

PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

Feb 2021



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

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

St Mary's Rickingham Inferior
www.stmarysrickinghaminferior.onesuffolk.net

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

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

Foreword from
Reverend Chris Norburn
Rector of
Redgrave cum Botesdale
with the Rickinghalls
The Rectory, Bury Road,
Rickingham, Diss. IP22 1HA
Tel: 01379 898685



A Happy New Year to you, your family and all your loved ones.

"In his name, the nations will put their hope." *Matthew 12:21*

Who'd have thought that at the beginning of 2020 we would be where we are today! Like me you probably had ideas, hopes and dreams of the things you wanted to do during last year. Like no other for many years this has been a year of disappointment and uncertainty for all of us as many plans had to be changed.

On top of all this the opportunity to celebrate Christmas was reduced from 5 days to one. And then we learnt that we would go into a stricter lockdown on Boxing Day. A few days later we entered in Lockdown 3.0! As I write Covid-19 cases are still marching forward with ruthless intent. But can I remind you of one thing? God is never changing. In him we can with great confidence place our hope as we experience His presence by turning to Him through His only Son Jesus. God sent His son to save us from our sin, and through confession and repentance we find and experience our Heavenly Father's beautiful gift of forgiveness as He removes from us as far as the east is from the west our sin. In this we experience the deep love God has for us because through confession, repentance and forgiveness we are renewed in God's image, what is broken is made new again. Praise the Lord of Love.

I'm sure that when you look back over the last year you will remember the tough times and challenges we endured, but can I encourage you to also remember and praise God for the things that He has done for you personally, for us as a community and for us as nation. God is in the detail. Sometimes we need to be reminded of this. As we see more of God in the detail we will see more clearly the path ahead and grow in trust of His plans for the future.

We know it has been a hard year but what better time to remember the hope of the Gospel than in the celebration of God coming to earth in the form of His Son Jesus, for being the truth, the way and the life; Jesus is our Hope.

As we continue to adapt to our coronavirus-altered world, you may find yourself facing seemingly insurmountable trials, or feeling anxious and overwhelmed about what the days and months ahead may hold. In the midst of struggles, it can be a challenge to remember that God is in control. We can also forget that if we want to find out what God is saying to us in any situation then all we need to do is to turn to the Bible, for the words we read there are God's words to us, His children as we are all created in His image. No matter what you're going through, He can be trusted and He loves you best.

Here are five scriptural promises to help quieten and refocus your heart on God's peace (there are countless more):

HE IS VICTORIOUS.

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world" (*John 16:33*).

HE STEADIES YOU.

"Great peace have those who love your law, and nothing can make them stumble" (*Psalms 119:165*).

HE IS TRUSTWORTHY.

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid" (*John 14:27*).

HE EMPOWERS YOU.

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit" (*Romans 15:13*).

HE IS HOLDING YOU.

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand" (*Isaiah 41:10*).

As you read these pause a moment and let the truth of these promises from God wash over you, filling you to overflowing with the power of His hope. I pray you experience God's peace and confidence throughout this year. Remember that you're never out of His sight. This is a truth we can rely on in all the circumstances of our daily lives.

With every blessing

Chris Norburn.



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

The latest version of the directory is available online at

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



New	Entry	Notes
Frank Gillett	Redgrave Parish Council	Added councillor's name/contact phone number 01379 309733
Changed		
Brian Andrews	Redgrave Parish Council	Added contact phone number 01379 890500

Message from the Team

The end of an era

For many years Bill Cordeaux, who was the village GP, has been providing the much loved Bill's Birds column for every issue of this magazine. Always informative, well written and witty it is for many people the first page to turn to. Bill has now decided to take a well-earned retirement from writing the column and he will be missed. Thank you Bill from the magazine team and all our readers for all you have done for us and we send our best wishes to you

For all editorial content: editor@rbrparishmag.com

For all commercial adverts: adverts@rbrparishmag.com

To advertise events: events@rbrparishmag.com

Alternatively, please **write** to: *The Parish Magazine, The Rectory, Bury Road, Rickingham, Diss, Suffolk, IP22 1HA* or **call The Editor** 01379 890382

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

NO STUFFING MEETINGS UNTIL FURTHER NOTICE

- **March issue 8 Feb (Mon).**
- **April issue 8 March (Mon).**
- **May issue 12 Apr (Mon).**

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

Best wishes The Parish Magazine Volunteers

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



WELCOME

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

Printed by:



What's the best thing about Switzerland?

I don't know, but the flag is a big plus.

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

> > > This is was an Events Page! < < <

Eventual Events?

Nearly a year has gone by with an ever-decreasing list of local events for us to tell you about. In fact, we've instead had a ever-increasing list of local event cancellations to "advertise". However, that hasn't stopped *all* events, with entrepreneurial people carrying on as ever with the help of "Covid-safe Zoom" (other communication methods are of course available!). Who expected to do Pilates or attend Church "by computer"?

Let's hope that this spirit will help us maintain all the activities that we have in our communities, enabling their restart to be as swift and effective, and as soon, as possible. The *Local Services Directory* described opposite is a window into all the things that go on in and around the villages that help us with our health, leisure time, care for the environment, and that give support to people and organisations in the community - amongst many other things.

The details below show very limited information about events that *are* happening! However, we might be able to measure our emergence from this horrible period as future Parish Magazines list more and more under the Happy Face!



Restarted / Restarting / Struggling on!

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



May or may not happen

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



Postponed or cancelled

Botesdale Breakfast and After School Club

We are unfortunately closed due to Government lockdown measures and hope to be able to re-open very soon. We are looking to form a new committee and looking for volunteers to fill in the roles of Chairperson and Secretary. We will be sending an email around to all parents of the club with the roles and responsibilities of these two postings, but there might be someone out there who would be willing to give up a small amount of their time to support our clubs going forward. Contact : Bridget Simms-Baalham

Pilates

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

Dance Fitsteps

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

Heritage Circle

It had been hoped to resume meetings from April, with a programme planned for the rest of the year. Unfortunately, the seriousness of the pandemic at present has led to the postponement of possible meetings until August at the earliest. The committee of the Heritage Circle will keep the situation under review. In the meantime, we hope that everyone keeps safe. Contact : Gerry Guhry

Parkview Chapel

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

RAHOF (Rickinghall Area Hospice Fundraisers)

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

Redgrave & District Ladies Club

Nothing new to report. Contact : Rosemary Docherty

Rickinghall Further Education Group (RFEG)

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

Rickinghall WI

Our committee will continue to keep our members informed by circulating our Hive letter with news and facts. We will also be keeping in touch with members who live on their own to check on their welfare. So even though we can't meet at the moment the WI community spirit will continue in the Rickinghall area. Contact : Rosemary Setterfield (President)

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

> > Local Services Directory < <



A reminder : 2021 Local Services Directory

The Parish Mag team prints this Directory every March, distributing it with this magazine, so everyone receives an updated version once a year. Changes made during the year are described at the top of page 3 of this magazine, so you can keep your printed copy up to date. The latest version is always online at :



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

The Directory is divided into the following categories to make finding things easier :

Charities & Trusts, Churches & Chapels, Clubs, Community Assets & Projects, Community Services (local), Community Services (regional), School and Nursery, Utilities

The Directory contains the *contacts* for the above. "Normally", *times* and *venues* of any events promoted by the people or organisations listed are published monthly on the middle pages of the Parish Magazine. These pages will hopefully re-appear later this year as events begin to start up again...

As a printed copy of this directory will be issued with the next Parish Magazine, please take a moment to review it and let us know if any changes are required by calling the Editor (details on p3) or by emailing events@rbrparishmag.com. Thank you.

Rickinghall Farmers Market

*A decision whether or not to run the February market will be made on 31 Jan.
Look out for posters on notice boards and social media.*

Saturday 13 February

Parcels to Post?

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

BOTESDALE HEALTH CENTRE PATIENT PARTICIPATION GROUP News

Online Services

Patients of the Botesdale Health Centre may have noted that there is now an enhanced website for the Botesdale Practice. Patients are urged to familiarise themselves with the website where more and more helpful and informative assistance about community services are being advertised. This, in part, is due to the lack of Community workers being able to hold clinics or give advice in person during the Pandemic.

It would be helpful if younger family members, with knowledge of computer-based systems, could kindly aid older Patients of their family where necessary; assisting them to acquire information which may be relevant to their health needs.

COVID-19

The Botesdale Practice are focused on how they will deliver COVID-19 vaccinations to Patients when they do have access to vaccines. At present the Health Centre is in constant contact with the Clinical Commissioning Group. It is hoped to be able to contact Patients in the next few weeks to organise appointments to attend for their first vaccination. Please see the Poster on page 10 for Priority Groupings.

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

Redgrave Community Shop

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

CURRENT OPENING HOURS

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

Telephone: 01379 898848

Email: www.redgravecommunityshop@gmail.com

MICK THE BAKER

Star Wing Brewery
Church Road, Redgrave IP22 1RJ

STILL BAKING!

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

Wed & Thur 8.30am-2.00pm

Fri 8.30am-5.00pm

Sat 08.30am-2.00pm



01379 897111 / 07825 709155
www.mickthebaker.com



THE CROSS KEYS

A Community Owned Free House

Welcome to your community pub!

While in lockdown we are cooking delicious takeaway meals for you to enjoy at home

FRIDAY EVENINGS

will be one of the following *Fish & Chips, Pie & Mash, Curry Night or Burger & Chips*

Orders must be placed by Thursday

Collection 5pm – 8pm on Friday

SUNDAY LUNCH

Traditional Sunday Roast with assorted vegetables

Orders must be placed by the Friday

Collection 12noon – 2pm on Sunday

To order and for further information, please telephone the pub

Collection times will be staggered. Social distancing and the wearing of a face covering must be maintained at all times

Contact us:

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

01379 779822

Please check the website and social media for updates to the menu
www.crosskeysredgrave.co.uk / Facebook @crosskeyspubredgrave
Twitter @KeysRedgrave



ONLINE SALES

Local Delivery / Click & Collect

Postal Service UK

See our website shop

DRIVE-THRU THURSDAYS

Bottles/5L Mini Kegs 12-8pm

TAP ROOM

Hopefully reopening soon!

For the latest information:

www.starwingbrewery.com

Instagram @star_wing_brewery

Twitter @StarWingBrewery

Facebook @StarWingBreweryRedgrave

Contact us: The Old Saw Mill, Hall Farm,

Church Road, Redgrave IP22 1RJ

01379 890586



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

Brownie treats including celebration stacks, brownie slabs and gift boxes (featuring local products) available for collection at Redgrave Shop. Please see our website for our full range and place orders via email.

Alternatively, send our gift boxes to loved ones across the country via our website.

Email info@brownieandthebean.com

or call 0781 071 6069 to place an order

www.brownieandthebean.com

@brownieandthebean



BOTESDALE FISH AND CHIP SHOP



open

Wednesday

4pm to 8.30pm

Thursday to Saturday

11.30am to 1.30pm and

4pm to 8.30pm

Order your food
to click and collect on line at
www.botesdaleonline.co.uk
or
by telephone on
01379 898543

For over eighty years the Lewis family have run the Fish and Chip Shop in Botesdale and it has become an institution in the area. In December 2020 Richard Lewis decided to fire up the fish friar for the last time and sell his business to Hugh Belsey and Brian Webb.

Brian, a trained chef, has worked in the catering industry for over thirty years and has a clear understanding of the standards he wants to achieve. The menu has been reduced and the quality of the food has been improved. The usual fare of a fish and chip shop will always be available, but each week there will also be something different and special on the menu. The next few months will bring further changes to the shop, its appearance as well as the menu.

This is a very new venture for Hugh. He is an art historian and museum curator, well-known through his appearances on television, his lecture series and his writing.

Hugh and Brian are extremely grateful for the welcome they have received from their new neighbours and the guidance and kindness from the shop staff. They very much hope to see you in the shop before too long.



House/Pet Sitting Service

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



HIGHWAYS

FINNINGHAM ROAD
RICKINGHALL, DISS.

RARE BREED GLOUCESTERSHIRE OLD SPOT PORK AND BACON

TRADITIONALLY REARED OUTSIDE ON OUR
SMALLHOLDING IN RICKINGHALL

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

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

PHONE/FAX 01379 898357. MOB: 07887 668445

Country
CAT HOTEL

Allwood Green | Rickingham | Diss

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



www.countrycathotel.co.uk

07506 490178



Bespoke cakes for all occasions

Weddings, Anniversaries, Birthdays,
Christenings etc.

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

Tel: 07712-775466

Special Cakes for Memorable Occasions

www.cakes2crumbs.co.uk



**Special cakes
for
special celebrations**

Jean Barker

01359 241135

www.amazingcakesbyjean.co.uk



PRE-SCHOOL

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

Exclusive access to Woodland area for exploration and adventure!

Consistently excellent Ofsted reports.

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

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

Registered Charity no. 1022795



Registered Charity
1142955
OFSTED Registration
EY445021



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

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

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

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

Our fees are as follows;

Breakfast Club

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

After School Club

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

Subscription 2018/19 £20.00

Please contact Paula or Bridget on 07952 961285

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

Ixworth Court
Dementia Care Home
Ixworth Bury St Edmunds IP31 2HD

LeafCare HOMES
Call **01359 231 188**
www.leafcareservices.co.uk

- > Specialist Dementia Care
- > Small Group Living
- > Respite Care
- > Convalescent Care
- > End-of-Life Care

4B&B STRENNETH
Country Bed and Breakfast

Silver Award

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

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

Airfield Road
Fersfield Diss
Norfolk IP22 2BP

Pansthorne
Bed & Breakfast
Tel: 01379 688096
Modern Service In a Country Setting

Silver Award

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

Email: enquiries@pansthorne.co.uk
Reeder's Barn, Pansthorne Farm,
Redgrave Road, South Lopham, IP22 2HL
www.pansthorne.co.uk

CUT ABOVE

Ladies & Gents hairdressing
and beauty.

The Street Rickingham

Open Tuesday-Saturday

TEL .01379 890647

EMMA EDWARDS PROFESSIONAL HAIRDRESSING

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

Evening appointments available.

To make an appointment call Emma on 07900 683649



Simply Beauty of Botesdale

01379 308338

Hill Top The Street Botesdale

IP22 1BX

Neal's Yard Remedies Facial & Body Treatments
Jessica Manicures & Pedicures Gelation Nails
Massage Reflexology Waxing Tinting & Beauty
Packages

Gifts & Vouchers available

Holistic Therapies NOW available with Jayne
For a professional & friendly service visit

Simply Beauty

Rest Relax & Rejuvenate



**Facials Massage Waxing
Manicures & Pedicures
Lash & Brow Tinting**

Highly Experienced Therapist
offering professional, classic
treatments from a bespoke
treatment studio, set in private,
tranquil surroundings, in
Wortham

FHT IHBC IHHT

For more information or to book
your treatment please contact
Louise

www.loualexanderbeauty.co.uk
loualexanderbeauty@gmail.com

07711 524019



BOTESDALE HAIR PARLOUR

1 Market Place, Botesdale, IP22 1BT

Unisex hair salon

Open - Monday to Saturday
Evening appointments available

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

Tel: 01379 890900

Reflections

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

Skin care and facials inc. Combined Ultrasound & Light Therapy
Non Surgical micro current facial and body lifting
Massages – Aromatherapy, Indian Head, Hot Stone, Reflexology
Sugaring Manicures Pedicures Hopi Ear Candle
New treatments include Sandalwood and Coconut Body Polish
followed by a warmed Ayurveda herbal oil massage

Telephone Fiona on 07791 073772 or 01379 898789

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

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

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



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



01379 897 176

Flu Vaccination

There was some delay in the completion of the flu vaccination programme for the under 65 age group, which was due to slowing of flu vaccine deliveries.

Health Centre Staffing

The Botesdale Practice is now experiencing staff shortages due to COVID-19. They would be exceedingly grateful if patients would kindly consider this when contacting the Practice, particularly with regard to repeat prescription processing and Reception inquiries.

Online Support

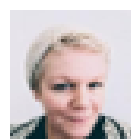
Online meetings are held between PPG (Patient Participation Group) and colleagues from various support Agencies whilst the Pandemic is ongoing.

With this in mind we attach information for Patients from The Sue Ryder Project related to Dementia and support.

Our Dementia Support at Botesdale Practice comes from Carolyne Threadgold who is available to assist patients, at this time, online and by phone.

Carolyn's Work mobile- 07976 709208 or email Carolyn.Threadgold@sue Rydercare.org

Dementia Support



A chat with your local Dementia Navigator Carolyne Threadgold

Hello there! I'm Carolyne and I'm a Dementia Navigator. I work for Dementia Together at Sue Ryder. There are a few of us, who cover the whole of Suffolk, including Waveney. I cover Rural Bury. I see anyone, who is worried about their memory, or thinks they may be getting dementia; I also see people, who have been living with dementia for a while, perhaps coping and managing, but now just need some extra support.

Anyone means yourself, family, or a friend.....

I always think that a worry shared becomes a worry halved; you are not alone.

I can talk to you about your memory and help you to understand how it works and show you ways to cope with memory loss. We can look at the things you do to help you manage and the things that you find difficult and frustrating.

Sometimes you will just need me to give you practical ideas, suggesting things like, a calendar, post it notes, or a white board, for example. At other times, perhaps, thinking about changing your routine, using a medication dosset box, or maybe just making sure you are looking after yourself, will be enough.

Sometimes I signpost to other services, such as, for example, Occupational Therapy, benefits advice, well-being services, bereavement support, carers support, meals on wheels, befriending, transport services or housing. These services may just be enough to keep you going. There can be all sorts of reasons why someone experiences memory problems. Everyone is different.

Sometimes there is a need to investigate your memory loss a bit more. I can speak to your GP, who may ask you to have some blood tests done and then refer you onto a Memory Clinic. This is a specialised team of consultants, who will explore your memory problems in more detail and try to find out what is causing you to forget.

But I will never leave you just to get on with it. I can help you keep up to date with what is happening, so you don't feel alone and overwhelmed.

If you are diagnosed with a type of dementia I will sit and listen to your worries. You can ask me any questions you might have. I will give you practical advice and help you to plan for the unknown or 'just in case'. I will make information accessible to you and make sure that it is given to you at the right time and importantly in a way you can understand. You can come back to me at any time if things change or you just need to talk.

We work closely with other services, such as, Social Care and The Dementia Intensive Support Team (DIST). If things do get harder for you, I will put you in the right direction.

We also have a helpline: tel. 08081 688 000 and you can talk to one of our team 7 days a week from 9am to 6pm Mon to Fri and from 10am to 4pm at weekends and on Bank Holidays. Check us out; we look forward to hearing from you. <http://www.dementia-together.com/>

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

Janet Russell PPG

Mobile 07787 148947

Email: BotesdalePPG@gmail.com



What is the purpose of the part of the Bible called the New Testament? Well here is a very brief overview of the New Testament...

The New Testament tells the story of God's sending of his Son, Jesus of Nazareth, who launches the final offensive of a liberation movement we are each recruited to join. Jesus' movement grows person by person, as individuals agree to become disciples, learning from Jesus, seeking to live life differently, in alignment with his teaching and supernatural divine truth.

Jesus' movement is not partisan, religious or ideological, but deeply spiritual, highly relational and revolutionary. Jesus crosses lines of difference, challenging prejudice, embracing outcasts, inviting people to receive God's love into the core of their beings to such an extent that it transforms all relationships.

Both John the Baptist, Jesus' cousin, called for repentance (confession of sin and turning away from wrong doing) because the Kingdom of God was near. Jesus describes his kingdom as in the world but not of it, light in the darkness, yeast in the dough, good news to the poor. Becoming a disciple changes you from the inside out, as you recognise your sin, confess it and repent of it. The impact of sin confessed is that you receive the beautiful gift of forgiveness from God thus you are affecting the world from the bottom up. Becoming a disciple of Jesus leads you into eternal life with Jesus and all professing Christians who have gone ahead of us.

God speaks directly to all through His Word, The Bible, (both Old and New Testament) and through His Son Jesus. God's word is the Bible; Jesus' words are God's words! All such words can be trusted to be the truth, for Jesus is The Truth, the Way and the Life. If you would like to explore further the New Testament, then please do get in touch with me. My contact details are on page two of this magazine. Revd Chris Norburn.

Lilac Cottage Studio Art Courses



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

A range of courses available for 2021

All courses include refreshments and a light lunch with wine.

For more information and bookings go to our website

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

Or contact us on lilaccottagestudio@gmail.com

Or call Sue on 07824 637174



Aisling Counselling

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

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

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



The Bowen Technique

Melanie Coe E.C.B.S MBTPA

A gentle non-invasive relaxing treatment that can be administered through light clothing. Bowen is a series of carefully orchestrated moves using fore fingers or thumbs, at key anatomical locations relaying numerous signals to the body brain and mind. The moves are interspaced with short breaks to allow the body to absorb the information it has received to make the changes needed to realign and restore balance to the body and its systems. No oils or lotions are used. Bowen is suitable for all ages. Conditions that may respond to Bowen include Back/ Neck Shoulder pain/restrictions/Tennis/Golfers elbow Carpal tunnel RSI Hip/Hamstring/Knee/Ankle/Foot problems/Pelvic imbalance problems Asthma/Bronchial complaints/Hay Fever/Sinusitis Headache/Migraines Menstrual-/Fertility problems Depression/Anxiety Jaw problems /Glue Ear/Infant Colic/IBS/Digestive problems/Post Stroke problems. And many more. For information or to book an appointment please call Melanie on 01379 890126 or 07717886273

mcoebowen@hotmail.co.uk

www.dissbowentherapy.co.uk



Bowen Therapy Professional Association

An independent organisation of Bowen Therapists run by Bowen Therapists



**Advanced Clinical Hypnotherapy
Psychotherapy
Counselling
Havening Techniques
Nutrition
Coaching**

Louise Moore is an advanced therapeutic and naturopathic accredited practitioner with 28 years of experience, offering support for all mental, emotional and physical related issues.

Online Clinic and face to face sessions available for the following:

- Anxiety & OCD
- Phobias & Habits
- Depression
- Trauma ,CPTSD,PTSD
- Addictions
- Bereavement
- Pain & Healing
- Insomnia
- Weight loss & Fitness
- Eating Disorders
- Confidence & Self Esteem
- Birthing & Fertility
- Children's Clinic
- Relationship issues

LifeMatters Clinic

Redgrave & Harley Street

Louise Moore 07970834446

louise@lifemattersgroup.com

www.lifemattersgroup.com



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

Carpet cleaning
Upholstery cleaning
Hard floor cleaning
In homes and businesses



Crystal Clean Services
Mark Underwood

01379 678806
07984 648296

info@crystalclean.services



Candy Cleaning



Thorough and Conscientious
Detailed and Comprehensive

Friendly, helpful and
professional

Typically £12.50 per. hour

07896 187 729

candy_cleaning@outlook.com



THE HOMECARE SERVICE WHERE

PEACE OF MIND
COMES AS STANDARD
For more information
please call:

01473 381545

A service from
Prestige Nursing

www.prestige-nursing.co.uk/home



DIRTY OVEN??

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

OVENCLEAN

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

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

RICKINGHALL IRONING SERVICE

And More



Free collection/delivery
within 3 miles of Rickinghall

Please call Ruth
01379 890506
0751 7039 685

Prices available upon request

Transport
(Hospital/Doctors etc)

Shopping



Clare's Cleaning & Caring



Professional Cleaner/Carer

- ✓ Cleaning
- ✓ Ironing
- ✓ Morning and evening caring assistance
- ✓ Shopping
- ✓ Prescriptions delivered

I can offer work on a regular basis, or one-off visits for a competitive rate!

01379 890875 / 07542 884079

clareu1966@gmail.com

Turrell

Cleaning Services

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

Tel & Fax: 01379 687751

Mob: 07801 398247

www.turrellcleaningservices.co.uk

TIME FOR YOU™

DOMESTIC CLEANING

Are you tired of cleaning?

We have the right cleaner
waiting to help you.

Typically £13 per hour

Regular - Weekly - Cleaner

01359 258991

www.timeforyousuffolk.co.uk



Shine n Clean

Residential and commercial window cleaning.

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

01359 259376

email shinenclean@mail.com



Charley Devlin
07962 999350

freshstartcharley@gmail.com

We are a local cleaning company based in Redgrave. We provide a professional, honest and reliable service and the reassurance that your home is cleaned to a high standard for you so you can concentrate on the better things in life.

Services we provide are:

- Domestic & Commercial cleaning
- Regular cleans
- Deep cleans
- Offices
- Village halls
- End of tenancies
- Carpet cleaning
- Oven cleaning

UPHOLSTERY

Dining chairs in need of attention?

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

1000's of fabrics and leathers to
choose from

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

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

ROSE UPHOLSTERY

Trevor & Clare

01379 890890 / 01359 221879
07791 853367

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

Also find us on Facebook
and Instagram - roseupholstery

EDMUNDS & CLARKE

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



Indulge In Some Retail Therapy

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

ECFURNITURE.CO.UK

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



**FREE
Parking**

DOROTHY SINFIELD UPHOLSTERY

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

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

FOR PERSONAL ATTENTION
CALL 01379 668545

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

If interested, please
contact

adverts
@rbrparishmag.com

THE PINE HOUSE CO. HAND MADE FURNITURE

ANY SIZE TO YOUR DESIGN

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

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

information@thepinehousecompany.co.uk

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

The garden room

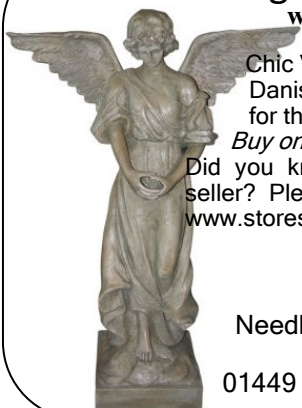
www.the-gardenroom.co.uk

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

Buy online or at our Suffolk Retail Shop
Did you know we are also an ebay power
seller? Please visit our ebay store ...
www.stores.ebay.co.uk/The-Garden-Room-1

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

01449 723412 / 01379 898646



Bishop & Miller

AUCTIONEERS VALUERS

Suffolk's International Auctioneer's

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

www.bishopandmillerauctions.co.uk

19 Charles Industrial Estate, Stowmarket, IP14 5AH 01449 673088 enquiries@bmi-auctions.co.uk

Village News

What are your memories?

In our last issue Martin Chilvers wrote an excellent article on his memories of life in Botesdale. He would love to hear from anybody who has any additional memories or any corrections to his original article. Please do get in touch with him at
chilvers50@aol.com



OIL SYNDICATE

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

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

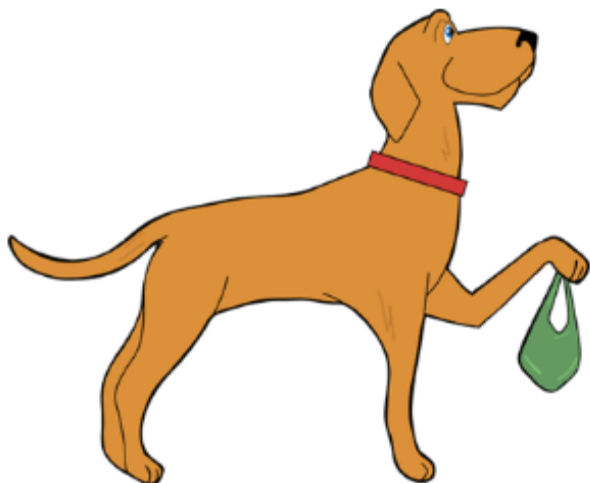
As always, e-mail is preferred, if not available call me on: 01379 890952. Leave a message if nobody answers.

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

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

David Sloan. botesdaleoil@gmail.com

UNFORTUNATELY MOST DOGS ARE NOT THIS WELL TRAINED ——— SO PLEASE ,OWNERS, PICK IT UP FOR THEM AND USE ONE OF THE BINS



Community Woodland Group

We are in the new year at last and hopeful for a future with Covid19 under control.

After a very mild autumn and a very wet Christmas break, the weather has at last turned wintry. Yesterday the daytime temperature remained at -3.5 C but today has been milder.

Despite spring flowers beginning to show in sheltered gardens, the snowdrops in Miller's Orchard are still to emerge and the bridlepath leading down from there is pretty muddy.

At Low Meadow one oak tree, which has already been replaced at least once, has been thoroughly nibbled all round its bark as its protective sleeve had come off. It will not survive so we are planning to transplant one from Northfield Wood next work party.

Apart from that, Low Meadow looks good.

Northfield Wood is well defined now, with its annual plants strimmed down and raked to mulch the smaller trees. The hedges are growing well and need to be cut back at the top. We are negotiating some help with this and it looks as if the gap at the bottom will be filled; we had left it in the hope of a fresh opportunity to restore a permissive path facilitating a pleasant circular walk to Fen Lane. But at least we have made more paths within the small wood.

Rosemary Jones,
10th January, 2021



A Christmas bonus for cancer research

At Christmas 22 year old Kerryann Baxter and her husband Charlie put up some splendid decorations at their house in Ryders Way. They put out a collecting box and raised a total of £130 for cancer research. Kerryann's grandmother, lifelong resident Grace Carey, said "I am so proud of what they did and so grateful to the generous people who donated money".

Syd Dorling

Jane and family send their thanks for the cards and letters received following Syd's unexpected death. They have taken great comfort from so many expressions of affection and esteem.

Rooms with a View

Fabrics and Interior Accessories
Handmade Curtains and Blinds

Jane Churchill, Colefax, Vanessa Arbuthnott
& many more

Farrow & Ball and Little Greene
paints and wallpapers

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

INTERIOR DESIGN & SOFT FURNISHINGS

Karen Lawrence - Basket maker

Commissions welcome

See website for full details

Contact Karen on 01379 890897
www.karenlawrencebasketry.com

SALLY SMITH

Made to Measure Home Furnishings

Curtains, Blinds, Cushions,

Curtain Alterations

Please contact Sally Smith on 01379 898767

ssmith091@btinternet.com


The Uplands, The Street, Rickingham, IP22 1DZ

**PICTURE FRAMING
BY CAROLA SETTLE**

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

Friendly advice & professional service.

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



Garnet House Drapes

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

DJS BLINDS
Blinds ~ Shutters ~ Awnings

email: djsblinds@outlook.co.uk

tel: 07723 354601

djsblinds.co.uk

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

If interested, please contact
adverts@rbrparishmag.com

**Thermally efficient
blinds and shutters**

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

Call Amanda or Alastair for more information on:

01379 669 209



Village Green

Blinds & Shutters

DISS FOOT CARE

Foot care in the comfort of your own home

Sherralyn Blakely TCFCP dip

Foot care specialist

Friendly and professional service

Nails cut

Hard skin removed

Callouses, corns, fungal nail, ingrown nails treated



Call for more details : 0787 664 8667



Experienced Reflexologist in Rickinghall

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

Lisa Howlett MBRA
(Qualified 1999 Bayly School of Reflexology)

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

For more information and advice or to book an appointment
please call Lisa on

07989 565210 or 01379 898028

The Foot Health Clinic

in the comfort of your own home

Professional treatment of foot related discomfort
including:

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



Call David today for an appointment on 07503091122

David Casey
SAC Dip.FHPT.FHPP.

RUTH WALTERS MCFHP, MAFHP

Medical and Cosmetic Foot Health Practitioner

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

Other treatments include:

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



find us on f

01379 452412 or 07595 177910

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

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

P J Music

Wayside Cottage, Chapel Lane,
Botesdale, Diss

Music Books, Instruments and Accessories

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

Guitar Lessons Beginners to Advanced

E-mail - pjmusic@btinternet.com

01379 890088 – 07968 687011

English Tutoring

Need to boost your child's literacy skills?

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

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

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



Yoga

at

Botesdale Village Hall, 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

For more information please ring Julie on 01359 221655 or e-mail juliedyoga@msn.com

EAST COUNTY CLASSICS LTD

CLASSIC CAR RESTORATION
MGCC TRADE MEMBER - MGOC APPROVED PAS INSTALLER - SPECIALIST IN MGs

Bodywork repairs and panel work

Hood and interior trimming

Maintenance and preparation

Routine servicing and M.O.T testing

Mechanical repairs and upgrades

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

R.W. LISTER & SON

MOTOR ENGINEERS

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

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

December saw two of our committee members, Lesley and Linda, busily occupied making Christmas 'Goodie' Bags for our members. They made Christmas labels as well as the bags, filling them with gifts signifying sharing a Christmas treat, as our normal party could not be held.

They filled the bags with a tea bag, Christmas chocolate, a fun Christmas cracker, a recipe for orange pastry for mince pies, a Christmas quiz, Christmas card and a hyacinth or tulip bulb to plant to signify hope for the spring. Below is a picture of Lesley surrounded by all the bags, prior to delivery to our members by committee members. Such was the state of the lockdown that we all had to arrive at Lesley's separately to collect our allotted bags and deliver them to members' doorsteps.

We have received some lovely thanks for the Goodies which helped brighten many a members strange and different Christmas to the ones planned, especially for those who live alone and spent Christmas relying on Zoom, telephone calls etc to talk to family and friends.

Jennie, our former President, kept herself busy making wreaths and raised over £400 for her church in Burgate, in addition to making Christmas cakes and other specialities for her friends and neighbours. Many of us kept ourselves busy knitting, sewing, crafting, cooking and several members made their own Christmas cards; there is something quite special in receiving a hand-made card.



So our committee's New Year's Resolutions in this strange New Year will be to continue to keep our members informed by circulating our Hive letter with news and facts. We will also be keeping in touch with members who live on their own to check on their welfare. So even though we can't meet at the moment the WI community spirit will continue in the Rickingham area.

Rosemary Setterfield (President)

IN THE KITCHEN

Chicken with Dijon mustard and parsley sauce

Serves 4

Ingredients: 15g unsalted butter, 600g mini chicken fillets, a squeeze of lemon juice
200ml dry vermouth (dry sherry or dry white wine will do, but vermouth is better)
200ml double cream, 3 tbsp finely chopped parsley, 2 tsp Dijon mustard

Method

1. Melt the butter in a large frying pan and, once it's foaming, add the chicken fillets. Cook over a medium heat – keep an eye to make sure the butter doesn't burn – for about 4 minutes on each side. You want to get a nice gold colour first and then turn the heat down to cook the fillets through. (Just cut into one of them to check whether they are done). Season, remove and cover to keep warm.
2. Deglaze the pan with the alcohol – just pour it in and scrape the pan to dislodge all the juices from the chicken – and boil until reduced by two thirds. Add the cream and parsley and boil until reduced by half.
3. Take the pan off the heat, whisk in the mustard and add a squeeze of lemon juice. Add the chicken back to the pan, plus any juices that have come out, and heat through. Taste for seasoning and serve.

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



FORREST WOODWORKING BESPOKE JOINERY

ALL ASPECTS OF BOTH TRADITIONAL &
MODERN JOINERY/CABINET MAKING

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

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

Phone: 07835 301863

Email: forrestwoodworking@yahoo.com

KITCHENS BATHROOMS BEDROOMS



Evan Worby

CARPENTRY & FITTING SERVICES

01379 898911 07523 051481
evanworby1@googlemail.com

Also find me on Facebook business page

SEAN ROURKE Carpentry Services

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

01379 890463
07773355061

All work considered
No job too small
Fully insured



Desmond Bavington Lowe

07796 294 655

01379 897 287

Email: bavlowe@hotmail.co.uk

Timber Frame & Period Property Renovation Specialists

Oak Frames ♦ Cart Lodges ♦ Barn Conversions
♦ Oak Porches ♦ Roof & Sash Window Repairs
♦ Cill Plate Repairs / Replacements

Period Property Building and Restoration

LIME MORTARS

LIME PLASTERS

BRICKWORK

FLINT WORK

DAMP PREVENTION
TREATMENT



OAKDENE
RESTORATION

07786 398096

TIMBER REPAIRS

WINDOW REPAIRS

PAINTING & DECORATING

LISTED BUILDING CONSENT

PLANNING & SURVEYING
CONSULTATION

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

Oakdene, The Street, Rickingham

www.oakdenerestoration.co.uk

20 years experience in the building & construction industry



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

JAY NICHOLLS
& Co.

Complete Building Service

SPECIALISTS IN PERIOD PROPERTY

RESTORATION



01449 781375

07804 957190



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



ARRDEN VALE KITCHENS

EXCLUSIVE, BESPOKE, HANDMADE TIMBER KITCHENS



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

T: 01449 782062

E: INFO@ARRDENVALEKITCHENS.CO.UK

WWW.ARRDENVALEKITCHENS.CO.UK



C.B. Property Maintenance

T: 07583 932 747

E: cbpromaintenance@gmail.com

- Carpentry & Joinery
- Flooring
- Plumbing
- Electrical
- Plastering
- Painting & Decorating
- Window-Door Fitting & Restoration
- Gardening Services
- Fencing

All aspects of property maintenance considered

With over twenty years experience in design, carpentry and joinery.
I am a firm believer in fine detail, it is the smallest detail that makes all the difference.



[@c.b.propertymaintenance](https://www.instagram.com/c.b.propertymaintenance)



[@cbpropertymaintenanceservices](https://www.facebook.com/cbpropertymaintenanceservices)



Botesdale Parish Council

Leeann Jackson-Eve



Report from the December 2020 and January 2021 Botesdale PC Meetings

Public Forum: Cllr Fleming reports that the NHS has expanded the 111 Helpline to reduce the strain on hospitals. The Helpline can now book patients into a timed slot at an emergency department, GP, or arrange other out of hospital services.

Covid updates: The Home But Not Alone service at 0800 876 6926 is active and staffed from 9am to 5pm Mon. to Fri., as is the Suffolk Advice and Support Service phone at 0800 068 3131. Residents on low incomes or benefits can get financial help if they are told to self-isolate due to COVID-19.

Local and National Business Support Grants – Businesses can apply for multiple mandatory and discretionary grants. All Covid related schemes are promoted on the Mid Suffolk District Council website at <https://www.babergh.gov.uk/benefits/coronavirus-money-and-benefits-advice/>

Recycling Centres are experiencing increased levels of contamination of collected recycled materials, particularly by glass, nappies, tetra-packs and food. Please do not put these in your green bin!

Biodiversity Action Plan: Mid Suffolk Cabinet has approved plans to reduce biodiversity loss and improve management of open spaces. Actions included ecological mapping, improving management of wildlife sites and corridors, and strengthening protections through Supplementary Planning Document(s). Other measures include hedge and tree planting initiatives. A number of supplementary planning documents are in the works addressing issues to do with biodiversity, green infrastructure, open spaces and historic landscape with the aim of strengthening protections at an earlier stage.

Planning: In December, the PC considered an application to vary the approved plans for the development at "Land on the South Side of Back Hills". It was noted that the developer sought to change two three bed houses to smaller four bed houses with the same footprint, in response to demand. Councillors felt that the general principle was acceptable but regretted the loss of distinctive design characteristics for the two new house types and felt that they were less in keeping with the rest of the development. However, the PC agreed to have no objection.

The PC also agreed to have no objection to the Local Plan where it related to Botesdale and Rickingham, noting that it had been amended to be consistent with the adopted Botesdale and Rickingham Neighbourhood Plan.

In January, the PC considered a reconsultation on the development at "Land to the South of Diss Road". It was noted that some aspects of the previous objection, including adequate provision of visitor parking and information about landscaping near the entrance at Diss Road, had been responded to in the amended application. However, it was agreed that the application still does not satisfy Policy 15 of the Botesdale and Rickingham Neighbourhood Plan which states "Planning applications should, as appropriate to the proposal, demonstrate how they satisfy the requirements of the Development Design Checklist in Appendix 4" of the Plan. The PC agreed to maintain its objection.

2021 CENSUS: The Office of National Statistics has written to parish councils to seek their support in promoting the upcoming 2021 Census. There will be more about this in the spring.

Quiet Lanes Programme: The PC has now received more information about the programme. Councillors feel that it makes little difference to the behaviour of drivers where it has already been implemented and unfortunately, there is a significant time (and potentially funding)

investment. On further consideration, it has been decided not to pursue it.

Village Assets: Cllr Bavington-Lowe has spent some time putting together a condition report on village assets such as street furniture, bins, etc along with recommendations for improvement and replacement where necessary. The PC hopes to undertake some improvements in the spring.

Recreation Ground Project: The appointed designer for the project, James Black Associates (JBL), has carried out three surveys for the site – an ecology assessment, a topographical survey and a tree survey. The tree survey has identified a handful of dead and dying trees which needed to be removed as soon as possible and the work will be undertaken by CC & Tree Services. JBA has also completed its third updated design together with a list of equipment. The Sub Committee will review and comment on this later in January. JBA will then further update the designs together with an initial cost estimate which will provide a basis for fundraising. The current design proposal includes Phase 1, the facilities on the existing Recreation Ground, and Phase 2, facilities to be sited on land to the south of the existing Recreation Ground currently owned by Llanover Estates. JBA will be presenting the agreed design to the Parish Council at the February 2021 meeting and it will go out to public consultation once the design is finalised.

Phone Box and Defibrillator: The Phone box is now fully refurbished and looks great. The next step is the installation of the defibrillator, which is due to take place on 15 February.

Christmas 2020: The tree looked great and the PC extends its thanks to the team at the Greyhound for all their help!

Jonny Spinks of County Broadband gave a presentation to the PC on the company's proposal to provide the infrastructure for 'fibre to premises' broadband in Botesdale. You can find out more about PC support for this project on the Redgrave PC page or contact Jonny at jonathan.spinks@countybroadband.co.uk or 07507 975965

THE NEXT BOTESDALE PARISH COUNCIL MEETING WILL TAKE PLACE ON

MONDAY 1st FEBRUARY

at 7.00 pm

— o —

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

All residents welcome

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

Tel : 01379 890 141

Email : botesdale_pc@bopenworld.com

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

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



Redgrave Parish Council



Redgrave December 2020 and January 2021 Report – by the Clerk

Cllr Fleming reported on Covid updates. The Home But Not Alone service at 0800 876 6926 is active and staffed from 9am to 5pm Mon. to Fri., as is the Suffolk Advice and Support Service phone at 0800 068 3131. Special schools and those supporting key workers will remain open during the new lockdown period. Residents on low incomes or benefits can get financial help if they are told to self-isolate due to COVID-19. Businesses can apply for multiple mandatory and discretionary grants, but separate applications would need to be made for each grant. All Covid related schemes are promoted on the Mid Suffolk District Council website at <https://www.babergh.gov.uk/benefits/coronavirus-money-and-benefits-advice/>

Cllr Fleming has also reported that Babergh and Mid Suffolk are considering proposals to cut their waste collection fleet's carbon emissions by up to 90% through use of hydro-treated waste vegetable oil (HVO) instead of diesel. As well as CO₂ emissions of other pollutants will be greatly reduced.

Ryan Labrum of County Broadband gave a presentation on the company's proposal to provide the infrastructure for 'fibre to premises' broadband in Redgrave. See more on this page.

Planning: There were no planning applications at either meeting.

Babergh Mid Suffolk Draft Local Plan: The PC considered the current consultation and has agreed to support the settlement boundary, the housing figures and the open space designation at the playing field as consistent with the Neighbourhood Plan.

Neighbourhood Plan: The NHP group are currently reviewing both statutory and local comments and will revise the Plan as appropriate. The Plan will then proceed to the next stage - **Submission of the Neighbourhood Plan to the Local Authority (Reg 15).**

Tree Planting: Planting on the Town Pit has continued this year and anyone who would like to get involved should contact John Preston at 01379 890974.

Redgrave Amenities Trust: The lease between the R.A.T. and the Llanover Trust for the land on which the Activities Centre, play area and playing field are sited expires soon. It is noted that the land has been designated as open space in the draft Joint Local Plan although the draft Neighbourhood Plan makes provision for some housing. In response to the recent Neighbourhood Plan consultation, the Llanover Trust has proposed additional long-term plans for housing and the future of the site. It is agreed that discussions between the R.A.T. and the Llanover Trust needed to be progressed and Cllrs Giddings and Gillett have agreed to represent the PC in those negotiations. An extension to the lease has been requested.

Quiet Lanes Programme: The PC noted the information about the programme and considered whether to pursue it further. It was noted that Palgrave were keen to join up QL network between Denmark Hill and the B1113. Some councillors were in favour of trying to make the route safer for pedestrians, cyclists and equestrians by alerting drivers to their presence. However, others had grave reservations about the designation on a road as narrow as Fen Street, given the amount and speed of traffic, and were concerned that the designation would give non-drivers a false sense of safety. After a very tight vote the PC has decided not to continue with the application.

2021 Census: The PC has been asked to facilitate this event in the spring.

Christmas: The PC thanks Jan & Bernie Cresswell and Neil Smith for taking on the task of sorting out a Christmas tree for the Knoll in the Chairman's absence.

Flooding at Village Pond: The PC also thanks Gressingham Foods who sent their own employees to clear the road drainage at the village pond when they heard about the PC's difficulties in getting someone to do the work. Their intervention has been much appreciated and since then the road has remained clear of flooding. The PC will be investigating a regular maintenance plan for the pond which should prevent this problem from reoccurring.

Gigabit Broadband for Botesdale, Redgrave & Rickinghall PLEASE REGISTER YOUR INTEREST WITH COUNTY BROADBAND AT www.countybroadband.co.uk !

All three PCs have received a presentation from County Broadband on the company's proposal to provide the infrastructure for a 'fibre to premises' broadband to the villages. The company is financially backed by Aviva and they appear to be the only company offering 'fibre to premises' broadband in our area without significant installation costs to the consumer. The PCs have individually agreed to support the introduction of improved broadband infrastructure in their village and all residents should receive a letter from their PC outlining the scheme with details of how to register their interest. Initially, 40% of households will be asked to pre-order. At that stage 25% of households in each parish will need to pre-order for it to go ahead. Installation will be free for those who sign up at the pre-order stage. **We urge you to register to ensure you receive an invitation to a County Broadband webinar where you can find out more. Go to the website or contact Jonny Spinks at: jonathan.spinks@countybroadband.co.uk or 07507 975965.**

THE NEXT REDGRAVE PARISH COUNCIL MEETING WILL TAKE PLACE ON

WEDNESDAY 3rd FEBRUARY

at 7.30 pm

— o —

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

All residents welcome

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

Tel : 01379 890 141

Email : redgrave_pc@btopenworld.com

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

Mobile Library

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

will be calling: **Wednesday 3rd February, 2021**



Rickingham Parish Council



Parish Council Report December 2020 by Cllr Geoff Short

The December meeting was attended by a full complement of councillors - as many as we have got, that is! The meeting was again on Zoom, and County Councillor Jessica Fleming also attended.

She mentioned the NHS are expanding the 111 phone service to reduce the strain on resources; Care home visiting has new guidelines from the 1 December (see link); and Recycling Centres are experiencing increased levels of contamination. This particularly applies to nappies, glass and food waste. Please check the current guidelines - glass should go to a bottle bank, not the recycling bin, and plastic yoghurt pots, for example should be washed out and not contain half a tub of Asda Strawberry!

Only one planning application was presented for consideration, being a two-storey side extension on Rectory Hill. This is to update a two bedroomed house to make it three bedrooms, with additional downstairs space. It will also be more balanced with the adjoining property. Councillors had no objection to the proposal.

Our recently completed Neighbourhood Plan with Botesdale seems to have had some effect already, as a large section of land behind the White Horse had been earmarked by MSDC as suitable for 100 homes in the future. (Ref LA 051) This meant that with all the other sites taken into account, which already provided the envisaged requirement we were obliged to demonstrate, we would have 100 in excess of that number. So that site has been dropped from the land allocation - a good result.

Various items of correspondence were dealt with. MSDC sent details of the Council Tax Base for 2021/22, and suggested we delayed the final precept calculations until January. Also, the costs for emptying all our dog bins and litter bins round the village have gone up, but as this is about £1 per bin increase, we have adequate capacity to cover it.

We had considered correspondence from SCC regarding Quiet Lanes. We had thought that Mill Lane would be suitable for this designation, as it is connected to the footpath system, is used by walkers and horse riders, and has light traffic usage. But the public consultation, procedures and cost involved to finish up with wooden posts in the verge did not seem good value, and we felt the usage of the lane would continue the same as it was now regardless, so agreed to abstain.

You will have noticed that the red telephone box near the Market Place has been given a smart makeover, and it will shortly be fitted with a defibrillator. One is in place outside the Village Hall, but that is quite a distance from the centre, and one in a central location may prove to be a lifesaver one day.

We are looking into the refurbishment of the Skate Park at the Village Hall and can state that some refurbishment will occur. How much depends on the grants available, but as a minimum we are planning to replace the right-hand unit, which is worn, and has exceeded its estimated life by some margin.

As we enter the New Year, we should see some posters up around the two villages advertising for councillors. If you would like more information do give me a call, and if you would prefer not to participate on Zoom, these meetings will come to an end once we get back to anything like normal!

Parish Council Report January 2020 by Cllr Sally Smith

The first Rickingham Parish Council meeting of 2021 was held virtually on Thursday 7 January with all Councillors present. Following some meeting formalities, the Public Forum was opened where Jessica Fleming, our District and County Councillor, spoke on a number of issues:

A Covid Support Reminder - Home But Not Alone number is available for those requiring advice and support - **0800 876 6926**.

There is a policy consultation on Post 16 School Travel open until 15 February. This can be seen at www.suffolk.gov.uk/post16travel.

There is an online booking system for recycling centres - www.suffolkrecycling.org.uk/green-christmas.

Support grants are available for Small Local Businesses with application forms online at www.midsuffolk.gov.uk/business/business-rates/grant-funding-schemes/

Support payments for self-isolation (if you are on a low income) may be available on www.midsuffolk.gov.uk/benefits/coronavirus-money-and-benefits-advice

Full Fibre Broadband - Jonathan Spinks of County Broadband also spoke at the meeting to outline what County Broadband as a company are all about and what benefits they could bring to the village. Essentially, County Broadband, funded by the government and AVIVA, are looking to provide a full fibre broadband service in rural areas which would increase both download and upload speeds, necessary as more and more people work from home and rely on a home service. The infrastructure would be provided in the village free of charge subject to 40% of residents being interested. At this point County Broadband are just looking for expressions of interest and the Parish Council are certainly behind the improvement to the infrastructure. It would provide a point of difference in the village, be a positive for anyone selling or buying their house and certainly help those residents who live some distance away from the green BT Openreach box and have less than ideal broadband speed. Further contact will be made with residents to gauge opinion as to whether this is something the village would like.

Planning - Application for Reserved Matters - Land at Rear of Willowmere: A submission for the access road leading to the proposed development off Garden House Lane (land at rear of Willowmere) was considered. No objection was made although a point was made that the adjacent footpath should be considered in an overall landscaping plan.

Draft Budget 2021/2022 - The revised draft budget was agreed.

General

- A point had been raised regarding Snape Hill and whether more could be done to ensure this land was safe for residents. Highways will be contacted for their view.
- It was agreed that Botesdale and Rickingham would work together to try and improve the footpath by the Great Event Company, which is particularly bad during the winter months.
- A consultation is currently taking place as to whether employers in the SCC Pension Fund consider ill health liability insurance to be a sensible idea. Councillors agreed this would be sensible for the PC and could be taken out at no extra cost.
- A new location for a noticeboard in the village was agreed and this is to be sited on the corner of Garden House Lane.
- The new defibrillator is due to be installed in the phone box on 15 February.
- Skate Park Update - the Parish Clerk is finalising grants and funding opportunities in order to sign off on the skate park refurbishment.

THE NEXT RICKINGHALL PARISH COUNCIL MEETING WILL TAKE PLACE ON THURSDAY 4th FEBRUARY

at 7.30 pm

— 0 —

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

All residents welcome

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

Tel : 01379 890 141

Email : rickinghall_pc@btopenworld.com

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

WORD FUN

N	B	T
A	L	A
O	T	I

How many words of three or more letters can you make from the letters in the grid? Proper nouns are not allowed. Can you find the word which uses all nine letters? There are at least 60 words to be found.

A POEM FOR OUR TIMES

I'm normally a social girl
I love to meet my mates
But lately with the virus here
We can't go out the gates.

You see, we are the 'oldies' now
We need to stay inside
If they haven't seen us for a while
They'll think we've upped and died.

They'll never know the things we did
Before we got this old
There wasn't any Facebook
So not everything was told.

We may seem sweet old ladies
Who would never be uncouth
But we grew up in the 60s -
If you only knew the truth!

There was sex and drugs and rock 'n roll
The pill and miniskirts
We smoked, we drank, we partied
And were quite outrageous flirts.

Then we settled down, got married
And turned into someone's mum,
Somebody's wife, then nana,
Who on earth did we become?

We didn't mind the change of pace
Because our lives were full
But to bury us before we're dead
Is like a red rag to a bull!

So here you find me stuck inside
For 4 weeks, maybe more
I finally found myself again
Then I had to close the door!

It didn't really bother me
I'd while away the hour
I'd bake for all the family
But I've got no bloody flour!

Now Netflix is just wonderful
I like a gutsy thriller
I'm swooning over Idris
Or some random sexy killer.

At least I've got a stash of booze
For when I'm being idle
There's wine and whiskey, even gin
If I'm feeling suicidal!

So let's all drink to lockdown
To recovery and health
And hope this bloody virus
Doesn't decimate our wealth.

We'll all get through the crisis
And be back to join our mates
Just hoping I'm not far too wide
To fit through the flaming gates!

Lesley

HOW TO WASH A CAT

Put both lids of the toilet up and add 1/8 cup of pet shampoo to the water in the bowl...

Pick up the cat and soothe him while you carry him towards the bathroom.

In one smooth movement put the cat in the toilet and close the lid. You may need to stand on the lid.

At this point the cat will self agitate and make ample suds. Never mind the noises that come from the toilet, the cat is actually enjoying this!

Flush the toilet three or four times. This provides a 'Power-Wash' and 'Rinse'.

Have someone open the front door of your home. Be sure that there are no people between the bathroom and the front door.

Stand well back, behind the toilet as far as you can, and quickly lift the lid.

The cat will rocket out the toilet, streak through the bathroom, and run outside where he will dry himself off.

Both the toilet and the cat will be sparkling clean.

Yours sincerely

THE DOG



UNDER ONE ROOF

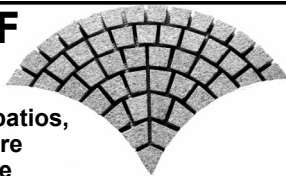
Specialist in all types of paving & hard landscaping, driveways, patios, ornamental garden walls, pressure washing, water features, drainage and fencing

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

Fast professional service
Fully insured and all work guaranteed

Call Mark for a friendly visit and a free quotation

01379677027 OR MOBILE 07768636618



Domestic & Commercial

Mark 07703 418120
Redgrave

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

Property Maintenance,
Alterations & Renovations

Specialist Carpentry &
Timber Frame

Project Management

Handyman – hourly charge

Patio & Paving Cleaning

Fully insured & DBS checked



D. S. Plastering

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

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



CJ Perkins Renovations

C J PERKINS
RENOVATIONS



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

Professional and reliable home renovation service based in Hinderclay.

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

Free quotations

Tel: 07842 915 667

Email : carlperkins001@hotmail.com

DAVID PETTITT FENCING

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

Mobile: 07771 541990
Email: davidcpettitt@gmail.com
www.davidpettittfencing.co.uk



© Can Stock Photo

JOHN DUCKMANTON

FOR ALL YOUR BRICKLAYING AND BUILDING REQUIREMENTS

07930 430586 / 01379 788113

CNPCRIG184@LIVE.COM

Paul Jenner



All Jobs

01379 898 536

07947 405 670

† To help with all building needs

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

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

www.pjalljobs.co.uk



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

If interested, please contact

adverts@rbrparishmag.com

Exploring the Past

Jean Sheehan, 01379 890237

Basil Brown and The Dig

All those people who watch Netflix will have seen the trailer advertising the new film 'The Dig' to be shown on January 29th.

The Dig was a novel written by John Preston in 2007 but it is based on fact. Basil Brown of Rickinghall was a self taught archaeologist who discovered the Sutton Hoo ship burial in the summer of 1939 just before the start of WWII.



Basil Brown seated with Book

Edith Pretty bought Sutton Hoo House and estate of 526 acres in 1926 shortly after marrying Frank. He died in 1934 of cancer, leaving her with a young son, Robert. Edith was also quite ill at this time and had started to consult with a spiritualist healer.

The mounds on her estate fascinated Edith and in 1938 she asked Guy Maynard of Ipswich Museum if he knew of anyone who could excavate them for her privately. He suggested Basil Brown who was excavating a Roman Villa at Stanton Chair and working for the museum. Basil excavated one mound and was invited back the following year, 1939, to excavate another. Basil cycled to Sutton Hoo from Rickinghall and lodged with the chauffeur, returning home every other weekend. After 3 days a helper found signs of rusted rivets and by locating all of these in the sandy soil Basil was able to excavate the outline of a clinker-built boat. Basil was meticulous in his excavations and initially thought that it was a Viking burial but then realised it was Anglo Saxon.

As the importance of the find developed Maynard worked with him but the matter was taken out of Basil's hands in July 1939 when it was put into the hands of Charles Philips from Cambridge for the office of works with Basil as his assistant. He was not allowed in the part of the excavations where the burial goods were located but Edith Pretty, who valued the work he had done wanted him to be allowed to carry the items found back to her house where it is believed she kept them under her bed.

The 7th century Sutton Hoo treasure was the most important find of Anglo-Saxon artifacts at this date. In addition to the valuable gold and silver items, the value has been the history of Anglo-Saxon life told in the items placed there for the afterlife. Although there was no body found due to the sandy soil conditions, it is believed to be the burial place of King Raedwald, who lived nearby at Rendlesham. Amongst the grave goods were silver and gold artefacts, some bejewelled, and a Coroner's inquest had to be held in Sutton Village Hall on 14th August to decide if any of these items were classed as treasure trove. The coroner declared they were not and therefore belonged to the owner of the land.

Edith Pretty generously gave them to the British Museum for the benefit of the nation and they were taken there under police guard the following day. It was arranged for the site to be open to the public on September 2nd and 3rd September, which turned out to be the day war was declared, but on this day Basil wrote to May, his wife, saying he was 'busy filling in the ship with bracken etc and if the war did not last too long it may come out all right for people to visit.'

During the war years the Sutton Hoo artefacts were stored in the London underground system in a tunnel joining Holborn Kingsway and Aldwych stations.

In 2007 Diana Maywhort and I organised a 6 day exhibition to raise money for Rickinghall Church. Chris Durrant had written a book entitled *Basil Brown Astronomer, Archaeologist, Enigma* in which he had researched into Basil's remarkable life. Chris was working for The National Trust at Sutton Hoo. At the opening of the new exhibition centre large boards had been displayed about Basil and we were allowed to borrow these and many other things which had been displayed at Sutton Hoo (not the treasure!) and we copied many of the papers originally owned by Basil.

At our exhibition we met so many people who had known Basil personally and they told us amazing stories about him which were later recorded in Rickinghall by the Sutton Hoo Society. Basil was always thirsty for knowledge and had written a book on astronomy in 1932 which had sold well. He had also learned to speak 4 different languages. He played chess regularly with friends in Rickinghall and they often conversed in Latin.

One of the things we learnt from many people was how caring Basil was for young people and was always patient and informative when they brought their treasures to show him for advice. Dr Stanley West who later became an authority on the Anglo Saxons and became Suffolk County Archaeologist said it was all due to the patience of Basil when he took his finds to the Ipswich Museum when he was young.

When Rupert Bruce Mitford wrote Volume I of the Sutton Hoo Ship Burial in 1975, a British Museum publication, he said 'Contact has been maintained with the excavators including Basil Brown, whose contribution has perhaps not been sufficiently valued' although in later years this was rectified. Basil was a very modest man and many people did not realise the contribution he made to the history of the Dark Ages.

Fortunately Ralph Fiennes, the star playing Basil in The Dig, was really keen to get into his character and went on a dig with an archaeologist to learn how to excavate correctly. He cycled to Rickinghall from Woodbridge to learn about Basil and then visited Rickinghall Inferior Church to see the plaque donated by Suffolk Institute of Archaeology and History to commemorate Basil. He then cycled back almost to Halesworth.

Sarah Doig, Chairperson of Quatrefoil, has been researching further into Basil, for the next publication of local history books on Rickinghall, Botesdale and Redgrave, to be published hopefully in the Autumn. See her blog on Basil <https://heritagesuffolk.wordpress.com/2021/01/08/basil-brown-archaeologist/> and Quatrefoil's website on www.quatrefoil.org.uk

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

CHIMNEY SWEEP

ECO SWEEP CHIMNEY SERVICES

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




01359 232335



THE SUFFOLK SWEEP

- No. 1 for chimney care -

Chimney sweeping Cowl fitting
Stove refurbishment CCTV inspection

07766 235 607
www.thesuffolksweep.co.uk

Anglia Chimney Sweeps

07711 458575

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



www.angliachimneysweeps.co.uk

Andy Wishart Chimney Sweep

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




Diss (01379) 643181

*Peter
Goddard
Firewood*

HARDWOOD FIREWOOD

available all year round, cut
& split to your requirements

**01359 221287 daytime
or 07946 595126 mob**

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

If interested, please
contact

adverts
@rbrparishmag.com



FRANK DAVEY LTD.

SURFACING - CIVILS - UTILITIES

SUFFOLK COUNTY COUNCIL APPROVED CONTRACTOR

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

Walnut Tree Lodge, Garden House Lane, Rickingham,
Diss, Norfolk, IP22 1EA
Email : Sandra@frankdaveyltd.com
Tel : 01379 898371. Mob : 07940 530955

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

Products to the Trade and Retail

**BUILDING
CLOTHING
SHOOTING
AGRICULTURAL**



Clarkes of Walsham Limited
The Street • Walsham-le-Willows • Bury St Edmunds • IP31 3BA

DOL

FENCING & PAVING

Tel: 01379 898894 / Mobile 07743 420593

Exploring the Past Again

Di Maywhort, 01379 898785

Martin Chilvers' Memories continued.

As you continue down the hill towards Rickinghall, you next passed the place where our grandad first had his business- Kent House. Next to this, there used to be a greengrocers- Mr Chew- and this was another shop I would often go to with a list of items. I know very little about Mr Chew: when Betty Mayhew moved to Rickinghall in the late 1960s, she also provided fruit and veg- so it was time to get on my bike and purchase their produce-Betty had been a contemporary of mum's at Mills Grammar School in the 1930s.

Perry's Garage was close by and I know Mrs Scott worked in the office there. I can remember walking there one summer with mum, brother and grandma to board a coach- I guess it was to the seaside. Perry's, too, must have closed by the 1970s.

This, in turn, was next to Warner's-a similar shop to the Co-op. Pat Warner was in the same class at Rickinghall School. In the pre-supermarket world, Warner's seemed very large indeed. I do recall my first visit to a supermarket- Sainsbury's in the town centre in Bury St Edmunds with my paternal grandmother- we probably went by Simonds' bus and in those days you chose all your meat, paid for that, moved on to the cheese counter and paid for that and so on. They still accepted cash.

Once you had crossed Gardenhouse Lane, you reached the final of the 3 local garages- Walsingham's, now the site of housing. I can recall seeing cars parked in front of the garage but not much else.



Walsingham-Johnson's Garage June 1988

Close to this was an old railway carriage where a shoe repairer lived- I do remember collecting shoes from there.



Railway Carriage September 1983

From what has already been said, it is obvious that the world in which I grew up was very different to that of today- of course it is. Things were not thrown away but repaired and kept. We took watches and clocks to a jeweller in Walsham-le-Willows at one time.

Near this was a Fish and Chip Shop that I think was burnt down- I don't ever remember going there as we had such a good one on our doorstep. Close to this was Mrs Fellingham's shop, which sold sweets. Before you reached the public house, there was Smith's Electrical, although I'm not

sure that this was open when I was at the village school (1959-65). That just leaves The White Horse, which closed recently and then the Corner Shop, owned in my time by a Mr Marshall, who at one time was allowed to sell his products on the school playground at break and lunch time!

Such are my memories of my daily walk to school. I suppose it makes sense if I imagine the return walk starting by the school and then turning left. The first business I encountered was Rickinghall Post Office- yes, both villages had one- as indeed did Redgrave- and Wortham. I remember when there was a letter to deliver from school, Mr Parkinson would ask Alistair Compton if he'd take it to the Post Office- he'd say, "Letter from Rickinghall with Alistair Compton," which I always assumed was a reference to Alistair Cook's "Letter from America."

There were no more shops on the return journey on this side of the road until you reached the sweet shop, opposite the turning to Gardenhouse Lane- this was Norden's. It must have had sweets and cigarettes- I don't remember any of us being interested in the latter! The Co-op was, in those days, much closer to the main road and I went in there occasionally, although we seemed to get more from the bakers, butchers, grocers and greengrocers which we were so lucky to have.

At the top of the hill was the country club, Hamblyn House- I never went in there until as an adult I was in a group of carol singers- I must have been roped in! Just down the hill was Kerry's newsagents- Mr Kerry had a building opposite in which he kept back issues- I was very keen on football magazines, especially Charlie Buchan's Football Monthly, which he sold at reduced prices after they were out of date. I've always been one for a bargain!

Next to this was The Bell, complete with bowling green. Pubs were very different in those days- just think how many there were in such a small area: apart from The Bell and The Greyhound, there had been The Old Cock, The Angel and The Cherry Tree, all within a couple of hundred yards. And Honister House had been a pub, too!

When I was young, the village policeman lived in the house next to The Bell- it must have been the Rickinghall policeman I think as the Botesdale police house was near The Round House. For the first few years of my life the Rickinghall policeman was PC Ken Brodie, who later served in Watisfield, Ixworth and Bury St Edmunds. I think it was some time after the Brodies moved that our family was on a walk when dad found a half crown by the side of the road and dutifully handed it in at the Police Station- it was returned, unclaimed, three months later. Even allowing for changed values today, I wonder what amounts people would hand in today.

By now, I have returned to the Market Place, but I will continue up the hill. I will talk about Chilvers shop in a later section and would thoroughly recommend the book on local shops. Just a few yards up the hill, The Angel was still in business as I grew up- when it shut, it became an antique shop. There was-and still is- a post box at the crest of the hill and a bit further on was a shop that has changed use several times- I remember a Mrs Mitchell running it at one time and I think there was another sweet shop near this: this may have been the one kept by an Arthur King, often known as King Arthur, who retired to Watisfield. Then you arrived at the café-another place I never set foot in, followed by the Church Rooms, now known as The Village Hall and finally a hairdressers.

In all, then, a very busy village or villages and one I'm sure I took for granted- you could get so much within the village. We went to Diss occasionally, Bury a bit more often and business took us to Ipswich or Norwich regularly.

With many thanks to Martin for these memories.

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

Painter & Decorator



Internal ~ External
Domestic ~ Commercial

S.C.G. ELECTRICAL

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

01379 741311 or
07792 767869



Paul Parsons Electrical

Rickingham, Diss, Norfolk

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

Tel: 07786 558 510

Part P



Neil Worby OF RICKINGHALL Painter and Decorator

established for over 20 years

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

Tel: 01379 890526 Mobile 07738 156 036

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



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

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

Email:- wjcpainters@outlook.com

Website:- www.wjcpainters.co.uk

Facebook- W.J.C Painters

G & S Property Services

For all the
maintenance
work you
hate

We can now service, repair
or replace your oil boiler

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

All work considered - No job too small

Tel: 01359 251 287 or 07931 527 247
for a free estimate



Cheryl Goddard Painting & Decorating

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

Tel: 01379 741311
Mob: 07817 614 883



TAYLORMADE BATHROOMS

Bathroom design and installation specialist.

Kitchen fitting

All aspects taken care of including tiling, flooring & plastering

All plumbing enquires welcomed

Qualified Plumber

Free estimates

Call Robert Taylor

Mobile: 07979 590528

Business: 01359 221 015

www.taylormadebathrooms.co.uk



E&D Boiler Maintenance Ltd



LOCAL, PROFESSIONAL, ESTABLISHED SPECIALISTS IN
Oil, Gas & LPG

Servicing, Breakdowns, Repairs and Installations

All makes covered including:

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



**Telephone
01379 898574**

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

Nyall's Notes

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

This is the first of these notes I have written in 2021 and probably, more than any other year, all of us are wondering what it will bring. I am reminded of a line from the carol, 'O little town of Bethlehem,' where, talking of Jesus, he states 'The hopes and fear of all the years are met in thee tonight.'

I guess 2021 is already producing many hopes and fears. We appear to be at the height of the pandemic so there is Covid. Will it wain from now on or is there more to come? Will it mutate even more? You will know the answer to the question of what will Trump do by the time you read this. There certainly seems to be a lot of fear in America on that one, with plans for extensive security for the Biden inauguration. Our hopes appear to be almost totally centred on the distribution of the vaccines. Will we get enough? Will one dose work as we delay the second? So it goes on.

This leaves me wondering what the writer had in mind when he wrote, 'The hopes and fears of all the years.' I wonder what he thought there was to fear in the coming of Jesus. Herod was the puppet king in Israel at the time and he feared anyone who might have been a future rival enough to have all the boys of under two killed. They lived under Roman occupation and the Jews hoped for a future Messiah that would lead a military revolution and kick the Romans out. You can see it in the Gospels—after all, a leader that can feed an army with a few fish and rolls, who can heal the sick, restore the wounded and raise the dead is perfect to lead an army. Their hopes were dashed when Jesus was put to death by the combined efforts of the high priests, Herod, and the Roman governor. Even two of his followers showed their disappointment when they said, "We thought he was the one to redeem Israel."

The writer of the carol wasn't thinking about the Roman occupation though. The Psalmist said, "He will redeem Israel from all his iniquities." The Messiah was to come to deal with sin and wickedness. That wasn't much good for those that wanted a military Messiah. Also for those that rejected him there was much to fear for he would, at the end of time, return as judge for the Messiah is portrayed as both a saviour and a righteous judge. For those that put their trust in him and that includes his death on the cross as a substitute who paid the price for their wrong doings he would provide a certain hope. The word Hope in the Bible has a ring of certainly about it. It isn't a reluctant, "I hope so." It is the opposite of no hope. You either have no hope or you have a certain hope. Jesus provides the certain hope of eternal life.

"For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many."

Mark 10 v. 43

Bill's Birds

Bill Cordeaux Tel: 898286

Dear Reader,

I hope you have enjoyed reading this column as much as I have enjoyed writing it but after twenty years the time has come for me to 'retire'. My December 2020 / January 2021 musing was my 'swansong' and it is time to put away my binoculars and birding books and no more visits to Minsmere, Redgrave & Lopham Fen and other great bird watching grounds to report on.

Thank you to those of you who contacted me over the years to report a sighting or had a question on birds. I hope my columns have given an insight into the world of birds and their habits, that you have learnt some interesting facts and can tell the difference between the various tits, finches, sparrows and swans etc.

As I write this in January I know many of us will be looking forward to the Spring and the arrival of birds coming back to the UK from points north, south, east and west. Do continue to look out and listen.

My best wishes to you all,

Bill



Sadly, Bill's wife Jenifer passed away on Monday January the 11th. It was a peaceful end and her family were with her. Our sincere condolences to Bill and his family.

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



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

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

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

Contact us today for a no obligation free quote
07948151235

Info@jwslandscaping.co.uk

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



Essential Ponds & Landscapes (Rickingham)

Pond Design & Construction • Pond Cleaning
Organic & Mechanical Silt Control • Plant Control & Removal
Fish & Pond Health Surveys • Full Maintenance Contracts
Natural Pond Specialists

Turf Supply & Laying • Decking • Fencing • Patios
Free Advice • No Obligation Quotations • Fully Insured

Contact Chris

01379 777365 or 07901 710107

KEVIN EMANS GARDEN MAINTENANCE

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

For more information please
ring or email Kevin on
Mobile: **07801 540045**
Home: **01953 681198**
Email: [kevinemansgarden
maintenance@gmail.com](mailto:kevinemansgardenmaintenance@gmail.com)

Local Sand & Gravel

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

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

Garden Machinery Service And Repairs

Over 30 years experience
Friendly and reliable

Tel: Nick 07946 183840



**garden design
&
landscaping**

andrew@renaissance-horticulture.co.uk



J W AMPS LTD



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

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

Collection and delivery service available.

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



**FENCING
TURFING
SHEDS
GARDEN CLEARANCE
DRIVEWAYS
BLOCK PAVING**

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



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

Seasoned Firewood by the full
or half load

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

IN YOUR GARDEN

Lawrence Thompson 01379 890667.

February can be a very unpredictable month weather wise swinging from being beautifully sunny one day to hard frost and bone chilling cold the next.

Although it might be cold and it is dark by 5pm, there is plenty to keep you busy in the garden preparing for all the jobs that will come rushing forward in just a few weeks time.

Now is the time to start growing vegetable seeds in the greenhouse but some form of heating is essential if you want to encourage germination and bring them on. Early salad crops such as lettuce and cucumbers as well as peppers, aubergines and chillies can be sown now as well as peas, broccoli and leeks and broad beans.

Resist the temptation to transfer seedlings outdoors prematurely however advanced the growth unless you protect the plants with cloches – and be prepared for a war of attrition against the slugs !

After last years success with raised beds I am increasing the number and Feb is a good month to start the construction and allow the beds to settle down ready for the first planting out in the next few weeks. Raised beds require a great deal of good rich soil preferably using the contents of your compost bins along with well rotted farm or stable yard manure.

My flower borders are definitely in need of a good tidy up and as the snow drops have gone over, now is the time to split up the larger clumps and locate elsewhere. Preferably keep them in clumps rather than just two or three plants if you want a stunning display to lighten up your garden in the grim month of January.

At the time of writing, the weather and the Covid news has been so dispiriting I have been enjoying some armchair gardening. I have planned my vegetable plot to ensure good crop rotation and prevent a build up of pest and diseases. Not knowing whether garden centres and nurseries will be permitted to open, I have ordered all my seeds and plants online. In addition, I have selected some new gladioli corms and dahlia tubers in readiness for a colourful summer display.
Here are a few more jobs to undertake this month.

Protect fruit trees showing early blossom and buds from both cold snaps and hungry birds, with garden fleece.

Winter flowering shrubs that have finished flowering can now be pruned.

Attack perennial weeds. Make sure you dig up roots and all especially those of the dreaded bindweed.

If the ground is not frozen or waterlogged you can start to prepare your seed beds in preparation for sowing in the coming months.

This is your last opportunity to prune autumn fruiting raspberry canes to the ground.

Similarly, winter prune apple and pear trees whilst they are still dormant but leave plum and cherry trees until the summer to avoid infection from silver leaf disease.

Wash and disinfect all used flowerpots and seed trays to keep pests and infections at bay.

Give the greenhouse a thorough clean including the external glazing.

Cut back climbing plants away from guttering and windows

In Search of Shortbread

On holiday in Scotland,
we tasted shortbread;
not just any shortbread, special
shortbread with body, flavour, texture
served with pate, perfect foil.

We learned it came from Arran
W**lies of Arran -
Wileys perhaps or even Walleys?
It would make an ideal gift
for a shortbread connoisseur.

We looked first in Glasgow, no success,
again in Edinburgh - someone said,
Try next door. There, staff looked on the net:
It's Wooleys of Arran we were told
but no retail outlets listed.

We kept trying with no success;
at the hotel my friend explained
our dilemma to a young waiter.
Minutes later he appeared with a whole packet
of Wooleys shortbread, courtesy of the chef.

© Rosemary Jones 2019

Crazy Quiz

1. In California you cannot take a picture of a man with a wooden leg. Why not?
2. If you were running a race,...and you passed the person in 2nd place, what place would you be in now ?
3. Which is correct to say,... "The yolk of the egg are white" or "The yolk of the egg is white"?
4. If a farmer has 5 haystacks in one field and 4 haystacks in the other field,...how many haystacks would he have if he combined them all in another field?
5. Johnny 's mother had three children. The first child was named April. The second child was named May. What was the third child's name?
6. There is a clerk at the butcher shop, he is five feet ten inches tall, and he wears size 13 sneakers. What does he weigh?
7. How many gallons are there in a hogshhead of beer?
8. What ingredient is found in any dish with florentine in the name?

Answers on p 35



**Ed Batram
GARDEN**

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

**C W SERVICES
RICKINGHALL**



GRASS CUTTING
 (SMALL/LARGE LAWNS)
 HEDGE TRIMMING
 GARDEN MAINTENANCE
 FENCING
 PRESSURE WASHING

ALL GARDEN RUBBISH REMOVED
 TEL. 01379 890506
 0754 8975 350



THE GARDEN ROOM

Lady on your own?
 Would you prefer an experienced Lady
 Gardener?

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

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



**ACORN
TREES**

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

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

**Countryside, Conservation &
Tree Services**



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

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

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

If interested, please
 contact

adverts
@rbrparishmag.com

ELITE FENCING & LANDSCAPING

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

Call Trevor: 01359 221 128 or 07761 651 567
www.elite-fencing.co.uk
trevor@elite-fencing.co.uk

Your garden projects turned into reality

**NICK BOBBY
TREE SERVICES**



NPTC and
 LANTRA
 Qualified

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

www.nickbobbytreeservices.co.uk

Free Quotations call 01379 871 459 or 07545 989 081

**MAGPIE
TREE & FENCING
SPECIALISTS**



Fully Insured

N.P.T.C
 Qualified

All Aspects Of
 Tree Surgery & Fencing
 At Affordable Prices
 Call For A Free Quotation & Advice

Carl J Baker 01379 897143
carlmagpie@outlook.com 07717 101660

Treecraft

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

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

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



**Carberry
Plumbing &
Heating Ltd**

Call Jonny 07506 706121

carberryplumbing@gmail.com

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



Oil Fired Pressure Jet Boiler
Servicing & Plumbing



ANDY BACOS

07775 751303

andy.bacos@ntlworld.com

Andy's Oil Boiler Services



**CHRIS HOWARD
PLUMBING AND HEATING**
Local, professional and reliable
service

- ◆ All household plumbing
- ◆ Gas and oil boiler install and servicing
- ◆ Air source heating installation
- ◆ Hot water cylinders

Free non committal quotes

07749315908

chrisjhoward5@googlemail.com
www.chrishowardplumbingandheating.co.uk

YOUR RELIABLE LOCAL PLUMBER



Mark Jardine
Plumbing & Heating



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

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

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

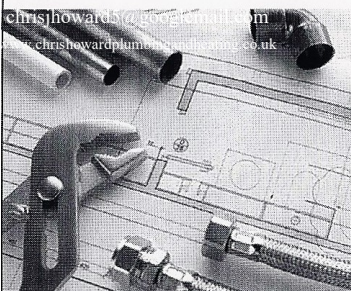
If interested, please
contact

adverts
@rbrparishmag.com

www.gasengineersburystedmunds.co.uk

WILLOWSERVE LTD
Plumbing & Heating Services

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



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

Checkatrade
Where reputation matters



Tel: 01359 259886 • 07771 557937

Email: willowserveltd@hotmail.com

www.willowserveltd.com

Else Heating & Plumbing

Oil and Gas Installation

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

Bathroom & Kitchen Fitting

Fully Insured

Contact Eugene Else

01379 688183

07787 854923


elseheatingandplumbing@gmail.com



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

Telephone: 01379 783427

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

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

BE SCAM SMART

Trading Standards are issuing renewed warnings to residents regarding the rise of on line scams from fraudsters using the Covid-19 pandemic as an opportunity to defraud people.

COVID - 19 VACCINATION SCAMS

Reports have been received from residents of being contacted with offers of a private coronavirus vaccination. The approaches have been made either by text or recorded phone messages. In each case, the recipient is asked to click a link in the text message or by pressing 1 on their phone. They are then asked to give personal information as well as financial details to enable them to book their vaccination.

These contacts are **NOT GENUINE** and are a **SCAM**

The NHS are responsible for offering Covid-19 vaccine currently to people most at risk from the coronavirus and these groups will be contacted direct by the NHS.

E MAILS CLAIMING TO BE FROM THE ROYAL MAIL AND DPD

There has been an upsurge of emails claiming to be either from the Royal Mail or DPD claiming you have missed a delivery of a parcel. The email contains a link for you to provide personal information to arrange a new convenient time to receive your parcel. Some emails request financial details to take a small payment for 'redelivery'

These emails are **FAKE** and are not from either the Royal Mail or DPD and designed as phishing emails to steal your personal information and money.

Always be very wary of unexpected email or telephone approaches, however plausible. Never click on links or open attachments.

Please report any contacts you suspect are scams to the Citizens Advice consumer helpline on **freephone 0808 2231133** or forward them to the National Cyber Security Centre on report@phishing.gov.uk

Quiz answers

1. *You can't take pictures with a wooden leg. You need a camera to take pictures*
2. *You would be in 2nd. Well, you passed the person in second place, not first*
3. *Neither, the yolk of the egg is yellow*
4. *One. If he combines all of his haystacks, they all become one big one*
5. *Johnny of course*
6. *Meat*
7. *54*
8. *Spinach*

ST MARY'S CHURCH - OUR HERITAGE



For over 900 years our beautiful Norman church stands as the focal point for our community.

Its round tower is of national significance.

We warmly invite you to join us as a Friend to help us in the upkeep of this ancient building and churchyard.

Only together can we secure its future.

Contact:
Jean Sheehan
01379 890237



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

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

IS YOUR COMPUTER GIVING YOU HEADACHES?

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

Honest - Reliable - Affordable
Contact Jim - 01359 251946 / 07729 868669
Email: info@completesolutions-it.co.uk
www.completesolutions-it.co.uk



Microsoft
CERTIFIED
Professional



COMPUTER PROBLEMS ??

Call Joe Richards for Windows and Apple Mac at

BAILIWICK IT SERVICES.

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

Tel: 01953 718421 Mob: 07928 326008

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

NEED A
Grand Design?

WANT TO RENOVATE OR
EXTEND YOUR HOME?

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

CALL US NOW ON
01359 232507
lewisms521@gmail.com

A SOUTH-WEST CORNER, TOWNHALL, BURY ST EDMUNDS, SUFFOLK IP31 3JX

Mni Designs Ltd

GREENGAGE
CREATIVE

GRAPHIC DESIGN SERVICES

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

e: greengagecreative@outlook.com

CADE CREATIVE

Graphic Design

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

Copywriting/editing/proofreading

Print Buying

For a quote or to see work samples or testimonials:

Tel: 01379 783 380 / 07931 850 813
joelifford@cadecreative.com

KJ ACCOUNTANCY

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

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

Tel: 01379 890502 / 01284 763687

Mob 07788 408916 / 07808 217355

Jackie Stevens Bookkeeping and Accounting Services

Ideal business startup Self employed
Bookkeeping Accounts Payroll
Self-assessment VAT PAYE
Sage Xero QuickBooks

Please call Jackie for a friendly chat
01449 (Bacton) 781823 or 07988612032
email: jackiekstevens@live.co.uk

COREWEB
DEVELOPMENT

WEBSITE DESIGN
AND BRAND MANAGEMENT

P: 07308 070152
E: info@cwdevelop.co.uk
W: www.cwdevelop.co.uk



QUATREFOIL

local history books on
Botesdale, Redgrave &
Rickingham

books are available from:

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

full details of all books and
our events are available at:
www.quatrefoil.org.uk

Jackamans
SOLICITORS

We offer a personal service, locally, with
high street offices in Diss and Harleston
Legal services at a competitive price
for individuals and businesses

www.jackamans.co.uk

Diss 01379 643555
Harleston 01379 854455

February Church Notices



- ⇒ We plan to continue weekly Sunday Holy Communion in All Saints, Redgrave at 10.30
- ⇒ Services are streamed live on YouTube channel RBR Church, so those who are unable to attend can watch live or at a later time, as the stream is uploaded to our channel
- ⇒ To keep within guidelines, the building has a maximum capacity of **15** people so we are asking people to book a place. Capacity may change to 20 if Covid case numbers drop
- ⇒ Bookings are taken on a first come first served basis, and in response to an email sent towards the end of the week. This email also has the YouTube link for the live stream

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

⇒ Churches open for private prayer :

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

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

Please follow these guidelines :

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

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

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

Parkview Chapel Sunday Services and Events

We have decided the safest thing to do at this stage is to close our Church building. Therefore all Sunday services this month will be on the app, 'Zoom'. Each service will contain a time of Communion. Please call Kev on 07557 784152 if there is anything we can do to help you in these difficult times and if you would like the 'Zoom' information for the following services



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

Sunday 7th	'Zoom' Meeting to open at 10:45am. Service to start at 11:00am
Sunday 14th	'Zoom' Meeting to open at 10:45am. Service to start at 11:00am
Sunday 21st	'Zoom' Meeting to open at 10:45am. Service to start at 11:00am
Sunday 28th	'Zoom' Meeting to open at 10:45am. Service to start at 11:00am

At this stage there will be no other groups or meetings

- - Throughout our re-opening process we are continuing to adhere to Government advice - -

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

You are welcome to join us, but please contact 01379 890898 to let us know if you wish to come so that we can prepare safely.

Services (all at 10.30am)

Sunday 7th	Mr. N. Hodson
Sunday 14th	Mr. P. Mottram
Sunday 21st	Mr. D. Freeman
Sunday 28th	Rev. David Ely Holy Communion

From the Registers

12.12.20	Rebecca Cummins-Lagden and Michael Rutterford married at Chapel of Ease, Botesdale
22.12.20	Funeral of Diane Sturgeon, Rickinghall Church. Died 25.11.20, age 74
23.12.20	Graveside Funeral of Dougie Erith, Redgrave Churchyard. Died 29.11.20, age 74
14.1.21	Funeral of Beryl Waters, Rickinghall Church. Died 24.12.20, age 99
15.1.21	Graveside funeral of Derek Lummas, Rickinghall Churchyard. Died 20.12.20, age 78
23.1.21	Interment of ashes of Joan Rumsey. Died 19.8.20, age 87

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

Andrew Dickson limited

chartered financial planners

Your partner for a brighter financial future

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

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

T: 01379 890401

F: 01379 898755

E: enquiries@andrewdickson.co.uk

W: www.andrewdickson.co.uk



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

Susan Whymark Funeral Service Ltd



Independent and Family Run

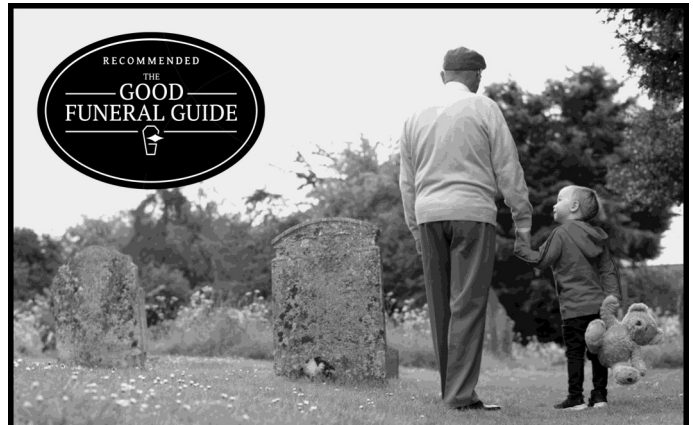
- Funerals arranged by trained experienced staff in our friendly office environment or in the comfort of your own home
- Free transport for visits to registrars, our Chapel and other related appointments
- Bereavement support group Open to all in need

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

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

24 Hour Telephone Number **01379 871168**

www.susanwhymark.co.uk
email: susan@susanwhymark.co.uk



"Thank you Rosedale, your support and guidance made this difficult time a little more bearable."

— from a family we have cared for at Rosedale



Rosedale
FUNERAL HOME

Victoria Rd, Diss **01379 640810**
www.rosedalefuneralhome.co.uk

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

THE WINDOW COMPANY WITH A DIFFERENCE!!



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



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



A B S
Home Improvements

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

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

WAVENEY
WINDOWS LTD

EST.1977



CONSERVATORIES ♦ WINDOWS & DOORS ♦ FACIAS

NIGEL SAYWOOD
Design Consultant

Mob: 07909543905

Show Site: 01379 688488

Home: 01379 640313

SHOWSITE

Blooms of Bressingham

Garden Centre

Diss

Norfolk IP22 2AB

HARDWOOD & COLOURED UPVC AVAILABLE

SEE OUR NEW TIMBER ALTERNATIVE "EVOLUTION" WINDOW

D.A.R SERVICES LTD

DOMESTIC APPLIANCE REPAIRS

01379 898062

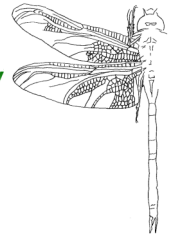
RICKINGHALL

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



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

**Huckle
Ecology**



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



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



**Safe & Sound
Hygiene and Pest Control**

Is your garden over run with Moles ?

Do you have a wasp nest ?

Are your paddocks over-run with rabbits ?

For ALL your Domestic / Commercial Pest Control.

Woodworm treatment available.

No obligation – free survey/quotes.



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

Please call for a chat on 01379788865 • 07809226109 • 07518731106

www.safeandsoundhygieneandpestcontrol.co.uk

Doug Aiken part of



Appliances Ltd

Telephone:

01449 780398

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

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

G.G. EVANS



Pest Control Services

07795 177695

01379 608932

info@ggevens.co.uk

**MOLES, RABBITS,
WASPS & MORE**



WATER SOFTENERS

New Installations ~ Repairs & Service to all Brands
Drinking Water Filters ~ Taps ~ Salt Deliveries

A D Veale Water Treatment Ltd (est. 1981)

01379 871020

www.adveale.com

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

Rickingham Business Centre

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

Tel: 01379 898 671

Mob: 07798 501 108

Email: rlast@rickinghallbc.co.uk

Web: www.rickinghallbc.co.uk

Allwood Green, Rickingham, Diss. IP22 1LQ

To ALL Redgrave, Botesdale and Rickinghall Residents

COVID-19/Coronavirus Outbreak

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

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

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

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

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

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

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

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

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

Sent on behalf of all the churches in these villages.

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

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

