mrs Rixon	No flowers

Neighbourhood Watch

Due to Police cutbacks we do not now get recent information from Police about crimes or other unsocial behaviour. Should you become a victim of either, after informing the Police, please let me know using the contact details below. Peter H Beck



- * **Botesdale & Rickinghall** : Peter Beck on 01379 890495; email : peter@pbeck.plus.com
- * **Redgrave** : John Campbell on 01379 890946; email redgrave.nwatch@outlook.com
- * **Suffolk Constabulary** : Stowmarket Safer Neighbourhood Team, telephone 101 (non-emergency & queries)
 - * email : Stowmarket.snt@suffolk.pnn.police.uk
 - * website : www.suffolk.police.uk/your-area/stowmarket
- * **Safer Neighbourhood Team** : no front counter at Stowmarket where you can visit in person, but these *are* available at :
 - * Bury St Edmunds - Raingate Street IP33 2AP; Ipswich - 10/10a Museum Street IP1 1HT ; Lowestoft - Old Nelson Street NR32 1PE
- * **Residents of Botesdale & Rickinghall** can receive a Neighbourhood Watch email circular on request from Peter Beck

Non-emergency & query Police calls : dial 101

Emergency calls : Fire, Police, Ambulance : dial 999

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 Web: www.bailiwickit.com



Chartered Certified Accountants

Accounts, Bookkeeping, PAYE, CIS, VAT Returns,

Personal Tax, Corporate Tax

Initial consultation meetings are FREE

01379 890656

E: info@jamiepretty.co.uk W: www.jamiepretty.co.uk

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

IS YOUR COMPUTER GIVING YOU HEADACHES?

PC & Laptop Repair
Virus Removal
Diagnose Start up Problems
Replace Hard Drives
Replace Power Supply (PC Only)
New Laptop Screens
New PC / Laptop Setups

Honest - Reliable - Affordable

Contact Jim - 01359 251946 / 07729 868669

Email: info@completesolutions-it.co.uk

www.completesolutions-it.co.uk



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

Legal services at a competitive price
for individuals and businesses

www.jackamans.co.uk

Diss 01379 643555

Harleston 01379 854455

Andrew Dickson limited

chartered financial planners

Your partner for a brighter
financial future

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

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

T: 01379 890401

F: 01379 898755

E: enquiries@andrewdickson.co.uk

W: www.andrewdickson.co.uk



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

*Let me do the job you hate,
so you can do the job you love*



- ✓ Regular bookkeeping services
- ✓ Fixed fee packages to suit your needs
- ✓ Fast, reliable & dynamic Xero cloud accounting software
- ✓ Mobile app integration
- ✓ Prepare for Making Tax Digital
- ✓ Complimentary Business Process Reviews

AAT Trained and a Xero Certified Advisor

07876 494244

elaine@aquadigitalbookkeeping.tax

www.aquadigitalbookkeeping.tax



Rickinghall Business Centre

Industrial Units, Offices & Storage
available to let

Tel: 01379 898 671

Mob: 07798 501 108

Email: last@rickinghallbc.co.uk

Web: www.rickinghallbc.co.uk

Allwood Green, Rickinghall, Diss. IP22 1LQ



PARKVIEW CHAPEL

November 2018

Sunday Services

4th November	One service at 11.00am (including Communion)
11th November	Communion service at 10.00am and Main service at 11.00am
18th November	Communion service at 10.00am and 'Coffee On A Sunday' at 11.00am
25th November	Communion service at 10.00am and Main service at 11.00am

Refreshments served on all Sundays from 10.30am

Events

Tuesday 13th November	'Coffee On The Corner' – 9.00am
Thursday 1st & 15th November	'Praise Hour' – 2.00pm

Activities for Children & Young People

PARKVIEW YOUTH - all at Parkview Chapel, Botesdale	
Junior Church Reception - Year 6 Sundays 11.00am - 12.00pm	Junior Friday Reception - Year 6 Fridays 6.00pm - 7.00pm
PYP Years 7 - 13 Sundays 7.00pm - 8.30pm	Senior Friday Club Years 7 - 11 Fridays 7.30pm - 9.30pm

Please call Kev Gladwell on 01379 898924 for more details on any of these events or see www.parkviewchapel.co.uk

Botesdale Methodist Church

A friendly welcome to everyone to services and events

Services	
- every Sunday at 10.30 am unless otherwise indicated -	
4th November	Mrs J Mottram
11th November	Rev David Ely - Holy Communion - Remembrance Sunday
18th November	Mr David Freeman
25th November	Mrs Sheila Jobes

Events

Events		
Bible Study	Monday 5 th & 19 th November 10.00am	-
Christian Forum	Tuesday 6 th November 7.30pm	David Ely and Susannah Wesley
Coffee down the Lane	Tuesday 27 th November 10.00am – 12 noon	-
Wives Club	Wednesday 21 st November 2.30pm	Hilary Jones of Chapel Crafts Bring & Buy Stall

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**

4th November '18 All Saints/All Souls'



9:15 All Saints, Redgrave
BCP Communion

3.00pm St. Mary's, Rickinghall
All Souls' Remembrance Service.

11th November '18 Remembrance Sunday



10:30 St. Mary's, Rickinghall
CW Communion with an
Act of Remembrance

3.00pm St. Botolph's, Botesdale Parade Ser-
vice

18th November '18 2nd Sunday before Advent



9:15 All Saints, Redgrave
BCP Communion

10.30 All Saints, All Saints Together
*An interactive service for people of all
ages*

25th November '18 Christ the King



10.30 St. Botolph's, Botesdale
CW Communion

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



3.00pm St. Mary's, Rickinghall Evening Prayer

2nd December '18 1st Sunday Advent

9:15 All Saints, Redgrave BCP Communion
10:30 All Saints, Redgrave All Saints Altogether

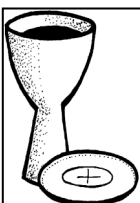
Also this month:



Sat 17th November
8.30am Men's Breakfast
All Saints, Redgrave
*Please contact Mark Duxon on 01379
890897 if you wish to join us*



Fri 7th December
7pm Carols on the Knoll, Redgrave
With the Salvation Army Band &
followed by refreshments in All Saints
Church



Wed. 7th November 10.00am
St Mary's, Rickinghall Holy Communion
Thur. 15th November 9.45am
Farnish House Holy Communion
*These services are open to everyone,
and follow the order of BCP (Book of
Common Prayer)*



Thurs 1st November 7.15pm
The Rectory, Rickinghall
Tues 20th November 7.15pm
Venue tbc
*A time of prayer for the work and minis-
try of the church in the community*



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