

PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

October 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

New 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



We are still living in strange times, Covid-19 is still with us causing anxiety and uncertainty for many. As time has gone by we seem to know more about the long term effects it has had on the health of those who have tested positive. It seems its impact can for some be very serious and life debilitating. This can make it difficult to know how we are to respond to this virus. Do we protect, do we take fewer precautions and let it run its course? Difficult questions to answer, especially if you yourself, or someone special to you has had the virus. Hopes may have been dashed!

When we are in such testing times the Christian faith has so much to offer, and the words of the Bible offer all who read and accept them hope. For example, the Apostle Paul, who wrote much of the New Testament by writing letters to the early Church teaching them how to live as Christians, had in his letter to the followers in Rome a recurring theme running through his writings of how we are accounted right with God and what the consequences of this reconciliation are. This is indeed good news for all! And this is the good news: we are accepted by God as being right with Him because of what Jesus, His only Son, has done for us in His living, suffering and dying on the cross. All of which He did in perfect harmony with God's will and purpose, in order for all to have the opportunity to be rescued from sin and eternal damnation. This is God's gift of grace to us, for through His love God's desire is for all to know Him, and so receive His gift of eternal life through confessing sin and receiving His gift of forgiveness. And this despite the fact that we are all, Christian and non-Christian, believer and non-believer, caught up in the web of wrong thinking and wrong doing. This leads us all into sin, from which we cannot, by ourselves, free ourselves. We cannot free ourselves from this web on our own.

Paul says, in Romans 7:24, *"Who will rescue me from this body that is subject to death?"* Here then is our solidarity with Christ: for those who accept what He has done for us (that He suffered a totally agonising and humiliating death) and want to be part of the renewed humanity He has brought about, we are delivered from the clutches of spiritual and moral death, and have become members of His body, the Church, where through a journey of fellowship and discipleship with other believers we are made more and more like Christ.

This is where Christianity differs widely from any other religious tradition for other traditions put emphasis on how human beings can attain salvation through their own work, even if they are helped by supernatural means. Paul in his letter to the Romans clearly teaches that Jesus Christ dies for the ungodly (that's you and me) so that they (you and me) may be reconciled to the very source of their (your) life. We have not had to do anything to achieve this. It has all been done for us through and by the grace of the loving God of Heaven. The Islamic faith, for example, repeatedly stresses that God loves the righteous and not sinners. Paul's Letter to the Romans teaches us, on the other hand, that God loves sinners to such an extent that His Eternal Word and Son took on humanity and suffered and died for us in perfect alignment with the purpose of His Heavenly Father to recreate an obedient humanity and so undo the effects of all Adam and Eve's rebellion.

The glorious good news of God is that Christ's work on the cross is so far reaching – it has brought us the possibility of eternal life, provided, of course we claim what Christ has done for us. Doing this, says Paul, brings peace and joy to the very core of our wellbeing. So Christianity teaches us that grace, a gift from God, kills the sin and most importantly goes on to give life, peace and joy to the repentant sinner. Thanks be to God for this inestimable benefit, a glorious source of hope in these troubled times!

If you want to explore further God's gift of grace and hope, then please do get in touch by using the contact details above.

In His service for all and with continued blessings in these exceptional times.

Chris Norburn.



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



Changed Entry	Details
Jo Churchill, MP for Bury St Edmunds	Email address is now jo.churchill.mp@parliament.uk

Message from the Team

We hope everybody is safe and well. Good news is that this is at last a printed copy being delivered to every household as before. The return of a little bit of normality. I must admit that I never thought we would still be living under restrictions by this time. Sadly we are still unable to get back to holding our normal village activities and we have missed out on so much. All we can do is make the best of it and hope that things start to improve soon. Don't forget that there are still volunteers needed for a number of organisations in the villages and please send articles for the magazine—especially your recipes

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:**

Stuffing meetings have now resumed

- **Nov issue 12 Oct (Mon).** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **23 Oct (Fri)**
- **Dec/Jan issue 9 Nov (Mon).** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **20 Nov (Fri)**
-

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

Best wishes The Parish Magazine Volunteers

WELCOME

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



Printed by:



Today a man knocked on my door and asked for a small donation towards the local swimming pool. I gave him a glass of water.

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

Events : Stalled or Gradually Recovering?

It's all change at the moment, with planned events being postponed or cancelled, but with others of our once-regular events being re-started under the new regime of Covid-safety.

Many of us have been "back to the drawing board" to work out how we can operate during these tricky times - for example, see
"BRINGING A VILLAGE HALL BACK TO LIFE"
elsewhere in this magazine.

A common requirement of those activities that are re-starting is the need to reserve a place, as numbers are restricted at the venues. Please call the contacts listed on the next page if you wish to attend their class, service, etc.

Unfortunately there is not yet sufficient activity to bring back the traditional "Calendar/What's On pages". Instead the page opposite serves to provide the latest updates of which we're aware. If you're about to re-launch your activity, please let the Parish Magazine know about it (contacts on p3) so we can publicise it in the next edition.

-
If you have queries about any village activities, please contact the organisers directly. You'll probably find their details in the Local Services Directory at

www.stmarysrickinghallinferior.onesuffolk.net/local-information/

Friends of Rickinghall Inferior Church

Fabric Fundraiser

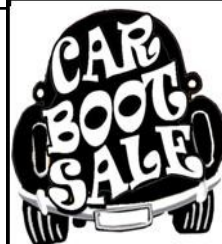
We are sorry to say that the 'Friendly Invasion' fund-raising evening due to be held on October 24th has had to be postponed due to Covid restrictions. We hope to hold it next year.

Although we have had to postpone most of our fundraising events for this year some of the minor jobs required for repairs have been carried out although the major work for the chancel roof still needs grants and donations to carry out this work.

Kit Brinkley has organised a few work parties in the churchyard and we would like to thank the volunteers who came forward and helped to tidy up the churchyard, hedges and brook, mainly on very hot days, and helped to put up the new notice boards.. If anyone would like to practice their new expertise in the garden during lockdown (or lack of it) Kit would be very pleased to hear from you on 07947414968.

Please remember the Mobile Post Office

continues to visit the Parkview Chapel car park on Fridays (2.45pm-3.45pm)



& Auto Jumble

9 am to 12.30 pm

Set up from 8.00 am

No charge to stall holders.

**Rickinghall Village Hall
Sat 10 October**

Rickinghall Farmers' Market

stalls inside

stalls outside

lots of space to move

we look forward to seeing you:)

Sat 10 October

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

> > > The Latest on Events < < <

Restarted / Restarting!

Botesdale Breakfast and After School Club has re-opened in a much reduced capacity following Government guidelines for Schools, and hopes to start seeing more families back again very soon. The AGM will go ahead when a date is agreed. Contact : Bridget Simms-Baalham

Dance Fitsteps Rickinghall village hall, Wednesdays 6:00pm. Contact Jill Mitev-Will 01379 897055 / 07800 639141

Farmers' Market Please see advert on opposite page

Pilates at Rickinghall village hall, each Tuesday during term time. The current term includes Tuesday September 8, 15, 22, 29 Oct 6, 13, 20 at 9:45am, 11:15am, 6:30pm and 8:00pm. Contact : Eleanore Garwood

Places of Worship Please see the *Church Notices* page in this magazine for the denominations' activities

May be postponed or cancelled...

RAHOF (Rickinghall Area Hospice Fundraisers)

Our Christmas Evening on Friday 11th December this year is in doubt at the present time. We will make an announcement nearer the time. We do apologise, but know our supporters *will understand*.

Contact : June Shepherd (RAHOF Chair 2020)

Have been postponed or cancelled...

Friends of Rickinghall Inferior Church

Please see update on opposite page

Heritage Circle

The committee of the Heritage Circle has decided to postpone group meetings until April 2021. Government restrictions on the use of Rickinghall Village Hall have led to this regrettable decision. Government guidance means that it is not possible to close the windows of the hall or to use any form of heating during meetings. The committee felt that this would make presentations very uncomfortable for the audience and the speaker. Similarly, the need for social distancing limits the number of people permitted within the hall for a meeting. The committee will keep the situation under review and will be guided by government advice. Contact : Gerry Guhry

RAHOF (Rickinghall Area Hospice Fundraisers)

The RAHOF committee is very sorry to have to cancel the Annual Quiz Night planned for Friday, 23rd October 2020 at Hinderclay Village Hall, due to the continuing Covid virus situation. We hope to hold this event at a future date. Our committee, Mike Webb and John Kilgannon (quizmasters) are so sorry, but know you will understand.

Contact : June Shepherd (RAHOF 2020 Chair)

Redgrave & District Ladies Club

regrets to advise that the final 2 meetings of the 2020 are cancelled :

- 13th October *Cruising and Crafting* with Linda Baldwin
- 8th December *The Magnificent Seven* with Jim Stebbings

Contact : Rosemary Docherty

Rickinghall Further Education Group (RFEG)

The RFEG committee had no choice but to postpone the course which was due to start in September. Despite sterling efforts from Rickinghall Village Hall's doughty team we did not feel we could expose attendees to any risk, or the discomfort of meeting for 90 minutes with all the windows open to maintain safety. Having learnt of the difficulties in the Attleborough area, we're confident our decision is the right one. RFEG has written to everyone on the mailing list informing them of the postponement, and has asked our scheduled lecturer, Tania Harrington, to run the course as soon as possible. Tania's course, "**People Power - a History of Portraiture**", WILL take place, as soon as we can be certain that our delegates will be safe and comfortable. Contact : Sue Emerson Hon Sec Rickinghall Further Education Group



The Children's Society Coffee Morning

As with all things being COVID dependent, we are unfortunately **CANCELLING** the usual Coffee Morning, in aid of The Children's Society. In line with Government guidance of gatherings and social distancing, we cannot hold this popular event. Instead, if you would like your box counted, please drop it into Anglian House, Chapel Lane, Botesdale (Just across from Botesdale Park) on **Saturday 17th October 2020, between 10.00 am – 12.00 midday**, or within the following week. Alternatively let me know if you want to 'carry over' for next year.

Contact: Linda Green, Tel: 01379 890740 / Email: greenz4@tiscali.co.uk

Redgrave Community Shop

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

CURRENT OPENING HOURS

Mon – Sat 8:30 - 1:00pm
Sun 9:00 - 11:00am

Telephone: 01379 898848

Email: www.redgravecommunityshop@gmail.com

MICK THE BAKER

Star Wing Brewery
Church Road, Redgrave IP22 1RJ

*Traditionally baked, additive-free
artisan bread and a selection of cakes*

Wed & Thur 8.30am-2.00pm
Fri 8.30am-5.00pm
Sat 08.30am-2.00pm



01379 897111 / 07825 709155
www.mickthebaker.com



STAR WING BREWERY

OKTOBERFEST - THEMED EVENT SAT 10th OCTOBER

Beer, Bratwurst & Oompah Band!

TAP ROOM

Tues-Thur 12.00—8.00pm
Fri & Sat 12.00—11.00pm
Sun 12.00—9.00pm

DRIVE-THRU THURSDAYS 5—7pm

Please check our social media sites for latest
information

Instagram @star_wing_brewery

Twitter @StarWingBrewery

Facebook @StarWingBreweryRedgrave

Contact us:

Star Wing Brewery, The Old Saw Mill,
Hall Farm, Church Road, Redgrave
IP22 1RJ 01379 890586
w.starwingbrewery.com



THE CROSS KEYS

A Community Owned Free House

Welcome back to your community pub!

	OPEN	LUNCH	DINNER
Mon	CLOSED		
Tues	CLOSED		
Wed	6-10pm		6-8pm
Thurs	12-3, 6-10pm	12-2pm	6-8pm
Fri	12-10pm	12-2pm	6-8pm
Sat	12-10pm	12-2pm	6-8pm
Sun	12-6pm	12-4pm	

- Sheltered outdoor seating in the garden and at the front of the pub
- Well-spaced seating indoors
- Full menu to eat at the pub or take away, including Sunday roast
- Full safety procedures in place

www.crosskeysredgrave.co.uk
Facebook @crosskeyspubredgrave
Twitter @KeysRedgrave
Cross Keys, The Street,
Redgrave, Diss IP22 1RW
gm@redgravecommunitysociety.com
01379 779822



*Delicious brownies for
every occasion, baked in Redgrave!*

We create celebration stacks for home
delivery and gift boxes for collection from
Redgrave Shop.

Current flavours include:

Pumpkin Spice, Triple Chocolate,
Salted Caramel and Pecan, Lotus Biscoff
Blondie, Blakewell and Chocolate Orange.

Email info@brownieandthebean.com
or call 0781 071 6069 to place an order
www.brownieandthebean.com

WORTHAM BOARDING KENNELS & CATTERY 01379 898267

- Small, personal, family run business, Est over 25 years.
- We offer the finest standards of care and attention.
- Spacious kennels with individual outside covered runs.
- Inside kennels for elderly, tiny and timid dogs.
- Well designed, professionally built cattery.
- Only fully vaccinated pets accepted.
- Fully licensed and insured.



www.worthamkennelsandcattery.co.uk

Wortham Boarding Kennels and Cattery, Mill House, Bury Road, Wortham, Diss, Norfolk, IP22 1PX

Country CAT HOTEL

Allwood Green | Rickingham | Diss

Give yourself peace of mind when you go on holidays by bringing your loved feline friend to stay with us at The Country Cat Hotel where they will receive the highest level of care.



www.countrycathotel.co.uk

07506 490178

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

If interested, please contact

adverts
@rbrparishmag.com



THE DOG WALKER

Mrs Clease

Karen
07903116571
mrsclase@gmail.com

Reliable and honest



Woof! Canine Services



- Private 1:1 grooming in the comfort of your own home
- Collection & delivery service available on request
- Experienced in working with nervous dogs
- Fully insured
- City & Guilds Qualified

07923033282

www.woofcanineservices.co.uk



4B&B STRENNETH Country Bed and Breakfast



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

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

Airfield Road
Fersfield Diss
Norfolk IP22 2BP



House/Pet Sitting Service

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



Pansthorne Bed & Breakfast

Tel: 01379 688096

Modern Service In a Country Setting



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



Email: enquiries@pansthorne.co.uk

Reeder's Barn, Pansthorne Farm,
Redgrave Road, South Lopham, IP22 2HL

www.pansthorne.co.uk

CUT ABOVE

Ladies & Gents hairdressing
and beauty.

The Street Rickingham

Open Tuesday-Saturday

TEL .01379 890647

EMMA • EDWARDS PROFESSIONAL HAIRDRESSING

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

Evening appointments available.

To make an appointment call **Emma** on **07900 683649**



Simply Beauty of Botesdale

01379 308338

Hill Top The Street Botesdale

IP22 1BX

Neal's Yard Remedies Facial & Body Treatments

Jessica Manicures & Pedicures Gelation Nails

Massage Reflexology Waxing Tinting & Beauty

Packages

Gifts & Vouchers available

Holistic Therapies NOW available with Jayne

For a professional & friendly service visit

Simply Beauty

Rest Relax & Rejuvenate

LMA AESTHETICS

By **Laura Aves**

Cosmetic tattooist in semi permanent makeup
eyebrows & eyelash extensions

Based locally in Hinderclay, I am offering the latest in
aesthetics treatments

Please call for more information on **07876 747388** or visit
my page on Facebook for examples of my work~

LMA Aesthetics

BOTESDALE HAIR PARLOUR

1 Market Place, Botesdale, IP22 1BT

Unisex hair salon

Open - Monday to Saturday
Evening appointments available

Using **Matrix** and **TIGI** Products

Tel: 01379 890900

Reflections

*Health, Beauty and Relaxation
has moved to Dovedale, Back Hills, Botesdale*

Skin care and facials inc. Combined Ultrasound & Light Therapy

Non Surgical micro current facial and body lifting

Massages – Aromatherapy, Indian Head, Hot Stone, Reflexology

Sugaring Manicures Pedicures Hopi Ear Candle

New treatments include Sandalwood and Coconut Body Polish

followed by a warmed Ayurveda herbal oil massage

Telephone Fiona on **07791 073772** or **01379 898789**

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

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

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



Botesdale Dental Practice
Holly Close • The Criff • Botesdale • IP22 1DH
01379 897 176
bdp.reception@yahoo.com
www.botesdaledentalpractice.co.uk

MS1765-407-18



PRE-SCHOOL

For all children aged 2 to 5.
We provide an exciting range of indoor and outdoor activities to ensure each child enjoys a stimulating learning experience supported by caring, highly qualified staff.

Exclusive access to Woodland area for exploration and adventure!

Consistently excellent Ofsted reports.

Sessions available Monday to Friday
9.05am-3pm
£4.05 or £3.85 per hour (depending on age)

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

Registered Charity no. 1022795



Registered Charity
1142955
OFSTED Registration
EY445021



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

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

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

Children are collected daily from St Botolph's Primary School. We also provide a drop off & collection service for the following schools
Mellis Primary School, Wortham Primary School, Gislingham Primary School, Palgrave Primary School.
There will be a small additional charge for this service.

Our fees are as follows;

Breakfast Club

7.45am start £5.50 per session
7.30am start £6.00 per session

After School Club

3.30pm – 4.30pm £5.00 for the hour
3.30pm – 5.30pm £9.50 for 2 hours
3.30pm – 6.00pm £12.00 per session (£11.00 for siblings)

Subscription 2018/19 £20.00

Please contact Paula or Bridget on 07952 961285

Registered childminder
Orchard childcare
Cherry tree lane, Botesdale, IP22 1DL
Experienced childminder available for full
daycare 7.30-5.30
Before, after school and school holidays
**Specialising in child development through
play**
**Full support provided for children with
additional needs**
Lisa Crawley
01379 309175 / 07514280925

Ixworth Court
Dementia Care Home
Ixworth Bury St Edmunds IP31 2HD
LeafCare HOMES
Call **01359 231 188**
www.leafcareservices.co.uk
› Specialist Dementia Care
› Small Group Living
› Respite Care
› Convalescent Care
› End-of-Life Care

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

**If interested,
please contact
adverts@rbrparishmag.com**

BOTESDALE HEALTH CENTRE PATIENT PARTICIPATION GROUP

VISITS TO THE HEALTH CENTRE

The Patient Participation Group has been requested by The Botesdale Health Centre to issue a polite reminder to all patients.

'Please can you remember to wear a face mask for any visit you make to The Health Centre or Pharmacy'.

Thank you for your continued assistance.

HEALTHWATCH

A further request for assistance has come from Healthwatch Suffolk who have launched a new project which aims to gather local feedback on how patients feel about the use of digital services (appointment systems, online consultations, phone triage, remote visiting etc.)

The aim is to understand how the sudden increase in use of technology during the Pandemic has impacted on people's experience of recovery, the NHS and social care. As many of these means of access are here to stay, we need to make sure they will work for those who need and rely on them.

All the information about the survey (including all Survey formats) can be found on <http://healthwatchsuffolk.co.uk/digitalhealthandcaresurvey>

Healthwatch need to have as many patients as possible involved in completing surveys so if at all possible perhaps IT savvy members of families could assist less able family members to ensure as many surveys from as diverse a group as possible are completed as the information you give will aid future NHS services.

A HELPFUL SERVICE - AT MY BEDSIDE

A service for family and friends of patients in hospital in Ipswich or West Suffolk. Suffolk Family Carers can support with staying in touch with someone who is in hospital, general advice, family carer support, signposting to helpful services in your area and emotional support.

At My Bedside Service Contact either Suffolk Family Carers 01473 835477 or email hello@suffolkfamilycarers.org or Carers First 0300 303 1555 hello@carersfirst.org.uk

If the PPG can assist in any way, please do use the contact details below.

Janet Russell PPG Mobile 07787 148947

Email: BotesdalePPG@gmail.com



BRINGING A VILLAGE HALL BACK TO LIFE

It was all going so well at Rickingham Village Hall back in March. A real community hub. Bookings every day of the week, with all sorts of groups and activities. Then the dreaded lockdown, and everything came to a grinding halt. Suddenly no income, so essential spending only, just to keep everything ticking over, ready for the day when we'd be able to start planning for slowly and quietly getting back to some sort of normality....

April. May. June. Nothing happening, just routine checks of the Hall to keep it safe and secure.

July. Signs of renewal. Endless pages of guidance from Government and other authorities. Many happy hours conducting and writing up formal Risk Assessments, where are the risks, how do we minimise them? How might individual groups or hirers be impacted, what do we and they need to do?

We spend more happy hours working out how we can safely re-open our Farmers' Market. We space the stalls so widely that it all looks a bit empty, with a one-way system and acres of space. We have more stalls outside, and lots of people do turn out. It's successful and, most importantly, customers and stall holders say they feel safe. But it's a bit quiet.

Then our local Slimming World consultant visits to see how she might safely resume her group meetings in the Hall. She has her corporate Risk Assessment too, and we manage to fit it all together so that her members can safely return within strict new guidelines.

A few other hirers start to use the Hall again, and we work out how many people can safely attend different types of event while complying with social distancing requirements. We have layouts for keep fit groups, for seated groups, for meetings. We have strict and formalised cleaning procedures in place, after every hire and at least once a day. We spend money on PPE, essential signs, and lots of hand sanitiser, turn off the hand dryers and go back to paper towels, with new bins for used ones.

Some hirers and groups still find it impossible to resume within the necessary restrictions. Some will likely not meet again until next year. Some others are able to resume with limited numbers.

Outside, tennis is the first sport to start again, very successfully and within the guidelines. By the end of August our regular netball league still cannot resume, but within new rules teams are able to start training, ready for the day. Fitness groups are starting to come back, both in the Hall and outside. Five-a-side football starts again. Some meetings take place in the Hall, within Government guidelines and common sense. Everyone is aware of what needs to be done, so slowly, gradually, we see a move back towards normality.

We learn as we go along. The August Farmers' Market was altogether a more confident affair than the July one. We had most of our regular stalls back, plus some interesting new ones. It was definitely much more buzzy. We had a very busy and successful outdoor cafe, on a very hot and sunny day, and people seemed pleased to be out and about....

As winter approaches we will face new challenges. Open windows and heating tend not to go well together. An outdoor cafe at the Farmers' Market might be less popular in November. Our indoor spaces won't suddenly become bigger.

No doubt, however, we will continue to find ways for the Hall to be safely used to its maximum within changing constraints and guidelines. When the day comes where we can all finally move on from this wretched virus we at the Hall will still be there, ready to go, and to welcome you back.

Meanwhile, keep well and stay safe.

The Rickingham Village Hall team

Lilac Cottage Studio Art Courses



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

A range of courses available for 2020

All courses include refreshments and a light lunch with wine.

For more information and bookings go to our website

<http://lilaccottagestudio.com/courses.html>

Or contact us on lilaccottagestudio@gmail.com

Or call Sue on 07824 637174



Aisling Counselling

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

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

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

GREENGAGE CREATIVE

GRAPHIC DESIGN SERVICES

- LOGOS
- BROCHURES
- FLYERS
- BANNERS
- PRESS ADS
- BRANDING
- STATIONERY
- UNIFORMS

e: greengagecreative@outlook.com

P J Music

Wayside Cottage, Chapel Lane
Botesdale, Diss, Norfolk,

Music Books, Instruments and Accessories

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

Guitar Lessons Beginners to Advanced

E-mail - pjmusic@btinternet.com

01379 890088 – 07968 687011



The Bowen Technique

Melanie Coe E.C.B.S MBTPA

A gentle non-invasive relaxing treatment that can be administered through light clothing. Bowen is a series of carefully orchestrated moves using fore fingers or thumbs, at key anatomical locations relaying numerous signals to the body brain and mind. The moves are interspaced with short breaks to allow the body to absorb the information it has received to make the changes needed to realign and restore balance to the body and its systems. No oils or lotions are used. Bowen is suitable for all ages. Conditions that may respond to Bowen include Back/ Neck Shoulder pain/restrictions/Tennis/Golfers elbow Carpal tunnel RSI Hip/Hamstring/Knee/Ankle/Foot problems/Pelvic imbalance problems Asthma/Bronchial complaints/Hay Fever/Sinusitis Headache/Migraines Menstrual-/Fertility problems Depression/Anxiety Jaw problems /Glue Ear/Infant Colic/IBS/Digestive problems/Post Stroke problems. And many more.

For information or to book an appointment please call Melanie on 01379 890126 or 07717886273

mcoebowen@hotmail.co.uk

www.dissbowentherapy.co.uk



Bowen Therapy Professional Association

An independent organisation of Bowen Therapists run by Bowen Therapists

CADE CREATIVE

Graphic Design

Logos, business cards, adverts, posters, brochures, signs, newsletters, flyers etc.

Copywriting/editing/proofreading

Print Buying

For a quote or to see work samples or testimonials:

Tel: 01379 783 380 / 07931 850 813

joclifford@cadecreative.com



Bespoke cakes for all occasions

Weddings, Anniversaries, Birthdays, Christenings etc.

Call Jacqui for a friendly chat and to arrange a free no obligation cake consultation..
Excellent service and competitive prices.

Tel: 07712-775466

Special Cakes for Memorable Occasions

www.cakes2crumbs.co.uk



**Special cakes
for
special celebrations**

Jean Barker

01359 241135

www.amazingcakesbyjean.co.uk

BOTESDALE FISH & CHIP SHOP

Tues. Wed. Thur. 4.00-8.30pm
 Friday 11.30am –1.30pm
 4.00—8.30pm
 Sat & Sun 4.00—8.30pm

Order online: botesdaleonline.co.uk
 Tel: 01379 898 543

Candy Cleaning



Thorough and Conscientious
 Detailed and Comprehensive

Friendly, helpful and
 professional

Typically £12.50 per. hour

07896 187 729

candy_cleaning@outlook.com

THE HOMECARE SERVICE WHERE

PEACE OF MIND
 COMES AS STANDARD

For more information
 please call:

01473 381545

A service from
 Prestige Nursing

www.prestige-nursing.co.uk/home



DIRTY OVEN??

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

OVENCLEAN

NON Caustic, fresh solution every time
 Hobs, Extractors, Microwaves
 Agas, Ranges, BBQs

Phone Richard Langston
 01379 890723 or 07494 869756
www.ovenclean.com

RICKINGHALL IRONING SERVICE

And More



Free collection/delivery
 within 3 miles of Rickinghall

Please call Ruth
 01379 890506
 0751 7039 685

Prices available upon request

Transport
 (Hospital/Doctors etc)

Shopping



ALTERNATIVE SERVICES

I have been
 established nearly 20
 years and offer a
 thorough
window cleaning
 service for
 households.
 Give me a try and
 see the results -
 get your windows
 pristine clean.

Call Nigel on
 07775 858 052

Turrell Cleaning Services

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

Tel & Fax: 01379 687751

Mob: 07801 398247

www.turrellcleaningservices.co.uk

TIME FOR YOU™ DOMESTIC CLEANING

Typically £13 per hour
 We clean so you don't have to!

Call us on
 01359 258991

www.timeforyou.co.uk

Suffolk@timeforyou.co.uk



Regular – Weekly – Insured - Cleaners

Shine n Clean

Residential and commercial window cleaning.

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

01359 259376

email.shinenclean@mail.com

If you can walk on it or sit on it, we
 can **Crystal Clean** it

Carpet cleaning
 Upholstery cleaning
 Hard floor cleaning
 In homes and businesses



Crystal Clean Services
 Mark Underwood

01379 678806

07984 648296

info@crystalclean.services

UPHOLSTERY

Dining chairs in need of attention?

Don't spend £100's on a new dining set;
we can bring your chairs back to their best
at a fraction of the cost.

**1000's of fabrics and leathers to
choose from**

**Trade prices—saving you £££'s
Quick turnaround**

**We also re-stuff sofa cushions
All types of upholstery considered**

ROSE UPHOLSTERY

Trevor & Clare

**01379 890890 / 01359 221879
07791 853367**

info.rosechairs@gmail.com
rose-upholstery.co.uk

**Also find us on Facebook
and Instagram - roseupholstery**

EDMUNDS & CLARKE

FURNITURE
The Independent Family Run Shop With Product Value And
Customer Service At Its Heart



Indulge In Some Retail Therapy

*Oak * Pine * Painted * Bespoke * Dining * Living
*Bedroom * Office * Home Accessories

ECFURNITURE.CO.UK

Edmunds & Clarke Furniture Ltd
1A Barton Road,
Bury St Edmunds, IP32 7BE
01284 760103
sales@ecfurniture.co.uk



**FREE
Parking**

DOROTHY SINFIELD UPHOLSTERY

Vine House, Church Hill, Hoxne
Eye, Suffolk. IP22 5AT.

**THAT CHAIR, SETTEE,
CURTAINS/BLINDS,
CUSHIONS -
ANY TYPE OF SOFT
FURNISHINGS/
UPHOLSTERY**

**FOR PERSONAL ATTENTION
CALL 01379 668545**

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

If interested, please
contact

adverts
@rbrparishmag.com

THE PINE HOUSE CO. HAND MADE FURNITURE

ANY SIZE TO YOUR DESIGN

Including Hand Made Fitted & Free-Standing Kitchens in
OAK * PINE * RUSTIC PLANK *
RECLAIMED & DRIFTWOOD TIMBERS
Gifts & Baskets

www.thepinehousecompany.co.uk
Tel/Fax 01359 235030

information@thepinehousecompany.co.uk

Spinney Garage, Stowlangtoft near Bury St Edmunds, IP31 3JS
Open Mon-Sat 9am-5pm, Sun 10am-4pm, Closed Tuesday



HIGHWAYS

FINNINGHAM ROAD
RICKINGHALL, DISS.

RARE BREED GLOUCESTERSHIRE OLD SPOT PORK AND BACON

TRADITIONALLY REARED OUTSIDE ON OUR
SMALLHOLDING IN RICKINGHALL

LARGE OR SMALL QUANTITIES AVAILABLE FROM THE
FARM GATE OR AT RICKINGHALL FARMERS' MARKET

**FARM BUTCHERY NOW OPEN : MON - FRI : 9AM - 3 PM
SATURDAY : 2 - 5 PM**

PHONE/FAX 01379 898357. MOB: 07887 668445

FARM SHOP

Shelly Brand Smallholding
FINNINGHAM CROSSROADS

OPEN FRIDAYS 4pm - 6:30pm &
SATURDAYS 10am - 2pm

Home grown, rare breed, outdoor reared pork
and lamb from my smallholding. The pigs
roam around woodland areas and the lambs
are naturally raised and grass fed.
Available fresh and frozen throughout the
year.

Leg and shoulder joints, chops, racks of lamb, variety of
sausages including gluten free, lamb & pork burgers,
marinated pork steaks and ribs, mince, sausagemeat,
kebabs and more.
Pork average £8/kg, lamb average £9/kg all items sold
on weight in 100% recyclable packaging produced by
my butcher. Card payments accepted.
07419323038

To read reviews and see photos please visit my page:
[facebook/shellybrandsmallholding](https://www.facebook.com/shellybrandsmallholding)

Village News

The Bacon Exhibition Endowment Fund

This small educational Trust is available to those between the age of 5 and 25 years and who live or attend School in the villages of Wortham, Burgate, Gislegham, Rickinghall, Botesdale, Redgrave, Hinderclay, Blow Norton, South Lopham, and Bressingham. If you wish to apply please do so by October 20th, 2020. To: Mrs. R. Powell, 2, Fir Tree Cottage, Redgrave, Diss, Norfolk. IP22 1SD.

RICKINGHALL VILLAGE HALL LOTTERY RETURNS!

Many readers will be aware that Rickinghall Village Hall runs a monthly Lottery, which for many years has been an important source of funding for improvements at the Hall, while also offering a prize draw to its members every month - including a top prize of £100.

Covid has meant suspension of the Lottery since June, but we are now re-launching it, with the first draw to be made at the Farmers' Market on Saturday 10th October.

The many people who support the Village Hall by being part of the Lottery will already have been visited by their local collector. If you have not already been asked and would like to become a member, then do please call the Lottery Promoter, Liz Draper, on 01359 251804, and she will arrange for a collector to contact you.

The first prize every month is £100, with a second prize of £50, a third of £20, and three other prizes of £10, with a double draw in December. The cost for each number held is £1.00 per month, or £10.00 until June next year, and an individual can hold as many numbers as they wish.

The Lottery helped pay for the new accessible toilet in the Hall earlier this year, and this is the sort of project which our members help fund. Their ongoing support is much appreciated, thank you.

On behalf of the all-volunteer Hall Management Committee



OIL SYNDICATE

The next Oil Syndicate Order will be the Winter one at the end of November.

Final order day to be set, but will probably be the 21st of November.

The following purchase will be the Spring one at the end of February.

David Sloan botesdaleoil@gmail.com

Community Woodland Group

Wanted: people to help manage our sites

Just come to our next work party at Northfield Wood

the first Sunday of the month, 10.00-12 noon

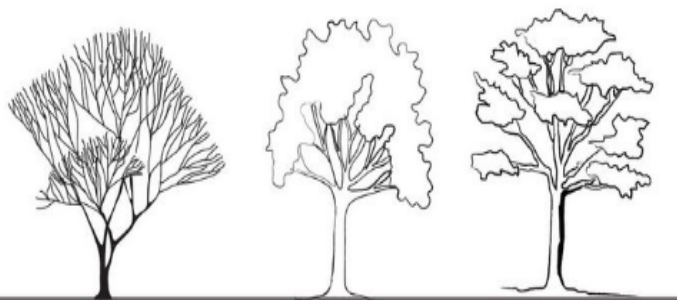
What an extraordinary summer we have had: spells of intense heat and drought, spells of heavy rain and everything in between.

All our sites have done well and are now producing autumn fruits for people to pick as they ripen, berries, apples, hazelnuts.

We continue to add young trees to Northfield Wood and new wildflowers are appearing there. We are coming into the planting season now so gifts of (native) tree seedlings are welcome. In Miller's Orchard evergreen garden waste is still being dumped. Please, please don't expect us to deal with your discarded garden waste. You can get a brown bin from the Mid Suffolk District Council, or you can take your cuttings to a recognised dump.

Low Meadow is waiting for its summer haircut. It definitely looks less abandoned than it did when we started to care for it. The shrubs are doing well and thanks are due to our neighbour Stuart Ramsey for mowing the paths.

Rosemary Jones, 7th September 2020
01379 890238



Rooms with a View

Fabrics and Interior Accessories
Handmade Curtains and Blinds

Jane Churchill, Colefax, Vanessa Arbuthnott
& many more

Farrow & Ball and Little Greene
paints and wallpapers

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

INTERIOR DESIGN & SOFT FURNISHINGS

Karen Lawrence - Basket maker

Commissions welcome

Christmas Workshops
See website for full details

Contact Karen on **01379 890897**
www.karenlawrencebasketry.com

SALLY SMITH

Made to Measure Home Furnishings

Curtains, Blinds, Cushions,
Curtain Alterations

Please contact Sally Smith on 01379 898767

ssmith091@btinternet.com


The Uplands, The Street, Rickingham, IP22 1DZ

**PICTURE FRAMING
BY CAROLA SETTLE**

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

Friendly advice & professional service.

Stanwell House, High Street, Gislegham,
Eye, Suffolk. IP23 8JE
Tel: 01379 783 415



Garnet House Drapes

Made to Measure Curtains & Blinds
Julie Wood
Julie@GarnetHouseDrapes.co.uk
07568 365694

The garden room

www.the-gardenroom.co.uk

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

Buy online or at our Suffolk Retail Shop

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

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

01449 723412 / 01379 898646

Bishop & Miller
AUCTIONEERS VALUERS

Suffolk's International Auctioneer's

With over 40 specialist auctions throughout the year
such as antiques, paintings, vinyl, jewellery & watches,
furniture, ceramics, toys, advertising & automobilia,
coins & military and so much more.
We hold regular valuation events around the East of
England and also a weekly walk in Friday valuation
event at our saleroom in Stowmarket. see our website
for all dates. if you can't make a valuation event you
can contact the team to arrange to pop in and see us or
for a free home visit.

www.bishopandmillerauctions.co.uk

19 Charles Industrial Estate, Stowmarket, IP14 5AH 01449 573088 enquiries@bm-auctions.co.uk

**Thermally efficient
blinds and shutters**

Transform your rooms or conservatory and stay warm in
the winter and cool in the summer

Call Amanda or Alastair for more information on:

01379 669 209



Village Green

Blinds & Shutters

DISS FOOT CARE

Foot care in the comfort of your own home

Sherralyn Blakely TCFCP dip

Foot care specialist

Friendly and professional service

Nails cut

Hard skin removed

Callouses, corns, fungal nail, ingrown nails treated



Call for more details : 0787 664 8667



Experienced Reflexologist in Rickingham

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

Lisa Howlett MBRA
(Qualified 1999 Bayly School of Reflexology)

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

For more information and advice or to book an appointment
please call Lisa on
07989 565210 or 01379 898028

The Foot Health Clinic

in the comfort of your own home

Professional treatment of foot related discomfort including:

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



Call David today for an appointment on 07503091122

David Casey
SAC Dip.FHPT.FHPP.

RUTH WALTERS MCFHP, MAFHP
Medical and Cosmetic Foot Health Practitioner

I am a registered Foot Health Practitioner, qualified at the renowned SMAE Institute, specialising in cosmetic nail reconstruction and medical pedicures.

Other treatments include:

diabetic foot care • hard and soft corn removal
hard skin removal • nail thickening
ingrown toenails • fungal nail/skin infections
basic orthotics and advice



01379 452412 or 07595 177910

www.ruthwalters.co.uk • ruthwaltersfeet@gmail.com

A Step In The Right Direction • 8 Cobbs Yard, Diss IP22 4LB

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

**If interested,
please contact
adverts@rbrparishmag.com**

English Tutoring

Need to boost your child's literacy skills?

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

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

For more details, please call Sue on 01379 890539 (eves) or 07493 880577 (CRB checked. References available, on request.)

Yoga

at
Botesdale Village Hall

Tuesdays 7.15 pm—9.00 pm

Term time only
Join any time!

All abilities welcome

£42 for each block of 6 weeks

For more information
please ring Julie on

01359 221655

or email

juliedyoga@msn.com



NEW DANCE FITSTEPS CLASSES

Every Wednesday (from 23 Sept)

6-7pm at Rickingham Village Hall—£7.00

Please contact Jill Mitev Will on 07800 639141 or 01379 897055 Advance booking and BACS payment essential. No cash payments please.

Due to COVID, you will need to wear a dance protective mask, bringing your own water bottle and minimal personal items only.

Alternatively my class at Garboldisham on Mondays will open shortly—please text me to register your interest.

THE GOOD SAMARITAN. A NEW ORATORIO

In the summer of 2019 I was asked to write music for the story of the Prodigal Son and the Good Samaritan. In December last year the Prodigal Son was performed with narrator, soloists, chorus and small orchestra in Fressingfield church I selected this church because I have been organist and choir master there for 20 years and it seemed likely there would be an audience of at least 70 people. This proved to be the case and the concert went well. I have just finished writing the 'Good Samaritan' and hope to perform this 'opus' in December this year. The venue and date are not yet known.

The Good Samaritan may be found in St Luke Chapter 10 . For about 9 months I have lived with this story and worked out the business of how to adapt just 13 verses in the Bible to make a substantial oratorio. The word oratorio means a piece of choral music which tells a story (usually biblical), but which is not acted, as in opera. Notable examples are 'Elijah' by Mendelssohn, 'Messiah' by Handel, and 'The Creation' by Haydn. I have used the words from the Authorised version of the bible. They are old fashioned and more expressive than modern translations. In fact they are poetic , writing music using these words is altogether more satisfying , there is so much imagery . Here is an example. The traveller on the road to Jericho has been attacked and left on the ground dying.

'But a certain Samaritan as he journeyed came where he was and when he saw him he had compassion on him. And he went to him and bound up his wounds pouring in oil and wine. He set him on his own beast and brought him to an Inn and took care of him. '

In both the 'Good Samaritan' and 'The Prodigal Son' I have introduced a guardian angel. This is because a soprano soloist has to appear in my works. I do not wish to use men sopranos as Handel did. If you attend a performance at Glyndebourne of Handel's oratorios (I went 2 years ago to see SAUL) you will find that the male leads are sung by a male sopranos. Handel had to do this because at the time women were not expected to participate as soloists. on stage . It is strange to see and hear Julius Caesar or David sung in the soprano register. In order to have another aria (also duet and trio) with female sopranos I introduce into the story of the Good Samaritan the Inn Keeper's wife and daughter.

The oratorio commences with Jesus addressing the multitude. A lawyer stands up and enquires 'What shall I do to inherit eternal life?'. Jesus replies by asking him what is written in the law.

The lawyer refers to the famous text which ends 'love thy neighbour as thyself'. Jesus says: 'This do and thou shalt live' The lawyer then asks 'AND WHO IS MY NEIGHBOUR!?' Jesus then tells the parable of The Good Samaritan.

I found composing this particular item (Love They Neighbour) to be thought provoking and disturbing. The Christian message as regards neighbours is clear and the parable Jesus delivers is in its way a masterpiece of teaching. Yet in my heart of hearts I am not sure now in the year 2020 who my neighbour is. In the song and chorus which I have written the lawyer is angry when he sings 'Who is my Neighbour?' . Jesus goes on to tell the story of the man on the road from Jerusalem to Jericho. The traveller 'fell among thieves' . He lies half dead in the road and various people 'pass him by'. The Samaritan stops to help him. In the end the lawyer comes round to agreeing with the teaching of Jesus.

I enjoyed writing 'I am the Landlord the keeper of the Inn'. It is a lively 'Mozartian' song and the Samaritan arrives with the injured traveller being carried on a donkey. Help is sought and is granted wholeheartedly by the Landlord and his wife and daughter. The Samaritan leaves the following day saying (in the words of the authorised version) ' Take care of him and whatsoever more thou spendest, when I come again , I will repay thee'.

The two stories are well known and they have given me wonderful source material for creating many tunes written in different styles to accord with the sentiment which comes from the words.

Peter Creswell

Sep 2020

Hi All

Ten years in the making since "Parklife" by Blur was heard as the very first song on the airwaves across our towns emanating from the basement of Candies shoe shop and now look at what Park Radio has become and what it means to its growing audience. Despite coronavirus striking in March the team at Park Radio continued with its mix of upbeat content bringing an air of local freshness and positivity as a real alternative to the other media outlets. One listener commented "Park Radio has been the tonic we needed to help get us through these uncertain times"

Park Radio has now celebrated yet another milestone, from the start of this month, it's now begun to broadcast 12 hours of "live" radio, 6am - 6pm each weekday, from 4 different locations across Diss, Harleston & Eye - this is until the station can move back to its base, safely at the DYCC in Diss.

"Technology is a wonderful thing", said Chris Moyse, Station Manager, "We have invested an awful lot of time, energy and capital in kitting-out our on-air team so that they can stream live programmes from a home setting, Day 1 was a huge success - you couldn't see the join!"

It's a double celebration in fact - as the team heard back from Ofcom last week following its second attempt to seek some financial support from the regulator - which was approved!

"Everyone at Park is over the moon at the news, it's a huge tangible endorsement of what we do from the regulator and will help with our ongoing running costs" "We would thank all the letters and emails from our listeners which helped with our Ofcom bid" Chris & the team.

MOBILITY SCOOTER FOR SALE

This is a DeVilbiss ST1 mobility scooter brand new for sale.

£480 ono

buyer collect
but available to
try first.

Contact Jean
Wright 01379
898161



What's going on 'Beyond the Wall'?

It has been wonderful to welcome back our members with various disabilities who work in the walled garden here at our charity 'Beyond The Wall, based on the Thornham walks. We kept in touch with everyone during the lockdown with weekly phone calls, activity videos on line and even karaoke and games on Zoom! But nothing is quite the same as being in the beautiful surroundings of the garden, so it has been wonderful to open up from the beginning of July.

Whilst the walled garden and tearoom must be closed to the public at present (a precaution to protect the medically vulnerable members, and fundraising events like our Apple day postponed, our plants and produce are always still available for sale outside the walled garden.

From 10.30 to 3.30pm Monday-Friday you can drive into our car park (just across from the coach house one) to visit the stall. Sales of plants and produce help to fund our services here and this income is even more important in this challenging time. The day placements offer vital respite for parents and carers as well as being highly beneficial for our members, both physically and mentally, making our services more needed than ever.

If you're interested in the work taking place in the garden, please visit our website or Facebook page to find out more.

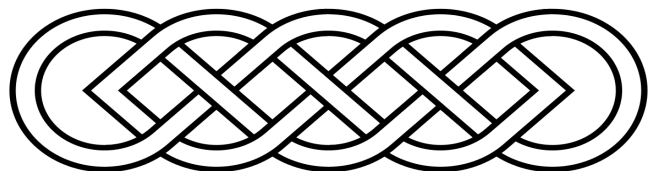
www.beyondthewall.org.uk

Search on Facebook for @Beyondthewall1

Rickinghall Community Bus

We regret that there will be no service until further notice. Passengers and drivers are in the 'at risk' group, and it is not clear, as yet, how the service can be operated safely.

Gordon Lawrence
Co-ordinator



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



FORREST WOODWORKING BESPOKE JOINERY

ALL ASPECTS OF BOTH TRADITIONAL &
MODERN JOINERY/CABINET MAKING

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

UNIT 4 LOWER CHURCH FARM
HINDERCLAY ROAD RICKINGHALL DISS IP22 1HD

Phone: 07835 301863

Email: forrestwoodworking@yahoo.com

KITCHENS BATHROOMS BEDROOMS



Evan Worby

CARPENTRY & FITTING SERVICES

01379 898911 07523 051481
evanworby1@googlemail.com

Also find me on Facebook business page

SEAN ROURKE Carpentry Services

For a free no obligation quote from a friendly
local carpenter call

01379 890463
07773355061

All work considered
No job too small
Fully insured



BAVLOWE CARPENTRY

Oak Frames, Cart Lodges and Barn Conversions

Timber Frame and Period Property Renovation Specialists

General Carpentry, Roof Repairs and Property Maintenance

DESMOND BAVINGTON LOWE

07796 294655 · 01379 897287

bavlowe@hotmail.co.uk

Period Property Building and Restoration

LIME MORTARS

LIME PLASTERS

BRICKWORK

FLINT WORK

DAMP PREVENTION
TREATMENT



OAKDENE
RESTORATION

07786 398096

TIMBER REPAIRS

WINDOW REPAIRS

PAINTING & DECORATING

LISTED BUILDING CONSENT

PLANNING & SURVEYING
CONSULTATION

ALL ASPECTS OF BUILDING & MAINTENANCE WORK CONSIDERED
oakdenerestoration@gmail.com

Oakdene, The Street, Rickingham



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

www.oakdenerestoration.co.uk

20 years experience in the building & construction industry

GEOFF NICHOLLS & CO Complete Building Service

SPECIALISTS IN
PERIOD PROPERTY
RESTORATION

renovation work, all repairs,
alterations, conversions,
roofing, decoration etc.



Barton.
(01449) 781375



ARRDEN VALE KITCHENS

EXCLUSIVE, BESPOKE, HANDMADE TIMBER KITCHENS



- TRULY INSPIRING KITCHENS
- VICTORIAN, EDWARDIAN, CLASSIC & CONTEMPORARY DESIGNS
- 100% INDIVIDUALLY DESIGNED & HANDMADE
- COMPLETE ONE-TO-ONE APPROACH FROM DESIGN THROUGH TO INSTALLATION

T: 01449 782062

E: INFO@ARRDENVALEKITCHENS.CO.UK

WWW.ARRDENVALEKITCHENS.CO.UK

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

If interested, please contact

adverts@rbrparishmag.com



Botesdale Parish Council

Leeann Jackson-Eve



Report of September Botesdale PC Meeting by the Clerk

Four councillors attended this meeting on Zoom, with apologies from Ernie Baxter. We had three members of the public present and our District/County Councillor Jessica Fleming was also in attendance.

Cllr Fleming reported that, to date, schools have had a successful start to the term with very high attendance levels across Suffolk. This is a direct result of the high level of planning and preparation that each school, teachers and support staff have put in over the summer. The Passenger Transport team has put plans in place to ensure that all children eligible for transport can get to school. Guidance on school travel and health can be found at www.suffolkonboard.com/schooltravel and www.suffolkonboard.com/covidguide. Unfortunately, spare seats cannot be committed at this time, but this position will be reviewed in October once numbers are better known. If under exceptional circumstances a parent has no means whatsoever of getting their child to school, please contact transport.review@suffolk.gov.uk to seek immediate assistance.

All Mid Suffolk District Council Covid-19 business grants were closed for new applications on Friday 28th August and payments for the Small Business and Retail, Hospitality and Leisure Grants have been processed. Discretionary Grant applications are still being reviewed. If you have a claim reference but have not yet heard please be patient. If you have any queries, are a qualifying business with financial difficulties or need urgent assistance, please email discretionarygrant@baberghmidsuffolk.gov.uk

Civil Parking Enforcement has been undertaken by West Suffolk Council as of April 2020 when this function was transferred to local councils from the police. Civil Enforcement Officers may issue Penalty Charge Notices (PCNs) for offending vehicles within regulated zones; pavement parking and dangerous parking remain within police jurisdiction. PCNs carry either a £50 or £70 charge depending on severity.

Remembering VJ Day, 75 years ago - Saturday 15 August was the 75th anniversary of VJ Day in the UK, marking Victory in Japan at the end of the Second World War. The team at Suffolk Archives have put together a **special online exhibition marking VJ Day**, exploring the stories of two Suffolk men who were taken prisoner in the Far East, Able Seaman Harold Lock and Private Raymond Suttle, from the 4th Battalion of the Suffolk Regiment, as well as looking at the way our county marked the end of the Second World War. You can find this at <https://www.suffolkarchives.co.uk/displays-online/the-road-to-vj-day/>

Planning: The PC had no objection to applications at 21 Rose Lane for replacement bargeboards, fascias, windows and doors and at Grove Flock Farm, The Common for improvements to chicken sheds and installation of four underground wastewater holding tanks. There was also no objection to the removal of a holly tree at Box Tree Cottage, Cherry Tree Lane.

The PC considered a further application for a new 1-storey dwelling

at a building plot adjacent to Magnolia Fen Lane taking note of representations by a member of the public at the meeting and emails from Fen Lane residents. Councillors noted that there was significant objection to the application referencing inaccuracies and incomplete information in the application documents, concerns about drainage and flooding and access issues. It was noted that a 2005 application on the same site had been refused 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. The PC agreed that these objections were equally applicable to the current application.

Correspondence: The PC noted correspondence consulting on the revised draft statutory Licensing Act 2003: Statement of Licensing Policy document. There was further correspondence about consultation on the new annual five-year housing land supply position statement which demonstrates a 7.67-year supply in Mid Suffolk.

The PC dealt with several administrative decisions, halving its insurance costs with a new company, BHIB, and approving a website accessibility statement confirming that the PC's website is accessible to most users. The exception is with PDF files which can't be read by screen readers for the visually impaired and the PC undertook to send an accessible version of those files on request. Councillors also agreed to apply for a gov.uk domain for PC use.

The PC briefly discussed Christmas events and agreed to delay a decision about holding events until more is known about restrictions on gatherings.

Botesdale Recreation Ground Regeneration Project: Hopefully, you read our special report about plans for the recreation ground in the Aug/Sept parish magazine. The tendering process for the project has almost come to an end and we will report in full in the next magazine!

THE NEXT BOTESDALE PARISH COUNCIL MEETING WILL TAKE PLACE ON

MONDAY 5th OCTOBER

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@btoopenworld.com

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

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



Redgrave Parish Council



Report of August PC Meeting by the Clerk

Four councillors attended the extraordinary Zoom meeting in August with apologies from Angela Bigley, Ann Preston and Jason Walker. There were no members of the public present.

The PC considered a planning application for The Oak Shades, Half Moon Lane for part first floor, part single storey rear extensions and front porch as well as repairs to an outbuilding for use as home office/gym. There was no objection to this.

The meeting had been called specifically to discuss the draft Neighbourhood Plan, but this was deferred to September.

— o —

Report of September PC Meeting by the Clerk

All councillors attended this Zoom meeting. Additionally, there were five members of the Neighbourhood Plan group present.

Public forum: A request was made for purchase of a second Vehicle Activated Sign to have one at each end of the village. The PC was told that research has shown that the result of a VAS sign in most locations is a reduction in speed of 2.6 – 7.1 mph. As speeding was a top priority in the Neighbourhood Plan survey, the PC will investigate the cost of providing another VAS.

Planning: The PC considered two planning applications. The first was Grange House, Hinderclay Road for change of use from a single dwelling to a house in multiple occupation to create eight bedsits. The PC objected to the application due to inaccuracies and insufficient information about parking, sewage and surface drainage and the difficulty of renting the property in its current form. The second application was at the field south of Redgrave Business Centre for change of use of land to create 40 parking spaces, including two disabled spaces. There was no objection to this application. The PC also had a tree application at Stratmore Cottage, The Street to reduce the canopy of a horse chestnut in the rear garden and there was no objection to this.

Neighbourhood Plan: The PC next considered the draft Redgrave Neighbourhood Plan Pre-Submission (Regulation 14) Draft Document prepared by the Redgrave Neighbourhood Plan Group prior to public consultation and subsequent submission to Mid Suffolk District Council. This had been deferred from the August meeting so that a preface could be added summarising the process to date, signposting readers to information about the Llanover housing submission and giving instructions for commenting during the public consultation. The draft Plan is intended to reflect the results of the Neighbourhood Plan questionnaire, the Housing Needs Survey, analysis of sites put forward by landowners, including a review by independent consultants AECOM, and three public exhibitions. The public consultation on the draft will begin on 14th September 2020 and will run for 9 weeks ending at midnight on 8th November 2020. After the consultation is completed and any resulting changes made, the Plan will be submitted to Mid Suffolk District Council who will undertake their own public consultation. It will then go to an independent examiner and subsequently to referendum, where everyone in Redgrave who is on the electoral roll will have the opportunity to vote a simple YES or NO to adopting the Plan. Having noted the above, the PC approved the draft Redgrave

Neighbourhood Plan for public consultation and submission with six voting for and one against.

Speedwatch: The PC received a report on Speedwatch activities over the past months. Speedwatch activity is not about interfering with your neighbour's behaviour, it is a proactive attempt to improve the safety and quality of life for everyone in the village. Vehicles exceeding the speed limit are referred to the Police with the aim of educating drivers to reduce their speeds. Speeding continues to be a concern for Redgrave and Speedwatch in Redgrave is playing an important role in developing a safer community. Volunteers receive appropriate training and are supported by neighbourhood policing team staff. This year has been a challenging one for Redgrave Speedwatch. The group aims to be checking speeds at least once a week, often twice a week, but this was curtailed by lockdown. It has now started back up but is dependent on the weather and the availability of volunteers. The group struggles with only seven volunteers so if you are interested in joining the Speedwatch group, please let us know.

It's official! We hope that we will soon have the Government domain name "redgravepc.gov.uk" for PC use. Watch this space.

Amendments to our risk assessment were drawn up to address Covid-19 issues related to physical meetings at the Activities Centre. Although the risk assessment was approved, the PC will not be meeting in person until it is determined that it can be done with minimum risk to attendees.

Finally, our Asset of Community Value status will soon be expiring for the Community Shop and the Cross Keys Pub and the PC has agreed to apply to have this extended for a further five years.

Trees Please! Once again we are heading towards "Tree Planting" time, and in Redgrave we are going to plant a further section of the Redgrave Wood this Autumn. The trees have been ordered, and are expected to arrive sometime in November. All those who want to help to create our wood, and do their bit to improve our environment, "Watch this Space". Further updates and information to follow, for more information contact - John Preston, Redgrave Tree Warden, 890974.

**THE NEXT REDGRAVE PARISH COUNCIL
MEETING WILL TAKE PLACE ON
WEDNESDAY 7th OCTOBER
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,
Botesdale, Diss, Norfolk, IP22 1DL.**

Tel : 01379 890 141

Email : redgrave_pc@bopenworld.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

will be calling: **Wednesday 14th October, 2020**



Rickinghall Parish Council



Report of September PC Meeting by Cllr Sally Smith

The first 'actual' Parish Council Meeting was held on Thursday 3 September at Rickinghall Village Hall following the lockdown and subsequent reopening of the village hall. Thank you to the village hall committee for making this possible as it felt like a small return back to normal.

Apologies were received from Cllr Brown and County/District Cllr Fleming.

Planning Applications

No objection was made to a planning application at Hunnypot Cottage, The Street, Rickinghall for the installation of new windows and door.

Planning Decisions

Permission had been granted to tree works at both Brenal, Rectory Hill and 3 St Georges Drive.

Chair's Report

Cllr Short had received correspondence from Simon Bobby who initiated the Chalk Bomb Trail, requesting permission to use Rickinghall. The council agreed in principle that it would like to support it but requested further information regarding where, how the fundraising would work and when he would like to use the village.

The new owners of Underwood House had suggested they would like to reinstate the bench that used to sit in front of Maypole Meadow. This was welcomed by the Council and further discussion would be held.

A complaint had been made about excessive vans being parked on Rectory Hill due to the Burgess Homes development. This was raised with the developer and alternative parking has been found.

Correspondence

A consultation regarding the Licensing Act 2003 was noted along with the report regarding Mid Suffolk District Council's "5-year" housing supply which has been calculated at 7.67 years.

It was agreed the Council would transfer their insurance to BHIB for the forthcoming renewal as it was cheaper and provided as good as if not better cover.

It was agreed the Clerk would register a new domain name using .gov.uk to come under the government banner.

Risk Assessment COVID 19 amendments – a number of additions were made to the Parish Council risk assessment as a result of COVID 19 to ensure the Council could continue to act in the event of a further lockdown. These were all agreed by the councillors.

Website Accessibility – amendments to the Council website have been made in order for most users to access the Council information. However, it was noted that in the event of visually impaired users not all screen readers could read a PDF file (which is the format used to attach minutes etc.). It was agreed therefore that if any visually impaired person wanted to read the information, they could request that a Word version of the document be sent directly to them.

Defibrillator Update – the quote for the new defibrillator had been accepted and the redecoration of the phone box is due to happen this autumn. Grant funding of £1,500 had been received from Suffolk County Council and further funding had been applied for from Mid Suffolk Small Grants Fund.

Village Hall – Rickinghall Village Hall has reopened with the Farmers Market due on Saturday 12 September. The last two have been very successful and it is great to see these running again and being supported. There is an enormous amount of red tape to go through at the moment for the Hall to open and we are very grateful to the committee for ensuring all the guidelines are adhered to and still providing a great service. Thank You!

THE NEXT RICKINGHALL PARISH COUNCIL MEETING WILL TAKE PLACE ON THURSDAY 1st OCTOBER

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,
Botesdale, Diss, Norfolk, IP22 1DL.**

Tel : 01379 890 141

Email : rickinghall_pc@btopenworld.com

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

The impressive Community Response to the Lockdown

19 August 2020

Dear Chris

The last few months have been an extraordinary time for us all to have lived through, and this letter is to say a really big thank you for all of the work you've helped with in Botesdale.

We are so appreciative of the incredible work that the volunteers have achieved, and we wish you to convey to them our sincere thanks. As a village you quickly organised yourselves and started to help the vulnerable, and it has been heart-warming to hear of this wonderful work.

Please also thank your friends and family who have helped and supported you, allowing you the time to devote to the care of others, and let the volunteers know that we would like to thank their friends and families too for supporting them through these uncertain times.

What is most impressive is that you have helped the vulnerable with anything they have needed, and have carried this work out with good grace, and with an eye on looking after each other too. You have defined the spirit of community.

We have learnt a lot from the last five months, and wish you to know that we are here to support each and every community to achieve what is right for them – there is no single right answer, there is no magic formula but the Council's Communities Team are here to help, be it with making new contacts, finding new types of activities and training, or sourcing grants for new initiatives, for example.

There are lessons to learn, and we would like to continue to work with you and the volunteer coordinators in each town and village across the two Districts.

Thank you once again for all of your hard work.

Yours sincerely



Councillor Suzie Morley, Leader
Mid Suffolk District Council



Councillor John Ward, Leader
Babergh District Council



UNDER ONE ROOF

Specialist in all types of paving & hard landscaping, driveways, patios, ornamental garden walls, pressure washing, water features, drainage and fencing

A family run business with over 20 years of on the job experience

Fast professional service
Fully insured and all work guaranteed

Call Mark for a friendly visit and a free quotation

01379677027 OR MOBILE 07768636618



Domestic & Commercial

Mark 07703 418120
Redgrave

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

Property Maintenance,
Alterations & Renovations

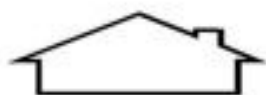
Specialist Carpentry &
Timber Frame

Project Management

Handyman – hourly charge

Patio & Paving Cleaning

Fully insured & DBS checked



D. S. Plastering

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

For a free estimate:- Phone: 01379 741803 Mobile: 07842 780610
Email: dsharmanplastering@gmail.com
Web: www.dsharmanplastering.co.uk



CJ Perkins Renovations

- ♦ Painting and Decorating
- ♦ Interior and Exterior
- ♦ Floor and Wall Tiling
- ♦ Carpentry
- ♦ Kitchen/Bathroom Fitting

Professional and reliable home renovation service based in Hinderclay.

Search for the business page on Facebook for images of previous work and reviews.

Free quotations

Tel: 07842 915 667

Email : carlperkins001@hotmail.com

C J PERKINS
RENOVATIONS



SUFFOLK COUNTY COUNCIL APPROVED CONTRACTOR

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

Walnut Tree Lodge, Garden House Lane, Rickinghall,
Diss, Norfolk, IP22 1EA

Email : Sandra@frankdaveyltd.com

Tel : 01379 898371. Mob : 07940 530955

DAVID PETTITT FENCING

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

Mobile: 07771541990

Email: davidcpettitt@gmail.com

Paul Jenner



All Jobs

☎ 01379 898 536

☎ 07947 405 670

† To help with all building needs

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

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

www.pjalljobs.co.uk



A&L Roofing (suffolk) Ltd

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

Please contact Steven or Jamie
01449 258346
07545 071147

allumloveroofing@hotmail.com

**NEED A
Grand
Design?**

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

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

**CALL US NOW ON
01359 232507**

lewismn521@gmail.com
MEMBER OF THE ASSOCIATION OF ARCHITECTS

Mnl Designs Ltd

Exploring the Past

Jean Sheehan, 01379 890237

Samuel Speare

There has been a great deal of publicity recently regarding 'Black Lives Matter' and the toppling and defacing of monuments of people who profited by the slave trade.

Rickingham Superior Church has a window in memory of a young man, Samuel Speare, who devoted his short life from the age of 15 to helping slave boys in Zanzibar.

Although the slave trade in England had been abolished in 1807 there was still a slave market in Zanzibar which continued to be used by Arabs until 1873. The British Navy could intercept the Dhows transporting the slaves and rescue them at sea, but that was all they could do.

The following is taken from a small book published by SPCK 'A Suffolk Boy in East Africa' written by T.E. Wilkinson who became Bishop of Central African Mission, based on letters written by Samuel and his contemporaries.

Samuel was born in 1853, the second child of a poor family of nine children in Rickingham. He attended Rickingham school where he worked extremely hard and first learnt about missionary work from the curate T.E. Wilkinson. Samuel had to leave school to work in the fields to earn five shillings a week to help support the family when his father was ill. Samuel's father was persuaded to let Samuel return to school, although he continued to work out of school hours to help support the family and give mission 'pence' as he was very interested in missionary work.

The late Sultan of Zanzibar, where there was an active slave market, had given 4 slave boys to Bishop Tozer of The Universities Mission to Central Africa based in Zanzibar who freed them and brought them to England. One of these boys, Francis Mabruki, attended the village school and Samuel became friendly with him and when the Bishop came to Rickingham in 1867 to take Francis back Samuel went with them as he wanted to be a missionary. After a short time in London they sailed to Zanzibar from Hamburg in 1868. The journey took 90 days and whilst on the ship Samuel had lessons and slept in the same quarters as the African boys. The day after his arrival he sent a letter home giving his impressions of Zanzibar which were very favourable, although he had a fever by this time as the climate in Zanzibar was not good for Europeans. In his next letter he wrote about the people living in Zanzibar and said much of the work was carried out by female slaves. They had to carry water to the town as there was only one freshwater river running through the island and it was cheaper to use the slaves than donkeys. Samuel said *"The Arabs who lived on Zanzibar were Mohammedans and they were the slave dealers, and there were Hindoos who were the merchants selling all sorts of small items and they were very kind and honest."* Samuel had strong Christian convictions and spoke in a way unusual for a boy of fifteen. The mission took in another fourteen slave boys of the 300 slaves rescued by the British Navy from seventeen dhows, making a total of forty-one boys in the mission. One man who saw the slaves taken out of the dhows said *"When I saw the fearful condition of the poor creatures as they were taken out and ranged upon the landing place, I sat down and put my head in my hands and sobbed"*.

Francis Mabruki also wrote and mentioned an epidemic of cholera which had struck Zanzibar in 1871. He told of one child who was taken ill at 11 am and died at 8pm. Samuel mentioned many people

who had gone to Africa as missionaries were taken ill with fever and some of them had died. Meanwhile he was busy with building work, growing food, learning Latin, and how to play the harmonium which came from Rickingham. Samuel was pleased when the Suez Canal was opened as a ship only took one month instead of three to come from England, although it was still taking five months to receive a letter. Samuel was made a sub-deacon when he was only nineteen and had his own stone house with about thirty acres of land which the bishop had bought. Many of the boys lived there and Bishop Tozer was very pleased with Samuel.

Dr Stanley came through Zanzibar on his way to the interior to find Dr Livingstone but returned the following year very annoyed as Dr Livingstone wanted to remain in Africa.

Samuel wrote a letter to his parents on Whitsunday 1872 telling them about the terrible hurricane which had hit Zanzibar. The cyclone terrified the four adults and about 50 boys living in the house, and they lost the roof and were standing in six inches of water, but fortunately they were not injured. All the ships in the harbour were lost as were all the native huts and many people died.

Samuel was in Zanzibar for nearly six years without a break and was down with fever for about two days each week. He was spending half a day teaching in the school and half a day learning Greek and Latin and studying for ordination. He desperately wanted to go home to see his family. He wrote *'Alas! Who knows but what they may have to wait till we meet in another world. May God spare me to see them if only for once more.'* He wrote to Wilkinson in July 1873 and said *'The mail steamer came yesterday from Aden, so I am just in time to go home by her.....I should so like to see you in England, but I am afraid we shall not meet. Perhaps we may never meet again in this world but let us look forward to our meeting in heaven'*.

Samuel arrived in London in August and after a couple of days went to Rickingham and in September went to St Paul's College, Burgh le Marsh, Lincolnshire, to assist in parish work and prepare for ordination. In November he died of inflammation of the lungs with his mother beside him. The Slave market in Zanzibar closed in December 1873, one month after Samuel died.

To read Samuel's original letters see Quatrefoil's book 'A Suffolk Boy in East Africa'.



Photo courtesy of Charles Greenhough.

This is part of one of the panels of the window in St Mary's Rickingham and it is possible that the head of Samuel has been reproduced from an actual photograph of Samuel Speare. The tracery of the window also includes four heads of black boys who probably represent the boys who came to England and two Bishops' mitres which may represent the two Bishops in Samuel's life.

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

nexusheat



Nexus Heat offer a complete supply and installation service across a wide selection of traditional and contemporary Woodburners, Multi-fuel, Pellet and Gas stoves. Our beautiful showroom is always filled with a varied display from top manufacturers such as Hefa, Parkray, AGA and Bellfires amongst others.

www.nexusheat.co.uk (01379) 471168 info@nexusheat.co.uk
 Mollings Barn, Hinderclay Rd, Wattisfield, Diss, Suffolk, IP22 1NF

CHIMNEY SWEEP
ECO SWEEP CHIMNEY SERVICES

- New power sweeping method used for a more thorough chimney clean than brushes
- Industrial HEPA filtered vacuum
- Fully insured
- Spotless, reliable & friendly service
- Insurance recognised certificates issued
- All chimneys, Aga, wood burner & boiler flues swept
- Guild of Master Sweepers Certificated Member


01359 232335


Anglia Chimney Sweeps

07711 458575

Power sweeping for a thorough clean
 Smoke draft test with every sweep
 Fully trained and insured
 Insurance-recognised certificates

www.angliachimneysweeps.co.uk



Andy Wishart
Chimney Sweep

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




Diss (01379) 643181

ECC
 Classic Car Restoration

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


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



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

R.W. LISTER & SON

MOTOR ENGINEERS


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

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

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

If interested, please contact adverts@rbrparishmag.com

01359 259 259 www.clarkesofwalsham.co.uk **CLARKES**

Products to the Trade and Retail

BUILDING
CLOTHING
SHOOTING
AGRICULTURAL



Clarkes of Walsham Limited
 The Street • Walsham-le-Willows • Bury St Edmunds • IP21 3BA

Exploring the Past Again

Di Maywhort, 01379 898785

Shepherds Counting System in Suffolk

We have recently been given some old copies of the East Anglian Magazine from the 1960s. Amongst them there were letters from 1962 asking about the old system of counting, usually used when shepherds counted their sheep.

In May 1962 a Miss Randell wrote saying *'It appears that, whenever a sheep drover walked the sheep from Bury St Edmunds to Ixworth and thought he could not reach his destination by nightfall, my grandfather would allow him to drive them through our gate into the orchard. In the morning before the drover brought them down into the street he would count them in this fashion:*

Hant (1)	Hain-Dick (11)
Tant	Tain-Dick
Tuthery	Tuthery-Dick
Futhery	Futhery-Dick
Fant (5)	Jiggen (15)
Sarny	Hain-Jiggen
Darny	Tain-Jiggen
Downy	Tuther-Jiggen
Dominy	Futher-Jiggen
Dick (10)	Full Score

Is it an old way of counting or does it go back to the Anglo-Saxons?

In July there were two replies to her query. A Mrs Jessup said that the numbers they used in the playground in Mildenhall in the early 20th century were slightly different:

Een	Eendiff
Teen	Teendiff
Tethery	Tetherdiff
Feathery	Featherdiff
Fiff (5)	Bunkin (15)
Sacrel	Eenbunkin
Acrel	Teenbunkin
Core	Tetherbunkin
Deffry	Featherbunkin
Diff (10)	Jigger (20)

The other letter, from a Mr Cole, said that he had sent Miss Randell's letter to the British Museum and they had replied saying that numerals for counting sheep *'are usually regarded as being among the very few survivors of the pre-Saxon Celtic speech of Britain, and the nearest parallels are to be found in the Celtic languages of Wales, Cornwall and Cumbria. In the examples quoted the most obvious parallels are for four (futhery = Welsh Pedwar) ten (dick = Welsh deg) and the numbers up to 15. Jiggen is probably related to the Welsh Ugain (20).*

There is more information about this counting system on Wikipedia, where they give examples of the numbers used in such places as the Lake District, the Yorkshire Dales, Wales and Wiltshire. These are all sheep rearing areas, so this old Celtic system of counting does seem to have survived as a system for counting sheep.

They also give examples of numerals in the Brythonic Celtic languages; Welsh, Ancient Welsh, Cornish and Breton. The example of the Ancient British is:

Oinos (m)	Oina (f)	Oinodekan
dwau (m)	dwi (f)	dwaudekan
tris (m)	tisres (f)	tridekan
petwars (m)	petesres (f)	petwardekan
pempe (5)		pempedekan (15)

swexs	swexsdekan
sextan	sextandekan
oxtu	oxtudekan
nawan	nawadekan
dekan (10)	wikanti (20)

These numbers only seem to go up as far as twenty and apparently after each twenty the shepherd would make a score or notch on a tally stick before going on to count the next 20. This is apparently why 20 is still, even today, called a score.

In Redgrave, in the 14th century, several of the senior villeins (peasants) were allowed to have flocks of sheep for which they paid a rent to the lord of the manor, the Abbot of Bury St Edmunds, to have the right to have a fold for them. The sheep appear to have been counted in units of 20. They paid one ewe lamb a year in rent for 60, or 3 score sheep. So a typical entry from 1341 reads:

'Fine of 1 ewe lamb. From John Docke senior the fine for having one fold for the number of 60 sheep.

Fine of 1 ewe lamb. From Adam Cartere the fine for having a fold for the number of 3 score sheep.

Fine of 1 ewe lamb. From Roger le Reve for the same for the number of 60 sheep.' (1)

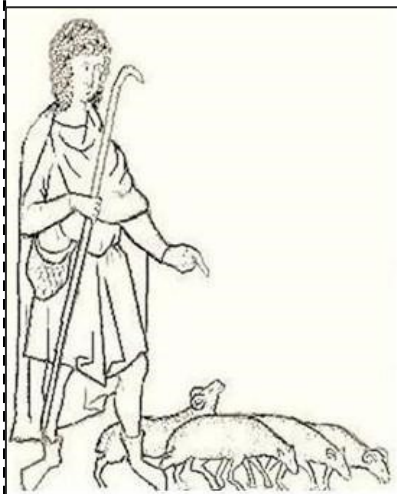
I remember the playground rhyme - Eeny, meeny, miney, mo from the 1950s - is this part of a counting system? I always thought it was just made up words!

I am told that in the late 1950s or early 1960s sheep were still being moved from the Barkers Farm in Wattisfield to Kiln Farm and Facon's Farm in Rickinghall. They would be driven along the main road as far as what is now Rectory Hill then up along the Finningham Road (remember there was no bypass in those days!) The old lady who lived in Hanby Cottage at the bottom of Rectory Hill would rush out with a stick to keep them from going into her garden - shades of David Copperfield! However I am told that by that time the sheep were not counted in the old way. So when did it stop? Was it still being used in the 1920s or did WWI change things? (2)

Does anyone in our villages remember anyone in their family, their fathers or grandfathers, counting in this manner or being told of this way of counting?

(1) From Court Roll Bacon 19 held in Chicago University Library.

(2) With thanks to Monty Cornell for his information about the 1960s.



With many thanks to Margaret Fisher for her drawing of a medieval shepherd counting his sheep 'Hant, Tant, Thuthery, Futhery ...'

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

Painter & Decorator



Internal ~ External
Domestic ~ Commercial

S.C.G. ELECTRICAL

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

01379 741311 or
07792 767869



Paul Parsons Electrical

Rickingham, Diss, Norfolk

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

Tel: 07786 558 510

Part P



Neil Worby OF RICKINGHALL Painter and Decorator

established for over 20 years

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

Tel: 01379 890526 Mobile 07738 156 036

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



Professional and experienced
Painter and decorator
Residential and Commercial
Internal or external

Spraying available for new builds or extensions
10% discount available on any job by quoting Painter5
Call Will for a free quote on
07814 240840

Email:- wjcpainters@outlook.com

Website:- www.wjcpainters.co.uk

Facebook- W.J.C Painters



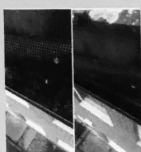
Mob 07983 776627 office 0203 553 1286



Absolutely guttered

Gutter cleaning and repair service

we offer a full gutter cleaning and repair service.
All gutters are cleaned and flushed for leaks.
We also take before and after photos as proof of works carried out.
100% satisfaction guarantee.
Free quotations.
Full public liability insurance.
Professional, safe and low cost.
Fully trained and accredited.



Cheryl Goddard Painting & Decorating

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

Tel: 01379 741311
Mob: 07817 614 883



EYE FLOORING

Making Luxury Affordable -
www.eyeflooring.co.uk

Domestic & Contract Flooring Specialists
*Carpets *Vinyls *Safety Flooring
*Carpet Cleaning

The Old Theatre, Broad Street, Eye, Suffolk, IP23 7AF
01379 870190 / 07850 573366

Nyall's Notes

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

Covid 19 is the ultimate example of a tool for evolution. It hits hardest at the most vulnerable: those who are old, have underlying health problems, the obese and weak. Get rid of those and the herd is strengthened. The fittest survive. Logically we should let it run for the sake of the human race.

So why is it that governments all over the world are spending huge sums on protecting the weak and the vulnerable? The sceptic will give the answer that it will win votes in the next election.

Unfortunately, while that may be true it only pushes the question further back and makes it even bigger. Why does it win votes? Why is the idea that we should protect the weak and the vulnerable embedded into the public psyche?

Western democracy believes that its standards are both logical and universal. A look at the rest of the world and history does not support that viewpoint. We see governments that have little compunction about suppressing and even imprisoning minorities, we have seen examples of ethnic cleansing and we see caste systems that are designed to keep the poor and needy just that, poor and needy. The western idea of freedom and equality for all is hardly universal and hasn't been throughout history.

So why are these values embedded in the western psyche?

They may not have been perfectly or universally applied but I believe that it is because we have experienced centuries of the teachings of the Bible. Even well before Jesus came onto this earth God was the God of the poor and needy. God embedded into his law the words: "You shall not oppress a hired servant who is poor and needy, whether he is one of your brothers or one of the sojourners who are in your land within your towns. I have just attempted to count the number of times that God takes the side of the poor and needy but gave up because there were too many.

Jesus takes this concept much further, he told us to love our enemies and demonstrated it. He lived in a land occupied by the Romans. They were the enemy. The Jews hated them but when a Roman centurion came to him and asked that his servant might be healed he healed him. He was known as a friend of sinners. Amongst his disciples were fishermen, a tax collector (also hated by the Jews) and a Zealot. The Zealots were a terrorist bunch, dedicated to fighting against the Roman occupation. He brought forgiveness to just such people and brought them to God. As the Roman soldiers drove nails through his hands he prayed, "Father forgive them ..."

In the Covid 19 epidemic we all have had to forgo many of our beloved freedoms. We may have done so gladly on behalf of the weak and vulnerable. However with the demise of Christianity we are rapidly losing that Christian heritage and are creating a "me first, I am the only one that matters" society that only grudgingly has accepted the restrictions placed upon us. If so, we need the Christian message of appropriating the forgiveness that comes from Jesus through personal repentance.

The words of Jesus:

*"The Spirit of the Lord is upon me,
because he has anointed me
to proclaim good news to the poor."*

St Luke Ch 4 v 18

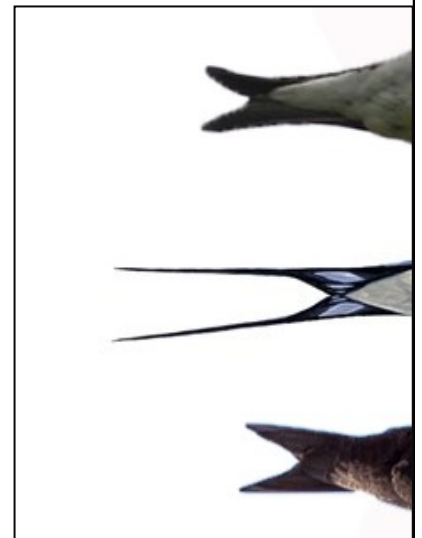
Bill's Birds

Bill Cordeaux Tel: 898286

One gets used to sitting outside in the evening with a cloudless blue sky as the sun sets—then, something odd happens, there is no sound of the Swift screaming and very few to see. I realised this on 7 August, I only see two then one Swift, they had gone without warning. One evening they were there and had been ever since early May when a friend from Botesdale Market Place phoned and said 'Bill, the Swifts are back!' No-one rang me this time and said 'Bill, the Swifts have gone'. It was a quiet departure. Adults first, apparently, and then the young. How incredible, we still don't really know how the young manage it. Signposts, church spires, rivers, the tell-tale line of the coast, the angle of the sun? Perhaps a magnetic receptor in the Swift's bill. We are still not really sure.

And then the sky is not full of Swifts but the House Martins have happily replaced them - untroubled feeding.

There were twelve House Martins instead of one lonely Swift, and, oh, what joyful twittering on a different note. No more Swifts barging their way in and pinching all the best bits! Perhaps after three months we took Swifts for granted and now they are replaced by House Martins.



***Three Hirondine Tails/Tales
Can you guess which is which?***

Other birds have gone quiet, the previous ever-present Blackbird, the

Doves, Wood Pigeon and Collar Dove, but quieter. Not even the Stock Dove from the far away willow trees. House Sparrows intermittent in bursts, the young still asking greedily for their food from their parents. The Starlings, together in occasional clumps, though our feeders are not emptying so quickly, but there is much more grain to be had in the fields.

Redgrave Fen. I always go for the notice board, cheat! I cannot walk so far. I note the Marsh Harriers, two adults and one junior. I was so glad they find the Fen so attractive. Likewise the Buzzards—they are definitely spreading in the area, I often hear them before seeing them and I can pick them out as they soar high in the sky amongst the clouds.

I check Redgrave Lake. The Mute Swans are back to their usual haunts, proudly bringing their row of grey youngsters behind them, as do many duck families. Canada Geese are in their usual gathering, so are the Greylag Geese and the single pair of Egyptian Geese with one young. The Coot mostly remain on the Lake during the summer, but only a few Tufted Duck. The majority of the Tufted Duck go north in the summer to breed and then return to Redgrave Lake for the winter.

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



DESIGN – CONSTRUCT – MAINTAIN
We cover all your Landscaping
& Building needs

JWS Landscaping & Brickwork are a qualified and professional team, working with in Landscaping, brickwork and driveways, in your local area. The team have a drive for customer satisfaction and perfection from the initial idea through to the final design of your new garden or driveway.

- ◆ Garden Design
- ◆ Patios & Paths
- ◆ Turf, Artificial grass & Lawn Care
- ◆ All Aspects of Landscaping
- ◆ Brickwork – block and brick walls, concrete pads and restoration projects plus much more
- ◆ Driveways – Block paving, tarmac, shingle

Contact us today for a no obligation free quote
07948151235

Info@jwslandscaping.co.uk

Please view our online gallery at www.jwslandscaping.co.uk

KEVIN EMANS GARDEN MAINTENANCE

Grass Cutting
Hedge Trimming
Weeding
Lawn Edging
Pruning
Strimming
Mulching
Jet Washing

For more information please
ring or email Kevin on
Mobile: 07801 540045
Home: 01953 681198
Email: kevinemansgardenmaintenance@gmail.com

Local Sand & Gravel

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

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



Essential Ponds & Landscapes (Rickingham)

- Pond Design & Construction • Pond Cleaning
- Organic & Mechanical Silt Control • Plant Control & Removal
- Fish & Pond Health Surveys • Full Maintenance Contracts
- Natural Pond Specialists
- Turf Supply & Laying • Decking • Fencing • Patios
- Free Advice • No Obligation Quotations • Fully Insured

Contact Chris

01379 777365 or 07901 710107

Garden Machinery Service And Repairs

Over 30 years experience
Friendly and reliable

Tel: Nick 07946 183840



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

If interested, please contact
adverts@rbrparishmag.com



J W AMPS LTD



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

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

Collection and delivery service available.

Contact Simon on 07974 430366
E-mail: simonamps@btinternet.com



Garwood's OF SUFFOLK TREE SURGERY AND FIREWOOD DELIVERY



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

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

FOR A FREE ESTIMATE PLEASE CALL LEE GARWOOD

TEL: 01379 890617 / 07880528142
GARWOODSOFSUFFOLK@YAHOO.COM



FENCING TURFING SHEDS GARDEN CLEARANCE DRIVEWAYS BLOCK PAVING

For a free no obligation quote
please contact Stephen on:
07976 485723
Or Email:
sjmills46@yahoo.co.uk



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

Seasoned Firewood by the full
or half load

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

AUTUMN ACTIVITIES

We are now in that lovely mellow time of the year with the trees showing those glorious red and yellow hues but the daylight hours are starting to diminish and winter is now just around the corner. So let's enjoy while we can the visual delights our gardens continue to offer. The flower beds are still full of plants offering a kaleidoscope of hues and shades that attract the bees as they make their last forage for the rich nectar.

However there is much much work to be done clearing and sorting out all the growth that has burgeoned everywhere. But getting down to sort everything out is I find extremely satisfying and welcome exercise.

Most of the fruit trees have now been well and truly picked with hopefully a good crop despite the depredation caused by wasps and greedy feathered friends. The raspberries, pears and apples I am told have been good too although pests particularly pigeons, have been a constant nuisance!

You'll probably find many of your shrubs are in need of a good prune to reshape them and get them under control especially where they have merged into one another. Whilst it is certainly not the best time to start pruning you should at least cut out any dead or diseased growth but try not to be too ruthless now with the foliage but plan to prune the deciduous ones in the winter but leave the evergreens to the spring next year.

Whilst the very strange weather this year has caused many growing problems, my vegetable plot has been very productive but with some failures. Surprisingly, my runner beans have been less than successful due I am sure to the lack of rain despite my daily watering routine. I have already started to clear the vegetable plot and will be adding plenty of compost along with sowing green manure on the bare ground as this will boost soil structure and fertility when it is dug in before the spring planting.

Lawns have suffered from the weather especially from the long dry spell earlier in the summer but have perked up somewhat with all the rain we had at the back end of August. A 'weed and feed mix' applied now will target the weeds whilst giving a boost to the grass. The lawn has probably become compacted over the summer so it would benefit from both a scarify and aerate to remove all the dead grass that has formed a thatch. An aerate using a garden fork to prick and open up the ground will help let the grass breathe.

Depending on the weather, your grass will benefit from a mow. If we have a warm autumn you can continue to mow right up to the first frosts.

To keep the lawn looking neat you'll need to redefine the edges using a half moon cutter for the best effect rather than a spade. Use a board to cut along to get a sharp edge and if your lawn has curves, use a hosepipe laid on the ground.

Clearing up the garden of course generates a mass a green waste. Rather than put it in a brown bin,

Add it to your compost heap if you have one. Some of the more woody items I prefer to burn as I love a good bonfire and contrary to popular belief, there isn't a law on domestic bonfires except having them at night. Just be considerate and ensure having one does not cause a nuisance to your neighbours and keep it safe to avoid a visit from the Fire Service!

Enjoy your garden

IN THE KITCHEN 1

Roast grouse

I was lucky enough to get hold of a grouse recently and, never having cooked one before, read several recipes and amalgamated parts of each.

Melt a knob of butter with a small amount of honey, lemon juice, salt, pepper and a pinch of paprika.

Put the grouse in a roasting tin and baste with the mixture

Put into a hot oven (190-200) for 15 minutes, basting several times

Turn the oven down to about 150 and cook, basting, for a further 15 minutes.

If the basting liquid is drying out too much and caramelising on the bottom of the tin then stir in a little water as you go along.

Delicious!

IN THE KITCHEN 2

Beef and stout stew with carrots

Ingredients

2 tbsp vegetable oil

1kg braising steak cut into large chunks

1 onion, roughly chopped

10 carrots, cut into large chunks

2 tbsp plain flour, 500ml Guinness

1 beef stock cube, pinch of sugar

3 bay leaves, sprig of thyme

Method

• STEP 1

• Heat oven to 160C/140C fan/gas 3. Heat the oil in large lidded casserole dish, brown the meat really well in batches, then set aside. Add the onion and carrots to the dish, give them a good browning, then scatter over the flour and stir. Tip the meat and any juices back into the dish and give it all a good stir. Pour over the Guinness and crumble in the stock cube. Season the stew with salt, pepper and a pinch of sugar. Tuck in the herbs and bring everything to a simmer.

• STEP 2

• Cover with a lid and place in the oven for about 2½ hrs until the meat is really tender. The stew can now be chilled and frozen for up to 3 months – defrost completely before reheating until piping hot. Leave the stew to settle a little, then serve with Creamy parsnip mash for a true celebration of winter vegetables.



**Ed Batram
GARDEN**

SERVICES
Lawns - Paths - Patios
Borders - Fruit - Vegetables
Pruning - Tree Work -
Hedging Log Splitting -
Fencing Brickwork - Paving
Clearance - Design - Planting
Aftercare
Certificated/Insured
FREE ESTIMATES
Tel : 01379 898203 (home)
07950923696 (mobile)

**C W SERVICES
RICKINGHALL**



GRASS CUTTING
(SMALL/LARGE LAWNS)
HEDGE TRIMMING
GARDEN MAINTENANCE
FENCING
PRESSURE WASHING
ALL GARDEN RUBBISH REMOVED
TEL. 01379 890506
0754 8975 350



THE GARDEN ROOM
Lady on your own?
Would you prefer an experienced Lady
Gardener?

- Border Specialist • Garden Maintenance
- No job too small • Planting Plans
- R.H.S. trained Garden Designer
and Horticulturist

Please ring Marian on
01379 898646 or 01449 723412
www.the-ladygardener.co.uk



**ACORN
TREES**

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

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

**Countryside, Conservation &
Tree Services**



Specialists in: Tree Surgery, Tree Planting
Hedge Laying and Hedge Management
Woodland & Fruit Tree Management
Conservation & Landscape projects
Stump Grinding
Wood Chip Mulch

Peter Kerry
Telephone : 01359 242436 Mobile : 07792 995483
peterkerry2018@gmail.com www.cctrees.co.uk
£5,000,000 public liability insurance

*Peter
Goddard
Firewood*

**HARDWOOD
FIREWOOD**

**available all year round, cut
& split to your requirements**

**01359 221287 daytime
or 07946 595126 mob**

ELITE FENCING & LANDSCAPING

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

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

**NICK BOBBY
TREE SERVICES**



NPTC and
LANTRA
Qualified

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

www.nickbobbbytreeservices.co.uk

Free Quotations call 01379 871 459 or 07545 989 081

**MAGPIE
TREE & FENCING
SPECIALISTS**



Fully Insured N.P.T.C
Qualified

All Aspects Of
Tree Surgery & Fencing
At Affordable Prices
Call For A Free Quotation & Advice
Carl J Baker 01379 897 143
07717101660

Treecraft

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

Reduction, dismantling, felling, crown lifting,
pruning, thinning, stump grinding, hedge trimming,
pleaching, topiary, pest and disease management,
root barriers, core samples and site surveys
£5m Public Liability

01379 309589 - 01728 564234 - 07769 658183
treecraftmail@gmail.com



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

Legal services at a competitive price for individuals and businesses

www.jackamans.co.uk

Diss 01379 643555

Harleston 01379 854455

G & S Property Services

For all the maintenance work you hate

We can now service, repair or replace your oil boiler

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

All work considered - No job too small

Tel: 01359 251 287 or 07931 527 247

for a free estimate



CHRIS HOWARD
PLUMBING AND HEATING

Local, professional and reliable service

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

07749315908

chrisjhoward5@googlemail.com

www.chrisjhowardplumbingandheating.co.uk

QUATREFOIL

local history books on
Botesdale, Redgrave & Rickinghall

books are available from:

Redgrave Shop

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

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

www.quatrefoil.org.uk



**Carberry
Plumbing &
Heating Ltd**

Call Jonny 07506 706121

carberryplumbing@gmail.com

- Free quotations
- Oil boiler servicing
- Boiler replacements
- Underfloor Heating
- All aspects of domestic plumbing & heating
- Complete bathroom installations
- Professional and friendly service

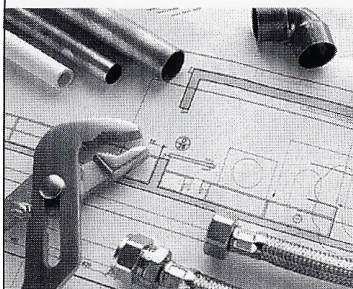


www.gasengineersburystedmunds.co.uk

WILLOWSERVE LTD

Plumbing & Heating Services

We provide Plumbing and Heating services in Bury St Edmunds, Stowmarket, Thetford, Diss, Sudbury and surrounding areas and cater to the general public and small, commercial companies. We are Worcester Bosch approved boiler installation, boiler servicing and we are also Gas Safe, OFTEC and CIPHE registered. We are City and Guilds qualified in energy efficiency, covering all aspects of Plumbing and Heating.



- Plumbing and Heating
- Central Heating
- Underfloor Heating
- Replacement Boilers
- Boiler Servicing
- Boiler Installation
- Hot Water Cylinders
- Oil, LPG and Gas
- Landlord gas certificates
- Bathrooms, including tiling
- Gas appliances
- Water Softeners

Checkatrade
Where reputation matters

CALOR



WORCESTER
Bosch Group
Accredited Installer

Tel: 01359 259886 • 07771 557937

Email: willowserveltd@hotmail.com

www.willowserveltd.com

Else Heating & Plumbing

Oil and Gas Installation

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

Bathroom & Kitchen Fitting

Fully Insured

Contact Eugene Else

01379 688183

07787 854923


elseheatingandplumbing@gmail.com



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

Telephone: 01379 783427

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

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

BE SCAM SMART

This month we highlight two current scams which Trading Standards are warning about.

Fake listings for holiday cottage accommodation

Due to the loss of overseas holidays during the current pandemic, there has been an immense shift in people booking for a 'staycation' in the UK and especially in Suffolk and Norfolk. This has led to a flurry of bookings for places to stay via Facebook which has been exploited by criminals who have posted fake listings for accommodation.

The usual scenario is for people to book a holiday cottage via the fake advertisement with full payment demanded via bank transfer rather than through a booking site or other secure method. The hopeful holidaymaker is then told the previous occupants of the accommodation has tested positive for Covid-19 and therefore their booking cannot go ahead. The Facebook advert is immediately removed so it then proves impossible to make further contact and to request a refund.

Tax evasion arrest threats from HMRC

A number of reports have been received about telephone calls claiming to be from HM Revenue & Customs informing the recipient via an automated message 'HMRC have issued a warrant for your arrest due to tax evasion'

The calls are from scammers. **Do not interact with the call and hang up immediately.**

Remember. You can report suspected scam telephone calls to the Citizens Advice Consumer Helpline on 0808 223 1133



We had the first 'tea and chat' since March with some members on a lovely August afternoon in Jenny, our President's garden, and it was good to see so many happy smiling faces. We were all socially distanced of course and the numbers were limited to 12.

There was a lot of catching up over tea, coffee and cakes, donated by some of the committee and donations from the guests raised £46 for EACH. Many thanks to Jenny for her hard work ensuring a lovely setting.

Sadly we lost one of our long standing members, Mary Baxter, at the beginning of the year, but her family has kindly passed on her large collection of WI photo albums to us and these were shown around. Much reminiscing, laughter and comments on the changes in fashion ensured the afternoon was a great success with fond memories of Mary's involvement in many activities. As the magazine goes to press, we are planning to hold a further 'tea and chat' in September to enable some other members to catch up and planning to have a full members' meeting in October – let's hope we can all be meeting again soon.

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

YOUR RELIABLE LOCAL PLUMBER



Mark Jardine
Plumbing & Heating



- All Household Plumbing, Large or Small
- Full Bathroom Installation
- Domestic Heating, Radiators, Pumps etc.
- Water Softeners
- All Work Anglian Water Certified
- Free Estimates & Fully Insured
- 24 Hour Emergency Call Out

Tel : 01728 628291 Mob : 07854 924 801
email : mgjardine@btinternet.com



TAYLORMADE BATHROOMS

Bathroom design and installation specialist.

Kitchen fitting

All aspects taken care of including tiling, flooring & plastering

All plumbing enquires welcomed

Qualified Plumber

Free estimates

Call Robert Taylor

Mobile: 07979 590528

Business: 01359 221 015

www.taylormadebathrooms.co.uk



07534 525 263

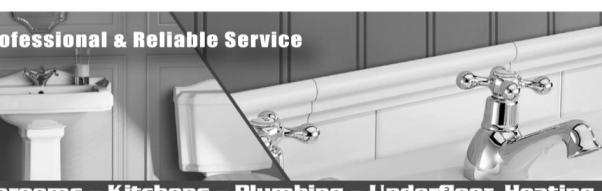
01449 258 254

24 Hour Emergency Cover



**Gidney
Plumbing &
Heating**

Professional & Reliable Service



Bathrooms - Kitchens - Plumbing - Underfloor Heating

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

gidneyph@outlook.com www.plumbinginsuffolk.com

**E&D Boiler
Maintenance Ltd**



LOCAL, PROFESSIONAL, ESTABLISHED SPECIALISTS IN

Oil, Gas & LPG

Servicing, Breakdowns, Repairs and Installations

All makes covered including:

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



**Telephone
01379 898574**

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

*Oil Fired Pressure Jet Boiler
Servicing & Plumbing*



**ANDY'S
OIL BOILER
SERVICES**

ANDY BACOS

07775 751303

andy.bacos@ntlworld.com

Andy's Oil Boiler Services



WATER SOFTENERS

New Installations ~ Repairs & Service to all Brands

Drinking Water Filters ~ Taps ~ Salt Deliveries

A D Veale Water Treatment Ltd (est. 1981)

01379 871020

www.adveale.com

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

IS YOUR COMPUTER GIVING YOU HEADACHES?

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

Honest - Reliable - Affordable

Contact Jim - 01359 251946 / 07729 868669

Email: info@completesolutions-it.co.uk

www.completesolutions-it.co.uk



**Microsoft
CERTIFIED
Professional**



COMPUTER PROBLEMS ??

Call Joe Richards for Windows and Apple Mac at

BAILIWICK IT SERVICES.

Repairs, Upgrades, Networking, Virus & Malware removal,
Data Retrieval, Printers, new & factory refurbished machines
IT tuition and admin support for home & Business users.

Tel: 01953 718421

Mob: 07928 326008

Email: help@bailiwickit.com Web: www.bailiwickit.com

Church Notices



A note from Revd Chris Norburn

We have started a **weekly** Sunday Holy Communion service in **All Saints, Redgrave at 10.30am**

These services are also being streamed live on our YouTube channel (RBR Church) so those who are unable to attend can watch live or at a later time as the stream is uploaded to our channel. The stream has replaced the recorded services I was doing.

To keep within guidelines for social distancing etc. the building has a maximum capacity of 20 people, so we are asking people to book a place. Bookings are taken on a first come first served basis, and in response to an email that goes out towards the end of the week. This email also has the YouTube link for the live stream.

If people who are not on the church's email list wish to join us on a Sunday morning they would be most welcome, but they will need reserve a place by emailing me on revchris@rbrchurch.org.uk.

Thanking you in advance for your continued support at this difficult time.

Parkview Chapel Sunday Services and Events in October

Doors open for services from 10:30am for refreshments

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

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

Sunday 4 th	One service at 11.00am (including Communion)
Sunday 11 th	One service at 11.00am (including Communion)
Tuesday 13 th	"Coffee on the Corner" at 9:00am
Sunday 18 th	"Coffee on a Sunday" at 11:00am
Sunday 25 th	One service at 11.00am (including Communion)

At this stage there will be no other groups or meetings

All through our reopening process we are continuing to pay full attention 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 and details below may be subject to change. Please call 01379 890898 if you wish to attend a service to check the current situation

October Services (every Sunday at 10.30 am unless otherwise indicated)

Sunday 4 th	Rev David Kemble
Sunday 11 th	Mr Neville Hodson
Sunday 18 th	Local Arrangement
Sunday 25 th	Holy Communion led by Rev David Ely

From the Registers

4.7.20	Anna Norburn and Cameron Witheridge Pierce married at Rickinghall St Mary's Inferior
21.8.20	Simon Kenworthy and Phoebe Roberts married at Rickinghall St Mary's Inferior
29.8.20	Philip Rooke and Olivia Boom married at Rickinghall St Mary's Inferior
31.7.20	Funeral of Jane (June) Curr at Rickinghall St Mary's Inferior. Died 12.7.20 Age 104
20.8.20	Funeral of Eileen Hill at Rickinghall St Mary's Inferior. Died 4.8.20 Age 102
9.9.20	Cremation of Joan Rumsey at West Suffolk Crematorium, Risby. Died 19.8.20 Age 87
15.9.20	Internment of Ashes of Mary Hammond at St Mary's Rickinghall Inferior. Died 17.7.20 Age 88

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

Andrew Dickson limited

chartered financial planners

Your partner for a brighter
financial future

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

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

T: 01379 890401

F: 01379 898755

E: enquiries@andrewdickson.co.uk

W: www.andrewdickson.co.uk



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

Susan Whymark Funeral Service Ltd



Independent and Family Run

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

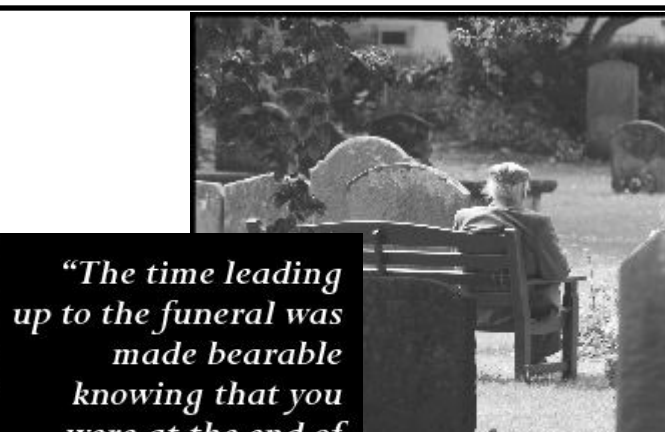
Office & Chapel of Rest located at
Chestnut House, 12 Progress Way
Langton Green, Eye
Suffolk, IP23 7HU

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

24 Hour Telephone Number **01379 871168**

www.susanwhymark.co.uk

email: susan@susanwhymark.co.uk



*"The time leading
up to the funeral was
made bearable
knowing that you
were at the end of
the telephone."*

— from a family we have cared for at Rosedale

We are a family business and promise
to provide exceptional care and a truly
personal 24 hour service, when you
need it most.

Victoria Road, Diss **01379 640810**



Rosedale
FUNERAL HOME

www.rosedalefuneralhome.co.uk

THE WINDOW COMPANY WITH A DIFFERENCE!!



We offer good service by skilled workmen
with the very latest product technology, but
without the high pressure selling.



As well as uPVC windows,
doors and conservatories, we
also install uPVC fascias, barge
boards, guttering and cladding.



A B S
Home Improvements

For Advice and Quotations
Phone: **Diss 01379 890626**

Unit 2 D & E, Redgrave Business Centre, Gallows Hill, Redgrave, Diss, Norfolk IP22 1RZ
Email: info@abshomeimprovements.co.uk Web Site: www.abshomeimprovements.co.uk

WAVENEY
WINDOWS LTD

EST. 1977



CONSERVATORIES ♦ WINDOWS & DOORS ♦ FACIAS

NIGEL SAYWOOD
Design Consultant

Mob: 07909543905

Show Site: 01379 688488

Home: 01379 640313

SHOWSITE

Blooms of Bressingham
Garden Centre
Diss
Norfolk IP22 2AB

HARDWOOD & COLOURED UPVC AVAILABLE

SEE OUR NEW TIMBER ALTERNATIVE "EVOLUTION" WINDOW

D.A.R SERVICES LTD

DOMESTIC APPLIANCE REPAIRS

01379 898062

RICKINGHALL

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



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

**Huckle
Ecology**



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



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



**Safe & Sound
Hygiene and Pest Control**

Is your garden over run with Moles ?

Do you have a wasp nest ?

Are your paddocks over-run with rabbits ?

For ALL your Domestic / Commercial Pest Control.

Woodworm treatment available.

No obligation – free survey/quotes.



Pest infestation can damage your health and your home. Recent surveys show that numbers of mice/rats and bed bugs found in UK homes are on the rise. As Local Authorities are cutting back on free pest control services. We are here to offer you a service at the right price.

Please call for a chat on 01379788865 • 07809226109 • 07518731106

www.safeandsoundhygieneandpestcontrol.co.uk

Doug Aiken part of



Appliances Ltd

Telephone:

01449 780398

**Domestic Appliance Repairs, Sales
of New and Reconditioned Machines**

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

Bury & District Pest Control

PEST CONTROL SPECIALISTS



Domestic, Farm and Commercial premises

No job too small - Contracts welcome

Effective control solutions for:

- Insects
- Wasps
- Ants
- Rodents
- Moles
- Hornets
- Rabbits
- Squirrels
- Flies
- Birds etc...

**25yrs Experience of
infestation control**



For a total Professional friendly local service

Call: 01284 220096 or 01359 232745

info@burystedmundspestcontrol.co.uk www.burystedmundspestcontrol.co.uk

KJ ACCOUNTANCY

A friendly and efficient service for the
self-employed & small to medium business

Bookkeeping - Accounts - VAT
Payroll - CIS - Tax Returns - Corporation Tax



Tel: 01379 890502 / 01284 763687



Mob 07788 408916 / 07808 217355

Rickingham Business Centre

**Industrial Units, Offices & Storage
available to let**

Tel: 01379 898 671

Mob: 07798 501 108

Email: last@rickinghallbc.co.uk

Web: www.rickinghallbc.co.uk

Allwood Green, Rickingham, Diss. IP22 1LQ

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."

