PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

June 2019



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

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



We all have days when everything goes well and we feel happy and free, and then there are other days when it seems as if Murphy's Law just takes over. We get frustrated and stressed, and we feel that everything we're trying to do is just not going according to plan. Why does this happen? Well, I suspect that it happens when we take our eyes off of God and put them onto the problem and we get frustrated because we cannot see that Jesus is our only hope.

Too often in my own life I have found that when I do this this, take my eyes of God, I find that I don't have the wisdom, strength, or ability to cope with what is coming against me. What's coming against me is likely to be felt both physically and spiritually. So when I try in my own strength I am likely to fail. This only increases further the stress on my life, as well as putting that stress on those around me, which creates an even more "hopeless" situation.

When we look at the various circumstances through our own eyes – the eyes of fallen humanity – we have no hope. When is world peace going to come, when are our political parties going to sort themselves out, when are we going to take real action to save our planet? If we have no hope for solutions to be found, then we see the world as corrupt and out to get us. When I go down this road, placing my hope in myself or the people around me, then I eliminate the One person who can truly help, who does have the wisdom and the ability to overcome.

When Jesus was talking to His disciples before He was arrested He said this to encourage them, "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." John 16:33

As Christians, our hope must always be in Jesus. Our very existence is totally dependent upon what Jesus accomplished on the cross, and our hope must extend far beyond the struggles of life that we endure; it must go far beyond His love and protection over us in our daily lives.

You see when Jesus was nailed to the cross He took all of our sins upon Himself. He was pure because He was God in the flesh, but at that cross God withdrew His Spirit from Jesus so that He could absorb our sins and take them to hell on our behalf. But death and hell could not keep Him there and through God's Holy Spirit Jesus rose out of hell, and after a short stay on earth to encourage His disciples, He rose to Heaven where He lives forevermore as our King and Saviour!

Every one of us who accepts this gospel message will go to Heaven when we leave this earth because Jesus took away the sin that would have otherwise sent us to hell. If we believe in Him, then the Good News is that we are saved! We can place our hope in this because earlier in the evening of Jesus' arrest we read that Jesus has made a place in Heaven that's just for you and just for me. "In my Father's house are many rooms: if it were not so, I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am." John 14:2-3

This is our hope; that Jesus will come for us and take us home to Heaven to be with Him for evermore. This world is not our home; as a Christian singer and song writer said, "I'm only visiting this planet" because our true home is in Heaven with Jesus.

But when this hope is not embedded deep into our soul and spirit, we tend to depend more on ourselves and less on Him, and after a while we take our eyes off of Jesus and we are in danger of losing that hope. So we must protect our heart (*Proverbs* 4:23-27) and the best way of doing this is in Jesus' strength, not our own! Real protection can only be found in the Word of Truth made flesh. In other words, in the Lord Jesus who gives life and heals all wounds. Not placing our hope and protection in Jesus we lose inspiration and become like the world, struggling and so being defeated through life's trials and tribulations.

You see Christians are called to be Easter people. Such people do not dawdle looking up at the sky but live as active witnesses to hope and faith wherever they are (Acts 1:11). Easter people are the ones who trust the presence of Jesus through the Holy Spirit, even in the midst of adversity. They are the ones who accept their own illnesses as opportunities to reveal God's love to others. They are the ones who quietly feed the hungry and share their own resources with faithful abandon. They are the ones whose hearts ache with grief and joy as they prepare themselves to receive the bread and wine at communion, with the "Amen" on their lips... "So be it, I believe." Easter people are the ones who believe that the cross transformed all suffering and pain, and the Resurrection secured the promise of eternal life. It is this mystery, this Easter faith, that we are called to live each day in the hope of Jesus.

Where is your hope? Is it in Jesus? If it is that's wonderful and one day we'll all meet in Heaven and praise the Lord together for saving us. But if you don't know Jesus, it's never too late to say, "I believe. Forgive me Lord Jesus and wash me clean of all the sin that's in me and fill me with Your Spirit so that I may be with you in Heaven throughout eternity." If you would like to talk about placing your hope in Jesus, please do get in contact with me.

Alleluia, our hope is in Jesus! Praise His name forever more. Alleluia!

Chis NobuM.



Local Activities Directory

Please note the following changes following Local Elections and Parish Council Annual Meetings
The latest version of the directory is available online at
www.stmarysrickinghallinferior.onesuffolk.net/local-information



Added Entry	Contact(s)	Details	
Rickinghall Parish Council	Lesley Free	New Councillor & Village Hall Rep Phone: 07387 364288	
Changed Entry	Contact(s)	Change Details	
Rickinghall Parish Council	Nick Free	New phone number : 07818 531247	
Redgrave Parish Council	Jason Walker	Appointed Vice Chairman	
District Councillor	Jessica is the District Councillor for I Ward. Her email address in this ca jessica.fleming@midsuffolk.go		
Deleted Entry	Notes		
John Abraham	Resigned from Botesdale Parish Cour	ncil (PC)	
David Green	Resigned from Botesdale PC		
Richard Hilton	Resigned from Redgrave PC		
Rosemary Jones	Resigned from Rickinghall PC (will continue as Botesdale & Rickinghall Tree		
Chris Lambert	Resigned from Botesdale PC (will continue to act as Footpaths Officer)		
Derek Osborne	No longer a District Councillor		

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,

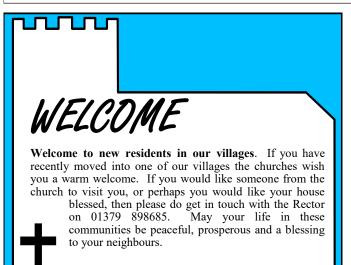
Bury Road, Rickinghall, Diss, Suffolk, IP22 1HA or call The Editor 01379 890382

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

- <u>July issue 10 Jun (Mon)</u>. Come and help stuff the magazine @ All Saint's, Redgrave—4pm on 21 Jun (Fri)
- Aug/Sep issue 8 July (Mon). Come and help stuff the magazine @ All Saint's, Redgrave—4pm on 19 Jul(Fri)
- Oct issue 9 Sep (Mon). Come and help stuff the magazine @ All Saint's, Redgrave—4pm on 20 Sep (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





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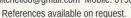
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Hello, my name is Carol, and for the last 14 years to present, I have worked with babies and children of all ages, in a range of childcare settings, including working as a registered childminder. I am DBS checked and I am trained in Paediatric First Aid, have certificates in Food hygiene and Safeguarding. I have always had a passion for working with children and families and I am looking forward to continuing this rewarding career in the form of nannying services at your home. I am available from August 2019. My contact details: Email: ctmitchell68@gmail.com Mobile: 07506024052







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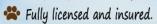
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June Events









OPEN FARM SUNDAY

9TH JUNE 2019

AT

SHOTFORD HALL FARM, HARLESTON, IP20 9QT

by kind permission of J B J Catchpole (SIGNPOSTED OFF B1116)

11.00AM – 5.00PM

MILKING DEMONSTRATIONS (2.00 - 4.00pm)

MACHINERY • RIVERSIDE WALK • SHEEP SHEARING • REFRESHMENTS

TRACTOR & TRAILER RIDES • CHILDREN'S ACTIVITIES

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FOR FURTHER DETAILS VISIT www.facebook.com/Shotford Hall Open Farm Sunday 2019
OR CONTACT TIM LEWIS ON 07767 708106 OR timlewis@lewispartners.co.uk









Open Farm Sunday is a national farm open day co-ordinated by LEAF

HEADSPACE

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



for coffee & cake on June 6th, 12th, 20th, 26th. All women welcome. Children catered for. Any question? Call Karen 01379 890897

Thelnetham Village Hall Heritage Group

An opportunity for all interested locals to help with the refurbishment of the village hall following a National Lottery Heritage Fund Award.

Regular work parties (everyone welcome!) will undertake various tasks on the 2nd Saturday and 4th Wednesday of every month, starting **8 June** from 10am and **26 June** from 9.30am, with monthly evening meetings on **29 May** and **26 June** at 7pm.

Along with organising heritage activities and heritage skill days, we are researching the history of the hall and are in need of any bygone pictures or written literature. We don't want to lose this heritage so it's our opportunity to rally together as a community.

Please get in touch with Phil Davies on 07788688480 or philipohn52@gmail.com for further details or just come along to a work party or meeting. You can also check out the village hall page on Facebook.

And look out for Peggie's Plant Sale in aid of the village hall at Trappetes Cross Cottage.





Friday 14th June 2019 9:30am-10:45am and 11am-12:15pm.

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08.30 - 23.00 Pri

08.30 - 23.00 Sat

11.00 - 23.00

Alcohol served from 11.00/All day snacks

Upcoming Events

Live Music from acoustic duo 'The Badger Set' Saturday 22nd June 7 - 9pm

Shakesbeer Festival and Twelfth Night 11th - 14th July

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June Events



Farmers' Market

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Hamper raffle Auto Jumble & Car Boot Sale

Rickinghall Village Hall Sat 8 June @ 9.00am



CROSS KEYS



FORTHCOMING EVENTS JUNE

5th June **GAMES & SOCIAL AFTERNOON** 2.30-4.30PM BIKES @ THE KEYS 15th June 12NOON-3.00PM 19th June **GAMES & SOCIAL AFTERNOON** 2.30-4.30PM 19th June ACOUSTIC GROUP - folk, jazz, classical 7 - 10PM 20th June IT HUB IN THE PUB + Tea & Cake 3.30-4.30PM 26th June IAN'S MONTHLY QUIZ NIGHT 7.00PM for 7.30PM 29th June ALFIE'S KARAOKE 8.00PM

ww.crosskeusredgrave.co.uk

TEL: 01379 779822

Thelnetham Windmill

Open 11am - 4pm on Sunday 23rd June - for more details, see www.thelnethamwindmill.org.uk



Redgrave Garden Club SUNDAY 30th JUNE SUMMER BBQ 12:30pm at venue



(for details, please contact redgravegardenclub@gmail.com)

Prior ticket purchase only £7 members, £10 guests

Website redgravegardenclub.org.uk



Rickinghall Village Hall

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COFFEE ON A SUNDAY at PARKVIEW CHAPEL BOTESDALE 11.00AM-12.00PM June 16th

COFFEE, TEA, CAKE AND FRIENDS For more info contact Kev at Parkview on kevin@parkviewchapel.co.uk or 01379 898924



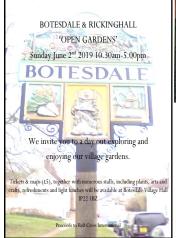
RAHOF's Summer Programme Saturday June 1st

MERELY DIVAS IN CONCERT "SONGS FROM STAGE & SCREEN"

St Mary's Church, Redgrave 7.30pm Tickets: £10 pp Wine & soft drinks bar available

Do not miss this happy summer musical evening, sung by the popular Diss-based singing group, "Merely Divas", making a welcome return to Redgrave and the RAHOF annual programme.

> Tickets: June Hart on 01379 897180 or RAHOF committee members



















PARKVIEW CHAPEL BOTESDALE SATURDAY 15TH JUNE -7.00PM

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June Events

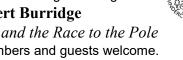


HERITAGE CIRCLE

26th June 7:30pm at Rickinghall Village Hall

Robert Burridge

Scott, Amundsen and the Race to the Pole New members and guests welcome. onesuffolk.co.uk/HeritageCircle



Redgrave &



Lopham Fen

Regular events

Wild Tots

Every Friday, 10am-11.30am Outdoor fun and forest school style activities, perfect for children aged 18 months to 5 years. £24 for 6 sessions or £5 for individual sessions **Booking** essential

Weekend Wildlife Club

Saturday 8 June, 10.30am-12.30pm A club for 6-11 year olds, £3 Booking essential

Time to paint

Friday 28 June, 10am-2pm £5 donation, includes tea and cake

All welcome, no need to book, Contact 01379 688333

June

Summer Celebration

Sunday 9 June, 10am-4pm Come and celebrate summer with family activities and refreshments.

FREE entry

Weave a willow hanging bird nest

Saturday 29 June, 10am-4pm With local basket maker Karen Lawrence £35 Booking essential

For further details and to book, visit

Botesdale Methodist Church "Coffee down the Lane"

Tuesday 25th June 10.00am - 12.00pm





DISS University of the Third Age

Thursday June 6th 2019

at the United Reformed Church 10.30am Adrian Wright

giving a talk entitled

Earth on Fire

50p for members, £2 for guests, including tea or coffee. Annual membership is £12. For further information on Diss U3A visit our website: www.dissu3a.org.uk

Redgrave Park

A Midsummer Family Fun Day on 22 June 11am - 6.00pm



- Folly flowers & giant plant stall
- Displays of antique bottles and
- Escape Room games for young and old
- Find weird & wonderful wood for your garden
- Try your skill with casting 2-4pm rod supplied
- See the future with Alec's electric bikes 11-2pm
- Quatrefoil History Group with displays of Park History, including Wartime Hospital & Prisoner of War Camp

£5 Adults Children Free (sorry - no dogs)

Redgrave & District Ladies Club

Tuesday 11th June

Jason Salisbury

An invitation to visit **Suffolk Farmhouse Cheeses** at Creeting St Mary.

2pm-4pm approx. Cost £5. Tea & coffee on arrival followed by a tour of the farm, and cheese tasting.

Meet at Redgrave Amenities Centre at 1.15pm



ST MARY'S CHURCH WORTHAM 8TH & 9TH JUNE 2019 11AM-5PM (ENTRY FOC)



FINALE CONCERT SUNDAY 9TH AT 6PM MATTHEW McCombie & Olivia Stone

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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 £5.50 per session 7.30am start £6.00 per session

After School Club

3.30pm – 4.30pm 3.30pm – 5.30pm £5.00 for the hour £9.50 for 2 hours

3.30pm -6.00pm £12.00 per session (£11.00 for siblings)

Subscription 2018/19 £20.00

Please contact Paula or Bridget on 07952 961285



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

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(CRB checked. References available, on request.)



QUATREFOIL

local history books on Botesdale, Redgrave & Rickinghall

books are available from:

Redgrave Shop

(only books about Redgrave)

Jean Sheehan (01379 890237) Di Maywhort (01379 898785)

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

www.quatrefoil.org.uk



MAY REPORT – Leeann Jackson-Eve (Clerk)

Five councillors were present with apologies from Des Bavington-Lowe. This was the PC's annual meeting in which the PC votes in a Chairman and Vice-Chairman as well as deciding on individual councillors' roles in representing the local community. William Sargeant was happy to stand as Chairman again this year and Des Bavington-Lowe was voted in as Vice-Chairman. There are now three vacancies on the Parish Council.

This year councillors took responsibilities as follows:

Assets Register: Cllr Sargeant

BARWOODS: Cllr Sargeant

Public Rights of Way: Former councillor Chris Lambert will continue to make reports as needed

Suffolk Assoc. of Local Councils/ District Council Parish Liaison: Cllr Sargeant

Tree Warden: The Rickinghall Tree Warden, Rosemary Jones, has agreed to cover Botesdale until we can find someone interested in taking it on.

Village Hall: Cllr Curry War Memorial: Cllr Baxter Website/Facebook: Clerk

Their details will be on the telephone list included in the parish magazine and on the PC's annual newsletter, the Botesdale Bugle, which you should be receiving in the July parish magazine.

Public Forum: There were no public present at the meeting but Jessica Fleming had sent in a report. She reported that she had stood successfully for Rickinghall Ward in the recent District Council election so would be reporting for both County and District Council in future. She has two different email addresses depending on which Council — jessica.fleming@suffolk.gov.uk or jessica.fleming@midsuffolk.gov.uk. She reported that the planning application for two roundabouts on the A140 at Yaxley and Thrandeston has been approved and construction is due to begin in the summer. A range of energy and environmental funding for community projects can be found at http://www.greensuffolk.org/green-communities/grants-and-funding-opportunities/ and for village halls: http://acre.org.uk/our-work/village-hall-improvement-grant% 20fund.

Planning: There was one planning application for conversion of an agricultural building to a dwelling at Lodge Farm, The Common. The PC has seen a lot of this type of application recently; it is a "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" and the regulations are fully as complicated as that makes them sound! The new Neighbourhood! Plan encourages barn conversions in general but often applications for Prior Approval are difficult to assess and the PC sometimes defers to the Planning department at Mid Suffolk District Council. In I addition to the application, the PC discussed the refusal of two Prior Approval applications received at the April meeting for Nissan Hut! One and Nissan Hut Two at Lodge Farm. In that case the PC had felt there was some harm to residential amenity as the proposed dwellings were very close to the farmhouse and MSDC agreed. Another application for a new dwelling next to Virginia Cottage, The

! Street, was also refused due to difficulties achieving a safe access.

Anti-social behaviour: There have been an unusual number of incidents of "challenging" behaviour and property damage recently, the PC having experienced the latter when someone stole the hinges off the play area gate and damaged the lock beyond repair. The Chairman has attended a couple of meetings with the Police, our County/District Councillor and even our MP Jo Churchill. The Police have stepped up their presence in the village and have spoken to several individuals thought to be involved. If you have any related problems, please report them to the Police online or on the non-emergency number 101 so that they have a complete picture of what's happening.

The Litter Pick was very successful despite the less than ideal weather. Thank you very much to everyone who participated and to anyone who picks up litter all year round. We know there are a lot of you out there and it's much appreciated!

Verge cutting: The verges on the B1113 and A143 will be cut twice this year, in May and in August, by the County Council. Minor roads will only be cut once.

Footpaths: The damaged netting on the boardwalks near Broom Hills will be repaired in the next couple of months.

Community Infrastructure Levy: The PC has received £2,025.68 from the development next to the village hall. This will be earmarked for village improvements.

Play Area Consultation: As reported previously, the PC has engaged Groundwork to help with consultation on how to improve the play area and make it a facility for the whole community. St Botolph's Primary School have kindly agreed to allow us to hold a consultation event on Tuesday, 4 June at 3:30pm until around 5pm at the school. Please come by to let us know what changes, if any, you'd like to see at the play area.

THE NEXT BOTESDALE PARISH COUNCIL MEETING WILL TAKE PLACE ON

MONDAY 3rd JUNE

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.

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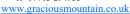
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Redgrave Parish Council



Redgrave May Report – by the Clerk

Six councillors were present with apologies from John Giddings. This was the PC's annual meeting in which the PC votes in a Chairman and Vice-Chairman as well as deciding on individual councillors' roles in representing the local community. Mike Denmark was happy to stand as Chairman again this year and Jason Walker was voted in as Vice-Chairman. There are two vacancies on the Parish Council.

Parish Council Representatives: Members represent the PC on outside community groups including the Little Ouse Project (B Hayward) and the Gressingham Foods liaison group (J Giddings and A Preston), and they hold advisory positions such as Tree Officer (former councillor J Preston) and Footpaths Officer (A Bigley). They are also involved in appointing Trustees to other groups such as the *Charity for the Needy and the Mary Foster Charity*. This group meets twice a year for 30 minutes to distribute funds to anyone within the community who applies for support. The group would particularly welcome someone who works with local children/young people. *If you are interested in being involved with the Charity, please contact the Clerk*.

Public Forum: County Cllr Jessica Fleming reported that she had stood successfully for Rickinghall Ward in the recent District Council election so would be reporting for both County and District Council in future.

County: The planning application for two roundabouts on the A140 at Yaxley and Thrandeston has been approved and construction is due to begin in the summer. A range of energy and environmental funding for community projects can be found at http://www.greensuffolk.org/green-communities/grants-and-funding-opportunities/ and for village halls: http://acre.org.uk/our-work/village-hall-improvement-grant%20fund.

District: The makeup of the new District Council would be finalised on 20 May. The District Council Planning department could still demonstrate a 5-year housing supply, but this would be challenged by developers. The Joint Local Plan will enter its final consultation this summer. Finally, MSDC has partnered with the Norse Group to build new housing on Council-owned land.

Planning: There were two planning application: an application for Listed Building Consent to replace a bathroom window at Hawthorn Cottage, The Street and notification to fell a swamp cypress and Tulip tree at The Pink House, The Street. The PC had no objection to either application. The PC also noted that the application for 30 houses on the land adjacent to Charters Towers, Gallows Hill, had gone to appeal. It was agreed to comment on the appeal reiterating the PC's comments to the planning application and highlighting the dismissal of an earlier appeal across the road at Pound Farm. The Pound Farm appeal

had been dismissed for several reasons, including the effect on the Redgrave Conservation Area and this had direct relevance to the current appeal.

Neighbourhood Plan: The NHP Committee have met consultants to support them in the production of the Plan and are in the process of making a final decision about who to appoint. Members have recently been on a course on neighbourhood plans and are meeting fortnightly. All meeting minutes are on the website. It is believed that the Plan could be completed, ready for submission, in another 18 months.

Village Improvements: The PC has agreed to put Community Infrastructure Levy funds towards entrance gates at both ends of the village in a bid to slow down traffic. This will be subject to

receiving a final quote based on the design chosen (see below).



The PC also considered a new footway from the north end of The Street to Fen Lane and received a rough estimate of around £26,000 which is significantly more than could be funded by CIL so this project will be put in reserve. The

PC will look at whether the bench by the village pond needs refurbishment or replacement and will be replacing the baby/ toddler swings at the play area. Finally, we will attempt to get quotes for additional verge cutting and grips (verge channels) to improve drainage on Fen Street.

THE NEXT PARISH COUNCIL MEETING WILL TAKE PLACE ON WEDNESDAY 5th JUNE

at 7.30 pm

Redgrave Amenities Centre
All Parishioners are cordially invited to attend

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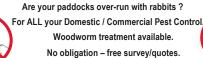




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Rickinghall May Report – by Councillor Geoff Short

Our May meeting required us to elect; our officers and representatives for the forthcoming year, and we are all: continuing as before. We also had; three vacancies due to resignations in! the past few months, but we were pleased to welcome Lesley Free to the council, who has been co-opted. This: reduces our vacancies to two, and Lesley is also taking on the role of our! the Village councillor on Hall! Committee, Many thanks!

There was only one planning application to consider, being two additional small business units at Rickinghall Business Centre, Allwood Green, for which we had no objection. Two tree works applications at properties in The Street and Bury Road also had no issues, and were agreed.

We had official notification of the Refusal of Planning Permission for the old newsagents premises in The Street, the applicant having submitted for third а application for a hot food! pizza takeaway. The council committee had ruled that it was an unsuitable use for listed premises attached residential house, and raised issues! concerning the lack of parking and; turning round space in the vicinity.

The old church the other side of the Mary's, Rickinghall - St Superior - is no longer used, and the church itself will be looked after by a! received! church trust, but we notification that the Parish Council! be responsible for the surrounding land and walls. As this could be very expensive to maintain, ! and we were conscious that ancient! walls could fall down, we decided that; we would exercise our right to pass! this on to the District Council within the required timeframe. It will still come out of the Council Tax in the end, but not just the people of Rickinghall!

Our annual Financial Statement for the year ending 31 March was agreed and signed, and our annual return submitted.

Finally the Classic Car Show and Craft Fair held on the 5th May had gone well, despite the colder weather, and we were advised by the organisers that it will take place again next year. This will be a little later, on 17 May 2020, and will hopefully become an annual event in the village.

As I mentioned at the beginning, we have two vacancies on the council, and if you feel you would like to come along to a meeting and see if being a Parish Councillor is something you would be interested in, you would be most welcome.



RICKINGHALL PARISH COUNCIL'S NEXT MEETING IS ON

THURSDAY 6th JUNE

at 7.30 pm

AT RICKINGHALL VILLAGE HALL

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

Your Clerk is:

Mrs Leeann Jackson-Eve Wayside Cottage, Cherry Tree Lane Botesdale, Diss, Norfolk, IP22 1DL

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Village News

DIABETES AWARENESS EVENING BOTESDALE HEALTH CENTRE WEDNESDAY 5 JUNE 2019 STARTING AT 19:00

Teresa Bage the Practice Diabetes Care Nurse - is kindly leading the first PPG Awareness Evening on the topic of Diabetes
Type 1 or 2 across all age groups, from gestational, children, young adults and older people.

Do come along for information on how to lower your risks.

As Patients are you aware there is a **Health Hub** at Botesdale Surgery that easily provides patients with individual readings for Blood Pressure, Height/Weight Ratio, and BMI?

These readings are very helpful for keeping a check on your wellbeing. Assistance will be on hand during the Awareness Evening for attendees who wish to use the Hub.

We look forward to seeing you at a relaxed informative evening.



To reserve a place or for further information please email BotesdalePPG@gmail.com or contact Janet Russell on 07787 148947

FoBHC

Defibrillator Page 1997

Defibrillator familiarisation

In April two sessions were held at Rickinghall Village Hall; in all some forty people took the opportunity to familiarise themselves with the operation of a defibrillator. Andy Watts, the Urgent Care Practitioner at Botesdale Health Centre, instructed us in his inimitable style, often light hearted, sometimes in gruesome

detail, to prepare those present in the essentials of saving someone's life.

Defibrillators are sited at Rickinghall Co-op, Rickinghall Village Hall and The Street, Redgrave and in many locations in towns and villages throughout the country. Although there

are different designs, they all work in the same way. A defibrillator provides an additional opportunity to save a life if a person's heart has stopped functioning correctly. In these circumstances, cardiac pulmonary resuscitation (CPR) is unlikely to be sufficient. The machines are designed to be idiot proof and can be operated by anyone, however the chances of a successful outcome are much enhanced if the operator has received some basic training. There are now forty more people in our community who have taken the trouble to learn, and now know what to do in the event of a cardiac emergency.

Information about the use of a defibrillator is available on the Rickinghall Village Hall web site. We will hold further familiarisation sessions next year.

Thank you to Val Goodwin who organised these sessions, and to Andy Watts who provided the instruction.

RVH Management Committee

CANCELLATION:

Redgrave Spring History Workshop "Recording the Past Underfoot"
Tutor: Dr Julian Litten

Saturday, May 18th, at St Mary's Church Redgrave.

We are sorry that the above planned history study day had to be cancelled, due to a recent deterioration in Dr Litten's health. Dr. Litten & the Redgrave Church Heritage Trust apologise for this disappointment, but hope you will understand that it was unavoidable. It is very much hoped that Dr. Litten will be able to tutor this study day in spring next year. In the meantime, the RCH Trust know you will join them in wishing Dr. Litten the very best for his recovery and return to full health. We look forward to welcoming him back to the Redgrave series.

(Autumn History Workshop: September 14th 2019; Tania Harrington on "A Short History of Women Artists". Further details later). Thank you for your understanding.

June Shepherd, for Redgrave Church Heritage Trust



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St Mary's Church Redgrave open June 1st 10.00am—12.00noon

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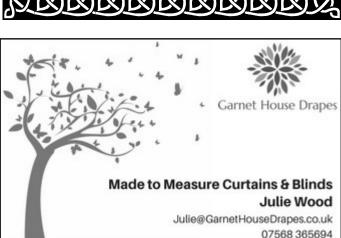
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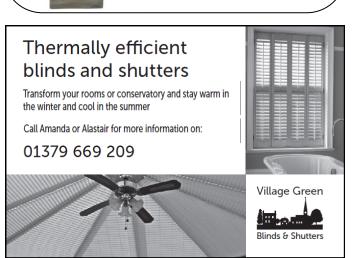
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Village News



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In both instances please write to : Denise Wilson, Central England Co-operative, Hermes Road, Lichfield, WS13 6RH.



In the last parish magazine, we told you that the Tree Warden, John Preston, is very keen to form a

group of interested people to forward the aims of The Tree Council and The Woodland Trust and formulate a Tree Plan for our village. We frequently hear complaints about the loss of trees in the village so this is your chance to redress the balance. If you'd like to take part, please call John on 01379 890974.

STAND UP TO CANCER BAKE SALE AND FUNDRAISER

Firstly, I would like to thank everyone who donated items for the Stand up to Cancer Bake Sale Fundraiser. Thank you to those who supported the event from buying cakes to raffle tickets to purely donating their cash, on a very cold day.

A big thank you to Barbara and John for lending me their garden tables and chairs and for Jill for your staggering donations, and support from you all.

Everyone's efforts helped to make this a truly successful event for Cancer Research. We raised an amazing £665.57

THANK YOU from Annie Wallis and family

Thankyou

I would like to say a BIG THANK YOU to The Friends of Botesdale Health Centre who organised such a wonderful 'send off' for me on Monday 29 April at the surgery to mark my retirement after 27 years as a General Practitioner at Botesdale. Thank you for all your cards, gifts and to those who donated to the Life Membership subscription to The National Trust. I can assure you all that Anna and I will make good use of it. Anna was delighted to receive the gorgeous bouquet. It was lovely to see so many patients celebrate my retirement and thank you, too, to The Friends for the excellent buffet and to Pat Lister for the very appropriate cake. You all made it a very special evening for me and Anna. I have enjoyed my time at Botesdale Health Centre and planning improvements to benefit patients, but am looking forward to spending more time with my alpacas and, hopefully, some pigs, though I plan to continue as a locum.

Dr Tim Cooke



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Mondays Fridays

@ 6pm Garboldisham village hall

@ 10am Palgrave village hall

Club News



Unfortunately, it has not been possible to produce a report of the April meeting of the Heritage Circle.

The next meeting of the group will be on Wednesday 26th June at 7:30pm at Rickinghall Village Hall, Hinderclay Road, Rickinghall IP22 1HD.

Robert Burridge will give a talk entitled *Scott, Amundsen and the Race to the Pole*. New members and visitors are very welcome.



Euston Rural Pastimes returns to Euston Park

Euston Rural Pastimes, a celebration of country life, returns to Euston Park on the Duke of Grafton's Estate on **Sunday**, 9 **June**, from **10am**.

The event which raises money for St Nicholas Hospice Care and the East Anglian Air Ambulance and other local good causes, has craft and country skills demonstrations, animal shows, classic cars, steam engines, model aircrafts, food and drink stalls, as well as activities to entertain the children. The event has two new features this year, horse whisperer and stunt rider Guido Louis, will be showcasing his skills throughout the day and renowned dog writer, David Tomlinson, will be organising a family dog show.

Euston Farms will be running trailer tours to see livestock, crops and wildlife and St Genevieve's Church, will be hosting a flower festival.

Well-behaved dogs are very welcome on the showground. The show is at Euston Park, Euston, Suffolk, IP24 2QH, on the A1088 between Thetford and Ixworth.

For more information or to buy reduced price advance tickets, go to www.eustonruralpastimes.org.uk

Tickets also available on the day.



St Nicholas Hospice Care is a local charity, which looks after people experiencing long-term or life-threatening conditions, death, dying and grief.

St Nicholas The charity aims to provide the very best experiences for Hospice Care those in the final chapters of their lives, with the actions and behaviours of its staff and volunteers promoting the

charity's values of compassion, listen, team spirit, learn and resilience.

As a registered charity, St Nicholas Hospice Care has to raise £11,000 every day through the generosity of the local community. We need every penny.

St Nicholas Hospice Care provides care and support throughout West Suffolk and Thetford. This may be at our Hospice site in Bury St Edmunds, or wherever the person is through support from our Community Hospice Team.

The charity also provides bereavement support for children and young people through its Nicky's Way programme which can be accessed by any child in West Suffolk or Thetford, whether the person they have lost was connected to the Hospice's care or not.



Another sunny morning and another sunny crowd. Thanks to all of you who came along - there was a lovely buzz of conversation throughout the morning and it is always a pleasure to be able to encourage folks to chat and enjoy a social event. We had a new local resident who came along and enjoyed

the experience, so thanks for making Janet feel welcome - hopefully she will return next month!

The money that was kindly donated by our visitors totalled £97.50 and that money will be given to the fundraising for the Community Bus. We did support them last year in their continuing efforts to raise money to pay for a new bus, when the present bus reaches the end of its useful life - some £35,000 needed! If you currently make use of this service you will know how fortunate we are to have this in the village. If you haven't used the bus, then do make enquiries about how it might be able to help you - for shopping trips or doctors or hospital appointments. You can contact Gordon Lawrence on 01379 897109 to book the bus or to make enquiries about the service ... there is an ansaphone if he is not available. The charge for travel is very reasonable and the money is for the costs of running the bus itself, not for the drivers as they are all wonderful volunteers!

Next month Coffee on the Corner will be on Tuesday 11th June, with Coffee on a Sunday on Sunday 16th. Any donations from that Tuesday's event will be given to the fundraising efforts of Kevin Gladwell (our Community Pastor) and three of our young people, who will be heading out to Croatia to help to run the Summer Holiday Week with members of the Forge Church in August. This happens every year and for the young people in the village that they visit in Croatia, it is the highlight of their year - so do come along and join in what we have planned - you will enjoy yourselves and help the Holiday Club Team to encourage and support those young people in a village some where in Eastern Europe. There are other fundraising things that will be happening at Parkview Chapel during June and July - DO LOOK OUT FOR THE ADVERTISING!

Between now and then we shall be holding our various services on a Sunday, Praise hour between 2 and 3 pm on the 1st and 3rd Thursday afternoon each month and home Bible Study groups at Parkview - for information on those, do look elsewhere in this informative Parish Magazine. We are currently running an ALPHA course, every Monday evening and if you have any questions about God or life in general, do please get in touch - either with me or Kevin Gladwell, who can be contacted at the Chapel on 01379 898924. Even though the course has started, you can still join in ... those who are currently involved are enjoying both the atmosphere and the conversations!

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



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THURSDAY, FRIDAY, SATURDAY 11.30am - 1.30pm 4.00pm - 10.00pm

SUNDAY 4.00pm - 9.00pm

			lendar for June 2019	
Saturday	1 st	10:00am 10:00am 11:00-5:00pm 7:30pm	Church open Church open Flower Festival Merely Divas in Concert	Redgrave St Mary's Rickinghall Inferior St Mary's Botesdale Methodist Church Redgrave St Mary's
Sunday	2 nd	10:30-5:00pm 2:30-4:00pm	Open Gardens Flower Festival, then Songs of Praise	Botesdale & Rickinghall Botesdale Methodist Church
Monday	3 rd	10:00am 2:00pm 5:30pm 7:30pm	Zumba Needlecraft Slimming World Botesdale Parish Council	Rickinghall Village Hall Redgrave Activities Centre Rickinghall Village Hall Botesdale Village Hall
Tuesday	4 th	9:45am 5:30pm 6:00pm 7:15pm	Pilates Brownies Zumba Yoga and Relaxation	Rickinghall Village Hall St Botolph's School Rickinghall Village Hall Botesdale Village Hall
Wednesday	5 th	9:30am 10:00am 2:30-4:30pm 7:30pm	Redgrave Art Club Day Centre Games & Social afternoon Redgrave Parish Council	Redgrave Activities Centre Rickinghall Village Hall Cross Keys Redgrave Redgrave Activities Centre
Thursday	6 th	9:30am 9:30am 10:00am 10:30am 2:00pm 6:00pm 7:00pm 7:30pm	RABBATS Headspace St Nicholas Hospice Care Drop-in Earth on Fire (U3A) Praise Hour Zumba Botesdale & Rickinghall Runners Rickinghall Parish Council	Rickinghall Village Hall All Saints Redgrave Botesdale Health Centre United Reform Church Diss Parkview Chapel Rickinghall Village Hall Rickinghall Recreation Ground Rickinghall Village Hall
Friday	7 th	10:00am 10:00-11:30am 12:00pm 8:00pm	Positive Steps Wild Tots Watercooler Dance Classes	Parkview Chapel Redgrave & Lopham Fen Cross Keys, Redgrave Botesdale Village Hall
Saturday	8 th	9:00am 9:00am 9:30am 10:00-2:00pm 10:00am 10:30-12:30pm 11:00-5:00pm	Farmers' market Car Boot sale Work party Valuation Day Church open Weekend Wildlife Club Victorian Flower Festival	Rickinghall Village Hall Rickinghall Recreation Ground Thelnetham Village Hall Hinderclay Village Hall Rickinghall Inferior St Mary's Redgrave & Lopham Fen Wortham Church
Sunday	9 th	10:00-4:00pm 11:00-5:00pm 11:00-5:00pm	Summer Celebration Victorian Flower Festival Open Farm Sunday	Redgrave & Lopham Fen Wortham Church Shotford Hall Farm, Harleston
Monday	10 th	9:15am 10:00am 2:00pm 5:30pm	Rickinghall Ramblers Zumba Needlecraft Slimming World	Rickinghall Ramblers Rickinghall Village Hall Redgrave Activities Centre Rickinghall Village Hall
Tuesday	11 th	9:00am 9:30am 9:45am 2:00-4:00pm 5:30pm 6:00pm 7:15pm	Coffee on the corner Macmillan Information & advice Pilates Redgrave & District Ladies Club Brownies Zumba Yoga and Relaxation (term-time only)	Parkview Chapel Parkview Chapel Rickinghall Village Hall Suffolk Farmhouse Cheeses St Botolph's School Botesdale Health Centre Botesdale Village Hall
Wednesday	12 th	9:30am 9:30am 10:00am	Redgrave Art Club Headspace Day Centre	Redgrave Activities Centre All Saints Redgrave Rickinghall Village Hall
Thursday	13 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	14 th	9:30-10:45am 10:00am 10:00-11:30am 11:00-12:15pm 7:30pm 8:00pm	Little City Positive Steps Wild Tots Little City Ouse Valley Filling station Dance Classes	Rickinghall Village Hall Parkview Chapel Redgrave Lopham Fen Rickinghall Village Hall Garboldisham Village Hall Botesdale Village Hall
Saturday	15 th	10:00am 10:00-6:00pm 12:00-3:00pm 7:00pm	Church open Journey Through the Ages Bikes @ the Keys Beetle Drive	Rickinghall Inferior St Mary's Goodrich Park Palgrave Cross Keys Redgrave Parkview Chapel
Sunday	16 th	10:00-5:00pm	Journey Through the Ages	Goodrich Park Palgrave
Monday	17 th	10:00am 2:00pm 5:30pm	Zumba Needlecraft Slimming World	Rickinghall Village Hall Redgrave Activities Centre Rickinghall Village Hall
Tuesday	18 th	9:45am 5:30pm 6:00pm 7:15pm	Pilates Brownies Zumba Yoga and Relaxation	Rickinghall Village Hall St Botolph's School Rickinghall Village Hall Botesdale Village Hall
Wednesday	19 th	9:30am 10:00am 2:30-4:30pm 7:00-10:0pm	Redgrave Art Club Day Centre Games & Social afternoon Acoustic Group	Redgrave Activities Centre Rickinghall Village Hall Cross Keys Redgrave Cross Keys Redgrave
Thursday	20 th	9:30am 9:30am 2:00pms 3:30-4:30pm 6:00pm 7:00pm 7:30pm	RABBATS Headspace Praise Hour IT Hub in the Pub Zumba Botesdale & Rickinghall Runners WARTS Anne of the Thousand Days	Rickinghall Village Hall All Saints Redgrave Parkview Chapel Cross Keys Redgrave Rickinghall Village Hall Rickinghall Recreation Ground St Mary's Redgrave
Friday	21 st	9:15am 10:00am 10:00-11:30am 8:00pm 7:30pm	Rickinghall Ramblers Positive Steps Wild Tots Dance Classes WARTS Anne of the Thousand Days	Rickinghall Village Hall Parkview Chapel Redgrave Lopham Fen Botesdale Village Hall St Mary's Redgrave
Saturday	22 nd	10:00am 11:00-6:00pm 7:30pm	Church open Redgrave Park Open Day WARTS Anne of the Thousand Days	Rickinghall Inferior St Mary's Redgrave Park St Mary's Redgrave
Monday	24 th	10:00am 2:00pm 5:30pm	Zumba Needlecraft Slimming World	Rickinghall Village Hall Redgrave Activities Centre Rickinghall Village Hall
Tuesday	25 th	9:45am 10:00am 12:00pm 5:30pm 6:00pm 7:15pm	Pilates Coffee down the lane Luncheon Club 898615/898619 (not Dec) Brownies Zumba Yoga and Relaxation	Rickinghall Village Hall Methodist Church Redgrave Activities Centre St Botolph's School Rickinghall Village Hall Botesdale Village Hall
Wednesday	26 th	9:30am 9:30am 9:30am 10:00am 10:45-1:05pm 7:00pm 7:00 for 7:30pm 7:30pm	Redgrave Art Club Headspace Work party Day Centre MOBILE LIBRARY Work party Ian's Quiz Night Heritage Circle	Redgrave Activities Centre All Saints Redgrave Thelnetham Village Hall Rickinghall Village Hall See www.suffolklibraries.co.uk Thelnetham Village Hall Cross Keys Redgrave Rickinghall Village Hall
Thursday	27 th	9:30am 10:00-3:00pm 6:00pm 7:00pm	RABBATS Water vole & otter for ecologists Zumba Botesdale & Rickinghall Runners	Rickinghall Village Hall Redgrave & Lopham Fen Rickinghall Village Hall Rickinghall Recreation Ground
Friday	28 th	10:00am 10:00-11:30am 10:00-2:00pm 7:30pm 8:00pm	Positive Steps Wild Tots Time to Paint Cinema at Eye - Stan & Ollie Dance Classes	Parkview Chapel Redgrave & Lopham Fen Redgrave & Lopham Fen Eye Community Centre Botesdale Village Hall
Saturday	29 th	10:00am 10:00-4:00pm 8:00pm	Church open Weave a willow hanging bird nest Alfie's Karaoke	Rickinghall Inferior St Mary's Redgrave & Lopham Fen Cross Keys Redgrave
Sunday	30 th	12:30pm	Redgrave Garden Club BBQ	Contact redgravegardenclub@gmail.com

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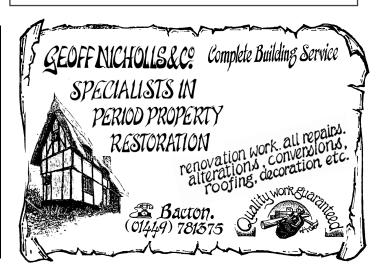
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Club News



Mill Lane Allotment Association MLAA

Spring is the time of year for new beginnings and nowhere is this more evident than down the Allotments. We shall be opening our gates for the first time this year for the Botesdale and Rickinghall OPEN GARDENS and hope that many of you will join us on the 2nd June to

see our progress and maybe even apply for a plot..... Continuing our testimonials......

Plot 33.

We fell in love with our cottage as soon as we stepped inside, but there was a problem. The garden was established and pretty but we had no room to grow vegetables. We'd been growing our own vegetables organically since the early years of our marriage and were not prepared to go back to buying from the shops, we couldn't imagine giving up the freshly harvested flavour. Happily the vendor of the cottage put us in touch with Mill Lane Allotments and we were soon offered a plot. This made everything come together! Working on the allotment is a real pleasure and a way to meet others with the same passion for growing. The physical activity helps to keep us fit and we are able to eat nutrient packed seasonal produce and save money on food bills. It makes us feel better to have a session on the allotment and there is always a friendly face to chat to. We have been here 8 years now, we are involved with the committee and help with the general upkeep at the allotments. Our plot feels like

For more information on availability call The Club Secretary Mark Wiseman on 01379 898805.

Or pop by on the June 2nd June. we look forward to meeting you......

an extension to our home, sitting with a coffee on a nice day admiring



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Botesdale and Rickinghall Community Woodland Group

People often ask where our sites are (despite my best efforts to explain!) so we now

have a new leaflet that shows exactly where they are. It will be available at our tombola stall on Open Gardens Day this month. Please come and talk to us to find out more about what we do - and when we do it - and take a leaflet with you.

There is a real satisfaction to creating a new wood or wildflower meadow and knowing it will be there long after we are gone. It is a long-term project and trees grow slowly, so patience is paramount but already the future character of these sites is visible.

In Low Meadow a public footpath runs through and in Northfield Wood we have extended the footpath so people don't have to return by exactly the same route as they came in. Miller's Orchard already has a footpath and this is now clearer than it was.

Why not join us at our next work party on 7th July from 10.30am? It's a good idea to check where it will be by phoning me on 01379 890238 or anyone else listed on our leaflet.

Rosemary Jones

I am hoping that there may be information about Ken Youngs for the next issue.

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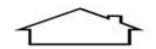
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Exploring the Past

Jean Sheehan, 01379 890237

Doctors' Surgery

Last month Dr Tim Cooke retired from the Botesdale Health Centre and on his official retirement evening tours of the new building were given. The Botesdale Health Centre was opened in October 1981 with three resident doctors, Dr David Ryder Richardson, Dr Bill Cordeaux and Dr Robert Bawden. They were assisted by the Practice Nurse Jenifer Cordeaux, District Nurse Jo Kemp and Neta Sharp was the Health Centre administrator and organised the massive task of transferring all the records of the patients. Rosemary Gosling later became the practice manager.

The cost of the building was £250,000, the main contractors were Aves. and the building was finished ahead of schedule. The Health Centre was much smaller then but seemed enormous after the cramped conditions the doctors had been used to. It had consulting suites for the three doctors, a central treatment room, waiting area facilities for communal clinical services and offices, and has since been extended.



The Homestead

Prior to this the surgery had been at Dr Ryder Richardson's house, The Homestead, situated on the brow of the hill in The Street at Rickinghall. He had taken over the senior partnership in 1959, following on from Dr Ward who purchased the house in 1935. Dr Richardson had trained at The London Hospital, Whitechapel, during the war, and learnt midwifery by cycling round the old tenements to deliver babies. This was close to the area in which the TV series 'Call the Midwife' is based on. Before coming to Botesdale he worked in Southwold. Dr Richardson retired in 1986 due to ill health and later moved to Somerset and died in 2002.

Dr Bill Cordeaux joined the Botesdale practice in 1959 and after marrying Jenifer bought Chapel House, adjoining the Chapel of Ease, as a private residence. In those days he made an average twenty- five calls daily to the patients' own homes. Dr Cordeaux introduced the vocational training scheme for general practitioners in 1973. When he retired in 1992 he said he had seen the practice grow from 3,500 patients to 6,000. Nowadays it is getting on for 10,000.

Fortunately, the doctors did not have to deliver all the new babies, they were ably assisted by Nurse Alice Farnish, who had been the midwife since 1929. The first time Bill had to deliver a baby with

her at a private home, they had no electricity, only a Tilley lamp to see by and sometimes nurse even had to light a fire in the room before the birth. Nurse Farnish had patients to visit in Botesdale, Redgrave, Rickinghall and Wortham and only had a bike to get from one to the other, sometimes two mothers in labour at the same time. When Burgate, Gislingham and Finningham were added to her list she was allowed a car. I have been told she did not know how to reverse so always had to drive forward. Nurse Farnish retired in 1963 and received an MBE, after delivering 1005 babies in this area. Not only did she deliver the babies, she was also the District Nurse and Health Visitor and attended the children until they were 5 years old. She was delivering babies for mothers she had delivered herself and could remember their own births. When sheltered housing was built at Botesdale it was called Farnish House, named after Alice, and she moved in as soon as it was built. "What a funny name to give it" she said. Nurse Farnish died in 1991 aged 91, and Dr Cordeaux felt honoured to give a talk about her at her memorial service in the Chapel of Ease.

Dr Rob Bawden joined the practice whilst still at The Homestead and Dr Andy Yager came to The Health Centre later. They both eventually became partners and have since retired.

The waiting room at The Homestead, consisted of two wooden benches opposite one another which reminded me of a wide railway carriage. Both the doctors at this time had their own consulting room, but they often had to answer the telephone and dispense the prescriptions.

Our telephone number at the shop in Redgrave comprised the same numbers as the surgery and patients often dialled the numbers in the wrong order and rang our shop by mistake. One night we had a call after going to bed and a distressed lady gave her name and then said she had found her husband lying on the bathroom floor and would the doctor go. I explained she had the wrong number and when she came into our shop the next day I enquired after her husband. She replied that it was a good thing she had rung the wrong number as when she went back to the bathroom discovered he was drunk.

Patients often say how difficult it is to park at the Health Centre but when the surgery was at The Homestead the only parking was on the hill. Can you imagine trying to drive through The Street with all the patients' cars now being parked outside the Homestead.

The Friends of Botesdale Health Centre were formed and they have raised thousands of pounds to buy extra equipment for the Health Centre which enables patients to have treatments in Botesdale to save a journey to Bury St. Edmunds. We are very lucky to have all this on our doorstep with a number of caring doctors. When Dr Yager retired, Dr Bawden said in his speech "Looking for new doctors is similar to looking for a raft spider on the fen."

Thanks to Margaret Stebbings for newspaper cuttings and eulogies. (She worked for Dr Ryder Richardson at the Homestead and carried on at The Health Centre). Acknowledgements also to Bill Cordeaux, Jenifer Cordeaux and Neta Sharp.



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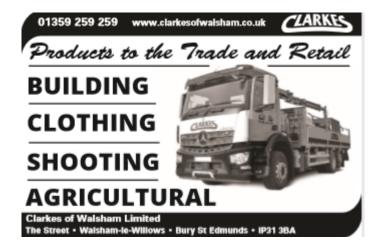
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Exploring the Past Again

Di Maywhort, 01379 898785

Mills in Our Villages

Hand-turned mills or querns were the only means of grinding corn from the Neolithic period until water and horse-turned mills and then windmills were introduced. In the Medieval period villagers of the manor would rather use querns than the lord's mill for which they had to pay the miller. However, if discovered, they had to pay a fine and their quern would be broken up. Mills turned by animals and water appeared in the eastern Mediterranean in the 3rd century BC and first appeared in Britain after the Romans arrived in the 1st century AD.

The first windmills mentioned in English documents date from the late 12th century. So far the earliest records of windmills that we have found in our villages are recorded in an extent (survey) from 1279. This records that the abbot, who was lord of the manor, had two windmills, one in Redgrave called Goldpitmelle the other in Botesdale called Brommelle. The latter was recorded as being ruined so these must have been in operation for some time before 1279. By 1289 as well as the two mentioned mills it is recorded that the abbot had also bought a mill from Hugh son of John but nothing more is said about this. We do not know who this Hugh is, whether he was a freeman or a villein. Lords of manors received the profits from mills so it is strange that this Hugh was allowed to build a windmill and that the abbot bought it from him rather than seizing it.

Another early mill in Redgrave was a watermill called, Crackthorne mill, which was situated near the present day Crackthorne Bridge on the stream which runs between Redgrave and Hinderclay.

In the 19th century a tower mill was situated in Sandy Lane in Redgrave being built in 1818 until it burnt down in 1924. It was replaced by an oil-fired mill which finally closed in 1965.(1)

In Botesdale there appear to have been two mills in the medieval period. The first was Brommelle, already mentioned, which we think was situated not far from Broomhills somewhere to the north of Mill Lane. The enclosure map of 1818 shows a 'Mill Mount' next to where the Hinderclay road takes a sharp bend to the right opposite Sparkes Lane, perhaps this was where Brommelle was situated. Sparkes Lane was called Mill Lane in the medieval period.

The second mill was Feldmelle (Fieldmill) which appears to have been somewhere in the field behind Park View. In Hodkinson's map of Suffolk dated 1783 there is a mill depicted nearly opposite the Toll House at the start of the village. We appear to have no information at all about this 18th century windmill but perhaps this is the site of the medieval Feldmelle.

Other windmills were built in later centuries. On Hodkinson's map a mill can be seen in Backhills approximately opposite where the Health Centre is today. In a court roll from October 1738 a mill is said to have been 'lately' built. The miller was Nathaniel Baxter.(2) However this had gone by 1818 as it is not shown on the enclosure map of that date.

In the 19th century a post mill was situated along Mill Road, Botesdale in what is now Miller's Orchard. This was demolished in 1924. A

smock mill stood on high ground above Bridewell Lane in Botesdale probably being demolished in the early 20th century. These were both photographed by Revd Edmund Farrer so luckily we have a record of them. There was also a mill on Botesdale Common, but we have no photographs of this.



Drawing of the Post Mill in Mill Lane Rickinghall from a 1790's Map

There must have been at least one mill in Rickinghall in the medieval period. An account roll from as early as 1311 shows various repairs for the mill which was leased for the year for 47s 4d. It was possibly near Facons Hall as in the 1437 extent there is mention of a 'mill hill called Fakounesmelle'.(3) In the 19th century there was a mill standing at the end of the track called Summer Lane that leads on from Candle Street. This mill was demolished in the early 20th century.

Also in Rickinghall a mill was situated on the right of Mill Lane in a field near Mill House. It was probably on this site as early as 1608 as there is reference to free land with a windmill in the survey of this date. At this time the miller was Barnabus Bronde who paid a rent of 2d to the lord of the manor. In 1747 Mary Largent paid rent for the land 'with a mill built upon it' which had belonged to her brother. Again the rent was 2d so it had not increased in 150 years. The mill appears on the 1791 Glebe map and on the 1819 Enclosure Map. It was still standing in 1884 when it was sold to Samuel Robinson of the malting and milling family. Perhaps he had it demolished as it does not appear on the 1905 Ordnance Survey Map.(4)

The nearest operational mills to our villages are the windmill at Thelnetham, which is open several times a year for people to visit, with milling taking place on these days, and at Palgrave which still has two mills, a watermill and a windmill. The watermill is open on Thursdays, Saturdays and Sundays from April until the end of September with milling taking place on the Thursday. They sell their flour at the Rickinghalll Farmers' Market.

(1) Jean Sheehan wrote about the mills in Redgrave in Quatrefoil's book number 5 'Reflections on Redgrave pt 1 p.18 (2)SROI HA240/2508/1010 [60v] (3)BL Add 14850 (4)SROI HA240/2508/1013 1747 Fo:44v & Old Bakery deeds

There will be photographs of some of the mills from our villages in our upcoming photograph book which we hope will be launched on Quatrefoil's history day on Sunday 8th September.



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Nyall's Notes

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

Do you think that it is reasonable for a school girl that believes in God to ask for his help as she revises and takes exams? It may be a very important matter for her as it could affect her career. You may dismiss the question saying that there isn't a God but I am not asking you whether you believe in God. I am asking whether someone who does believe in a God that is interested in them personally is consistent and reasonable in asking for his help. I think most people will answer that question with a 'yes'.

That is a big step because it means that if there is a God we expect this God to be one that can get inside people and influence them. That is actually classic Christian teaching.

Christianity has God the Father who resides in heaven, Jesus Christ who came to this earth and taught his followers and died on the cross for their forgiveness and it also has what we call the Holy Spirit who gets inside people and influences them. His job is to heighten the conscience so that we are more aware of things that we do wrong and inspire us so that our school girl example will work harder and remember better and be more confident in those necessary exams. You can think of the Holy Spirit as God putting a bit of himself in us.

You may ask how a Christian knows that there is a God that is interested in them and may claim that your opinion is as good as theirs. "I haven't experienced this God so why should I think you have. My experience is as good as yours." Now, some people may be able to answer from science telling you that the universe and the whole of creation points to a creator. Some people can show you how the incredible prophecies in the Bible point to it being inspired of God. Others might say, "I just know." You might think the former are reasoning but mistaken but the latter are simply just deluding themselves. They are simply not reasonable people.

Let me go back to that schoolgirl asking God to help her. We have said that, if there is a God it is reasonable for him to be able to help by getting inside her. If that is reasonable then it is also reasonable that this God can make his presence felt. In other words, "I just know," is a very reasonable answer.

It is standard Christian teaching: the Holy Spirit gets inside people and heightens their consciences so that they become aware of the things they have done that don't please God. They thus need forgiveness. He also points to Jesus as the one who has done that necessary for forgiveness. They react to this conviction by putting their trust in Jesus. As it is a bit like a new birth Jesus actually called it, 'Being born of the Spirit.' It is such an essential part of Christianity that Jesus said, "Unless you be born again, or from above, you cannot see or enter the kingdom of God. That which is born of the flesh is flesh, and that which is born of the Spirit is spirit."

God has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead.

1 Peter 1 v. 3

Bill's Birds

Bill Cordeaux Tel: 898286

In this issue I usually note the arrival of some of our most common migrants. I first saw Swallows (nearly a dozen of them) by Redgrave Road bridge on 6th April. A dull day but there they were, dancing up and down and to and fro, using the area for a usual stop-over feed. Then, no more than the occasional Swallow until the end of the month. The Cuckoo first appeared on Redgrave Fen on 19th April and it was only on 1st May that I saw a Greenfinch in our garden, the first for over a year. However, plenty of Goldfinches. Two lovely male Wheatears were seen on Hen reedbeds, a reserve halfway between Blythburgh and Southwold. They would be on their way to the northern moorlands. This reserve is easy to get to and a short walk will take you to its centre.

Recently I have been delighted to receive three photographs of birds of interest seen. The first was of a Longtailed Tit. This bird was seen continually tapping on an outside window. Why? For food, or possibly because it had seen a shadow of itself (or enemy suitor?). I had seen similarly a Bluetit quite desperate to get into our daughter's kitchen; its occupied nest only a few yards away. Again, possibly wishing to attack or antagonise any threatening suitor. The Longtailed Tit's photograph made its identity very clear.

The second photo, not for identification reason, was to show me a collection of Yellowhammers in Hinderclay at and underneath a bird feeder. For over a week the number grew daily to 21. The photograph showed the way the yellow of the bird contrasted with the green grass below. You may recall a flock of these birds, similar in size, had been seen earlier in the winter nearby.



Turtle Dove

breeding bird in our country by 2021.

The third photograph was of a Turtle Dove feeding at this same Hinderclay site on 26th April. This was indeed an exciting moment, as I had only one record of this bird last year. Its county record has decreased by 96% since 1970 and it could become extinct as a

In mid April my son and I had a walk on Redgrave Fen hoping to hear the Bittern 'booming'. It didn't, perhaps put off by a bitter east wind.

the Bittern 'booming'. It didn't, perhaps put off by a bitter east wind.

On our return to the car

On our return to the car my son was eagerly following an orange tipped butterfly when he suddenly pulled me back, and there, arched and with a flicking tongue and a non too gentle hiss was an adder beside his right foot! Having kindly put me out of danger's way,



Adder

he quickly and calmly took out his mobile phone (also containing a camera) and took a classical picture of the snake about to strike. Thank goodness it didn't and we returned to the car to show off the picture of our near brush with danger to my wife.



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School news

The summer term has arrived and the children enhancing talent is essential. We have several and staff at St Botolph's have settled back in well after the Easter break. Our Yr 6 and Yr 2 children have now completed their national tests and assessments and the Yr 6 children are busy preparing for the transfer to high school in September. This term is always a busy one; as children and staff alike continue to work and learn hard and prepare for the new academic year.

The children are busy preparing for their school sports mornings, the children have a variety of competitive and non competitive sports to take part in and the focus is very much on being physically active and promoting a healthy lifestyle. We believe in the benefits of physical activity and sport at St Botolph's. As a school we strive to offer our children with the chance to represent our school in competitive sport. We have good quality PE lessons and also have high quality coaches who come into school to work with our children. This academic year we have had mixed outcomes in all of the competitions that we have entered. However, as always, I have been very impressed and proud of the children. The effort, excitement and commitment they show is impressive and a credit to them.

At the end of May parents were invited to come and spend lunchtime at school. Many families enjoyed a picnic lunch followed by the opportunity to stay and play or simply to sit and chat. The children really enjoyed having parents and grandparents join them for lunch and it's an event we intend to repeat again later in the summer term.

At the end of the summer term we will be holding our annual music and art festival as we believe that inspiring, developing and

children who have successfully completed musical examinations this year. The music and arts festival will be an opportunity for parents and carers to view a range of art work produced by the children. Parents will then be treated to a concert displaying the wide range of musical talent we have at St Botolph's.

The school is constantly updating the information on the website. Please feel free to visit http://stbotolphs.suffolk.dbprimary.com and have a look for yourself.

Mr M. Cobbold Headteacher

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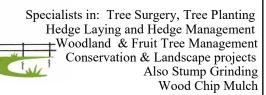


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School transition

PRE-SCHOOL

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Committee

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

Committee members also help to shape how the pre-school setting is managed.

New members are always welcome (and needed). You can choose how much time to commit and there are lots of ways to contribute so please contact us if you would like to get involved.



The pre school is now a member of **Easy Fundraising** where online shoppers can raise funds for us. This doesn't cost you a penny and it's easy to get started. Simply register on-line and add us as your chosen cause. Everytime you shop online at one of the 3,191 shops and sites they give Easy Fundraising a commission for your purchase. They then turn that into a donation and give it to your good cause. Easy! For more info please visit **www.easyfundraising.org.uk**

To find out more about us or to arrange a visit please contact **Karen Hails** on **07796 014304** visit **www.botesdaleandrickinghallpreschool.co.uk** or search for **Botesdale & Rickinghall Pre School** on Facebook

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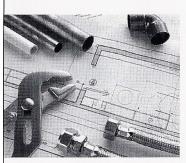
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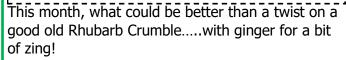
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June Gookbook

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



Rhubarb & Ginger Crumble

This ginger-poached rhubarb is fabulous on its own or with a crumble topping to your taste!

Ingredients:

- 200g Caster sugar
- 450g / 1lb rhubarb—cut into thumb sized pieces
- A 4cm chunk of root ginger
- 1. Put the caster sugar and rhubarb in a large saucepan and then add the ginger, which should be peeled and thinly sliced.
- 2. Cook over a medium heat for 2-3 minutes, stitting

occasionally until the sugar has dissolved.

3. Increase the heat and bring to the boil and then reduce to a nice sloppy consistency!

For the crumble topping:

- 80-90g / 3oz butter cut into small pieces
- 160g / 6oz plain flour
- 80-90g / 3 oz soft brown sugar
- Other topping ingredients to taste—try 50g each of oats, coarsely chopped nuts and pumpkin seeds.
- 1. Rub the butter and flour together to a breadcrumb-like consistency.
- 2. Add the sugar
- 3. Add the topping ingredients and mix well.

To cook the crumble:

- 1. Put your gloopily, heavenly rhubarb and ginger mix in an oven proof dish.
- 2. Scatter the mix with the topping mixture
- 3. Bake at 180C for about 30-40 minutes until nicely coloured on top.
- 4. Serve with custard or cream—or perhaps plain yoghurt to pretend it's a bit healthy!

Redgrave Neighbourhood Plan

Stop press....

As this months parish magazine goes to press, we can reveal that the Steering Group has appointed a consultant to assist with the development of the NP. We have met three in total and the one selected came across as being an excellent and experienced planning expert who will really help us drive the plan forward. The consultancy fees will be met by grants provided by the Government—the next stage is to apply for the funding!



More news will follow in the July edition, when we hope to have news of a village survey and consultation exercise designed to gauge the views and opinions of all the village about what the key objectives of the plan will be and our priorities for village based policies.

https://redgraveneighbourhoodplan.wordpress.com/redgraveneighbourhoodplan@gmail.com

Sudoku

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9	1	6	7	3			4
			2			5	
	9		3		1		
6							9
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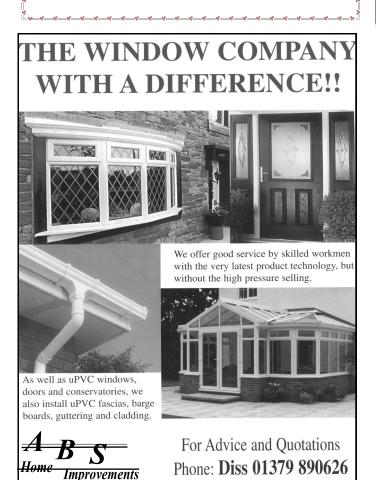
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Readings for Parish Church Sunday Services in June					
	1st reading	2nd Reading			
2 nd	Acts 16:16-34	John 17:20-end			
9 th	Acts 2:1-21	John 14:8-17			
16 th	Acts 9:36-end	John 16: 12-15			
23 rd	Acts 10:9-23	Luke 8:26-39			
30 th	Acts 10:23b-34a, 44-end	Luke 10:1-11, 16-20			

Church Services and Flower Rotas in June							
Service	Task	7 th Sunday of Easter 2 nd	Pentecost Sunday 9 th	Trinity Sunday 16 th	Sunday 23 rd	United Service Redgrave 30 th	
9:15 Redgrave All Saints Holy	Lector	Mr J Lamb	HC Rickinghall 8.15 Rector	Mrs L Wills	-	Mr J Walker	
Communion	Sidesman	Mrs F Lamb	Mrs M Self	Mrs June Stokes	-	Mrs F Lamb	
10:30 All Saints	Lector	Sarah Rainham	-	Mrs C Davidson	-	Mrs C Davidson	
All Together	Sidesman	Mrs S White	-	Mrs F Lamb	-	Mrs S Schofield	
10:30 St Botolph's Chapel of Ease	Lector	-	United Service Park View	-	Mrs J Shepherd	-	
Holy Communion	Sidesman	-	followed by a shared lunch	-	Mrs L Wills	-	
10:30 St Mary's Rickinghall	Lector	-	-	-	-	-	
Holy Communion	Sidesman	-	-	-	-	-	
6:30 St Mary's Rickinghall	Lector	-	-	-	Rector	-	
Evening Prayer	Sidesman	-	-	-	Mr R Rixon	-	
Redgrave All Saints	Flowers	Mrs Hilliard	-	Mrs Powell	-	-	
Rickinghall St Mary's	Flowers	-	-	-	•	-	

HBQURL			Police	Tel	Notes	
Area	Contact	Tel	email	Non-emergency, queries	101	email: stowmarket.snt@suffolk.pnn.police.uk web: www.suffolk.police.uk/your-area/stowmarket
Botesdale & Rickinghall	Peter Beck	01379 890495	peter@ pbeck.plus.com	Emergency	999	For Ambulance, Fire Brigade, Police
Redgrave	John Campbell	01379 890946	redgrave.nwatch@ outlook.com	Manned desks	Bury St Edmunds - Raingate Street IP33 2A Ipswich - 10/10a Museum Street IP1 1HT Lowestoft - Old Nelson Street NR32 1PE	

Due to Police cutbacks, we no longer receive information about recent crimes and unsociable behaviour. Should you become a victim of either, after informing the Police, please let me know using the contact details above. I will not give your details to anyone. If you wish to be on the circulation list to receive details of crimes etc, please also let me know. Peter H Beck.



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Botesdale Methodist Church & Parkview Chapel in June

Parkview	Chapel
	Oliapo.

For more details on any of the following, please call Kev Gladwell on 01379 898924 or see http://www.parkviewchapel.co.uk

Sunday Services (Refreshments served on all Sundays from 10.30am)				
Sunday 2 nd	One service at 11.00am (including Communion)			
Sunday 9 th	Communion service at 10.00am and Main service at 11.00am			
Sunday 16 th	Communion service at 10.00am and 'Coffee On A Sunday' at 11.00am			
Sunday 23rd	Communion service at 10.00am and Main service at 11.00am			
Sunday 30 th	No service (joining the United Church Service at All Saints, Redgrave)			

Events at Parkview Chapei					
Thursday 6 th 2:00pm	Praise Hour				
Tuesday 11 th 9:00am	Coffee On The Corner				
Thursday 20 th 2:00pm	Praise Hour				
Saturday 15 th 7:00pm	Beetle Drive				



PARKVIEW YOUTH - Activities for Children & Young People - all at Parkview Chapel, Botesdale

Junior Church : Reception - Year 6 Sundays 11.00am - 12.00pm

> **PYP**: Years 7 - 13 Sundays 7.00pm - 8.30pm

Junior Friday Reception - Year 6 Fridays 6.00pm - 7.00pm

Senior Friday Club Years 7 - 11 Fridays 7.30pm - 9.30pm

A friendly welcome to everyone at Botesdale Methodist Church services and events

	Services (every Sunday at 10.30 am unless otherwise indicated)				
Sunday 2 nd	Rev. David Ely—Holy Communion 4:00pm: Songs of Praise to conclude Flower Festival led by Jane Mottram				
Sunday 9 th	Mrs Susan Goodwin				
Sunday 16 th	Mr. Steve Aspinall				
Sunday 23rd	Local Arrangement				
Sunday 30 th	United Service at All Saints Redgrave				
	Events				
Monday 10 th	Bible Study—new members very welcome	10:00am			
Tuesday 11 th	Christian Forum : Firearms as useful works of art Jeffrey Bowden	7:30pm			
Monday 17 th	Bible Study	10:00am			
Wednesday 19 th	Wives Club: Afternoon Tea at Blooms, Bressingham				
Tuesday 25 th	Coffee down the Lane	10.00am-12.00pm			
Friday 31 st -June 2 nd	Flower Festival - see ad on page 7				



All Saints Redgrave



St. Botolph's Botesdale



St. Mary's Rickinghall

2nd June '19 7th Sunday of Easter



9:15 All Saints, Redgrave, BCP Communion

10:30 All Saints, Redgrave All Saints Altogether

An interactive service for people of all ages starting with coffee

9th June '19 Pentecost



8.15 St. Mary's, Rickinghall,BCP Communion10.30 Parkview Chapel, United ServiceFollowed by Bring and Share lunch

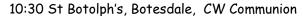
16th June '19 Trinity Sunday



9:15 All Saints, Redgrave, BCP Communion

10:30 All Saints, Redgrave All Saints Altogether An interactive service for people of all ages starting with coffee

23rd June '19 1st Sunday after Trinity





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

6.30pm St. Mary's, Rickinghall, Evening Prayer

30th June '19 2nd Sunday after Trinity



9.15 All Saints, Redgrave, BCP Communion

10.30 Botesdale Village Hall, United Service

7th July '19 3rd Sunday after Trinity



9:15 All Saints, Redgrave, BCP Communion

10:30 All Saints, Redgrave All Saints Altogether

An interactive service for people of all ages starting with coffee

Also this month:



Sat. 15th June 8.30am

Family Breakfast at All Saints

Please contact Mark Duxon on 01379 890987 if you wish to join us.

Thy Kingdom Come—Praying for our communities



4th June 7.00pm Taize style service Chapel of Ease, Botesdale

6th June 7.30pm Praying for our Communities in 60 minutes, St Mary's, Rickinghall



"Midweek Communion"

Wed. 5th March 10.00am St Mary's Church, Rickinghall

Thur. 20th March 9.45am

Farnish House Holy Communion

These services follow the order of BCP (Book of Common Prayer). All welcome.

AF.

"What is Next, God?" Thurs 18th June 7.15pm

All Saints, Redgrave

A time of prayer for the work and ministry of Christ's church in the community

"Together in these villages we offer Christ's healing grace through our worship and service."



