

PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

June 2021



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

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

Parish Website:
rbrchurch.org.uk

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

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

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



You've got to get to the root of it! Who's tried to get rid of dandelions in their lawn? I cannot bear dandelions in my garden. Yes, their zingy colour and unrelenting cheerfulness brightens a dull day, and I do have fond memories of blowing dandelion clocks as a child, but all sentiment aside if I see one, it's got to go! But they're frustratingly persistent blighters. Over the years I have tried several methods to rid my lawn of these troublous plants. One was to pay my daughter "x" amount for each head she pulled off. Umm... that turned out to be very expensive, so it only lasted a season, because it seemed to encourage them to grow even more prolifically!! Another was through a birthday present from my mother-in-law, a weed puller. This was successful but in the end I wore it out!! When I tried weed killer, the sort that kills weeds and not the grass, I managed to kill the grass but not the dandelions! Currently I use an old chisel and dig around the plant and pull the root out of the ground. There are a lot less of them in my lawn now, but I have to keep doing it. Leave it a few days and there they are all bright and yellow. It's as if they are waving at me!!

Thinking about "popping" dandelions out of the lawn I find parallels with other aspects of life. How many times have we tried to modify or adapt our behaviour for the better? Break an old habit that we know is not healthy, whether physically or physiologically? Let go of the past? Rid ourselves of selfish thoughts, attitudes and actions that cause harm to others? It can be the equivalent of pinching out the dandelion flowers – you see an immediate improvement but soon they grow back again reminding us that nothing has really changed. However, God has a perfect plan and purpose for us. Being the Creator God we are made in His image, which is good and perfect, and He calls us all to live our life like Him, with His presence in our daily life helping, guiding and protecting us as we journey through life.

No matter how persuasive a self-help book may be or how motivated we are on day one, the same thing or something new pops up over our life's garden, all-too-garishly obvious. Why does this happen so easily? It's because we are in danger of only scratching the surface of what it is we are trying to deal with rather than going deeper and working at getting to the root of the problem. In other words, it's important that we search for "what lies beneath", otherwise we are destined to keep being and doing the same.

The Christian discipline of self-reflection is so important if we are going to root out the things that stop us from being the person God has designed us to be. Self-reflection gives us space and time to let God speak to us personally. That's why when we come to the confession in a public act of worship I invite people in a moment of quiet to ask God to show them the things they need to repent of, or turn away from. My hope is that this practice of asking God to speak to them will rub off in areas of their personal life too, because sadly we can't bring about healthy lasting change to our lives by ourselves. If we could there would be no more pain, sorrow and tears in our world! When we approach confession reading Psalm 139 can be helpful. It starts like this: *"You have searched me, Lord, and you know me".* Later, it continues, *"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."*

No matter how much we pretend otherwise, and because we are made in God's image, God sees right through us! Before we have thought of or done anything He has searched us and continues to search – and this process works best with our cooperation, hence inviting God into your times of self-reflection.

There's no doubt that sometimes this is painful, as we begin to see ourselves as the real person we are, full of anger, spite, pride, selfishness etc. As I have journeyed through life I have had to re-visit some parts of the past that I have shut a door on. I have found hidden resentments from times when others have hurt me. There has been shame and regret concerning something I've done but have kept hidden. Like things stored in a dark, damp cellar, they can all too easily go mouldy and start to smell pretty bad. I might be good at keeping them hidden, out of sight, but at some point in my life they have a nasty habit of making their presence felt.

Jesus Christ, as the Son of God, came from Heaven to show us that it is far better to expose our whole life to His and our Heavenly Father's Light. Why? Because He is the One who never stops searching our hearts, and as He does this He roots out what shouldn't be growing there. When I have allowed God to do this to me I have experienced, through receiving His forgiveness, such amazing freedom from guilt, shame, and embarrassment. Knowing God has forgiven me gives me confidence to display His glorious fragrance, and I know that along with His Son Jesus I am truly a Child of God, beloved and cherished.

Practice letting God search you, you will be in safe hands, and He will lead you gently beside quiet waters as a good shepherd does, His rod and staff will comfort you, and goodness and love will follow you all the days of your life. As you do this you will find yourself dwelling in the house of the Lord for ever.

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/>



Deletions

Name	Entry	Notes
Louise Burgin	RABBATS (Rickinghall & Botesdale Baby & Toddlers)	Removed due to closure of RABBATS

Message from the Team

As we hope to get back to some sort of normality the weather has not been very kind to us. The spring has been very cold with frosty mornings and we have had rain, snow, hail and strong winds. Very frustrating for us all particularly gardeners who have plants waiting to be put out.

This issue contains the last of the gardening and scam articles supplied by Lawrence Thompson and we would like to thank Lawrence very much for his regular contributions.

If anybody feels they are able to supply us with articles on any subject of interest please do contact us.

Charles Murray

For all editorial content: editor@rbrparishmag.com

For all commercial adverts: adverts@rbrparishmag.com

To advertise events: events@rbrparishmag.com

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

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

STUFFING MEETINGS RESUME

- **July issue 7 June (Mon)**. Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **18 June (Fri)**
- **Aug/Sep issue 12 Jul (Mon)**. Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **23 July (Fri)**
- **Oct issue 6 Sept (Mon)**. Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **17 Sept (Fri)**

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

Best wishes The Parish Magazine Volunteers

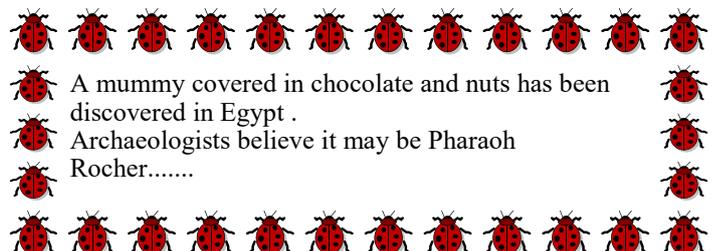
The views and opinions expressed in this magazine are those of the authors and do not necessarily reflect those of the editorial team.



WELCOME

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

Printed by:

A mummy covered in chocolate and nuts has been discovered in Egypt .
Archaeologists believe it may be Pharaoh
Rocher.....

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

> > > **Crossed Fingers...** < < <

Many contributors to the Parish Magazine are in the process of a tentative return to “normality”. We share their hope that this will gather pace as more and more local amenities and organisations strive to return to business as usual, albeit sticking to the latest rules for everyone’s safety. *Normality - business as usual - can it be true?! Fingers crossed!*



Normality?!

Botesdale Breakfast and After School Club

The After School Club expects to continue on Tuesday, Wednesday and Thursday until the end of the Summer term, and will run a monthly cake raffle to raise funds. Contact Bridget or Paula on 07952 961285 or botesdaleoutofhours@gmail.com

Dance Fitsteps

Jill Mitev-Will restarted her Dance Fitsteps classes on Thursday May 20th, continuing every Thursday at 6:00pm in Rickinghall Village Hall. To book a place, call or text Jill on 07800 639141

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

Pilates - classes restarted at Rickinghall Village Hall May 18th - for more details contact Eleanore Garwood 07881 814146

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

RAHOF - See ad opposite

Redgrave Church Heritage Trust - See ad opposite

Rickinghall Country Music Club - The country dances will continue again in October

Redgrave Cross Keys - Look out for the Hog roast (26th June) and Afternoon tea and Live music (27th June)

Rickinghall Ramblers

Putting the walking boots back on June 7th, 18th, 28th, July 9th, 19th, 30th, August 9th, 20th, September 3rd, 13th, 24th, all starting at Rickinghall Village Hall at 9.15am

Suffolk Historic Churches Trust - See opposite for Ride and Stride event in September



Working on it!

Car Show and Craft Fair

The Car Show and Craft Fair held successfully in May 2019 will be returning to Rickinghall Village Hall in May 2022

Heritage Circle

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

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

Redgrave & Lopham Fen

Events return in June, celebrating Suffolk Wildlife Trust's 60th birthday. Booking essential for all activities unless otherwise stated. For further details and to book, visit www.suffolkwildlifetrust.org or call 01473 890089

Redgrave Church History Workshops

These history study days held in St Mary's Church, Redgrave, have had to be suspended due to Lockdown. Although it has not been possible to resume the programme this year, the position is under review. We will be in touch as soon as we know what can be arranged. Contact : June Shepherd / the Redgrave Church Heritage Trust

Redgrave Luncheon Club - In the current difficult climate the Redgrave Luncheon Club has had to be suspended.

Rickinghall Further Education Group (RFEAG)

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

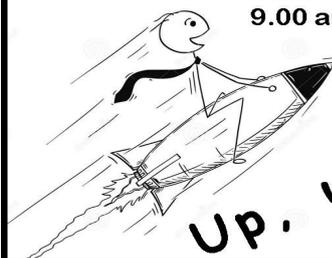
Successful tea and chats for 6 members in committee members' gardens during April and May have started to re-unite us and a Strawberry Tea Party is planned for 5th June when members will be able to meet. We will be starting our meetings in Rickinghall Village Hall commencing on Thursday 24th June at 19.30 and then holding meetings on the 2nd Thursday of each month starting on Thursday 8th July at 19.30. Look out for further details on speakers and events. NEW members are very welcome – it is free to come along and meet us. Contact : Rosemary Setterfield (President)

Parcels to Post?

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

Rickinghall Farmers' Market

9.00 am to 12.30 pm IP22 1HD



Up, up & away!

Saturday 12 June

>>> Looking ahead <<<

Redgrave Park Wild Flower Walk in aid of the Community Bus

Tuesday 8 June at 5 pm

Finish at the Folly for coffee and cake

Adults £5.00 children under 12 free

See signs on the B1113 between Redgrave and Botesdale

Sorry - no dogs

THE SUFFOLK HISTORIC CHURCHES TRUST

RIDE AND STRIDE

Rickinghall, Botesdale and Redgrave have wonderful Churches and Chapels that need additional funds for their upkeep so the community can use them for generations to come.

Please join us to raise funds on **11th September 9am - 5pm**

- open to everyone of all ages and abilities
- no set distance or minimum sponsorship
- a great day out for families and individuals to enjoy our beautiful scenery and raise sponsorship, walking or cycling to visit Churches and Chapels
- a competition to enter on the day
- a sponsored Pedal and Drive for Vintage and Classic cars
- money raised to be divided equally between the SHCT and your nominated Church or Chapel

See the July edition of the Parish Magazine for more information on where to obtain paper copies of the sponsorship forms and contact numbers for information, and web site <http://ridestride.org/> for

- downloading sponsorship forms
- using "Just Giving"
- more information about the day



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

Would you like to hear more about the oldest building in our villages?

The lower part of the round tower at Rickinghall Inferior Church is about nine hundred years old with additions to the church in the twelfth, thirteenth, 14th and 15th century which makes this building of national significance. Roy Tricker MBE will be coming to speak about the history of our church on July 2nd at 7pm. Roy has had an interest in churches since he was a young boy and has an amusing, but knowledgeable way of explaining it. Admission is free, but donations will be welcome as most of last year's planned events had to be cancelled.

For more information ring Jean Sheehan on 01379 890237. Numbers may be limited due to covid restrictions.

Another event is to be held on Friday October 1st. This is The Friendly Invasion, further details to follow.

An art exhibition will be held in Rickinghall Inferior Church over the weekend of August 13th, 14th and 15th August. Neil Lanham has kindly donated and painted an oil painting to raffle and raise money for Rickinghall Inferior Church which will be drawn the weekend of the art exhibition.

The Ride and Stride event organised by the Churches Conservation Trust will be held on Saturday 11th September if anyone would like to ride for us and collect sponsors. See adjacent ad

REDGRAVE CHURCH HERITAGE TRUST

The concert in St Mary's Church, Redgrave, postponed from last year because of the Lockdown, is planned for this September, restrictions permitting:

ORLANDO JOPLING

Solo Cellist Recital

St Mary's Church, Redgrave

Saturday 4th September 2021 at 7.30pm

Orlando Jopling, international musician and conductor, will play Suites by Bach and Britten. Orlando is looking forward to playing at Redgrave this year, as it will be one of his first performances to a live audience post-Lockdown, a special occasion for him and our community.

TICKETS £15 from Wortham Post Office & Box Office 01379 898827
Bar available

RAHOF

(RICKINGHALL AREA HOSPICE FUNDRAISERS)

All being well, we hope to hold our popular

ANNUAL QUIZ NIGHT

Quizmasters Mike Webb & John Kilgannon

Friday 22nd October 2021

at Hinderclay Village Hall

7.00 for 7.30pm

Very Light Finger Buffet

Tickets £9pp

Further details to follow when updated national Covid ruling on numbers is known

Tickets: 01379 788010

PLEASE BRING YOUR OWN DRINKS & GLASSES

B&R Parish Infrastructure Investment Plan (PIIP)

Thank you for your responses to the recent Parish Magazine article, and the local organisation and business surveys regarding usage of PIIP funds. Useful in its own right as feedback from residents, these have shown a variety of concerns regarding the uncertain future of village groups, the need for improved communal facilities, parking, broadband and road signage concerns.

While the projected funding amounts seem generous, the surveys have shown that residents have considerable wants/needs which altogether are likely to cost significantly more than the funds available. The purpose of the PIIP is to prioritise your requests and direct funds to the projects which will provide the widest benefit to residents. It's also important to keep in mind that the Parish Councils may also be able to meet requests through directing groups to other funding or forming partnerships with other organisations. In some cases, where the cost of providing the benefit is low, the Parish Councils may be able to deal with it outside the PIIP.

The PIIP team will be consulting on the draft PIIP shortly and will have information in the July magazine on how you can participate.

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

Redgrave Community Shop

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

CURRENT OPENING HOURS

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Sun 9:00 - 11:00am

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Email: www.redgravecommunityshop@gmail.com

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Contact us: The Old Saw Mill, Hall Farm,

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See page 4 for
upcoming events!



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Contact us:

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

01379 779822

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



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3.30pm – 5.30pm £12.50 for 2 hours (£11.50 for siblings)
3.30pm – 6.00pm £15.00 per session (£14.00 for siblings)

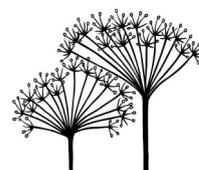
Subscription 2020/21 £20.00

Please contact Paula or Bridget on 07952 961285

PLEASE SEE PAGE 4 FOR LATEST INFORMATION

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Village News



OIL SYNDICATE

The next Oil Syndicate Order will be the late summer one at the end of July.

Final order day will be Saturday the 24th of July.

Deliveries should be complete by August 6, although this will be subject to weather conditions.

As always, e-mail is preferred: botesdaleoil@gmail.com

If not available call me on: 01379 890952. Leave a message if nobody answers.

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David Sloan

Community Woodland Group

The April weather, while sunny and warm, brought with it a drought and some frosts so the spring didn't spring as quickly as expected and, by our next work party in Northfield Wood on 2nd May, the trees were definitely not in full leaf. However, there were flowers on the ground and we continued the tidying up and filling in gaps in the hedge.

Also, we were delighted to be joined by Paul Bartrum, a new volunteer. (I don't think he came just for Fi's delicious brownies!)

Nothing to report for Low Meadow but we are going to have a professional health and safety check for Miller's Orchard.

And we are planning to have an overdue AGM in the near future. Keep a look out for the notice.

Next work party 6th June. Fi is not expected to produce more goodies!

Rosemary Jones,
Botesdale and Rickinghall
Community Woodland
7th May 2021



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The Wettest Farmers' Market?

A sincere thank you to all who braved the appalling weather on 8th May to visit and buy from the stallholders at Rickinghall Farmers' Market. We managed to put some extra stalls indoors, including some who were with us for the first time, but you the customers still had to get to the Village Hall in the first place! Thank you. We had a brilliant turnout of twenty stalls, and even managed to fit in production of Dave's delicious bacon baps, but it was all a bit of a challenge in the pouring rain.

Particular thanks have to go as well to our volunteer parking team, who spent the entire morning directing traffic. I'm not sure I've ever seen people look quite so wet!

The next Market is on Saturday 12th June, and we are apparently guaranteed exceptionally good weather then! We really will have our cafe up and running again, as well as our dedicated stall holders, so do come and see Rickinghall Farmers' Market at its best.

We look forward to seeing you.
Bob Clark

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Botesdale Parish Council



Leeann Jackson-Eve

Report from the May 2021 Botesdale PC Meeting

All members of the Parish Council were present for the meeting. This was the PC's annual meeting in which the PC votes in a Chairman and Vice-Chairman as well as deciding on individual councillors' roles in representing the local community. William Sargeant was returned as Chairman again this year as was Des Bavington-Lowe as Vice-Chairman.

This year councillors took responsibilities as follows:

Assets Register: Cllr Des Bavington-Lowe

BARWOODS: Cllr William Sargeant

Public Rights of Way: Cllr Simon Dickinson

Suffolk Assoc. of Local Councils/ District Council Parish Liaison:

Cllr Sargeant

Village Hall: Cllr Sargeant

Website/Facebook: Clerk

It was agreed to suspend the following roles for now as the first is rarely used and the Committee for the second hasn't met in over a decade.

Tree Warden

War Memorial

Councillor's details will be on the telephone list included in the parish magazine and on the PC's website at www.botesdale.onesuffolk.net

Public Forum: County/District Cllr Fleming reported that the extensive changes made to move the councils to virtual working have been remarkably effective. However, legislation won't allow formal meetings to be held remotely after 6 May and the process will now have to be reversed. She reported that The Hold (Suffolk Archive) is now complete and will be opening to the public soon. Waste/Recycling Centres have experienced a few interruptions over the past year but are almost back to normal. However, there has been an astonishing rise in fly-tipping and the District Council will be looking at the reasons for this. They would also be considering the future of the booking system for sites, including using a number plate recognition system to speed things up. Finally, she commented on the remarkable support provided by community groups during the pandemic and assured councillors that SCC and MSDC would be leading efforts to get the economy back to good health in the area.

Correspondence: A letter from the Open Gardens committee was noted. The proposals for this year's event will not go ahead due to lack of interest. A resident had sent in comments in support of retaining the informal BMX trail in Sarah's Wood and this was noted.

Sarah's Wood: There were further discussions about the wood next to the school. It is acknowledged that the wood's informal use as a BMX track and meeting place is well-loved by some residents. However, there are accessibility issues as you can enter the wood only via a private road within the Burgess development or an unsafe access off Back Hills. Its use as a BMX track may also be incompatible with its status as a wildlife wood. It was agreed to get the School and Pre-school's view on how they would like to use part or all of the wood. The PC can then identify the most effective proposal for the site.

Village Assets Refurbishment: This project is ongoing with several benches and bins already repaired/repainted. Two new litter bins have

been ordered, as well as a new grit bin for the Chapel Lane triangle.

Parish Infrastructure Investment Plan: You will see a short update elsewhere in this magazine and a list of options for the PIIP will go out in some form in the July magazine as part of public consultation. The next Steering Group meeting is on 24 May.

Recreation Ground Regeneration: The PC now has a draft cost plan for the Refurbishment project, which aligns with the design plans approved at the March meeting, and a funding plan has been drawn up. We hope to share more about the designs soon!

Marl Pits: Did you know that the community owns a strip of land along the footpath which runs under the A143 at the end of Bridewell Lane? It's a small nature area and the PC is considering how to improve it for wildlife. We're also looking at putting some signage on site with information on its history and wildlife, as well as on-site safety.

Speeding: The PC is investigating the possibility of moving two 30mph zones. One could be extended to the parish boundary on the B1113 (where the weir/road bridge is) in response to the new development at Back Hills and the other could be moved back to Millers Orchard on Mill Road North with the aim of making the road safer for pedestrians who exit the Bridewell Lane footpath and walked down Mill Road to the village. It was noted that pedestrian safety on Mill Road North has come up a lot in discussions about the Recreation Ground.

Fairstead Trust: The PC has appointed Peter Beck, Lottie Clements, Philip Miles and Simon Gowen to join the Rev Chris Norburn (Chairman) and Tim Holt-Wilson as Trustees to the Fairstead Trust for a further four-year term. If you aren't familiar with the Trust, it has about £1000 each year to allocate for the "general benefit of the inhabitants of Botesdale or for the benefit of persons in need". Any group or individual who wishes to apply should contact Rev Chris Norburn, 01379 898685, revchris@rbrchurch.org.uk

We should be back in the Botesdale Village Hall for our June meeting! (fingers crossed)

Mid Suffolk District Council is developing a **Local Walking and Cycling Infrastructure Plan**
See page 19 for more details and how to have your say.

THE NEXT BOTESDALE PARISH COUNCIL MEETING WILL TAKE PLACE ON MONDAY 7th JUNE at 7.00 pm at Botesdale Village Hall All residents welcome www.botesdale.suffolk.gov.uk

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



Redgrave May 2021 Report – by the Clerk

Seven councillors attended this meeting on Zoom with apologies accepted from Angela Bigley and Netty Verkroost. There were also three representatives of the Neighbourhood Plan group and Fiona Wilson representing Gressingham Foods.

This was the PC's annual meeting in which the PC votes in a Chairman and Vice-Chairman as well as deciding on individual councillors' roles in representing the local community. Mike Denmark was happy to stand as Chairman again this year and Jason Walker was voted in as Vice-Chairman. There are no vacancies on the Parish Council.

Parish Council Representatives: Members represent the PC on outside community groups including the Little Ouse Project (former councillor B Hayward) and the Gressingham Foods liaison group (J Giddings and A Preston), and they hold advisory positions such as Tree Officer (former councillor J Preston) and Footpaths Officer (A Bigley). They are also involved in appointing Trustees to other groups such as the Charity for the Needy and the Mary Foster Charity (J Walker).

Public Forum: Ms Wilson reported on changes that Gressingham Foods have made in response to a resident's complaint which was discussed at the PC's meeting in November 2020. The company has made amendments to the outside lighting to reduce light pollution; installed extra electricity hook-ups to run more trailers on, which will be less noisy than diesel; has engaged in a staff awareness exercise to reduce noise from forklifts; and has reduced the hours of use for certain types of equipment. The company has also made community efforts not related to the complaint including litter-picking on Hinderclay Road, clearing two lots of fly-tipping, and new signage for staff in six languages encouraging the reduction of noise, speed and litter. Ms Wilson indicated that staff would be happy to make another visit to the village pond to see if any more work needed to be carried out to keep it clear. The PC has gratefully accepted the offer as it has struggled to find anyone to take on the work.

Planning: There were three planning applications. The first was an amendment to an earlier application for new windows and doors at Fen Street Farm, Fen Street. There was no objection to this. There were also two tree applications at Flint Cottage, Ivy Barns, The Street and The Pink House, The Street, neither of which received any objections.

Neighbourhood Plan: The PC has considered the draft Neighbourhood Plan, as amended following consultation and has approved its submission to Mid Suffolk District Council. The PC thanks the Neighbourhood Plan Group for all its hard work.

Traffic Matters: The PC noted that Gressingham Foods supports extension of the 30mph zone on Hinderclay Road to Crackthorn Bridge as this will allow them to enforce the speed limit with their staff. Botesdale PC is interested in sharing a traffic regulation order to reduce costs.

The Speedwatch Group requested a new speed camera to replace their old one, noting that the model recommended by the Police would be much lighter and easier to use. This has been agreed at a cost of around £220 in total. The PC thanked the Speedwatch Group for all its hard work and noted that Gressingham Foods has offered to send an employee to help carry out sessions, as well as talking to any employee caught on the camera. It is agreed that the scheme is a valuable deterrent as all records are sent to the Police, with a letter from the Police for the first offence and a ticket for any subsequent offences. Neighbourhood Plan consultation identified that speeding is one of the top three concerns in the community.

MEETINGS

Starting with the next meeting on 2 June, the PC will be back to meeting in person at the Redgrave Activities Centre. Until restrictions are relaxed further, we will be meeting under Covid-safe conditions, including social distancing, mask wearing and hand sanitising. There may be limits to the number of attendees based on the capacity of the hall under social distancing. If you wish to attend, please be prepared to do so under these conditions.

Please note that the July meeting has been moved to Friday, 2 July at 7:30pm.

Mid Suffolk District Council is developing a **Local Walking and Cycling Infrastructure Plan**
See page 19 for more details and how to have your say.

**THE NEXT PARISH COUNCIL MEETING
WILL TAKE PLACE ON
WEDNESDAY 2nd JUNE
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**Your Clerk is: Mrs Leann Jackson-Eve,
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Redgrave :	The Knoll	12.45 – 1.05

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Rickingham Parish Council



Parish Council Report May 2021 by Cllr Sally Smith

Rickingham Parish Council met for hopefully their last Zoom meeting on Thursday, 6 May with three Councillors present and Cllr Geoff Short having given his apologies.

The May meeting elects a new Chair and Vice Chair together with electing Council Officers to deal with the main issues of the Council. Below is a list of those elected to the various roles:

Chair: Cllr Short

Vice Chair: Cllr Crossley Holland

Allotments Management Committee: Reports received from AMC Chair

BARWOODS: vacant

Local Charities: Cllr Crossley-Holland and Cllr Smith

Local Transport: Cllr Smith

Parish Assets: Cllr Crossley-Holland

Planning Working Party: Cllr Short and Cllr Smith

Public Rights of Way: Cllr Smith

SALC/Parish Liaison: Reports from W Sargeant via the Clerk

Tree Warden: Reports from R Jones

Village Hall: vacant

War Memorial / ROCP: Cllr Crossley-Holland

Website / Facebook: Clerk

Only one issue was raised in the public forum regarding whether the Council would resume face to face meetings in June. This will be dependent upon current Government restrictions at the time but hopefully Zoom meetings are a thing of the past!

Planning

There was only one planning application regarding the erection of a steel framed agricultural building at Porters Farm, West Hall Road. No objections were raised.

Tudor House and Willow Tree House, both in Bury Road, submitted notification of works to reduce the size of a holly and willow tree respectively. No objections were raised.

Notification of Planning Decisions

Planning permission was granted at the following properties: Osier Farm, New Delight Road and 25 Wheatfields and no objection was made by MSDC to tree works at Bridge House, Bury Road, Brook Place, Water Lane and Willow Cottage, Garden House Lane.

Correspondence

A resident has requested the ability to discharge water into Low Meadow. The Council have requested further information to understand the nature of the system used.

Open Gardens have been cancelled this year due to lack of interest. Hopefully 2022 will be run as normal.

General Items

Annual Parish Meetings minutes were agreed.

A quote from Peter Kerry to provide new gates at Wherry Lane was approved.

It was agreed that if face to face meetings are not allowed in June any Council business can be conducted via email.

The application to MSDC regarding skate park funding has been submitted. Fingers crossed!

The Parish Infrastructure Investment Plan Group will meet on 24 May to discuss further progress and formulate a consultation to go out to villagers during the summer.

Finally, the Village Hall is back up and running with the Farmers Market hopefully welcoming 21 stalls in May. The Car Boot Sales will also be back in July. Thank you to everyone involved in running the Hall and the Market.

The next meeting will be Thursday, 3 June..... hopefully face to face.



Mid Suffolk District Council is developing a

Local Walking and Cycling Infrastructure Plan

As part of this, they want to hear your views on where and how you think improvements could be made to walking and cycling routes in your area. The idea is to identify, develop and improve local cycling and walking networks over a ten-year period and it forms a vital part of the Government's strategy to increase the number of trips made on foot or by cycle.



The more people who contribute to this consultation, the better the suggestions of the whole community will be reflected.

It's easy to have your say - by the end of June, at www.baberghmidsuffolkactivetravel.commonplace.is

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BOTESDALE HEALTH CENTRE PATIENT PARTICIPATION GROUP (PPG)

Health Centre Telephone System

The PPG have been asked by the Health Centre to let as many Patients as possible know that, at present, there are problems with the speed that incoming telephone calls from Patients are able to be answered. This problem is being addressed by the Health Centre.

In the interim, would as many Patients as possible please use the e-consult form (this form can be found easily on the Botesdale Health Centre Website). The form allows Patients to document signs and symptoms of their problem, and once read very speedily by the GP Partners, a decision can be made on the appropriate course of action required for the Patient.

If you do not have access to a laptop, iPad, or smart phone to complete an e-consult form, perhaps a knowledgeable (with regard to IT) friend or relative could assist. This will avoid the long wait which may ensue by phoning. The Health Centre thank you for your assistance.

Health Centre Website and Practice News

Patients can sign up, via the Health Centre Practice Website, to receive the regular "Practice News" email. The email includes up to date information on Health and Health Centre matters including details of the vaccination programmes.

NHS App

Downloading the NHS App to your smart phone will assist Patients to check that the details of their recent COVID vaccinations have been recorded on their medical records and are therefore easily accessible on the App to show as proof of vaccination, should this be a required method in the future.

The NHS App is very helpful too if you are away from home and are required to see a Doctor. The App will display your medical record information and current drug regime which can be shown to the Doctor who is treating you.

The Friends of Botesdale Health Centre - Annual General Meeting

The Annual General Meeting of The Friends of Botesdale Health Centre is taking place on Monday 21 June at 7.30pm. This will be a Zoom meeting covering both 2020 and 2021.

Any members who would like the details to join the Zoom AGM meeting, please contact the Secretary, Carole Fitt, by post at 39 Ryders Way, Rickinghall IP22 1ER or email fobhc@mail.uk

'Friends' are very enthusiastic for as many Members as possible to join the meeting

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

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

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



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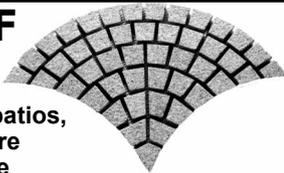
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Exploring the Past

Jean Sheehan, 01379 890237

Jean Bennett

Last month I wrote about Beryl Waters who died on Christmas Eve and mentioned her great friend Jean Bennett who had been her friend since the year of the birth of their eldest sons in 1951. Sadly, Jean died on the 27th March 2021 aged 94, just three months after Beryl, who also did a great deal of charity work for our villages.



Jean Bennett

Jean was the eldest child of R.O. (known colloquially as Ossie) and Rosalind Simonds. Ossie was well known in Botesdale for his motor engineering business and later the bus service. Jean's siblings were Denis and Audrey and the family home and garage business was at Rosedene in Botesdale. On the opposite side of the road was Miss Scates school at Mowbray House which Jean attended. She was thirteen when WWII started and by this time she attended school at Eye and had to cycle there in all weathers every day from Botesdale, but never missed a day off school according to Audrey.

When the American Hospital was situated in Redgrave Park to treat the American airmen, Jean and Audrey helped by rolling bandages on to a roller at weekends. They both decided to train as nurses at two different hospitals in North London. Jean became a ward sister at North Middlesex Hospital and met her future husband Ben and they were married after the war ended.

By the time Jean had her first son, Simon, in 1951 she and Ben were living in Botesdale and that was when she met Beryl Waters a few months before Beryl's son Peter was born. Tim was born later and the two families were very close and spent a lot of time together.

Helping in her father's business Jean was a conductress on the school bus to Bury. One grateful pupil told me that when they had exams Jean would help them with their revision on the bus journey and ask them questions. Tim, Jean's son, told me that he used to be on the bus in his pushchair or carry cot.

Jean always wanted to help people and she and Audrey ran the Junior Red Cross in Botesdale. Whilst they were running it they had 80 members at its peak. Jean always liked camping and they used to run Red Cross Summer Camps in Redgrave Park. After this, in the 1970s, the Red Cross held camps once a year further afield for handicapped children and the Botesdale cadets helped to look after these children and thoroughly enjoyed themselves. Every Christmas the shops in Bury had a special late-night opening evening and a Simond's bus would take elderly or handicapped people from our villages into Bury and the cadets would help to look after them and

push wheelchairs if needed. The cadet unit also bought small presents at Christmas such as a quarter pound packet of tea or bars of chocolate which were wrapped in Christmas paper and delivered round to elderly people by the cadets.

At this time Jean was working in the small office of the garage, which was situated in the corner of the workshop where the cars were repaired.

Ossie Simonds died in 1976 and Jean, Denis and Audrey carried on the family firm. Denis Simonds' son, Robin, worked in the garage and his other son, Martin, organized the bus services and coach and travel business. In 2004/5 the firm relocated to Diss on a much bigger scale. Rosedene was converted into four separate houses and the rest of the site was developed with houses for the over 55s. Jean and Audrey moved into new adjoining houses at the Park View end of Chapel Lane.

Jean's husband Ben died in 1976 and Simon, their eldest son died in 2015. Audrey also died in 2015 and Denis in 2018.

Jean was a member of various groups in our villages. She was a founder member of The Young Wives Club in 1956 which is now called Botesdale Methodist Wives Club as the young wives got older. It was formed for all denominations but is held at the Methodist Church as it started in private homes but outgrew these. She was a member of a choir started by Helen Ruddock and was later in the church choir conducted by Beryl Waters in Rickingham Church.

Jean retired from working in the family business when she reached the age of seventy, which gave her more time for charity work. She was a volunteer at St Nicholas Hospice in Bury St Edmunds and was on Botesdale Village Hall committee and represented the Church until about two or three years ago. Jean was a member of the Botesdale Methodist Church, but she also supported the Anglican Church and Park View Chapel and had a very strong faith.

Always a very determined person, Jean set a very good example at the Positive Steps exercise class. Jean remained fit and well despite the usual niggles associated with old age. She was fiercely independent although Tim persuaded her to give up driving three years ago on the condition that he would be her chauffeur.

Jean died suddenly last month. The necessarily private funeral service was held at The Methodist Chapel, and the funeral procession passed through the local villages that she had served and loved for so many years. This allowed many people to pay their last respects, before her burial in Redgrave Churchyard alongside her husband, sister, and parents.

She is survived by one son, five grandchildren, and three great grandchildren.

— O —

Acknowledgements to Tim Bennett, Helen Squire, Quatrefoil books 'A Walk Through Botesdale and Villages in Wartime' and Sally Green.

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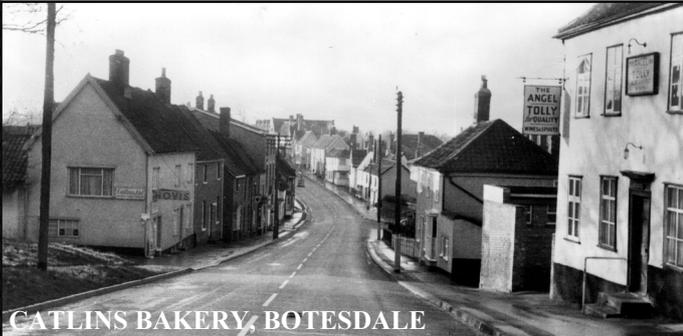
Exploring the Past Again

Di Maywhort, 01379 898785

Memories from Ray Cook

Working for Catlins.

Catlins Bakery and shop was located where the Blue Orchid takeaway is now. The bakery was run by Edgar and Hilda and their sons John and Dick.



I started work there on the first Saturday after my 13th birthday. I worked as a delivery boy on Saturdays from 7.30 am until 1pm. The pay when I started was ten shillings (50p) for the mornings work. I helped Mr Edgar Catlin on the Rickinghall delivery round.

Rickinghall village was much smaller then with very few post war houses. For example Church Meadow where I lived was an isolated development consisting of just 12 semi-detached houses and 8 semi-detached bungalows. Albert Close did not yet exist.

Our round included the Street, Garden House Lane, Rectory Hill, Water Lane and Bury Road as far as Briar Lodge. In addition, we did Church Meadow then up to Broomhills house. We could then get back to Fen Lane Botesdale along a track which is now only a footpath.

Catlins had two Bedford C.A. delivery vans with sliding driver and passenger doors. My first job was to help load the vans. The Catlin family started work very early each morning and everything was made on site. We loaded various types of bread, rolls, trays of cakes both large and small, flour, margarine and packs of yeast. We had a money bag each. There was an account book in the van with which to record all the sales and takings. Most people paid their weekly bill in cash on Saturdays. We did not have calculators and added up everything in our heads.

Some of our customers came out to the van to choose their own cakes but most had regular orders which we took to their door. We went to most houses in the village and had to go back to the bakery a couple of times to re-load. The worst time to do the job was during the summer school holidays, because of the constant flow of traffic through the Street, with day trippers and holiday makers on their way to the East Coast.

Wet days were a challenge as most of the loaves were unwrapped and we had to use waterproof basket covers. Some of the winters seemed long and cold and we were not allowed to wear gloves.

After doing the job for a while and knowing all the customers I was able to load up my basket and make several calls in one go, and remember all the details to enter in the account book when I got back in the van. I was always keen to finish early during the football season because from the age of 15 I played for Rickinghall every Saturday afternoon.

I worked for Catlins for nearly five years during this time, and only left when I finished school and got a full time job. However about a year later after I had passed my driving test I went back and drove the same round after Mr Catlin died. The Catlins were a lovely family to work for and I enjoyed my time working there.

Football

I played in the Rickinghall football team in the mid-sixties from the age of 15. There were no youth teams at the time and some of my team mates were in their late 30s. We played in the Bury and District League for teams within a 15 mile radius of Bury.

Rickinghall White Horse was the footballers' pub and we used to meet for drinks on Monday nights and to pick the team for the following Saturday. All players had to be registered with the Bury and District League and could only register with one club at any one time. We had a team of regulars who were keen to play every week. In addition we used to sign on a few players who we could call upon if any of the regulars dropped out.

The club used to sell weekly draw tickets to raise a few funds for shirts, balls, nets and corner flags and to pay for insurance cover for loss of earnings due to a football injury. The local community was very supportive in participating in the draw.

In those days all matches kicked off at 3.00 pm on Saturdays. Games were hardly ever cancelled or postponed because of the difficulty in fitting in the game later in the season. We played in conditions which would not be allowed today, such as fog or snow. I've played on frozen pitches, muddy pitches, uncut grass and even pitches covered in molehills. The style of play was different to today's passing game. Often it was well nigh impossible to pass the ball along the ground so it was much more of a dribbling game or a long kick forward. It was important to adapt quickly to whatever conditions prevailed at the time.

A list of players had to be handed to the referee before kick-off. One substitute was allowed and he could only come on if a player became injured and was unable to carry on. At the beginning I was named substitute before becoming an established member of the team. The substitute acted as linesman. This was a thankless job just like that of the poor old referee. Because of the state of the pitches and the sheer physicality of the game, injuries were more common then, and the substitute was often required. The team coach and referee had rudimentary first aid training but injured players were normally treated by placing a wet sponge on the affected area.

On the days we played at home I usually marked out the pitch as I lived closest to the playing field. We used dry line applied by hand before buying a hand roller. The pitch is quite a hard one to play on because of the slope. It was difficult for young players to centre the ball from down at the bottom corner as we played with a heavy leather ball which absorbed a lot of moisture in wet conditions.

We changed in the cricket pavilion which stood at the top of the field. The toilet was a separate structure, just corrugated iron sheets erected in what was then a thick hedge behind the pavilion. We rarely had more than half a dozen spectators.

We met at the White Horse for away games and car shared. If someone failed to show we had to go round to their house to see if they were in, otherwise we left without them, and the substitute was in the team. Sometimes we had to turn out with less than 11 players.

Each week someone used to write a report of our match which then appeared in the Bury Free Press and Diss Express the following Friday. It was of course a very biased report because our reporter did not normally know the names of any of the opposing players.

We were not a very successful team, probably because we never trained together, but we did have some very good players. I used to look forward to all the matches and have many fond memories.

Many thanks to Ray for sharing these lovely memories.

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Rooting round a second hand book shop a man found an old dusty book entitled 'How to Hug'; intrigued, he bought it. On arriving home and examining it further he found that he had a single volume of an Encyclopaedia Britannica. It so happens that, later today, we will actually be told when we can hug again and after so long we might need a book of that title. Now, even with government permission to hug, would you actually hug someone who had tested positive for Covid 19? After all it is only a little thing. I'm told that all the viruses in the world would fit into a Coke tin. It is one hundredth of the diameter of a human hair. Surely you could hug someone with a few of these!

The thing is that you wouldn't and that is the way God sees what we used to call sin. Covid started with one person and, in the same way, a tiny sin would contaminate heaven. You cannot get into his heaven or near to God with a little sin.

So what do you need? The answer is another unpopular word, righteousness. Heroes are never righteous these days. We associate it with self-righteousness too much, probably because we are rather short of it ourselves and thus we prefer our heroes to be likeable rogues.

This is why Paul in his great letter to the Roman church spends a large chunk at the beginning telling us how much God hates this sin stuff. He labours it but is building up to the solution. It comes in a statement that any Christian was supposed to be able to quote at one time. Here it is: *But now the righteousness of God has been manifested the righteousness of God through faith in Jesus Christ for all who believe. For there is no distinction: for all have sinned and fall short of the glory of God, and are justified by his grace as a gift, through the redemption that is in Christ Jesus.*

It is too easy to lose the core of his message amongst the theological words. I'll pick out the theme: it is 'God's righteousness,' 'free gift' and is 'for faith.'

He wants to emphasize rather too many points and repeats them which was the Jewish way of emphasizing a matter but emphasizing three points in this way may leave us confused.

It is the righteousness of God – it is God's righteousness that is credited to us. It is not ours and we don't have to achieve a state of righteousness.

It is for faith, here he makes the emphasis by adding 'for all who believe.' faith and belief are the same thing.

It is free. Again the emphasis of the repetition: by grace, as a gift. Gifts are gifts, they come free, you don't pay for a gift. And then it comes by grace. You don't earn grace, in fact grace implies something we don't deserve.

Paul couldn't have done much more to emphasize that we are credited with the opposite of sin not due to the fact that by some hard work we achieve it. It is of grace which means he offers it as a free gift and we only have to accept it. So, believing anyone can accept it and get a free ticket to heaven and, I reckon, a big hug when we get there.

"There is therefore now no condemnation for those who are in Christ Jesus."

Romans Ch 8 v.1



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*'The stars are purer, the shade seems
pleasanter;*

*A hazy half-day colours the eternal dome;
And the sweet pale dawn awaiting her hour
Seems to wander all night at the bottom of
the sky.'*

That's taken from 'June Nights' by Victor Hugo (1802-1885) of all people, and seems apt to me as we head towards the summer solstice this month. June is all about breeding for the residents of our sites. Blue tit young will be searching oak trees in particular, for the last of the caterpillars; blackbirds could be on a third clutch of eggs while their mates feed the young hatched earlier and cuckoos will have laid their eggs in reed warbler nests along the Little Ouse. Barn Owls have set up home on Carr Meadow and have been spotted hunting there and on Reeves Meadow. On the subject of birds, a Hoopoe was spotted on Broomscot Common in May, a rare visitor indeed! Dragonflies and the smaller, daintier, damselflies, should have emerged along the rivers and ponds, having spent most of their lives as nymphs in the water or in wet vegetation.

Our water vole monitoring has started again on Scarfe Meadows and on the Lows, and a reptile monitoring project has commenced on Hinderclay Fen and Broomscot Common. Volunteers will do weekly checks for reptiles such as grass snakes and slow worms hiding under squares of roofing felt. We have been running multiple work parties which, in May, seemed to consist of a lot of removal of Hemlock from various sites, but in June we will move on to more pleasant tasks! If you would like to get involved email us at: enquiries@lohp.org.uk or, to support this wonderful facility on your doorstep, go to the 'join us' section on our website and become a 'friend of the fens'. It will be £10 well spent!

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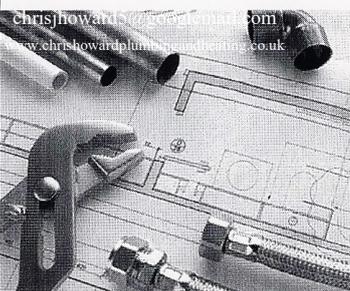
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IN YOUR GARDEN

By the time you read this we will probably be in the middle of a heatwave. But as I sit writing this column at the end of April -such is the advanced copy date for the magazine, rain has been noticeably absent. Whatever happened to April showers? Not surprisingly, it has turned out to be the driest one on record.

The cold weather too has affected my young vulnerable plants I have been trying to harden off with a constant toing and froing bringing them in and out of the greenhouse as the weather went from one extreme to another. All very frustrating but then we are dealing with the good old British weather which is at the heart of being a gardener.

I thought I would talk about an interesting question put to me recently that coincided with my own plans of growing more climbers to screen fences and walls as well as helping to disguise garden structures like sheds with masses of blooms. Climbers can not only introduce shelter but also provide privacy from overlooking neighbours.

Climbers offer a simple answer to bring more colour to your garden. Even in the smallest you can accommodate a climber or two as they take up a minimum of ground space but make a stunning impact on walls and fences. It's a colourful solution especially if you have run out space in the borders, but still want more flowers.

By choosing the right climber you will have low-maintenance fragrance and colour and some of the evergreen varieties such as 'Star jasmine' will offer year round cover with a bonus of scented white flowers in the summer.

One of my favourite climbers is the highly fragrant *Lonicera Periclymenum*, a cultivar of honeysuckle or the common woodbine. It is very rampant once established and needs to be cut back hard in the spring to stop it becoming straggly.

If you have a south-or west facing wall, *Carpenteria californica* with its glossy green leaves and scented white flowers is a stunner. Even if you do not have a suitable fence or wall, climbers like clematis are perfectly happy scrambling up trees. Others such as rambling roses will need support whilst the lace like white flowers *Hydrangea Petiolaris* would be happy in a shady corner especially if there was wall or pipe to clamber up.

My garden has a lovely specimen rambling rose appropriately called 'Rambling Rector' which is very vigorous and has multiple clusters of small highly scented flowers the bees find irresistible. Rambling roses are an excellent choice to grace pergolas and arches. Do bear in mind that both roses and clematis flowering season is relatively short and it will pay to choose several with different flowering periods.

We also have a Passion flower that provides an exotic covering along the side entrance fencing which flowers profusely from July to the first frosts.

Most climbing plants can stand up for themselves but most will benefit from a little helping hand. Trellis is ideal for clematis or honeysuckle and against a wall, provides a practical support with growing stems weaved into the structure. Pergolas, arches and even gazebos are a spectacular way of showing off plants but if they do not cling naturally, they will need to be tied into the structure.

The huge variety of summer flowering clematis will surely cater for your tastes and now is the time to put in some well established plants for you to enjoy throughout the summer.

This will be my last gardening column which I have much enjoyed compiling over the years, but as they say, all good things must come to an end. May I wish you all gardening success in the future.
Lawrence

Parish Magazine – June Edition

Update from Melody Ramos, the new Families and Youth Worker at RedBRick Church.

Hello Everyone. My husband, children and I are looking forward to joining you all in RedBRick very soon in my new role as Families and Youth Worker.

This past year of lockdowns has been hard on all of us, so I am sure that many of you are looking forward to things beginning to open up again and life starting to get back to some kind of "normal".

We at RedBRick Parish Church, are also looking forward to what life after COVID lockdown looks like and we have lots of exciting and wonderful things planned. Not only will services begin again, but other events such as messy church will also return in the Autumn.

By the time you read this we will have moved into the local area and I will be officially starting my new role on 23rd June. Once in Suffolk, we will

1. Learn the area

We want to engage in village life and so we are looking forward to visiting all the local shops and eateries, parks and playgrounds and other community hubs. Please say hello.

2. Get to know you

As you know, we love people and we love food...so within the first few months, our plan is to meet as many people as possible over a BBQ, drink, food, tea or something yummy. We would love to get to know you and to find out more about the villages through the people who live in them. If you would like to meet us and have a drink/food, please do not hessite to contact us to swap details and arrange a time for the future

3. Plan for the future and the launching of new projects in the Autumn and beyond

We (and the church) are looking forward to planning the beginning of the new youth group and also a parents with under 5s huddle. The community is important to us, so we will also start to plan our first of many family fun events, with the first in the October half term.

God Bless and we look forward to being with you soon.

Rickinghall & Botesdale Baby & Toddlers (RaBBaTs)

It is with great sadness that we have to announce that RaBBaTs will remain in hibernation post-lockdown. The members have all had time to grow a bit older and have moved on.

We would like to thank all the parents, grandparents and carers who have supported our group and wish you all the best.

We hope that a new generation will pick up where we have left off to retain this valuable organisation within the community. To this end the toys and equipment will continue to be stored at Rickinghall Village Hall and the bank account will be kept open with a small credit balance. These assets will be available to a new committee.

If anyone would like to regenerate RaBBaTs please contact Louise on 0797 6352692 who can answer any questions you may have.

Louise & Dee

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These texts are being sent by fraudsters in large numbers hoping to chance upon a recipient who has ordered a delivery from either Asda or Morrison supermarkets.

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If you receive these or similar texts DO NOT CLICK ON THE LINK but forward the text message including the phone number or the company name, to 7726. All telephone operators now use this number as the short code to report spam texts. This is free of charge and will allow your phone provider to identify and investigate the sender.

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These approaches are **FAKE**.

If you require any information or clarification relating to your Council Tax, contact your local council directly.

Always be wary of telephone cold calls and **NEVER** give or confirm any personal or financial details.

If you have received a phone call you believe to be a scam or have been a victim of an online fraud, report it to the Citizens Advice consumer helpline on 0808 223 1133

If you have compromised the safety of your bank details, you should contact your bank immediately.



The last year and a bit has been very difficult for everybody especially those who have had to isolate and may be living on their own and we have seen some real acts of kindness.

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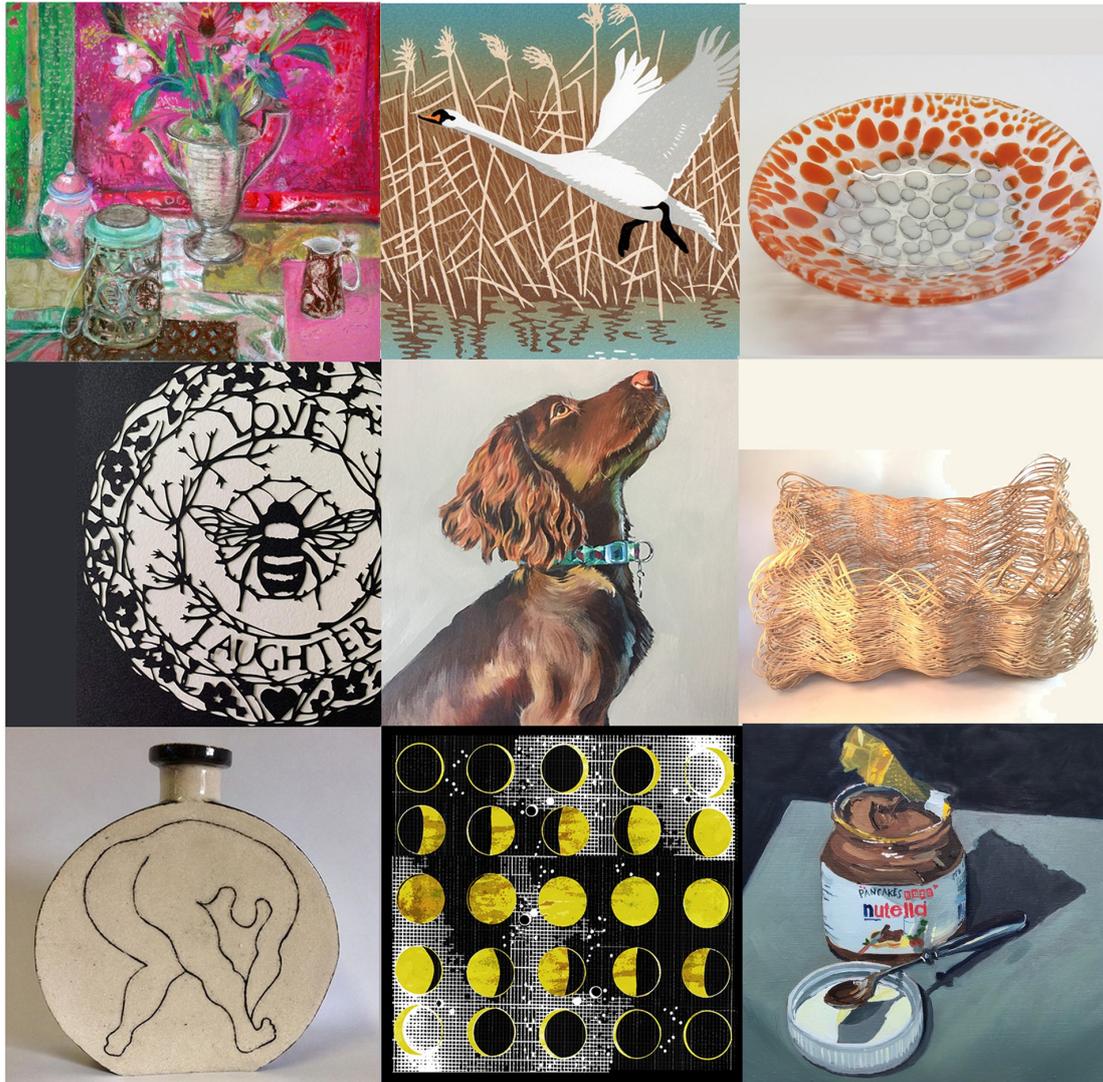
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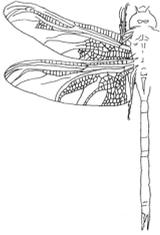
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Church Notices



◆ The All Saints, Redgrave weekly Sunday Holy Communion service at 10.30am continues. Bookings are taken on a first come first served basis, and in response to an email that goes out towards the end of the preceding week. Those not on the email list can reserve a place by emailing Rev Chris Norburn at revchris@rbrchurch.org.uk. The weekly email also has a YouTube link to our channel *RBR Church* for the live streaming of the service, or for later viewing

- ◆ In line with the Government's Road Map for coming out of lock down we plan to lift restrictions on numbers attending Sunday services from Sunday 27th June. The need for booking a seat will also go. However, we will continue, for the foreseeable future, with just one service on a Sunday, 10.30am at All Saints, Redgrave. In time we plan to use the other places of worship we have in this parish. Thank you for your patience and continued support at this time
- ◆ Both the Chapel of Ease, Botesdale and St Mary's, Rickinghall continue to be open for private prayer :
⇒ Chapel of Ease, Botesdale on Wednesdays 9.30am-3.30pm; St Mary's, Rickinghall on Saturdays 9.30am-3.30pm
- ◆ Existing guidelines of wearing a mask before entering the building, sanitising your hands on entry by using the sanitiser provided, leaving contact details in the book (please use your own pen), and maintaining social distancing of 2m at all times, unless you are with people in your social bubble, continue until 21st June. Please follow these guidelines until the Government confirms they have been lifted.

Parkview Chapel Sunday Services and Events

All services will be at Parkview Chapel and will include Communion.

Refreshments will be served to you at your seat from 10.30am each week - please wear a mask if you plan to join us, unless health dictates otherwise. All services will also be live-streamed on the 'Parkview Chapel' Youtube channel.

At this stage we will not be hosting any of our other regular events in our building. The events that we are currently running on Zoom will remain on Zoom. We are and will continue to pay full attention to government advice.

We are also running a "Virtual Coffee Morning" on Thursdays at 11:00am on Zoom. Please call Kev Gladwell on 01379 898924 if there is anything we can do to help or if you would like the Zoom information for the Virtual Coffee.

Sunday 6th	Service at 11.00am
Sunday 13th	Service at 11.00am
Sunday 20th	Father's Day service at 11.00am
Sunday 27th	Service at 11.00am.
Coffee on the Corner! Tuesday 8th June	Look out for more details on posters nearer the time - we will have to make a few adjustments to the way we normally work to ensure we are following current Government guidelines
<i>At this stage there will be no other groups or meetings, and although we remain really keen to restart all youth and children's groups, you will understand why we cannot at present. http://www.parkviewchapel.co.uk</i>	

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

We have held services in the Church since late February, while being suitably distanced and safe. Despite not being permitted to have communal singing, our worship leaders have been innovative with audio visual alternatives. As far as we are aware, social distancing and wearing of masks may still be required in June, but we are hoping for relaxation of some rules when it is safe to do so. If you would like to come to a service it is helpful for us to know in advance so that we can be sure seating is socially distanced - please phone 01379 890898 for more information. Everyone is welcome to come to our services.

Services (all at 10.30am)

Sunday 6th	A service of Holy Communion led by Rev David Ely
Sunday 13th	A Local Arrangement
Sunday 20th	Mrs L Spencer
Sunday 27th	Mr S Aspinall
A returning Event! Tuesday 22nd June	We are proposing to hold the first of our regular Coffee Mornings on Tuesday 22nd June at the Church, inside (and outside if weather permits). This will depend on government regulations at that time. Everyone will be most welcome to come to meet up and chat over a drink and cake or sausage roll!

From the Registers

30.4.21	Funeral service of Richard (Moose) Williamson, St Edmund Chapel West Suffolk Crematorium. Died 7.4.21, age 66
5.5.21	Funeral service & burial of Joan Rushmere, St Mary's Rickinghall. Died 14.04.21, age 92
6.5.21	Interment of ashes of Doreen Flatman. St Mary's Rickinghall Died 22.10.20, age 86
20.5.21	Interment of ashes of Win Stratford, St Mary's Rickinghall Died 21.07.20, age 98
3.6.21	Interment of ashes of Maude Garnham, St Mary's Rickinghall Died 21.03.21, age 91

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