

PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

April 2021



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

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

Parish Website:
rbrchurch.org.uk

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

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



For a second time Easter comes quietly to a world altered by extraordinary circumstances. COVID-19 has spread around the globe. In early March as I write this there have been something like 116million cases and 2.58million deaths worldwide. We have lived with severe restrictions to our movements. The economic system, which we have put too much faith in, has been dealt a ruthless blow. Financially we'll be paying for this last year for years to come. Not only have millions died but also more millions are out of work with many living in dire circumstances. It is thought that global unemployment increased by 33 million in 2020, and that the loss of Gross Domestic Product worldwide is anything in the range of 77 to 346 billion US Dollars! The economic loss causes anxiety, but the loss of life just ramps that anxiety up. Many health care professionals have shared their experiences with tears running down their faces.

We're living in dark days, and living in such times challenges people's faith in God. Many have asked, "Where is God?" "Why is God watching us suffer without lending us a helping hand?", and "When will the pandemic end so that people can return to their normal lives?" Such questions are difficult to answer, but maybe Easter can help us here. Despite Jesus, and His Father, God, facing unprecedented challenges in the run up to Jesus' death the answer to these questions is Jesus!

But problems arise if we haven't wholly accepted the death of Jesus Christ. Without this acceptance we cannot celebrate the mystery of His Resurrection on what Christians call Easter Day. When Jesus died He faced the darkness of death and waited for His Resurrection with obedience, and God raised Him from the dead. The Bible and the early church did not say "Jesus rises from the dead", but "God raised Him from the dead." Jesus rose from the dead because He was obedient to God and could therefore experience this leap in faith. Through Easter God is inviting humanity to experience this lesson in obedience.

Today we are in the middle of darkness. It is like experiencing Good Friday, the day Jesus was nailed to a cross by the Romans. So it is a day for pain, sadness, fear and death. However, Easter gives us the strength and faith to face all difficulties and the hope to triumph over all. We remember Good Friday because we know that it is followed by an Easter Sunday, just as the dawn arrives after the darkness of the night! The good news this brings is that we don't have to wait until death to experience resurrection but can experience the resurrected life during these difficult times. Moreover, we can share our resurrected life with others. In the middle of this darkness God is calling us to open our hearts to Him and place our trust in Him with humility.

As we face these challenging times, there are some things we can reflect upon:

- We can be convinced that God, who resurrected Jesus Christ, is with us and is guiding us during times of suffering. God did not abandon Jesus Christ at His death. The Bible clearly states that God is watching over us throughout the good times and the bad; God promises to never abandon us.
- How grateful are you? The pandemic reminds us that we often forget to give thanks to God and to others for the many kindnesses they have shown us; instead we have taken them for granted. We have to learn to be grateful to God for all we are given.
- What matters most to us as we live through this pandemic? The pandemic has struck everyone equally, irrespective of national boundaries and social groups. It affects people of all races, skin colours, religions, positions in society, genders, age, and political views. But it has struck harder the deprived who live among us. Have we taken too much pride in security, achievements, systems, and products? Have we spent our lives pursuing material gains, wealth, and honour? All of these have proved ineffective in protecting us against the virus.
- One thing the pandemic has reminded us of is how we can and do love others. A BBC Radio host said that the pandemic forces people all over the world to slow down and reflect upon how big we really are, and how little control we really have. So what really matters? Love. Loving one another is an expression of the resurrected life, *"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him."* (John 3:16-17). A life lived for others is a life resurrected. It has been said that *"Life is good when you're happy; but it is much better when others are happy because of you!"*

We have to care for and thank the people around us during this time, and support the medical professionals who have toiled for us, as well as the people in government, all who have worked in our schools, and shops, and provided services we take for granted. We must also care too for the vulnerable communities, those who are helpless, unemployed and furloughed, and so have desperate needs.

Our response is to pray to God for His grace during this time and beyond, and open our hearts to firmly believe that Jesus Christ has triumphed over death. As we do this we will be given what is needed to live courageously and so be able to stride into the future with faith and hope, because Jesus Christ, who loves us, has already walked this path before. Because He has walked this before He comforts and encourages us by saying *"I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!"* (John 16:33)

This is why we can believe that better days are going to return, that we will be free to meet family and friends without restrictions. Jesus helps all who call on His name in faith to be filled with joy and hope, despite all that COVID-19 has thrown at us.

Chris Norburn.



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

The latest version of the directory is available online at

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



New	Entry	Notes
Cross Keys Community Pub, Redgrave	Community Assets & Projects	Manager : Heidi Woodrow : 01379 779822 / gm@redgravecommunitysociety.com Chair : Stephen Eason : 01379 898173 / chair@redgravecommunitysociety.com Secretary : Julie Moore : 01379 897322 / secretary@redgravecommunitysociety.com Web site : www.crosskeysredgrave.co.uk
Jack Stracey	Botesdale Parish Council	New member of the Parish Council; phone 07564 955369
Netty Verkroost	Redgrave Parish Council	New member of the Parish Council
Changed	Entry	Notes
Robin Brown	Rickinghall Parish Council	Resigned from the Parish Council
Liz Collins	Redgrave & District Theatre Club	Corrected phone number to 01379 898840
Ms Julie Moore	Redgrave Community Shop - Chair	Replaced with Jenny Eason, 01379 898173

Message from the Team

The spring flowers are out and it won't be too long to summer. There are hopeful signs that we could be heading back to some normality, albeit slowly. People can now start to think about getting going again with some of our village activities and hopefully we will start to see a few entries on our events pages. Thanks to John McCormack, a new regular contributor from LOHP.

Most of our advertisers have managed to keep their businesses running during this difficult time and we thank them for their continued support for the magazine. Thanks also to a Rickinghall resident who made a donation to the magazine. Thank as always to our delivery team—we couldn't do it without you!

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:**

NO STUFFING MEETINGS UNTIL FURTHER NOTICE

- **May issue 12 Apr (Mon).**
- **June issue 10 May (Mon).**
- **July issue 7 June (Mon)**

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

Best wishes The Parish Magazine Volunteers

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




WELCOME

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



Printed by:



Can you name the object from the description?

I have a big mouth and am also quite loud! I am not a gossip but I do get involved in everyone's dirty business

Answer on p 32

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

> > > Glimmers of hope? < < <

As I process the various event requests for this magazine, I sense we may be turning a corner - but don't want to say so in case it all goes horribly wrong! However, you'll see on this and the opposite page that, following the opening of schools and related services on March 8th, other organisations are tentatively making plans for their events - *without Zoom*! Good for them, and let's hope the Government roadmap is able to deliver the irreversible progress for which we all have everything crossed!



Restarted / Restarting / Struggling on!

Botesdale Breakfast and After School Club

The After School Club re-opened on March 9th, with the AGM on March 11th (unfortunately the breakfast club remains closed until further notice). New families are very welcome to make sure we keep this valuable service! We are pleased to say that we now have a new Chair and Secretary, but continue to look for new committee members (email botesdaleoutofhours@gmail.com if interested).

Contact : Bridget or Paula on 07952 961285

Places of Worship

See *Church Notices* page in this magazine for the denominations' activities, where you will see evidence of positive change!

See ads on opposite page



Straining at the leash!

Farmers' Market - See ad below. Contact : rickinghallvh@gmail.com



Postponed or cancelled

Pilates - No new plans as yet. Contact : Eleanore Garwood 07881 814146

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

Heritage Circle

Meetings have been postponed until August at the earliest. The committee of the Heritage Circle is keeping the situation under review. In the meantime, we hope that everyone keeps safe. Contact : Gerry Guhry

RAHOF - There are currently no planned RAHOF events. Contact : June Shepherd (RAHOF 2020 Chair)

Redgrave & District Ladies Club - Nothing new to report. Contact : Rosemary Docherty

Redgrave & Lopham Fen

In line with government guidance about Covid19 and the need for social distancing, all Suffolk Wildlife Trust offices, visitor and learning centres are closed. All school visits, volunteer work parties, activities and events are cancelled. You can still contact us through all the usual channels. We will review the closure at the end of April. Our reserves remain open for individual enjoyment - for nature to replenish and cheer us all. Look out too for our regular nature updates on social media - we're all still trying to do something wild every day. Thank you for your continued support. Contact : redgrave.learning@suffolkwildlifetrust.org

Redgrave Luncheon Club

In the current difficult climate the Redgrave Luncheon Club has had to be suspended. The hope is that when "normality" returns it will resume in the Redgrave Amenities Centre.

Rickinghall Further Education Group (RFEG)

As soon as we know what we can offer again we will be in touch. To be added to our mailing list (normally only two mailshots a year), please contact Sue Emerson 01379 897010 or emerson500@btinternet.com

Rickinghall WI

Our committee will continue to keep our members informed by circulating our Hive letter with news and facts, and will keep in touch with members who live on their own. See our article elsewhere in this magazine. Contact : Rosemary Setterfield (President)

Parcels to Post?

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

Rickinghall Farmers' Market

9.00 am to 12.30 pm IP22 1HD



Still on the up !

Saturday 10 April

> > > Looking to the future... < < <

REDGRAVE CHURCH HERITAGE TRUST ADVANCE NOTICE

We are delighted to announce that we hope the concert in St Mary's Church, Redgrave, postponed from last September because of the Lockdown, will go ahead this September, restrictions permitting:

ORLANDO JOPLIN

Cellist

Plays Bach

In St Mary's Church, Redgrave

Saturday 4th September 2021

Orlando Joplin, international musician and conductor, tells us that he is much looking forward to playing for us, as it will be one of his first performances to a live audience post-Lockdown, a very special occasion for him.

For further details, including ticket prices, or to book a place, contact June Shepherd on 01379 898827

BOTESDALE VILLAGE HALL

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

ANNUAL GENERAL MEETING of BOTESDALE VILLAGE HALL MANAGEMENT

to be held remotely on Zoom
on Monday, 19th April 2021 at 7.00pm

At this meeting the Annual Reports and Financial Statement are given and members of the Botesdale Village Hall Management Committee are agreed. In addition to confirmation of the nominated representatives of the 5 village organisations, 7 members can be elected who are not representatives of these organisations.

Nominations for elected members willing to stand can be made by Monday 12th April 2021 to the Secretary, Mrs Rosemary Shurmer, 01379 890898, who can also provide link details for the meeting.

ALL BOTESDALE RESIDENTS ARE WELCOME TO JOIN THE MEETING TO FIND OUT WHAT THE COMMITTEE IS DOING ON YOUR BEHALF



FRIENDS OF
ST MARY'S CHURCH
RICKINGHALL INFERIOR
Caring for church and community.

As Boris has outlined his road map for the pandemic and the roll out for the covid vaccine is going well, we've chosen new dates for events we cancelled last year, and hope we will not have to cancel again :

- Friday July 2nd : The History of Rickinghall Inferior Church by amusing speaker Roy Tricker
- Friday October 1st : The Friendly Invasion - the USAAF in WWII Suffolk by Clive Stevens

More details to follow at a later date.

Meanwhile, Caroline Davidson has kindly designed and commissioned an attractive tea towel showing the 5 churches in our parishes and the profits from the sale of these will be donated to repairs at Rickinghall Church and towards the new youth worker for the parish. See elsewhere in this magazine for a picture of the tea towel.

Thank you to the volunteers who have cut the grass and hedge, removed piles of rubbish in the churchyard, painted the notice board and railings, re-plastered and painted part of the porch and worked on the flowerbed.

Finally, we have received grants this year of £2,000 and £750 towards the £60,000 needed for roof repairs.



Easter 2021

Have you had to cancel your holiday for Easter due to the lockdown and are you tired of walking the same footpaths in our villages?

Two of the books in the Quatrefoil series are *A Walk Through Botesdale* and *A Walk Through Rickinghall*, written by Di Maywhort. Each book has a map showing the situation of the houses of interest, if known, with a brief description, many with photographs.

Di wrote these books after a guided walk which she led between Botesdale Chapel of Ease and Rickinghall Church when we were raising money for repairs to St. Mary's Church. The walk was held on New Year's day 2011 and nearly one hundred people came. As a result the walks were repeated on three evenings in the summer with numbers limited to 40 each evening.

As there was so much interest Di researched further and the books cover outlying roads and lanes running from the main street.

Quatrefoil has now published 15 books on Redgrave, Botesdale and Rickinghall, the last book is a book of photographs of the three villages and their inhabitants. The earlier books sell for £7 each and the photograph book is £10.00. To obtain copies of these books phone Di Maywhort on 01379 898785 to arrange collection from her house which is near to Rickinghall Co-op. To see the full range of books visit the web site on www.quatrefoil.org.uk.

After lockdown the books will be sold again at the Farmers' Market. Books which include Redgrave are sold at the Community Shop in Redgrave - opening hours during lockdown are in this Parish Magazine.

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

Redgrave Community Shop

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

CURRENT OPENING HOURS

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Sun 9:00 - 11:00am

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Email: www.redgravecommunityshop@gmail.com

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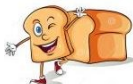
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We shall be **RE-OPENING** in line with government announcements

Dates for your Diary

TAKEAWAYS — Friday themed nights and Sunday roasts will continue

WEEKLY COFFEE MORNINGS WILL START IN JULY

3rd May— Bank Holiday BBQ

31st May—Bank Holiday BBQ

26th June—HOG ROAST and LIVE MUSIC

27th June—AFTERNOON TEA and LIVE MUSIC

21st August—BIKES @ THE KEYS and BBQ

30th August—HOT RODS, BBQ and LIVE MUSIC
from BACKSTREET

18th September—BIKES @ THE KEYS and BBQ

24th September—Macmillan BIG Coffee Morning

2nd October—Live Music—WALKWAY

23rd October—Charity Christmas Card Sale

11th December—Breakfast with SANTA

Contact us:

Cross Keys, The Street, Redgrave, Diss IP22 1RW
gm@redgravecommunitysociety.com

01379 779822

Please check the website and social media for all the latest updates
www.crosskeysredgrave.co.uk / Facebook @crosskeyspubredgrave
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FISH WITH A TWIST



See page 13
for more
information

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LOTTERY FUNDED

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

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Children are collected daily from St Botolph's Primary School.

We also provide a drop off & collection service for the following schools

Worham Primary School, Gislegham Primary School and Palgrave Primary School.

There will be a small additional charge for this service.

Our fees are as follows;

Breakfast Club

Temporarily Closed

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

PLEASE SEE PAGE 4 FOR LATEST INFORMATION

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Great as a gift



The Countryside Code

Consider the local community and other people enjoying the outdoors

Respect the needs of local people and visitors alike - for example, don't block gateways, driveways or other paths with your vehicle.

When riding a bike or driving a vehicle, slow down or stop for horses, walkers and farm animals and give them plenty of room. By law, cyclists must give way to walkers and horse-riders on bridleways.

Co-operate with people at work in the countryside. For example, keep out of the way when farm animals are being gathered or moved and follow directions from the farmer.

Leave gates and property as you find them and follow paths unless wider access is available

A farmer will normally close gates to keep farm animals in but may sometimes leave them open so the animals can reach food and water. Leave gates as you find them or follow instructions on signs. When in a group, make sure the last person knows how to leave the gates.



Follow paths unless wider access is available, such as on open country or registered common land (known as 'open access land').

If you think a sign is illegal or misleading such as a 'Private - No Entry' sign on a public path, contact the local authority.

Leave machinery and farm animals alone - don't interfere with animals even if you think they're in distress. Try to alert the farmer instead.

Use gates, stiles or gaps in field boundaries if you can - climbing over walls, hedges and fences can damage them and increase the risk of farm animals escaping.

Leave no trace of your visit and take your litter home



Protecting the natural environment means taking special care not to damage, destroy or remove features such as rocks, plants and trees. They provide homes and food for wildlife and add to everybody's enjoyment of the countryside.

Litter and leftover food don't just spoil the beauty of the countryside, they can be dangerous to wildlife and farm animals - so take your litter home with you. Dropping litter and dumping rubbish are criminal offences.

Fires can be as devastating to wildlife and habitats as they are to people and property - so be careful with naked flames and cigarettes at any time of the year. Sometimes, controlled fires are used to manage vegetation, particularly on heaths and moors between 1 October and 15 April, but if a fire appears to be unattended then report it by calling 999.

Dogs and the Countryside

When you take your dog into the outdoors, always ensure it does not disturb wildlife, farm animals, horses or other people by keeping it under effective control. This means that you:

- keep your dog on a lead, or
- keep it in sight at all times, be aware of what it's doing and be confident it will return to you promptly on command
- ensure it does not stray off the path or area where you have a right of access

This is really important!



It's against the law to let a dog be dangerously out of control anywhere, including private property. A dog is considered dangerously out of control if it injures someone or puts someone in fear of injury. The penalty for having a dangerously out of control dog is an unlimited fine or a prison sentence of up to 6 months (or both). In addition, offenders may be banned from owning a dog in the future and the dog may be destroyed. If a dog injures someone, the owner can be sent to prison for up to 5 years or fined (or both). Mid Suffolk District Council no longer has a dog warden, but an incident report can be made directly to the police on 101.

When out and about with a dog...

Special dog rules may apply in particular situations, so always look out for local signs - for example:



- dogs may be banned from certain areas that people use, or there may be restrictions, byelaws or control orders limiting where they can go
- the access rights that normally apply to open country and registered common land (known as 'open access' land) require dogs to be kept on a short lead between 1 March and 31 July, to help protect ground nesting birds, and all year round near farm animals

It's always good practice (and a legal requirement on 'open access' land) to keep your dog on a lead around farm animals and horses, for your own safety and for the welfare of the animals. A farmer is allowed to shoot a dog which is attacking or chasing farm animals without being liable to compensate the dog's owner.

However, if cattle or horses chase you and your dog, it is safer to let your dog off the lead - don't risk getting hurt by trying to protect it. Your dog will be much safer if you let it run away from a farm animal in these circumstances and so will you.

And please...



Everyone knows how unpleasant dog mess is and it can cause infections, so always clean up after your dog and get rid of the mess responsibly - 'bag it and bin it'. Our villages are well provided with dog bins so please make the effort to take the bag to the next bin you see. If you bag it and throw it (onto a verge, into someone's garden, into a hedge), not only have you not really cleared away the mess, but you've also added to litter in the countryside with a bag that will take years to break down. How hard is it to take that extra few steps to the bin?!



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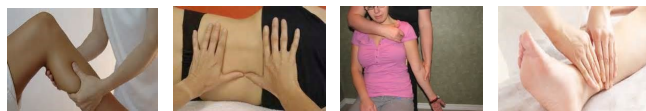
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Village News



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Funding to help towards work required at St Mary's Church, Redgrave

Redgrave Church Historic Trust has gratefully received a donation of £1,930.67 from Suffolk County Councillor Jessica Fleming from her Locality Budget to go towards the urgent work required to repair the defective slates on the chancel and nave at St Mary's in Redgrave to ensure that the church is watertight for years

to come. St Mary's is no longer used for regular worship and is in the care of the Churches Conservation Trust with the support of the Redgrave Church Heritage Trust. Since 2005, both trusts have worked together to restore this wonderful historic church to its former glory and have installed a toilet block, kitchenette and repaired the bells, which has transformed the church into a community venue. The RCHT organise events throughout the year and are looking forward to having visits, plays and concerts once Covid19 restrictions allow. CCT is the national charity protecting historic churches at risk and cares for 356 grade I and grade II* churches across England. The charity has been hit hard by the pandemic and now faces a shortfall of over £500,000 due to Covid19 and are looking for funding to fully pay for the much needed repairs at St Mary's Church, and CCT are now trying to raise the funding balance of £2,773 meet the £4,704 required. If you can help to support the work at St Mary's please make a contribution on CCT's donate page at www.visitchurches.org.uk/REE, or a contribution can also be made by texting "REE" to 70970 to donate £5 or 70191 to donate £10. For information about how you can get involved at St Mary's or any of the CCT's churches please contact Jane Hatton on 07392 086936 or email jhatton@theccct.org.uk. To find out more about individual church projects, see: www.visitchurches.org.uk

Community Woodland Group

Spring is on its way at last. Patrick has been working so hard in Northfield Wood, strimming the long grass and trimming the hedge on the field side. We had a good work party on 7th March with eight of us there, almost full complement. Our job was to rake off the remaining grass and to put the hedge trimmings into the base of the hedge to deter small deer and rabbits from pushing through. In addition, small trees were planted in the gap at the bottom of the footpath with a few more needed to block the gap.

It was a lovely day and small early spring flowers were very much in evidence.

Low Meadow had to wait this time but there are plans to do the annual Health and Safety review for Miller's Orchard.

The next work party will be on 4th April, Easter Sunday. We talked of an Easter Egg Hunt, but who would look for the eggs?

We need some families to be with us!

As it is, we are enjoying the hazel catkins and the birds that are making Northfield Wood their home.

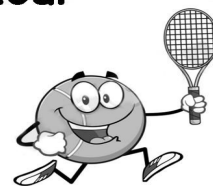
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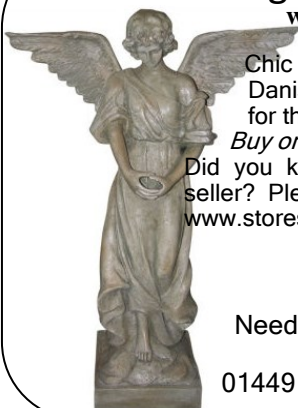
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County Broadband and their invitation to “build new, future-ready, Hyperfast broadband networks to ensure everyone has the broadband speeds they need, now and for the future” has certainly met with a mixed reception – delight, hostility, and others wondering whether it’s just another irrelevant sales gimmick.

Many of us within our villages are quite content with the speed of our internet at present, especially if we happen to live near a green box and are fortunate enough to be getting download speeds of 50mbps or thereabouts. However, in more urbanised areas and ever-increasing numbers of villages, people are already getting 1,000 mbps (1gbps), which is 20 times faster than our comfortable 50 mbps.

Over the next 5 years or so at least 95% of the country will be getting this kind of speed, and software developers and mobile phone and tablet manufacturers will write their software with that in mind. Gradually our 50mbps will become increasingly inadequate. This may not affect us very much for a while, but it’s likely to have a significant impact on the value of our property when we decide to move on.

A well-known national estate agency recently reported (Feb 2021) in the Daily Telegraph, “It’s more relevant than ever before.” One of their company surveys showed “Potential buyers said they would only be willing to purchase a property with poor broadband if it came with a 16pc discount.”

And right now there are other members of our community who definitely are not pleased with what they currently have. Farmers and businesses and individual households dotted around the countryside between the villages have very poor speeds (or no internet at all in some cases). This doesn’t just impact on the value of their properties, but also the quality of their lives and in some cases their livelihoods.

Certain questions have been raised within the community about County Broadband’s credentials and their marketing, but they have already rolled out fibre optic broadband in 130+ villages in Essex and Suffolk and are currently at the ‘build’ stage in more than 30 villages just over the border in South Norfolk. More crucially, they are the only company who are currently prepared to undertake the installation of full fibre broadband to the properties in our parish and are backed by a £46million investment by Aviva Investors. Fibre to the Property would be a real game changer for many people, and County Broadband have committed to providing FTTP to every household in the villages covered if there is adequate uptake (about 28%) to make it financially viable.

Wherever possible, County Broadband will be utilising existing conduits and poles for their installation to minimise any impact on the environment.

So how much would it cost? Like most things in life, the more you want, the more you can expect to pay. Prices quoted include VAT.

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Premium 900 – 900Mbps (Download AND upload)	£80.00/month	Average: 900Mbps 600Mbps guaranteed Data allowance: Unlimited
*£28 per month for 6 months. £48 per month thereafter or drop to 50Mbps for £28.00 per month **£29.50 per month for 6 months. £55 per month thereafter.		
Two-year initial contract. Payment starts when your service is activated unless you have an existing contract with another provider, in which case payment starts when your existing contract expires or 12 months after activation date with County Broadband – whichever comes first.		
A variety of phone packages are also available starting at £6.00 per month which includes unlimited calls to UK landlines starting 01, 02 and 03 or £13.00 per month to also include UK mobiles. Alternatively, you can retain your phone line with your current provider.		

It may well be that the basic broadband package would be adequate for your current needs but, once installed, the facility would then be in place to opt for a faster package at a later date when required.

The question is - are you going to prepare for our rapidly advancing technological future or turn a blind eye to it? We all have that choice to make.

Further information is available from Ryan Labrum (Project Liaison) Tel: 01376 562002 Ext 404 or Mob: 07538 399907 or Email: ryan.labrum@countybroadband.co.uk

A Nextdoor group called “Better Broadband for our Villages” is available to join on the Nextdoor site where many knowledgeable local members would be pleased to help.

Jonathan Slack / Fiona Kenworthy

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BOTESDALE HEALTH CENTRE PATIENT PARTICIPATION GROUP (PPG)

The Role of the PPG and Volunteering

The PPG were very pleased to learn from our National Organisation that the recent article published in the BMJ (British Journal of Medicine) and reproduced below considered that Patient Participation Groups could provide huge voluntary support to the NHS.

Patient participation groups were the idea of a doctor in 1972 to support the work of medical practices in much the same way as parent teacher associations support schools. They were slow to take off, and even though about 75% of general practitioners now sign a contractual agreement to have them, many people don't know they exist. The reason for this apparent reluctance to participate might be that the fittest patients to run these voluntary groups are not the most frequent visitors to doctors, and therefore they miss information about their local patient participation groups in the waiting room. In addition, practice managers might not be keen on what they see as extra work on top of an already heavy load.

Nonetheless, patient participation groups could provide the largest amount of support to the NHS from voluntary sources if promoted effectively and brought to the attention of the 750 000 potential volunteers who offered their services at the start of the pandemic. Red tape is also a block to volunteering. Patients must be trusted to manage their groups without unnecessary interference from professionals. The patient participation group at Littlebury Medical Centre in Holbeach, Lincolnshire, set up a dementia support group in 2011. Run entirely by volunteers independently of the medical practice and funded by grant making sources such as the National Lottery, councils, and supermarkets, the group has a dedicated corner in the surgery waiting room providing information to patients encouraging them to join—at no cost to the NHS. Other voluntary community groups with similar objectives exist but are not attached to any official body and are often hard to find. Everyone knows where to find their doctor.

With covid-19 the NHS is already under enormous pressure. The enforced isolation of an entire population is adding an extra threat to life through the expected rise in mental illness, in addition to neglected physical ailments. Some of this pressure could be relieved by patient participation groups organising themselves to have telephone and Zoom rotas contacting patients most at risk. An effective recruitment campaign is needed to make people aware of patient participation groups and the work they do and what they could achieve. Never have they been more needed.

GPs have a contractual agreement to operate PPG's. Many patients are unaware they exist. At Botesdale we have a new Practice Website, and it is hoped that the PPG will have a greater presence in the future on this site enabling us to notify patients, for instance, about Public Health Campaigns to benefit everyone's health. As we have become aware, over the last year of pandemic, there are some actions we can undertake ourselves as individuals, related to our health, and some where we require support from Botesdale Practice or other Agencies.

The Botesdale PPG thank all volunteers who have assisted with car parking duty or directing patients inside the COVID Vaccination Suite on days when support has been required. If the PPG can assist in any way, please do use the contact details below.

Please contact Botesdale PPG at botesdaleppg@gmail.com if you would like to know more about your PPG.

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Botesdale Parish Council

Leeann Jackson-Eve



Report from the March 2021 Botesdale PC Meeting

Public Forum: County/District Councillor Jessica Fleming reported that assistance to businesses is still available including, but not limited to:

Local restrictions support grants (LRSg).

Visit www.suffolkgrowth.co.uk/funding to find out more.

Additional Restrictions Grant.

Visit www.suffolkgrowth.co.uk/funding to find out more.

Suffolk Inclusive Growth Investment Fund.

Intended to help Suffolk's business recovery. Round-2 announcement is due 26 March 2021.

Visit www.suffolkgrowth.co.uk/inclusive-growth-funding

Further information for business owners in Mid Suffolk on Covid-19 support grants can also be found at www.midsuffolk.gov.uk/business/business-rates/grant-funding-schemes Businesses that applied previously will automatically be considered for relevant new grants.

The County Council has announced a 2021-22 budget of £597.9million, which is an increase of £41million (7.4%) on 2020-21. About £15m is allocated to ongoing pandemic responses. Council tax will increase by 3.99% of which 2% is dedicated to social care. The District Council also agreed its 2021-22 budget in February and resulting in an increase to council tax by 1.66% - equivalent to 23p a month (£2.80 a year) for an average Band D property.

Plug In Suffolk is now providing grants for the installation of Electric Vehicle charging points at non-profit locations such as community centres, parish council car parks and village halls. Visit Green Suffolk's website at www.greensuffolk.org/plug-in-suffolk or contact Suffolk County Council's environment strategy officer Peter Frost (ESO) Peter.Frost2@suffolk.gov.uk

Census: All households will be asked to take part in Census 2021 this spring. The census is run once every ten years by the Office for National Statistics and has been carried out since 1801, with the exception of 1941. You should have received a census letter in early March which contained an access code that you need to fill in your census. You can find out more here: www.midsuffolk.gov.uk/news/everyone-will-benefit-from-census-2021

Recycling: The Suffolk Waste Partnership has a designated website on lessons and fun games for children at: www.suffolkschoolsrecycling.org.uk For more information about what you can and can't recycle go to www.suffolkrecycling.org.uk

Planning: There were two notices of intent to prune/remove trees in the Conservation Area at Walnut Tree Farm, Cherry Tree Lane and Starre House, Chapel Lane. There were no objections to these applications.

Recreation Ground: The PC received a presentation from James Blake Associates on the new designs for the recreation ground. They haven't yet been finalised, but we hope to be able to present them to residents very soon.

Parish Infrastructure Investment Plan: We sent out surveys to local organisations and businesses to add to the list of possible new or improved infrastructure in Botesdale and Rickinghall and had a great response! There have been some interesting ideas for improvements, and we'll be taking some time to look through them and assess whether they're viable.

Change to Meeting date: The May meeting date has been moved to the earlier date of Tuesday, 4 May to allow for online meeting (legislation allowing online meetings ends on 7 May).

Opt-in Open for Council funded school travel for 2021/2022

If eligible for funded school travel you will be contacted by 15 May 2021, earlier if starting secondary school, but everyone using the service must opt in each year by 31st May. Parents whose child is not eligible for SCC funded school travel but who wish to purchase a spare seat, may do so. Applications for spare seats opens on 1 July 2021. Please refer to the SCC school travel policy: <https://www.suffolkonboard.com/schooltravel/>

THE NEXT BOTESDALE PARISH COUNCIL MEETING WILL TAKE PLACE ON

MONDAY 12th APRIL

at 7.00 pm

— o —

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

All residents welcome

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

Tel : 01379 890 141

Email : botesdale_pc@btopenworld.com

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

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Redgrave Parish Council



Redgrave March 2021 Report – by the Clerk

All eight councillors attended this meeting on Zoom.

Public Forum: County/District Councillor Jessica Fleming reported that COVID-19 testing is available in Suffolk for people who don't have symptoms. Community testing is aimed at people who have to leave their home during lockdown, for example due to work or caring commitments, or for essential shopping. There are centres at Elmswell, Stowmarket and Eye. To book a slot, visit: www.suffolk.gov.uk/coronavirus-covid-19/getting-a-test

COVID Vaccination Programme – The Suffolk & NE Essex Clinical Commissioning Group (CCG) web site provides current information: <https://sneevaccine.org.uk>

There is still a lot of assistance available to businesses affected by Covid-19. You can find out more at www.suffolkgrowth.co.uk/funding or www.midsuffolk.gov.uk/business/business-rates/grant-funding-schemes

The County Council has agreed its 2021-22 budget of £597.9million, which is an increase of 7.4%. Council tax will increase by 3.99% of which 2% is dedicated to social care. The District Council has also agreed its 2021-22 budget, resulting in an increase to council tax by 1.66%. This is equivalent to 23p a month (£2.80 a year) for an average Band D property.

Plug In Suffolk has grants available for the installation of Electric Vehicle charging points at non-profit locations such as community centres and village halls. The Parish Council has recommended this to the Cross Keys PH as a possible enhancement.

Census: All households will be asked to take part in Census 2021 this spring. The census is run once every ten years by the Office for National Statistics and has been carried out since 1801, with the exception of 1941. You should have received a census letter in early March which contained an access code that you need to fill in your census. You can find out more here: www.midsuffolk.gov.uk/news/everyone-will-benefit-from-census-2021

Recycling: The Suffolk Waste Partnership has a designated website on lessons and fun games for children at www.suffolkschoolsrecycling.org.uk. There are still issues with contaminating items being put in recycling bins so please make yourself aware of the rules. For more information about what you can and can't recycle go to www.suffolkrecycling.org.uk

Planning: There were three planning applications this month – an application for Listed Building Consent at Fen Street Farm, Fen

Street for removal of UPVC windows and doors to be replaced with wooden units and two applications for planning permission. These were at Reed House, The Knoll for erection of a conservatory on an outbuilding and at Ivy House Farm, The Street for erection of a garage/cartlodge. The PC had no objection to the three applications.

Neighbourhood Plan: There will be an updated Plan issued to the PC for discussion at the April meeting.

Community Broadband: We are told that there has been a good level of response to this scheme so far. If you haven't signed up and would like more information, contact Ryan Labrum at ryan.labrum@countybroadband.co.uk or on 07538 399907.

Dog Bins: The PC has had a request for an additional dog waste bin on The Green which has been approved.

Opt-in Open for Council funded school travel for 2021/2022

If eligible for funded school travel you will be contacted by 15 May 2021, earlier if starting secondary school, but everyone using the service must opt in each year by 31st May. Parents whose child is not eligible for SCC funded school travel but who wish to purchase a spare seat, may do so. Applications for spare seats opens on 1st July 2021. Please refer to the SCC school travel policy: <https://www.suffolkonboard.com/schooltravel/>

THE NEXT REDGRAVE PARISH COUNCIL MEETING WILL TAKE PLACE ON

WEDNESDAY 7th APRIL
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@btopenworld.com

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

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

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

will be calling: **Wednesday 28th April, 2021**



Rickinghall Parish Council



Parish Council Report March 2021 by Cllr Sally Smith

Rickinghall Parish Council met on Thursday 4 March over Zoom. All councillors were present, although unfortunately Cllr Robin Brown has now resigned due to moving house. Our thanks go to Cllr Brown for all his hard work over the past years and he will be really missed at our meetings. There are now 6 vacancies on the Parish Council so if anyone is interested in joining please contact the Parish Clerk.

The Public Forum was opened and Jessica Fleming, our County and District Councillor, spoke on a number of issues.

1. The vaccine program is going well in Suffolk and Elmswell, Stowmarket and Eye are set up as successful testing centres.
2. Business Support funding is still available from Suffolk County Council for eligible businesses. www.suffolkgrowth.co.uk/funding
3. Suffolk County Council budget has been agreed with a 4% increase in council tax, including the 2% adult social care increase.
4. All parents are reminded of the need to opt in for school transport for September 2021. The last date for this is 31 May 2021. www.suffolkonboard.com/schooltravel
5. Plug In Suffolk is offering grants to village halls and similar to install car charging points.
6. Mid Suffolk District Council have agreed their budget with a 1.6% increase.

Census:

All households will be asked to take part in Census 2021 this spring. The census is run once every ten years by the Office for National Statistics and has been carried out since 1801, with the exception of 1941. You should have received a census letter in early March which contained an access code that you need to fill in your census. You can find out more here: www.midsuffolk.gov.uk/news/everyone-will-benefit-from-census-2021

Planning:

25 Wheatfields - no objection was made to the one storey extension proposed.
4 Brook Park - no objection was made to the extension proposed.

Tree Work:

No objection was made to the reduction and felling of trees at Maltby House and Forge Cottage.

Correspondence:

A grant was requested from the Village Open Gardens committee to provide a different experience in 2021. Rather than an Open Gardens in May, it was suggested that hanging baskets and window boxes could be displayed throughout the village. It was agreed that a grant of £200 would be provided but possibly to make a lovely display at the entrance to the village by the sign.

Further updates were given on a number of topics:

Skate Park - the main funding applications are due to be submitted in May, although there is currently £13,000 available.

Infrastructure Plan - consultations have been sent out to businesses and local groups to establish what improvements / infrastructure improvements are required.

County Broadband - pre-orders for County Broadband are continuing.

The Internal Audit Councillor Review was completed and signed off.

SALC were agreed as the Internal Auditor for the Parish Council Accounts.

The next meeting will be held Thursday 1 April.

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

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@btoopenworld.com

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

Redgrave's Neighbourhood Plan



WORKING TOGETHER TO PLAN OUR FUTURE

An Update on progress of Redgrave Neighbourhood Plan

Despite being plunged into lockdown, progress has continued on the development of the Redgrave Neighbourhood Plan. The Steering Group has met on a regular basis through the marvel of 'Zoom meetings' which has enabled progress to continue.

The REG14 submission consultation held before Christmas resulted in a good response from members of the community, landowners (or their agents) and various necessary consultees such as Mid Suffolk District Council and Natural England. All the responses have been considered in detail and logged in a consultation table, that documents the response and any proposed changes to the plan.

The plan is now being updated and prepared for submission to MSDC as part of the formal submission process known as REG16.

As part of this submission, we have also had to undertake a Strategic Environmental Assessment—this process is a requirement due to the important designated sites present in the local that include Redgrave & Lopham Fen, part of which is present within the parish.

The current plan is to submit the REG16 submission to Redgrave Parish Council for their approval at the May 2021 parish council meeting. This document will be available on the RNP website (see below) prior to the meeting. The timetable will then aim for the RNP to be considered by a Public Examiner (appointed by the Planning Inspectorate) in late summer/early autumn. If approved, the Plan will then return to the village and be voted on by the whole community in a referendum in late autumn 2021.

We will keep you informed of progress over the forthcoming months.

<https://redgraveneighbourhoodplan.com/>

New Appointment of Melody Ramos to support families and youth announced by RBR Church

Members of the RedBRick Churches of Redgrave, Botesdale and Rickinghall are delighted to welcome Pedro and Mel Ramos with their two young children (David & Zoe) to our community. The need to support more fully the families and children within our parishes is a key part of our vision for growth, particularly with the increasing numbers of people coming to live here.

The exciting news is that we have now engaged Mel, who is highly experienced, with her husband's support to head up our Family Ministry Team from late Spring (date to be confirmed). Mel joins us with a wealth of experience working with youth, children and their families, most recently at Christ Church Fulham and Fulham and Hammersmith Foodbank.

Pedro spent 10 years in the Metropolitan Police Force and is now a professional photographer. Both have inspirational backgrounds and are really looking forward to serving the community.

We're now looking for their first home in Suffolk!

Here's an outline of Mel's responsibilities

To report to Revd Chris Norburn as Parish Family Worker

To engage with local Pre-school, Infant/Junior School and other Church activities

To co-ordinate our Youth strategy in the Parish

More information will follow as we welcome Mel, Pedro and their family!

Hi. I'm Melody Ramos and my family and I are thrilled to be joining you in the Parish of Redgrave cum Botesdale with Rickinghall (RedBRick). I am going to be taking on a new role in the church, working alongside Rev Chris Norburn to focus on families within the parish. For the past 12 years I have enjoyed working in many different roles within the church and community. I worked as a children's pastor in a church in Fulham during my twenties and after I had my son, I moved to the Hammersmith and Fulham Foodbank part-time to run their Cookery Courses, events and Family Holiday Clubs.

I am moving to RedBRick with my husband of 10 years Pedro, our 3 year old son David and 5 month old baby girl Zoe. Pedro runs a photography and videography business, David loves trains and cars and Zoe loves smiling. We love making friends, eating and drinking good food and wine, playing games, music and movies, exploring nature as well as picnics and BBQS in all weathers.

We are all Londoners but we're bursting for a change. London life has been busy, and so we are ready to take on a different pace of life in the clean fresh air. We are excited to start afresh and begin a new journey as a family of four in beautiful Suffolk. We look forward to seeing you soon. God Bless

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Exploring the Past

Jean Sheehan, 01379 890237

Fen Street, Redgrave, from old documents

Every household in the UK will have completed a census form stating how many people were in their house on the 21st March, 2021. Many people consider this as an intrusion into their private lives but these records are a boon to historians of the future. How many people have been researching into their family history and have been pleased to find the names and ages of their families from information in earlier censuses. The first census was taken in 1801 but the first four only recorded the number of people living in a house and not their names, but by 1841 the names of all of them were included. Although the ages of the children up to the age of 14 were correct on the census, anyone over this age were not always accurate. (2) The forms have to be completed by law at ten year intervals but the contents are kept private for 100 years.

Although we can only see census returns from the beginning of the nineteenth century Redgrave was particularly fortunate as it was part of the Manor of Redgrave which was owned by the Abbot of Bury. When Nicholas Bacon bought the Manor of Redgrave in 1542 after the dissolution of the monasteries, he demolished the hunting lodge in Redgrave Park and built a new house which became Redgrave Hall and acquired the documents belonging to the former abbey.

The Bacon family sold the manor to Sir John Holt in 1701 and his descendant, Rowland Holt, eventually commissioned Capability Brown to re-design the house in the eighteenth century and he included a muniment room to store the documents. In 1921 George Holt Wilson, another descendant, sold most of the documents by auction at Sotheby's. The whole collection was bought by Messrs Quaritch. The British Museum and a private collector bought 60 of the original 227 lots from Quaritch, when they put the remainder up for sale in 1923, and these were bought by the University of Chicago. (3) The documents which the British Museum bought are now in the British Library. Other documents have been loaned to Suffolk Record Office by Holt-Wilson family members which will be in The Hold, the new home of Suffolk Archives, when it can open after the covid pandemic.

One of the documents in the British Library is a copy of many of the original documents which was probably drawn up for Nicholas Bacon when he bought Manor of Redgrave.

In this copy is an extent (rental) of land either side of the present Fen Street, Redgrave, in 1289. Redgrave was divided into areas and the area where Fen Street is situated was called Mariscum (which means marsh). The area is the land running either side of the road which runs south of the river Waveney from the crossroads on the present B113 road and leads to Wortham. The area from the cross-roads to Money Pot Hill was part of the common. The remainder of the area was divided into large open fields divided into strips which were leased out. The rental gives the name of each tenant and the name of the person renting the strip adjoining it. At this time most of the men were not freemen and had to perform labour services to the Abbot and pay rent in kind..

In 1433 Robert Crane, a tenant, had to pay annually 3 ½ d in money, 2 ½ bushels of oats, 3 chickens and 15 eggs to the Abbot. He also had to work for him 6 days in the winter and 2 days in the harvest. He had to pay an extra 3d in lieu of doing other work and 6d to be exonerated from the office of Hayward (1d is worth ½ p nowadays). The Hayward was an official who supervised the repair of manor or parish fences, looked after the common stock of animals and impounded stray cattle. The appointed officers of the parish preferred to be excused from the position as they were unpaid jobs with a great deal of responsibility,

the job probably went with the property he was leasing as part of the rent.

After the Black Death in 1349 many people had died and there were not enough men to look after the land so often the rents were commuted to money payments to the Lord of the Manor.

Another copy in the book is a rental of 1433, by which time the area was named as 'Fenstrete'.



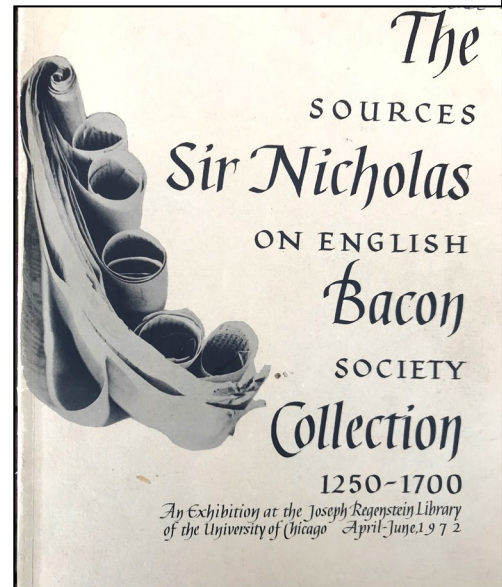
The above 'ffenstrete' is copied from a document made for Sir Nicholas Bacon in the mid 16th century from an original drawn up in 1433 of part of Fen Street, Redgrave

One of the tenants was John Crane and he held a cottage part of a tenement (a holding of land) called Burses, with adjoining pightle (a small piece of arable land) in the street called 'Fenstrete'. It abutted upon 'the common river running between Lopham and the aforesaid street up to Dysse'. He paid a 1d rent p.a. to the Lord of the Manor, the Abbot of Bury, for the cottage and the pightle. He also rented two larger pightles, each one measuring half an acre, for which he paid 10d each year. 'Fenstrete' is described as 'the Royal Way leading to the town of Dysse'.

After Nicholas Bacon purchased the Manor of Redgrave he had a survey carried out in the reign of Edward VI (1547-1553). The land had been divided up into wents by this time which were blocks of land instead of strips.

The enclosure award of 1818 divided up the common land to give to people who had rights to graze their animals on the common land in the village.

The map and award show the names of landowners and tenants. The tithe map of 1845 shows the whole village of Redgrave and lists all the landowners and tenants, amount of land or property they own and how much they had to pay in tithes.



It is fascinating to be able to find the names of people who lived or worked along Fen Street over seven hundred years ago.

- (1) BL14850
- (2) The Local Historian's Encyclopedia. Historical Publications.
- (3) The Sir Nicholas Bacon Collection Exhibition Catalogue. 1250 - 1700 (Chicago 1972).

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Exploring the Past Again

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More Memories from Dawn Hall, nee Harvey

The Village Stores (Warners)

I started working for Mr and Mrs Warner at the age of fifteen. It was my first job after leaving school. It would have been 1963. I worked there for about 3 years. The Warners lived in the small bungalow on the right side of the shop, with their two daughters, Susan and Patricia.



Warner's Shop, Rickingham

I would walk to work each day from Park View in Botesdale and then home at 5.30 when I left off! I was paid £3 5 shillings and sixpence for a five and a half day week. My duties to start with were, keeping the shelves stocked, weighing up various provisions and general cleaning duties. Later on I progressed to serving customers and learning to work the till. We had a checkout desk close to the front door.

At the back of the shop was a flight of wide stairs, on either side we had fixtures with hardware on, brooms, brushes, dustpans, buckets and mops etc. On the upstairs level we had two stock rooms. The room on the right had a selection of large round drums; inside we kept dried goods like sugar, dried fruit, flour, etc. In those days pre-packed goods were more expensive than 'loose' goods. We would have these fairly thick dark blue bags to weigh goods into. There was an art to doing them up, as I found out. You get better with practice!

At the back of this room was another small room; it was our rest room. That is where I had my lunch. On the left was a counter with a set of old scales and a wonderful coffee grinding machine. Customers would mostly buy the coffee beans ground in the machine. There was a large handle to turn. The wonderful smell of freshly ground coffee was amazing, it would waft into the shop downstairs.

I was expected to keep the floors swept. It was not easy as old wooden floors are very dusty, so I had a bottle of water with a cap on the top, with a hole in it. I would sprinkle the floor with water, then sweep up. It worked well, no dust!

Downstairs now on the shop floor we had a large cheese and meat fridge. None of your pre-packed stuff you see today! We would put the large cooked hams on the slicing machine and as it was not

electric, you would turn the handle with your right hand and put a piece of greaseproof paper on your left and catch the sliced ham as it was cut off! Clever stuff once you got the hang of it.

Cheese was in very large lumps. We had a white cheese slicer. You would lift the handle holding the wire and slice through where the customer would tell you. The large round Dutch cheese and Gouda would have to be cut with a knife.

We would sell bacon, it was delivered as a complete side of bacon. Mr Warner would with a very sharp pointed knife, take out the rib bones. Then it was ready to be sliced. People would buy the bones for soup!

We also sold paraffin oil. Customers would bring their oil cans in to the shop and I would go out into the back yard, where we had a large oil tank with a tap on it, to fill up the cans using a funnel. It is surprising how much we used to sell. I think a lot of people cooked on oil stoves in those days, I know my Mum did!

Mr Warner also had a large area to deliver to. We would make peoples' orders up. They all had little red notebooks that they would write down what they wanted. Then we would deliver the goods. I would sometimes go with Mr Warner. He had a bad back and it was easier for me to get in and out of his car.



An earlier photograph of the shop when it was Aldrich & Bryant

Thank you to Dawn for writing these lovely memories of her first job in the village.

We at Quatrefoil are hoping to get more people's memories of their first employment in the villages; whether working in a shop, like Dawn, or doing something else such as working as a paperboy or on a farm.

We would love to have your memories of anything to do with growing up in our villages, not just first occupations but life generally. The way of life has changed quite considerably since the mid-Twentieth century. These memories need not be 'essays' but could be noted down as you think of things!

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Whenever someone has told me that they cannot believe in God with so much suffering in the world I have usually replied that you can hardly blame God for what man does. My answer leaves God out of the equation but there may be a way in which he is very much involved. I put the following suggestion to you.

I have recently been made aware that when the Bible says, "The wrath of God is revealed from heaven against all ungodliness and unrighteousness of men ..." it is best translated as, "The wrath of God is being (continuously) revealed from heaven against all ungodliness and unrighteousness of men ..." It states that God gets angry about hate, injustice and wrong doing etc. and exhibits his anger in what is going on in the world. This possible interpretation is backed up by the fact that it goes on to say that God gives them over to whatever their debased nature demands. It appears that, in his anger, he has determined to give up on people in that he withdraws any restraining influence and leaves them to their own devices knowing that they will suffer as a result of it. He is not passive in his response to sin.

In a conversation with a friend recently he mentioned God and then added, "If there is such a thing." He had brought enough of God into the conversation to demonstrate that he considered his existence a possibility but then went on to show that he wasn't really interested. I didn't voice my thoughts but it did cross my mind that here is someone who admits to the possibility of a God but although this God could be a considerable threat to him, he doesn't want to know. If you thought someone might be standing there with a loaded gun willing to pull the trigger if you do anything wrong wouldn't you take his presence into account?

The central point within Christianity is that for all who will put their trust in him, Jesus bore the punishment for their wrongdoings. Thus the cross portrays two extremes:

Firstly, the cross is one of the most painful deaths going. Jesus was effectively tortured to death. If that is what Jesus had to take as our substitute, it demonstrates how angry God gets about sin. God's anger is not however uncontrolled and thus the cross demonstrates the just punishment we deserve.

Secondly it demonstrates what great lengths God has gone to so that we might not have to bear the punishment for our sins. Thus it is a measure of his extreme love for us. "For God so loved the world that he gave his only begotten son that whosoever believes in him shall not perish but have eternal life."

Going back to my friend: it is very important to know whether God exists or not. You may think you can't know but you can explore and I assure you that you'll find far more information than you imagine.

The atheist who has looked into it and decided there is no god is in a logically tenable position. The Christian who has decided that God exists and that he needs forgiveness is also in a logically tenable position. To not know and not want to know is a decidedly risky position.

"God shows his love for us in that while we were still sinners, Christ died for us."

Romans Ch 5 v. 8



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Always Marry An April Girl

*Praise the spells and bless the charms,
I found April in my arms.
April golden, April cloudy,
Gracious, cruel, tender, rowdy;
April soft in flowered languor,
April cold with sudden anger,
Ever changing, ever true-
I love April. I love you.'*

I found this little poem by Ogden Nash (1902-1971) and I thought it summed up April nicely! Resident birds will be building nests and migratory birds will be returning. It's not unusual to have blackbirds feeding young in April. Chiffchaffs and blackcaps that arrived in March will be claiming territories and singing. If you hear what sounds like a pig squealing from some reed bed or damp patch, that will be a water rail, easier to hear than see! Listen for cuckoos later in April, as the fens are still fortunate in having good numbers of reed warblers to rear their young for them. Not long ago, frogs, toads and newts were common on the damper LOHP sites and spawn could easily be seen in the ponds. Unfortunately, frogs and toads are rarely seen these days and no spawn has been found in any of our ponds. We're not sure why this is but if you find any spawn on our sites, please let us know.

Ewes and their lambs will be grazing on the Frith, and Redpoll cattle will be back on Parkers, Bleyswicks Banks and Webbs Fen to take advantage of the first, most nutritious, flush of grass. Over the winter we have planted two new hedges on Carr Meadow and have continued with the restoration work on New Fen in Theltham. Our work parties should be starting up again (subject to the government guidelines, probably using 'the rule of six') and we have lots to be getting on with. If you would like to come out and lend a hand, keep an eye on our website for details; www.lohp.org.uk. You will also find lots of information and maps of our sites there, so if you haven't visited before why not do so now - you never know what you might find!

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IN YOUR GARDEN

One of the undoubted bonuses created from last year's lock down was the number of children who discovered the delights of the garden. Not just as a recreational space to let off steam but to actually get involved in growing plants and vegetables. I am sure it was not just youngsters in my family who relished the creepy crawlies, worms, planting seeds and growing things to eat and flowers to enjoy - not forgetting enjoying reconfiguring the stones around the pond!

I certainly got bitten by the gardening bug at a very young age, my natural interest being fostered by an indulgent and very patient grandfather, who showed me cultivation skills and techniques that have served me a lifetime.

Whether the new generation of youngsters will continue to relish the fun to be got from being involved in growing when more distracting attractions become available as the Covid -19 restrictions are relaxed, we will have to wait and see. But I am optimistic as if one looks at the general picture of climate change and our need to protect the environment, these are issues that have become important concerns for the young.

I hope it is not forgotten that the humble back garden is the most easily accessible entry to the natural world for those children who are lucky enough to enjoy a private garden. By encouraging our children to become actively involved in growing things they will be making a real difference to their surroundings and the environment as a whole.

Over the last week, I have been very busy in my greenhouse where the trays of tender plants I have sown have been kept safe from the vagaries of our unpredictable weather.

One of the shrewdest garden purchases I made was to invest in a greenhouse. It has proved an absolute boon especially in enabling me to sow and propagate plants to give them a head start over those planted outside, as well as over wintering my wife's beloved geraniums.

When they have moved out to their summer quarters, my tomatoes and cucumbers will be pushing for space and turning the greenhouse into a glorious riot of greenery and colour punctuated with the tantalising aroma of the tomato plants. The one thing I do rue is my greenhouse is a basic 1.8 x2.4m model and I only wish I had got a larger one - there seems never to be enough space.

There are many styles of greenhouses available from manufacturers, usually found on line or at specialist shed and garden buildings outlets that are designed to cater for a range of financial options. I opted for a metal frame version on the grounds it let in more light but wood is a good choice.

If you are considering getting a greenhouse, now is an opportune moment to purchase one and get it organised before the garden gets really demanding. A word to the wise. I was lucky to have an ideal space to house a greenhouse because it is important to position it to the best advantage - an east west axis is ideal as the sun travels in this direction as the day progresses. Also avoid any high hedges and large trees to reduce shading.

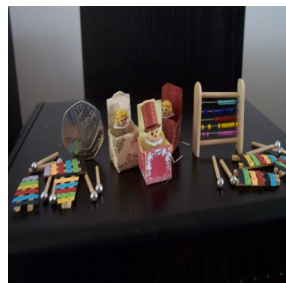
Glass is traditionally used for the panes but is easy to smash although I opted for toughened glass on the door and the window. However, in light of my previous encouragement of children into my garden, I discovered footballs were an irresistible attraction amongst the forks and rakes with the inevitable consequence. Acrylic has turned out the match winner in the pane replacement stakes with good warmth and light transmission.

Lawrence

theWI Rickinghall
INSPIRING WOMEN

Whilst it has been difficult for some members to meet, and a number do not have access to, or

use Zoom, nevertheless members have kept themselves busy with various projects and crafts. Linda and Lesley from our W.I. who are in a 'bubble' together have been continuing to pursue their Doll's House Hobby in Lockdown (see Linda's article below). Here is a sample of the mini items they have recently made for their Toy Shop and Stall. They work in 1/12 scale that can be very fiddly and messy with glue!



Fay, who owns a dress making and alterations shop in Rickinghall, kept herself busy during lockdown making around 100 face masks which she sold, and she has now donated £100 to the East Anglia Children's Hospice. In addition, Faye states she made about

another 50 face masks for family and friends. She has also cross stitched a Height Chart for one of her grand-daughters and is now busy on cross stitch pictures and knitting.

A number of our other members have likewise kept themselves busy with various crafts including embroidery, knitting and sewing. We will be inviting members to bring along samples of their creative work during lockdown to one of our first meetings.

Rosemary Setterfield - President

A look back at 2020

Well it's certainly been a strange year but it has not put off the ladies of the WI. True to form they have knuckled down and got on with things. In the first lockdown we tidied cupboards and drawers and sorted used items for future jumble sales. Then had to store the used items in the cupboards we had just sorted.

I wrote out my Christmas cards which friends thought a bit odd!

As the weeks progressed we then turned to our hobbies. Knitting needles, sewing needles and paintbrushes were picked up again. Projects that had languished at the back of the same cupboards we had previously sorted were brought to the fore and finished off. Not only were the phone lines busy, I expect the post boxes were full as birthday cards and anniversary cards became more important as a way of keeping in touch.

As the summer progressed getting out for a walk became a joy rather than just getting some exercise. More of us picked up our trowels and spades so our gardens were blooming lovely and our vegetables plumper.

We then took advantage of the reopening of shops to restock our hobby items filling up those tidy cupboards and drawers. Never guessing that we would have to retreat again. Those Christmas cards I wrote came in useful as I enclosed special messages inside to family and friends.

Now guess what - those cupboards and drawers need sorting again!

Linda Davies

Riddle answer: a vacuum cleaner

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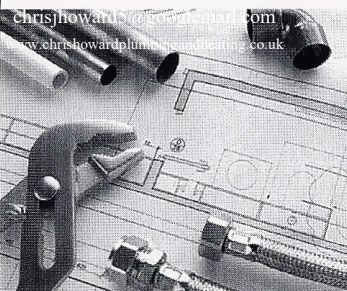
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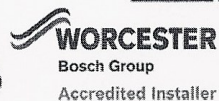
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BE SCAM SMART

The police have asked us to warn our readers of a spate of local residents being targeted by telephone scammers pretending to be police officers.

The approaches are similar to recent incidents in Gislegham and Bressingham reported in this column where victims were defrauded by persons posing as police officers.

The latest local victim, a lady in her 70's, was encouraged to transfer large amounts of money from her bank account after being coerced into believing she was part of a police undercover operation.

Even more worrying was a man contacted by a fraudster claiming to be a police officer who even quoted his police number. This later turned out to be cloned from a genuine member of the Norfolk Constabulary. The unfortunate victim lost £20,000.

Both had been victims of a type of scam known as push-payment fraud where phone rogues pretend to be figures of authority to convince you to transfer money or hand over bank details or cash, which are often then collected by a courier.

Police Officers, banks and other Government agencies will **NEVER** ask you to withdraw money, or transfer it to another account as part of an 'undercover operation'

They will **NEVER** ask you to reveal your full banking password or PIN

The Police will **NEVER** ask you to handover money for safe keeping as part of an operation neither will they send anyone to your address to collect money, cards, PIN numbers or ask you to deliver these to another location.

Take these steps if you think you are approached.

STOP – Take a moment to think before parting with any money or information.

CHALLENGE – Could it be fake? It's perfectly OK to reject, refuse or ignore any requests. Only criminals will try and rush or panic you.

PROTECT – Contact your bank immediately if you think you have fallen victim to a scam.

If in the slightest doubt, put the phone down

Once again, we would ask you to contact family members and friends, particularly elderly relatives to ensure they are made aware of these scams and especially to look out for the warning signs.



This tea towel is specially designed for the Parish in order to raise funds to go towards our new youth workers and the repairs needed in Rickinghall Church.

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Church Notices



- ♦ The **All Saints, Redgrave weekly Sunday Holy Communion** service will return from Easter Sunday. We may have 2 short services to enable as many people as possible to attend as we continue to only have a capacity of 20 people to meet current guidelines - so we must ask people to book a place through me
- ♦ Bookings are taken on a first come first served basis, and in response to an email that goes out towards the end of the preceding week. Those not on the email list can reserve a place by emailing Rev Chris Norburn at revchris@rbrchurch.org.uk
- ♦ The weekly email also has a YouTube link to our channel **RBR Church** for the live streaming of the service, or for later viewing. Thank you for your support.

♦ There will be a pre-recorded service of Holy Communion posted on our YouTube channel for **Maundy Thursday**. This will be available from 7.30pm on Thursday 1st April

♦ We may be able to do an outdoor service on Good Friday! Look out for posters nearer the time.

♦ Churches open for private prayer :

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

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

Please follow these guidelines :

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

Enjoy the space, peace and the time to know God's presence.

"Be still and know that I am God" (Psalm 46:10)

Parkview Chapel Sunday Services and Events

OUR CHURCH BUILDING WILL BE REOPENING ON EASTER SUNDAY!

From then on all Sunday services will be at Parkview Chapel., with refreshments served from 10.30am each week.

All services will include Communion. At this stage we will not be hosting any of our other regular events.

All through our reopening process we are continuing to pay full attention to government advice.

We are also running a "Virtual Coffee Morning" on Thursdays at 11:00am on Zoom. Please call Kev on 07557 784152 if there is anything we can do to help or if you would like the Zoom information for the Virtual Coffee.

Sunday 4th	Easter Sunday service at 11.00am.
Sunday 11th	One service at 11.00am.
Sunday 18th	One service at 11.00am.
Sunday 25th	One service at 11.00am.

At this stage there will be no other groups or meetings, and although we remain really keen to restart all youth and children's groups, Coffee On The Corner, etc. you will understand why we cannot at present.

<http://www.parkviewchapel.co.uk>

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

Services in April : Please note that opening for services will depend on the level of risk of virus transmission decided at the time. Phone 01379890898 for information on a particular service.

Services (all at 10.30am)

Sunday 4th	Easter Day! Local Arrangement Service
Sunday 11th	Rev. Heather Sorrell
Sunday 18th	Mr. David Freeman
Sunday 25th	Rev. David Ely Holy Communion

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To ALL Redgrave, Botesdale and Rickinghall Residents

COVID-19/Coronavirus Outbreak

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

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

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

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

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

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

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

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

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

Sent on behalf of all the churches in these villages.

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

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

