

PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

Dec 2021—Jan2022



Jessica Farrow

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



There's more to Christmas than presents, trees, decorations, parties and time with family and friends. Picture the scene, a young woman has just discovered that she is pregnant. As soon as she can she makes a three-day journey to a relative who is also pregnant. Having three days of travel will give her plenty of time to think about how she is going to tell her exciting news and the questions she feels she needs to ask! This young woman was Mary, the mother of Jesus, the Son of God. Her relation is her cousin Elizabeth, a woman considerably older than her and who has never had a child before!

Mary is not prepared for what she receives when she reaches her cousin's door. But given everything else she has experienced as of late, nothing should surprise her. Before Mary has a chance to share her news – the angel visit, the baby growing in her womb, or that He would be called "Son of the Most High" (*Luke 1:32*) – Elizabeth interrupts: "Blessed are you among women, and blessed is the fruit of your womb!" (*Luke 1:42*). "How did she know?" Mary must have wondered. Luke tells us that at the sound of Mary's greeting, the Holy Spirit filled Elizabeth, and the still-forming baby John (*see Luke 1:13*), jumped for joy in her womb. It is the Holy Spirit who opens Elizabeth's eyes to see what can't be seen plainly, and He does the same for us today, opens our eyes to see what is going on beyond the natural and into the supernatural.

Before Jesus, The Messiah, is born, the Holy Spirit speaks words through Elizabeth that give Jesus glory. And with the coming of Jesus, the King, John, the child in Elizabeth's womb can't help but leap. These are signs that everything – absolutely everything – is about to change. From now on, Jesus's presence in the world will make all the difference. And it all starts before both Jesus and John are born, in Elizabeth's and her husband Zechariah's home three days' travel from Mary's home.

This is Good News! This is a pattern that will continue throughout Jesus's earthly life. People who know Jesus – like John – will point to Him, draw attention to His presence, and declare that He is the Son of God. With physical eyes, people will see only the ordinary – a baby wrapped in cloths and lying in a manger, a carpenter walking along the shore with some fishermen, a rabbi telling amazing stories, a rabbi eating with sinners, and a convict hanging from a Roman cross. As the Holy Spirit quickens the hearts and minds of the people around Jesus, some will come to see Jesus as He truly is – the promised Messiah who will save His people from their sins and set the world right. But to the rest of the world, the bright glory of Jesus the King comes wrapped in a dirty blanket and lying in a dirty animal food trough, a manger!

Today, in many corners of our modern, politically correct world, there is outrage over Christmas. People appear happy to be offended by the idea of a nativity display in public view, and they scoff if the cashier or a stranger on the tube, greets them with "Merry Christmas" instead of "Happy holidays", or "Happy Winterville"! We enjoy the fun things of the season – the gifts, the lights, the mince pies, mulled wine and all the rest – but many would prefer a Christmas without Christ. That's because, just as it did two thousand years ago, the presence of Jesus demands a response.

Christmas is a reminder that Jesus reigns as King – right now. And it is a reminder that God sent His Son to save us from the guilt and weight of our sin – but that would mean we're guilty, and none of us like to think we're guilty! We're so good at hiding this! But if Christmas is true, then our world is radically out of step with God's kingdom, and our lives are profoundly out of order. I believe that Christmas is true, so much needs to change in me as well in all of us. I need to daily recognise my sin and, therefore my need to repent, and draw ever closer to God through His Son born in a dirty trough. Because of Jesus' birth things cannot go on as before. For those who find it hard to recognise Jesus, His presence at Christmas makes things awfully uncomfortable.

Yet Advent, which always starts on the fourth Sunday before Christmas Day and ends on Christmas Eve, is a time when Christians prepare for the celebration that commemorates the birth of Jesus Christ and the word Advent comes from the Latin the phrase "Adventus Domini", meaning arrival of the Lord. Those who profess Jesus as their Lord, Saviour, Messiah and King delight at His coming, as Elizabeth did, and they leap for joy with the unborn John. This is my take on Christmas. But those who would rather not think about Jesus are still confronted because Christmas is what it says on the tin, mass on Christ's day! My prayer is that amid the celebration and preparation all our drawn towards the Christ child, getting a glimpse of who He truly is. And I pray that the Holy Spirit would speak deep within your hearts – places we cannot go – that many souls might be awakened to Jesus' presence and to the Saviour's overwhelming love.

With every blessing for the Christmas season.

Chris Norburn.



No Changes to the Local Services Directory this month

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



Message from the Team

Christmas is almost upon us—it seems to come around sooner each year. Things are now looking a lot more normal—4 pages of events—and hopefully will continue to look up as we go into 2022.

The team would like to wish a very happy Christmas and new year to all our loyal readers, contributors and advertisers. And stay healthy!

We will see you again in February.

Charles Murray

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, Rickingham, Diss, Suffolk, IP22 1HA* or call **The Editor** 01379 890382

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

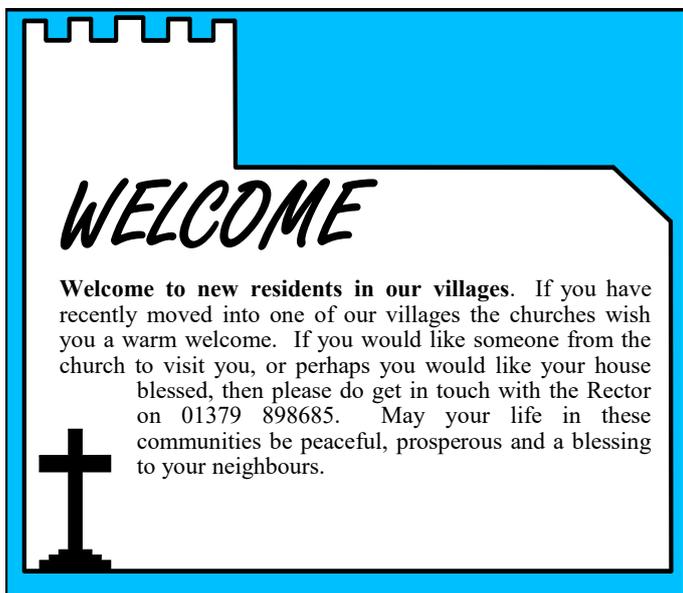
STUFFING MEETINGS RESUME

- **Feb issue 10 Jan (Mon)** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **21 Jan (Fri)**
- **Mar issue 14 Feb (Mon)**. Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **25 Feb (Fri)**
- **Apr issue 14 Mar (Mon)**. Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **25 Mar (Fri)**

We accept items for submission in any of the following formats: MS Word, e-mail, .jpg, .bmp, .pub, .png 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:



In the finest tradition of the Christmas Cracker.....
Two men stole a calendar.....
They each got 6 months

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

Still traditionally baking bread and cakes at Star Wing Brewery until 23 Dec.

Setting up new bakery at Place Farm Shop, STUSTON IP21 4AD from 2 Feb.

Visit www.mickthebaker.com for updates
07825 709155



Mick

STAR WING BREWERY

CHRISTMAS FAIR

Fri 3rd Dec 3-8pm & Sat 4th Dec 10am-4pm

TAP ROOM

Mon: Closed (open Bank Holidays)

Tue/Wed/Thu: 10.00-20.00

Fri: 10.00-23.00

Sat: 12.00-23.00

Sun: 12.00-18.00

ONLINE SALES

Click & Collect/Postal Service UK

AVAILABLE FOR PRIVATE EVENTS

For the latest information:

www.starwingbrewery.com

Instagram @star_wing_brewery

Twitter @StarWingBrewery

Facebook @StarWingBreweryRedgrave

The Old Saw Mill, Hall Farm,
Church Road, Redgrave IP22 1RJ
01379 890586



THE CROSS KEYS

A Community Owned Free House

	Opening	Food Served
MONDAY	5 - 9.30	
TUESDAY	Temporarily Closed	
WEDNESDAY	Temporarily Closed	
THURSDAY	12 - 10	12 - 2.30 & 5 - 8.30
FRIDAY	12 - 10	12 - 2.30 & 5 - 8.30
SATURDAY	12 - 10	12 - 8.30
SUNDAY	12 - 6	12 - 3

Future Events:

11th Dec : Breakfast with SANTA 10am - 1pm
18th Dec : Kids' Christmas Disco 6 - 8pm
20th Dec : Ian's Christmas Pub Quiz 7.30pm start
21st Dec : Carols and Mince Pies 6pm
31st Dec : Posh Dinner and Elegant Dress 7pm

PLEASE BOOK IN ADVANCE TO AVOID DISAPPOINTMENT

Takeaways available Fridays and Sundays

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
Twitter @KeysRedgrave



Delicious brownie gifts baked in Redgrave!

Christmas themed treats, celebration stacks, brownie slabs and bespoke gift boxes (featuring local products) are available for collection at Redgrave Shop.

Please see our website for the full range and place orders via email.

Alternatively, send our gift boxes or subscriptions to loved ones across the country for Christmas via our website.

Email info@brownieandthebean.com

or call 01379 452195 to place an order

www.brownieandthebean.com

@brownieandthebean



Late November/Early December What's On

IN THE FIELDS IN FROST & SNOW

Medieval and Tudor mirth and merriment in words and music

Saturday 27th November, 6pm

ST MARY'S CHURCH, RICKINGHALL INFERIOR

performed by

Hexachordia

A rare opportunity to experience the unique blend of music played on instruments from Medieval and Tudor times with song and narrative in the perfect setting of our ancient church. Not to be missed!



TICKETS
£10

hexachordia.com

Tickets: Kit Brinkley 07947 414968 / kit@cb-consultancy.com
Worham Post Office & The Shop Redgrave

RICKINGHALL VILLAGE HALL'S

CHRISTMAS CRAFT FAIR

**Sunday 5th
December**

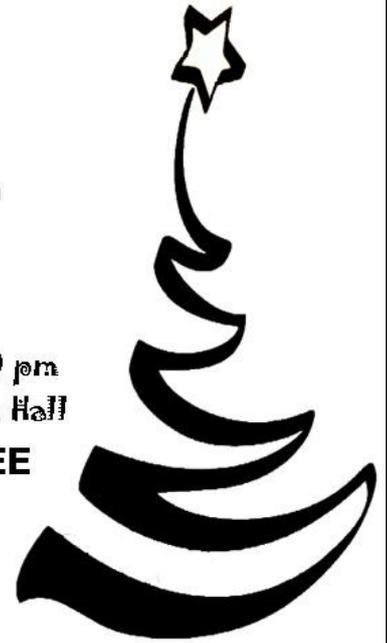
10.30 am until 4.00 pm
at Rickinghall Village Hall

ADMISSION FREE

Over 20 exhibitors

Refreshments available

For information call Bob on 07930 188472



**Fridays 7.30 pm at
St Botolph's & District Bowls
Club
Fen Lane, Rickinghall,
Diss IP22 1DP**

2021 : Dec 3rd
2022 : 7th Jan, 4th Feb, 4th Mar, 1st Apr



Mobile Post Office

**The Mobile Post Office continues to
visit the Parkview Chapel
car park on
Fridays at 2.45pm-3.45pm**

U3A

DISS University of the Third Age

Diss U3A Writers' Group

10.30 am -12.30 pm

on the first Friday of the month at
21 Farnish House, Chapel Lane
Botesdale, IP221DF

Members are welcomed and offered an agenda at the beginning of the meeting. Newbies are asked to introduce themselves and then we exchange news regarding our latest publications and work in progress. Current manuscripts are read aloud and discussed in detail. After discussion there is a break for refreshment followed by the introduction of a new topic about which members might like to write but homework is optional. Members do not have to be writers. Occasionally guests are invited to speak about their work and answer questions. A visit to The University of Essex Library has been suggested. The group first met in about 2012.

Contact: Patricia Stammers
Telephone: 01379 898275
Email: pls2win@gmail.com

Christmas Concert

at
Worham Church
on
Sunday
5th December
at 6pm
(1 hour)

Original Christmas Songs
by
Peter Creswell
and Jennifer Hewes

- * For Solo Singers
- * Chorus
- * Orchestra

Tickets £5.00
Worham Shop
or Tel. 01379-890650



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New special items every week
- Tuesday to Saturday 4.00pm – 8.30pm
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- The Marketplace, Botesdale, Diss IP22 1BS
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Facebook: www.facebook.com/fairygodmothervegan



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QUATREFOIL

local history books on
**Botesdale, Redgrave &
Rickingham**

books are available from:

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

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

www.quatrefoil.org.uk

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TUES - THURS 10:00AM-5PM (FROZEN)
**FRIDAY 10:30AM - 4:30PM FRESH & 10:30AM TO 6PM FOR
ORDER COLLECTIONS**
SATURDAY 10AM-4.30PM

WYKEN VINYARD FARMERS MARKET EVERY SATURDAY

Highways, Finningham Road, Rickingham, IP22 1LP
- on the S-bend on the B1113 towards Finningham
What3words: mows.rekindle.corrode

highwaysgos@aol.com
Megan: 07771 752228 Philip: 07887 668445
www.highwaysgos.wixsite.com/theultimatejointltd

Follow us on Instagram & Facebook



December / January What's On

NEW FRIENDSHIP MEETING GROUP

COME TO BOTESDALE METHODIST CHURCH TO SHARE IN A SOCIAL AFTERNOON OF CONVERSATION AND ACTIVITIES

FIRST TUESDAY OF EVERY MONTH from 2.30 – 4pm.

NEXT MEETING 7th DECEMBER with a Christmas theme

**

There are plans for quizzes, discussion topics, games, music and singing, short talks and other activities over the coming months, but this is mainly a social group & participation in activities is entirely voluntary.

Drinks and biscuits provided
EVERYONE WELCOME

theWI RICKINGHALL
INSPIRING WOMEN

7:30pm
Rickinghall Village Hall

December 9th : Christmas Party
Our competition is : *Who's that baby?*

January 13th : John Duckmanton
speaking about *A Varied Life*

- - -

As always we welcome new members and ladies who would like to just come along to find out more about us.

Redgrave & District Ladies Club

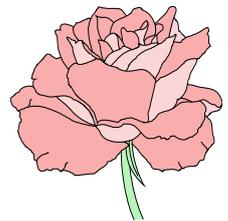
Tuesday 14th December 7.30pm

A Welcome Back Christmas

Social with Mulled Wine & Mince Pies

Everyone is welcome to come along

Redgrave Activities Centre



Parish Gift Day



This year's Gift Day will take place during Advent, on:

Saturday 4th December when I will be in Rickinghall church to receive your gifts between 10am and 12 noon.

Gift Day is a way of giving thanks to God for the work and ministry of the church throughout these villages and

beyond. Whether you attend and give to the church on a regular basis, or just attend on occasion, we're asking if you would consider contributing to help us to continue the work we do in the local community through the many things we are involved in.

Gift Day envelopes will be available in church.

Angles Way Filling Station



Friday 14 January 2022

7.30pm

with Hugh Balfour

Garboldisham Village Hall IP22 2SE



RICKINGHALL
COUNTRY
MUSIC CLUB



Dec 18th: **Marc James**

Jan 29th: **Julie Dawn**

Rickinghall Village Hall

8 pm - 11.30 pm

Ticket price £6.00

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

Rickinghall Farmers' Market

9 am to 12.30 pm

IP22 1HD



Christmas Fare for your Table

Christmas Trees, Wreaths

Café & David's Bacon Buns

Sat 11 December

We will not be holding a Farmers' Market in January 2022



THE CROSS KEYS REDGRAVE

a Community Owned Free House



December Events

11 th	Breakfast with Santa	10:00am - 1:00pm
18 th	Kid's Disco	6:00pm - 8:00pm
20 th	Ian's Christmas Quiz	7:30pm
21 st	Carols and Mince Pies	6:00pm
31 st	Posh dinner & elegant dress	7:00pm

www.crosskeysredgrave.co.uk
Email : gm@redgravecommunitysociety.com
Tel : 01379 779822

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



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9.05am-3pm
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Contact Karen Hails
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01379 898868 (evening)
www.botesdaleandrickinghallpre-school.co.uk

Registered Charity no. 1022795



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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:
Wortham Primary School, Gislingham Primary School and Palgrave Primary School. Transport costs apply for this service.

Our fees are as follows;

Breakfast Club Mon-Thur
From 7.45am £5.50

After School Club Mon-Thur
3.25pm – 6pm £7.50 for the hour (£6.50 for siblings)
3.30pm – 5.30pm £12.50 for 2 hours (£11.50 for siblings)
3.30pm – 6.00pm £15.00 per session (£14.00 for siblings)

Subscription 2020/21 £20.00

Please contact Paula 07952 961285
botesdaleoutofhours@gmail.com

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Experienced childminder available for full daycare 7.30-5.30
Before, after school and school holidays
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Full support provided for children with additional needs
Lisa Crawley
01379 309175 / 07514280925

R a b b i e s
Rickinghall & Botesdale
Babies & Toddlers Group
Thursdays 9.30am - 11.30am
(Term Time Only)
Rickinghall Village Hall
We welcome anyone with babies or toddlers to come along and make some friends.
Play, Art, Song/Story time,
Fruit Snack, Cake, Hot/Cold Drink
First time is free
Child £3
Siblings £2
Under 6 months £1

Yoga
at
Botesdale Village Hall, IP22 1BZ
Tuesdays 6.45-7.45pm & 8-9pm
Term time only
Join anytime! Risk assessed & Covid precautions taken
All abilities welcome
£42 for each block of 6 weeks
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• help in the garden • dog walking and pet care
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To arrange a free in-home discussion of how we might help, call Andrew on 01379-890562 or 0779 0779 982 or email moscompanionservices@gmail.com
www.moscompanionservices.co.uk

December / January What's On

CHRISTMAS

QUIZ

AT

PARKVIEW CHAPEL

BOTESDALE

SATURDAY 11TH DECEMBER

7.00PM

INC. MULLED WINE & MINCE PIES

£15.00 PER TEAM (OF UP TO 6 PEOPLE)

BOOKING ESSENTIAL

To book a table please call Kev Gladwell
on 01379 898924 or check out
www.parkviewchapel.co.uk

Regular Events	  Redgrave & Lopham Fen
	Wild Tots Every Friday, 10.30am-12noon
	Wild Babies Alternate Mondays & Fridays
	Weekend Wildlife Club 6-11 year olds, second Saturday of the month, 10.30am-12.30pm
	Young Naturalists For 11-16 year olds Second Saturday of the month, 1.30pm-3.30pm
	Go wild in the week Activity day for home-educated children aged 6-11 years Fourth Tuesday of the month, 10am-2pm
	Guided walk 4 th Monday of the month, 10am-12noon. A sociable stroll for adults looking at seasonal wildlife
Time to paint Creative & social session for adults. Last Friday of the month, 10am-2pm £5 donation. No need to book	
Dec	Adult course: Winter tree ID Sun 5 Dec, 10am-4pm £32
January	Adult course: Needle felted sleeping mouse Sat 15 Jan, 10am-12.30pm £32, inc. materials
	Adult course: Fen mosaic hare weekend Sat 29 & Sun 30 Jan, 10am-4pm £90, inc. materials
Booking essential for all activities unless otherwise stated. For further details and to book, visit www.suffolkwildlifetrust.org or call 01473 890089	





FAMILY BREAKFAST CHURCH

Botesdale Village Hall

9:30-10:30

FOURTH SUNDAY OF EVERY MONTH
(EXCLUDING HOLIDAYS)



AGM & Members' Evening Friday 10 December

Garboldisham Village Hall IP22 2SE
All welcome, from 7.30pm

Our Annual talk this year is by
Matt Gooch from Suffolk Wildlife Trust
Heritage Funding to Breeding Bitterns

Booking is essential via enquiries@lohp.org.uk
or 07919 912045.

The evening is free but a non members' donation
of £4 would be appreciated.

Exhibition of work by Creative Fen Group.

For more information on LOHP, please visit www.lohp.org.uk
The LOHP is a registered charity (Number 1098232) and Company (Number 4684054)

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

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Reflections

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Massages – Aromatherapy, Indian Head, Hot Stone, Reflexology
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New treatments include Sandalwood and Coconut Body Polish
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loualexanderbeauty@gmail.com

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BOTESDALE HAIR PARLOUR

1 Market Place, Botesdale, IP22 1BT

Unisex hair salon

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Evening appointments available

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

Tel: 01379 890900

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of botesdale



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- Geleration treatments
- Beauty Packages, Vouchers & Gifts
- Professional & Friendly service

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in a comfortable tranquil setting.

Jill Mitev Will BA(Hons) MBACP
01379 897955
07800639141
aislingcounsellingpractice
@gmail.com

January What's On and...

REDGRAVE and DISTRICT THEATRE CLUB

The Redgrave and District Theatre Club Annual Review will take place on **Thursday 20th January 2022** at the Redgrave Activities Centre at 7.00pm.



At this meeting, members are invited to choose which productions they would like to see in the coming year, whilst enjoying a pleasant social evening, including cheese and wine. The club is open to anyone in the local area and family membership is only £5 for the year. Anyone who would like to join us will be made most welcome.

We hope to see you all there. Liz Collins – Chairman

Botesdale Methodist Church "Coffee down the Lane"

Tuesday 25th January 10.00am - 12.00pm



COFFEE ON A SUNDAY PARKVIEW CHAPEL BOTESDALE

11.00AM-12.00PM January 16th



... why not go along to this?



The Heritage Circle presents...

8.12.21 : Pip Wright : Silly Songs and Stories

**26.1.22 : Nicky Reynolds : The Women's Land Army
at 7:30pm in Rickinghall Village Hall**

*New members & guests welcome
Visit onesuffolk.co.uk/HeritageCircle*

... or look into this?

Rickinghall Further Education Group (RFEG)

Rickinghall Further Education Group was started in September 1999 by a Rickinghall resident. The aim was to put on interesting occasional courses which treated a subject in depth. The first lectures were on archaeology and the second series on timber-framed buildings. The courses ran for ten consecutive weeks. Since then we have carried on the tradition and as people heard about us, mostly by word of mouth (and our excellent parish magazine), gradually the group grew and now includes attendees from surrounding villages as well as Rickinghall, Botesdale and Redgrave.

Our courses over the years have included the history of painting, church architecture, music, garden design, wild life and Russian and Chinese history and culture. We have also been fascinated by certain aspects of Film and Cinematography.

All our speakers have in-depth knowledge of their fields and perhaps even more importantly in our case, we only engage lecturers whom we have heard speak and who can make even potentially dull-sounding subjects come alive for us! Our speakers give us information on sources for further study but there are no examinations, checked homework or staying behind for detention! Many people do end up making friends with other local people and discovering previously undiscovered interests they didn't know they had! We have been able to keep our fees low because RFEG is run by volunteers and is non-profit making, ie: what we take in as fees goes out again to cover the costs of running the talks. In normal times we try to put on two ten-week courses a year, usually for two hours on a Thursday afternoon in Rickinghall Village Hall.

At the time that our parish magazine goes to press we are considering what we can offer in 2022. If you are on our mailing list we will write to you as soon as we know what we can offer. If you are newly-arrived into one of our lovely villages, then keep looking for our "little professor" logo in the parish magazine - we will be inviting attendees to whatever we can as soon as we are able. If you like the sound of RFEG and are not on our mailing list yet, **Janet Swann at 01379 650615** will be happy to give you further information and take your details so we can let you know about further courses.



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What's On? A Summary

- Entries are listed in alphabetical order - if you spot any errors or omissions, let us know!
- The first table lists *regular* events that occur *weekly, monthly* or *throughout the year*
- The second table lists *one-off* or *occasional* events
- The *Local Services Directory (LSD)* provides *contact details* for event organisers
 - the LSD is printed in this magazine in March, and is online at www.stmarysrickinghallinferior.onesuffolk.net/local-information/

Weekly/Monthly or Year-long Activities					
Organiser / Event Name	When?			Location	
	Day	From	To		
Angles Way Filling Station	2nd	Friday	7:30pm	-	Garboldisham Village Hall
Botesdale & Rickinghall Runners	Every	Thursday	7:00pm	-	Rickinghall Village Hall
Botesdale After School Club	Monday - Thursday during term 3:25pm - 6:00pm				
Botesdale Breakfast Club	Monday - Thursday during term from 7:45am or earlier if required				
Botesdale Methodist Church Friendship Group	1st	Tuesday	2:30pm	4:00pm	Botesdale Methodist Church
Botesdale Parish Council	1st	Monday	7:00pm	-	Botesdale Village Hall
Brownies (<i>term-time only</i>)	Every	Tuesday	5:30pm	7:00pm	St Botolph's School
Chapel of Ease, Botesdale open	Every	Wednesday	9:30am	3:30pm	-
Coffee down the Lane	4th	Tuesday	10:00am	12:00pm	Botesdale Methodist Church
Coffee on a Sunday	See the inner back cover				Parkview Chapel
Coffee on the Corner	2nd	Tuesday	9:00am	12:00pm	Parkview Chapel
Dance Classes	Every	Friday	8:00pm	-	Botesdale Village Hall
Dance Fitsteps	Every	Thursday	6:00pm	7:00pm	Rickinghall Village Hall
Day Centre	Every	Wednesday	10:00am	-	Rickinghall Village Hall
Family Breakfast Church (<i>excluding holidays</i>)	4th	Sunday	9:30am	10:30am	Botesdale Village Hall
Heritage Circle	4th	Wednesday	7:30pm	-	Rickinghall Village Hall
Methodist Wives Club (<i>not Jan/Aug</i>)	3rd	Wednesday	See <i>Church Notices</i> on inside back cover		
Mobile Library	See the Redgrave Parish Council page				
Mobile Post Office	Every	Friday	2:45pm	3:45pm	Parkview Chapel Car Park
Pilates (<i>term-time only</i>)	Every	Tuesday	11:15am	12:15pm	Rickinghall Village Hall
Places of Worship	See the inner/outer back cover for the denominations' activities				
Positive Steps	Every	Friday	10:00am	11:00am	Parkview Chapel
RABBATS (<i>term-time only</i>)	Every	Thursday	9:30am	11:30am	Rickinghall Village Hall
Redgrave & District Ladies Club <small>(Feb, Apr, Jun, Aug, Oct, Dec)</small>	2nd	Tuesday	7:30pm	-	Redgrave Activities Centre
Redgrave Parish Council	1st	Wednesday	7:30pm	-	Redgrave Activities Centre
Rickinghall Country Music Club (<i>Oct-May</i>)	Last	Saturday	8:00pm	11:30pm	Rickinghall Village Hall
Rickinghall Farmers' Mkt (+Autojumble & Car Boot sale <i>Apr-Sep</i>)	2nd	Saturday	9:00am	12:30pm	Rickinghall Village Hall
Rickinghall Parish Council	1st	Thursday	7:00pm	-	Rickinghall Village Hall
Rickinghall Women's Institute	2nd	Thursday	7:30pm	-	Rickinghall Village Hall
Slimming World	Every	Monday	5:30pm	-	Rickinghall Village Hall
St Mary's Church open	Every	Saturday	9:30am	3:30pm	St Mary's Rickinghall Inferior
St Mary's Church open <i>Apr-Oct inclusive</i>	1st	Saturday	10:00am	-	Redgrave St Mary's
St Nicholas Hospice Drop-in	1st	Thursday	10:30am	-	Botesdale Health Centre
Suffolk Wildlife Trust/Redgrave & Lopham Fen	Events for children/adults; www.suffolkwildlifetrust.org/redgrave/01473 890089				
The Cross Keys Redgrave	See www.crosskeysredgrave.co.uk and in this magazine				
U3A Writers' Group	1st	Friday	10:30am	12:30pm	21 Farnish House
Whist Drive (<i>October to April</i>)	1st	Friday	7:30pm	-	St Botolph's & District Bowls Club
Yoga and Relaxation	Every	Tuesday	7:15pm	-	Botesdale Village Hall

December/January One-off or Occasional Events (check for more details in the *What's On* pages)

Organiser	What? When? Where?
Little Ouse Headwaters Project (LOHP)	<i>AGM</i> Friday 10th December; 7:30pm; Garboldisham Village Hall
Parkview Chapel	<i>Christmas Quiz</i> Saturday December 11 th ; 7:00pm; Parkview Chapel
Peter Cresswell and Jennifer Hewes	<i>Christmas Concert</i> Sunday December 5 th ; 6pm (1 hour) Wortham Church
Redgrave & District Theatre Club	<i>Annual Review</i> January 20 th ; 7:00pm; Redgrave Activities Centre
Rickinghall Ramblers	<i>Walking</i> on Dec 6 th , 17 th / Jan 7 th , 17 th , 28 th ; 9:15am Rickinghall Village Hall
Rickinghall Village Hall	<i>Christmas Craft Fair</i> Sunday Dec 5 th ; 10:30am-4:00pm; Rickinghall Village Hall
St Mary's Rickinghall	<i>Parish Gift Day</i> Saturday 4 th Dec; 10:00am-12:00pm; St Mary's Rickinghall Inf'r
St Mary's Rickinghall Church Fabric Fund	<i>Hexachordia - Mirth & Merriment</i> Nov 27 th ; 6:00pm; St Mary's Rickinghall Inf'r

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Botesdale Parish Council



Leeann Jackson-Eve

Report from the November 2021 Botesdale PC Meeting

Four members of the Parish Council were present, with apologies from Simon Dickinson.

Public Forum: Two members of the public spoke about the parking problems at Oswald Mews. The licence to use the hard standing on the south side of Chapel Lane will be terminated from 30 November as Bennett Homes has acquired the site. This will cause some hardship to the residents of the 11 dwellings at Oswald Mews who have been provided with only one car parking space per dwelling, with no visitor parking. The majority of residents are elderly and an average of 6-7 extra spaces are needed at any given time for visitors including family, friends and support persons. It was suggested that the bollards could be removed on the north side to allow parking on the verge, or the verges could be removed, and Chapel Lane widened.

District/County Cllr Fleming reported that Mid Suffolk District Council has committed to reducing artificial light intensity across the district and light pollution generally – protecting plant and wildlife, and reducing energy use, in line with biodiversity and climate change ambitions. If you'd like to know more, go to <https://www.midsuffolk.gov.uk/news/councils-light-the-road-to-a-greener-future/> Suffolk Libraries and Mid Suffolk District Council are joining forces with a new iPad lending scheme to help residents get online. Devices will be available from participating libraries from 19 October. Anyone wishing to borrow one simply needs to have a Suffolk Libraries account and sign up to the user agreement.

Planning: There were three planning applications this month including a resubmission of the Reserved Matters application for Land to the South of Diss Road. The PC had met the developer, Bennett Homes, to discuss the application and are pleased that it has recognised that the requirements of the Botesdale & Rickinghall Neighbourhood Plan (BRNP) should be fully addressed in the application. This application provides an updated plan which addresses some of the conditions of the BRNP which had previously been lacking, including changes to landscaping and car parking. However, the PC will continue to object to the application as there are still some missing documents. This includes a complete report demonstrating how they have satisfied the requirements of the Development Design Checklist in the Neighbourhood Plan and more representative street scenes.

The other two applications were for work to the Botesdale Kitchen, The Street, to which the PC had no objection, and the Regeneration Project at Botesdale Recreation Ground, which the PC as the applicant did not comment on. There was also one notice of work to trees in the Conservation Area at Tudor Cottage, Cherry Tree Lane and the PC had no objection to this.

Correspondence: There were several items of correspondence including an update on the Active Travel Consultation. MSDC is aiming to produce a draft prioritised list of schemes for the Local Cycling and Walking Infrastructure Plan by the end of November 2021. There was a parish council consultation as part of the Lorry Route Review and if you have any feedback to give us, the PC will review it at the December meeting before responding to the consultation. You can find more information on what's included in the review at www.suffolk.gov.uk/roads-and-transport/lorry-management/lorry-route-plan-review-in-suffolk/

The PC also considered correspondence from the residents of Oswald Mews, whose concerns are outlined above. The PC will contact SCC to

ask for assessment of Chapel Lane and whether on street parking could be accommodated and will contact Bennett Homes to see whether they can accommodate some parking on the existing site.

Recreation Ground Project: The deadline for tenders was 5 November and at the time of the meeting there had been a significant amount of interest on the government Contracts Finder website. The planning application is ongoing and several funding applications have been submitted. A Community Art Project has been proposed by a resident and we're looking at how this can fit into the Project.

Street Light Replacement Programme: Suffolk County Council has provided us with a report which details £13,515 of work that needs to be carried out on 17 units. Out of those, the report recommends priority replacements totalling £8,985 for 10 units. The PC has £10,400 in earmarked funds for street light replacements which can cover all of the priority work. The remainder of the earmarked funds will be held for non-priority work and added to in future budgets.

Back Hills: The PC received a quote for £2,922.50 for pothole repair on Back Hills and noted that there would be an additional cost of around £1,500 for traffic management. It has agreed to shelve this for now and ask SCC to consider putting in formal passing places.

Meeting Dates 2022: These will be 10 Jan; 7 Feb; 7 Mar; 4 Apr; 9 May; 6 Jun; 4 Jul; 1 Aug (Planning only); 5 Sep; 3 Oct; 7 Nov; 5 Dec.

Christmas Art Competition: Councillors had the great pleasure of voting on the Christmas themed drawings from children at St Botolph's Primary School. All winning drawings will be displayed around the Christmas tree in the Market Place and prizes will be presented to the winners. The winning drawings came from Reception: William Beaton (1st) and Peggy Grace Finch (2nd); Year 1: Maya Fox (1st), Delores Giddings (2nd) and Esme Oliver (3rd); Year 2: Penny Fox (1st) and Frank and Charlie Ramsey (2nd); Year 3: Ivy-Lou Clough (1st) and Joni Burgin (2nd); Year 4: Bertie Bavington-Lowe (1st) and Isobel Bond (2nd); Year 5: Poppy Hills (1st) and Maisie Summer (2nd); Year 6: Jessica Farrow (1st). Congratulations to all the children who participated. There were so many wonderful drawings and we appreciate them all.

Botesdale Parish Council wishes you all the best in this coming holiday season!

THE NEXT BOTESDALE PARISH COUNCIL MEETINGS WILL TAKE PLACE ON MONDAY 6th DECEMBER and MONDAY 10th JANUARY at 7.00 pm at Botesdale Village Hall All residents welcome www.botesdale.suffolk.gov.uk

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

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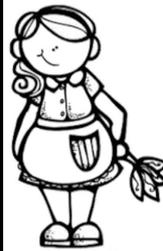
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Redgrave Parish Council



Redgrave November 2021 Report – by the Clerk

Seven councillors attended this meeting with apologies accepted from Netty Verkroost. We are sad to say that Angela Bigley has resigned from the Parish Council and we thank her for all of her hard work on behalf of the community. That leaves us with a vacancy so get in touch if you're interested!

Public Forum: Members/associates of the Redgrave Amenities Trust (RAT) presented two options for addressing the Llanover Estate's decision not to renew the Recreation Ground lease if the Local Green Space (LGS) designation in the Neighbourhood Plan was not removed – do nothing or withdraw the Neighbourhood Plan temporarily and remove the LGS designation.

A member of the public expressed concern that there was no guarantee that the RAT's second option would prevent Llanover from developing the land at a later date. Councillors reassured the meeting that the PC believed that there were wider possible options and was actively exploring these with all interested parties.

Planning: There were no planning applications.

Activities Centre Site (Redgrave Recreation Ground): The Parish Council had an informal meeting with the Llanover Estate on 20 October where councillors presented Llanover with a statement explaining that the LGS designation was approved by the village community through the normal neighbourhood plan consultation process, and the PC had no authority to change the mandate of the village. The PC sees the designation as a crucial part of the protection of the village from development in areas that are important to its inhabitants. The PC would obviously prefer that the Llanover Estate renews its lease on the land with the Redgrave Amenities Trust and proceeds with the currently agreed development of the eight properties rather than returning the land to agricultural use, which would no doubt create bad feeling in the village. However, Llanover has expressed its concern over the unequal and unfair contribution the Estate would be making if the LGS designation restricted the use of the whole 11-hectare site in exchange for permission to build the 8 new dwellings allocated in the Neighbourhood Plan. Following the meeting, Llanover restated its proposal from January 2020 which suggests that a site of approximately 1 hectare at Churchway is allocated in the Neighbourhood Plan for a new housing development of around 20 houses. They have also put forward a reserve site of approximately 0.5ha that could be made available during the Plan period if need be (to provide c.12 dwellings). As we explained last month, these proposals were not previously well received by the community or the planning authorities during the Neighbourhood Plan consultations. The PC's next step is to talk to the Neighbourhood Plan Group and Mid Suffolk District Council. If you have any thoughts on the subject, drop us an email or come to the next meeting.

Lorry Route Review: We are pleased to say that we have finally received the consultation from Suffolk County Council. They have asked us to report the three most important issues associated with lorry movements in the community. According to the lorry campaign group, responses from residents indicate that safety, damage to buildings/verges and air/noise pollution are the primary concerns with HGV traffic on the B1113. It has been noted that the Lorry Route map shows the Suffolk part of the B1113 as a local access route only, but the Norfolk part is a local lorry through route. This contradiction needs to be resolved and any solution, including a proposed 7.5 tonne Weight Restriction, would have to cover the route in both counties. We will be asking South Lopham Parish Council for their support. It was noted that the Lorry Count will now be held on 15 November and any consultation submission to SCC will wait for the results.

Old School Playing Field: We've had a couple of replies from you about what we should do with the Field. Many thanks and keep them coming! An informal group of five residents and councillors has been formed to review the future use of the field. The initial conclusion is that there are two preferred options – a broadleaf woodland or a community orchard. There are still a number of issues to resolve before a decision can be made, including defining the boundaries with the adjacent landowners; enclosing the site to ensure security; looking at planting options; and considering future maintenance.

Old Allotments: This is a piece of land, near the double bends on Fen Street, which is owned by the Parish Council. Like the Old School Playing Field we're trying to come up with ways to better use our assets. As always, let us know if you have any ideas.

The Parish Council wishes you a very happy holiday season and a peaceful and prosperous New Year!

**THE NEXT PARISH COUNCIL MEETING
WILL TAKE PLACE ON
WEDNESDAY 12th JANUARY
at 7.30 pm
Redgrave Amenities Centre
All Parishioners are cordially invited to attend**

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

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

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

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Rickingham Parish Council



Parish Council Report November 2021 by Cllr Geoff Short

Our November meeting had a full complement of six councillors, and three members of the public. There are still vacancies on the council if anyone would like to join us!

A member of the public, living in Garden House Lane, voiced concerns over several aspects of the new development to be built on the left after Ryders Way, and this application formed a major part of the meeting.

Villagers will be aware that Outline Planning Permission had been granted by MSDC for the erection of up to 42 dwellings on the land some time ago, and the Reserved Matters application was now up for discussion. This is where the developer now submits layout, the mix of housing, parking provision and building materials, amongst other things, for approval by the planning authority.

We were pleased to note there had been a mix of housing aimed at local demand, and these will comprise 5 x 4-bed, 23 x 3-bed, 7 x 2-bed and 6 x 1-bed. You will note this comprises 41! Policy B&R 4 in the Neighbourhood Plan required developments to provide a higher proportion of 3-bedroomed homes, and the provision of 13 one- and two-bedroom properties should enable first time buyers to stay in the village. The layout appeared acceptable, as did the building materials and general design of the buildings.

We were concerned that other aspects of the Neighbourhood Plan - now incorporated into the planning system - had not been adequately addressed, and a list was prepared of salient points to MSDC. These include hedging, open space provision and the existing footpath, and we are also keen to see disturbance to residents kept to a minimum during what will be quite a lengthy construction period.

In correspondence, MSDC had undertaken a Public Consultation on travel within the district and had a very significant 1881 responses commenting on cycle paths, highway signage, speed limits and so on, which will give them something to work on for some time. There was also a review of recommended lorry routes across the county from SCC. Whilst this is not a problem to us in Rickingham, there is a real problem in Redgrave with lorries using the village as a cut through from the A1066 to the A143. We agreed to send a letter to support their endeavours in trying to get a restriction.

Villagers will have noticed there are two or three streetlights not working, and some are no longer repairable. We have been putting money aside, earmarked for street light replacement, and - following a survey - are placing an order for three stages of street lightning works costing in the region of £16,500. Don't expect to see results overnight, though!

We agreed to find £2,000 from the budget to assist with much needed roof repairs at St Mary's church, have just had three benches refurbished, and the notice board opposite The Bell will also get a facelift. I can also report that the Skate Park upgrade at the Village Hall should also commence in March next year.

The budget will be reviewed shortly for submission in January, which then provides our precept out of the Council Tax to provide services for the forthcoming financial year.

We also agreed the meeting dates for 2022:
11 Jan (Tuesday); 3 Feb; 3 Mar; 7 April; 5 May;
8 June (Wednesday); 7 Jul; 4 Aug (planning only);
1 Sep; 6 Oct; 3 Nov; 1 Dec.

Meetings are held on the first Thursday of the month, except where noted, and we will be trialling a new start time of 7:00pm from December 2021.

So quite a busy meeting, and the Councillors and Clerk wish you all a very Merry Christmas and a Happy New Year for 2022.

RICKINGHALL PARISH COUNCIL'S NEXT MEETINGS ARE ON

**THURSDAY 2nd DECEMBER and
TUESDAY 11th JANUARY**

both at 7.00 pm

AT RICKINGHALL VILLAGE HALL

All residents are very welcome
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Your Clerk is :

Mrs Leeann Jackson-Eve
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Village Green



Village News

To All who work at the Botesdale Health Centre, including Dispensary folk and volunteers.

We thank you all so much for the amazing dedication to your work, especially during the challenging last couple of years.

The Covid-19 vaccinations, the booster injections, and the 'flu injections have been well organised, and you've been helpful and charming under difficult circumstances. We thank God for you all.

Jeff and Frances Lamb.

Friends of St Marys Church Rickingham Inferior.
The Friendly Invasion – Thank you

Thank you to all the people who attended the evening presentation of The Friendly Invasion on 15th October. We apologise to all the people who had bought tickets for the 1st October when it had to be postponed due to back problems of the speaker, Clive Stevens. Apart from 4 people from Redgrave all the ticket-holders were notified and were able to use their tickets on the 15th October where Clive gave a very good presentation despite having an operation on his spine four days later. Seven hundred pounds were raised from the evening. Thank you very much to Clive and we hope he is making good progress from his operation.

On Saturday Ann Topham kindly opened Redgrave Park in the afternoon for walks to see the sites of the American 65th General Hospital and the Prisoner of War camp and a display of old photographs and paraphernalia of the hospital and POW camp was held in the old gamekeeper's cottage. A further £185 was made from this afternoon. Thank you to all the helpers on both events.

We hope to have the presentation again next year as tickets had sold out before the 1st October causing disappointment to many people.

OIL SYNDICATE



Please contact David Sloan

As always, e-mail orders are preferred, otherwise call me on 01379 890952. Leave a message if there is no answer. I will answer all messages within 48 hours, if I don't, then try again, or use a different method.



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INSPIRING WOMEN

We had a successful time at the recent Botesdale Community Fair, attracting a number of ladies to our stand, some who were new to the area. Pictured are Jennie and Lesley, two of our committee members, who helped (wo)man the stand, the display board being made by Lesley. We are hopeful we will see a few new faces in the coming months to add to the 6 ladies who have joined us since we re-started our meetings.



Our speaker in October was Captain Adrian McCourt who told us The Trinity House story. Trinity House is on Tower Hill in London, Princess Anne being the current Patron. It was founded by Royal Charter by Henry VIII in 1514 and built its first lighthouse in 1609. In 1836 it bought up the remaining private lighthouses around the UK and the Channel Islands to keep mariners safe. Today Trinity House owns and maintains 66 lighthouses, safety buoys and safety boats along the coasts. It runs a number of charities for sailors and their families, and the Brethren who run the organisation are a mix of Royal and Merchant Navy. Trinity House itself is a magnificent building, housing a number of large portraits of famous seafarers. It also owns land in Essex, providing it with a healthy income. Adrian was an entertaining speaker providing us with an interesting and educational talk.

Rosemary Setterfield

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

Club News



HERITAGE CIRCLE

Kate Jewell, Bonfires and Bells – Festivals and the Landscape in Medieval Suffolk

Kate Jewell gave a very interesting, well researched talk entitled *Bonfires and Bells* when she spoke to the October meeting of the Heritage Circle at Rickinghall Village Hall. Kate explored medieval festivals and celebrations. She emphasized the importance for medieval people of protecting the landscape as it gave them their livelihood. Festivals and celebrations were linked to the church and religion but often had pagan origins. They tended to be adapted to meet the priority of safeguarding the land.

In pre-Christian times, people thought that places of beauty with water and trees were where the gods lived or visited. They became religious sites as it was possible to communicate with the gods and leave gifts of food or light candles to please them so as to ensure a successful harvest. These practices continued into the Christian era and were a cause of concern for the clergy. However, there are many instances of the use of water for healing in the Bible. Stories of martyred saints, such as St Winefride, often had springs appear at the place where they died. These often attracted many pilgrims seeking help from the saint.

The first festival of the farming year was Plough Sunday which followed the feast of the Epiphany on 6th January. Medieval villages often had a communal plough and this would be taken into the church to be blessed so that the ploughing season could be successful. An enormous candle, the plough light, would be lit and placed in a shrine on the road out to the communal fields. This was followed by May Day, a festival celebrating the abundance of nature which has distinctly pagan origins. Young people would go out into the woods to collect flowers, branches and herbs. The girls made garlands for their heads and necks. A maypole was decorated and then danced around. Puritans in the 16th and 17th centuries condemned the festival for the immorality they claimed occurred during it.

Rogationtide is on the Monday to Wednesday before Ascension Day. It began as a period of fasting and praying to ask for good weather to produce an abundant harvest but evolved into the ceremony of beating the bounds where the local vicar would lead men and boys around the parish boundary where bells and sticks would drive away evil spirits from the fields and ensure that everyone knew the parameters of the parish boundary. This knowledge proved to be very important in a legal case in the 17th century when a major landowner enclosed the village common of Walberswick. Villagers proved the enclosure was illegal as their fathers and grandfathers had grazed their animals on specific areas of land. Rogationtide was also an opportunity to resolve disputes between parishes who would beat the bounds together and join in prayer. Unfortunately, these events often ended in fights between villages as there was rowdy behaviour and a lot of drinking on these days.

There were festivals linked to the harvests of hay and grain. The feast of St John the Baptist was on 24th June. The date, mid-summer's day, shows its pagan origins. Bonfires were lit to purge the air of evil and dried bones were often added to create a stench to drive away demons in the hope of good weather. Lamps and candles were lit, and flowers and herbs were gathered in a celebration of light and nature.

All of these festivals were intended to protect the agricultural landscape and the livelihood of medieval people. The rituals often had pre-Christian elements. They celebrated nature, and evil spirits were scared away by light and noise. This ensured the land would be healthy and the weather favourable.

The next meeting of the Heritage Circle will be on Wednesday 8th December at Rickinghall Village Hall when Pip Wright will give a talk entitled *Silly Stories and Songs*. New members and visitors are very welcome. Further information is available at www.heritagecircle.onesuffolk.net

Gerry Gurhy

Coffee On



The Corner

Another sunny morning and another Coffee on the Corner. If you came along, it was lovely to see you and we hope you enjoyed the chat and the refreshments. If you didn't manage to make it today - the news is the sausage rolls and cheese scones have all gone!

This morning we were joined by Sue Lawrence who is a member of the Little Ouse Headwaters Project. Sue came along with some information about the charity and spent the morning talking to our regulars, partly about what the team at LOHP do and partly just chatting! I hope and trust that you now know more about the work that they do, restoring the various wildlife sites around Hinderclay, Redgrave, Blo Norton and beyond - they describe it as "an extraordinary wild wetland jigsaw". If you didn't manage to get along today and want to find out more - or even join them as a volunteer - then take a look at their website www.lohp.org.uk

There was a great selection of bric-a-brac on our stall, including some books, children's games, glassware and china and various other things besides. Whilst we have some storage space, it is fairly limited, but if you have a few (just a few please!) pieces that you think might be of interest and sell for the charity we are supporting, then do please come along and bring them with you.

As you are aware, all the monies that are donated for refreshments are given to a charity - this month LOHP will receive just short of £70.00. Next month - **TUESDAY 14TH DECEMBER** - we will be supporting Crisis at Christmas, which most of you will know, try to ensure that those struggling will have a good Christmas. Their work often extends well beyond the simple act of providing a hot meal and company on 25th December and I know that, certainly for some, the Christmas lunch has started them on the road to better times. At the time of writing this, we are expecting to be entertained by the younger children from St Botolph's School who normally arrive sometime around 9.40 and sing us some lovely songs - why not come along to hear them?

In January - **TUESDAY 11TH JANUARY** - we hope to support our regular start-of-the-year charity - that is Centrepoint, who (rather like Crisis at Christmas) support folks struggling with homelessness and the associated problems that brings. For many of us here in the local villages who are fortunate enough to have a support network - of friends, family, neighbours - it is important that we show our care for them. Again - do come along and bring friends or neighbours. Whilst we don't claim to be the best café in town, our refreshments ain't half bad and there is always a chance to chat and catch up and even if you come alone, you will leave having had the opportunity to talk!

Wishing you all the very best,

Sue

Sue Allen

If you feel you would like to know more about our coffee shop or any of the happenings at Parkview Chapel, or you want help with shopping or prescriptions, do please call me on 01379 890423.

BOTESDALE HEALTH CENTRE PATIENT PARTICIPATION GROUP (PPG) PRACTICE NEWS

The Botesdale Practice Health Centre Partners have requested the PPG notify all Patients of the Newsletter 'Practice News' (<https://www.botesdalehealthcentre.nhs.uk/news/>) which can be sent to your email box if you sign up on the Botesdale Health Centre Website. You will be notified of the up-to-date information relating to the Health Centre. The latest Newsletter at the time of going to press is reproduced below.

It is totally appreciated the difficulty some Patients registered at the Practice will have because they do not have access to a computer. The 'Practice News' will be placed on the new external noticeboard outside the main entrance to the Pharmacy/Health Centre. Please check the Noticeboard on a regular basis when you visit the Health Centre and where possible pass the information to other Patients that you know. This will assist the communications between the Practice and Patients. We hope this is helpful to all Patients.

"October 2021

Dear Patient,

The doctors at Botesdale Health Centre are writing to all of our patients to explain some of the difficulties that all general practices across the country are facing, how this has impacted us and how you can help.

You will be aware that the coronavirus pandemic has led to considerable changes in the way that GP services are delivered. At our Practice, we have continued to see patients face-to-face when necessary throughout the pandemic and we will, for now, be continuing our total triage system of assessing patients' problems remotely before deciding with the patient on the best course of action. Whilst this system has the advantage of protecting the most vulnerable from COVID infections it is also now the only fair way by which we can allocate a limited resource to those who need it most.

Currently we are seeing an unprecedented increase in workload, far exceeding capacity, as well as dealing with the effects of the backlog of hospital work that has built up as a result of the pandemic, an effect felt throughout the country. All this while also preparing for the prospect of an expanded influenza programme and against the background of significant difficulties recruiting clinical staff. A more detailed explanation of the statistics behind the increasing demand:capacity mismatch can be found on page 2 of this letter.

We wish to continue providing a high standard of care in a timely way, prioritising those patients in most urgent need and do not want patients to be put off consulting us for serious and worrying health concerns. In order to help us try and maintain services to those most in need of them, we need your help in the following ways:

Please consider whether self-care or self-referral is an option for you or a family member. A non-exhaustive list is found on page 2 and includes access, amongst others, to NHS physio, podiatry and mental health help without GP referral. It is worth remembering that we receive reports to the Practice from many of these services concerning the actions that they have taken to help individual patients.

Be patient with our staff – they are trying their best to allocate a precious resource under difficult circumstances.

Be aware that modern GP practice teams consist of an increasingly wide range of different healthcare professionals who have been trained to treat a wide variety of conditions. Our receptionists may direct you to these members of the team so as to reserve GP consultations for complex or difficult cases.

Remember that whilst we have no influence, except in rare cases of extreme deterioration, or up-to-date information on, hospital waiting lists. The hospitals themselves are more accurate sources of this information. To this end the West Suffolk Hospital has a dedicated helpline (01284 713713) for patients

allowing patients to check on progress with dates for their procedure/operation and similar information can be accessed for Ipswich Hospital via the patient portal.

Use our online consultation tool as your first point of contact with the practice.

[this refers to the e Consult Form <https://www.botesdalehealthcentre.nhs.uk/appointmentstest-referrals/appointments-with-the-doctors/e-consult/>]

We are grateful to our medical, nursing, administrative, dispensing and reception staff for the hard work and long days that they are working at this time and also to you, as patients, for showing patience & understanding over the past 18 months.

Thank you for reading this letter.

Drs MacEachern, Fennelou & Bate"

HEALTH WALKS

In January 2022 the PPG are to begin assisting the Social Prescriber at Botesdale Practice undertaking short walks aiding Patients who may be wishing to start Health Walks to improve their general health or may be assist them in their recovery from major illness or surgery. Refreshments will be provided at the end of the Walk.

If you consider you might like to assist as a volunteer and find out more, please contact Janet Russell at botesdalehealthcentrepvg@gmail.com or 07787 148947

EAR SYRINGING

Following the article in last month's Newsletter regarding the provision of ear syringing services we have been advised that Specsavers in Diss provide such a service.

PPG

The Botesdale Patient Participation Group (PPG) brief is to - 'Make stronger the relationship between patients and their practices, which is critical to the provision of modern, high quality general practice'

If you would like to join our Committee (all age groups are very welcome) or find out more about Botesdale PPG, please contact:

Botesdale PPG at botesdaleppg@gmail.com or Janet Russell Mobile 07787 148947





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Operation Turtle Dove



This area is in a Turtle Dove Friendly Zone. These are areas where there are still turtle doves present and Operation Turtle Dove is supporting local farmers and communities to help them thrive. We can't save these amazing birds by just looking after them on nature reserves, we need your help. Please:

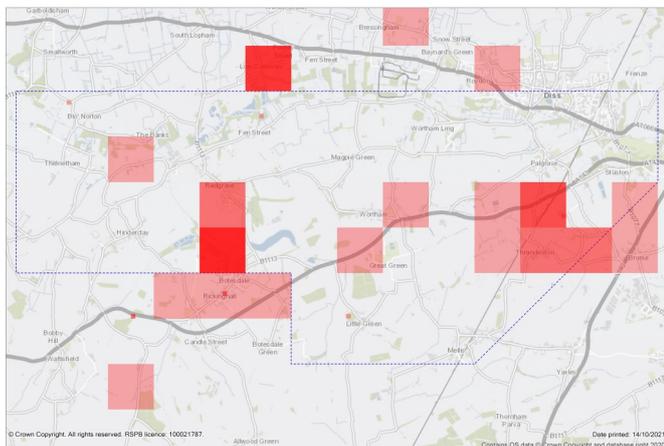
Record any turtle doves you hear or see: I was very lucky to hear a purring male on Mill Lane in Rickinghall this summer so there were some around. Knowing where turtle doves are helps us to focus our advisory work to have the biggest impact: <https://www.bto.org/our-science/projects/birdtrack>. Please get in touch if you have any questions about recording turtle dove locations.

If you have some land you are interested in managing to help turtle doves please contact me. I would be happy to come and do a rapid habitat assessment to see what might be done to provide for turtle doves.

We are setting up more volunteering opportunities to help this species so please do get in touch if you would be able to commit some time to helping these amazing birds, whether it be habitat management, entering data or searching through camera trap photos to spot turtle doves!

Eliza Leat RSPB Conservation Advisor for Turtle Doves in Suffolk - eliza.leat@rspb.org.uk
07395852691

For lots more information on turtle doves, including how to identify one please visit: <https://operationturtledove.org/>







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Contact Paige at Dogs Trust Snetterton
E: paige.pope@dogstrust.org.uk
T: 01953 497912

Registered charity numbers: 27223 & 2027143

"Hello from Dogs Trust!"

Your local Dogs Trust branch at Snetterton would like to briefly make you aware of a few services that we provide free of charge:

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Secondly I wanted to make you aware that we provide free talks to local community groups. I cover the whole of the East Anglia region, to talk about the varied work of Dogs Trust, where we come from and where we hope to be in the future. There are no speaker fees or travelling expenses so please let me know if you believe that your local club would be interested.

If anyone has any further queries, or would be interested in booking in a talk, please contact me by emailing emily.matthews@dogstrust.org.uk or phone 01953 497912."



Maya Fox

UNDER ONE ROOF

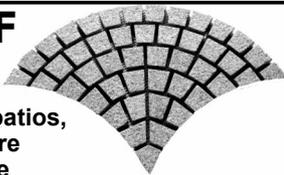
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The regenerated Recreation Ground is being designed for all of the community, and it therefore includes a Health, Fitness and Wellbeing hub. There will be an extensive range of equipment designed to provide exercise facilities for adults of all ages and abilities.

The hub is endorsed by the Botesdale Health Centre as a health facility for the community. Its location will also accommodate the delivery of externally provided classes weather permitting. There will also be a running/walking track which is wheelchair friendly.

The equipment will include a Cross Rider duo, Arm Bike, Body Twist, Cycle, Stepper, Parallel Bars, Horizontal bars and Overhead Bars. Several of the pieces can be used by two people at a time – an excellent opportunity to come with a friend and exercise together, then take a rest on one of the seats nearby.

For those technology minded among us, it will be possible to download on IOS and Android, and log your workouts on the App store as well as report any problems with the equipment.

This is going to be a really exciting addition to the life of our community, and we would love those people who are interested to volunteer to assist with the running of the Recreation Ground, or sponsor equipment, e.g. planting, or dedicate an item in memory of someone special

If you would like to know more about the Project please contact **Greg Russell** on **07887 747625** or **botesdalergp@gmail.com**

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(Surface diagram to scale 1:500 on A4)
(User diagram shows unit with a 1.80m tall adult)



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Caloo Workout - CW15 Body Twist

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Caloo Workout - CW36 Stepper

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User Height: 1.50m - 1.90m

This unit provides a great cardio workout and targets the calves, quads and glute muscles.

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(Surface diagram to scale 1:500 on A4)
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Club News

Mill Lane Allotment Association MLAA



So, there I was down on my plot, planting out some over-wintering Broad Beans and Onions, luxuriating in the wonderful weather of a mid-autumn day of clear skies and sunshine, when a thought came upon me; why have we not got a list of people waiting to take on an allotment for themselves?

We have empty plots

available and surely people can see the benefits in growing their own fruit and vegetables. It is a healthy pursuit, it is productive, it is very rewarding, and looking at the cost of vegetables in the supermarkets, very cost efficient. Out of three planted Butternut Squash I got over a dozen squashes and they have been selling for £1.60 each in the shops!

Looking across the site I could see other allotment holders all doing much as I was in the gentle and stress-free way that said more about a lifestyle than it did about simply digging over a piece of land.

Much has been written about the benefits of keeping an allotment and producing such a range of crops that means that one barely needs to go the supermarket to replenish one's pantry with healthy, tasty produce.

Then I thought that some people might find an allotment plot a bit daunting when confronted with a piece of land about 150 square metres in size. (The approximate size of one of our full-size plots) Some of our members share their plots with a friend to spread the load, or even take on one of our half plots of about 75 square metres. There is plenty that can be grown on a half plot.

At present we do have a couple of full size plots ready to be taken over in January 2022, so if you are interested in improving your lifestyle and wellbeing, why not contact our secretary, Mark Wiseman on 07808 469954 or 01379 898805 or email him at mark.wiseman@virgin.net and get yourself on our very short waiting list.



Bertie Bavington-Lowe

Community Woodland

Last month I mentioned the rowan tree in Low Meadow with both red and yellow berries. (Apparently there is another in The Street.) Now the red berries have gone, just leaving the yellow, which were the majority. I wonder if the birds will come back for them as a second choice.

Some of these berries appeared on page 37 of last month's issue. They were all from Low Meadow and as well as the rowan there were:

Black berries on privet. Most people know privet as a hedging plant and it is pruned in the summer, so we don't see the pretty white flowers and clusters of small black berries.

Hips and haws we know, but what about spindleberry?

Those berries are very pretty, being pink on the outside, opening to orange in the middle. In Low Meadow there is one in the hedge and we have also planted a few in Northfield Wood. There are also some on the left as you leave Botesdale for Wortham.

In case you have forgotten, Low Meadow is at the far western end of Rickinghall, just after the last house on the left and there is a footpath going through it, so you won't be trespassing!

We had a good work party in Northfield Wood (next to the allotments) and planted a few more seedlings.

Patrick started brush-cutting the circle. There is a bench there, a good place to sit and enjoy the sun.

People seem to have been gathering the fruit, which is what it is there for, always leaving a bit for the next person.

Tony has managed to arrange another grant from the Sapphire Grantmaking fund to help maintain the safety of Miller's Orchard and Anita has asked Jessica Fleming for a grant towards the care of this piece of land. It is land that we own so we have to take out insurance and also sometimes have to pay people to do work we are not insured to do.

The next work party will be on Sunday 5th December, in Northfield Wood, typically from 10.30am to 12.30 but the timing is flexible.

Rosemary Jones,

Botesdale and Rickinghall Community Woodland

10th November 2021

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Exploring the Past

Jean Sheehan, 01379 890237

Trees in Redgrave Park.

I am writing this the week of the COP 26 conference on climate change. Everyone is promoting how important it is to plant trees for the benefit of the world.

Ulfkytel gave the manor of Redgrave to the Abbot of Bury St Edmunds early in the eleventh century and it is mentioned in the Domesday survey of 1086. At this time woodland was valued in the number of pigs it could sustain from acorns, and the manor of Redgrave could feed 120 pigs.

Abbot Samson had built a hunting lodge here by 1211 when he died. In the park he kept deer and Redgrave Park was the longest surviving deer park in Suffolk. When Country Life Illustrated published a four-page article about Violet Horsfall, the wife of the tenant of Redgrave Hall in 1897, it mentioned that it has a deer park. It included a photo showing the extremely old oak trees, probably remnants of the medieval wood pasture. The deer were enclosed by a deep ditch and a fence known as a 'pale'. Abbot Samson employed huntsmen to hunt in other parks which he owned but their names are mentioned in the account rolls of the manor of Redgrave. Some of the trees remaining in Redgrave Park may be from this time. The timber from the trees was used to repair the buildings in the park and other houses owned by the manor of Redgrave and also used to repair fences and hedges.

After the dissolution of the monasteries in 1539, a valuation was later carried out and the house and park were described: *Within which manor there is a park with dere in the same and a Ruyinus mansion place now for lack of repaeraycions sore decayed. In the parke be 30 acres thyn sett withbollyng okes and harbeme growingng by parcelles. In the seyd woodes and parke about the scytuacons of the seyd and dyvers tenementes there, and in other the hamlettes aforesaid and in the lands perteyning to the same and parte usually cropped and shred, whereof 400 reserved for tymbre to repayre the houses standing upon the scyte of the seyd mannor and tenements aforseyd...*

Nicholas Bacon, a lawyer and son of the sheep reeve of the Abbey, bought the manor in 1542. He became the Lord Keeper of the Great Seal in 1558 and was knighted by Queen Elizabeth. He started to build Redgrave Hall in 1545 and demolished the hunting lodge. The mansion house was completed in 1554 with two wings. By 1676 two larger wings had been added. Sir Nicholas, the Lord Keeper, straightened the meandering stream which was the boundary between Redgrave and Botesdale. By this time he had built another house at Gorhambury, near St. Albans, to be closer to London. His son, another Nicholas, was living in Redgrave Hall but the Lord Keeper regularly sent his son letters telling of his plans for Redgrave Hall and park and saying that Nicholas was to implement his orders. He wanted a bridge to be built over the river in line with the front door of Redgrave Hall. In extremely hot summers it is possible to see where the bridge was with the driveway leading to and from it. A privately owned painting of the house shows a small garden in front of the house with pillars at the entrance and then an avenue of trees which probably led to the bridge.

Sir Robert Bacon, the 5th Baronet, sold the estate to Sir John Holt, the Lord Chief Justice, in 1702. It eventually went through members of the Holt family until it was inherited by another Rowland aged 16 in 1739. He went on the Grand Tour to Italy and was influenced by the classical Palladian style. In the 1760s he commissioned 'Capability'

Brown to redesign the house and the park. He demolished the two outer wings and rebuilt the inner wings and inserted a classical front to the house. This formed a central courtyard with the front of the Bacon house retained as the kitchen and service rooms at the back of the house. He dammed the river and made it into a serpentine lake of about forty acres, with an island. At the far end of the lake he built a house for the game keeper and the end of the house, facing the hall, was designed in a classical style to be seen from the hall as a folly, although the rest of it was just an ordinary cottage.

Lancelot Brown mainly added trees as a shelter belt on the edges of the parkland. The front of the mansion was kept free from trees so that the house could be viewed from across the lake. A plan of the estate was drawn up in 1803 in the Estate Book of Admiral George Wilson showing an avenue of trees leading from the entrance in Hall Lane, ending slightly west of the front of the house and another avenue to the east of the house commencing beyond the stables. There are more trees planted on the eastern end of the lake where the gamekeeper's cottage is, and the kennels were nearby.

Four hundred trees from the Redgrave Estate were sold by auction in 1924, including forty five oaks from the Warren and 26 Ash from Warren's Meadows. The Warren is the area where the prisoner of war camp was situated in WWII. Fifty two oaks, twenty seven ash and three beech were sold from the shrubbery.

The emphasis at the moment is on planting more trees due to climate change and the Queen's scheme for a Green Canopy in 2022 to celebrate 70 years from her accession to the throne. Suffolk is aiming to plant 770 thousand trees. Ann Topham, the present owner of the parkland around the lake is aiming to plant many new trees in Redgrave Park.

Yesterday, 7th November, the Country File programme on BBC1 featured tree seed planting in Redgrave Park as part of its tree programme. Seeds were collected by volunteers and planted in pots ready for re-planting later.

To learn more about Redgrave Park read Deer Parks of Suffolk 1086 -1602 by Rosemary Hoppitt, published by The Suffolk Institute of Archaeology and History 2020; Suffolk's Garden and Parks by Tom Williamson published by Centre of East Anglian Studies, UEA. 2000; A Short History of Redgrave Park by Tim-Holt Wilson published in The Annual, The Bulletin of the Norfolk Archaeology and Historical Research Group 2018.



Two of the staff from the 65th General Hospital standing in one of the trees in Redgrave Park, the site of the hospital, during WWII.



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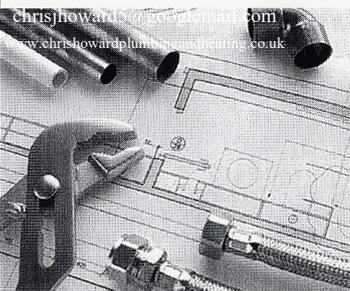
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Exploring the Past Again

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Memories of School Days

Lilian Cater's Memories of her school days continued

Lilian Cater's Second Letter

23rd Nov. 88
Pump House, Redgrave

Dear Mrs Chapman,

Thank you so much for the letters and pictures received this a.m. Wed.

I'm so glad I wrote and of course I would love to visit, unfortunately the only person that could bring me is Margaret, my daughter. She would be very pleased to do so but she is a trained nurse, married and living in Diss. The only thing that could stop her:- 'If one of the elderly people needed her' otherwise I'm sure she would bring me; she is not nursing as such.

I want to see the window in the new classroom near the footpath. When on Mon. Wed. and Fri. the girls sat for sewing lessons at 3pm or thereabout, there would be a tap at the window and Miss Burt opened up and there on a tray sat 4 cups of tea, one for each of the female staff which I sometimes carried round, longing to have a cup but never did!

Miss Kemp has put on a bit of weight! She did have her hair twisted into a little knot on top of her head and lived in Cobb Row, about 2nd from the further end and near the new houses on the meadow.

Miss Canham and Miss Shaw lived in rooms over the little shop opposite the old blacksmith's shop and Miss Burt lived in the first house of the row (almost opposite). In fact, better still, opposite the post office near where Dr Richardson lived.

Rebecca, Mr Palmer had a vegetable garden over near the lavatories, a flower garden and a small lawn near the house. Steven, I don't like the size of your cane! (Maybe it would be best not to mention names; I must leave that to you, because perhaps others would or did write.)

Thank you, Sadie, for your letter. I'd know Mr Reynolds if I met him, but didn't think for a moment he knew me! But I loved Mr Palmer!

I'm going to put my pictures on a piece of cardboard and hang it on the wall. I do hope I shall be able to visit you all. Yes! My memory is good, unfortunately I'm told I don't look 86.

Yours sincerely Lilian Cater (Mrs)

[It appears that some of the children drew pictures of her school days for her.]



1965 - Lilian Cater on the left holding her granddaughter's hand, with her daughter behind her and Mr Cater next but one to her

Lilian Cater's Third Letter

8th Dec. 88
Pump House, Redgrave

Thank you for inviting me to our school. I hope I answered all the questions I was asked. The one that hurt most was – what kind of shoes did you wear? Shoes! My foot. They were black leather boots very heavy & laced up to the calf of my legs. After 4 journeys back & forth to school & a visit to the butcher[?] first (for my mother was such a retiring shy lady that she never ventured out herself.) my boots were very wet so of course they would be put near the fire to dry. In the morning I nearly cried when I had to push my poor chilblained feet into them. I did so hope I wouldn't be asked to run anywhere during the day. The school was so cold it didn't help.

I hope you will forgive me because I have put all our furniture back into your school. Even Miss Kemp is back in black dress, apron, keys & all. I've hung my coat on the first peg outside her door, opened the nearest into the main room. Miss Canham is there but I've crossed the room to a vacant seat - obviously the former occupant has moved on. So! I got the job as Monitor! And I'm beside the tortoise, although he's asleep.

I've been into Miss Shaw's room with her pretty hair, lace & beads. I've been to help Dick with his reading, he looks up and on his face gives a glance which says, "Give us a clue!?"

Back in the big room and Mr Palmer is at his desk and he is saying :- The little Huggins family are not here today, their daddy has been killed. I cry. There were 6 boys and one girl now, with only their little worn out mother. [1917]

On another occasion it was Widow Cook's 2 sons who have both been killed and she and her daughter were taking in washing to get a living. [1916 & 1917] The Coles from West Street where their dad was a keeper were left fatherless in that lonely keeper's house.

Now I've gone back to Miss Burt and her classroom, sitting in her high chair overlooking the whole. She can smell too! I had a chest warmer in my mouth but now it's on my chest and I'm nearly choking with indigestion.

Now we are closing up for the day. We are all in the big room except the Infant class. Miss Canham has taken her seat at the harmonium & we sing :-

'Sweet saviour bless us 'ere we go'

or 'Sing of my soul' [?]

So ends another happy day.

Mr Palmer, headmaster, 1 son David and 2 daughters Minnie taught at Dyers School, Fen Lane, Botesdale and later as a married woman at Hinderclay School as Mrs. Carol.[?]
Cissie, I do not know much about her; only as a secretary at a Garage.

This writing gets worse as I go along but I'm not allowed to go to the post box and my daughter will be calling any minute on her way to the school kitchen.

Lots of love & every blessing

Lilian Cater & Margaret Kemp

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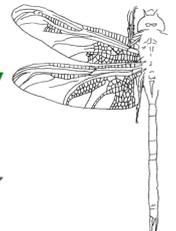
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Nyall's Notes

LOHP Local News

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

The final preparations are being made for the launch of the James Webb telescope which is due to succeed Hubble. It will have cost ten billion dollars and will explore the origin of the universe. It is a remarkable piece of equipment and has been many years in the making.

Now let's think about Christmas. There are a lot of fairy tales that have been added to the Christmas story, for example, and this is something that surprises many long standing Christians; there is no donkey let alone oxen, reindeer or Santa Claus. There is simply a baby, a helpless new born baby who was placed in a manger because there was no room in the inn. There were also some shepherds who came to see the baby.

What are we told about that baby? This is where the link with the James Watts telescope comes in. "Without him was not anything made that was made," and "He is the image of the invisible God, the firstborn of all creation. For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities — all things were created through him and for him," and, "He upholds the universe by the word of his power." No wonder, after the shepherds had seen the baby the shepherds returned, glorifying and praising God.

We have difficulty understanding the universe having been given it, completed on a plate, so to speak. Imagine the task of designing and constructing the universe from scratch out of nothing. When you look at the baby in a crib this Christmas it should speak to you of the one who did just that and made the universe out of nothing. I cannot put it better than Charles Wesley, "Our God contracted to a span, incomprehensively made man." That's the babe of Bethlehem.

So why did God become a baby? The answer is summed up in the message the angel gave to Mary, "You shall call his name Jesus for he will save his people from their sins." It makes you and me incredibly important. No one is worthless. Indeed, everyone is of immense worth because the creator of all things became human in order to save human beings like me and that entailed him dying, nailed to a cross that he might pay for all the things I have done wrong. We forget the cross at Christmas but that first Easter was in the mind of God that first Christmas. So, as we cannot have Easter without first having Christmas we cannot have Christmas without there being an Easter and it will soon be Easter. Easter is the Christmas present of all Christmas presents but like all Christmas presents it has to be accepted.

I would exhort you as you see the baby in the crib this Christmas, ponder a while on who this is, the sacrifice he made for you and say, "Thank you," that you, like the shepherds on seeing the baby might find yourself glorifying and praising God.

"For in Him the whole fullness of deity dwells bodily."

Colossians Ch 2 v.9



Little Ouse
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Conservation & Community

*'Spring passes and one remembers one's innocence,
Summer passes and one remembers one's exuberance,
Autumn passes and one remembers one's reverence,
Winter passes and one remembers one's
perseverance.'*

Yoko Ono (1933-)

Plaintive calls overhead at this time of year often indicate small flocks of golden plover arriving from Scandinavia. There used to be flocks of thousands which would roost and feed on the bare winter fields. Now, because of climate change, these birds only come if it gets really cold further north. You will have noticed large numbers of gulls following the plough as farmers work the fields. The larger gulls are lesser black backed and the smaller, black headed gulls, although they will have moulted their black heads which will re-grow for the breeding season. Many of these gulls, and a few cormorants, roost on Redgrave Park lake and can be seen flying there in flocks at dusk.

Now that the fields are bare, hares can be seen more easily and, surprisingly, they continue to give birth all year round, producing leverets even in snow. By January, wildlife will have stripped the hedges of fruit, so both January and February are good months for cutting back, before the start of the breeding season in March. Thanks to Reg Langston for his input here.

Two events to tell you about:

The LOHP AGM will be held in Garboldisham village hall on Friday 10th December at 7.30. (£4 for non members). The guest speaker will be Matt Gooch from SWT, whose talk is titled; 'Heritage Funding to Breeding Bitterns'.

Our winter walk will be on Sunday 2nd January, meeting at Thelnetham windmill at 10.30. (Suggested donation, £3 for members, £4 for non members). Booking is essential for both events by email: enquiries@lohp.org.uk or by phone: 07919 912045. Please leave contact details, 'just in case!'

All that remains for me to do is to wish you a very happy Christmas and peaceful New Year from all at LOHP!

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Bandar Abbas, Iran Brief Recollections (Part 2)

After driving past the entrance to the sea port, and leaving Bandar Abbas town, you arrive at a left turn towards the sea, and drive onto a well constructed dirt road that passed the entrance to the construction site and then turned right along the coastal plane at the foot of a range of barren hills – I forget what they are called, and shortly after that you arrive at the Spanish contractors camp.

The camp was obviously designed to accommodate a large number of people including couples with children as there was a purpose built school house. We were so far from medical help that I was sure there must have been a medical centre but I wasn't sufficiently interested to try to locate it. There was a large vehicle maintenance area where the excavators and loaders from the quarry were serviced and we refuelled our vehicles. Off to one side was a building housing six big Caterpillar diesel powered generators – only half of which were in use at the time due to the reduced electrical load.

Clearly the camp had been evacuated, probably due to the change of government, and was only now being reactivated.

The other contractor was Japanese and had established a camp about ten minutes beyond the Spanish contractors camp. I didn't have any need to go there so have no idea what they had developed.

Because of the shortages of food the Spanish contractor had two teams of two men in pickups driving around the area every day to collect whatever food they could find in local farms and shops, and because we were on the coast, sea food was a regular feature for lunch or dinner but there was always fruit – water melons particularly.

Day by day construction proceeded in accordance with the programmes, and in my case, I supervised the construction of a jetty by the Japanese contractor. It was standard concrete construction, but made more interesting by the strengthening required for resistance to earthquakes. - and particularly the joints required between individual lengths of the jetty to prevent lateral movement during a quake. Earthquakes were a regular occurrence.

I mentioned earlier the war between Iran and Iraq, This was not a problem usually but one day as I was driving back to camp for lunch, I was flagged down by two young Iraqi soldiers. They were armed so I hoped they were peaceful. They opened the passenger door, crammed themselves onto the front seat, and gestured that I should drive on. To have the business end of a machine gun bobbling about near one's left ear whilst driving along a dirt road is not very relaxing. However when we reached the gates of the camp they started to open the front door. And climbed down.

To be continued. JML

Your local Citizens Advice needs you

A local charity offering advice is looking for new volunteers to join their team.

Citizens Advice Mid Suffolk offer people free advice on issues like benefits, debt, employment and housing. Volunteers are based in the Advice Centre in Stowmarket.

Simon Clifton, Chief Officer, said, "over the covid-19 pandemic we have continued to provide a service to people who need it – closing up shop was not an option. One challenge that remains is to continue to meet demand. Volunteers are at the heart of our charity and we're looking for new people to join our team. You don't need any specific qualifications or experience to volunteer with us, just an interest in working with people to make their lives better."

Steve Avery, who has been volunteering with Citizens Advice Mid Suffolk for 4 years, said, "I like volunteering here because you make a real difference to people's lives. There's a great team of people and you get a lot of support. I would say to anyone considering volunteering to give it a try because it keeps you connected and up to date."

There are several roles available including Advisers, Telephone Assessors and Trustees.

Anyone interested in finding out more can visit midsuffolkcab.org.uk/volunteer or contact Tina Hovell, Volunteer Recruiter, on 01449 676060.

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STAY SCAM SMART

Have you been brushed yet?

Trading Standards have received reports that a number of people locally have received packages from Amazon they have not ordered.

Welcome to 'Brushing', the latest scam where unscrupulous sellers send products to unsuspecting people then falsely log it as a genuine on-line sale to make the purchase appear a runaway success and mislead others into buying the product.

Falsifying of sales figures also violates Amazon's terms for reviewing products.

The more 'sales' the product clocks up it seems the more likely people are to buy.

This means the scam becomes more profitable for these tricksters so they can afford to give away the product.

Which? magazine estimates that households nationwide have been hit by this scam but as the recipients are not been charged for the item, most of us probably wouldn't feel they were being swindled because we are getting something for nothing.

However, there is a catch. Being involved in a brushing scam means someone has gained access to your name, mailing address and potentially other personal information. Depending on how your details were accessed, they could be privy to much more of your identifiable information than you realise.

If you receive packages you did not order, contact the seller straight away and change all your on line accounts passwords. Report the incident to the National Citizen Advice Consumer Service on 0808 223 1133.



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Mid Suffolk

My energy supplier recently went under and the new tariff I've been put on is far more than I used to pay. I've heard energy prices are set to rise further and I'm just not sure I can afford it. What help can I get or small changes can I make around my house to help save some money this winter?

The cost of energy is very high at the moment and it's causing many people to worry. Normally we would suggest switching to a better deal, but the situation is very difficult

at the moment and there aren't a lot of good deals out there. However, there are still other small ways you can keep your bills down.

Little everyday things can help, such as making sure televisions and other electronic devices are switched off and not left on standby; washing clothes on a lower temperature; and only filling the kettle with the water you need.

Turning down your main thermostat by 1 degree can save you around £60 on your energy bill. And by spending one minute less in the shower each day, a family of four could save £75 a year on energy and water bills.

You're right in another way about bills going through the roof - and the walls. One way of cutting costs in the long-run is to invest in good insulation if you can afford to. If you're renting, ask your landlord to do this.

You may be able to get financial support to help insulate your home under the Energy Company Obligation scheme.

Contact your energy supplier for more information on this. If you're in a household that's not connected to the gas grid you may also be able to receive help under the Home Upgrade Grant scheme through your local authority.

There's some financial support available for paying your energy bills, depending on your situation. For example, if you're a pensioner with a low income or receive Universal Credit or other means-tested benefits, you may be entitled to the Warm Home Discount. This gives you £140 a year to go towards your bills.

If it gets too much

If you are starting to fall behind on your energy bills, then Citizens Advice can help. Our Advisers can look at your budget to see if we can help you save money and check that you're claiming everything that you're entitled to, including Warm Home Discount.

Citizens Advice Mid Suffolk can provide advice on this or any other issue, including debt, employment, benefits and family law. You can contact them on 01449 676060 or use the contact form at midsuffolkcab.org.uk/contact-us. For more information and our opening hours go to midsuffolkcab.org.uk.

Why the Isle of Man?

Why would you go to the Isle of Man?

To see what was there.

And is it true that Finn McCool

Flung it through the air?

Took it from Lough Neagh, he did

and tossed it in the sea

and happy are the people who

from other lands are free

Manx is their Celtic language

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Our monarch is the Lord of Mann

but the triskelion flag's unfurled

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December / January Church Notices



Message From Mel

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01379 452702



Hello Everyone,

CHRISTMAS IS HERE!!!!!!

It's that time of the year when the world is just a bit more sparkly than usual. I just want to sing Christmas songs and carols all day long... my poor family! The Christmas cakes are baked and preparations can begin.

Christmas events and services were mostly cancelled last year, so it's with great anticipation and excitement that we can look forward to this December. We have the usual offering at RedBRick church this year, with a fantastic Christingle on the 12th of December and Family Crib Service on the 24th. We also have a New Year breakfast Service on the 2nd of January. It'll be great to see you there. With the past 2 years being tough on us all, I pray that you will have a very happy and joy filled Christmas holiday season, in whatever way you celebrate it. God Bless, stay safe and Happy New Year x

Short Note to Mums

Christmas can be a hard stressful time for mums, with endless lists and to do lists in our brains at all times. Not only does normal life need to continue (washing, cleaning, cooking, feeding children, work, play, birthdays etc.) but Christmas lists start to get longer and longer (food, drink, Christmas events, presents etc), When life gets too busy this season, just remember this; not only can you do it, but you are doing it already and you are awesome. The TV and Social Media always create the "perfect Christmas" which puts the pressure on us to make it so.

Take the pressure off yourself and don't stress. It's OK.

Every day is a present and a gift. So many people in this world go without. Christmas is not about all the stuff and food (even though that's nice). It's about love. The first Christmas showed us the deep love of our Father God giving the world his son Jesus. This year will not happen again, it's a gift. Whatever you do, big or small, **it'll be special because you are a great mum** and you love your children and those around you. Well Done Super Mums.

I hope you get a moment of time out for yourself. You deserve it!

Parkview Chapel Sunday Services and Events

All services will be at Parkview Chapel (unless noted otherwise), will include Communion, and be live-streamed on the 'Parkview Chapel' Youtube channel. Refreshments will be served from 10.30am.

Please call Kev Gladwell on 01379 898924 for more details or check out www.parkviewchapel.co.uk

Dec	Sunday 5 th	Service at 11.00am	Parkview Chapel	January	Sunday 2 nd	Service at 11.00am	
	Sunday 12 th	Service at 11.00am				Sunday 9 th	Service at 11.00am
	Sunday 19 th	Christmas Carol service 4.00pm				Sunday 16 th	Coffee on a Sunday service 11:00am
	Saturday 25 th	Christmas Day Service 10:30am				Sunday 23 rd	Service at 11.00am
	Sunday 26 th	No service at Parkview				Sunday 30 th	United Church Service at 10:30am
Events		Christmas Quiz			Saturday 11th Dec 7:00pm		
		Coffee on the Corner			Tuesday 14 th Dec 9:00am	With St. Botolph's School children to sing carols	
		Coffee on the Corner			Tuesday 11 th Jan 9:00am	-	
PARKVIEW Youth		Junior Church			Sundays 11:00am - 12:00pm	Reception-Year 6	
		Junior Friday Club			Fridays 6:00pm - 7:00pm	Reception-Year 6	
		PYP			Sundays 7:00pm - 8:30pm	Years 7-13	
		Senior Friday Club			Fridays 7:30pm - 9:30pm	Years 7-11	

A warm welcome at Botesdale Methodist Church to anyone who wishes to join our services

Services (all at 10.30am) - for further information phone 01379 890898

December		January	Sunday 2 nd	United Covenant Service at Diss MC
	Sunday 5 th	Local Arrangement	Sunday 9 th	Rev. David Ely
	Sunday 12 th	Mr David Freeman	Sunday 16 th	Mr David Freeman
	Sunday 19 th	Carol Service - Mr N. Hodson	Sunday 23 rd	Local Arrangement
	Sunday 26 th	No Service	Sunday 30 th	United Service - Mrs Sue Goodwin

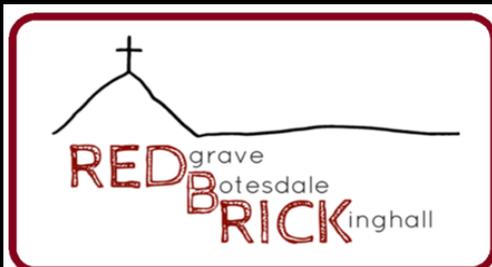
Events

December	Tuesday 7 th	New afternoon meeting for tea, conversation and activity. Open to all in these villages. 2.30- 4.00pm
January	Tuesday 25 th	Coffee Morning 10:00am-12:00pm (note: there's no December Coffee down the Lane)

Some of the above may be subject to change. For details contact 01379 890898

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

RedBRick Church Services and Registers



Parish Church Advent and Christmas etc. Events/Services

Saturday 4th December

Christmas Decoration Day, 10am-12noon, St Mary's Church, Rickinghall.

Parish Gift Day, 10am-12noon, St Mary's Church, Rickinghall

Sunday 5th December

Community Worship, 10am, All Saints Church, Redgrave

Holy Communion, 11.30am All Saints Church, Redgrave

Refreshments served from 11.15am

Sunday 12th December

BCP Holy Communion, 9am Chapel of Ease, Botesdale

Christingle Service, 3pm St Mary's Church, Rickinghall.

Sunday 19th December

BCP Holy Communion, 9am Chapel of Ease, Botesdale

Lessons and Carols Service 2pm, St Mary's, Rickinghall

Christmas Eve

Crib Service/event, 3pm, All Saints, Redgrave

Midnight Communion, 11.15pm, St Botolph's, Botesdale

Christmas Day Happy Birthday Jesus!

Family Communion, 9.30am, St Mary's, Rickinghall

Sunday 26th December

No services

Sunday 2nd January 2022 Happy New Year to one and all!

Community Worship BREAKFAST, 9.30am, All Saints Church, Redgrave

Holy Communion, 11.00am All Saints Church, Redgrave

Sunday 9th January

All Together Communion, 10.30am, St Mary's, Rickinghall

Sunday 16th January

Community Worship, 10am, All Saints Church, Redgrave

Holy Communion, 11.30am All Saints Church, Redgrave

Refreshments served from 11.15am

Sunday 23rd January

Family Breakfast Church, 9.30am, Botesdale Village Hall

Holy Communion, 11am, St Botolph's, Botesdale

Sunday 30th January

BCP Holy Communion, 9am Chapel of Ease, Botesdale

United Service, 10.30/11am All Saints Church, Redgrave, followed by fellowship lunch

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

www.rbrchurch.co.uk 01379 898685

A reminder...

Both the Chapel of Ease, Botesdale and St Mary's, Rickinghall continue to be open for private prayer and reflection:

- Chapel of Ease, Botesdale on Wednesdays 9.30am-3.30pm

- St Mary's, Rickinghall on Saturdays 9.30am-3.30pm

If mask wearing and hand sanitising etc. continues please follow the guidelines on display in our buildings

From the Registers

27.10.21 | Funeral Mrs Donna de Kewer-Eagle, West Suffolk Crematorium