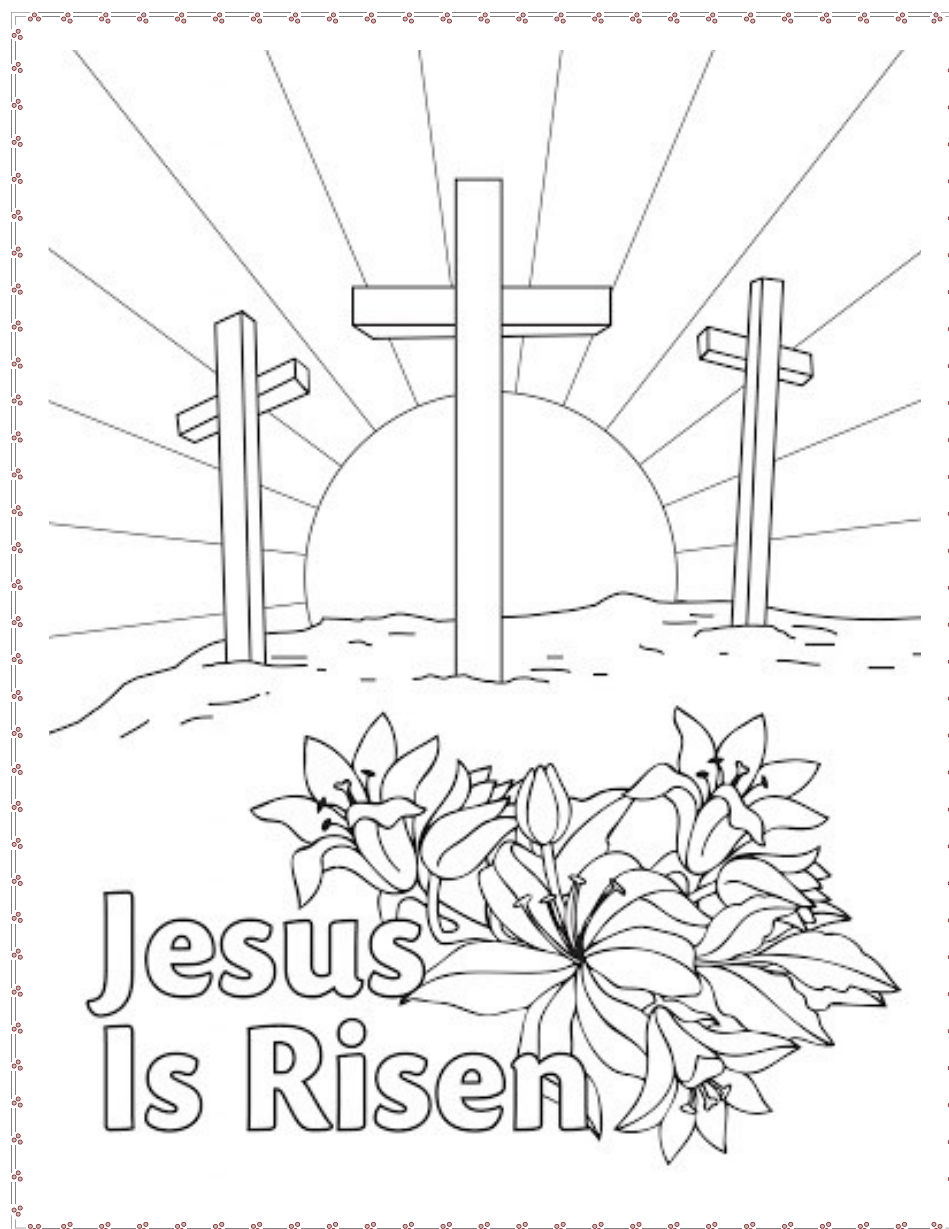


PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

April 2020



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

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

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

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

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

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



What Does Jesus' Invitation to "Come and See" Mean for Us Today? Over the last few weeks this is something we've been considering during our Sunday services. The text below is used with kind permission from Ruth Clemence, whose work this is, with minor adaptations. www.biblestudytools.com/bible-study/topical-studies/what-does-jesus-invitation-to-come-and-see-mean-for-us-today.html

It's really exciting to receive an invitation through the mail. When we are invited to share special occasions, we are welcomed to embrace the intimate moments of those that we care about. When we read about Jesus, He offered the most personal invitation to humanity – Himself. Jesus did not turn crowds and individuals away. Far from being the life and soul of the party, Jesus was interested in those He came into contact with. He met the deepest longings of the human heart. And He continues to do that today.

Every one of us is invited into a relationship with God, but it is up to us to accept the invitation. As we read the first chapter of the gospel of John, we can see how an invitation from Jesus impacted the lives of the early disciples and how it matters for us today.

When something out of the ordinary grabs our attention, we have to know, don't we? If we see a crowd of people gathering around something, we want to know what's going on. If we are slowly making our way through traffic and we are getting nearer to an incident, we crane our necks to try and get a clearer look. John the Baptist had disciples who followed his teaching, but when Jesus passed by, John said: "Look, the Lamb of God!" Imagine heads turning, trying to catch a glimpse of who John was referring to. That message was enough for two of John's disciples to begin to follow behind Jesus.

Jesus turned around and asked them "What do you want?" (John 1:38). This question should make us stop and think. What is our motive in following Jesus? We may have several answers to this question but Jesus says that we must deny ourselves, take up our cross daily and follow Him (Luke 9:23). It's not an easy road to follow. It's a small gate and narrow road but it leads to life (Matthew 7:14). Yet whatever our motives are, only Jesus can fill the deepest needs of our heart and He promises to be with us to the end of the age (Matthew 28:20).

These two asked Jesus where He was staying. They wanted to know Him and hoped for an opportunity to do just that. Rather than being too busy or important for these eager young men, Jesus invited them by saying "Come and you will see" (John 1:39). What an opportunity!

Jesus promised not to turn those away who are looking for Him. He said "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened" (Matthew 7:7-8). What an amazing promise to those who want to come and see Jesus.

With social media, it is possible to have thousands of friends and followers. But have we ever invested ourselves into each and every one of them? The answer to this is we can't. We only have 24 hours in a day and have lots to do in that time. But when it comes to those we love and care for, we make the time. We do what we can do change our schedules to prioritise our friends.

Jesus had time for the crowds, but He had time to teach His disciples separately. He also made sure to have time alone with His Father through prayer. It's wonderful to see the two disciples of John spending the day with Jesus and being a part of his daily life. In our busy lives, can we make time to be intentional in our time with Jesus?

The first thing that Andrew (one of the two disciples) did was find his brother to tell him that they had found the Messiah. It's wonderful that this was his first response in encountering Jesus. He chose to tell someone close to him. Like any news that we receive, we look to tell those who are closest to us first. We want them to celebrate with us or come alongside us through our trials. When we meet Jesus, this is an excellent starting point for telling others about Him. As we are being transformed by His Spirit, the desire to share this life-altering, hope-filled news should be on our hearts and minds, leading us to share our faith time and again.

"And he brought him to Jesus" (John 1:42). Andrew didn't just talk the talk; he walked his brother to Jesus. It's like saying "Don't take my word for it, let me show you." What a beautiful picture of coming alongside someone and going on a journey with them to see Jesus for themselves.

We sometimes timidly invite family, friends and neighbours to Christmas and Easter services or other special church events in the hope that they might catch a glimpse of Jesus. But why wait until then? We know that Jesus is with us by the power of His Holy Spirit, yet some of us live as if He is caged in until a Sunday service or an important event in the Christian calendar.

Through our prayers, our hospitality, our acts of service and our love and compassion for others, Christ is there. He is the reason for the hope that we have (1 Peter 3:15). Hebrews 4:12 says His Word is "alive and active" and we can be confident knowing that our God is with us wherever we go.

When Andrew brought his brother Simon to Jesus, he was given a new name, Cephas, which, when translated, is Peter. Peter means 'rock' and he would go on to be a foundational 'rock' in the early church and his faith in Jesus was important in the spread of the gospel. His life would never be the same again.

As believers in Jesus, we have a new life. We are partakers in God's mission plan for the world. In Christ we are a new creation (2 Corinthians 5:17). When we believe in Jesus, we become children of God (John 1:12). We are adopted as sons in Christ because of what He did on the cross. Whatever our past, wherever our weaknesses are, whenever we feel like we do not measure up, God the Father looks at us and sees Jesus.

Continued on page 41



Changes to the 2020 Local Services Directory this month

The latest version of the directory is available online at
www.stmarysrickinghallinferior.onesuffolk.net/local-information



Added Entry	Contact	Details
Botesdale Parish Council Acting Footpaths Officer	Chris Lambert	01379 897053
Botesdale Parish Council Acting Tree Warden	Rosemary Jones	01379 890238
Rickinghall Parish Council Acting Tree Warden	Rosemary Jones	01379 890238

Message from the Team

A lot of what goes on in the villages relies on volunteers and thankfully we have a lot of people who do give up some of their time to keep things going. If you don't currently volunteer for anything how about considering giving it a go? The amount of time you can spare is up to you (we retired people can usually spare more) and it is satisfying to feel a part of things which improve village life.

There is a wide variety of opportunities—the magazine could always use more deliverers, there are opportunities at the community owned Cross Keys and Redgrave shop, The Churches and village halls can always use help in a number of different ways. Wildlife and environmental groups and of course the parish councils who would love to have some new blood. There must be many I haven't mentioned, but contacts for most organisations can be found on the local services directory delivered with last month's magazine.

Thanks to all advertisers, contributors and helpers with the magazine. We still need more recipes—come on you master chefs! And more reports from clubs/organisations

Charles Murray

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

For all editorial content: editor@rbrparishmag.com

For all commercial adverts: adverts@rbrparishmag.com

To advertise events: events@rbrparishmag.com

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

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

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

- **May issue 13 Apr (Mon).** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **24 Apr (Fri)**
- **June issue 11 May (Mon).** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **22 May (Fri)**
- **July issue 8 June (Mon).** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **19 June (Fri)**

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

Best wishes The Parish Magazine Volunteers

WELCOME

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



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TUES	*CLOSED*	*CLOSED*	
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THUR	12-11PM	12-2:30PM	6-8:30PM
FRI	12-11PM	12-2:30PM	6-8:30PM
SAT	12-11PM	12-2:30PM	6-8:30PM
SUN	12-10PM	12-3PM ONLY	

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Sun 11am - 9pm
 All day snacks / Full Menu available 12 - 8pm

LIVE MUSIC

Floydy 'n' Slips - Sat 11th April

EASTER FUN DAY

Sun 12th April

QUIZ NIGHTS

Tues 21st Apr 7.30pm
Tues 19th May

Contact us:
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www.starwingbrewery.com

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April Events



Farmers' Market

Delicious local produce



PLUS

Easter Egg Hunt



Rickingham Village Hall

Sat 11 April @ 9.00am



RICKINGHALL COUNTRY MUSIC CLUB

Saturday 25th April
Julie Dawn



Rickingham 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

BOTESDALE VILLAGE HALL
ALL RESIDENTS OVER THE AGE OF 18 ARE INVITED
TO ATTEND, SPEAK AND VOTE AT THE
ANNUAL GENERAL MEETING
To be held at Botesdale Village Hall
On Monday, 20th April 2020 at 7.00pm

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 Monday 6th April 2020 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

RESIDENTS OF BOTESDALE
DO YOU VALUE YOUR VILLAGE HALL?

WE ARE URGENTLY SEEKING NEW TRUSTEES FOR BOTESDALE VILLAGE HALL COMMITTEE — COULD YOU SPARE A LITTLE TIME TO HELP KEEP OUR VILLAGE HALL RUNNING SMOOTHLY? THIS IS AN IMPORTANT VILLAGE AMENITY, HOME TO THE PRESCHOOL AND AFTER- SCHOOL CLUB AS WELL AS VARIOUS EVENING CLASSES AND SOCIAL EVENTS. CONTACT THE SECRETARY IF YOU WANT TO FIND OUT WHAT IS INVOLVED. 01379 890898

Plants & Crafts at Wyken Hall

= Sunday 26th April 10am - 4pm =

Come to Wyken Hall, Stanton for the annual plants & crafts event featuring over 30 nurseries, artists and makers. In aid of Stanton Wildlife, admission £2 including entry to the garden, with free parking.

= Food and drink available all day =

QUIZ NIGHT

**ANNUAL
FISH 'N' CHIP QUIZ NIGHT
AT
PARKVIEW CHAPEL,
BOTESDALE
SATURDAY 4TH 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

theWI Inspiring Women | **Rickingham**

April 9th
7:30pm
Rickingham Village Hall

Lucy Lewis : Life in the Army

New members and guests always welcome

**Fridays 7.30 pm
at St Botolph's Bowls Club
Fen Lane, Rickingham
3rd April - Newcomers welcome!**



**Botesdale Methodist Church
"Coffee down the Lane"**

Tuesday 28th April 10.00am - 12.00pm



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April Events



Redgrave and Lopham Fen
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contact David Lowe : david.h.lowe@icloud.com

RAHOF (Rickingham Area Hospice Fundraiser)
cordially invites you to their

Tuesday 14th April

"Coffee on the Corner" at Park View Chapel

A monthly event in aid of local charities

This month, Park View Chapel are most

kindly holding the event in aid of RAHOF

Park View Chapel Botesdale 9.00am - noon

**Admission free. Chat, coffee, Draw, Treasures
table.**

In aid of St Nicholas Hospice Care, Bury St Edmunds



**COFFEE ON A SUNDAY, PARKVIEW CHAPEL,
BOTESDALE 11.00AM-12.00PM**

COFFEE, TEA, CAKE AND FRIENDS

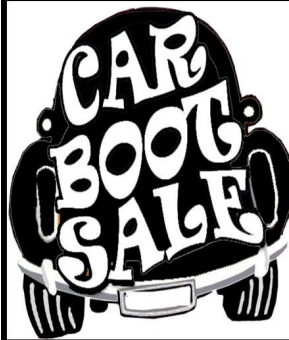
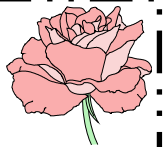
2020 DATES: April 19th, May 17th, June 14th,
July 19th, August 16th, September 13th, October 18th,
November 15th, December 13th

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

Redgrave & District Ladies Club
Tuesday 14th April

My Creative Journey in Film and TV
Theatrical Costume Design
by Amanda Sutherland

at Redgrave Activities Centre 7.30pm



**& Auto
Jumble**

No charge to stall holders.
Set up from 8.00 am

Rickingham Village Hall
Sat 11 April @ 9.00am



DISS University of the Third Age

Thursday April 2nd 2020
at the United Reformed Church 10.30am

Phil Dyer
Arctic

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

HERITAGE CIRCLE

22nd April 7:30pm; Rickingham Village Hall

John Goodhand :
The Good, The Bad, and The Ugly -
People Portrayed on Pub Signs

New members and guests welcome.

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Redgrave Garden Club
Thursday 30th April

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April Events



THE LION KING

(PG)

Friday 24th April
7.30pm

Eye Community Centre
Magdalen Street, IP23 7AJ

There is an intermission half-way through the film with delicious ice-creams available, a raffle, tea and coffee plus the bar. Our shows are always an enjoyable social occasion.

Tickets £5 available in advance from Eye Pharmacy and The Handyman in Eye town or pay on the door. Children up to 12 years - £2.50

See EYE MAGAZINE, 'EYE to EYE' and our website for further details
www.cinema-at-eye.org.uk



BOTESDALE AFTER SCHOOL CLUB'S FAMILY EASTER BINGO NIGHT

AT
BOTESDALE VILLAGE HALL
ON
THURSDAY 2ND APRIL 2020

DOORS OPEN 6:00 PM*
FOR EYES DOWN AT 6.30 PM*
LIGHT REFRESHMENTS WILL BE AVAILABLE
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

*CHANGED FROM THE PREVIOUSLY-PUBLISHED TIMES OF 5:30PM/6:00PM



Redgrave &



Lopham Fen

Regular events

Wild Tots

Every Friday, 10am-11.30am

Wild Babies

Every Friday, 1pm-2pm

Weekend Wildlife Club

Second Saturday of the month, 10.30am-12.30pm

A club for 6-11 year olds, £3

Time to paint

Last Friday of the month, 10am-2pm

£5 donation. All welcome, no need to book.

April

Children's activity: Skulls & skeletons

Tuesday 7 April, 10am-2pm

For unaccompanied 6-11 year olds, £7.

Family activity: Easter fun at the fen

Wednesday 8 April, 10am-12noon; £4 child, £2 adult

Plant Sale

Sunday 19 April, 10am-3pm. Annual event with a wide variety of plants from over 20 award-winning & specialist nurseries.

Plus, secondhand tools & donated plants. £1.50 adults, children free. Hot & cold refreshments available.

Dogs on leads welcome.

Go wild in the week

Activity day for home-educated children. Tuesday 28 April, 10.30am-2.30pm. For 5-9 year olds. £7 per child

'Standing up for trees' talk by John Fleetwood

Tuesday 28 April, 7.30pm-9.30pm, £2 incl. refreshments

All welcome, no need to book

Booking essential for all activities unless otherwise stated.

For further details and to book, visit

www.suffolkwildlifetrust.org or call 01473 890089



THE CROSS KEYS

A Community Owned Free House



UPCOMING EVENTS

MARCH

Sat 21st Backstreet – Live Music From 9pm

APRIL

Wed 1st Games & Social Afternoon 2.30 – 4.30pm

Wed 1st Pie and Mash Night 6.00 – 8.30pm

Sun 12th Children's Easter Egg Hunt 3.00pm

Mon 13th Easter Monday BBQ 12.00 – 2.30pm

Wed 15th Games & Social Afternoon 2.30 – 4.30pm

Thurs 16th IT Hub in the Pub 3.30 – 4.30pm

Thurs 16th Curry Night 6.00 – 8.30pm

Mon 20th Acoustic Night – Live Music From 7.30pm

Wed 29th Ian's Quiz Night 7.00 for 7.30pm

Thurs 30th Rum Smugglers Folk Session From 8pm

www.crosskeysredgrave.co.uk

gm@redgravecommunitysociety.com

Tel: 01379 779822



Basket making courses at Redgrave Activities Centre

Saturday June 20th: Round basket
Saturday July 25th: Square garden basket
Call Karen on 01379 890897



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Email: ctmitchell68@gmail.com Mobile: 07506024052
References available on request.

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Botesdale Parish Council

Leeann Jackson-Eve



MARCH REPORT – Parish Clerk

Public Forum: County Cllr Jessica Fleming reported that eligible students/parents needed to opt in to receive Council Funded School Travel for 2020/2021 (closing date 31 March). She also reported that the SCC cabinet had decided not to support continued work on the Ipswich Northern relief road. Finally, she reported that Suffolk Recycling (SCC) has premiered an Online Directory for Bulk Household Goods. Several shops in Suffolk are offering refills for household items to cut down on packaging waste. The directory is available at <https://suffolkrecycling.org.uk/reduce-your-waste/refill-directory>. If any retailers or businesses would like to offer refill services and get listed on the online directory, please contact Waste.Management@suffolk.gov.uk.

In her role as District Cllr, Jessica reported that a £2.2m upgrade has been approved for the Mid Suffolk Leisure Centre, Stowmarket and for other improvements in the District. She also reported that the District Council's 20/21 budget proposals include a 1.66% increase in its share of council tax, adding £2.76 a year to the bill of a Band D Property. The budget has been considered by Mid Suffolk cabinet members and Overview and Scrutiny and will go to Full Council in February; if approved it will come into effect on 1st April. Finally, work to install the new roundabouts on the A140 at Eye will begin in April.

Peter Beck, the Neighbourhood Watch coordinator, reported that there had been a well-advertised police presentation at Rickingham Village Hall on Saturday, 29 February. Unfortunately, it had not been well-attended but was nonetheless very helpful and informative.

Planning: There were no planning applications.

Police Information: We've received a letter from Mid Suffolk District Council which outlines all the services provided by the two PCSOs funded by the District Council. There is a referral system (via the PC only) for the following services:

- Reassurance visits to victims of crime or Anti-Social Behaviour (ASB)
- Home security assessments
- Community inputs – talks on home security, personal safety, scams and frauds etc
- School inputs - demonstrations of the police vehicle and discussion about how the police help, assemblies, lunch time walk arounds, start/end of day patrols
- ASB patrols of parks, leisure centres, woodlands, nature reserves, problem areas for ASB
- Neighbour disputes
- Visits to provide Words of Advice regarding ASB
- Speed checks at approved sites
- Attendance at community events – Fayres/fetes, markets
- Police surgery sessions – attend a venue at a set time for 2-3 hours with a variety of information leaflets and to be available for members of the public to discuss any concerns in their area
- Street a week surveys – undertaken in problem areas for ASB, drugs etc in order to determine community impact

Parking Enforcement: For your information, from the 6th April most parking violations will become civil offences to be dealt with by the Local Authority. For the Mid Suffolk area this service will be provided by West Suffolk Council and Ipswich Borough Council. We will let you know when we have more information on how to report offences.

Take Pride in Botesdale

Why not help make Botesdale a better place by keeping the land around your home clean, tidy and litter free? If you are a dog walker, be sure to pick up after your dog, particularly on school walking routes where children are likely to be. Everyone knows how unpleasant dog mess is and it can cause infections, so always clean up after your dog and get rid of the mess responsibly. 'Bag it and bin it'. A dog bin is never far!

DON'T FORGET! VILLAGE LITTER PICK Saturday, 18th April 2020

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

Organised by Rickingham and Botesdale Parish Councils

PARISH of BOTESDALE ANNUAL PARISH MEETING

6pm ~ Monday, 6th April 2020
Botesdale Village Hall

Everyone is invited to attend.

THE NEXT BOTESDALE PARISH COUNCIL MEETING WILL TAKE PLACE ON

MONDAY 6th APRIL
at 7.00 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,
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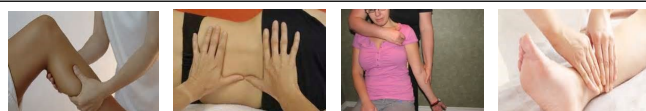
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Redgrave Parish Council



Redgrave March Report – by the Clerk

Three councillors were present at the meeting with apologies received from Mike Denmark, Ann Preston and Jason Walker. Bob Hayward chaired the meeting in the absence of the Chair and Vice-Chair. Councillors were very pleased to welcome Frank Gillett onto the Parish Council. There are now two vacancies.

Public Forum: There was only one member of the public who spoke about frustrations with the number of potholes in the village. Please see below for information on how to report these.

Planning: There were no planning applications.

Neighbourhood Plan: A draft of the report assessing sites that were submitted after the "Call for Sites" has been reviewed and some corrections made. The first draft of the Neighbourhood Plan is under way and it's hoped that it will go out to consultation in a few weeks. The NHP group has found some very interesting information about archaeological finds in Redgrave and some of this will go in the Plan.

Footways/Pavements: By the time you read this, the footways along the B1113 will have been 'skirted', that is, they have been cleared so that the footway is back to its original width. Thank you very much to the Suffolk County Council Winter and Cyclic Works team for doing such a good job!

VE/VJ Day: The pub is planning an event, possibly a street party, and will be looking at the possibility of closing the slip road in front of the pub.

Play Area Repairs: The major repairs have been completed and the play area is looking good, or as good as it can with all this rain. Please let us know if you come across anything that needs to be sorted out.

Police Information: We've received a letter from Mid Suffolk District Council which outlines all the services provided by the two PCSOs funded by the District Council. There is a referral system (via the PC only) for the following services:

- Reassurance visits to victims of crime or Anti-Social Behaviour (ASB)
- Home security assessments
- Community inputs – talks on home security, personal safety, scams and frauds etc
- School inputs - demonstrations of the police vehicle and discussion about how the police help, assemblies, lunch time walk arounds, start/end of day patrols
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- Street a week surveys – undertaken in problem areas for ASB, drugs etc in order to determine community impact

Parking Enforcement: For your information, from the 6th April most parking violations will become civil offences to be dealt with by the Local Authority. For the Mid Suffolk area this service will be provided by West Suffolk Council and Ipswich Borough Council. We will let you know when we have more information on how to report offences.

Reporting Potholes!

You can report new highways problems and **monitor the status** of existing reports in Suffolk quickly and easily online with the Highways Reporting Tool
[https://
highwaysreporting.suffolk.gov.uk/](https://highwaysreporting.suffolk.gov.uk/)

Do not report a highways problem online if it poses an immediate danger to public safety - call 0345 606 6171.

PARISH of REDGRAVE

ANNUAL PARISH MEETING

7.00pm ~ Wednesday, 1st April 2020
Redgrave Amenities Centre

Everyone is invited to attend.

THE NEXT PARISH COUNCIL MEETING WILL TAKE PLACE ON

WEDNESDAY 1st APRIL

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

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Rickingham :	Hinderclay Road	11.00 – 11.15
Rickingham :	Village Hall	11.20 – 11.35
Botesdale :	Farnish House	11.40 – 11.55

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

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Rickinghall Parish Council



Report of March PC Meeting by Cllr Lesley Free

The meeting started at 19:30 with apologies from Cllr Geoff Short. All others were in attendance including the Clerk, our District & County Cllr Jessica Fleming, and five members of the Public.

Public Forum: Cllr Jessica Fleming made a report that will be formally recorded in the minutes but included discussion about the two PCSOs funded by Mid Suffolk District Council that cover the area. In a later agenda item, the VAS data was reviewed and confirmed to be similar to all other months, with maximum speeds more than doubling the 30mph limit, with both the volume of cars and the volume of speeders remaining constant. It was decided that escalating this to the PCSOs for speed checks would be useful. The Clerk would request that the PCSOs consider speed watch / speed checks in the Bury Rd location of the Vehicle Activated Sign (VAS).

There is £67million pounds of NHS funding that is subject to public consultation until 1st April, that is hoped will fund improvements to hospitals in Colchester, and Ipswich.

Jessica reminded all that they are required to 'Opt In' to school transport, and that your school should have contacted you about this recently. If you have any questions about this, please discuss with your school or contact Jessica directly. The deadline to opt-in is 31 March 2020 (and at the time of writing this report I just opted my daughter in again, which took a few moments and was easy to complete online).

Work on the Ipswich Northern Relief Road scheme has been stopped as key local district councils did not support the scheme.

It was noted that Council taxes were increasing, by around 1.6% which Jessica advised meant around £3 increase per year for a Band D household. Jessica covered a number of topics in her report, which as mentioned will be captured in the meeting minutes.

Planning: There were no new planning applications to consider.

Other items: The Clerk reported that Mid Suffolk District council were increasing the cost of emptying litter and dog bins by £1.05 and £1.23 per bin respectively. There was no reason given for this increase.

The PC agreed to support a request for funding, to East Anglian Children's Hospice (EACH) to the value of £50.

The Village Hall Management Committee (VHMC) gave an update about the proposals for the Skate

Park where there will be some potential new funding available from Sport England. This is a significant grant of £15,000 but would be reliant on floodlighting being installed to help the facility be more available, so the VHMC will investigate further and report back at a future PC meeting.

In other items it was noted that the local Infrastructure Delivery Plan steering group will be holding their first meeting at 19:00 on Weds 18th March and that local residents are encouraged to attend and take part in this and future meetings.

The PC also confirmed that they would support the appointment of SALC as the auditor for the next year, which is aligned with the decision that the Botesdale PC had already made.

The meeting closed at 21:20 and full details of the topics discussed will be contained within the minutes.

DON'T FORGET!

VILLAGE LITTER PICK

Saturday, 18th April 2020

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

7.00pm ~ Thursday, 2nd April 2020

Rickinghall Village Hall

Everyone is invited to attend

RICKINGHALL PARISH COUNCIL'S NEXT MEETING IS ON

THURSDAY 2nd APRIL

at 7.30 pm

AT RICKINGHALL VILLAGE HALL

All residents are very welcome

www.rickinghall.onesuffolk.net

Your Clerk is :

Mrs Leeann Jackson-Eve
Wayside Cottage, Cherry Tree Lane
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Village News

BOTESDALE HEALTH CENTRE PATIENT PARTICIPATION GROUP LIFE-LINK CO-ORDINATOR/SOCIAL PRESCRIBER

The PPG would like to welcome Sarah Prince a new member of the Health Centre Team. Sarah is a Life-Link Co-ordinator/Social Prescriber. Using her knowledge of local community, statutory and charitable services to empower Patients to make positive changes in their own lives.

Sarah has a Masters in Occupational Therapy. She divides her week between Patients from Botesdale Health Centre, Stanton and Woolpit surgeries. Sarah works on a one to one basis with Patients, providing appointments which are structured, focussed and motivational. She encourages people to find ways to improve their wellbeing by linking them to their community, developing new skills and supporting self-belief. She helps people to gain the confidence and resilience needed to move their lives forward.

If you consider that, as a Patient of The Botesdale Health Centre, you would like to self-refer please contact Sarah on 07976 802085 or
Buryrural-lifelink@westsuffolk.gov.uk

AGM

The PPG as a Sub-Committee of Friends of Botesdale Health Centre will be joining the Friends AGM on Monday 11th May 2020 at 7.30 pm. at the Botesdale Health Centre and will report on the activities they have undertaken.

The PPG was formed two years ago their role in just a few words is to 'make stronger the relationship between Patients and their Practices, which is critical to the provision of modern, high quality general practice'. Any interested Patients who would like to be involved in the PPG please contact us via the details below. It would be greatly appreciated if this could be before 11 May 2020 please.

DISPENSARY

You may already be aware, but for those who had not heard, the newly appointed Manager of the Botesdale Health Centre Dispensary commenced post in March 2020.

PPG NEWSLETTER

The latest PPG Newsletter is now available at the Reception Desk in the Health Centre. If you would like a copy emailed to you, please contact us via the details below. Please do not hesitate to contact us at BotesdalePPG@gmail.com or phone Janet Russell 07787 148947 if you need help with any clarifications related to the above or if you have any queries regarding Patient Participation Group matters.



Janet Russell PPG
FoBHC



OIL SYNDICATE

The next Oil Syndicate Order will be the Summer one at the end of July.

As always, details will be published here in the Parish Magazine, but final order day will be either the 18th or the 25th of July.

Watch this space for details.

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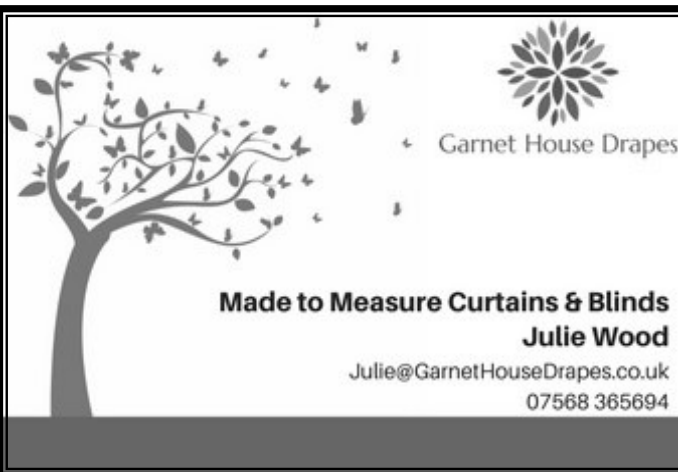
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Village News

Quiz and Fish and Chip evening

Rickingham Inferior Church fabric fundraisers would like to thank all the people who attended the Quiz and Fish and Chip evening to raise money towards the roof repairs needed. A total of £615 profit was raised, the highest amount in the ten years the quiz has been running. We apologise to the two teams we could not accommodate as all places were sold out well in advance.

We would like to thank Jean Wright for being an excellent quizmaster. Jean has compiled the quiz for nine of the last ten years but sadly announced this will be the last time she will be quizmaster. Jean has always been accompanied by her husband John, who has kept the scores. Unfortunately he could not attend this time due to ill health, but Philip Schofield kindly agreed to do it this year. We are grateful to the staff of Botesdale Fish and Chip Shop for providing over 90 portions and thank them for their hard work. Thanks also to the people who donated prizes for the raffle or helped in various other ways.

The winning team was Mashie Niblicks, a strange name for a team, but understandable when you know that it was a closed golf club and the winning team were one of the two teams from Diss Golf Club.

The next fundraising event will be a talk by Roy Tricker, BEM, a church crawler and well-known historian, on Friday May 15th, in Rickingham Inferior Church at 7pm.

URGENT COMMUNICATION FROM BOTESDALE HEALTH CENTRE – CORONAVIRUS – APPOINTMENTS & MEDICATIONS

The Botesdale Health Centre Patient Participation Group (PPG) have been requested by the Health Centre to inform as many Patients as possible to ring the Practice prior to any appointments they already have booked.

Until further notice Patients with booked appointments will require to be telephone triaged and are **not to attend the Health Centre**.

Please refer to the Health Centre website <http://www.botesdalehealthcentre.nhs.uk/> for the latest

CORONAVIRUS HELP

Are you affected by the Coronavirus outbreak and in need of help?

Shopping? A prescription collected? Worried and need someone to talk to? for these or any similar problems contact one of the village Church groups:

Methodist - Brian on 890898

Parkview - Kevin on 898924 or

kevin@parkviewchapel.co.uk

Anglican - the Rector's details are on the inside cover of this magazine

Oil painting of Rickingham Inferior Church and Oak Tree

Last month I mentioned an oil painting kindly given by Neil Lanham to Rickingham Inferior Church to raise money towards the repairs needed for the church. It has been decided to sell the tickets for £1 each at the Art Trail which will be held on the weekend of June 13th/14th where the painting will be on display at Caroline Davies house, Pound Farm Barn, Rickingham. It will be displayed at other events before this date including Farmers Markets on the Quatrefoil table with the books.

Neil has written his thoughts when he painted this picture which is on a sheet of paper on the reverse.

I painted this picture in oil paint, in situ, in the summer of 2019.

I like bright colours and this side of the church had good contrast – from the hidden dark beneath the tree at the rear of the building to the sunlight in the distance.

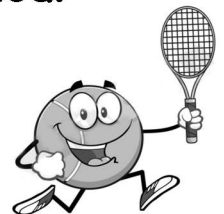
For me, envisaging a meaning beyond the literal is everything but I hate to take anything away from the emotions that the bright visual can bring. Whilst painting I felt that the fine oak tree on the right represents nature, freedom and all that is natural in life. The church of nearly a thousand years represents history, home, who we are and the establishment, but the highly lit gap in between seemed to be pregnant with something waiting to happen at any minute – perhaps a secret lovers tryst in this remote hiding place. 'All the world is a stage' said Shakespeare and this was it. My imagination ran riot.

Neil Lanham, Botesdale

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Club News



HERITAGE CIRCLE Tony Diamond, The History of Chocolate

Tony Diamond opened his talk to the February meeting of the Heritage Circle at Rickinghall Village Hall with the statement that everyone loves chocolate. No one disagreed! He then explained the origins of this confection.

Europeans first encountered chocolate when the Spanish arrived in Central America in 1519. The Mayans used chocolate, which they called *coacatl*, in a variety of ways. It was offered as a gift to their sun god, Ra, in addition it was a currency for trade and provided a medicine. The Mayan process of making chocolate by roasting ripened cocoa beans is still employed today. The Spanish became very rich because of the gold taken from the Americas but also introduced cocoa to Europe, but they kept it a secret. It became a drink for the wealthy when mixed with milk and sugar, and it was also used in cakes.

During the 17th Century, the Spanish monopoly of chocolate was increasingly challenged by the English who gained colonies in the West Indies. The first cocoa house was established in England in 1657 and was open to both men and women as it was a non-alcoholic beverage. The popularity of cocoa houses spread. White's in Pall Mall later became an exclusive gentleman's club and the origins of the Stock Exchange can be traced back to cocoa houses.

Cocoa was expensive because of the high import tax placed on the beans. It became a drink of the aristocracy who called it *choco-au-lait*. Queen Victoria loved chocolate sauce and was soon converted to chocolate bars when they were invented by Fry's of Bristol in 1847. Prince Albert gave her a model of Braemar Castle made from chocolate as a gift. It has been preserved as the high quantity of salt used to make it rendered it inedible! Cadbury's received a Royal Warrant in 1854 as a supplier of chocolate to Queen Victoria.

During the 1850s, the chocolate industry received a boost as the tax on cocoa was reduced by the then Chancellor of the Exchequer, William Gladstone. Chocolate products were now affordable to many more people and were exported by companies like Cadbury's, Fry's and Rowntree's to many parts of the world. These companies became major employers in Britain. In the late 19th Century Cadbury's built a factory and model village at Bourneville, near Birmingham, for its workers. Chocolate was sent in tins to British soldiers during the Boer War (1899-1902). Fry's was one of many sponsors of the Scott expedition to the Antarctic in 1914. During the First World War it became common practice to give soldiers cocoa as a drink because it was believed to have medicinal properties. After the First World War Cadbury's and Fry's merged into one company.

The talk concluded with Tony Diamond identifying a number of the benefits of chocolate. Chocolate is believed to aid sleep. It assists the circulatory system and regulates blood pressure. It is thought to enhance cognitive abilities, especially perception. It may lower cholesterol and can soothe coughing. It contains a number of minerals and vitamins, and can be used as part of a diet. However, it is very bad for diabetics as it has a high percentage of sugar. It can cause gross obesity and is very addictive. It may lead to mood swings for some people. It poisons cats and dogs. However, it remains a huge part of the British economy and is loved by many people.

Gerry Gurhy

Coffee On



Coffee on the Corner and once again this month, we had a really lovely time - plenty of food, plenty of tea & coffee and plenty of folks to have a good chat to.

We were fortunate this month in that Sarah came to visit us and for those of you who have yet to

meet her, Sarah is our local West Suffolk LifeLink co-ordinator. She is part of the Bury Rural area, covering Botesdale, Stanton & Woolpit and part of her job is to help take the pressure off the local doctors' surgeries in those villages. She does this by being an assistant to those who are need of some extra support ... this may be in the form of members of the local community needing to meet new people and get involved in different local activities; it may be some health advice - in terms of local agencies who would be able to answer your questions without having to go to the surgery or it may be useful to some folks who are feeling really low and might be in need of a lift. You can be referred to her by your doctor, or you can self refer, by getting in contact with her direct and her contact details are:

email: buryrural-lifelink@westsuffolk.gov.uk
telephone: 07976 802085

Alternatively we have some of the information leaflets at Parkview Chapel - if you think you might appreciate this help, then do get in touch.

Going back to Coffee on the Corner and the funds raised this month were for St John's Ambulance. We have a local lass who will be running the London Marathon in support of this charity and we will be able to add £54.00 to the funds that she has to raise for this run, so thank you all for your contributions!

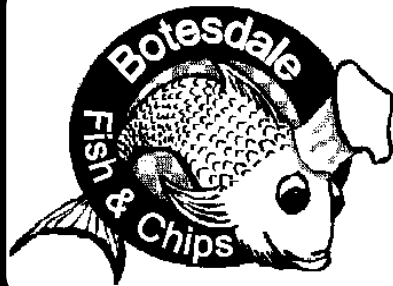
Next month we shall be supporting the work of RAHoF - Rickinghall Area Hospice Fundraisers, who in turn help to fund the work at St Nicholas Hospice in Bury St Edmunds. Do come along to find out more. This will be held on Tuesday 14th April (straight after Easter Weekend!) and will be running from 9am through to 12 noon. Remember we also have a great bric-a-brac table, so if you have one or two items, books or jigsaws that you think might help raise funds for a worthwhile cause, do bring them along!

Just to remind you all too, that if you can't make it to Coffee on the Corner, there is also Coffee down the Lane, at the Methodist Church in Fen Lane, Botesdale and this runs on the fourth Tuesday of each month from 10 until 11.30 - another good place for a chat and a catch up!

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

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SUNDAY

4.00pm - 9.00pm

<i>Date, start and end time</i>			>>> <i>What's On in April 2020</i> <<<	<i>Location</i>
Wednesday 1 st	9:30am	-	Redgrave Art Club	Redgrave Activities Centre
	10:00am	-	Day Centre	Rickingham Village Hall
	10:40am	1:05pm	Mobile Library	See www.suffolklibraries.co.uk
	2:30pm	4:30pm	Games & Social Afternoon	Cross Keys Redgrave
	6:00pm	8:30pm	Pie and Mash night	Cross Keys Redgrave
	7:00pm	-	Annual Redgrave Parish Meeting	Redgrave Activities Centre
	7:30pm	-	Redgrave Parish Council	Redgrave Activities Centre
Thursday 2 nd	9:30am	-	RABBATS	Rickingham Village Hall
	10:30am	-	U3A - Arctic	United Reform Church Diss
	10:30am	-	St Nicholas Hospice Drop-in	Botesdale Health Centre
	6:30pm	-	After School Club Bingo Night (doors open 6:00pm)	Botesdale Village Hall
	12:00pm	-	Watercooler	Cross Keys Redgrave
	7:00pm	-	Botesdale & Rickingham Runners	Rickingham Recreation Ground
	7:00pm	-	Annual Rickingham Parish Meeting	Rickingham Village Hall
Friday 3 rd	7:30pm	-	Rickingham Parish Council	Rickingham Village Hall
	10:00am	11:00am	Positive Steps	Parkview Chapel
	10:00am	11:30pm	Wild Tots	Redgrave & Lopham Fen
	1:00pm	2:00pm	Wild Babies	Redgrave & Lopham Fen
	7:30pm	-	Whist Drive	St Botolph's Bowls Club
	7:30pm	-	Ouse Valley Filling Station	Garboldisham Village Hall
	8:00pm	-	Dance Classes	Botesdale Village Hall
Saturday 4 th	10:00am	-	Church open	Redgrave St Mary's
	10:00am	-	Church open	Rickingham Inferior St Mary's
	7:00pm	-	Quiz Night	Parkview Chapel
Monday 6 th	5:30pm	-	Slimming World	Rickingham Village Hall
	6:00pm	-	Annual Botesdale Parish Meeting	Botesdale Village Hall
	7:00pm	-	Botesdale Parish Council	Botesdale Village Hall
Tuesday 7 th	9:00am	12:00pm	Coffee on the Corner	Parkview Chapel
	10:00am	2:00pm	Children's activity: Skulls & skeletons	Redgrave & Lopham Fen
	6:00pm	-	Fitsteps	Rickingham Village Hall
	7:15pm	-	Yoga and Relaxation	Botesdale Village Hall
Wednesday 8 th	9:30am	-	Redgrave Art Club	Redgrave Activities Centre
	10:00am	-	Day Centre	Rickingham Village Hall
	10:00am	Noon	Easter Fun at the Fen	Redgrave & Lopham Fen
Thursday 9 th	7:00pm	-	Botesdale & Rickingham Runners	Rickingham Recreation Ground
	7:30pm	-	Women's Institute	Rickingham Village Hall
Friday 10 th	10:00am	11:00am	Positive Steps	Parkview Chapel
	10:00am	11:30pm	Wild Tots	Redgrave & Lopham Fen
	1:00pm	2:00pm	Wild Babies	Redgrave & Lopham Fen
	8:00pm	-	Dance Classes	Botesdale Village Hall
Saturday 11 th	9:00am	12:30pm	Farmers' market & Car Boot Sale	Rickingham Village Hall
	10:00am	-	Church open	Redgrave St Mary's
	10:00am	-	Church open	Rickingham Inferior St Mary's
	10:30am	12:30pm	Weekend Wildlife Club	Redgrave & Lopham Fen
Sunday 12 th	3:00pm	-	Children's Easter Egg Hunt	Cross Keys Redgrave
Monday 13 th	12:00pm	2:30pm	Easter Monday BBQ	Cross Keys Redgrave
	5:30pm	-	Slimming World	Rickingham Village Hall

Don't forget the mobile Post Office : Every Tuesday 12:30-1:30pm and Friday 2:45-3:45pm at Parkview Chapel				
Date, start and end time			>>> What's On in April 2020 <<<	Location
Tuesday 14 th	9:00am	-	Coffee on the corner (in aid of RAHOF)	Parkview Chapel
	9:30am	-	Macmillan Information & Advice	Parkview Chapel
	6:00pm	-	Fitsteps	Rickingham Village Hall
	7:30pm	-	Redgrave & District Ladies Club	Redgrave Activities Centre
Wednesday 15 th	9:30am	-	Redgrave Art Club	Redgrave Activities Centre
	10:00am	-	Day Centre	Rickingham Village Hall
	2:30pm	4:30pm	Games & Social Afternoon	Cross Keys Redgrave
	7:30pm	10:30pm	Acoustic Group	Cross Keys Redgrave
Thursday 16 th	3:30pm	4:30pm	IT Hub in the Pub	Cross Keys Redgrave
	6:00pm	8:30pm	Curry night	Cross Keys Redgrave
	7:00pm	-	Botesdale & Rickingham Runners	Rickingham Recreation Ground
Friday 17 th	10:00am	11:00am	Positive Steps	Parkview Chapel
	10:00am	11:30am	Wild Tots	Redgrave & Lopham Fen
	1:00pm	2:00pm	Wild Babies	Redgrave & Lopham Fen
	8:00pm	-	Dance Classes	Botesdale Village Hall
Saturday 18 th	10:00am	-	Church open	Redgrave St Mary's
	10:00am	-	Church open	Rickingham Inferior St Mary's
Sunday 19 th	10:00am	3:00pm	Plant sale	Redgrave & Lopham Fen
	11:00am	12:00pm	Coffee on a Sunday	Parkview Chapel
Monday 20 th	5:30pm	-	Slimming World	Rickingham Village Hall
	7:00pm	-	Botesdale Village Hall AGM	Botesdale Village Hall
	7:30pm	-	Acoustic Night - Live Music	Cross Keys Redgrave
Tuesday 21 st	9:45am	10:45am	Pilates	Rickingham Village Hall
	5:30pm	-	Brownies	St Botolph's School
	6:00pm	7:00pm	Fitsteps	Rickingham Village Hall
	7:15pm	-	Yoga and relaxation	Botesdale Village Hall
Wednesday 22 nd	9:30am	-	Redgrave Art Club	Redgrave Activities Centre
	10:00am	-	Day Centre	Rickingham Village Hall
	7:30pm	-	Heritage Circle	Rickingham Village Hall
Thursday 23 rd	9:30am	-	RABBATS	Rickingham Village Hall
	7:00pm	-	Botesdale & Rickingham Runners	Rickingham Recreation Ground
Friday 24 th	10:00am	11:00am	Positive Steps	Parkview Chapel
	10:00am	11:30am	Wild Tots	Redgrave & Lopham Fen
	1:00pm	2:00pm	Wild Babies	Redgrave & Lopham Fen
	7:30pm	-	Cinema at Eye: The Lion King	Eye Community Centre
	8:00pm	-	Dance Classes	Botesdale Village Hall
Saturday 25 th	10:00am	-	Church open	St Mary's Redgrave
	10:00am	-	Church open	Rickingham Inferior St Mary's
	8:00pm	11:30pm	Rickingham Country Music Club	Rickingham Village Hall
Sunday 26 th	10:00am	4:00pm	Annual Plants & Crafts Event	Wyken Hall, Stanton
Monday 27 th	9:15am	-	Rickingham Ramblers	Rickingham Village Hall
	5:30pm	-	Slimming World	Rickingham Village Hall
Tuesday 28 th	9:45am	10:45am	Pilates	Rickingham Village Hall
	10:00am	12:00pm	Coffee down the Lane	Botesdale Methodist Church
	10:30am	2:30pm	Go Wild in the Week	Redgrave & Lopham Fen
	12 noon	-	Luncheon Club 898615 / 898619	Redgrave Activities Centre
	5:30pm	7:00pm	Brownies	St Botolph's School
	6:00pm	-	Fitsteps	Rickingham Village Hall
	7:15pm	-	Yoga and relaxation	Botesdale Village Hall
	7:30pm	9:30pm	Standing up for Trees	Redgrave & Lopham Fen
Wednesday 29 th	9:30am	-	Redgrave Art Club	Redgrave Activities Centre
	10:00am	-	Day Centre	Rickingham Village Hall
	10:40am	1:05pm	Mobile Library	See www.suffolklibraries.co.uk
	7:30pm	10:00pm	Ian's Quiz Night - 7:00pm for 7:30pm	Cross Keys Redgrave
Thursday 30 th	9:30am	-	RABBATS	Rickingham Village Hall
	7:00pm	-	Botesdale & Rickingham Runners	Rickingham Recreation Ground
	7:30pm	-	Redgrave Garden Club	Redgrave Activities Centre
	8:00pm	-	Rum Smugglers Folk Session	Cross Keys Redgrave
Friday 31 st	10:00am	11:00am	Positive Steps	Parkview Chapel
	10:00am	2:00pm	Time to Paint	Redgrave & Lopham Fen
	10:00am	11:30am	Wild Tots	Redgrave & Lopham Fen
	1:00pm	2:00pm	Wild Babies	Redgrave & Lopham Fen
	8:00pm	-	Dance Classes	Botesdale Village Hall



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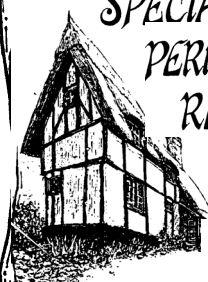
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Club News



Mill Lane Allotment Association MLAA

. This time last year we were talking about "The Beast From The East" which delayed spring and got us all off to a slower start than we would have liked.

This year we have had the pest from the West in the guise of three named storms which have given us all pause for thought about how well our allotment buildings might be secured to the ground. Not wanting to tempt fate, but as I write, only a very few people have suffered much in the way of flying greenhouse syndrome or self-propelled poly tunnel-itus down on the site. We have had a number of greenhouse panels flying towards Redgrave but not so many as we may have thought likely. This windy weather has prompted a number of repairs and upgrades but on the whole we are all pretty stoic

The news from our members is that all over the area, there are window sills and greenhouses groaning under the weight of small pots of seeds bursting forth and jockeying to be put out on our allotments. Potatoes are chitting somewhere in the dark, and once again the seed catalogues are piling up on our front door mats.

The sun is out and Spring has sprung, and we would love to hear from anyone who might like to be put on our register for a full or half plot when one becomes available.

For further information just call the association secretary, Mark Wiseman on 01379 89880 or send him an email at mark.wiseman@virgin.net.



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

Community Woodland Group

We had a good work party today in Northfield Wood and, now that the strimming is finished, we can see how well the trees are doing. With no leaves on them, and with some protection from the hedge around the wood, there has been no damage from the February gales. Snowdrops and aconites are flowering and more were planted today.

With one or two non-native trees in the wood, we have decided to tighten up on our native-only policy. There is a good reason for this. Native trees are hosts to a great number of fungi, lichens and invertebrates from moths down to micro-organisms that we cannot see with the naked eye; they provide food and habitats for birds and small mammals. The English oak, in particular, supports hundreds of different invertebrates while non-native trees support very few.

The following is a list of the native trees that the Woodland Trust has been growing for planting schemes all over the country. This list does not include the Ash and Elm, which have been badly affected by disease in recent years. Elm has almost disappeared now, only existing in small pockets. More recently, ash trees have been succumbing to dieback but some are more resistant than others. You may also notice that the Horse chestnut is not on the list. It is a relatively new coloniser, as is the magnificent Cedar of Lebanon that we see in grand parks and many other trees that are found in gardens.

Alder, Alder buckthorn, Aspen, Beech, Bird cherry, two Birches, Blackthorn, Buckthorn, Crab apple, Dog rose, Dogwood, five Willows, Elder, Field maple, Guelder rose, Hawthorn, Hazel, Holly, Hornbeam, Juniper, two Oaks, Rowan, Scots pine, Small-leaved lime, Spindle, Sweet chestnut, Walnut, Wayfaring tree, Whitebeam, Wild cherry, Wild service, Wych elm, Yew.

What an amazing list this is! How lucky are we! Of course, they don't all grow here, some are specific to particular soils or climates. If the soil, climate and other conditions are right, the trees will be happy and flourish.



Rosemary Jones, 1st March
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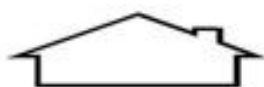
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Exploring the Past

Jean Sheehan, 01379 890237

Rev William Baynes family bible

On the wall of the chancel in Rickinghall Inferior Church is a memorial which reads 'Sacred to the memory of the Rev'd William Baynes MA of Sydney Sussex College, Cambridge, Rector of Rickinghall Inf. & Rickinghall Sup who after performing the pastoral duties of those parishes during a residence of nearly fifty years, departed this life on the 26th day of June 1827 aged 87 years.

Also of Penelope his widow, daughter of Thomas Dove Esq, who died at Roydon in Norfolk on the 23rd day of July 184[0] aged 96 years. Both are interred in this chancel in the same grave. (1)



I was recently asked to take care of a family bible originally in the possession of William. This bible was printed in 1736 in Oxford and a record of William's birth has been attached in the bible on a sheet recording all the children of Robert Baynes who married Catherine Wogan at Ledsham in Yorkshire in 1738/39. This page also records other events such as the baptism of Catherine at St Margaret's Westminster in January 1719. William was born in 1740, the eldest of ten children. A brother was born thirteen months later who died aged only 23 and was buried at St Dunstan's in the East, London. Catherine Baynes had a child every year or two until 1752. Her 4th child, Edward, died only 18 days after birth, and the next child, Catherine, died aged only seven days old the following year. In the year 1747 another girl was born and named Catherine. Parents often named later children born after a child has died at a young age with the same name, another son was named Edward in 1751.

Catherine Baynes, the mother, died in 1778 aged 58 and was buried in Stonham Aspull.

The Rector's wife Penelope Dove's birth in 1744 has been recorded and stuck into the bible along with John Dove born in 1749 who was probably her brother.

The births of the 4 children of William and Penelope are recorded with the time of birth as well as the dates between 1782 and 1788. They were Penelope, Adam, Martha and Frances and were baptised in Rickinghall Inferior church. Martha died about two weeks after birth. The Rev Baines also included medical details such as the dates of illnesses which the children had. He recorded that Penelope and Adam were both inoculated by Mr Norgate on December 12th 1787. This was quite an early date for immunisation,

Penelope and Adam had 'meazles' in 1787 and 'hooping cough' in 1789. Frances had not been born at this time and she was 'inoculated by Mr Harrison on April 18th 1795 at the Revd M Betts's, of Wortham, Suffolk.'

Another part of the recording says 'Frances Baynes came out with the shingles, commonly called the Water Pock on the 10th of August 1793.'

Frances Baynes had the whooping Cough in May 1796. Wm Baynes.

Frances Baynes had the Meazles whilst with M. Wood, Wick Green, March 1803. (She must have been staying at her Uncle's house in Cornwall.).

James William son of James Samuel Conran and Penelope his wife late Penelope Baynes was born between the hours of one and two O'clock on Tuesday afternoon upon September 4th & privately baptised the 5th 1810 in the Parsonage House of Rickinghall Inferior Suffolk, by me Wm Baynes Rector

NB The above James William Conran was inoculated wth the Cow Pock by Mr. Webber of Hopton, Suffolk, October 24th 1810.

Witness my hand Wm. Baynes.

Rector of Rickinghall aforesaid, Suffolk.

This is probably good news as usually if babies are baptised so soon after birth it usually means the baby is not expected to live. He had a sister, Jane Penelope, in 1812.

Rev Edward Baynes, William's younger brother, became Rector of Wick St Mary, Cornwall. A list of his 10 children born between 1787 and about 1800 is attached to the bible. When Adam, William's son, married Miss Ross in St. Margaret's, Westminster he was Rector of Adstock in Buckinghamshire.

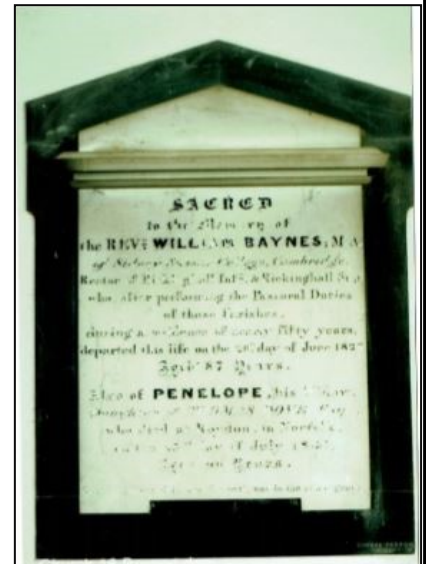
This bible was returned to Rickinghall in a strange way. Apparently the bible went to Cape Town in South Africa, and returned to England with Miss Henrietta Baynes who went to live in Arncliffe in Buckinghamshire in 1920. When she died circa 1964 she was buried in Adstock in Buckinghamshire. which probably means this bible has come through Adam's family. With the bible are two photos of a Rector which is probably Adam. The bible came into the possession of a neighbour but when she was in her eighties she asked someone from Oxford University to find a home for it. As the Bodleian already had a copy of this bible it was offered to the late Rev Ken Holder for safe keeping. When Ken retired he asked Dr Fred Ratcliffe to take care of it and Mrs Ratcliffe has now asked me to take care of it.

The grave of William and Penelope is no longer visible as the Rev Maul had the chancel tiled in the second half of the nineteenth century. Rectors were privileged to be buried in the chancel but they also were responsible for the upkeep of the chancel. They were probably the last people to be buried inside Rickinghall church as a law was passed forbidding burial inside the church.

The family would have lived in the Rectory on the Hinderclay road, but in the older part before the front was added by Rev Maul.

Many family historians would be very pleased to find a family bible with so much information over three generations.

I would like to acknowledge Fred Ratcliffe for some of his notes and Charles Greenhough for photos of the memorial.



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Exploring the Past Again

Di Maywhort, 01379 898785

Mrs Violet Hales died recently aged 93 and at her funeral Melanie, her daughter, read out some of Violet's memories of growing up in Botesdale and Rickinghall. They then played a recording of Violet talking about her early years. It was such a lovely idea. Below are some excerpts from these memories written when Violet was 80.

'This is the story of Violet Rose Hales which has been started in the year of my 80th birthday. I hope it will be of interest to my family and maybe to others, as a social history for the villages of Botesdale and Rickinghall where I have lived all my life.

I was born on September 20th 1926 (the same year as our current Queen Elisabeth). My parents were Mary Jane 'Janie' Smith (nee Westley) and William 'Will' or 'Billy' Smith. We lived at Bridewell Cottage in Bridewell Lane Botesdale. It was two houses then, Dad owned the whole of it, we had the main part and the far end was rented out.

I was Janie and Will's fourth child. My brothers and sisters were Clifford born June 4th 1920, Charles born January 26th 1922 and Kathleen born April 8th 1924. I also had a step sister too of whom I was very fond. Heather Sturgeon, born October 3rd 1912 was my mother's child by her first marriage to John Robert Sturgeon. They had married on December 25 1911 and he was killed in action in France on September 25th 1916.

My childhood in Bridewell Lane was very strict. Mum was a great church goer, attending the Methodist Chapel in Fen Lane. It was expected that we would go to church three times every Sunday which only just about left time for meals and a walk in between. Everyone went for walks on a Sunday, all dressed up in our Sunday best. A usual route was through the Hollow, long before a by pass dissected it! I remember playing truant from Sunday School once in order to go skating on Redgrave Lake. I had actually fallen through the ice and been dragged out by some of the other children. I dared not go home so my friend Beryl Garnham took me home and her mother dried all my clothes and ironed them so I could go home at the proper time. That evening we all went to Chapel and Mr Spurling the Steward remarked to my mum that he thought I was ill as he had not seen me in Sunday School. I had told Mum all about my Sunday School even the hymns we had sung so I was in deep trouble to be found out!

I would pump up the bellows down at the chapel when Mum was playing the organ and I remember the old Tortoise coal heaters that used to smoke away in an attempt to keep the chill off the place in winter. There were two of these; one each side of the room with a vent through the wall. There was also no running water at the chapel and when they



Violet Rose Hales

wanted to make tea after the Good Friday service my dad carried buckets of water from Bridewell Lane down to Fen Lane to fill up the copper in which they boiled the water. The copper, sticks and coal were all in an outhouse behind the chapel where the kitchen is now.

We attended the school in Rickinghall, which is next to the church. It closed down in 1994. I went to the gathering they had to mark its closure and enjoyed looking over old school registers, the punishment book etc.

I had a lot of illnesses when I was young and missed lots of school, so was not a great scholar even though they had the great idea of putting goose grease on my chest as the weather turned cold and sewing me into my woollen vest until it got warmer again!

I was a bit of a tearaway at school and was often in trouble. Our Headmaster was called Mr 'Flogger' Reynolds so it comes as no surprise we were often caned. When we got home we'd tell our parents what had happened and we'd get another beating from Dad. His leather strap saw a fair amount of action. I remember one occasion when Flogger must have thrown most of the books in the library at me. I was laughing with Iris Landemoore. We had a fit of the giggles and were by the library and in order to stop us he started throwing the books at us. Afterwards he made me pick them all up and then shut me in the coal shed at the back of the school until it was time to go home. It was very dark and cold as it was not summertime and I hated it. Mr Reynolds had shell-shock following the first World War and his outbursts were attributed to this.

One day when I was about 9 years old I rushed out from the school to go to the privy and was hit by a falling brick. The brick had been thrown by one of my classmates, Teddy Holden, who thought everyone was inside the school and the coast was clear for him to knock down a few walnuts. The brick split my head open and the cut bled profusely. My screams brought people out from the school and the Reverend Cotton, then vicar of the Rickinghall Churches, came running from the field where he had been playing in a cricket match. Paying no heed to the red stains on his beautiful cricket whites, the vicar somehow got me to the school master's house next to the school. Mrs Reynolds tore up some sheets to wrap round my head. I was then put in a car and driven to Dr Ward's surgery at the top of the hill in The Homestead for some stitches. Meanwhile Teddy ran home and told his father he thought he had killed Violet Smith. Poor Mr Holden was so upset he came to the house with apologies and a basket of all sorts of chocolates and sweets. It did help to take my mind off my shaved and aching head.'

To be Continued.

Many thanks to Jill Chapman for getting in touch about Brian's question in the last magazine. She and her husband say these funny creatures are probably leeches. Brian has replied to say that that seems to fit with what he remembers about them.

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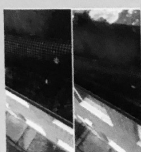


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Nyall's Notes

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

Covid-19 has shown that our world is very vulnerable. Even long before we'd heard of it there were those that had predicted it and even said that something like it would start in the food markets of China. It didn't take much to come to that conclusion. It has happened before and will happen again and someday something far more deadly will arise.

Due to the requirements of editorial planning I am writing this as the epidemic in this country has begun to take off. Over the last 48 hours the number of people infected has doubled to 115 and it is expected to continue to double at least every five days. Should it go on doubling every few days, by the time you are reading this we will be in full scale panic with the number of cases in the thousands. Hopefully the government will have put in measures to prevent such an increase. It appears to be doing much better than other countries but I don't have too much confidence as it appears so contagious. Although the death rate is only about 1%, that appears to me to be too risky. I certainly wouldn't get on a plane that only had a 99% probability of getting there and the Civil Aviation Authority would certainly not allow that plane to fly. Unfortunately, the death rate for those that are elderly is closer to 10%.

A lesson a friend of mine learnt serves as a good illustration. He came into work one morning and on saying "Hello," to his boss was told that one of his workmates has died of a heart attack that previous evening.

It had been very quick as that workmate had appeared very fit and healthy the day before, he quipped, "Nice way to go."

"As long as you are ready," replied his boss.

Those six words changed his life.

It is a theme that occurs and reoccurs amongst what Jesus said:

The land of a rich man produced plentifully, and he thought to himself, 'What shall I do, for I have nowhere to store my crops?' He said, 'I will do this: I will tear down my barns and build larger ones, and there I will store all my grain and my goods and I will say to my soul, Soul, you have ample goods laid up for many years; relax, eat, drink, be merry.'
But God said to him, 'Fool! This night your soul is required of you, and the things you have prepared, whose will they be?' So is the one who lays up treasure for himself and is not rich toward God.

We are told to lay up treasures in heaven. Whatever treasures in heaven are, they must be things that survive death. Anything else is left behind, so what survives death?

Paul said that to be absent from the body was to be present with the Lord, by whom he meant Jesus. Thus our relationship with Jesus is the one thing that survives death.

And Jesus says, "We need to get that right now."

You also must be ready, for the Son of Man is coming at an hour you do not expect.

Gospel of St Luke Ch 12 v 40

Bill's Birds

Bill Cordeaux Tel: 898286

It so happened that on the weekend of 16 February I got involved in a farmland bird count in this area sponsored by the National Farmers Union. How convenient that Redgrave Lake coincided with my February report.

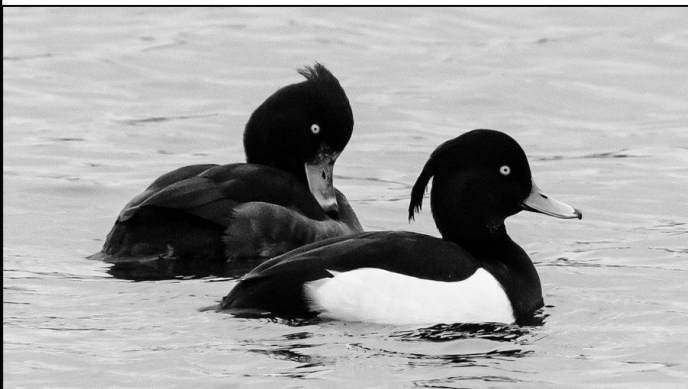
The Lake was modelled by Capability Brown in the 17th C to tune in with Redgrave Hall built by Sir Nicholas Bacon in the 16th C. I find it an interesting habitat for my monthly Bill's Birds. As the local GP I found it a fascinating place to visit, either scattering flocks of Canada Geese to get to one patient or being beguiled into drinking Rose Petal Wine by another!

At the north end of the Lake is a small island which will later contain a Heronry of six pairs. At present only two had arrived. It was by accident that another member of the Heron family, a Little Egret, was also present. Quite a few Cormorant which come inland for the winter were inhabiting the island's trees.

On the roadway which encircled the Lake I encountered a flock of Field Fare awaiting their journey north. Also three Egyptian Geese. A colourful contrast to our local Grey Lag Geese, and five Mute Swans — where are the others as previously recorded in the winter? Egyptian Geese only appeared in this country in 1675 being brought to London to decorate St James's Park. They have slowly spread over the country and arrived in Suffolk in 1973. For many years I have noticed a pair near New Waters Lake.

At this time of the year Redgrave Lake is packed with Coot and Tufted Duck. The male and female Coot are black all over, except for a white patch on their forehead. Hence the nickname 'As bald as a Coot'. A Coot is a resident breeder and winter nocturnal migrant.

The Coot is a relative of the Moorhen which also inhabits the Lake, tending to keep to the reeded banks. It is similar to the Coot but has no white forehead but instead has a red shield on its beak.



Female and Male Tufted Duck

The Tufted Duck has been a winter visitor for many years but only became a breeder in Yorkshire in 1893 and now many breed here. The female Tufted is also black all over (like the Coot but with no white forehead). However the male is a handsome black and white duck, named for its tuft of black feathers on the back of its head (the tuft is smaller in the female).

An unusual wading bird was also seen - the Oystercatcher. Usually a bird of the seashore where its noticeable colouring (black and white) and a long red beak make it unmistakable. It has a piercing cry when taking off. Its beak is useful on the coast for digging out molluscs such as cockles and mussels. It usually inhabits the coast and inland moors, however it is recognised in flight and by its call. I have often heard it overhead in Rickingham, but we certainly don't live on an inland moor.

By the time this article reaches you, you will have noticed that the Robin, Blackbird, Collar Dove and the Hedge Sparrow have started nesting and perhaps the tits are already sitting on eggs.

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IN YOUR GARDEN

Lawrence Thompson 01379 890667

My garden is very exposed and vulnerable to damage from strong South Westerly winds and certainly took a battering when Storm Ciara and Dennis roared through.

A boundary tree has been uprooted and others have had branches snapped off whilst shrubs and small trees have been rocked very badly by the winds making them unstable at the base with some roots no longer in contact with the soil and in danger of drying out. Numerous pots have blown over especially ones containing taller plants. As for the dividing fence where sections crashed to the ground and are thoroughly wrecked - a major reinstatement exercise will be required!

From what I hear, many of you are in the same boat. So here are some tips to help your garden to recover. It is likely that trees and larger shrubs will have torn and damaged branches and some may have even blown down. Medium to large trees I would suggest are best left to expert tree surgeons whilst the smaller ones can be tackled by some heavy pruning. Use a sharp saw to take the damaged branches back to the main trunk. This may leave the trees looking unbalanced, so some more judicious pruning to balance up the overall shape needs to be undertaken.

For any shrubs that have become unstable, just firm the soil around the roots and to ensure stability, stake the plants to avoid further movement. Luckily my perennial plants have not been damaged as they have not put sufficient new growth to be affected.

Self clinging climbers such as Virginia creeper or ivy on walls, fences, trellis etc. torn off by the winds are best pruned back quite hard as it is very difficult to re attach them and the new growth will eventually support itself. Plants such as climbing roses, jasmines and wisteria that have crashed down because of broken supports will require the creation of a new framework or trellis before tying back in. Be bold and prune back hard as they will soon recover.

Thankfully my garden is on a slope and the soil is sandy and although this winter has been one of the wettest on record, some gardens especially on clay ground will be completely saturated. The best thing to do is avoid walking on water logged areas. Any weight on the soil will only lead to compacting and make drainage even more of a problem. Most garden plants will recover.

If the winter weather we have experienced in February is going to become the norm and your garden is in an exposed position, planting a windbreak preferably hedges can effectively absorb the strong winds and help protect the rest of the garden from damage of last month.

Lawns are now growing strongly and have where possible, received their first cuts. The blades need to be raised quite high to avoid scalping the grass and progressively lowered at each successive cuts. The mild winter means the moss is particularly rampant and an application of spring fertiliser that includes a moss killer will be highly beneficial.

Roses. You should have completed pruning and added rose fertiliser around the base and hoed into the surface soil. New growth on climbers and ramblers needs to be tied in to simplify pruning later on. Despite the pretty wet soil at present, mulching around the roses will help cut down on watering later in the year. Ideally well rotted manure, garden compost or even grass cuttings will help preserve moisture. Next month I will be focusing on reader questions including fruit trees, strawberries and greenhouse growing of tomatoes and cucumbers. Raised bed vegetable cultivation will also be covered.

IN THE KITCHEN

Cucumber Cups

Ingredients.

- 1 Large plump cucumber
- 2 Mint leaves (finely chopped)
- 1 Red pepper (finely diced)
- 75 ml. Natural yoghurt
- 220gms. Prawns
- Paprika.

Cut off the stalk end of the cucumber and cut the remainder of the stem into equal pieces about 4 cms long.

Stand the cucumber pieces upright on a serving dish and, with a small pointed spoon, hollow out the centre to form cup shapes leaving about 5mm of the cucumber around the side and at the base.

Add the mint and red pepper to the yoghurt and fold in the prawns. Season with salt and pepper as required.

Spoon the mixture into the cups and sprinkle with paprika.

Chill for about 30 Minutes.

Serve with thin slices of buttered brown bread.

Thanks to John Langdon for another recipe

Cookery hints

Charlie Carroll

Founder of *Flat Iron Steak*

"To get a really great crust on a steak, dry the steak beforehand, rub with oil, season generously with salt, and put into a smoking-hot dry pan. Only add pepper after it is cooked, or the pepper will burn."

SPROUTS

Roast whole in olive oil with lemon zest and chilli. Top with grated parmesan

Theo Randall

of *Theo Randall at The Intercontinental*

"If your cast-iron pan is sticking, add about 200g coarse salt to it, place on the hob on a high heat for 5 minutes until the salt starts to burn, then take off the heat. Rub the salt into the pan for a few minutes with a clean cloth, then tip it out and rub the pan with olive oil. It will now be non-stick."



**Ed Batram
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It's a sensible move -
but a shock all the same.

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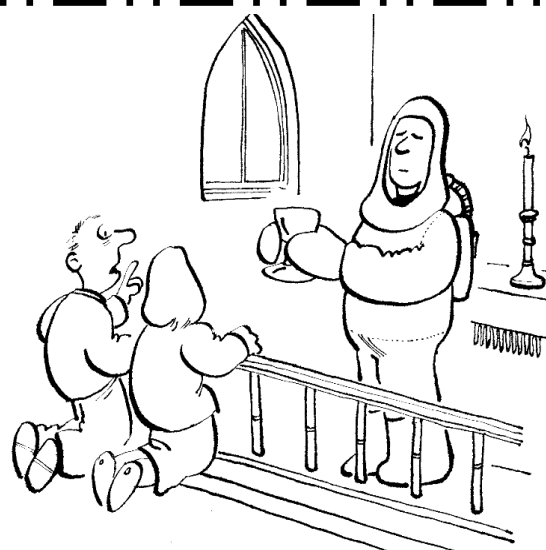
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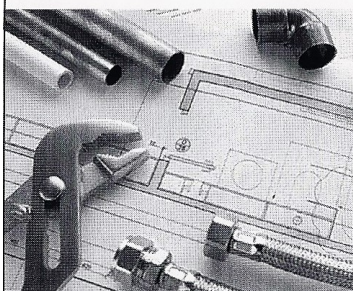


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Botesdale & Rickinghall	Peter Beck	01379 890495	peter@pbeck.plus.com	Emergency	999	For Ambulance, Fire Brigade, Police
Redgrave	John Campbell	01379 890946	redgrave.nwatch@outlook.com	Manned desks		Bury St Edmunds - Raingate Street IP33 2AP Ipswich - 10/10a Museum Street IP1 1HT Lowestoft - Old Nelson Street NR32 1PE

BE SCAM SMART!

AUSTRALIAN BUSHFIRE CHARITY SCAMS

Currently circulating are funds raising appeals to help people and animals affected by the recent Australian bush fires. Regrettably, a number have been set up with the sole purpose of stealing your money.

The scammers have been cold calling and creating fake websites whilst on social media they have been, setting up pages soliciting funds.

In addition, the scammers have been pretending to be well known charities, creating their own charity names and even claiming to directly represent people who have been adversely disadvantaged by the disaster.

Be especially vigilant of crowdfunding requests as a number have turned out to be fake. Also avoid giving money to fundraising pages or platforms where you cannot verify the legitimacy of the fundraisers.

If you do plan to donate to an established charity or a not-for-profit organisation, please ensure that it is registered and that you are actually on its official website by checking the Australian Charities and Not-for-profits Commission Charity Register – <https://www.acnc.gov.au/charity>

AMAZON. PAY PAL. CITIZENS ADVICE BUREAU

Several local residents have reported recent calls from fraudsters claiming to be from Amazon, Pay Pal and Citizens Advice – the latter offering personal debt counselling that required access to their bank and credit card accounts.

Thankfully, they took the right course of action and smartly put the phone down!

10 ways you, as a Neighbourhood Watch supporter, can protect yourself, your loved ones and your community:

1. Meet with household members, other relatives, friends and neighbours to discuss what to do if a COVID-19 outbreak occurs in your community and what the needs of each person will be.
2. If your neighbourhood has a website or social media page, consider joining it to maintain access to neighbours, information, and resources. Alternatively, share phone numbers and email addresses particularly with those who are isolated or vulnerable.
3. Consider establishing a 'buddy' system within your community to ensure everyone stays connected to COVID-19 related news, services and can receive support safely, such as essentials deliveries.
4. Plan ways to care for those who might be at greater risk for serious complications.
5. Choose a room in your home that can be used to separate sick household members from those who are healthy.
6. Learn how to self-isolate. Guidance can be found on the NHS website: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>
7. Create a list of local organisations that you and your neighbours can contact in the event that one of you need access to information, healthcare services, support, or resources. Consider including organisations that provide mental health or counselling services, food, and other supplies.
8. Create an emergency contact list of family, friends, neighbours, healthcare providers, teachers, employers, the local public health department, and other community resources.
9. Learn about the emergency operations plan at your child's school or childcare facility, and your employer's emergency operations plan.
10. Practice everyday preventive actions including regular hand washing.

The NHS provides guidance on how to wash hands: <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>.

The World Health Organisation provides guidance on basic protective measures: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

The Centre for Disease Control and Prevention provides guidance on handwashing for families <https://www.cdc.gov/handwashing/handwashing-family.html>

Please note: whilst we encourage you to follow advice from UK Government we are also sharing links to organisations such as the Centre for Disease Control and Prevention an agency which works 24/7 to protect the safety, health, and security of America from threats here and around the world. Some of our key points above have been sourced from: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/get-your-household-ready-for-COVID-19.html>.

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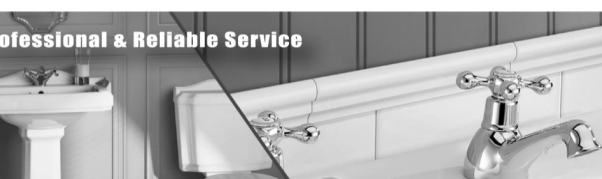
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> > > Future Events < < <

History of Rickinghall Inferior Church

Roy Tricker BEM has kindly agreed to give a talk on the history of St Mary's church, Rickinghall Inferior, on May 15th in the church. Roy, a former teacher, became the field officer for the Redundant Churches Fund (now the Churches Conservation Trust) and wrote the guidebook for Rickinghall Superior Church after it became redundant. He has been interested in churches since the age of 4 and he was awarded the British Empire Medal two years ago for his services to Heritage in Suffolk in the New Year's honours list. Roy has a very amusing and individual way of sharing his passion for churches. Further details of the evening will be in next month's magazine.



FoBHC

The Annual General Meeting of
The Friends of Botesdale Health Centre
will be held at The Botesdale Health Centre on
Monday 11 May at 7.30 pm
More information in the May Parish Magazine

CANCELLATION

Redgrave Church Heritage Trust announces the cancellation of the following Spring History Workshop, due to the Coronavirus. We apologise for any inconvenience, especially as we had to cancel the workshop last year due to Dr Litten's illness, but are sure that supporters will understand that this is in the public interest at this time. We will keep you informed of a replacement date.

"RECORDING THE PAST UNDERFOOT"

Tutor: Dr Julian Litten
St Mary's Church, Redgrave
Saturday 16th May 2020

Mrs J. Shepherd, Barn View, Chapel Lane, Botesdale,
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Wednesday 1st July	Evening MX Solos	5.45pm start
Sunday 20th Sept.	Solos EC Champ	11.30am start

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-
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**RCHT (Redgrave Church Heritage Trust) presents  
ORLANDO JOPLING, Cellist, in concert Friday 28<sup>th</sup>  
August at St Mary's Church, Redgrave 7.30pm**

~~~~~  
This acclaimed musician has given 2 cello concerts in St Mary's Church, Redgrave. Since his last appearance here in 2012, his conducting career has flourished to include appointments as Conductor to the English National Ballet and at the Royal Opera House, Covent Garden. This leaves him time to give only a few cello recitals - one of which is this one at Redgrave. We are delighted to welcome him back.

For further information call 01379 898827

More for your diary from RAHOF!

In its 33rd year, RAHOF has plenty going on in 2020 :

Apr 14 th	: Coffee on the Corner (Parkview Chapel)
Jun 19 th	: Midsummer Pimms in the Park (Hexachordia)
Jul 8 th	: Summer Coffee Morning
Oct 23 rd	: Annual Quiz Night
Dec 11 th	: "A Christmas Evening"

All events in aid of St Nicholas Hospice Care

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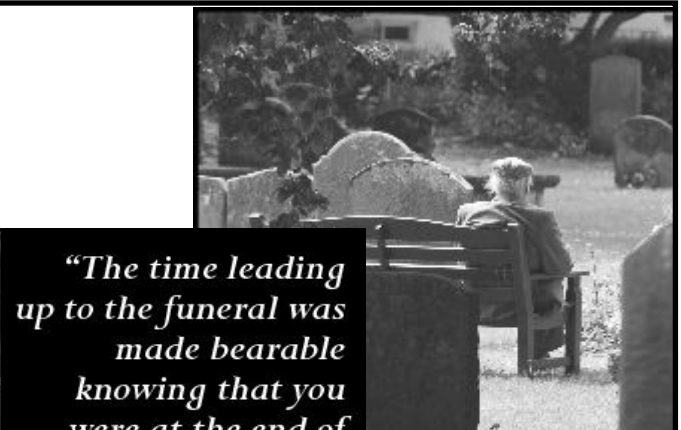
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April Church Notices



If interested in having your child baptised, or wish to get married in one of our church buildings, please do get in touch with the Rector, Revd Chris Norburn, using the contact details on page 2.

Date	Service and Readings	Time	Church	Lector	Sidesman	Flowers	
5 th April	Holy Communion	9:15am	All Saints	Mrs S McGrath	Mrs C Davidson	-	
	All Saints Together	10:30am	All Saints	Mrs S Schofield	Mrs K T Gunn		
	Reading 1	Philippians 2:5-11					
	Reading 2	Matthew 21:1-11					
10 th April	Good Friday	2:00pm	Rickingham	Rector	Mrs J Sheehan	All	
	Reading 1						
	Reading 2						
12 th April Easter Sunday	Holy Communion	9:00am	All Saints	Mrs F Lamb	Mr J Lamb	Mrs Button	
	Family Holy Communion	10:30am	Rickingham	Mr K Brinkley	Mr & Mrs Miles		
	Reading 1	Acts 10:34-43					
	Reading 2	John 20:1-18					
19 th April	Holy Communion	9:15am	All Saints	Mr J Walker	Mrs L Wills	-	
	All Saints Together	10:30am	All Saints	Mrs S Raynham	Mrs S White		
	Reading 1	Acts 2:14a, 22-32					
	Reading 2	John 20:1-end					
26 th April	APCM Holy communion	10:30am	Botesdale Village Hall	Mrs J Shepherd	Mrs C Davidson	-	
	Reading 1	Acts 2:14a, 36-41					
	Reading 2	Luke 24:13-35					
If any duty dates are inconvenient, please swap with someone AND inform the Rector on 01379 898685							

If any duty dates are inconvenient, please swap with someone AND inform the Rector on 01379 898685

Continued from page 2

Jesus found Philip and said to him "Follow me" and he did (John 1:43). The invitation was too good to turn down and keep to himself. Like Andrew bringing Simon to see Jesus, Philip found Nathaniel and told him that they had found "the one Moses wrote about in the Law, and about whom the prophets also wrote—Jesus of Nazareth, the son of Joseph" (John 1:45). Like Jesus inviting the disciples, Philip told Nathaniel to 'come and see' for himself. Nathaniel was sceptical and did not believe anything good could come from Nazareth. But he went with Philip to see Jesus anyway.

At times, we can feel like Nathaniel and our minds are flooded with questions we have for God. It's OK to have questions. But Nathaniel had a better response. He didn't linger in disbelief, but he went to find out more about Jesus. The amazing thing is that Jesus already knew all about Nathaniel. He knew that he was an "Israelite in whom there is no deceit" (John 1:47). When Nathaniel asked how Jesus knew him, Jesus answered by saying, "I saw you while you were still under the fig tree before Philip called you" (John 1:48).

Jesus knows and sees us before we ever consider Him. Even in our incredulity and doubt, we are loved and noticed by Him. We can bring all of our frustrations to Him with confidence. It should bring us to a place of knowing how loved and accepted we are, for while we were at our worst, Christ died for us (Romans 5:8). What a wonderful Saviour and Lord we have in our risen Christ. Will we accept His invitation and follow Him?

Chris Norburn.

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Botesdale Methodist Church & Parkview Chapel in April

Parkview Chapel

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

Sunday Services

Refreshments served on all Sundays from 10.30am

Sunday 5 th	One service at 11.00am (including Communion)
Sunday 12 th	Easter Sunday service at 11.00am (including Communion)
Sunday 19 th	Communion service at 10.00am and 'Coffee On A Sunday' at 11.00am
Sunday 26 th	Communion service at 10.00am and Main service at 11.00am

Events at Parkview Chapel

Thursday 2 nd 2:00pm	Praise Hour	
Saturday 4 th 7:00pm	Quiz night with Fish 'n' Chips (see p5)	
Tuesday 14 th 9:00am	Coffee On The Corner	
Saturday 18 th 8:30am	Men's Breakfast	

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

Junior Church : Reception - Year 6 Sundays 11.00am - 12.00pm	Junior Friday Reception - Year 6 Fridays 6.00pm - 7.00pm
PYP : Years 7 - 13 Sundays 7.00pm - 8.30pm	Senior Friday Club Years 7 - 11 Fridays 7.30pm - 9.30pm

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

Services (every Sunday at 10.30 am unless otherwise indicated)

Sunday 5 th	Palm Sunday Rev D Ely
Thursday 9 th	Maundy Thursday 7.30pm
Sunday 12 th	Easter Day. Rev H Sorrell. Holy Communion
Sunday 19 th	Local Arrangement
Sunday 26 th	Mrs L Spencer

Events

Tuesday 14 th	Christian Forum - R Setterfield - <i>Our Life in Turkey</i>	7.30pm
Wednesday 15 th	Wives Club - Coffee at Enzo's	10:30am
Monday 27 th	Bible Study led by Rev D Ely	10.00am-11.30pm
Tuesday 28 th	Coffee down the Lane	10.00am-12.00pm

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**All Saints
Redgrave**



**St. Botolph's
Botesdale**



**St. Mary's
Rickingham**

5th April '20 Palm Sunday



9.15 All Saints, Redgrave, BCP Communion

10.30 All Saints, Redgrave,
All Saints Together

An interactive service for people of all
ages starting with refreshments

9th April '20 Maundy Thursday



7.30pm Botesdale Methodist
Church

United Holy Communion

10th April '20 Good Friday



9.30am Walk of Witness from
Rickingham Village Hall

10am United Service Botesdale
Market Place

2pm Devotional Service, St. Mary's, Rickingham

12th April '20 Easter Day — Alleluia He is Risen!

9am All Saints, Redgrave, BCP Communion



10.30 St Mary's,
Rickingham
Family Holy Communion

19th April '20 2nd Sunday of Easter



9.15 All Saints, Redgrave, BCP Communion

10.30 All Saints, Redgrave,
All Saints Together

An interactive service for people of all
ages starting with refreshments

26th April '20 3rd Sunday of Easter



10.30 All Saints, Redgrave
Vestry Meeting and Annual
Parochial Church Meeting.

This will be conducted as part of
an act of worship, concluding with a "bring and
share" lunch.

Also this month:



Sat. 18th April 8.30am

Men's Breakfast at Parkview Chapel

Please contact Kev Gladwell on 01379
898924 if you wish to join us.

"Midweek Communion"

Wed. 1st April 10.00am

St Mary's Church, Rickingham

Thur. 16th April 9.45am

Farnish House Holy Communion

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



**Lent Study continues weekly on Wednesday evenings
until 1st April inclusive**



7.30pm All Saints, Redgrave

"From Now On"

A five session course based on the film
"The Greatest Showman" focusing on
hope and redemption

"What is Next, God?"

Thurs. 2nd April 7.15pm St Mary's,
Rickingham

Tues. 21st April 7.15pm All Saints,
Redgrave

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



"Together in these villages we offer Christ's healing grace through our
worship and service." **All welcome to what is advertised here.**

For more information; Revd Chris Norburn 01379 898685

