

PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

Dec 2020—Jan 2021



Joni Burgin year 2

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

Parish Website:
rbrchurch.org.uk

Instagram:
[@rbrchurch](https://www.instagram.com/rbrchurch)

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



In Matthew 25, Jesus tells a story about sorting all people on earth into two groups: sheep or goats. He praises the sheep and condemns the goats. It's a black and white picture, as Jesus is wanting His followers to be like sheep. If Jesus wants His followers to be like sheep, we ought to know what He means and do something about it. Let's start with goats. Goats are typically pushy, self-reliant animals. They are independent and think they know best. Goats do not respond well to shepherding. But Jesus frequently spoke of himself as the shepherd and His followers as sheep. In contrast to goats, sheep are gentle, they stick together, and they **rely** on their shepherd. It is these qualities that help us understand God's desire for compassionate service in and through us.

Jesus explains why He calls the sheep "righteous": *"I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in."* When they question Him: *"Lord, when did we see you hungry and feed you?"* He says to them: *"Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."*

Who are "the least of these"? They are the most vulnerable among us. Roughly 153 million children around the world are single or double orphans. It is also estimated that 150 million people have been forced from their homes by violence, conflict and persecution. Here in the UK more than 4000 children are waiting for adoption from the foster care system. These numbers are overwhelming, so we must remember that every number has a name, every name has a story, and every story matters to God. And if these stories matter to God, they should matter to us.

Jesus's message in Matthew 25 is simple: We are called to love God by loving people who are in difficult situations. But talk is cheap, it comes easy, so we need to walk the talk when it comes to showing love and compassion to such people. Jesus constantly taught that when we act kindly toward someone who is vulnerable, we are doing it for Him. He is the Great Teacher.

From the earliest of civilisations through to today there have always been vulnerable people, and children are often amongst the most vulnerable. Research shows that children thrive when they are in loving families – research that's supported by Scripture. Ephesians 3:15 tells us that *"every family in heaven and on earth derives its name"* from God. Proverbs 22:6 tells us similarly: *"Start children off on the way they should go, and even when they are old they will not turn from it."*

When you look at the figures above it's important to recognise how difficult it is for families to stay together. So many are facing dire circumstances – poverty, war, violence, addiction, illness, or mental health struggles, and the list can go on! Often these challenges are co-occurring, but when families suffer, children suffer the most. This is why Jesus calls us to support families in their struggles. Family holds an incredible power to connect, lift up, and transform the lives of individuals. Jesus Himself *"took the children in his arms, placed his hands on them and blessed them,"* telling his followers, *"Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these"* (Mark 10:13-16). I believe family can change the world.

One family that changed the world forever was Joseph and Mary, when two thousand years ago they travelled about 80 miles to Bethlehem, the city of Joseph's ancestors. This journey would have taken them south along the flatlands of the Jordan River, then west over the hills surrounding Jerusalem, and on into Bethlehem. It would have been a gruelling trip, especially as Mary was pregnant. As we celebrate Christmas this year it will be very different from previous years due to Covid-19, but we will still be celebrating the birth of the Son of God, Jesus. We can do so knowing that God understands how tough at times it can be for families.

Jesus grew up and showed His disciples, those who chose to follow Him, the way of Salvation. Jesus is the same today as He was then – the way of Salvation. In whatever way we gather to celebrate Christmas let us not forget the Christ child and invite Him into our homes, families and lives. As we do this may we hold in our mind the vulnerable, both young and old, and by sticking together ask Jesus, the Christ child, to be our Shepherd, a Shepherd who leads, guides and protects us, a Shepherd we can rely on. When we do this we begin to live righteously, fulfilling God's desire for compassionate service towards others. We become the sheep as described in Matthew 25.

With every blessing for Christmas and New Year

Chris Norburn.



Please note the following changes to the **Local Services Directory**

The latest version of the directory is available online at

<http://stmarysrickinghallinferior.onesuffolk.net/local-information/>



New	Entry	Notes
Brian Andrews	Redgrave Parish Council	Joined Council
Deleted	Entry	Notes
Lesley Free	Rickinghall Parish Council	Resigned from Council
Bob Hayward	Redgrave Parish Council	Resigned from Council

Thoughts from the editor

Well here we are—still in limbo. It seems ironic to me that as I write this we are remembering and giving thanks for all those amazing people who gave their lives in order to keep our country free and now our own government are denying us those freedoms. There has always been so much going on in these villages but unfortunately everything is still cancelled. People have tried to get things up and running again but just get knocked back and it is so disheartening. *Charles Murray*

Message from the Team

Fortunately we are still able to deliver your magazine thanks to our excellent team of deliverers who will drop them off on their permitted exercise. Sadly the content is rather thin on the ground.

All of us on the team hope your Christmas goes well and that next year will be better than this one.

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:**

- **Feb issue 11 Jan (Mon).** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **22 Jan (Fri)**
- **March issue 8 Feb (Mon).** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **19 Feb (Fri)**
- **April issue 8 March (Mon).** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **19 March (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

The views and opinions expressed in this magazine are those of the authors and do not necessarily reflect those of the editorial team.

WELCOME

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



Printed by:



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

> > > Not All Events Are Cancelled! < < <

Keeping up with Covid

- We prepare this magazine about a month before you receive it
- In the current climate, plans have a habit of changing...
- So please, if in any doubt, double-check any events with the organisers to make sure they'll proceed as advertised

Rickingham Farmers' Market

9 am to 12.30 pm



Christmas Fare for your Table

Christmas Trees, Wreaths

Café if possible

Father Christmas on Furlough

Sat 12 December

PARKVIEW CHAPEL

Please join us for our
Christmas events!

Christmas Quiz

Saturday 5th December – 7.00pm

On 'Zoom' and possibly in Parkview Chapel?

Booking absolutely essential!

Christmas Carol Services

Sunday 20th December

4.00pm & repeated at 7.00pm

Limited numbers for both services so
booking absolutely essential!

Christmas Day Service

Friday 25th December – 10.30am

Limited numbers for this service so
booking absolutely essential!

These all take place in accordance with government advice.

To book your place for any of these events
please call Kev Gladwell on 01379 898924



Parish Gift Day

will take place during Advent on

Saturday 12th December when I will be in
Rickingham Church from 9.30am to 11.30am to
receive your gifts.

Gift Day is a way of giving thanks to God for the work and ministry of the church throughout these villages and beyond. Whether you attend and give to the church on a regular basis, or just attend on occasion, we're asking if you would consider contributing to help us to continue the work we do in the local community through the many things we are involved in. *Special Gift Day envelopes will be available in church.* If you have any queries on this, please do contact me on 01379 898685. Thank you in advance for your support.



The Rector and the
Parochial Church Council
of this Parish.



Redgrave, Rickingham & Botesdale - Living Advent Calendar -

Thank you to all residents who
are taking part by decorating a
window in their house or
business in our villages. The

Advent Calendar will start on December 1st at All
Saints Redgrave where the first window will be
"opened" and lit up. Windows throughout Redgrave
Botesdale and Rickingham will follow each evening,
finishing at St Mary's inferior on Christmas Eve. If
anyone would like to decorate and light up a window
in their home each evening that can be seen from
their street or road please take part. Thank you for
lighting up our villages at this time. Lynne Wills



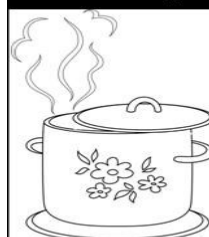
Robin Hood at Botesdale Village Hall!

Sunday 17th January 2021 3.00pm - 4.10pm

Subject to strictly adhered to Covid restrictions,
Puzzle House Pantomimes presents a family
friendly show with traditional pantomime-style fun. Six
performers play a range of characters in a show full of songs,
live keyboard music, thrills, spills and silly jokes in one act
show, with no interval. Sadly, the song contest and the
handing out of sweets cannot take place.

Tickets (£7) will NOT be on sale on the door
Box office 01379 384656 opens on Monday 4th January

Rickingham Farmers Market



Banish the cold & wet
with good food & good cheer
Grab all the ingredients for
your winter stew here!

Saturday 9 Jan 9—12.30

> > > The Latest on Events < < <



Restarted / Restarting / Struggling on!

Botesdale Breakfast and After School Club

has moved the breakfast club to Parkview Chapel and is now only open on Wednesday and Thursday mornings for the foreseeable future. The Christmas party booked for the children this year has unfortunately had to be cancelled. Contact : Bridget Simms-Baalham

Farmers' Markets

Please see adverts on opposite page

Pilates

Pilates will return to Rickinghall village hall on Tuesday 8th December with classes at 9:45am, 11:15am, 6:30pm and 8:00pm. Contact : Eleanore Garwood 07881 814146

Places of Worship

Please see the *Church Notices* page in this magazine for the denominations' activities.
Parkview Chapel Christmas events are shown on the opposite page



Have been postponed or cancelled...

Dance Fitsteps

These classes remain "on hold". Contact Jill Mitev-Will 01379 897055 / 07800 639141

Heritage Circle

Group meetings cancelled until April 2021. Contact : Gerry Guhry

Parkview Chapel

has had to stop all but its weekly services (see the *Church Notices* page), affecting *Coffee on the Corner/on a Sunday*, *Praise Hours* and its varied events for youngsters Contact Kev Gladwell on 01379 898924

RAHOF (Rickinghall Area Hospice Fundraisers)

The annual RAHOF event, "A CHRISTMAS EVENING", arranged for Friday 11 December 2020, at 7.30 pm, All Saints Church, Redgrave, has been cancelled. Contact : June Shepherd (RAHOF 2020 Chair)

Redgrave & District Ladies Club

regrets to advise that the 8th December meeting *The Magnificent Seven* with Jim Stebbings is cancelled.
Contact : Rosemary Docherty

Redgrave Garden Club

has permanently closed with effect from its year end at the end of September 2020

Rickinghall Further Education Group (RFEG)

Loyal local supporters of this group will wish to know that during the pandemic RFEG's small committee will continue to respect national and local guidance, particularly that offered by our splendid Village Hall Committee. Over the years our group has met for two ten-week courses a year, often on a Thursday afternoon, to learn and be diverted. This has resulted in the forging of acquaintanceships and friendships. Please be assured that as soon as we can offer one of our delightful and informative courses (no homework, no swatting, no detention or exams but with free refreshments!) we will do so! Please contact Sue Emerson (emerson500@btinternet.com or 01379 897010) if you would like to be put onto our mailing list - normally only two mailshots a year.
As soon as we know what we can offer again we will be in touch.



Parcels to Post?

Don't forget the
Mobile Post Office
visits the Parkview Chapel
car park on
Fridays at 2.45pm-3.45pm
(except bank holidays)

Rickinghall Village Hall AGM

Hopefully in the hall
Just turn up or pop along
No appointment needed !

7.30 pm Friday 4 December

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

Redgrave Community Shop

We are still open every day, however please note the temporary timings, until further notice.

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Sun 9:00 - 11:00am

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

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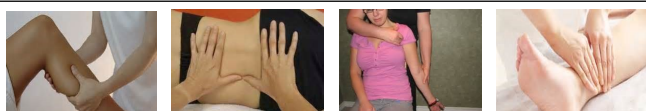


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Village News

Botesdale Fairstead Trust

Are you or your relatives experiencing hardship over unexpected household or living costs?

The Fairstead Trust can support Botesdale residents who might be suffering hard times through events that may be beyond their control.

If you have worries about costs of replacing basic household items or your children lack essential school or clothing needs please consider contacting the Trust

through the secretary, [Simon Gowen \(The Walnuts, The Street, Rickingham Inferior IP22 1BN; tel: 01379 898714; gowen@thewalnuts.co.uk\)](mailto:gowen@thewalnuts.co.uk) or Rev Chris

Norburn, chairman of the Trust.

The Trust also supports applications from organizations that have facilities or activities that are of benefit to the community.

More information on the Trust is available on the website:

<http://groupspaces.com/TheFairsteadTrust/>



OIL SYNDICATE

The next Oil Syndicate Order will be the late winter/spring one at the end of February.

Final order day will be the 20th of February. Deliveries should be complete by March 4, although this will be subject to weather conditions.

As always, e-mail is preferred, if not available call me on: 01379 890952. Leave a message if nobody answers.

I will return all messages within 48 hours, if I haven't try again or use a different method.

The following purchase will be the Summer one at the end of July.

David Sloan. botesdaleoil@gmail.com

Community Woodland Group

As mentioned in my last report, we had a work party on 1st November. Several small native trees were planted, seedlings from people's gardens. They included an ash tree, which we will keep a particular eye on because of the disease that is spreading among ash trees, and a holly, and some hazels.

Patrick made a start strimming the grasses and other plants in the circle where the apple trees are. He raked them off, which is good practice if you want to see wildflowers grow there. Next time I will try to remember to bring my grass rake!

Low Meadow is looking good and has produced some hedgerow fruits. Someone has trimmed the path as far as the bypass and then beyond it, which makes for easy walking.

The only downsides are the continuing dumping of garden rubbish in the lane beside Miller's Orchard and a pile of dog mess on the path in Northfield Wood. Please deal with these properly and don't expect others to clean up after you or your dog!

Rosemary Jones,
2nd November 2020
01379 890238



Jacob Bond year 5



Elizabeth Bishop. Year 6

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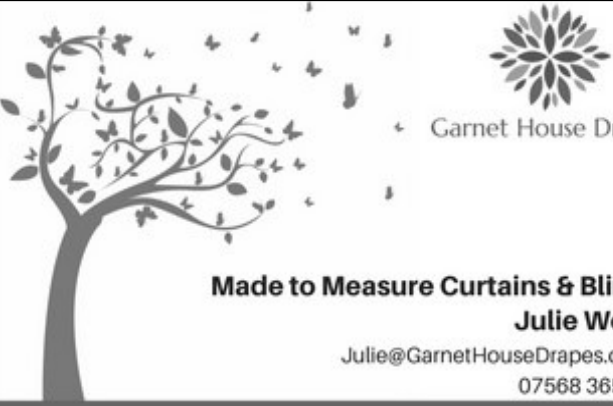
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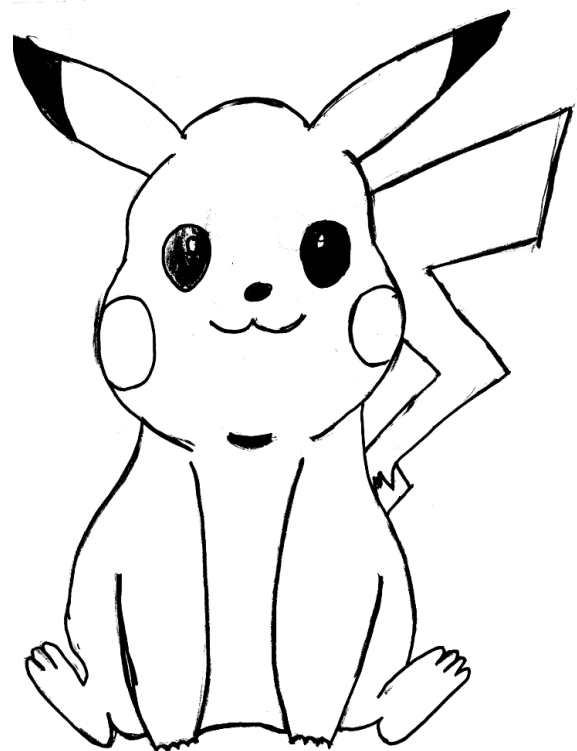
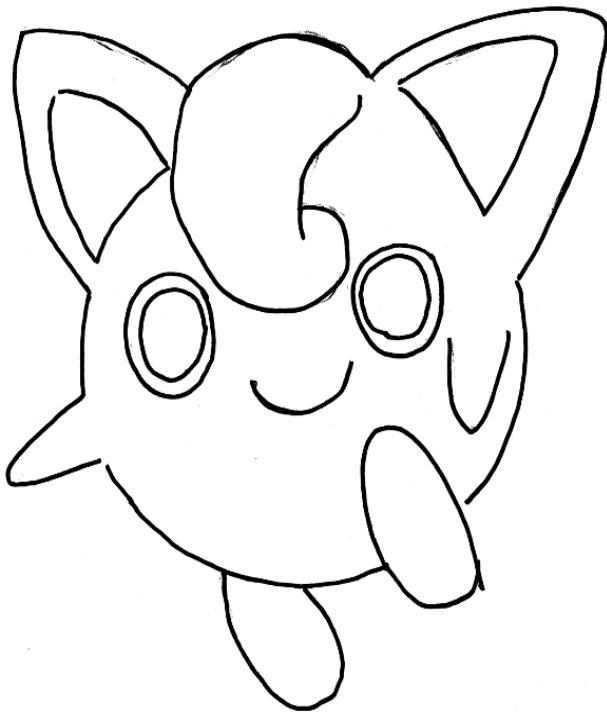
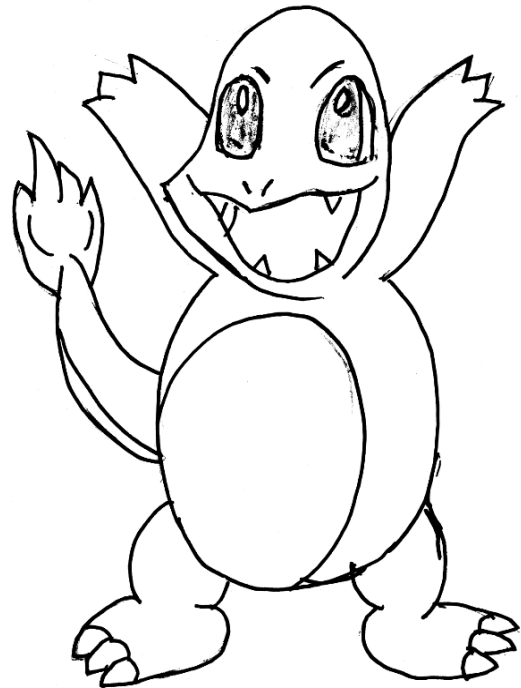
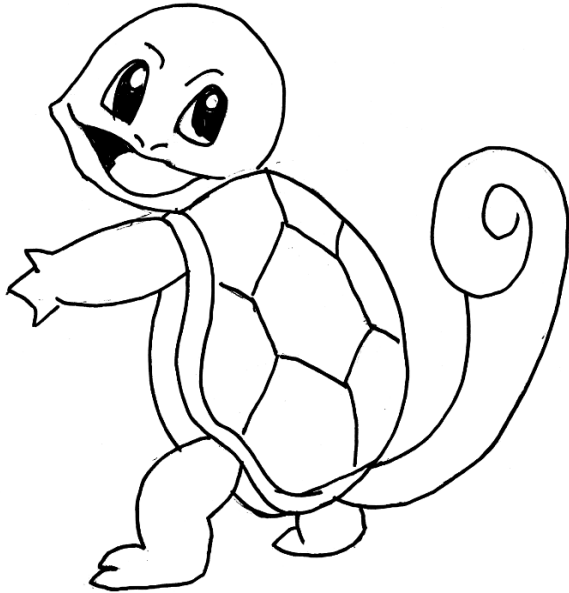
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Club News

Heritage circle from December 2018

Life and Death in a Victorian Gaol

Mike Wabe

Mike Wabe gave an animated presentation to the October meeting of the Heritage Circle at Rickinghall Village Hall about life and death in a Victorian gaol. He illustrated his talk with a range of objects used at the time and drew on his experience as a retired prison officer.

Victorian gaols were forbidding places which placed an emphasis on the punishment of offenders, rather than their reform. A sentence greater than three years often meant death because of the poor diet, hard work, and dangers posed by disease. However, certain aspects of prison life were better than in working class areas of cities. Prisoners had their own cell, with a sound roof, and they were guaranteed three meals a day. There was a separation of male and female prisoners, but children were incarcerated with adults.

On conviction, prisoners were taken to a gaol to be processed. They had to bathe in water which was cold and dirty. They were given clean, but old, clothing before being examined by the surgeon. Prisoners were told the extensive rules of the gaol. Central to these were two ideas, separation and silence. Prisoners were not allowed to associate with each other. Whenever they moved around the prison, they had to wear a face mask called a peak. Similarly, they were kept in solitary confinement and not allowed to speak at any time. Prisoners spent 23 hours a day in their cells which were furnished with a mattress, a potty and a water bucket which doubled as a stool. They were expected to keep their plate and cup shiny. They had brushes to ensure their hair was tidy, and their cell and nails were clean.

Everyone in the jail worked. Women maintained the laundry while men undertook a variety of pointless activities of hard labour. Some walked on the treadmill where they spent 15 minutes walking upwards at a steady pace, followed by 10 minutes rest. Others turned a crank. A third group would do shot drill which entailed moving a pile of 35lb metal balls from one side of a yard to the other. The final task was oakum picking. A man had to unpick 3lbs of old rope a day into its individual strands. Unfortunately, fibres from the oakum got into the lungs of prisoners and had similar effects to asbestos. The diet in gaols was poor. Breakfast consisted of 8oz of bread and a pint of tea. The dinner was cheap meat and vegetables, with bread and tea. Finally, the tea was 6oz of cheese and 6oz of bread with cocoa.

Punishments were harsh. Prisoners could be manacled in various ways which caused extreme discomfort. Flogging was permitted with men receiving up to 36 lashes per day. Similarly, condemned people were hanged in gaols. From 1874, a new and seemingly more humane way to hang victims was introduced by William Marwood. He replaced the 'short drop' method which slowly strangled a person with the 'long drop' which broke the neck and killed instantly. This was based on a table devised by Marwood which related height, weight and physique to the distance the victim should drop through the trap. The table was used for the next hundred years. Capital punishment continued in gaols until it was completely abolished in Britain in 1998. The last woman to be hanged was Ruth Ellis in 1955 and the last two men, Peter Allen and Gwynne Owens, were hanged in 1964.

The next meeting of the Heritage Circle will be at 7.30pm on Wednesday 12 December at The Village Hall, Rickinghall. A Christmas Social will be combined with Andrew Stannard speaking about Suffolk Folk Songs. The cost of £12 includes a finger buffet. Entry is by ticket only and these are available at group meetings, and from Maggie Mittins-Ladd on 01379 890916.

Further information about the Heritage Circle is available on its website, www.heritagecircle.onesuffolk.net
Gerry Gurhy

Coffee On



The Corner

As I write this, we have just entered the delightful state of "second lockdown" and the tunnel I spoke of last month just got longer. I know that we will see the end of this, but like many of you, it is difficult to keep smiling the longer it goes on!

I have also run out of amusing anecdotes to tell those folks I speak to on the 'phone - hey ho!

We were, and still are, hoping to run Coffee on the Corner at the very earliest opportunity, but are (annoyingly) having to keep within the current Government guidelines, so we can't set any dates yet.

So what can we, as a local "Church for the Community" do to help our local community? Many of the things we would like to do we aren't allowed to do. However, I know that many folks were reading books and doing jigsaws during the first lockdown and so I am currently organising a small "**LOCKDOWN LIBRARY**". This will be a bookcase under the porch at the top of the front steps/ramp of Parkview Chapel, with a plastic cover to provide some shelter against any rain showers. It will work on the basis of a book exchange. There is no charge to take a book/magazine/jigsaw puzzle, but we would appreciate it if you could either return the items once you have finished with them, or add a book or two that you have finished with. If the "service" proves useful, we may well continue it - so watch this space! You could even combine your visit on a Friday afternoon to the mobile Post Office (between 2.45 and 3.45 pm) with a quick look at the library - all conveniently on the same site!

During the first part of this dreadful pandemic, several members of the local church community (Parkview, The Methodist Church and the Anglican Church) volunteered to **collect prescriptions and/or shopping** for anyone self isolating. This offer is again being made, so do get in touch if you are in need. All we expect in return is a smile!

What else has been happening in this lovely village of Botesdale? I would just like to take a moment to thank my local friends and neighbours for the kind donations recently. I, like many others, volunteered to sell 20 or so poppies in aid of the Royal British Legion to friends, family and neighbours. That small number of poppies raised a very generous £65.00, for which I am sure the charity will be very grateful.

As you will be aware, all the charities are struggling with huge losses in their revenue this year and those folks who might normally benefit from their services may also struggle as the dent in finances starts to hit hard. One thing that may not be taking place this year is the sale of **charity Christmas cards** which often takes place in community centres and local card shops - many of which are closed. My local business is that of Flamingo Paperie Greetings Cards and their charity Christmas cards this year are being sold in aid of Macmillan, Alzheimer's Society and Children's Hospices (now called "Together for Short Lives"). If you would like to buy any of these beautifully designed, printed in the UK, cards, then do get in touch and ask for a brochure. Alternatively, I am happy to loan a basket of cards that you can sift through at your leisure. I will allow plenty of time for you to set the basket aside and look through once they are deemed "clear of the virus"!

Wishing you all the very best,
Sue
Sue Allen

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.



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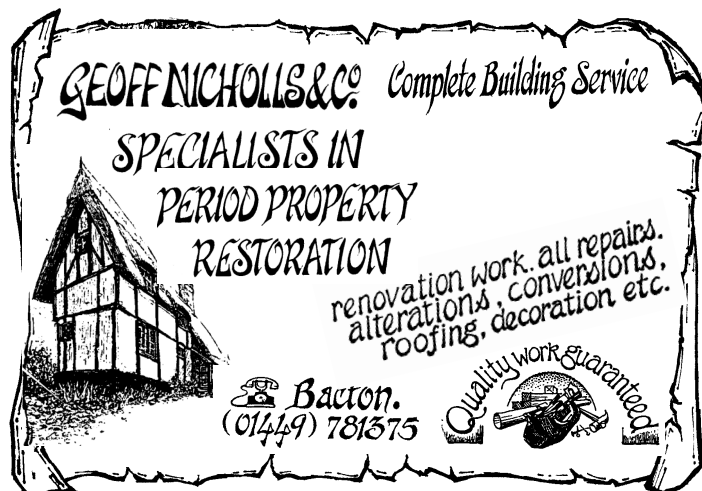
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Botesdale Parish Council

Leeann Jackson-Eve



Report of November Botesdale PC Meeting by the Clerk

Four councillors attended this meeting on Zoom, with apologies from Ernie Baxter. Our District/County Councillor Jessica Fleming was also in attendance and there were no members of the public.

Planning: The PC considered a re-consultation application for the proposed new 1-storey dwelling at a building plot adjacent to Magnolia Fen Lane which had first been considered in September. Councillors objected to it then for issues of building density and scale and the loss of a valuable gap between buildings in the street scene that separates the modern 1960s development from the more traditional frontage properties along Fen lane within the Conservation Area. New material included drawings with revised dimensions for the dwelling and a response to public comments on the application. The PC considered these and agreed to maintain its objection.

Correspondence: There was only one item of correspondence which was the annual request from the Parochial Church Council for funds for churchyard maintenance for St Mary's, Rickingham Inferior and St Mary's, Redgrave churches. The PC is pleased to support our local churchyards.

Recreation Ground Project: This exciting project is proceeding as planned and the Recreation Ground Regeneration Sub-Committee has already given feedback on the early design concept drawings from James Blake Associates (JBA). The PC has committed to funding the project and as part of that has agreed to allocate existing parish Community Infrastructure Levy (CIL) funds of £4,051.36 to the current contract with JBA. Once the designs are completed, fundraising for the construction phase of the project can begin and match funding (the applicant's contribution) towards any grant funding applied for will need to be in situ. This has been accomplished by committing anticipated parish CIL funds of approximately £20,000 as match funding. The PC is also looking at whether it's feasible to expand the recreation ground site and has delegated authority to the Sub-Committee to hold early discussions with the Llanover estate concerning the lease of property adjacent to the recreation ground. We would still welcome additional input into this project – just contact the Clerk – and we will have more information later on ways in which everyone can get involved!

Phone Box and Defibrillator: You may have noticed that the phone box is being spruced up ready for the defibrillator to be installed!

Street Lighting: This is the season where it becomes very obvious when there are problems with the street lighting and we rely on you to tell us about them! Alternatively, you can report them online at <https://www.suffolk.gov.uk/roads-and-transport>. Some of our lights have been classified as G39, with overhead

cables that required the assistance of UK Power Networks to repair and therefore take months rather than days to complete repairs or maintenance. The PC would eventually like to replace all of these lights but that takes time and more funds than are immediately available so we are taking them one at a time. Unit 61, opposite Methodist Chapel, Fen Lane has been out for some time and is the first on our list to be replaced, once agreed by SCC.

Draft Budget 2021-22: Councillors have begun to look at the budget for next year. The PC continues meet the costs of street lighting, street sweeping and other local responsibilities as well as big projects like the Play Area regeneration.

Christmas Art Competition: Councillors had the great pleasure of voting on the Christmas themed drawings from children at St Botolph's Primary School. All winning drawings will be displayed around the Christmas tree in the Market Place and prizes will be presented to the winners. Sadly, there were no entries from Reception or Year 1, but we received some absolute crackers this year which you will soon see up at the tree. The winning drawings came from Year 2: Joni Burgin (1st) and Tyler Tate (2nd); Year 3: Isobel Bond (1st) and Anya Joubert (2nd); Year 4: Amy Tate (1st); Year 5: Jessica Farrow (1st) and Jacob Bond (2nd); Year 6: Elizabeth Bishop (1st), Jack Farrow (2nd). Congratulations to all the children who participated. There were so many wonderful drawings and we appreciate them all.

Meeting Dates 2021: 4 Jan; 1 Feb; 1 Mar; 12 Apr; 10 May; 7 Jun; 5 Jul; 2 Aug (Planning only); 6 Sep; 4 Oct; 1 Nov; 6 Dec. The April and May meetings are a week later due to bank holidays.

Merry Christmas from Botesdale Parish Council!

THE NEXT BOTESDALE PARISH COUNCIL MEETING WILL TAKE PLACE ON

MONDAY 7th DECEMBER

at 7.00 pm

— o —

Due to Covid-19 regulations changing at short notice, please contact the Clerk at least one working day in advance to confirm details for attendance.

All residents welcome

**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
9AM—5PM**

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Redgrave Parish Council



Report of November PC Meeting by the Clerk

Four councillors attended this meeting on Zoom, with apologies from Angela Bigley and Mike Denmark. There were four members of the public in addition to the Clerk and District/County Councillor Jessica Fleming.

Councillors were very pleased to welcome Brian Andrews onto the Parish Council. There are now two vacancies.

Public Forum: The PC had received correspondence about complaints a resident had made to Suffolk County Council, Mid Suffolk District Council and the Environment Agency concerning light, noise and traffic nuisance from Gressingham Foods. The resident and two representatives from Gressingham Foods, Senior Group Risk Advisor Fiona Wilson and Managing Director Chris Morley, were present and all had the opportunity to speak to councillors – and each other – about the complaints. Cllr Fleming reported that she had spoken to all parties and there was commitment to resolve the issues pending further details and documentation of the issues.

Cllr Fleming reported that The Home But Not Alone freephone 0800 876 6926 is active and will be staffed from 9am to 5pm Monday to Friday. The Suffolk Advice and Support Service phoneline 0800 068 3131 is also available for support to debt, benefits, employment or housing worries.

Suffolk Corona Watch – Suffolk Public Health has set up a dedicated web site available on www.healthysuffolk.org.uk/jsna/coronawatch.

Suffolk Recycling Centres - Recycling centres remain open by appointment only as we enter into the new lockdown restrictions on Thursday. The shops at Foxhall and Bury will close but items can still be left for donation. Appointments can be made via the online booking system at <https://www.suffolk.gov.uk/planning-waste-and-environment/waste-and-recycling>.

SCC Healing Wood & Hedge and Tree Survey – Working with The Woodland Trust, Suffolk Tree Wardens, landowners, and County Farm tenants, the council plans to support planting around 100,000 trees and replanting hedgerows in suitable locations across Suffolk over the next 18 months as well as a healing wood to support the recovery of Suffolk's communities from the impacts of the COVID-19 pandemic and remember all those who have lost their lives. SCC recognises the pandemic is far from over and continues to affect people across Suffolk. This survey will help to understand the degree of support for the creation of Healing Woods and inform how it could be

taken forward. The results of the survey will be anonymised and will be made publicly available. Visit the website at www.smartsurvey.co.uk/s/HealingWoods/ to take part in the survey.

Planning: There were no planning applications.

Neighbourhood Plan: The public consultation on the draft Plan will have closed by the time you read this!

Old School Playing Field: The PC has agreed to a request to rent the field for grazing for one pony.

Overgrown Hedges: We have received a few complaints about hedges not being cut back sufficiently where they are next to pavements and roads. Please be a good neighbour and trim back any branches that overhang and make it difficult for pedestrians to walk safely or affect road visibility at junctions. Don't forget footpaths too! You may not be aware that if you have a hedge next to a footpath, you are responsible for keeping your hedge from encroaching onto the path.

St Mary's, Redgrave Churchyard: The PC has agreed to continue contribution towards churchyard maintenance for this valuable community facility. It will be contributing £500 towards grass cutting and general churchyard maintenance.

Village Pond: The PC will be investigating whether a blockage in the village pond is causing the flooding on Churchway.

Merry Christmas from Redgrave Parish Council!

**THE NEXT REDGRAVE PARISH COUNCIL
MEETING WILL TAKE PLACE ON
WEDNESDAY 6th JANUARY
at 7.30 pm**

**Due to Covid-19 regulations changing at short notice, please
contact the Clerk at least one working day in advance to
confirm details for attendance.**

All residents welcome

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

Tel : 01379 890 141

Email : redgrave_pc@btopenworld.com

Please contact her during OFFICE HOURS ONLY 9AM—5PM

Mobile Library

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

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

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Wednesday 6th January, 2021

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Rickinghall Parish Council



Parish Council Report 5 November 2020 by Cllr Sally Smith

Rickinghall Parish Council held their meeting by Zoom on 5 November. All Councillors were present, but there are still five vacancies waiting to be filled.

Public Forum: Charles Greenough gave an update on the skatepark. Due to COVID, funding for this project is extremely difficult to now find and an update on Plan B (refurbishment of the broken ramp) was given. The cost of this would be c. £5,000 - £10,000 versus c.£50,000 for a new park. Further discussions need to be had regarding taking this forward.

Planning Applications: There was only one planning application discussed – 4 Kiln Farm Cottages applied for a garage / hobby room (following demolition of existing outbuildings). There was no objection from the Councillors.

Notice of Intent to prune / remove Trees: There were four tree notices received for: 5 Brook Park; Forge Cottage, The Street; Linden House, The Street; and The Paddocks, Maypole Meadow. No objection was received from the Councillors.

Planning Decisions: Three planning decisions have been granted by Mid Suffolk: Hunnypot Cottage, The Street; The Cottage, Water Lane; and The Croft, Water Lane.

Clerk's Report: The Clerk reported that interest has been submitted regarding 'Quiet Lane' status for Mill Lane and for additional hedgerows. The potential merger between Botesdale and Rickinghall Parish Councils is likely to be delayed due to COVID and will be discussed at an appropriate time.

Correspondence: The developer of the new houses next to Jubilee House would still like to name the development Dawns Terrace but had not written with the background to that suggestion as requested. However, the Parish Council would still prefer Jubilee Terrace. Mid

Suffolk District Council will ultimately make the decision.

The Parish Council have agreed to provide £800 for the Churchyard maintenance.

General Items: Several items were discussed: There was no change to the Reserves Policy A quote of £375 for hedge cutting at Wherry Land was agreed.

The quote from Harry Stebbing for a new noticeboard was agreed at £818.50.

The old phone box at the Market Place is currently being refurbished in readiness for a new defibrillator.

The Parish Council agreed to continue to pay the Village Hall hire fees despite holding meetings on Zoom as a show of support for the Hall.

The first Infrastructure Steering Group Meeting is to be held by Zoom on 18 November.

The 2021/2022 budget was agreed showing a 6.3% increase over 2020/2021.

Meeting Dates 2021: 7 Jan; 4 Feb; 4 Mar; 1 Apr; 6 May; 3 Jun; 1 Jul; 5 Aug (Planning only); 2 Sep; 7 Oct; 4 Nov; 2 Dec

Merry Christmas from Rickinghall Parish Council!

THE NEXT RICKINGHALL PARISH COUNCIL MEETING WILL TAKE PLACE ON

THURSDAY 3rd DECEMBER

at 7.30 pm

— o —

Due to Covid-19 regulations changing at short notice, please contact the Clerk at least one working day in advance to confirm details for attendance.

All residents welcome

**Your Clerk is: Mrs Leeann Jackson-Eve,
Wayside Cottage, Cherry Tree Lane,
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Tel : 01379 890 141

Email : rickinghall_pc@btopenworld.com

**Please contact her during OFFICE HOURS ONLY
9AM—5PM**

Village News

10 things you may not know about Rickinghall Village Hall

1. It's an independent Registered Charity, not in any way connected to the Parish Council
2. It's managed and operated entirely by unpaid local volunteers
3. It raises all its own funds
4. It gets money from the bottle banks on Snape Hill – and the payment made is by weight, so lots of bottles please!
5. It also gets money from the textile and paper banks at the Hall – most from the textiles
6. Has to pay for the hire and emptying of the waste skip from its own funds – so no fly tipping please
7. Is hired over 500 times each year, except this year for obvious reasons
8. Some 40% of income typically comes from events organised and run by the Hall Management Committee itself, including the Farmers' Market, Village Hall Lottery, and (usually) the annual Fireworks Party, Christmas Craft Fair and February Jumble Sale. These all help keep the hire charges down.
9. The Village Hall was originally a Nissen hut, which has been bricked round and otherwise much extended over the years
10. The car park is for users of the Hall and its facilities. If others want to use it they need to ask – we'll normally say yes if it's not going to cause problems for people who've paid



Little Ouse
Headwaters
Project

Conservation & Community

Local News
Dec20/
Jan21

"The crisp path through the field in this December snow, in the deep dark, where we trod the buried grass like ghosts on dry toast." wrote Dylan Thomas in his story, 'Quite Early One Morning'. If we do get snow this winter, many birds just can't survive and quite simply die, so please do keep your bird tables and feeders topped up; shrews and voles will also benefit from this. Kingfishers are thriving along the Little Ouse, but if the river freezes they will have to move downstream, even as far as the coast. Small birds will have formed flocks and they will roam the hedges and trees in search of food. Look out for marsh tits, a species that is clinging on in our area.

Keep an eye out for roe deer and brown hares across the fields and along woodland edges. Our moth guru, Rowena Langston, says that various moths are on the wing over the winter months and may come to lit windows at night, including the handsome December moth. Butterflies may come out of hibernation on mild days, or in warm houses, in which case, Rowena advises, put them somewhere cool, such as a shed, to encourage them back to sleep. As mentioned last month, we are unable to hold a live AGM this year, so the 2020 LOHP AGM will be held on line in December. Go to our website; www.lohp.org.uk for details. A short film, detailing some of our work is now on the website. This has been very kindly made by Garboldisham LOHP volunteer, Penny Lindop, and voiced by John McCormack. So, this heralds the end of probably the strangest year in all our lives, and all that remains for us to do is to wish you all a very happy Christmas from all at the LOHP and hope that 2021 will be a better year for us all!

Notice of Funds Available for Distribution in Rickinghall – Rickinghall 'Relief in Need' Charities

There are 4 ancient charities* in existence in the Parishes of Rickinghall Inferior & Superior that together provide a small annual fund for distribution to those who would benefit from some financial help and who live within the parishes.

For example, the fund can give money to help with an outstanding electricity bill, help with the cost of transport to visit a relative or be provided to buy books/ materials required for studies.

There is a fairly broad interpretation of the definition of being "in need" so please do get in touch by letter / email with a brief outline of your request to the Rickinghall Relief In Need Charities to revchris@rbrchurch.org.uk.

*The Charity of Francis & Thomasine Rookewood- 1568, The Charity of John Browne- 1731, the Charity of Joseph Barnes- 1731, The Charity known as Fuel Allotment- 1819.

Please note, there are similar charities for residents of Botesdale and Redgrave. Again please forward your request to the email address above.

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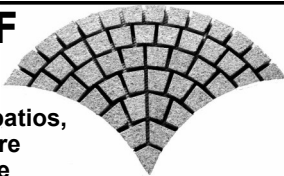
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Exploring the Past

Jean Sheehan, 01379 890237

Redgrave and Botesdale School at Christmas

When my children attended Redgrave School in the late 1960s and early 1970s they always enjoyed the last couple of weeks of term with the Christmas activities. At the time of writing this, on the first day of the proposed four-week lockdown for covid 19, I wonder what it will be like for children at school for the lead up to Christmas this year. Unlike the last covid lockdown in March, when schools were closed apart from children of essential workers, schools will be kept open. From what I have heard I gather that primary school children are pleased to be back at school, as are most parents, after many of them were working from home and trying to teach their own children.

If children cannot do the usual things they do at Christmas at school, they will be similar to the Victorian children who went to the school when it first opened in 1845. From the school logbooks which begin in 1864 it seems that the children did not have plays and concerts at Christmas as they did in the twentieth century. It had been the tradition in Redgrave for children to go begging at houses in the morning of St Thomas' Day, December 21, to get money towards a Christmas feast on Christmas day. Miss Anna Maria Wilson, the Squire's sister started to give a penny to children at school on this morning to encourage them to attend school instead of going begging. By 1896 her brother George and cousin Thomas, the Rector, were also contributing. This seemed to be the only excitement at Christmas at this time. The tradition of 'Tommy money' continued to be given to the school children until the school united with Rickinghall in 1994.

Before moving schools a book of recollections was produced and printed entirely by the pupils, staff and friends of Redgrave and Botesdale school. Former pupils wrote down their memories of school and some of them mentioned Christmas. Arthur Bryant, who attended the school in the 1930s wrote *"We never had a Christmas party or anything at school but we did get a silver 3d piece – 'Tommy money' and an orange on the day we finished for the holiday. I think 'Tommy money' is still given as my son and daughter received this in the late 1950s."*

The Flatman family also gave their memories. *"Rosalind (Ros) remembers the hours, and days, spent rehearsing for the Christmas pantomimes. She thought this was certainly better than school work. She played the part of Dick Whittington, with Richard Gooderham as her cat"*

My daughter, Bernadette, said *"I remember being given 'Tommy money' after the Christmas lunch. We also used to make Christmas cards to give to the old people in the village."*

By the 1950s the "Tommy Money" had been increased to one shilling. June Shepherd wrote a musical based on this tradition in 1983 and the children performed it in what is now Botesdale village hall.

The numbers of children in the schools were increased by evacuees from East London in 1939. The Walthamstow Express reported in December that many parents had visited their children during the Christmas period and had an enjoyable time.

Mr Shiels became headmaster in the late 1940s and that was when the Christmas parties and plays started.

I know the parents enjoyed watching the performances of the

children for decades and will probably miss seeing them this year, unless the school can comply with covid regulations.



Redgrave School Christmas Festivities - 1948

Bazaars have also been an event for decades. Local newspapers have photographs and write ups about these. The school was trying to raise £120 at their Christmas bazaar in 1980 to buy a coloured television for half price with the education authority paying the other half. The infants' class were busy as they had a stall at the bazaar selling puppets faces which they had made. There is a lovely photo of them performing a nativity play at the Chapel of Ease later in December.

All seventy one children at the school in December 1985 had a concert at the school one afternoon attended by parents. This included a pantomime and plays. The collection at the end raised £40 which the children chose to be given to famine relief in Ethiopia and the BBCs Children in Need appeal.

In 1992 it was decided that a new school would be built in Botesdale and close the original Redgrave and Botesdale school, as well as Rickinghall school, and unite them into one school situated in Botesdale. St Botolph's Church of England Voluntary Controlled (CEVC) Primary School was opened after the summer holidays in 1994, with Nigel Rhodes as headmaster, formerly headmaster of Redgrave and Botesdale school. This modern school is much better for holding events of all kinds compared to the cramped conditions of the old building in Redgrave.

The activities programme for the final year at Redgrave was planned out and the month of December included the school association Christmas Fayre; Mister Scrooge, a cantata for Christmas; Christmas dinner; Christmas parties and carols at Redgrave church.

The children walked from Botesdale to Rickinghall Inferior Church last year for a Christingle service and the church was overflowing as parents and friends were invited. Members of the church helped to decorate the Christingle oranges the day before and in the morning of the service at the school.

Whatever the regulations are for covid this Christmas, I am sure the staff at the school will make it as enjoyable as they can leading up to the Christmas holiday.

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Exploring the Past Again

Di Maywhort, 01379 898785

Memories from Martin Chilvers

Martin Chilvers grew up in Botesdale. His parents ran 'Chilvers' clothing shop in the Market Place. These are some of his memories of the shops etc. in Botesdale and Rickinghall in the 1960s.



*The Chilvers Shop, Botesdale Market Place
September 1979*

The Village

I suppose I thought our village was typical of any at the time: looking back, I realise how lucky we were to have so many services on our doorstep. I can perhaps best describe this by trying to imagine the village at some time in the mid-1960s. If we start on the opposite side of the road to where we lived, this is what you would have found. I'll start at the Gospel Hall - I didn't know much about this - I think the family in the house next to the Gospel Hall were connected with it - caretakers? Simonds' Garage was next to the Hall - for a time Red Cross meetings were held in the house where Mr & Mrs Simonds lived. (NB Adults didn't

have first names in those days - children probably didn't know them and certainly didn't use them when talking to an adult). Red Cross meetings were held on Mondays - 6pm? - and I can remember some of us helping Mr Simonds with his jigsaw puzzles. I can't remember the origins of the Red Cross in Botesdale, although I do

remember meeting in a hut next to the playing field (we called it the First Meadow). This hut, which was on the village side of the field, is long gone - at the back of the field I feel sure there was a derelict house in which we sometimes used to play - far less health & safety in those days. There was also a run-down house opposite the field in which we used to muck about.

But I digress! There were no more shops till you got to Catlin's, the Bakers. I gather it had been Matthews before it became Catlin's. I seem to remember Mr Catlin senior, a short man, with a wicker basket delivering goods in the village. Mrs Catlin senior outlived her husband by many years and I remember her having young teachers rent her flat - I think they may have worked at Diss Grammar School - one was Godfrey Batley, a talented cricketer.

The next shop was Manning Electric, which I believe opened in the late 60s or early 70s and lasted quite a while. Then there was a front room

used for banking - later in Rickinghall, I think. While in Botesdale it was open one day a week and when I was old enough I was entrusted to take the shop money over: there was a Bank worker and a quite imposing older man who was, I guess, Security. How long this lasted I'm not sure.

I recall Mrs Bean running a grocers - her husband, Charlie, one of the few possessors of a Christian name - worked for the Post Office and they had a son, Rowland and a daughter, Julie. This latter became Shirley's hairdressers - they had been by the Village Hall and Shirley Bloomfield worked with Jennifer - who cut the Chilvers' hair for over 40 years. More recently, this became Stones' Estate Agents.

Next was Osmond House, home of the Gowens - I seem to have a vague memory of Mr Gowen but Mrs Gowen was an important figure in the village for many years. I don't think I ever went in Osmond House - strange as it was opposite where I lived.

Mr and Mrs Sage kept the Fish and Chip shop, which had - still has - a very high reputation for miles around - it even forms part of their gravestone in Rickinghall Inferior churchyard: "Our fish were good, our chips were brown, we were the best for miles around." Friday was very much fish day and early in the morning, I would cross the road with our order to be collected when our shop closed for lunch at 1pm. Each week, I would take our used newspapers for them to use as the outer wrapping - about the only re-cycling I remember at the time. Any items bought in the village shops would be in paper bags.

Once you had crossed Bridewell Lane, you came to FV Last's butchers. As a youngster, I recall having a fridge but it was some time before we had a freezer - the first was a chest freezer that we kept in the pantry. So, a visit to Mr Last's was a frequent occurrence. At one time I believe he had a young girl in the corner who collected the money and dispensed the change. I think the business finished in the late 1970s.

Strangely enough, if you kept on the same side of the road, the next business you would come to was - another butchers! Mr Warren had the shop at the top of the hill, but I believe he must have shut by the early 1960s as I have no real memory of seeing a butcher's shop there. It later became Tony Last's garage before various other businesses occupied the same site.

We then come to the Post Office - the only place you could buy stamps in those days. I recall a Mr Ramage running the Post Office and you could buy post cards of the village there, too. We had one of the shop, taken on a rainy day, sometime in the early 1960s, judging by the cars parked on the Market Place.

The doctors' surgery was held in a room inside The Homestead where Dr and Mrs Richardson lived: their son, Paul was to become my best friend and although he and his family now live on Anglesey, they still keep in contact with many in the area. His maternal grandparents lived at the far end of Bridewell Lane - Prebendary and Mrs Herbert. I never did know what a Prebendary was! Mrs Herbert was a lovely lady who spent her final days in Farnish House. The doctor's life was very different in those days - home visits were quite usual. Dr Cordeaux was the other doctor - I believe he took over from Dr Ward.

To be continued in February.

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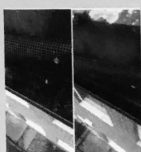
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Nyall's Notes

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

This is being written at the time when Dynamic Donald has just been beaten by Sleepy Joe to the winning post. It is all over bar the shouting but there is going to be so much shouting that I'm sure that it will still be going on when you read this. It appears to me that what Dynamic Donald has done over the past four years is to give psychologists a beautiful example of what a narcissist is.

Narcissism is recognised as a personality disorder. True narcissists are totally self centred, the world is there for them. They can be utterly devoid of empathy so find it easy to sack someone that disagrees with them. No one is ever better than them and they never admit to being wrong so lie to justify themselves and from my experience appear to believe their own lies however blatant, after all if you are never wrong and you lie you have to be right. As children we all tended to be narcissistic, the world revolved around us, but we left that behind. The narcissist never grew up, something got stuck and he behaves like a god in his own universe.

Jesus actually claimed to be God come in the flesh yet with a totally different attitude. It is best described by the apostle Paul who said, "Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be hung on to, but made himself nothing, taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross." Christians have a god who has every right to demand anything he wishes, could eliminate anyone who displeases him and dictates right and wrong yet gave himself for those that have displeased him to the point of dying a terrible and painful death. He never sacks anyone offering forgiveness and a restored relationship to those that will accept it. WOW! We have a crucified God.

He asks that we do the same: Have this mind amongst yourselves God wants us to be 'conformed to the image of his son. He asks us to be transformed by the renewing of our minds.

Can a narcissist be a Christian? I have asked myself this question in the past. Narcissism is a personality disorder. It appears to be built in. These people can't help themselves. They cannot change because they are never wrong and becoming a Christian needs change. I'm not saying that it is impossible but it does appear very difficult and needs a work of God. What I do know is that there is some narcissism left in all of us. We can see it in many ways: we want the bigger house, the better car and the bigger portion but we are exhorted to 'have this mind amongst ourselves that we have in Jesus who,' had a stable for a birthplace, borrowed a boat, had nowhere to lay his head and took the place of a criminal.

*"I am the way, and the truth,
and the life. No one comes to
the Father except through me."*

John 14 v. 6

Bill's Birds

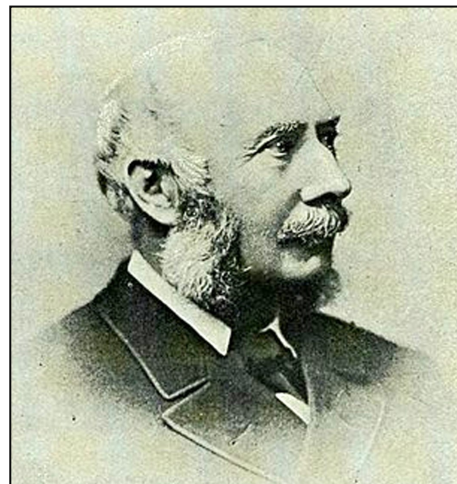
Bill Cordeaux Tel: 898286

Bird migration has always interested me and now is an important time, autumn has arrived when our birds are leaving their breeding grounds and going back to an area which will supply them with food and a habitat which is not too cold. Swallows, Martins and Swifts are most noticeable in their movements. But there are migrations of other birds which do not come to us just to breed but also for our climate.

Most noticeable are the Starlings which move in great murmurations of several thousand. Pictures of them often appear on our television sets. We used to have a regular one on Redgrave Fen and how often have I watched for them to appear every autumn and winter in small groups working up to several thousand and then suddenly dropping down into the reeds to continue with their chattering—an unforgettable sight and sound.

Other birds appear in great numbers. The Thrush family of Redwings and Field Fares. If you follow their movements on the internet where numbers are quoted, they come in dribs and drabs and then, suddenly, in their thousands over a few days. It must be difficult to count huge numbers of Redwings - about 12,000 and Field Fares - about 350 in the Deben Estuary and Benacre Broad area. And then what about Crossbills - 90, Spoonbills - 44, Yellow-Browed Warblers (only in autumn), intermittent two to three Great Egrets, Ring Ouzels, and, would you believe it, 430 Goldcrests. I mention these birds because my great-grandfather, John Cordeaux, an ardent watcher in the late 1880s, was so amazed to see a large cluster of these small birds on a bush one autumn, then the next day they had gone!

He was stimulated to observe movements of migrating birds by recording the numbers killed by lighthouse warning beams and writing to the lighthouse keepers asking them to systematically record the numbers killed daily, and the date, and weather conditions, etc. He and others clubbed together making systematic observations and realised that no bird buried into the mud in the autumn for the duration. He wrote 'Birds of the Humber District' and his records are now in the library of the British Trust for Ornithology in Thetford (plus his portrait). Perhaps you now realise what inspired Bill's Birds in your monthly parish magazine!



**John Cordeaux
1831—1899**

I was sorry to note the death of a certain Derwent May, a regular contributor to The Times centre page in its item 'Nature Notes'. Always an article of interest, well-publicised by its position. On 28 September this year his obituary featured a full page article on his life and death—a bird watcher extraordinaire. His age was 90 and he was born three days before me. I like to think there was a fellow nonagenarian still contributing regular bird articles of lively topical interest.

As always, we are now approaching the time of year when Robin Redbreast starts to broadcast his territory, so 'if winter comes can spring be far behind?'

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IN YOUR GARDEN

Lawrence Thompson 01379 890667.

A recent survey by the National Garden Scheme found that during the recent lock down 48% of people were spending more than five hours a week in their gardens, with 30% of people treating gardening as a distraction from day to day problems.

Importantly, 70% said their mental health had improved as the result of spending time in their gardens.

If anything can be gleaned from these statistics, it is the importance our gardens played during the lock down to both our physical and mental health - although my sanity was stressed to the limit by damage caused by pigeons to my vegetable plot - despite extensive netting!

I was delighted to read too an estimated three million new gardeners have been identified by the Horticultural Trades Association since that start of the lock down and nearly half of the new green fingered brigade were under 45 and keen to learn all about growing skills. Undoubtedly, the enforced restrictions on movement and concerns about food quality and provenance also encouraged a lot of first timers to take the plunge and join the grow your own movement

Over the coming months, hopefully I can give confidence to beginners as well as offering some inspiration to our more experienced readers with guidance and tips on successful vegetable growing.

One thing is essential to successful cultivation and that is the tools of the trade. Looking around my shed I seem to have special tools for virtually everything but I rarely use them. If you are new to gardening you don't need all that many to get started. Most people begin with a few odd tools handed down from relatives and they are usually ideal. Alternatively, I would suggest buying a good spade and digging fork from the economy range of any of the well known garden tool manufacturers you'll find in any garden centre. You can always add to your basic tool kit later, but for starters these you'll really need.

Various other tools are needed for other jobs around the garden such as a hoe which is great for tilling the soil and cutting off annual weeds. A trowel or hand fork will come in useful too for planting and weeding. Important you choose ones that feel comfortable in your hand. It's well worth buying stainless steel trowels and hand forks as they are very durable and although a little more expensive, they will last for years unlike the cheaper ones that are not very durable and quickly break and bend.

Turning to the garden there are jobs best tackled over the coming winter months and pruning my apple and pear trees is a number one priority. I sometimes wonder why I bother when I see overgrown and neglected trees laden with fruit. However, annual pruning is one of the most important tasks as it helps ensure a healthy tree and promotes the production of fruiting spurs.

By removing any dead or diseased branches you open up air circulation and reduce the risk of fungal infections. Cut out any branches which are crossing or rubbing as this is a sign of congested growth. The object is to aim to form a nice balanced shape. Young pear trees in particular tend to grow in an upright form and the branches should be pruned back by around 25% of the previous seasons growth making sure always to cut to a bud on the outside of the branch as this should stimulate outward growth. May I wish everyone the compliments of the season and let us all look forward to an exciting and fruitful new gardening year,

IN THE KITCHEN

Chicken Liver Pâté

Ingredients

- 225g chicken livers, trimmed
- Small onion, finely chopped
- Crushed garlic clove
- 110g butter
- Tablespoon brandy
- Pinch of dried herbs, salt & pepper

Method

Melt 25g of butter and cook onion and garlic until soft but not brown. Increase heat a little, add livers and sauté for 2-3 minutes.

Allow to cool then put in a food processor and pulse until smooth. Cream remaining butter then add to liver mixture. Pulse again to incorporate the butter. Season to taste then add brandy and herbs.

Put in small pots then cover with melted butter.

Can be frozen for up to two months

Thanks Sara

MULLED WINE FOR CHRISTMAS

Ingredients

- 750ml bottle of red wine, 1 sliced clementine
1 cinnamon stick, 1 star anise, 3 dried figs
4 cloves, 3 black peppercorns, 50ml brandy

Method

Pour the red wine into a large saucepan. Add the clementine, cinnamon stick, star anise, dried figs, cloves and black peppercorns. Heat very gently until simmering, then turn off the heat. Fish out the whole spices and peppercorns with a spoon, then stir in the brandy. Ladle into mugs, or heatproof glasses to serve. You could drop in a slice of clementine to each



Brenda and Alan Royal wish all their friends in Rickingham and Botesdale a very happy Christmas and New Year as we are sending money to E.A.C.H. and Great Ormond Street Hospital in London instead of cards



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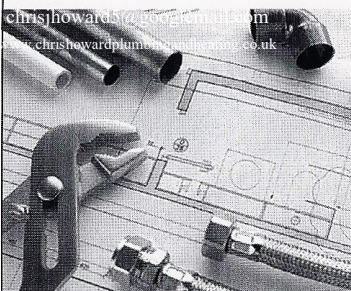
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BE SCAM SMART TRICK NHS TEST & TRACE

It seems the scammers are stooping to new lows by taking advantage of the pandemic and playing on peoples very real fears.

Reports have been received of callers pretending to be from the NHS Test and Trace service telling people to order a test because an acquaintance has tested positive for coronavirus. They say they cannot name the acquaintance due to Data Protection regulations. They then go on to state they are a privately funded service commissioned by the NHS and need credit card details to cover the cost of the test. Sadly a number of people have fallen prey to this scam because of their fears and because they want to be on the safe side. Considerable sums have been taken from the victims credit cards. Needless to say, no test kits are received.

INTERNET BANKING 'FRAUD'

A variation on the old bank account scam is doing the rounds again, this time honing in on people who use internet banking.

A call is received allegedly from the banks Security Department stating your account is being hacked in a suspected internal fraud being perpetrated by crooked employees. They ask if you will help catch the miscreants by opening up your online bank account to do a 'demonstration transfer' They stress it is purely a ruse to catch the thieves red handed and money will not leave your account. They then ask you to obtain the one- time passcode needed to open the account and then for you to transfer the money to the banks 'safe' account. It is only when the victims receive their bank statement do they discover the money has vanished. To make matters worse, the banks say the victims are liable because they revealed their one-time pass code and will not reimburse the lost money.

Be extra vigilant as in October, scam telephone calls jumped by nearly 60% compared with April as the con artists took advantage of people stuck at home to plague them with scam calls. Citizens Advice reports visits to its on line guide 'How to stop Nuisance Calls' are up by a staggering 80% on a year ago.

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If you need urgent help and have no other support, call the Home, But Not Alone helpline. The helpline is primarily available to clinically extremely vulnerable people who:

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- are struggling for food, medicines or other essential supplies
- are feeling lonely and isolated

Call handlers will be able to provide answers to any questions you may have or link you with local groups and shops who are providing support or services to their local communities.

The phone number has not changed. Support can be accessed again on Freephone 0800 876 6926. The phone lines are open from 9am to 5pm, Monday to Friday.

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Here at **Time For You** we understand that when you've had a long week at work the last thing you want to do with your weekend is spend it cleaning up after everyone else.

We want to let you know some cleaning hints to make the cleaning a little easier to manage.

Sanitise Top of the list at the moment, with the Coronavirus pandemic, is how to ensure your home remains safe and sanitised from any germs which may be lingering. Allowing fresh air to circulate is extremely important. Cleaning should include high touch points; light switches, door handles, toilet handles, remote controls and keyboards. Even if they are not visibly dirty, these places house the most unseen germs and bacteria. These areas should be cleaned daily, with a normal cleaning product and then a disinfectant over the top which is left to air dry.

Cleaning Top to Bottom This phrase came about for a good reason! Starting at the top and working down means any dirt or dust you dislodge does not fall on somewhere already cleaned. Apply the same rule to every room – start with cobwebs and work down to the floor.

Getting in the Zone Break home cleaning into smaller tasks – spending an hour a day in a different zone is a great way to deep clean areas not normally covered in a general clean.

Cut the Clutter Those ornaments, books and magazines just get in the way so have a clear out and then make sure everything has a place.

Keep your cleaning caddy close by Having your cleaning kit to hand cuts down running up and down stairs every few minutes making the clean easier.

Sweet smell of success Make your home smell fresh as well as looking clean and tidy. Open the windows for some fresh air, sprinkle bicarbonate of soda in the bin or on carpets and leave overnight to absorb smells and using citrus fruits like lemons and grapefruits are a fantastic way to keep your home clean, smelling nice and free of germs. Even the peels can be left in your rubbish bin to remove nasty smells and eventually used as kindling in your fireplace!

See advert on page 13

December/January Church Notices



⇒ As we go to press, attended Sunday Church services have been suspended by the Government. **All Saints, Redgrave** weekly services are therefore on hold at present. However, all is not lost, as we're streaming a service live from All Saints, Redgrave on Sunday mornings at 10.30am. Please tune into our YouTube channel, RBR Church, to watch live or at a later date. If you click subscribe you will get a notification of when the service will be going live.

Thank you for your support.

⇒ We have some ideas for **Christmas**, but are reluctant to commit to too much detail at present. If and when things become clearer we will let you know as soon as we can. Christmas has not been cancelled!

⇒ Churches open for private prayer

The Chapel of Ease, Botesdale is open every Wednesday 9.30am-3.30pm.

St Mary's, Rickinghall is open every Saturday 9.30am-3.30pm.

Please follow these guidelines :

- wear a mask before entering the building
- sanitise your hands on entry to the building using the sanitiser provided
- leave contact details in the book (please use your own pen)
- maintain social distancing of 2m at all times, unless you are with people in your social bubble

Enjoy the space, peace and the time to know God's presence. "Be still and know that I am God" (Psalm 46:10)

Parkview Chapel Sunday Services and Events

Doors open for services from 10:30am each week for refreshments (except for the Christmas Carol and Christmas Day services)

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

Please be aware that we are really keen to restart all youth and children's groups, Coffee On The Corner, etc. however you will understand why we cannot at present.

- - All services will also be live-streamed on to our 'Parkview Chapel' channel on YouTube - -

Saturday 5th	Christmas Quiz 7:00pm (see page 4)
Sunday 6th	One service at 11.00am (including Communion)
Sunday 13th	One service at 11.00am (including Communion)
Sunday 20th	Christmas Carol Services at 4.00pm and 7.00pm (see page 4)
Friday 25th	Christmas Day service at 10.30am (see page 4)
Sunday 27th	No services at Parkview
Every Sunday in January	One service at 11.00am (including Communion)
At this stage there will be no other groups or meetings	
- - Throughout our re-opening process we are continuing to adhere to Government advice - -	

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

At the time of going to press we are just starting to open for services. This is still a trial - details below may be subject to change. Please call 01379 890898 if you wish to attend a service to check the situation

December	All Services at 10.30 am	January Sunday 3 rd	Local Arrangement
Sunday 6th	Rev David Ely - Holy Communion	Sunday 10th	Rev Heather Sorrell
Sunday 13th	Mrs Jane Mottram	Sunday 17th	Rev David Ely - Covenant Service
Sunday 20th	Local Arrangement - Carol Service	Sunday 24th	Mrs Jane Mottram
Sunday 27th	Mr David Freeman	Sunday 31st	Mrs Sue Goodwin

From the Registers

3.11.20	Funeral of Revd Ronald Farthing, Wilby Church. Died 9.10.2020, age 93
13.11.20	Funeral of Frederick Sutton, Rickinghall Church. Died 11.10.2020, age 67

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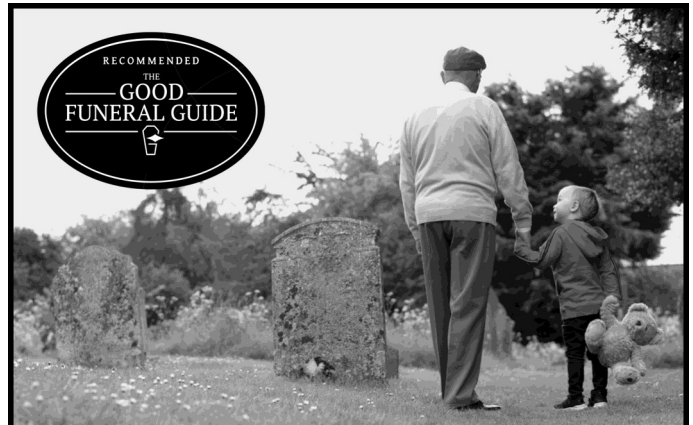
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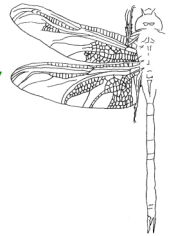
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To ALL Redgrave, Botesdale and Rickinghall Residents

COVID-19/Coronavirus Outbreak

These are worrying times but as a community it is good to know that we have been helping and supporting each other. Many of you are already helping friends and neighbours, so thank you for all that you are doing.

This is a reminder of the coordinated plan that we've established to safely offer assistance to anyone, in the community, so that everyone can receive the help they need.

During this time of lock down many people have volunteered to help with the following:

- Shopping
- Picking up a prescription
- Posting mail
- A friendly phone call
- Walking your dog
- Light gardening

We are also happy to talk to anyone and, when required, to refer people to other organisations offering support locally and nationally.

If you **need help with any of the above**, **or** can **offer** to help with any of the above please contact one of the following:

Rev. Chris Norburn	(Church of England)
01379 898685	or revchris@rbrchurch.org.uk
Mr. Brian Shurmer	(Botesdale Methodist Chapel)
01379 890898	or b.r.shurmer42@gmail.com
Mr. Kev Gladwell	(Parkview Chapel)
07557 784152	or kevin@parkviewchapel.co.uk

Volunteers will then be offered any relevant advice and guidance before their name is passed on to people in need as and when they are requesting help.

"Cast all your anxiety on him because he cares for you." 1Peter 5v7

Sent on behalf of all the churches in these villages.

N.B. Coronavirus/Covid-19 is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash hands regularly. Items should be left on the doorstep.

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

