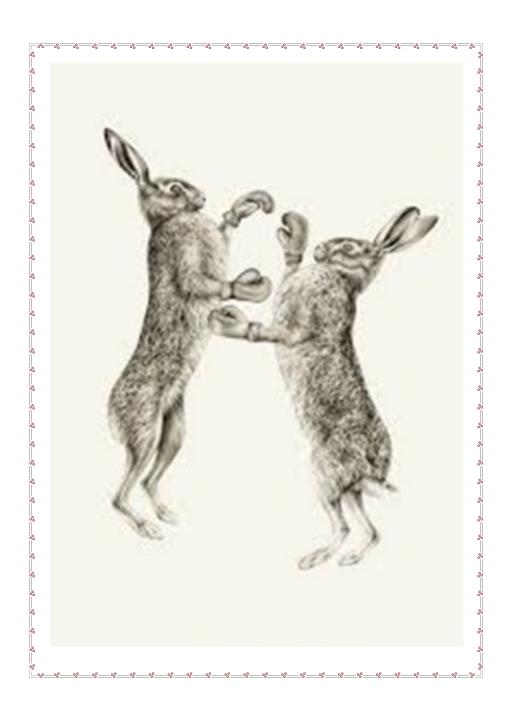
PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

March 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



Brexit uncertainty: How should Christians respond? Our country is going through significant political and social upheaval. There are very high levels of private anxiety and mutual recriminations and confusion. So as Christians how should we respond? A good starting point is with thanksgiving. Philippians 4 talks about making your petitions with thanksgiving. But if I'm anxious, why should I give thanks? Well we should be giving thanks because God is sovereign. Psalm 46 says this, 'God is our refuge and strength, our ever-present help in trouble. Therefore, we will not fear, though the earth give way and the mountains fall into the heart of the sea'. So in responding to our uncertainty and volatility the first thing we should do is to remember that our God is not tossed to and fro by Brexit; He is absolutely, totally sovereign over what happens and over all individuals. Even if the mountains fall into the heart of the sea, because we've crashed out with no deal, God is still on the throne and we should rejoice in that.

Don't forget that we have many reasons to thank God: we live in a secure land; water and electricity are in full supply; our security forces are on the side of democracy; we don't have to bribe people to get anywhere. So let's praise God for the good things we do enjoy rather than take them for granted. Once we start here we can then go on to petition God. 1 Timothy 2 teaches us to bring our requests and intercession before God, praying for our political leaders and Government. So when was the last time you thanked God for Theresa May, or Jeremy Corbyn, or our local MP, even if you disagree with them or not. When praying for our political leaders we are to ask that "we may live peaceful and quiet lives in all godliness and holiness". Why are we to do this? Well, the Apostle Paul says "This is good, and pleases God our Saviour, who wants all people to be saved and to come to a knowledge of the truth." Therefore, we are to pray in such a way that will help usher in sufficient peace so that order prevails, that churches can thrive and the gospel can be preached. If we take this seriously, God will give us opportunities to point people to the security found in Jesus Christ. This in turn will encourage us to pray further that peace, justice and wisdom will prevail as we willingly let God save us from ourselves in such a way that we recognise His good and wise decisions, which we then choose to follow.

Finally, I think we should pray for deliverance from violence, civil disorder, intimidation and the coarsening of public discourse caused by misinformation, abuse, exaggerations, lies and deception. If we turn our backs on God this is what He will do, hand us over to corrupt behaviour. It is so important that we pray for His mercy to be poured out afresh over our nation.

To sum up we should be rejoicing, making petition and pleading for God's mercy in the midst of our current crisis so that, out of His love and grace, He will spare us from what is unjust and evil and give us opportunity to proclaim the gospel of peace and love.

I wonder when they set the date for Brexit they realised that it would be approximately half way through Lent! Lent is a period of fasting, moderation, and self-denial observed by many Christians in the UK and across the world. It begins with Ash Wednesday (6th March) and ends with Easter Sunday (21st April). The length of the Lenten fast was established in the 4th century as 46 days (40 days, not counting Sundays). During Lent, Christians are encouraged to participate in some form of self-discipline, which for some could be giving up alcohol, smoking, watching TV, eating chocolate. Perhaps we could give up thinking negatively about Brexit!

Others decide to take something up that will have a positive and healthy impact on their life. This could be taking exercise daily, and eating healthier. Many make more of an effort to spend time with God through reading their Bible and praying, praying for Brexit as described above. Many churches encourage people to attend Bible Studies during this season.

This year the Christian churches across these villages will be getting together to look at the power of Biblical fasting. So what is fasting all about? Well, I believe that when you fast your spirit becomes uncluttered by the things of the world and amazingly sensitive to the things of God. When I have fasted this has certainly been my personal experience.

There are different types of fast, absolute, normal and partial. On an absolute fast you take in nothing – no water, no food. Such a fast should **only** be attempted with medical consultation and supervision. On a normal fast you go without food for a number of days, but you drink plenty of water. A partial fast can be interpreted in many different ways. One thing it is not is fasting between 11pm and 6pm when you are asleep! Instead a partial fast usually involves giving up particular foods and drink for an extended time.

What does fasting achieve? Fasting achieves many things, including helping you to receive what God has for you; helping you to taste the Bread of Heaven; waiting before the Lord; drinking the Living Water Christ offers; giving space for the Holy Spirit to lead you; and giving you time and space to rest in the presence of the Lord.

See the advert for when and where we will be meeting to explore the power of Biblical fasting, and if you would like to join us please do get in touch. With every blessing

Chis NobuM

Revd Chris Norburn

Text about Brexit based on an article by a trustee of The Christian Institute.

From the Registers

Funeral service at St Mary's Church, Redgrave followed by burial in the Churchyard for Mr Basil Grahame Hyde Mortimer: Died 5th January 2019. Age 81

2

PARISH MAGAZINE — MESSAGE FROM THE TEAM

It looks like spring is on its way—plenty of colour in the garden—and we certainly haven't had a hard winter. There are plenty of adverts in the magazine for services and supplies to help you get stuck in to the gardening and there are still allotments available to grow your own veg (p25). We have had a lot of contributions to include this month and there are plenty of opportunities for volunteering in various areas if you have a bit of time on your hands and would like to get involved.

Thanks as always to the production and delivery team, all our advertisers and those who contribute articles—keep them coming.

Charles Murray

HELP NEEDED. Would you like to join our team of volunteer deliverers? If you can spare an hour or so 10 times a year to stroll around the village we would love to hear from you.

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:

PLEASE NOTE SOME DATES HAVE CHANGED

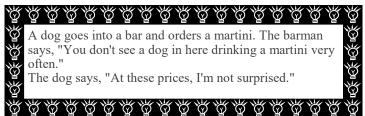
- April issue 11 Mar (Mon). Come and help stuff the magazine @ All Saint's, Redgrave—4pm on 22 Mar Fri)
- May issue 8 Apr (Mon). Come and help stuff the magazine @ All Saint's, Redgrave—4pm on 19 Apr (Fri)
- <u>June issue 6 May (Mon)</u>. Come and help stuff the magazine @ All Saint's, Redgrave—4pm on 17 May(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









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 8:30 - 1:00pm

9:00 - 11:00am

Stowmarket Road Rickinghall Tel: 01379 898 219

Home grown seasonal fresh fruit, vegetables & eggs etc.

NNYSIDE Farm Shop

Open: 9 - 5.30Monday - 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

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

If interested, please contact

adverts @rbrparishmag.com

QUATREFOIL

local history books on Botesdale, Redgrave & Rickinghall

books are available from:

Redgrave Shop (only books about Redarave) Jean Sheehan (01379 890237) Di Maywhort (01379 898785)

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

www.quatrefoil.org.uk



Special cakes special celebrations

Jean Barker 01359 241135

www.amazingcakesbyjean.co.uk

Jays Accessories



Gifts for family and friends

see our range of scarves, hats, gloves, jewelry, bags and locally hand made gifts at:

www.jays-accessories.com Suffolk, England

tel: Janet 07766034342 tel: Shirley 07591172008

e.mail: enquiries@jays-accessories.co.uk

UPLANDS WAY VETERINARY CLINICS

The family vets for family pets

— OUR CLINICS —

Become part of the family

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

DISS 01379 642 865 ATTLEBOROUGH 01953 454 945

STANTON 01359 251 730

uplandswayvets.co.uk

>>> March Events <<<



Back ache, neck ache, tired, stressed? Try Qigong!

Come and learn the basic

form of Zhineng Qigong

in a weekend - 23rd/24th

March, at Rickinghall

Village Hall. For more info:

lornapolke@hotmail.co.uk

or 01379 309141

HERITAGE CIRCLE

27th March 7:30pm at Rickinghall Village Hall

Sarah Doig

Daniel Defoe's Tour of the Eastern Counties

New members and guests welcome.

onesuffolk.co.uk/HeritageCircle

Lent Study Weekly from Tues 12th March 2019, concluding

Tues 16th April 2019 (7.30pm All Saints, Redgrave)

"Fasting"Everything you need to access the power of Biblical fasting

Breaking News: The diocesan Bishops, Bishop Martin and Bishop Mike will be with us for the first session and will talk on their experiences and understanding of fasting. There will also be an opportunity to ask them questions.

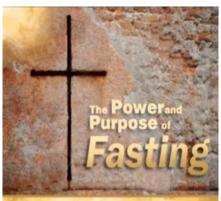
During 5 evening sessions we will be going step by step through the practice and reward of Biblical fasting. This will take us on a journey to a deeper, more intimate, more powerful relationship with God, with the talks sparking discussion as we learn about this important spiritual discipline.

Please sign the list in church in order to get the study guide (£6.50) you will need.

Session titles are –

- Fasting for your breakthrough
- Every assignment has a birthplace
- Rewarded Openly
- God's priorities
- **Fasting Foundations**

We look forward to you joining us at All Saints. For further information, please contact Revd Chris Norburn, 01379 898685 Many thanks







RICKINGHALL COUNTRY MUSIC CLUB

Saturday 30th March **Kevin Barry**



Rickinghall Village Hall 8 pm - 11.30 pm

> Ticket price £6.00 All Welcome

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

^^^^



DISS University of the Third Age

Thursday March 7th 2019 at the United Reformed Church Please note - the AGM will begin at 10 am with refreshments after the talk.

> Guest speaker: Gerald Jenkins giving a talk entitled:

Berlin - Walking through History

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

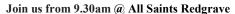
Botesdale Methodist Church "Coffee down the Lane"



Tuesday 26th March 10.00am - 12.00pm

HEADSPACE

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



for coffee & cake on March 6th, 14th, 20th, and on March 28th at 12 noon for lunch. All women welcome. Children catered for. Karen 01379 890897

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





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

Mon	12-3PM 6-10PM	12-2PM	6–8.30 CURRYNIGHT
TUES	* CLC	SED *	
WED	12-3/6-10	PM NOFO	OD SERVICE
Thur	12-10PM	12-2PM	6-8:30pm
FRI	12-11PM	12-2PM	6-8:30рм
SAT	12-11PM	12-2PM	6-8:30pm
SUN	12-8рм	12-3рм с	ONLY

OPENING FOOD ORDERS

Cocoa Mama Chocolaterie 4 Broad Street, Eve, 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





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

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

>>> March Events <<<

Farmers' Market

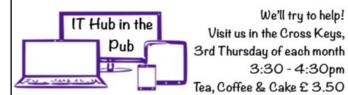
For the best local David's produce and legendary bacon baps!

Rickinghall Village Hall **Sat 9 March @ 9.00am**



Redgrave Garden Club THURSDAY 28th MARCH

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?



The Watercooler - A forum for professionals to share ideas, best-practice, etc. Meet first Friday of month at 12 noon, in the Meet tirst Friday of month at 12 noon, in the Cross Keys, Redgrave. For further details, contact Jamie Cleaver mail@jamiecleaver.co.uk



March 14th Rickinghall Village Hall 7.30pm

The World of Optical Illusions Colin Hopper

March 16th Rickinghall Village Hall 2pm-4pm

Jumble Sale Admission 20p



Tea/coffee, cakes and Savouries



RAHOF (Rickinghall Area Hospice Fundraisers) Annual Meeting:

KNOW YOUR HOSPICE

Come along to hear about "HOSPICE NEIGHBOURS" and our 2019 programme

Tuesday, March 5th at 7.30pm **Redgrave Amenities Centre** Admission free

We would love to welcome you to hear our Hospice speakers with coffee, tasty refreshments, friendly chat, an interesting Draw, and more!

In aid of St Nicholas Hospice Care, Bury St Edmunds

Botesdale and Rickinghall Community Woodlands

BARWOODS ANNUAL GENERAL MEETING Monday 18th March 2019 at 7.30 pm

In the Function Room of the Bell Inn, Rickinghall. All Welcome – your chance to hear about Northfield Wood, Millers Orchard, Low Meadow and future plans.

COFFEE ON A SUNDAY AT PARKVIEW CHAPEL BOTESDALE 11.00AM-12.00PM March 17th



For more info contact Kev at Parkview on

kevin@parkviewchapel.co.uk or 01379 898924

Ladies & Cents hairdressing and beauty. The Street Rickinghall Open Tuesday-Saturday TEL .01379 890647

EMMA • EDWARDS PROFESSIONAL HAIRDRESSING

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

Evening appointments available.

To make an appointment call Emma on 07900 683649



Símply Beauty of Botesdale 01379 308338

Hill Top The Street Botesdale
IP22 1BX

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

Gífts & Vouchers available Holístic Therapies NOW available with Jayne For a professional & friendly service visit Simply Beauty Rest Relax & Rejuvenate **Traditional Chinese**

Acupuncture

Restores Your Health

Deborah Ellis LicAc M.B.Ac.C

30 years experience

01379 651553

71 Wheatfields, Rickinghall, IP22 1EN

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

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

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*

Let us look after you and your family's dental care.

We offer a wide range of general dental and cosmetic treatments including implants and invisible braces with 6, 9, 12 months 0% finance available.

And, if you join Denplan Essentials you'll get £30 off your first appointment.



>> March/April Events <<

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

Guided fen walks

Saturdays 2 March, 6 April, 10.30am-1pm £4. Meet at the Education Centre. No need to book.

Weekend Wildlife Club

Saturdays 9 March, 13 April, 10.30am-12.30pm A club for 6-11 year olds, £3 Booking essential

Time to paint

Fridays 29 March, 26 April, 10am-2pm £5 donation, includes tea and cake All welcome, no need to book. Contact 01379 688333

Valley Fens Wildlife Group talks

Tuesday 26 March, 30 April, 7.30pm-9.30pm £2 per person (includes refreshments) All welcome, no need to book

Activity day for home-educated children

Tuesday 26 March, 23 April, 10.30am-2.30pm
For 5-9 year olds
£7 per child
Booking essential

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



'Tales of an Auctioneer'
With Elizabeth Talbot of T W Gaze

Wednesday 10th April 7 for 7.30 pm Rickinghall Village Hall

Come and join us for an evening with Elizabeth who will regale us with tales from her fascinating career and her experiences in the world of antiques.

Tickets at £8, (includes a glass of wine and nibbles. Pay bar also available), can be obtained at the meetings of Rickinghall Further Education Group, WI, Heritage Circle, Farmers' Market, or through Faiths Handicrafts (01379 898064) and Val Goodwin (01379 890910).

Proceeds to Rickinghall Village Hall. Charity Number 1031063.



ANNUAL FISH 'N' CHIP QUIZ NIGHT PARKVIEW CHAPEL, BOTESDALE SATURDAY 6TH APRIL

QUIZ STARTS AT 7.00PM
TEAMS OF NO MORE THAN 6
£7.50 PER PERSON
(SAUSAGES/VEGGIE AVAILABLE IF PREFERRED)

BOOKING ESSENTIAL

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

Will be baking soon at Star Wing Brewery

Traditional, crusty artisan bread & selection of cakes!



BOTESDALE AFTER SCHOOL CLUB'S
FAMILY EASTER EGG BINGO NIGHT
AT
BOTESDALE VILLAGE HALL
ON
SATURDAY 23RD MARCH 2019

Doors open 5.30 pm for eyes down at 6.00 pm

LIGHT REFRESHMENTS WILL BE AVAILABLE ON THE NIGHT BRING A BOTTLE OF WINE IF YOU WISH

£1 PER BOOK OR £5 FOR SIX BOOKS

ALL PROCEEDS WILL GO TOWARDS MUCH NEEDED RESOURCES FOR THE CHILDREN TO ENJOY



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 £5.50 per session £6.00 per session

After School Club

3.30pm – 4.30pm £5.00 for the hour 3.30pm – 5.30pm £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

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

English Tutoring

Need to boost your child's literacy skills?

Are they preparing for Key Stage 2 SATS; GCSE English Language, English Literature, 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.)



joclifford@cadecreative.com

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

If interested, please contact

adverts @rbrparishmag.com



FEBRUARY REPORT - Parish Clerk

This month we had apologies from Cllrs Abraham, Green, Russell and Stratford, as well as District Cllr Derek Osborne.

Public Forum: County Councillor Fleming reported that Suffolk Highways has invested in Nu-phalt Thermal Patching technology to improve pothole repairs. This has been funded from £9.67 million received from central government in the autumn and has helped the County's Highways teams to carry out more effective, longer-lasting repairs to Suffolk's road surface. On 29 January, SCC's Cabinet agreed that the road bridge section (crossing A) of the Upper Orwell Crossings project is not deliverable due to escalating costs, but the Council and its partners are looking at ways to deliver crossings B and C in the Waterfront area.

The 2019 Great East Run opened for entry on 7 January and will take place on Sunday 22 September. Full details can be found at www.greatrun.org/great-east-run

Finally, Eye has bucked the trend by opening a modern new library on Cross Street to replace the 40-yr old former premises.

Two members of the public spoke about the third application at Bell Hill Cottage and Newsagents for change of use to a hot food takeaway. It was felt to be broadly the same as the second application, with the hot food takeaway section further back into the ground floor. There are still concerns about the loss of residential space in a largely residential area, the effect of noise, litter and smells on local residential amenity, insufficient parking and the effect of increased traffic on pedestrian safety near the premises. County Cllr Fleming confirmed that she will apply to call in the application to go before a planning committee and will request the same committee who considered the two previous applications.

Planning: There were three planning applications – two related to the addition of a first-floor extension and loft access to Crown Hill Cottage, The Street and there was no objection to these. The PC objected again to the application at Bell Hill Cottage and Newsagent for change of use to a hot food takeaway as it was felt that very little had changed in this version of the application and previous concerns – as outlined above – had not really been addressed.

Neighbourhood Plan: The Neighbourhood Plan was formally submitted to Mid Suffolk District Council on 23 January 2019. MSDC will undertake their own consultation on the content of the Plan starting from Monday, 11 February 2019. The deadline for comments is 4pm on Wednesday, 27 March 2019. You can find all the information on the MSDC website at https://www.midsuffolk.gov.uk/planning/neighbourhood-planning/neighbourhood-planning-in-mid-suffolk/botesdale-and rickinghall-neighbourhood-plan/

Correspondence: It was noted that there is a new Suffolk care services directory which can be accessed at www.carechoices.co.uk or by contacting Care Choices on 01223 207770. It includes information on how to stay independent for as long as possible, the different care and support options available and what to look for when choosing a care provider. It also offers guidance on important

issues such as paying for care and what financial assistance may be available from the local authority. There are comprehensive listings of all registered care services throughout Suffolk.

There were two complaints from residents. The first, about youths setting fires in the A143 underpass, was referred to the Police. The second was about the new fencing on the footpath from the end of Cherry Tree Lane to Redgrave. The PC has confirmed that the fence will mark the boundary of land that has changed hands and it should not interfere with access to the footpath.

Play Area: The PC agreed to accept a quote of £3,487 for the consultation and design service provided by Groundwork UK East, a registered charity which focuses on improving local communities. The work will include consultation with the community on improvements at the play area, design work to incorporate those improvements and further consultation on the designs.

Street Sweeping and Grass Cutting: The pay for the Street Sweeping and Grass Cutting Contract has been brought into line with the Local Government pay scales.

VILLAGE LITTER PICK Saturday, 13th April 2019

Bring the whole family and meet at either village hall car park at 10am.

Organised by Rickinghall and Botesdale Parish Councils

PARISH OF BOTESDALE ANNUAL PARISH MEETING

7pm ~ Monday, 1st April 2019 Botesdale Village Hall

Everyone is invited to attend.

Please email local organisation reports to the Clerk by 22

March.

THE NEXT BOTESDALE PARISH COUNCIL MEETING WILL TAKE PLACE ON

MONDAY 4th MARCH

at 7.30 pm at Botesdale Village Hall

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

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

Tel: 01379 890 141

Email: botesdale_pc@btopenworld.com

Please contact her during OFFICE HOURS ONLY

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

Do you need someone to take the stress out of vour 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

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

Professional Ecologist and **Nature Conservation** Consultant Dr Jon Huckle PhD MSc BSc



- · Ecological Survey & Assessments
- Habitat management advice
- · Protected Species Surveys and mitigation
- Bats, great crested





Email: info@huckleecology.com Web: www.huckleecology.com



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

Lilac Cottage Studio Art Courses



We offer Art Courses for all abilities in our studio in Rickinghall. All our tutors are professional artists with experience of teaching a range of skills and genres.

A range of courses available for 2019.

All courses include a light lunch and refreshments.

For more information and bookings go to our website http://lilaccottagestudio.com/courses.html Or contact us on info@lilaccottagestudio.com Or call Sue on 07824 637174









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



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



Redgrave February Report – by the Clerk

Councillors Angela Bigley, Angela Clarke, Mike Denmark, Richard Hilton and Jason Walker were present in addition to the Clerk and 6 members of the public. It was noted that Matthew Millard was no longer a member of the Parish Council.

Public Forum: There were several questions about funding for cutting the Old School Playing Field, which will be cut regularly again following a rough cut by a helpful resident. It was confirmed that this will be paid for out of the Parish Council's £1300 "Village Upkeep" budget. Consideration of the potential for development of the field has been put on hold while the PC investigates options for access.

Planning: There were two planning applications. The PC had no objection to the erection of a new dwelling and access behind Reed House, The Knoll as it was unlikely to have much impact on neighbouring properties. The new access would be from a track off Churchway. The second application was for pollarding a walnut tree at

Ivy House Farm. There was no objection to this either.

Correspondence: This included information and guidance about litter picks and the upcoming "Spring Clean" event which will take place from 22 March to 23 April.

PARISH of REDGRAVE ANNUAL PARISH MEETING

7.00pm ~ Wednesday, 3rd April 2019 Redgrave Amenities Centre

Everyone is invited to attend.

Please email local organisation reports to the Clerk by 22

March.

THE NEXT PARISH COUNCIL MEETING WILL TAKE PLACE ON

WEDNESDAY 6th MARCH 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: botesdale_pc@btopenworld.com

Please contact her during OFFICE HOURS ONLY.

Mobile Library

Rickinghall: Rectory Hill 10.40 – 10.55 Rickinghall: Hinderclay Road 11.00 – 11.15 Rickinghall: Village Hall 11.20 – 11.35

Botesdale: Farnish House 11.40 – 11.55

 Botesdale : Village Hall
 12.00 – 12.15

 Botesdale : Backhills
 12.20 – 12.35

 Redgrave : The Knoll
 12.45 – 1.05

will be calling: Wednesday: 6th March, 2019

DIRTY OVEN??

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



OVER 500,000 cleans NON caustic, fresh solution every time. **Hobs, Extractors and Microwaves** Aga's and Ranges

PHONE JOHN DYER on 01359 259818 or 07835 256967

www.ovenclean.com



YOUR LOCAL DOMESTIC OVEN CLEANING SERVICE ECO-FRIENDLY - NO MESS - NO FUMES FREE SILICON OVEN LINER FOR NEW CUSTOMERS

CALL JON ON 07817 212509

PRESSED-TO-GO

FAMILY RUN IRONING & DRY CLEANING SERVICE BASED IN ROYDON

ESTABLISHED 9 YEARS

COLLECTION & DELIVERY



PHONE KAREN FOR DETAILS 01379 652767

THE HOMECARE SER VICE WHERE PEACE OF MIND COMES AS STANDARD

For more information please call: 01473 381545

A service from Prestige Nursing

www.prestge-nursing.co.uk/home



RICKINGHALL IRONING SERVICE

And More 🦃



Free collection/delivery within 3 miles of Rickinghall

> Please call Ruth 01379 890506 0751 7039 685

Prices available upon request

Transport (Hospital/Doctors etc)

Shopping



I have been established nearly 20 L years and offer a Т thorough window cleaning R service for Ν households. Give me a try and Α see the results -T get your windows

pristine clean.

SERVICES

ı

V

Call Nigel on 07775 858 052

Turrel

Cleaning Services

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

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



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

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

into@crystalclean.services



Rickinghall February Report - by Councillor Sally Smith

The second Parish Council meeting of the year was held on 7/2/2019 with apologies given by Nick Free and Will Maskell.

Public Forum: Jessica Fleming, Suffolk County Council (SCC) Councillor outlined the following:

Three new thermal patching machines have been purchased by SCC to speed up the repair of potholes in the County. SCC have a deadline of end of March to repair all outstanding potholes.

SCC will not be funding the road section of Three Bridges Project in Ipswich.

Entries for the Great East Run are now open – due to be held on 22 September 2019 in Ipswich.

Mid Suffolk District Council have initiated an online tax and revenue system to enable people to manage their finances.

The developer contribution database on the Mid Suffolk website is now live and enables the general public to see what s.106 and/or CIL money has been paid by developers and the timescale within which it needs to be used.

The current owners of Bell Hill Cottage spoke about the revised planning application that had been submitted for the old newsagents' premises. Essentially many of the same objections stand in terms of car parking, sound, smell, loss of amenity in addition to the loss of further residential space by the prep restaurant being moved further to the back of the premises.

Planning Applications:

Priory Farm, West Hall Farm – no objection was given to the application for a farm-managers dwelling subject to there being an agricultural tie on the property.

Land at the rear of Broland, Garden House Lane – no objection was given to the outline planning application to build a dwelling at the rear of Broland.

Bell Hill Cottage, The Street - a long discussion was held whereby it was

decided that many of the objections put forward by the Council previously still stood and a further letter of objection would be submitted. It was also agreed that the application should be taken to committee for decision and Jessica Fleming would try and ensure it reached the same committee as previously.

Bell Hill Cottage – Listed Building Consent – it was agreed a letter of objection would be sent as new information had not been included in the revised application which was relevant.

Porters Farm, West Hall Road – no objection was given to the application for additional residential space.

Planning Decisions: Planning permission and Listed Building Consent has been granted to Sumlan Place, New Delight Road, Stubbings Entry, Slough Road, Jessamine Lodge, The Street and Barn at Jackamans Farm, Briar Lane.

Neighbourhood Plan Update: Following the recent consultation held within Botesdale and Rickinghall the Neighbourhood Plan was submitted to MSDC on 23 January. A further 6-week consultation will be held by MSDC from 11 February following which there will be a referendum held June/July 2019. Thank you to everyone who helped in putting this document together.

Correspondence: Snape Hill Encampment - A further meeting was held to discuss the encampment at Snape Hill. It was agreed by all parties that an eviction notice would be served stating the area is left on 1 March.

A new independent care services directory has been published giving readers information on how to access care services throughout Suffolk. It can be downloaded from www.carechoices.co.uk or you can can contact Care Choices at 01223 207770.

Vehicle Activated Signage Data – as in previous months there is still a large amount of speeding taking place throughout Botesdale and Rickinghall. All data received from the VAS is being sent to the police to highlight the problem. PLEASE SLOW DOWN.

<u>Street Sweeping and Grass Cutting:</u> The pay for the Street Sweeping and Grass Cutting Contract has been brought into line with the Local Government pay scales.

A NOTE FROM THE CHAIRMAN - PUTTING THE RECORD STRAIGHT

In 2016 we were happy to publish a report that related to Underwood House and the small plot of land abutting the street. Many people were unclear as to the ownership. This is still causing a problem to the owner and I am setting out the paragraph again below, three years down the line, and would reiterate that the Parish council has not owned the land in the past and it was conveyed to the owner of Underwood House on purchase as part of the garden area to the property.

Some villagers have wrongly assumed that the new owner had 'staked his claim' on the adjacent plot to the right of the Maypole Meadow drive – this is not the case. The Parish Council has never owned the land and Council items were placed there in 1991 with the permission of the lady who owned it at the time. The land was sold to Dr Bennett, who developed the new house, and gave the Council permission to erect the notice board. The land was then conveyed to the purchaser along with Underwood House and the Council engaged in an amicable discussion with the new owner about the arrangements. The comments and accusations of a small minority, and the distress caused, are regrettable.

VILLAGE LITTER PICK Saturday, 22nd April 2017

Bring the whole family and meet at either village hall car park at 10am.

Organised by Rickinghall and Botesdale Parish Councils

PARISH OF RICKINGHALL ANNUAL PARISH MEETING

7.15pm ~ Thursday, 4th April 2019 Rickinghall Village Hall

Everyone is 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: rickinghall_pc@btopenworld.com

Please contact DURING OFFICE HOURS ONLY

RICKINGHALL PARISH COUNCIL'S NEXT MEETING IS ON

THURSDAY 7th MARCH

at 7.30 pm

AT RICKINGHALL VILLAGE HALL

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

D.A.R SERVICES LTD

DOMESTIC APPLIANCE REPAIRS

01379 898062

RICKINGHALL

REPAIRS AND INSTALLS OF ALL MAKES AND MODELS OF DOMESTIC APPLIANCE



Beech Tree Forge

Patrick Stone — Wrought Iron Specialist Individual Handcraft Wrought Ironwork



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

Tel / Fax: 01379 897256 Mobile: 07771 536 251

THE PINE HOUSE CO.

HAND MADE FURNITURE

ANY SIZE TO YOUR DESIGN

Including Hand Made Fitted & Free-Standing Kitchens

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



Appliances Ltd

Telephone:

01449 780398

Domestic Appliance Repairs, Sales of New and Reconditioned Machines

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

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



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









illage News



Whatever happens as we get older, we all want to remain independent and live life on our own terms. That's why, as well as offering regular friendly contact and a strong campaigning voice, Independent Age can provide you and your family with clear, free and impartial advice on the issues that matter: care and support, money and benefits, health and mobility. A charity founded over 150 years ago, we're independent so you can be. Independent Age provides clear, free and impartial advice on the issues that matter to older people and their families: care and support, money and benefits, health and mobility. We also offer regular friendly contact to those who need it and a strong campaigning voice.

.For advice or information call our Helpline on 0800 319 6789, email advice@independentage.org or visit our website www.independentage.org. You can also follow us on Twitter<https:// twitter.com/IndependentAge> and Facebook<https:// www.facebook.com/independentage/>.

Our advice and information services are completely impartial. We do not sell products or services and we do not receive a payment from any organisation for recommending that organisation's product or service.

Independent Age is the operating name of The Royal United Kingdom Beneficent Association. Registered address: 18 Avonmore Road, London W14 8RR. Registered in England & Wales: charity number 210729, and in Scotland: charity number SC047184.

RICKINGHALL AND DISTRICT DAY CENTRE

All members and helpers of our weekly get together would like to give a big THANK YOU to a generous anonymous donor for a £200 cheque.

Also the local Woman's Institute group have once again donated £150 towards our Christmas lunch for which we are extremely grateful. As we come towards the end of another financial year these gifts really are a tremendous help.

Caroline Panter. Hon Treasurer

RICKINGHALL & DISTRICT COMMUNITY TRANSPORT

A huge 'thank you' to the numerous organisations which so generously donate to our community bus thus



ensuring its future operation. Also, to the special people who fundraise and donate so generously.

A special 'thank you' to the parish councils of Redgrave, Botesdale, Rickinghall, Wattisfield and Stanton which ring-fence funds on an annual basis to ensure a replacement vehicle when necessary.

From all the people who use and need the bus, again, thank you. Gordon Lawrence

Community Bus Co-ordinator

Tel: 01379 897109

East Anglia's Children's Hospices (EACH) are looking for volunteers

Could you spend a couple of hours a week or even a hour a month helping a family with a child who accesses our hospice in Ipswich in their own home?

Caring for a seriously ill child or young person can put a lot of extra demand on a family. The aim of the Help at Home service is to put a caring individual into a family's home to provide everyday practical support such a cooking, sibling support, cleaning and gardening. We provide you with the necessary support and training, all you need to do is provide some of your precious time. If you would like any more information or to apply then please contact Hugh at hugh.fenton-anwyll@each.org.uk or call 01473 271334. Thank You.

Defibrillator Familiarisation Opportunity at Rickinghall Village

Wednesday 3 April @ 2.30 pm OR Wednesday 17 April @ 7.30

Andy Watts our Urgent Care Practitioner, based at Botesdale Health Centre, will be leading two very informal familiarisation sessions so you can learn about the equipment or refresh your memory. The more people who know how it works, the better! Anyone who is interested in attending either of the two free sessions (they both have the same content, but one in the afternoon and one in the evening) should contact Val Goodwin on 01379 890910 to reserve a place. These sessions are open to any one and every one and apply to the use of any defibrillator you may see.

In the event of suspected heart failure the 999 operator will stay on the line to give help and advice. The equipment is designed to be idiot proof, however its effectiveness is greatly enhanced if the person operating it has seen one before and hence knows what to expect of the machine. Amongst other things, it talks to you! It can also detect heartbeats, so will not shock the patient if this would be detrimental. Don't be shy, book your place and bring a friend! For further information and to reserve a place please telephone Val Goodwin on 01379 890910. Google: 'Rickinghall defibrillator'





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

ssmitho91@btinternet.com

The Uplands, The Street, Rickinghall, IP22 1DZ

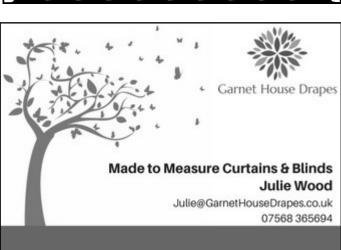
PICTURE FRAMING BY CAROLA SETTLE

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

Friendly advice & professional service.

Stanwell House, High Street, Gislingham, Eye, Suffolk. IP23 8JE 1 Cl. VIC.





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



Call Amanda or Alastair for more information on:

01379 669 209





Village Green



Village News

Redgrave, Botesdale & Rickinghall Twinning



Association

Vintage Car Rally in Brittany

Our friends in Tinteniac are very keen to help re -energise the association with Redgrave, Botesdale and Rickinghall, and to that end have

extended an invitation to take part in a vintage car rally in Brittany on 9th June 2019.

The President of the Comite de Jumelage de Tinteniac has extended an invitation

'to participate in an old car rally organised by the AVIV (The Vintage Car Association in Ile et-Vilaine) on the 9th June 2019. Obviously, you will be expected to come for the weekend and you shall be looked after (accommodation plus food plus wine plus plus)

The programme of this rally is as follows:

Start 10.00 am

A ride of about 45 to 50 km with quizzes on different locations of the course

Picnic lunch and games

An afternoon ride of about 30 km with quizzes

Finish 5.00 pm Prize-giving

One condition is that cars must be older than 1970.

There is a participation fee per car of which we will cover no doubt. It is also possible to ride as passengers in the old cars if you wish.

The organisers would need to know the final number of participants/passengers by the end of May although we hope you could rally your team members before that time!'

I would be delighted to hear from anyone who might be interested in taking up the offer and indeed anyone who might be interested in getting involved with the Association to revitalise it and regenerate the friendships and links we have with France, particularly at a time when we seem to be drifting further apart.

I can be contacted by email at

kit.wells@littlegreenconsulting.com or on 07885 319701 Kit Wells Chairman, RBR Twinning Association

Redgrave Garden Club

- The speaker at the January meeting of Redgrave Garden Club was
- Karon Sanders of Stackyard Nursery Mendlesham. Her subject was
 Winter Colour. Karon spoke about the various ways colour and interest could be used in the garden to provide all year round
- attraction. Evergreen plants with attractive foliage and berries. Trees
- with attractive and colourful bark. Grasses left with foliage and leaves
 on, which moved with the wind, some flowerheads of summer
 perenial plants, e.g. sedums, gave interest and structure to the winter
 garden. Statues and garden furniture and interesting articles. placed
- in strategic positions in the garden made attractive focal points.
- Karon illustrated her talk with pictures of plants etc. some of her own garden, and some of gardens she has designed, and gave advice to members on any queries they had. Angela Bigley.

WE NEED YOU!!

VOLUNTEERS REQUIRED IN OUR COMMUNITY-RUN PUB

VARIOUS POSITIONS AND TIMES AVAILABLE

CONTACT KAREN FOR

MORE DETAILS

THE CROSS KEYS, REDGRAVE

TELE: 01379 779822





Patient Transport CAN YOU HELP?

This busy service is in urgent need of more volunteer drivers.

If you have a car, time to spare and would like to help, please phone Val Goodwin on 01379 890910 for more information.

Friends of Botesdale Health Centre

Charity Registration No. 285606

OUR VILLAGE HALL

Like running water and fresh air The village hall is always there; A focus, meeting place, where we Can meet as a community.

Life comes here of every age Gathering in kitchen, or by curtained stage:

Pre and after schoolers, voters and dancers,

Arts and crafters; local life enhancers.

But ask: how is this organised?
Reply: by volunteers who recognise
Our village hall's immense value

And who now need help – could it be you?

June Shepherd (Trustee, Botesdale Village Hall)

THANK YOU

The Jumble Sale held in Botesdale on 19th January raised £1244.00 which will go towards the new extension at the Health Centre. Many thanks to everyone who supported by donating, helping on the day or coming to buy.

Pam & Monty

DISS FOOT GARE

Foot care in the comfort of your own home

Sherralyn Blakely TCFCP dip

Foot care specialist

Friendly and professional service

Nails cut

Hard skin removed

Callouses, corns, fungal nail, ingrown nails treated

Call for more details: 0787 664 8667

0000

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

Melanie Johnson SAC Dip RFHP

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

Call 07568374257









TENNIS COACHING By Marco Mitev-Will LEVEL 3 QUALIFIED COACH

Whether you are looking for progressing or individual or group lessons. Location Rickinghall for all abilities.

Contact: 07970 044962

or email: marcopolomw@hotmail.co.uk

PJMusic 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

01379890088 - 07968687011

Chair based strengthening/ balance exercises

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

Contact Lesley on 01359 221583.



Yoga **Botesdale** Village Hall

Tuesdays 7.15 pm—9.00 pm Term time only Join any time! All abilities welcome £42 for each block of 6 weeks For more information

please ring Julie on 01359 221655

or email juliedyoga@msn.com Enquiries: Jill on 01379 897055 or 07800 639 141



A great way to have a fun workout and enjoy exciting Latin sounds. 10am Rickinghall village hall Mondays

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 Fridays

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



Graham Higgins, The Real Robin Hood

Graham Higgins explored the complex origins of the Robin Hood story at the January meeting of the Heritage Circle at Rickinghall Village Hall in an interesting presentation. He explained how the story of Robin Hood has fascinated people for centuries, and has been celebrated and embellished in literature, poems and films. The story we now have is an amalgam of the activities of a number of people who lived at the same

The Normans conquered England in 1066 and William I rewarded his supporters with grants of land across the country. However, there were many examples of wealthy people who fell foul of kings and either had to leave England or forfeit their lands, like Robin Hood. One powerful figure was Bishop Odo who had commissioned the Bayeux Tapestry. He controlled the southern half of England but allowed a gang of robbers to pillage and steal from the people to increase his own already considerable wealth. Eventually William I had him imprisoned but Graham Higgins suggested that 'Robber Odo' may have been a precursor of Robin Hood

Another strand of the story of Robin Hood is derived from the Fitz Warin family who held Whittington Castle in Shropshire. Fulk Fitz Warin came into conflict with King John in 1200 and was declared an outlaw. However, the ill feeling between the two men had begun in childhood. John was the fourth son of Henry Il and Eleanor of Aquitaine. He was known as John 'Lackland' as he was not expected to inherit any of his father's estates. His parents took little interest in him. John was brought up with other, non-royal, children, including Fulk Fitz Warin. John never forgave Fulk for hitting him during a dispute over a chess game.

In 1189 Henry II died and was succeeded by Richard I, his third son, as the older boys had died before their father. Richard was a warrior and almost immediately left England to fight in the Third Crusade. John was left in charge of England with his mother, Eleanor. In 1192 Richard was imprisoned in Germany while returning home from Palestine. He was eventually ransomed at great cost in 1194 and, on return, found his kingdom in turmoil. He raised an army to suppress opponents and sieged Nottingham Castle where two sheriffs stood against him. This offers another part of the Robin Hood story. Richard intimidated the occupants of the castle to surrender and taxed his enemies to fight wars in France. He left the country soon after and died in 1199 while fighting in France. He had spent just six months of his 10 year reign in England. Despite this, he has been immortalised by the title 'Lionheart.' Richard was succeeded by his brother John as he had no heir.

In 1200 John had the opportunity to gain revenge against Fulk as he would not allow him to inherit his father's estates. Fulk was outlawed when he clashed with John's retainers. He and his brothers took refuge in Babbins Wood near his former castle at Whittingdon for a year before fleeing to France where he was protected by the French King. These again are elements of the Robin Hood story. In 1203 John pardoned Fulk and restored his estates to him in exchange for his support.

Other parts of the Robin Hood story appear to come from the exploits of Eustace the Monk who was a French pirate who was executed by John. Similarly, Hereward the Wake, who resisted the Norman invasion in Ely c.1070, offers a Saxon versus Norman element. Piers Plowman written c.1380 by Langland mentions Sherwood Forest. In 1510 Henry VIII added to the story by introducing the character of Maid Marian when playing the role of Robin. Howard Pyle continued the myth making with his 19th Century novel for children showing Robin as a good man fighting evil. Finally, the 1938 Robin Hood film starring Errol Flynn is thought to have been influential in swaying US public opinion behind Britain in its conflict with Nazi Germany. In conclusion, Graham Higgins admires Robin Hood but thinks that John was not all bad and Richard not all good.

The next meeting of the Heritage Circle will be at 7.30pm on Wednesday 27th March when Sarah Doig will give a talk about Daniel Defoe's Tour of the Eastern Counties. New members and visitors are very welcome. Further information about the Heritage Circle is available on its website,

www.heritagecircle.onesuffolk.net

Gerry Gurhy

Coffee On



After last month's rather guiet Coffee Shop, it was good to see a great crowd this morning - lots of familiar faces and a few less well known folks. My neighbour Lisa and her lovely crowd of youngsters (all 5 of them!); joined us this morning and we!

really enjoyed their company and chatter. Whilst we don't have that many really young visitors, folks of any age are welcome and for those who came along, we trust that you all enjoyed our hospitality. If you came along and enjoyed yourself, then do please tell others - we are open to everyone. If there is something that we don't get right, or which you feel we could improve on, then do let us know and we will do our best to rectify that.

The donations this morning, which came to a very generous £103.00 will be given to Centre Point, London based charity which supports homeless young people in London and other cities. Whilst this is not a local charity, they do fantastic work to support young people who come from all over the country, but who get into difficult times in the City. Thank you so much for your! kindness.

Next month our regular Coffee on the Corner will be held on Tuesday 12th March, when we shall be there, with Coffee & Cake and other! refreshments, just waiting for your visit! nominated charity next month will be the R N L I and although we aren't a seaside village, I know that you will all be aware of what they do and how hard the volunteers work to save the lives of others.

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 also hoping to run an ALPHA course in the near future, so if you have questions about God or life in general, do please get in touch - either with me or Kevin Gladwell.

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

MONDAY Closed

botesdaleonline.co.uk

Tel: 01379 898 543

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 March 2019						
Friday	1 st	9:15am 10:00am 10:00-11:30am Noon 8:00pm	Rickinghall Ramblers Positive Steps Wild Tots Watercooler Dance Classes	Rickinghall Village Hall Parkview Chapel Redgrave & Lopham Fen Cross Keys, Redgrave Botesdale Village Hall			
Saturday	2 nd	10:30am-1:00pm Noon 9:00pm	Guided Fen Walk First anniversary celebration Anniversary Disco	Redgrave & Lopham Fen The Cross Keys Redgrave The Cross Keys Redgrave			
Monday	4 th	All Day 10:00am 2:00pm 5:30pm 7:30pm	Samaritans Zumba Needlecraft Slimming World Botesdale Parish Council	Bury St Edmunds Railway Stn Rickinghall Village Hall Redgrave Activities Centre Rickinghall Village Hall Botesdale Village Hall			
Tuesday	5 th	9:45am 5:30pm 6:00pm 7:15pm 7:30pm	Pilates Brownies Zumba Yoga and Relaxation RAHOF: Know Your Hospice	Rickinghall Village Hall St Botolph's School Rickinghall Village Hall Botesdale Village Hall Redgrave Amenities Centre			
Wednesday	6 th	9:30am 9:30am 10:45-13:05 10:00am 2:30-4:30pm 7:30pm 7:30pm	Redgrave Art Club Headspace MOBILE LIBRARY Day Centre Games and Social Redgrave Parish Council Wine tasting	Redgrave Activities Centre All Saints Redgrave See www.suffolklibraries.co.uk Rickinghall Village Hall The Cross Keys Redgrave Redgrave Activities Centre The Cross Keys Redgrave			
Thursday	7 th	9:30am 10:00am 10.00am 7:00pm 7:30pm	RABBATS St Nicholas Hospice Care Drop-in U3A AGM & lecture Botesdale & Rickinghall Runners Rickinghall Parish Council	Rickinghall Village Hall Botesdale Health Centre United Reform Church Diss Rickinghall Recreation Gnd Rickinghall Village Hall			
Friday	8 th	10:00am 10:00-11:30am 10:30am 7:30pm 8:00pm	Positive Steps Wild Tots Rickinghall Ramblers AGM Ouse Valley Filling Station Dance Classes	Parkview Chapel Redgrave & Lopham Fen Redgrave Activities Centre Garboldisham Village Hall Botesdale Village Hall			
Saturday	9 th	9:00am 10:30-12:30pm	Farmers' market Weekend Wildlife Club	Rickinghall Village Hall Redgrave & Lopham Fen			
Monday	11 th	9:15am 10:00am 2:00pm 5:30pm	Rickinghall Ramblers Zumba Needlecraft Slimming World	Rickinghall Village Hall Rickinghall Village Hall Redgrave Activities Centre Rickinghall Village Hall			
Tuesday	12 th	9:00am 9:30am 9:45am 5:30pm 6:00pm 7:15pm 7:30pm	Coffee on the corner Macmillan information & advice Pilates Brownies Zumba Yoga and Relaxation Fasting course	Parkview Chapel Parkview Chapel Rickinghall Village Hall St Botolph's School Rickinghall Village Hall Botesdale Village Hall All Saints Redgrave			
Wednesday	13 th	9:30am 10:00am	Redgrave Art Club Day Centre	Redgrave Activities Centre Rickinghall Village Hall			
Thursday	14 th	9:30am 9:30am	RABBATS Headspace	Rickinghall Village Hall All Saints Redgrave			

Thursday (continued)	14 th	12:30pm 6:00pm 7:00pm 7:30pm	Phoenix Luncheon Club Zumba Botesdale & Rickinghall Runners Women's Institute	Redgrave Activities Centre Rickinghall Village Hall Rickinghall Recreation Ground Rickinghall Village Hall
Friday	15 th	10:00am 10:00-11:30am 8:00pm	Positive Steps Wild Tots Dance Classes	Parkview Chapel Redgrave & Lopham Fen Botesdale Village Hall
Saturday	16 th	10:00-11:30am 2.00-4.00pm	Wild Tots WI Jumble Sale	Redgrave Lopham Fen Rickinghall Village Hall
Sunday	17^{th}	11am-Noon	Coffee on a Sunday	Parkview Chapel
Monday	18 th	10:00am 2:00pm 5:30pm 7:30pm	Zumba Needlecraft Slimming World BARWOODS AGM	Rickinghall Village Hall Redgrave Activities Centre Rickinghall Village Hall The Bell Inn
Tuesday	19 th	9:45am 5:30pm 6:00pm 7:15pm 7:30pm	Pilates Brownies Zumba Yoga and Relaxation Fasting course	Rickinghall Village Hall Rickinghall Village Hall St Botolph's School Botesdale Village Hall All Saints Redgrave
Wednesday	20 th	9:30am 9:30am 10:00am 2:30-4:30pm 7pm-10:00pm	Redgrave Art Club Headspace Day Centre Games and Social Acoustic Group	Redgrave Activities Centre Redgrave All Saints Rickinghall Village Hall The Cross Keys Redgrave The Cross Keys Redgrave
Thursday	21 st	9:30am 3:30-4:30pm 6:00pm 7:00pm	RABBATS IT Hub in the Pub Zumba Botesdale & Rickinghall Runners	Rickinghall Village Hall The Cross Keys Redgrave Rickinghall Village Hall Rickinghall Recreation Ground
Friday	22 nd	9:15am 10:00am 10:00-11:30am 8:00pm	Rickinghall Ramblers Positive Steps Wild Tots Dance Classes	Rickinghall Village Hall Parkview Chapel Redgrave Lopham Fen Botesdale Village Hall
Saturday	23 rd	9:00-4:30pm 5:30pm	Qigong training weekend Bingo	Rickinghall Village Hall Botesdale Village Hall
Sunday	24 th	9:00-3:00pm	Qigong training weekend	Rickinghall Village Hall
Monday	25 th	10:00am 2:00pm 5:30pm	Zumba Needlecraft (not Bank Holidays) Slimming World	Rickinghall Village Hall Redgrave Activities Centre Rickinghall Village Hall
Tuesday	26 th	9:45am 10:00am 10:30-2:30pm Noon 5:30pm 6:00pm 7:15pm 7:30pm 7:30-9:30pm	Pilates Coffee down the Lane Activity Day for home educated children Luncheon Club 898615/898619 Brownies Zumba Yoga and Relaxation Fasting course Valley Fens Wildlife Group Talk	Rickinghall Village Hall Methodist Church Redgrave & Lopham Fen Redgrave Activities Centre St Botolph's School Rickinghall Village Hall Botesdale Village Hall All Saints Redgrave Redgrave & Lopham Fen
Wednesday	27 th	9:30am 10:00am 7:30pm 7:30pm	Redgrave Art Club Day Centre Heritage Circle Ian's Quiz Night	Redgrave Activities Centre Rickinghall Village Hall Rickinghall Village Hall The Cross Keys Redgrave
Thursday	28 th	9:30am Noon 6:00pm 7:00pm 7:30pm	RABBATS (term time only) Headspace lunch Zumba Botesdale & Rickinghall Runners Redgrave Garden Club	Rickinghall Village Hall All Saints Redgrave Rickinghall Village Hall Rickinghall Recreation Ground Redgrave Activities Centre
Friday	29 th	10:00am 10:00-11:30am 10:00-2:00pm 8:00pm	Positive Steps Wild Tots Time to Paint Dance Classes	Parkview Chapel Redgrave & Lopham Fen Redgrave & Lopham Fen Botesdale Village Hall
Saturday	30 th	8:00pm	Rickinghall Country Music Club (Oct-Apr)	Rickinghall Village Hall
Sunday	31 st	From noon	Mothers' Day lunches	The Cross Keys Redgrave



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 & MOULDINGS FOR LISTED BUILDINGS MACHINED TO MATCH EXISTING DETAIL.

UNIT 4 LOWER CHURCH FARM HINDERCLAY ROAD RICKINGHALL DISS 1P22 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

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

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 <u>info@nexusstoves.co.uk</u> 01379 671168

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



Evan Worby

Carpentry & Interior Fitting Kitchens Bathrooms Bedrooms

evanworby1@gmail.com

Mob: 07523 051481 Tel: 01379 898911

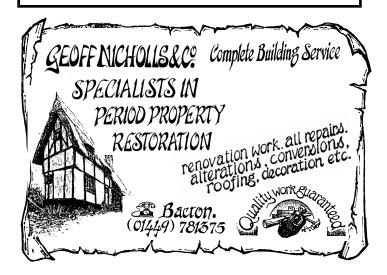
PARKERHOME

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"



Club News

Mill Lane Allotment Association MLAA.

*March is the time of New Beginnings and nowhere is that more apparent than down the Allotment. The hive of activity begins about now with Spring seeing a flurry of seed counting and greenhouses being refurbished in readiness for the new seasons crops.

Those that had the time, and of course weather permitting, are saying 'thanks' for the soil rough dug in winter and which has broken down nicely ready for early planting...There are many crops that can be started this early, Brassicas and root vegetables to name but two. If you were wondering if an allotment is for you. wonder no more, give us a call, and we can fill you with enthusiasm to join us and start to enjoy fresh and healthy fruit and vegetables. We are all concerned with rising prices and the quality of what we eat but by growing your own you can ensure that only the very best reaches your table. It is a great opportunity to get the whole family involved in something, even the family dog (as long as it is on a leash!) we actively encourage the 'young ones' to have a go and would love to see more families working the land at Mill Road. With this is mind we are thinking of adding to our annual B-B-Q a few light-hearted activities they could join in with ,like a scarecrow and sunflower competition. Full and half plots are offered at Mill Lane but if a full plot is daunting why not consider starting with half, or sharing one with another family member? Annual fees are small, water is free, and there is no joining fee for The Best Gym and Workout you could get in 2019!

Don't delay, call the Club Secretary, Mark Wiseman on 01379 898805 for the latest availability

Suffolk Historic Churches Trust Ride and Stride

The Ride and Stride Day will be held on Saturday September 7th this year. For several years I have represented Rickinghall Inferior and Superior Churches as a local organiser for the Ride and Stride Day, but this year I will be giving it up and we need to find another volunteer to take on this job. This involves organising a rota for other volunteers to man the churches to welcome the cyclists and walkers into Rickinghall Inferior and Superior churches and to sign their sponsorship forms, and to offer them drinks and biscuits. It also involves putting up posters (provided by SHCT) and giving out sponsor forms to the people who volunteer to take part and account back to SHCT. Fifty per cent of the money raised by the volunteers is used by SHCT to support churches needing repairs and the cyclist or walker can chose which church, of all denominations, he or she would like the balance to go to. In 2017 three participants, raised £431, which was the most ever raised by Rickinghall. Over the whole of Suffolk in 2017 over £160,000, including gift aid, was raised by Suffolk people. SHCT donated money for roof burglar alarms to many churches recently to try and prevent lead theft. In March, Melanie Wildish the Area Organiser, will be contacting the local churches to see which ones will be taking part, to produce the list of churches which can be visited, and later will provide all forms needed. The trust gave Rickinghall Inferior Church £3,000 in 2010 towards repairs and also gave a grant when the tower was repaired earlier this century. It was recently announced that 111 churches in Suffolk are on the Buildings at Risk Register. Please will you help to stop this decline.

Rickinghall



The first Saturday of February saw the annual and ever popular Jumble Sale at Rickinghall Village Hall, with enthusiastic buyers queueing to get the best bargains when the doors opened at 2.00 pm. We had a substantial team of volunteer helpers supplementing Hall Committee members, and the really exceptional support which they all gave in setting up on the Friday, as well as looking after the stalls on the Saturday, was much appreciated. Without them the event would not have been possible. Our customers found some real bargains, and the profit of over £500 was a significant contribution to Village Hall funds. To all who gave items for sale, to all who bought them, and to those who contributed in other ways, and again to all our helpers, thank you.



Botesdale and Rickinghall Community Woodland Group

Our February work party was in Low Meadow, at the Bury end of Rickinghall. It was a lovely morning

and we spent it tidying up around the trees and hedges, also planting some snowdrops and aconites. The trees alongside the path have grown quite well and we were able to remove the protective sheaths. One exception is a small oak that had to be replaced after the original oak died.

The weather has been variable and despite some frosty nights and a small amount of snow, the birds seem on the brink of spring breeding activity. People are reporting early signs of spring, as they did last year and in previous years. We plan to introduce some more nest boxes as the old ones have seen better days. Miller's Orchard is awash with snowdrops, both single and double. They can even be seen from Mill Road. We have Anita Burnard to thank for setting them out and they are doing very well. Northfield Wood is also doing well. The hazel catkins are long and yellow with pollen. Is it too early for the pollinators?

Work parties are normally on the first Sunday of the month from 10.30am. To check, please phone me on 890238 or contact another member of the group. Volunteers are welcome.

Rosemary Jones

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

Coving Floor and wall tiling Painting and decorating

For a free estimate:- Phone: 01379 644320 Mobile: 07842 780610

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

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)



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, Rickinghall, Diss, Norfolk, Ip22 1EA Email: frankdavevltd@hotmail.co.uk

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

Paul Jenner

1 01379 898 536



All Jobs

07947 405 670

To help with all building needs

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

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

www.pjalljobs.co.uk



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



- 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

Exploring the Past

Jean Sheehan, 01379 890237

Rickinghall Churches help during WWII

This year is the 80th anniversary of the commencement of World War II. There are many reminders of the way Rickinghall churches were involved in the war, with the evacuees and, after 1943, the Americans.

When the prime minister Neville Chamberlain broadcast that war was declared on Sunday morning 3^{rd} September 1939 many people were already at church. The announcement did not send people rushing off to church in the evening as the Church collection book for Rickinghall Superior Church in the morning showed 34/3d (£1.71 ½ p) and 7/3d (35 ½ p) for the evening service.

The rector Revd. John Cotton wrote to the Bishop and suggested temporarily closing the church for the duration of the war. As children from London were being evacuated he suggested that the church should be used as a school which was accepted. Jack Corcorran was one of the evacuees and he wrote to George Stebbings in 2002 telling him of his memories. He had to walk through deep snow, which came over the top of his wellingtons, to get to school. He wrote 'wellingtons were stacked, upside down, on the grate over the heater under the church aisle to dry, looking as tho' a whole lot of children, had been shoved, head down, thru' the floor.' Although the church was closed, a wooden board showing baptisms in the church includes two children who were baptised there in 1941.

The rector received a letter in July 1942 to say that Miss Rollinson, the London County Council headmistress who had come with the children was retiring in October and as the numbers of children had dropped the LCC were not prepared to send another teacher, and that the children would have to be absorbed into Rickinghall School and Mr. Baglee, the assistant teacher, would stay to assist the headmaster. Mr Baglee had been cultivating an allotment with the London children and this would have to be given up. The church was offered £75 in May1944 as compensation for part of Rickinghall Superior Church which had been used as a school.

Rickinghall Inferior church was also affected by the war. The rector received a letter from the Diocese of St. Edmundsbury and Ipswich in August 1940 saying that during the winter months the church could hold their evening services in Rickinghall School as it was impossible to black out the windows in the church.

A schedule was sent to the Rector and churchwardens on behalf of the War Department Land Agent describing the erection of Dannent defence wiring across the the Inferior churchyard to the school. Michael Bailey can clearly remember this wiring being rolled up along the churchyard western boundary when he walked across the churchyard to Rickinghall School in the 1950s, long after the war had ended.

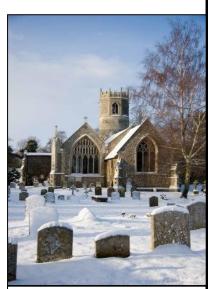
A service sheet exists for the laying up of the colours of the 9th Battalion Middlesex Regiment on 6th September 1941, which is still hanging in Rickinghall Inferior church. This Battalion became 60th (Middlesex) Searchlight Regiment RA and men from this regiment manned the searchlight which was situated in a field in Hall Lane opposite Redgrave Hall and Park. A wooden plaque explains the colours were left in the church for safe keeping between 1941 – 1947. A contemporary newspaper article said they were brought from war-scarred London but the location of the Suffolk church was not mentioned.

When the USA entered the war a temporary military hospital was

built in the grounds of Redrave Park. The 231st Station Hospital arrived there in October 1943 and the Rector and PCC of Rickinghall Superior Church offered to loan the altar and chancel equipment to the chapel of the hospital. The 231st were moved to Wymondham in February 1944 and before they left, the senior Chaplain Louis Wickham, wrote to the Rector thanking him for the loan of the altar and said 'We proudly insist that we have the finest looking and most reverential chapel of all American units in the United Kingdom'. They presented a wooden plaque thanking the church, to be hung in Rickinghall Superior Church, or Inferior Church if Superior never re-opened. The 65th General Hospital replaced the 231st in February 1944 and continued to use the altar. When they left after victory in Japan in 1945 they presented their standard to the church, which was later put into Rickinghall Inferior Church. Many of the staff and patients came back to Rickinghall in 1992 for a re-union and one of the nurses was distressed to see that the standard was deteriorating and tried to get another stars and stripes flag with only 48 stars as two more states had been added by this time. It took several years to find it and by the time it was presented to Rickinghall Inferior Church, George Stebbings, who had kept the original flag safe in Rickinghall after the Superior Church was made redundant, had died.

Another reminder of the time the Americans were in our area is a wafer box which was presented to Rickinghall churches. Part of the inscription reads ' by the wife and daughters of Col. Petro Ludwig Waldemar Platou, chief of the 231st Stationary Hospital US army who worshipped in this church in WWII.'

Patients at the hospital also attended our churches. 'Lefty' Nairn re-visited Rickinghall in 1981 and later sent a photograph to George showing Rickinghall



Rickinghall Inferior Church
Photo: Charles Greenhough

Inferior Church and wrote on the back 'I attended this church in Apr/May 1945 while a patient at the 65th General Hospital located in Botesdale-Redgrave area. I was wounded on the 21st Mar 45, bombing raid over Nandorf, Germany.' He also sent a photograph of himself with his arm in a sling sitting on the old Red bridge straddling Hall Road on the boundary between Redgrave and Botesdale.

There are still people around in our villages who remember the Americans being here and most of them have fond memories of them. Fortunately George Stebbings, who was a teenager when they left, kept in touch with them, which is why we have so much information about their time here, although they have all died now. When the Heritage Circle held an evacuee re-union in 1991 we also learnt about the Londoners' time in our villages.







MOTOR ENGINEERS

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

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







WOLSEY HOUSE MOTORS

The Citroen Specialists

SALES · SERVICING · AIR-CONDITIONING

FULL FACTORY DIAGNOSTIC EQUIPMENT FOR ALL MAKE AND MODELS

MANUAL & AUTOMATIC COURTESY VEHICLES

Telephone: 01379 644133 Mobile: 07831 824219

www.wolseyhousemotors.co.uk

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

Andy Wishart Chimney Sweep

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





Diss (01379) 643181

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



Exploring the Past Again

Di Maywhort, 01379 898785

Inns and Pubs in Botesdale - Part Five

Through the ages there have been several inns, pubs or beer houses situated around the market place in Botesdale. For years, from the medieval period, this was the centre of the village with shops and businesses in many of the houses on either side of the market place. The market, held each Thursday, attracted many visitors so the taverns would have been well used at this time.

Diagonally across the market place from 'The Greyhound', which I wrote about in October, is a house now called 'The Old Cock House'. Until the 1960s it was a public house called The Cock Inn. Publicans often moved from one building to another taking the pub name with them. In the 1648 survey of Botesdale The Cock Inn was situated on the south side of the market and the publican was John Bennett, but by the early 18th century it was in the present position. Thomas Slapp and his wife Sarah were the licensees at this time. Both have left wills, Thomas in 1728 and Sarah in 1730. In Sarah's will The Cock is mentioned by name. In the mid 20th century, as with most pubs, it had a darts team which competed against the teams from other pubs. In a letter to his mother from Irag in 1942 Gordon Ray, who was killed in 1943, wrote 'I went round the dart board in doubles the other day in 1\% minutes. they'll have to watch out at the Greyhound next summer and then I'll show them all how to play'. There are several photographs of pub outings, one of which from the 1930s shows Gordon and others in front of a coach enjoying a beer or two!



The Cock Inn Darts Team in the 1930s

In the early 20th century there was a barrel organ in the bar, this was changed to a jukebox in the 1950s for the benefit of the American servicemen and their families many of whom were stationed at Shepherd's Grove but lived in the village.

Just up the hill from The Cock, at the beginning of Cherry Tree Lane, stands 'Cherry Tree House' which was probably built in the 17th Century. In the 19th and early 20th centuries it was a public house called The Cherry Tree. The Tipple family owned land along Cherry Tree Lane and in 1830 Ann Tipple, a very appropriate name, was the licensee. In 1916

the licensee was Frederick Wilby, brother of Thomas who was killed in WWI and whose name is on the War Memorial. It stopped operating as a pub in the 1930s. As with many pubs in the village it has a large brick cellar with a chute for delivering the beer barrels and supports for holding these barrels.

From 1830 until about 1867 there was a pub called The Kings Arms in the building now called 'Honister House'. In 1830 the licensee was Richard Share. (1) In 1844 it was sold and Henry Everard became the innkeeper. The sales document says that it was 'An Inn called or known by the name or sign of the 'Kings Arms' situated in Botesdale in the County of Suffolk in a certain place called the Market Place. (Next to) a certain lane or way called Chandlers otherwise Colches Lane'. As with other pubs it has extensive cellars.

Up the hill on the other side of the road from the Chapel of Ease stands 'Angel House'. This is probably where the old toll house for the market stood in the 14th century. However by 1357 a new toll house had been built and for the next hundred years or so the old toll house was rented out to people who were brewing ale. During this time it appears to have been an alehouse, certainly by the 1420s it was, as at this date Rose and Robert Crane occupied it. Rose brewed and sold ale and Robert was a baker. (2) In the medieval period when husbands and wives brewed ale and baked bread as a business, and paid a licence for so doing, it usually meant they ran an alehouse or tavern. The present building dates from the early 18th century. It was a public house called **The Angel Inn** from the 19th century until 1969. Like many village pubs it did not have a bar and there was a hatch for off sales. After it closed in the 1960s it became a private house. It has cellars which extend under the road. Mr. Michael Bailey remembers, as a young man, playing his accordion in the Angel in the 1950s.

In the 17th and 18th centuries a pub called **The Three Kings** appears to have been situated on the South side of the market place, approximately where Hazeldene or Oakdene stand today. The first reference we have to it is in the 1648 survey when Edmund Fisher was the tenant. (3) In 1718 a Robert Wallidge surrendered it for the use of Robert Bryan 'innholder'. In 1728 another of the Tipple family, Katherine, was the owner. The last we hear of it was in 1742 when Robert Howlett owned 'one fourth part of The Three Kings'. After this reference nothing has been found in the documents about it.

- (1)1830 Pigot's Directory.
- (2) Bacon Collection, University of Chicago number 3
- (3) Ipswich Record Office HA 240 2508 1489 1648 Extent,

HA 240 2508/1480 & 1482 Court Books

If anyone has any more information about any of these pubs or any deeds for these buildings please do phone.



Safe & Sound Hygiene and Pest Control

Have you a problem with-

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

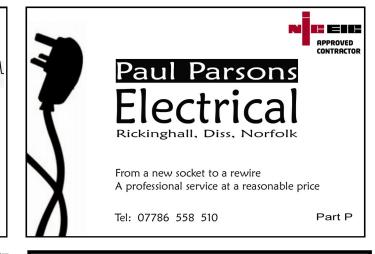
www.safeandsoundhygiene andpestcontrol.co.uk

S.C.G. **ELECTRICAL**

ALL TYPES OF ELECTRICAL **WORK UNDERTAKEN**

DOMESTIC COMMERCIAL LIGHT INDUSTRIAL SECURITY LIGHTING

> 01379 741311 or 07792 767869







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

If interested, please contact

adverts @rbrparishmag.com



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 07814 240840

> 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

01379 741311 Tel:

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



Nyall's Notes

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

I don't know what Donald Tusk, the head of the European Council does apart from draw a salary of over £300,000 but he will be remembered as the fellow that suggested that there would be a special place in hell for those who promoted Brexit without even a plan. I thought hell had been totally forgotten.

For a long time now one of the big arguments against believing in God has been the question of how can a God of love send anyone to hell. It is a strangely circular argument as it depends on a Christian concept, that of God being love, to argue against his existence. It seems to me that if you argue against there being a God you can't invoke any of the qualities of this non-existent God. If there isn't a God he doesn't have any attributes to use in an argument. The non-existent just doesn't have qualities to invoke. Alternatively, this God might be nasty and vindictive with seven layers of hell, the seventh being Donald Tusk's special hell.

I'm not particularly arguing for or against hell but it is a question for everyone to answer, "What would you do with the goodies and what would you do with the baddies?" Let us imagine heaven: it would be full of the goodies but no one is perfect so wouldn't they be still exhibiting what we would call little sins that we all suffer from? Things like jealousy and resentment and inflated egos and so on. Those three have caused many a murder. Put them together and it won't be long before our heaven is no better than earth. Perhaps we are all baddies in God's sight.

That would leave hell very full and heaven very empty with only Jesus present. That's not a good use of the space available especially as the better place wouldn't be used at all. Clearly we need a better plan and it can't be based on being good or bad.

Here's the plan. Don't separate people on the grounds of being good or bad, that won't work, but on whether they love the one in charge and deep down inside wish to please him. We'll also make it as easy as possible for them by having done everything possible for them. People love those who give them gifts so if you give them the biggest possible gift they should respond in love. Give them love, give them forgiveness, give them everything, even give them yourself. They are bound to respond in love so the gift of heaven automatically comes on top of it all.

The result is that God does indeed become a God of love. It isn't a matter of a God of love doesn't send anyone to hell but a God of love, out of love offers himself to those who will respond with love.

I'd like you to think about this next question carefully: where would you put yourself?

In this we see the love of God, that God sent his only Son into the world, so that we might live through him.

1 John 4.9

Bill's Birds

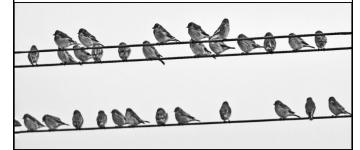
Bill Cordeaux Tel: 898286

Before the cold weather arrived again I had some hope that Spring might have come early. On 17th January I saw, once again, a Goldfinch in the garden and in the distance heard the sound of the Song Thrush, which was amazing since I have not even seen one for many months. However, the cold weather returned later with a frost of -7°C.

On 27th January we had the RSPB's Garden One Hour Bird Watch. I hope many of you participated. I sat at the window watching for the one hour. A grey sky, no sun, a drizzle of rain, a strong cold wind. Any sensible bird was taking cover despite the well-filled bird feeders. I recorded one Wood Pigeon (of course), one House Sparrow, one female Chaffinch, one Blackbird and one Bluetit. I suspect many recorders recorded similar poor records. Still, perhaps there were some gardens with sun, fewer clouds, and no rain (and more enticing feeders?). After all, the final result will be an average of all returns.

Similar to my days as a country GP I still get calls for 'home visits' - this time to look at birds and not patients. One afternoon I received two such requests! The first was to a garden with two birds to look at. I missed one of them which must have been worried by my coming but was able, I hope, to identify the other one. Birds in the garden, or anywhere, don't always look like the ones in the book and are the wrong sex, age, or at the wrong time of the year. A bird book artist always shows the 'perfect' bird with all its distinguishing features for the reader, perhaps using a photo or having perfect light conditions. Don't be disappointed. I always try and visit at your request, and come to some conclusion!

The other visit was unusual, to view a 100 plus birds lined up on a telegraph wire crossing a neighbouring field, part of which had been specially sown with bird seed-producing flowers. No wonder they were there. Intermittently, they were flying down in mobile bundles to feed and return to their wire gazing into the setting sun. What a joyful sight to watch small clouds of these birds—Linnets—bunched together on the wire or in the air as they descended on the farmer's specially provided feast. My 8 x 42 binoculars were not good enough to identify the birds clearly at a distance so I made a repeat visit with my x30 telescope.



Linnets

The pinkish flush on the breast and the white streak in the flight feathers confirmed my sightings. They were Linnets. Returning home to peruse my bird books, mainly the previous year's 'Suffolk Birds' compiled by The Suffolk Ornithologist's Group and published by The Suffolk Naturalist Society. A wonderful accurate annual booklet of Suffolk birds of that year in which under 'Linnets' was a detailed list of all their previous winter gatherings. Not only of 2017 but all the previous six years recordings. Strangely enough not any previous records from Rickinghall (soon to be put right!).

You never know as a known bird enthusiast what the occasional 'home visit' may reveal.

This report will reach you in March. Is it too much to expect to see that early Spring migrant—a Chiffchaff, a small dull coloured warbler singing from a tree or bush not yet covered with leaves, or even a Swallow?

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



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

* * * * * * * * * * * *

KEVIN EMANS

GARDEN MAINTENANCE

Grass Cutting

Hedge Trimming

Weeding

Lawn Edging

Pruning

Strimming

Mulching

Jet Washing

For more information please

Email: kevinemansgarden

maintenance@gmail.com

ring or email Kevin on

Mobile: 07801 540045

Home: 01953 681198

Local Sand & Gravel

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

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



Free Advice

Essential Ponds & Landscapes (Rickinghall)

Pond Design & Construction • Pond Cleaning Organic & Mechanical Silt Control • Plant Control & Removal Fish & Pond Health Surveys • Full Maintenance Contracts

Natural Pond Specialists

Turf Supply & Laying • Decking • Fencing • Patios

• No Obligation Quotations • Fully Insured

Contact Chris 01379 777365 or 07901 710107

> Would YOU like to advertise in this magazine, from just £40 a year?

If interested, please contact

adverts @rbrparishmag.com



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





J W AMPS LTD

Offering service and repairs to all types and makes of garden machinery, ATV's, compact tractors etc.

Machinery bought and sold

Over 15 years experience – factory trained by Briggs & Stratton, Stihl, Westwood and Countax.

Collection and delivery service available.

Contact Simon on 07974 430366

E-mail: simonamps@btinternet.com





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



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



School news

The children continue to enjoy a wide range of experiences at school. We now have more children learning musical instruments including brass, guitars and recorders.

Creativity around the school continues to provide the children with opportunities to express themselves through art, technology and physical activity and sport remain important. The school sports team continue to compete of a regular basis in competitive events in the High Suffolk area.

We hope you enjoy these examples of some of the artistic output the children have created this term.

Mr M. Cobbold

Headteacher









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

C W SERVICES RICKINGHALL



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

ALL GARDEN RUBBISH REMOVED 01379 890506 0754 8975 350



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)

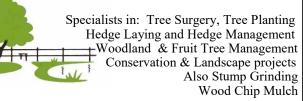




All types of tree surgery and garden work. A professional and fully insured service.

Tel: 01379 588 122 Mobile: 0777 623 5006 **ADAM PICKESS**

Countryside, Conservation & **Tree Services**



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



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**

Free Quotations call 01379 788 757 or 07545 989 081

www.nickbobbytreeservices.co.uk



Treecraft

Kim A. Stebbings

NCH.Arb, C&G, NPTC, LANTRA Qualified Based in Rickinghall - 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



Pre School News

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

This term... The children will be taking part in activities around the theme of light and dark. We will be having a pyjama party, looking at different nocturnal animals, investigating shadows, and people who work at night or during the day. If there is anyone who would like to come into pre school and talk about their job we would be very interested.

We will also be celebrating Easter with lots of activities and an Easter Egg hunt with squirrels from St. Botolphs



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

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



- ♦ Gas boiler install and servicing
- ♦ Hot water cylinders

Free non committal quotes

07749315908

chrisjhoward5@googlemail.com www.chrishowardplumbingandheating.co.ul

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

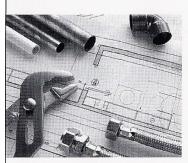
If interested, please contact

adverts @rbrparishmag.com

www.gasengineersburystedmunds.co.uk

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







Tel: 01359 259886 • 07771 557937

Email: willowserve ltd@hotmail.com 16 Grove Park, Walsham-le-Willows, Bury St Edmunds, Suffolk IP31 3AE

G & S Property Services

For all the maintenance work you hate

We can now service, repair or replace your oil boiler

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

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

Carberry Plumbing and Heating

For all your domestic plumbing needs



01359 760 220 or 075067 06121

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

Else Heating & Plumbing

Oil and Gas Installation

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

Bathroom & Kitchen Fitting



Fully Insured Contact Eugene Else

01379 688183 07787 854923



säfe

elseheatingandplumbing@gmail.com



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

Telephone: 01379 783427

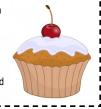
Wickham Gate, High Street, Gislingham, Suffolk, IP23 8JD

March 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

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



Something spicy this month.... With a feisty little Chicken Satay - easy to prepare, and can be varied to meet your own 'heat' requirements.

Chicken Satay (Serves 2)

Ingredients:

- Chicken breasts- 2 cut into bitesize pieces (or use leftovers from a roast!)
- Garlic 1 clove crushed
- Dark Soy Sauce –2 tablespoons
- Tomato puree −1 tablespoon
- Dried Chilli flakes 1 teaspoon (to taste)
- Pineapple juice -200 ml
- Peanut butter—2 tablespoons
- Mix sauce ingredients in a bowl until well blended
- 2. Add chicken pieces and mix until coated. Cover and leave to marinade for at least 30 mins.
- Place in oven proof dish and cook for 20-25 minutes
- 4. Serve with rice and stir-fried vegetables.



Jam and gin tasting this month - something to please everyone!

Our speaker was Janet Peachey of Peachey
Preserves based in Alburgh near Harleston. Janet
began making jams, chutneys and liqueurs using
excess produce from her parents' garden but what
started as a hobby, alongside a full time job,
eventually became a thriving business. A few
years ago, when the trend for gin drinking was just
beginning, she decided this was the way to expand
her range and began distilling her own gin.
Members were given a chance to taste this gin
(and many of her jams and chutneys) and we
thought it was delicious.

There were only three entries in the flower of the month competition - despite the recent warm sunshine many of us still have little flowering in our gardens. I suspect it will be much harder to pick a winner in the summer.

A good selection of outings were offered to us this month, including trips to Thursford Christmas Spectacular and Highelere Castle (known to many as Downton Abbey).

Our next meeting will be on Thursday 14th March when we will experience 'The World of Optical Illusions' presented by Colin Hopper.

Do feel free to come along and join us!



FoBHC Friends of Botesdale Health Centre

Charity Registration No. 285606

BREAKING NEWS!

DR TIM COOKE IS RETIRING ON 30 APRIL 2019.

If you would like to send a card or a contribution to a 'retirement gift' please contact fobhc@mail.uk
Carole Fitt, 39 Ryders Way, Rickinghall, IP22 1ER, or the Friends box at the Health Centre.

More details in April issue!

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

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

Oualified Plumber

Free estimates

Call Robert Taylor

Mobile: 07979 590528 Business: 01359 221 015

www.taylormadebathrooms.co.uk



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





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



Would YOU like to advertise in this magazine

from just £40 a year?

If interested, please contact

adverts @rbrparishmag.com

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







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

>>> Future Events <<<

Theinetham Windmill 2019 Open Days

Open 11am -4pm on the following days:

- Monday 22nd April (Easter Monday)
- Sunday 12th May (National Mills Weekend)
- Monday 27th May (Spring Bank Holiday)
- Sunday 23rd June
- Sunday 14th July (200th anniversary celebration)
- Monday 26th August (Bank Holiday)
- Sunday 15th September (Heritage Open Days)
- Sunday 13th October
- ⇒ entrance £4 adults, children £2.00, under 5s free
- \Rightarrow guided tours (last admission for a tour is 3pm)
- ⇒ wooden granary for windmill-related items
- ⇒ vintage Ruston & Hornsby diesel engine on show
- ⇒ sale of stoneground flour ground at the mill
- ⇒ enjoy a cup of tea and a slice of cake
- ⇒ children to be accompanied by a responsible adult
- ⇒ no wheelchair access to the mill above ground floor
- ⇒ wheelchair accessible toilet facilities on site

For more, see www.thelnethamwindmill.org.uk

Redgrave and Lopham Fen IP22 2HX



Plant Sale

Sunday 14 April 7. 10am to 3pm



Adults £1.50 • Children free

Over 20 award-winning and specialist nurseries

Air plants, bulbs, cacti, campanulas, ferns, hostas, perennials, shrubs, soft fruit bushes, sweet peas and lots more!

Plus: used tools and equipment & donated plants

Hot and cold refreshments Dogs on leads welcome

redgrave.learning@suffolkwildlifetrust.org 01379 688333









Do something wild every day

suffolkwildlifetrust.org

Classic Car Show Returns!

Sunday May 5th at Rickinghall Village Hall

- Wide variety of cars
- Craft Fair in the hall
- Bar
 - Entry
 - Exhibitors free
 - £5 per car (car parking at the edge of field)
 - £1 for pedestrians
 - Organised by the Jaguar Enthusiasts' Club

Would you like to display your classic

car? Or volunteer to help on the day? If so, please contact

Geoff Short on 01379 897164 or Gordon Lawrence

on 01379 890759



Motocross Wattisfield Hall





Monday 6th May - Sidecars and Solos - 11.30am start
Wednesday 3rd July — Evening MX Solos - 5.45 pm start
Sunday 22nd Sept. — Solos EC Champ - 11.30am start

www.dissmcc.co.uk

BOTESDALE VILLAGE HALL

ALL RESIDENTS OVER THE AGE OF 18 ARE INVITED TO ATTEND, SPEAK AND VOTE AT THE

ANNUAL GENERAL MEETING

at Botesdale Village Hall on Monday, 8th April, 2019 at 7.30pm

At this meeting the Annual Reports and Financial Statement are given and members of the Botesdale Village Hall Management Committee are agreed.

In addition to confirmation of the nominated representatives of the 6 village organisations, 3 members can be elected who are not representatives of these organisations.

Nominations for elected members willing to stand can be made by 25th March 2019 to the Secretary, Mrs Rosemary Shurmer, St. Anthony, Back Hills, Botesdale 01379 890898

All are welcome to come to find out what the Committee is doing on your behalf and what our future plans are.

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

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

If interested, please contact

adverts @rbrparishmag.com



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





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



Design Consultant

Mob: 07909543905

Show Site: 01379 688488

Home: 01379 640313

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					
3 rd March	2 Corinthians 9:6-11	Mark 12:41-44			
10 th March	Romans 10:8b-13	Luke 19:1-10			
17 th March	2 Kings 4:18-37	John 11:29-37			
24 th March	Psalm 103:1-12	Matthew 18:21-end			
31st March	2 Cor. 5:16-end	Luke 15:1-3 & 11b-end			

Urgent help needed for the Role of Churchwarden

Jeff Lamb will be stepping down as Churchwarden at our Annual Parochial Church Meeting, on Sunday 7th April 2019.

We are entitled to two and for the last few years Jeff has been our sole Churchwarden.

A copy of the duties of a churchwarden is available from the Rector (contact details on page 2 of this magazine), alternatively you can speak to Jeff on 01379 890204. Jeff has been Churchwarden for the last nine years and we warmly thank him for all that he has done.

Church Services and Flower Rotas							
Service	Task	3 rd March	Ash Wednesday 6th March	10 th March	17 th March	24 th March	Mothering Sunday 31 st March
9:15 Redgrave All Saints Holy	Lector	Mrs F Lamb	Joint Service HC	-	Mrs J Shepherd	-	-
Communion	Sidesman	Mrs L Wills	Methodists 7.30pm	-	Mrs C Hilliard	-	-
10:30am Redgrave All	Lector	Mrs S Schofield	-	-	Mrs C Davidson	-	-
Saints All Together	Sidesman	Mrs C Davidson	-	-	Mrs S White	-	-
9.15am St Botolph's	Lector	-	-	-	-	Mrs L Wills	-
Chapel of Ease Holy Commun- ion	Sidesman	-	-	-	-	Mrs M Stewart	8.15 Rickinghall HC
10:30am St Mary's	Lector	-	-	Roy Clarke	-	-	Rector / Mrs M Self
Rickinghall Holy Commun- ion	Sidesman	-	-	Pam Clarke	-	-	United
3:00pm St Mary's	Lector	-	-	-	-	Rob & Philippa	Methodists 10.30
Rickinghall Evening Prayer	Sidesman	-	-	ı	-	Rixon	
Redgrave All Saints	Flowers	No flowers		No flowers	No flowers	No flowers	No flowers
Rickinghall St Mary's	Flowers	No flowers		No flowers	No flowers	No flowers	No flowers

SHE QUA	Neighbourhood Watch			Police	Tel	Notes	
MAICH	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	Redgrave John Campbell 01379 redgrave.nwatch@ outlook.com Manned desks 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 regular Neighbourhood Watch email updates on request from Peter Beck							



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

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

If interested, please contact

adverts @rbrparishmag.com

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

24 Hour Telephone Number 01379 871168

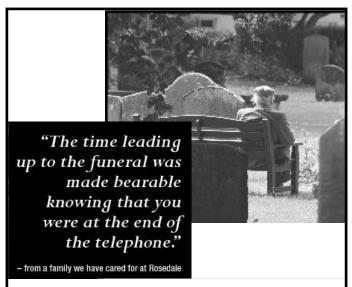
www.susanwhymark.co.uk email: susan@susanwhymark.co.uk



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





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



www.rosedalefuneralhome.co.uk



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

Botesdale Methodist Church & Parkview Chapel

Parkview	Chapel
-----------------	--------

For more details on any of the following, please call Kev Gladwell on 01379 898924 or see http://www.parkviewchapel.co.uk					
March	Sunday Services Refreshments served on all Sundays from 10.30am				
Sunday 3 rd	One service	at 11.00am (including Communion)			
Sunday 10 th	Communion service	at 10.00am and Main service at 11.00am			
Sunday 17 th	Communion service at 1	0.00am and 'Coffee On A Sunday' at 11.00am			
Sunday 24 th	Communion service at 10.00am and Main service at 11.00am				
Sunday 31 st	No Services				
	Events at Parkviev	v Chapel			
Thursday 7 th 2:00pm	Praise Hour	die - e			
Tuesday 12 th 9:00am	Coffee On The Corner	08/14/18 Bl			
Thursday 21 st 2:00pm	Praise Hour				
PARKVIEW YOUTH Activities for Children & Young People - all at Parkview Chapel, Botesdale					
Junior Chi Reception - \ Sundays 11.00am	Year 6	Junior Friday Reception - Year 6 Fridays 6.00pm - 7.00pm			

Sundays 11.00am - 12.00pm	Fridays 6.00pm - 7.00pm
PYP	Senior Friday Club
Years 7 - 13	Years 7 - 11
Sundays 7.00pm - 8.30pm	Fridays 7.30pm - 9.30pm

Botesdale Methodist Church
A friendly welcome to everyone to services and e

Wednesday 20th

	A friendly welcome to everyone to services and events		
March	Services every Sunday at 10.30 am unless otherwise indicated		
Sunday 3 rd	Rev. David Ely - Holy Communion		
Sunday 10 th	Local arrangement		
Sunday 17 th	Rev. Heather Sorrell. Church anniversary followed by lunch		
Sunday 24 th	Pat Mottram		
Sunday 31 st	United Service at the Methodist Church led by Sue Goodwin		
	Events		
Monday 18 th & 25 th	Bible Study	10.00am	
Tuesday 5 th	Muriel Stubbs : Update on Work in Zambia 7.30pm		
Tuesday 26 th	Coffee down the Lane	10.00am-12.00pm	

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

Wives Club Anniversary Lunch



All Saints Redgrave



St. Botolph's Botesdale



St. Mary's Rickinghall

3rd March '19 Sunday next before Lent



9:15 All Saints, Redgrave, BCP Communion

10:30 All Saints, Redgrave
All Saints Altogether
An interactive service for per

An interactive service for people of all ages starting with coffee

10th March '19 1st Sunday of Lent



10:30 St. Mary's, Rickinghall, CW Communion

17th March '19 2nd Sunday of Lent



9:15 All Saints, Redgrave, BCP Communion

10:30 All Saints, Redgrave
All Saints Altogether
An interactive service for pear

An interactive service for people of all ages starting with coffee

24th March '19 3rd Sunday of Lent

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

31st March '19 4th Sunday of Lent

8.15 St Mary's, Rickinghall BCP Communion 10.30 Botesdale Methodist Church, United Service

Also this month: 6th March '19 Ash Wednesday



Sat. 16th March 8.30am

Family Breakfast at All Saints

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

7.30pm Holy Communion, Methodist Church, Botesdale



Lent Study Weekly from 12th March

7.30pm All Saints, Redgrave "Fastina"

Everything you need to access the power of Biblical fasting

"Midweek Communion"



Wed. 6th March 10.00am St Mary's Church, Rickinghall

Thur. 21st March 9.45am

Farnish House Holy Communion

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

"What is Next, God?"



Thurs 7th March 7.15pm All Saints, Redgrave

Tues 19th March 7.15pm

Bracken Wood, The Street, Redgrave A time of prayer for the work and ministry of Christ's church in the community

REDectesdale RICKinghall

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

For more information, Revd Chris Norburn 01379 898685