

PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

November 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 Rickinghall Inferior
www.stmarysrickinghallinferior.onesuffolk.net

Parish Church Website:
rbrchurch.org.uk

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

Foreword from
Revd Chris Norburn
Rector of
Redgrave cum Botesdale
with the Rickinghalls
The Rectory, Bury Road,
Rickinghall, Diss. IP22 1HA
Tel: 01379 898685
Email: revchris@rbrchurch.org.uk



What's the most complicated thing that has been explained to you? A little while ago I was with a group of clergy and someone tried to explain quantum physics to us! He knew we were clergy but he tried his best to explain so that we could all understand. I'm none the wiser!!

Despite the best efforts of a worldwide pandemic today we are encouraged to remember those who have given their lives in conflict from the Great War to the present day. But it is so difficult to make sense of war in our own minds. It's hard to understand how the world seems to get itself into such terrible situations time and time again. So in one sense war is a bit like quantum physics – not easy to understand why it happens.

The prophet Micah, the author of an Old Testament Book in the Bible that carries his name, understood the complexities of war and the battle front. He had seen first hand what the mighty Assyrians could do to the Northern Kingdom of Israel and how they had threatened Jerusalem in the Southern Kingdom: he was prophesying in the midst of war and the constant threat of further invasion!

In Chapter 4 we find a wonderful theme: one day there will be peace on earth and righteousness will reign. Mt. Zion, what can be considered to be Jerusalem, will become the capital of the world; all the armies will be dismissed and the weapons destroyed. How can this happen?

Well reading on to Chapter 5 we see that this will happen when The Deliverer will come. The Deliverer is of course Jesus Christ and He has already come, but He will return and when He does He will establish His kingdom of peace and there shall be no more war. And because Christ has already been He makes available for all to have peace in their hearts by trusting Him as their Saviour (Rom. 5:1), for He came to save. And this is part of Micah's message: for people to make their decision to trust the Lord and obey Him.

The world has always hungered for peace. Every great empire has wanted peace. But history shows us that it comes at a cost for there seems to be a pattern: religion and worship of the emperor came first, followed by violence and war. When victory was established peace ensued, but it was often maintained through oppression, fear and more violence.

This four-fold model of how to obtain peace on earth is one which seems to be the model for many of our current day unrest. But as we read through the New Testament, especially Paul's letters, we see a common thread: that of equality and justice, because as Christians we are all equal in the community of God. So there can only be peace in God's world when there is a fair, just and equitable share of the benefits of the world. As this is God's plan those in authority in the world have the great responsibility to ensure an equitable share. God's model for peace is totally different to the world's. It is based upon first acknowledging him as Father, followed by non-violence and the establishment of justice and equality for all, and then peace will follow.

So God's model for peace is completely different to the world's: a peace which doesn't have to be maintained by force, fear or oppression. This could be seen by some as simplistic, as in trying to explain quantum physics in 45 minutes to clergy! That may well be so, and some would argue that force is necessary to ensure a fair and equitable distribution of resources, to bring about and maintain justice. And that too may be so. But we need to look behind our words and rhetoric and understand our true motives and objectives.

And so, as we remember those who have fallen and the many more who suffered and are still suffering, I believe that it is right to do so with a sense of thankfulness and respect. But for many there is a sense of the great waste of human life. Micah senses this for he knew that without a restoration of God's rule in the hearts of the people and so the hearts of the nation, the vision God gave him of true world peace would never come about.

The way of the world was, and still seems to be, to go to war in God's name, crush the opposition and declare peace. The way of God is different. To quietly seek after justice and equality, treating everyone as equal in the sight of God and peace takes care of itself, with no waste or loss.

These are the words of Micah 4 verses v2-3,

"Come, let us go up to the mountain of the LORD, to the house of the God of Jacob. He will teach us his ways, so that we may walk in his paths." The law will go out from Zion, the word of the LORD from Jerusalem. He will judge between many peoples and will settle disputes for strong nations far and wide. They will beat their swords into ploughshares and their spears into pruning hooks. Nation will not take up sword against nation, nor will they train for war any more.

We are called to trust God in this, because true peace comes not when nations and governments, armies and generals, have a winning strategy and more might, force and resources than the opposition. No, I believe that it will only come when we as individuals put God and His justice and equality at the centre of our lives, and so at the centre of our nations, and do all we can to ensure God's resources are shared fairly among all people.

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/>



Entry	Change Made	Notes
RABBATS	Added new contact Mrs Antonia Matthews	Contactable via the RABBATS facebook page
Rickingham Parish Council	Added Brian Rhodes 07740 442973	Joined the Parish Council
Rickingham Parish Council	Added Andrew Gordon 01379 452005	Joined the Parish Council
Redgrave Parish Council	Removed Angela Bigley	Resigned from the Parish Council

Message from the Team

It will be good to see the Remembrance day parade and service back this year. A lot of activities are now getting started again—check out our What's on pages and events calendar. The national news continues to be depressing but let's hope we can all weather the storm and things will pick up before too long.

As always thanks to our advertisers and contributors and if you can supply us with a short article on any subject we will be pleased to receive it.

Charles Murray

For all editorial content: editor@rbrparishmag.com

For all commercial adverts: adverts@rbrparishmag.com

To advertise events: events@rbrparishmag.com

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

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

STUFFING MEETINGS RESUME

- **Dec/Jan issue 8 Nov (Mon).** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **19 Nov (Fri)**
- **Feb issue 10 Jan (Mon)** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **21 Jan (Fri)**
- **Mar issue 14 Feb (Mon).** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **22 Feb (Fri)**

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

Best wishes The Parish Magazine Volunteers

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



WELCOME

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



Printed by:



"In the end, it's not the years in your life that count. It's the life in your years." -
Abraham Lincoln

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

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

Due to their expansion, I will be leaving
Star Wing Brewery on Thursday 23rd
December

Thanks for all your support over the last
few years and do visit
www.mickthebaker.com for any news
07825 709155

Love, Peas & Happiness!

Mick



STAR WING BREWERY

CHRISTMAS FAIR

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

TAP ROOM

Mon: Closed (open Bank Holidays)

Tue/Wed/Thu: 10.00-20.00

Fri: 10.00-23.00

Sat: 12.00-23.00

Sun: 12.00-18.00

ONLINE SALES

Click & Collect/Postal Service UK

AVAILABLE FOR PRIVATE EVENTS

For the latest information:

www.starwingbrewery.com

Instagram @star_wing_brewery

Twitter @StarWingBrewery

Facebook @StarWingBreweryRedgrave

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



THE CROSS KEYS

A Community Owned Free House

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

Future Events:

6th Nov : Live Music from GREY WOLF BAND 8pm

29th Nov : Ian's Pub Quiz

11th Dec : Breakfast with SANTA Time: TBC

20th Dec : Ian's Christmas Special Pub Quiz

PLEASE BOOK IN ADVANCE TO AVOID DISAPPOINTMENT

Takeaways available Fridays and Sundays

Contact us:

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

01379 779822

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



Delicious brownie gifts baked in Redgrave!

Christmas themed treats, celebration stacks,
brownie slabs and bespoke gift boxes (featuring
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to loved ones across the country for Christmas
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or call 01379 452195 to place an order

www.brownieandthebean.com

@brownieandthebean



November What's On

Rickinghall Farmers' Market

Remember, remember the

IP22 1HD



and David's
bacon baps

**20 market stalls
expected offering
local produce
with REAL flavour**

9.00 am
to 12.30 pm

Saturday 13 November

Angles Way Filling Station



**Friday 12 November 2021
7.30pm
with Mark Billage**

'Walking in the Spirit'

Garboldisham Village Hall IP22 2SE

We are excited to have reopened in September 2021 after 18 months' break. We are also delighted to announce that we have now changed our name to Angles Way Filling Station (from Ouse Valley Filling Station). This more accurately reflects the area where we are based on the Suffolk/Norfolk border, where the rivers Waveney and Little Ouse meander through the countryside with The Angles Way long-distance footpath running close by.

Our meetings are designed to help to bring renewal to the existing Christian church and are open for all to attend: for anyone who is interested in learning about Jesus and for all those growing in the Christian faith. We believe that we all can experience the powerful presence of God through the Holy Spirit's working in our lives. We wish to work in unity with all local churches where Filling Station meetings occur. Filling Station meetings are places where people are taught to worship in Spirit and in truth, where a new community of friendships are established and where God's truth, love and provision are declared and celebrated.

(Adapted from The Filling Station Trust.)

We meet in Garboldisham Village Hall on the second Friday of the month and, as the hall is very spacious, face masks will be entirely optional, but we do ask you to be respectful of those who may prefer more space around them. Seating will be arranged so that you can sit together or further apart, as you wish. There will be adequate ventilation in the hall, with some windows open, so you may wish to bring an extra layer. We hope that you will enjoy the freedom to worship with us after such a long break.

This month our theme will be 'The Presence of God'.

Prayer ministry will be available at every meeting, with sensitivity to an individual's desire for personal space.

Refreshments will be available from 7.15pm and we look forward to welcoming you to our meetings. Do join us and bring your friends.

You can find more about us at <https://thefillingstation.org.uk/station/angles-way/>



Redgrave and Lopham Fen IP22 2HX

**WHAT'S
ON**



CHRISTMAS CRAFT FAIR

**Sunday 7 November
11am-4pm**

Original art and crafts by local artists and makers
SWT Christmas cards and gift ideas

FREE ADMISSION

Refreshments available from Cafe Piccolo & Flying Chef

CHECK OUR WEBSITE FOR MORE INFO NEARER THE TIME



**Suffolk
Wildlife
Trust**

Do something wild every day
suffolkwildlifetrust.org

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

THE ONE & ONLY FISH & CHIP TAKEAWAY

- Cod, Haddock, Skate, Rock and Chips
Sausages and Pies
New special items every week
- Tuesday to Saturday 4.00pm – 8.30pm
Thursday to Saturday 11.30am – 1.30pm
- Dining area now open
- The Marketplace, Botesdale, Diss IP22 1BS
telephone 01379 898543
Order in advance for collection at
www.botesdaleonline.co.uk

FISH WITH A TWIST



Vegan Ready Meals by The Fairy Godmother

- 100% dairy & meat free Vegan ready meals including Gluten Free options.
- Free samples and menus delivered to your door.
- Meals delivered chilled with heating instructions included.
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**Order meals or samples by Friday evening
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Email: foxyfoods@outlook.com

Facebook: www.facebook.com/fairygodmothervegan



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QUATREFOIL

local history books on
Botesdale, Redgrave &
Rickingham

books are available from:

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

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

www.quatrefoil.org.uk

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CHRISTMAS



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Traditionally raised, butchered & processed by us

OPEN MON 10AM TO 2:30PM (FROZEN)

TUES - THURS 10:00AM-5PM (FROZEN)

FRIDAY 10:30AM - 4:30PM FRESH & 10:30AM TO 6PM FOR
ORDER COLLECTIONS
SATURDAY 10AM-4.30PM

WYKEN VINYARD FARMERS MARKET EVERY SATURDAY

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

highwaysgos@aol.com

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

Follow us on Instagram & Facebook



November What's On

COFFEE ON A SUNDAY
PARKVIEW CHAPEL BOTESDALE
11.00AM-12.00PM November 21st
 COFFEE, TEA, CAKE AND FRIENDS



For more info contact Kev at Parkview :
kevin@parkviewchapel.co.uk or 01379 898924

IN THE FIELDS IN FROST AND SNOW

*Medieval and Tudor mirth and merriment
 in words and music*

performed by
Hexachordia
www.hexachordia.com



St Mary's Church, Rickingham Inferior
Saturday 27th November at 6.00pm

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

Tickets £10
 from Kit Brinkley on 07947 414 968 or kit@cb-consultancy.com



at **EYE**

DREAM HORSE

*'A feel-good film for
 all the family'*

Friday 26th November - 7.30pm

Eye Community Centre
 Magdalen Street,
 Eye IP23 7AJ
 Tickets £5 on the door
 £2.50 age 12 and under.
 More details at:
cinema-at-eye.org.uk



The Heritage Circle presents...

Geoffrey Kay

who will talk about

The Festival of Britain 1951

On 24th November 7:30pm Rickingham Village Hall
 New members & guests welcome
 Visit onesuffolk.co.uk/HeritageCircle

Want to be more involved in the village?

Would you like to use your skills as a volunteer at Rickingham Village Hall?

We're a registered charity, having to raise all of our own funds, and we rely on committee members and other volunteers for a wide range of tasks at and around the Hall.

If you have skills such as maintaining a website, helping with publicity for events, including working with local media, or basic maintenance skills, then we'd love to have you join us.

If you can help with jobs such as setting up the Hall for events like our monthly Farmers' Market, putting out road signs or pinning up posters, that would be equally valuable.

You can become a member of the Hall's Management Committee, or a volunteer helper, but either way, if you may be interested then come along to the AGM at 7.30 pm on November 26th, or contact Charles Greenhough on 01379 890109 or rickinghallvh@gmail.com for more information.

You'd be very welcome, and can spend as much or as little time as you like supporting this essential community hub!

Invitation

**Residents of Rickingham Superior &
 Rickingham Inferior are cordially invited to
 Rickingham Village Hall AGM**

at 7.30 pm

Friday 26 November 2021



Rickingham

**7:30pm
 Rickingham Village Hall**

November 11th

**David Murton with an
*Introduction to the Night Sky***

Our competition is : *Something that sparkles*

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



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



LOTTERY FUNDED

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:

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

Our fees are as follows;

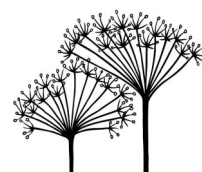
Breakfast Club Mon-Thur
From 7.45am £5.50

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

Subscription 2020/21 £20.00

Please contact Paula 07952 961285
botesdaleoutofhours@gmail.com

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www.moscompanionservices.co.uk

**Rickinghall & Botesdale
Babies & Toddlers Group**

Thursdays 9.30am - 11.30am
(Term Time Only)
Rickinghall Village Hall

We welcome anyone with babies or toddlers to
come along and make some friends.

Play, Art, Song/Story time,
Fruit Snack, Cake, Hot/Cold Drink

 First time is free
Child £3
Siblings £2
Under 6 months £1

Yoga
at
Botesdale Village Hall, IP22 1BZ
Tuesdays 6.45-7.45pm & 8-9pm
Term time only

Join anytime! Risk assessed &
Covid precautions taken

All abilities welcome

£42 for each block of 6 weeks

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

November/December What's On

Parish of Redgrave cum Botesdale with the Rickinghalls



ADVENT COFFEE MORNING

Saturday 27th November 2021

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



Free entry
Refreshments, Cakes, books,
Crafts, etc.
All very welcome.





THE CROSS KEYS REDGRAVE

a Community Owned Free House




November Events	Times
6 th GREY WOLF BAND live music	8:00pm
29 th Ian's Pub Quiz	7:30pm

December Events	Times
11 th Breakfast with SANTA.	TBC
20 th Ian's Christmas Special Pub Quiz	7:30pm

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

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


2021 : Nov 5th, Dec 3rd
 2022 : 7th Jan, 4th Feb, 4th Mar, 1st Apr
 Contact: Dorothy Hodson 01379 890488




Botesdale Methodist Church

"Coffee down the Lane"


Tuesday 23rd November 10.00am - 12.00pm





**SUFFOLK
Community
Foundation**

Registered Charity 1142955
 OFSTED Registration EY445021
 Email address: botesdaleoutofhours@gmail.com



ADVENT

BINGO

**Botesdale After School Club's
 Family Advent Bingo Night**
At
Botesdale Village Hall
On
Saturday 27th November 2021
Doors open 6.00 pm for eyes down at 6.30 pm
Light refreshments will be available on the night
£1 per book or £5 for six books



Art Exhibition

The Fox Inn, Garboldisham,
Norfolk IP22 2RZ
19th, 20th and
21st November

Opening Times:
 Friday 10-12am, 5-10pm
 Saturday 2.30-10pm
 Sunday 12-5pm

Artwork can be bought by contacting
the artists – contact details will be
shown by the work.

The exhibition will follow distancing
guidelines in accordance with the Covid
19 restrictions set out by the Fox Inn.

Redgrave & District Ladies Club

Tuesday 14th December 7.30pm

A Welcome Back Christmas Social

Mulled Wine & Mince Pies

Everyone is welcome to come along

Redgrave Activities Centre





**RICKINGHALL COUNTRY
MUSIC CLUB**

Saturday 27th November

Brian Mann

Rickinghall Village Hall 8 pm - 11.30 pm

Ticket price £6.00

—

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



CUT ABOVE

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Reflections

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your treatment please contact
Louise

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

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of botesdale



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WWW.SIMPLYBEAUTYBOTESDALE.CO.UK

December What's On

RICKINGHALL VILLAGE HALL'S

CHRISTMAS CRAFT FAIR

Sunday 5th
December

10.30 am until 4.00 pm
at Rickinghall Village Hall

ADMISSION FREE

Over 20 exhibitors

Refreshments available

For information call Bob on 07930 188472



Christmas Concert

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

Original Christmas Songs
by
Peter Creswell
and Jennifer Hewes

- * For Solo Singers
- * Chorus
- * Orchestra

Tickets £5.00
Wortham Shop
or Tel. 01379-890650



CHRISTMAS

QUIZ

AT

PARKVIEW CHAPEL

BOTESDALE

SATURDAY 11TH DECEMBER
7.00PM

**INC. MULLED WINE &
MINCE PIES**

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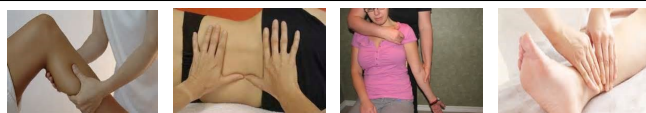
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What's On? A Summary

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

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

This Month's One-off or Occasional Events (check for more detail in the *What's On* pages)

Organiser	Overview
St Mary's Rickinghall Church	<i>Advent Coffee Morning</i> November 27th 10:00am-12:00pm
Botesdale After School Club	<i>Bingo</i> Saturday November 27 - 6:00pm/eyes down at 6:30pm - Botesdale Village Hall
Botesdale Methodist Church	<i>Christmas Sale</i> - Saturday November 20th 10:00am-12:00pm at the church
Cinema at Eye	<i>Dream Horse</i> 7:30pm Friday November 26 at Eye Community Centre
Creative Fen Group	<i>Colour of the Fens Art Exhibition</i> November 19/20/21 Fox Inn Garboldisham
St Mary's Rickinghall Church Fabric Fund	<i>Hexachordia - Mirth & Merriment</i> Nov 27th 6:00pm St Mary's Rickinghall Inferior
Redgrave & Lopham Fen	<i>Christmas Craft Fair</i> - Sunday 7th November 11:00am-4:00pm
Rickinghall Ramblers	<i>Walking</i> on November 5 th , 15 th , 26 th starting from Rickinghall Village Hall at 9:15am
Rickinghall Village Hall	<i>AGM</i> 7:30pm on Friday November 26 in Rickinghall Village Hall

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Botesdale Parish Council

Leeann Jackson-Eve



Report from the October 2021 Botesdale PC Meeting

Four members of the Parish Council were present, with apologies from Greg Russell. We had an attendee who was interested in coming on the Parish Council and just wanted to see what it was like. We welcome anyone who wants to attend a meeting just to observe but we'd also love some new additions to the PC. Yes, there are the occasional dry administrative bits but most of what the PC does is interesting and adds tremendous value to the community. It's a really worthwhile thing to be involved in.

Public Forum: We had two members of the public, one of which was interested in the PC (see above) and the other asked questions about the plans for the Recreation Ground. There is a lot of information on the Parish Council website about the project – just check out <http://botesdale.onesuffolk.net/recreation-ground/regeneration-project/>

District/County Cllr Fleming was unable to attend but sent in a report on council matters. An Independent Report into SCC Special Educational Needs services was published on 20th September following a review led by Lincolnshire County Council. If you would like more information about the report, go to www.suffolk.gov.uk and search on "SEND Review". To comment on any aspect of the report or action plan please contact us via email at SendReview@suffolk.gov.uk. Also, the Hearing Sessions for the public examination of Mid Suffolk District Council's Joint Local Plan are underway. Sessions are being held virtually, enabling them to be fully inclusive, whilst also ensuring public safety, and are being live streamed in real time on the councils' Joint Local Plan YouTube channel (search "bmsdc jlp" at youtube.com).

Planning: We had one planning application site on the border of Botesdale but actually in Rickinghall, the erection of an agricultural worker's dwelling on land off Potters Lane. There was a strong justification for the dwelling to service the nearby piggery unit at Rife Cottage Farm, The Common, Botesdale and the PC therefore had no objection. There were three notices of work to trees in the Conservation Area including at The Cottage, Bridewell Lane, Alcira, Back Hills and Walnut Tree Cottage, Back Hills. The PC had no objection to these.

Correspondence: The only item of correspondence related to information about the Local Plan Examination hearings.

Recreation Ground: The Project Design for the improved Recreation Ground is complete, incorporating the minor adjustments arising from the Safety & Security Review of the designs. One of the recommended actions was the early removal of the youth shelter, which has been a focus for anti-social behaviour and is not going to be retained in the new

design. The PC has agreed to remove the shelter, and this will happen sometime in November. Our next big step is to get planning permission for a single disabled parking spot at the entrance, which we hope will make the recreation ground more inclusive. We also published the Tender package for the construction work on the gov.uk Contracts Finder website on 5 October and that notice will close on 5 November at 12noon. James Blake Associates has been appointed to oversee the tendering process. Finally, in order to make it easier to maintain the Recreation Ground we have accepted two quotes totalling £2,352 to enable a water connection on site. This will be in a lockable, vandal-proof cabinet.

Parish Infrastructure Investment Plan: The PC has agreed the final draft of the PIIP and PIIP Project List which will now be submitted to Mid Suffolk District Council to aid them in prioritising local funding application. Its main purpose is to guide the parish councils and we will be drafting an application form for local organisations to apply for the available CIL funds which are a levy on local development to address the additional infrastructure needs which come with new development.

Council Documents: The PC's Standing Orders, Financial Regulations, Risk Assessment, Reserves Policy and Health and Safety Policy documents have all been reviewed and updated where necessary. Most are reviewed annually.

Remembrance Day Events: Thanks to our former councillor Lt Col Mike Bishop's tireless organisation, we are happy to report that this will take place on 14 November. Please keep an eye out for the details.

Christmas Events: The Christmas tree Lights On Ceremony will be on Saturday, 27 November at 6pm.

THE NEXT BOTESDALE PARISH COUNCIL MEETING WILL TAKE PLACE ON MONDAY 1st NOVEMBER

at 7.00 pm

at Botesdale Village Hall

All residents welcome
www.botesdale.suffolk.gov.uk

**Your Clerk is: Mrs Leeann Jackson-Eve,
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Redgrave Parish Council



Redgrave October 2021 Report – by the Clerk

Six councillors attended this meeting with apologies accepted from Brian Andrews, Netty Verkroost and Jason Walker.

Public Forum: A resident queried whether there was an update to considerations about the future of the Old School Playing Field. We have had no response from you about what you would like to happen to the Field but would still like to hear from you if you have any ideas!

There were five members/associates of the Redgrave Amenities Trust (RAT) present at the meeting to discuss the lease of the football pitch, play area and Activities Centre site. (The site has been on lease from the Llanover Estate, but the lease expired on 25 September and Llanover has declined to renew it as it objects to the site's designation as a Local Green Space in the Neighbourhood Plan. Llanover has requested that the site be allocated for development in the District Council's Local Plan.) The RAT expressed its concern about the potential loss of the facilities as the Llanover Estate has declared its intention to revert the site to agricultural use if it is unsuccessful. As a result, the RAT requested that the PC support the removal of the designation from the Neighbourhood Plan. It has also confirmed that the RAT currently has a temporary use arrangement with Llanover, on a day-to-day basis.

Planning: There were no planning applications.

Neighbourhood Plan: We are still waiting for a date for the public referendum on the adoption of the Plan. Unfortunately, there is a backlog of Plan referendums due to staffing problems in Electoral Services at Mid Suffolk District Council. We will let you know when we hear more.

Activities Centre Site Lease: The PC has discussed this at length and notes the RAT's concerns and the request to remove the Local Green Space designation from the Neighbourhood Plan. However, it is feared that if the Local Green Space designation is removed (and the Open Space designation from the Mid Suffolk Joint Local Plan), there is still no guarantee that the Llanover Estate will renew the lease. Llanover's submissions to the upcoming Joint Local Plan hearings indicate that they are still committed to their plan for extensive development on and near the site, which they presented to the village two years ago. The PC is mindful that their proposals were rejected by local people through the Neighbourhood Plan Steering Group's questionnaires and exhibitions, by AECOM planning consultants in their assessment of the submissions to the Neighbourhood Plan's call for sites and by MSDC through their Local Plan call for sites. The PC is therefore looking at all available options to resolve the problem in line with the community's wishes.

Lorry Route Review: We still haven't heard anything about the start of the review but understand that the Head of Transport Strategy in Suffolk is due to brief the County Councillors on the Lorry Route Review in the next few weeks and presumably will then contact parish councils with the details. Mike and Linda Hall who are organising local efforts tell us that due to the A1066 being closed at South Lopham for two weeks, the 'Lorry Count' planned for the week of 11th October had to be postponed, as this would clearly have affected the weight of traffic coming through the village during that period. They will re-schedule for another week. Two other interesting updates from the Halls: The Road Haulage Association advised that they have no control over GPS systems, but they "Do encourage drivers to avoid Residential

Areas". The Dept of Transport also says there is no official control on Sat Nav routes, "But we do hope drivers are sensible". We thought you might enjoy those gems!

Council Documents: The PC's Standing Orders, Financial Regulations, Risk Assessment and Health and Safety Policy documents have all been reviewed and updated where necessary.

Remembrance Day: The parade/service will take place this year on 14 November – please keep an eye out for details.

Meeting Dates 2022: To consider 12 Jan; 2 Feb; 2 Mar; 6 Apr; 4 May; 1 Jun; 6 Jul; 7 Sep; 5 Oct; 2 Nov.

Verge Cutting: The PC sends heartfelt thanks to the Gressingham Foods team who cleared the overhanging vegetation along Hall Lane pavement. We know this is much appreciated by residents.

Redgrave Parish Clerk – Job Vacancy

The post is part time, 5 hours per week. Working mainly from home, the hours of work are flexible except for attendance at evening meetings on the first Wednesday of each month (except for August and December). Salary will be based on the National Association of Local Councils pay scale and is dependent upon qualifications and experience. The successful candidate will also be eligible for the Local Government Pension Scheme. The candidate must be IT literate and computer equipment can be supplied if required. Must be able to store Council files securely at their home address. Duties will include acting as advisor to the Council, minute taking, compilation of correspondence, filing, administration of the Council parts of the Parish website, project management and financial accounting as the RFO for the Council. Prior relevant experience is an advantage but training in all aspects of local government administration, leading to the CiLCA qualification can be provided. Local knowledge is an advantage. Please contact redgrave_pc@btopenworld.com for more information.

THE NEXT PARISH COUNCIL MEETING WILL TAKE PLACE ON

WEDNESDAY 3rd NOVEMBER

at 7.30 pm

Redgrave Amenities Centre

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**Your Clerk is: Mrs Leeann Jackson-Eve,
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Rickingham :	Hinderclay Road	11.00 – 11.15
Rickingham :	Village Hall	11.20 – 11.35
Botesdale :	Farnish House	11.40 – 11.55

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

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Rickinghall Parish Council



Parish Council Report October 2021 - by Cllr Stephen Pattenden

The meeting was quite quick and efficient since a number of the more usual items were not covered because there was no call for them.

There were no apologies for absence by any of the council members. However, there was excellent news that the Parish Council was able to fill two of the "casual vacancies" for council members so that it will be easier for the council to be quorate. The two people who had put their names forward were both relative newcomers to the village. Mr Brian Rhodes who has retired from financial services and Mr Andrew Gordon who has been in the oil industry. They each gave a short introduction, the Chair put their appointment to the vote, and both were unanimously elected to Rickinghall Parish Council. Both took up their duties immediately and proceeded to take part in the meeting.

There was a councillors' declaration of interest as Andrew Gordon had a planning application on the agenda. It was noted that he would need to recuse himself while this was discussed.

The minutes of the previous meeting were unanimously approved with no questions or comments. There being only one member of the public present, there for observation only, there was no public forum, so the meeting went straight on to Planning and Planning decisions.

Several planning applications were discussed including an application for an extension at 5 St Georges Drive and a new agricultural dwelling off Potters Lane. This was near the observatory relics of Micklewood Green, which raised a worry that it could impinge of the council-maintained site. However, no planning objections could be made to the application. This being the beginning of autumn there were also two applications to prune back or remove trees both of which the PC found perfectly reasonable.

Foremost of the decisions was one by Mid Suffolk District Council to grant planning permission on the ground between Red House and Honeysuckle Cottage off The Street which had been prevented from planning by the intervention of the heritage officer at MSDC. It had been pointed out that there had been many precedents for infilling in the village and the Parish Council was in favour as well as the MSDC councillor, Jessica Fleming, who had called in the application for debate by the Planning Committee at MSDC. The owners, Jessica and our Chair were all given three minutes to promote the cause of the application and after significant debate, MSDC council voted by 4 votes to 3 in favour of giving planning permission. This was regarded as a significant coup for the village and its Parish Council.

Correspondence: The Joint Local plan was now agreed, and a schedule set out for its examination by MSDC/SCC. Everything in the plan was agreed along with the schedule of its implementation.

The friends of St. Mary's Rickinghall (Inferior) were requesting funds for the repair to the church roof which had been estimated at £51,000 and they had asked RPC to contribute some funds to help out. This initiated a discussion around RPC's policy of building up funds and whether the existing policy of maintaining a reserve at about 50% of expenditure was correct. Working from the Budget report it was noted that there should be about £4,000 spare funds available at year end and the Chair suggested that £2,000 should be granted to the Church for these repairs. This was agreed unanimously.

Under General Items there was discussion around the Parish Infrastructure Investment Plan (PIIP) which had been worked on by both Rickinghall and Botesdale Parish Councils and was now ready to be submitted to MSDC. The funds for the PIIP would be coming from the Community Infrastructure Levy (CIL) which is levied on developers to ensure that when they add developments to an area or village, the village can invest to manage the increased population. The PIIP is a list put together by the Parish Councils to ensure village additional needs are met. The document was discussed and unanimously recommended for submission to the district council.

There followed some administration in the review and update of council documents being the Standing Orders (of how the Parish Council should perform), the Financial Regulations (who is responsible for what to whom),

the Reserves Policy (what proportion of parish expenditure should be held in the reserves), Health and Safety and Risk Assessment. There were very minor changes in all of these, and any changes were unanimously approved.

The Parish Council then turned to the issue of the street lighting replacement programme. SCC and UKPN between them manage the streetlights in the village and over time inefficient Sodium lamps are being replaced by more efficient LEDs and, in some cases, the cables feeding them are being buried. The report advised that some £16,500 is required for Rickinghall as (particularly) some lamps are placed close to metal clad pole termination units and that UKPN workers or their contractors are no longer willing to work near to these units when maintaining the lights. It was considered that around £13,500 was necessary in the near future for the high priority items. This would present considerable savings in power, carbon and maintenance but the funds needed to come from somewhere. The Parish Council has been operating a Street Light Improvement fund and has been placing £1,500 per annum into it. This fund now stands at £9,000 so a shortfall exists. It was noted that on past performance street light upgrade tended to occur over a period and not all at once and that with £1,500 pa. being put towards it every year, there might not be an issue. But this shortfall did highlight the importance of maintaining reserves. After all, the Parish Council exists for the wellbeing of the village and the ability to quickly fund necessary benefits is an important requirement for the village.

From the discussion around street lighting, the Parish Council moved on to Village Upkeep and the refurbishment of benches, approved; what we would do for Remembrance Day and who would be in the parade; to be updated about successful funding for the replacement Skate Park with some discussion over the height of ramps (i.e. was it for professionals or children) and an update over the progress of the County Broadband initiative to deliver Internet Fibre to the Premises to all the houses in Botesdale and Rickinghall (no news).

The council then looked at the finances, all of which were approved and the budget report which showed the proper way the Parish Council was being run and where we were with the finances.

Lastly, we dealt with Highways Issues (none reported), Welcome Packs (none needed) and Councillors' reports with very little to say about any of them. No matters were brought to the attention of the council for the next agenda.

RICKINGHALL PARISH COUNCIL'S NEXT

MEETING IS ON

THURSDAY 4th NOVEMBER

at 7.30 pm

AT RICKINGHALL VILLAGE HALL

All residents are very welcome

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Your Clerk is :

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CELLO CONCERT

The cello recital by Orlando Jopling in St Mary's Church, Redgrave, on 4th September, was an outstanding success. A huge "Thank you" to everyone who contributed, and helped on the evening. The event raised just over £1,500 for RCHT (Redgrave Church Heritage Trust), who raise funds & support for the upkeep of this beautiful building. We hope to welcome Orlando back next year, perhaps with another instrumentalist. So - do watch this space.

June Shepherd and RCHT concert team



THE CROSS KEYS

A Community Owned Free House

A big thank you to all who came and supported our Macmillan Coffee Morning.

Due to your generosity we raised £528.80 for this great charity.

THANK YOU!

RAHOF (Rickinghall Area Hospice Fundraisers)

Christmas: In view of continuing worry over Covid during the coming winter months, the RAHOF committee have decided not to hold their Christmas event this year. Watch this space for 2022.

Janet Whiteside: We were all deeply saddened by the sudden death in July this year of Janet Whiteside, a former Chair of our committee and a steadfast supporter. The sum of £645 was raised in Janet's memory, a tribute to the high regard in which she was held.

Open Garden Day: Held in the garden of Jean and Mike Warner's home at The Barn House, Chapel Lane, Botesdale on 12th September, this event was well attended. The visiting steam engine proving a great attraction, so much so that we hope to hold the event again next summer, complete with steam engine! The event raised over £400.

Profit from this event and Janet's collection meant that our committee was able to forward recently over £1,000 to St Nicholas Hospice Care, Bury St Edmunds.

RAHOF has been fundraising since 1989 for St Nicholas Hospice Care, the hospice serving our local catchment area; it is "our" hospice. Our dedicated committee is now small in numbers. Anyone interested in helping this committee to continue, please contact Chairman June Shepherd on 01379 898827 or any committee member.

OIL SYNDICATE



The next Oil Order will be at the end of November. Final day for orders will be Saturday Nov. 20, the order will be placed on Tuesday 23rd of November. Delivery should be within two weeks.

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

David Sloan.

Do not be surprised at the increase of cost over the last Order, oil is subject to the same price increase pressures as gas.



Are you able to help us with storage space for some of our set fittings and long term props?

We only need occasional access as we arrange productions through the year and if you are able to spare a little space locally you'll be doing us a huge favour to keep our focus in the village.

If you are able to help, please send an email to WARTStheatresociety@gmail.com with your contact details and we will get back to you asap.

Thank you!

Club News



HERITAGE CIRCLE

Beating the Bounds of Georgian Norwich David Berwick

The Heritage Circle held its September meeting at Rickinghall Village Hall when David Berwick gave a talk entitled *Beating the Bounds of Georgian Norwich*. This well attended meeting was the first for the group since February 2020.

David has been researching parish boundary markers for many years and a number of these are still visible on buildings in Norwich. In the past defining the boundary of a parish was very significant. It indicated where people should worship but, more importantly where births, marriages and deaths should be recorded. For the church, it was vital to know who should be paying the parish rate which financed its work which included support for the poor until the middle of the 19th Century.

The boundary of a parish was marked by the ceremony of beating the bounds or perambulation. Local men and boys would each have a willow stick or osier which they used to hit various markers, such as stones, trees, walls, farm buildings and streams, on the edge of the parish. Beating the bounds had its origins in pagan times. The Romans had a festival called 'Robigalia' which was later adopted by Christians who organised 'Rogation Days' between the fifth Sunday after Easter and Ascension Day when people would call upon God to give them good weather for their crops. The willow stick was thought to have mystic qualities which would beat the devil out of the parish. This was often quite a raucous event. Parish records indicate that significant sums of money were spent on hospitality for the beaters. The beaters would be given food and beer as they progressed around the boundary. In 1821, 30 men spent two days beating the bounds of a small parish in Norwich while consuming 775 pints of beer!

The local vicar and parish clerk would identify a date for the ceremony and lead the group around the edge of the parish. Choir boys accompanying the beaters were often picked up and banged on the boundary markers, thrown over hedges or dropped into streams. It was intended to be a memorable experience so that the boundary would be known by a pre-literate society which did not possess maps.

Beating the bounds was very important in Norwich as there were 40 parishes in 1800 which had complex boundaries. During the 18th Century engraved stones or metal plaques were put up on buildings and walls to mark parish boundaries. The oldest in Norwich dates from 1710 and is on the Coach and Horses pub in Bethell Street. The metal plaques were either made of cast iron or lead, and frequently contained quite elaborate designs. They have the initials of the church, such as SG for St Giles, the date put in place, and often a design linked to the saint the church was named after. St Clement was drowned in a river weighed down by an anchor and so the plaque of the church also has an anchor symbol. The beating of the bounds checked that there had been no encroachment on the parish boundaries by moving these plaques.

During the 19th Century responsibility for care of the poor and the registration of births and deaths was progressively taken over by the state, and so the practice of beating the bounds became less common. The most recent boundary marker in Norwich dates to 1854. The ceremony of beating the bounds has gradually become less common. However, it was revived for a fun, symbolic event for St Clement's Church in 2018.

The next meeting of the Heritage Circle will be on Wednesday 24th November at Rickinghall Village Hall when Geoffrey Kay will give a talk about the Festival of Britain of 1951. New members and visitors are very welcome. Further information is available at www.heritagecircle.onsuffolk.net.

Gerry Gurhy

Coffee On



COFFEE ON THE CORNER/THE MACMILLAN COFFEE MORNING

First of all I would like to say a huge THANK YOU to everyone who helps at the various things that go on, for the community, at Parkview Chapel. We couldn't offer these events without a great team of helpers and this is particularly true of the Macmillan Coffee Morning.

This extra special coffee morning, which took place on Friday 1st October, was really well attended. We had a fantastic range of stalls, including beautiful jewellery, handmade Christmas baubles, some great wooden games and coat pegs etc. all made from recycled wood, some gorgeous decorated boxes of chocolates and some brilliant "gifts for dogs"! All that was alongside delicious cakes, scones and sausage rolls for consumption and a produce table weighed down with goodies - Carol Amps excelled herself and (I think) completely sold out. My neighbours' gift of two boxes of home grown fruit and vegetables was decimated - just a few red onions left at the end of the day! The raffle prizes, all provided by Sam Ellis and her group of friends and neighbours did very well - all prizes very well received! So thanks to all involved.

In all we raised an amazing £705.00, which I know will be put to incredibly good use by Macmillan.

However, what pleased me most, as a member of the regular Parkview Chapel congregation, was the fact that many of our visitors came, chatted and stayed. Quite a few folks were there for well over an hour, and many people said what a pleasant and welcoming morning they had had.

Whilst we only offer a Macmillan Coffee morning, with the extra whistles and bells, once a year, "Coffee on the Corner" takes place every month - always on the second Tuesday. This may be a slightly lower key event, in terms of just a couple of regular stalls - greetings cards & stationery and a bric a brac stall, but the quality of the refreshments and the warmth of the welcome is just the same.

Our regular "Coffee on the Corner" took place on Tuesday 12th October and the kind donations for tea/coffee and refreshments, together with donations for some of the items of bric a brac, raised £71.29 for Tayfen House - the charity based in Bury St Edmunds whose work helps to alleviate some of the problems of homelessness - I am sure the money will be appreciated. The number of visitors was down on our usual crowd - so if you haven't come along before, we will be doing it all again on **TUESDAY 9TH NOVEMBER** - a warm welcome and lovely refreshments - just think what you are missing if you haven't been before!

Wishing you all the very best,

Sue

Sue Allen

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

BOTESDALE HEALTH CENTRE PATIENT PARTICIPATION GROUP (PPG)

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

If you would like to join our Committee (all age groups are very welcome) or find out more about Botesdale PPG, please contact: Botesdale PPG at botesdaleppg@gmail.com or Janet Russell Mobile 07787 148947

COVID BOOSTER

Botesdale Health Centre are carrying out COVID booster clinics through November and December 2021 and our Patients will be called by age group once 6 months have elapsed after their second dose.

If you are unable to attend your appointment, you will need to go to a vaccination centre as you will not be recalled.

EAR SYRINGING

Unfortunately the Health Centre are no longer able to provide an ear syringing service.

They have continued to provide this service as a goodwill gesture when other surgeries have stopped but now, they have no alternative but to withdraw this service with immediate effect.

The traditional syringing method is no longer considered the first line treatment for the removal of ear wax and raises concerns surrounding safety. This is also not a funded service within the NHS for General Practice and, therefore, clinicians are not insured to carry out this procedure.

The Health Centre are sorry for the inconvenience.

A self- help leaflet can be found at:

<https://woolpithealthcentre.co.uk/wp-content/uploads/2021/05/WSCCG-Ear-Wax-Build-Up.pdf>

and is reproduced below

Excessive Earwax build-up

Ear wax is normal and is produced to form a protective coating in the ear canal. Ears are normally self-cleaning - the movement of your jaw whilst eating and talking helps to move the wax along the canal where it will usually fall out naturally without you noticing. However, wearing hearing aids, ear plugs or ear-phones, can prevent this natural clearing and cause a build-up. If you are concerned that you may have wax build up your audiologist or pharmacist will be able to assess and advise treatment.

Important: Don't use your fingers or any objects like cotton buds to remove earwax. This will push it in and make it worse.

How you can treat excessive earwax build-up yourself

You can use sodium bicarbonate to try and dissolve the wax yourself. You should buy sodium bicarbonate ear drops from your local pharmacy.

Please don't use any sodium bicarbonate you find in your kitchen cupboard.

The following should be done twice daily, as and when needed, for two weeks.

Lie on your side with the affected ear uppermost

Pull the outer ear gently backwards and upwards to straighten the ear canal

Put 2-3 drops of sodium bicarbonate into the affected ear and gently massage just in front of the ear

Stay lying on your side to allow the solution to soak in for around five minutes

Afterwards, wipe away any excess solution but do not plug your ear with cotton wool as this simply absorbs the solution

In most cases, the wax will have dissolved sufficiently after seven days without the need for further intervention. If you experience dryness or irritation after using bicarbonate of soda applying olive oil can help alleviate this. However, if you feel your hearing is still impaired, speak to your pharmacist. They may be able to suggest additional treatments.

Earwax and hearing aids

Hearing aid users are at high risk for excessive ear wax build-up. The presence of a foreign object in the ear seems to stimulate more wax production by the cerumen glands. Hearing aids need to be cleaned daily, allowed to dry overnight and cleaned with a brush in the morning to remove wax and debris. Failure to follow this cleaning step will reintroduce wax and debris into the ear and will prevent the aid from working effectively. For further information, you should contact your audiologist or visit a high street hearing care center, such as Boots Hearingcare or Specsavers.

When to see a nurse at your GP practice

If you have tried the above methods and your ear hasn't cleared

If your ear is badly blocked and you can't hear anything

Important: Not all GP practices remove earwax, some can: Flush the wax out with water (ear irrigation) Suck the wax out (microsuction)

These treatments are usually painless but are not always carried out at GP practices. You may have to pay to have them done privately.

As far as we can ascertain, the nearest private centre is Suffolk Ear Care at Stradbroke (0773 888 5858). This is provided for information and is not a recommendation.



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Introducing a new, green space for teenagers and young adults!

The soon to be regenerated Botesdale Recreation Ground has included within its design project a new and updated zone for teenagers and young adults to enjoy alongside all the other activities the recreation ground has on offer. Although not exclusive to this age group the new area will provide outdoor recreation and leisure for those looking for more challenging activities as well as a lovely green space for relaxing. It will provide further opportunities for junior challenge and ball skills.

One of the many green features of the project will be a grass mound made up of tiers for sitting and includes a built-in embankment scramble net as one of the access options. This will give somewhere to relax and chat with friends, old and new. Recreational activities within this zone include a large climbing net, basketball hoop and football goal with grass kick-about opportunity beyond. And space to breathe in the great outdoors!

The recreation ground will also offer walking and fitness zones with more information to follow soon. We hope this update on the Project has been useful and inspiring.

This is a Community Project for the Community. Its success will rely heavily on the Community recognising what it offers and making the fullest use of what's on offer.

There are, and will be, lots of opportunities for the local Community to contribute to the Project. These will include: Sponsorship of equipment or features (e.g. planting)

Dedicating equipment or features in memory of someone special

Providing specially crafted items - we are keen to use the Recreation Ground to showcase the work of local artists and craftspeople

Joining the Sub Committee

Volunteering to assist with the Project

Volunteering to assist with the running of the Recreation Ground

If you would like to know more about the Project or wish to pursue any of the ideas above, please contact **Greg Russell** on **07887 747625** or **botesdalergp@gmail.com**



Operation Turtle Dove

The sound of turtle doves purring, once a herald of summer in England, is sadly now very rare. In 2016 it was estimated that only 3,600 pairs remained in the UK, with a decline of 95% between 1995 and 2018. This shocking decline is due to food shortages on their breeding grounds reducing the number of nesting attempts turtle doves make, and unsustainable levels of hunting on migration to Africa. Birdlife International are making progress on the continent at reducing hunting pressures and this autumn the majority of provinces in Spain and France have declared a zero harvest until 2022. In Spain alone this means 900,000 fewer turtle doves being shot this year. As the UK population

migrate through France and Spain some of these birds will be from the UK meaning more individuals should return here next spring. It is on their breeding grounds that we have a real opportunity to make a difference for this once common species. In the right conditions turtle doves can have 3 broods in one breeding season, that is 6 potential new turtle doves to help the population recover!

Whilst turtle dove numbers have declined in Suffolk as elsewhere, the good news is that they are still here. Even better, we know how to help them:

Supplementary food helps turtle doves get into breeding condition when they return from Africa in April, when few other seed sources are available. This must be done with care, not feeding seed in piles, or using hoppers but instead spreading the seed very thinly to prevent spreading parasites such as *Trichomonas*.

Foraging plots of low growing seed rich plants such as clover, fumitory and birdsfoot trefoil, with plenty of bare ground so the turtle doves can access the seed, provide the best long-term solution to food shortages. Well-fed birds can have more nesting attempts and fledge more young. These foraging habitats also benefit pollinators and other seed and insect eating birds.

Water is essential for turtle doves. Their seed diet doesn't contain much water and they feed their young a crop milk made from seeds. Ponds are great for all kinds of biodiversity; making sure they have a shallow sloping edge or perches to access the water helps turtle doves.

Nesting habitat – Turtle doves tend to choose dense prickly large hedges and scrub to nest in. This helps protect the nest from predators and the weather as the nest is a very flimsy platform of twigs. Scrub might look unsightly to some, but it is excellent for many nesting birds and pollinators.

Eliza Leat.

To be continued next month.....

UNDER ONE ROOF

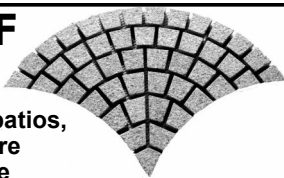
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Village News

Remembrance Sunday

Following the pause caused by Covid-19, this year's Remembrance Sunday will be commemorated on Sunday November 14th. At 11am we salute the Fallen by a short period of silence at the War Memorial. All are welcome to observe this silence with us - please assemble at the Memorial just before eleven am.

The Three Villages' Parade to commemorate Remembrance Sunday will take place later the same day. It is the villages' parade and all are encouraged to march behind the Band. No training is needed! Stand behind the Brownies, facing downhill. We will "Quick March" with an "Eyes Left" at the Memorial. At the Blue Orchid, we will halt, break lines and go up to the Chapel. If in doubt, follow the Brownies! We will set off at 2.45 pm from the Old Post Office to the Chapel of Ease. After a short service, we will fall in, as before, outside the Chapel and march to the War Memorial where wreaths and tributes will be laid and the two minutes' silence observed. The parade finishes at that point.

The Street will be closed for the short period of the Parade until after the service. If there are any questions please contact Lt Col Mike Bishop on 07801 815983.

2021 B&R Parish Infrastructure Investment Plan (PIIP) - Final Update

There have been several articles about the PIIP in this magazine this year, describing what it is, laying out the process to generate and finalise it, and calling for residents' opinions. The consultation has now ended, and the PIIP Steering Group has produced the final plan which has been approved by Botesdale and Rickingham Parish Councils. It will now be submitted to Mid Suffolk District Council to help them prioritise support for the community.

As a reminder, the PIIP is a guide to help Botesdale and Rickingham Parish Councils prioritise infrastructure needs and aspirations of the community alongside future spending decisions, particularly where funds generated from local development are concerned. It's important to note that such funds do not become available all at once, but over a period of time as local housing developments progress, giving rise to *Community Infrastructure Levy* payments.

To see the agreed PIIP, please see <http://rickingham.onesuffolk.net>, or for more details about PIIPs, see <http://rickingham.onesuffolk.net/neighbourhood-plan/parish-infrastructure-investment-plan-piip/>

The Parish Councils thank the Steering Group for all its hard work on behalf of the community.

PARK RADIO NEWS

Despite the pandemic Park Radio continues to grow and starts a new chapter by appointing three additional Directors from within its ranks.

Park Radio serves Diss, Harleston and Eye and has been around now for 11 years, 4 of which have been full-time.

To help assist the existing Board and to give greater focus of some really key areas and provide a sensible succession plan for the organisation, **Paul Shaw** will head up Operations, **Katie Brame** will focus on Advertising and **Linda Bryant** will expand her existing Communities brief.

From 1st October, they will join **John King** [Finance] and **Tristan Bishop-Smith** [Technical] and **Chris Moyse**, the Station Manager to help deliver many of the ongoing projects in the coming years, the station now licenced until 2027, including establishing satellite studios in both Harleston and Eye.

It is also envisaged that further opportunities will be created in the coming months for others in the team.

Chris Moyse added "I'm so looking forward to working with our new Directors, we have much to do!"

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Club News

Mill Lane Allotment Association MLAA



Surprisingly, December is not necessarily as lean a month as one might expect. Our Winter brassicas should be at their peak now: Cabbages, cauliflowers, and the almost indestructible Kale. Fresh root vegetables such as Parsnips, celeriac, Swedes and Turnips are

still in good supply and most of our allotment holders have a good store of Potatoes Carrots and Beetroots.

Even though it is late in the year, we have members growing and picking salad crops that have been cultivated under the cover of a cloche or polytunnel. These would include Endive, Winter Parslane, Rocket, Lettuces and Corn salad.

Frost hardy Brussels sprouts really come into their own this month and may taste even better after a cold snap.

We still have a list of things to do before Winter sets in such as Harvesting Leeks and Parsnips, planting garlic, pruning Apple and Pear trees as well as soft fruit bushes. Digging over the plot and adding in some well-rotted manure will keep us all busy over the next few weeks

Our members thrive on such activities, and if you want to join us as a plot holder, you can get onto our waiting list for a full size or half size plot by contacting the secretary, Mark Wiseman, on 07808 469954 or at mark.wiseman@virgin.net. We do expect to have one or two vacancies when our new season starts in January next year.

Community Woodland

Well, our AGM didn't happen! Unfortunately, The Bell shut its doors and we have now decided to postpone our meeting until next year. This must have happened to many small groups.

Apart from that, we continue as usual. We are going to get some work done professionally in Miller's Orchard as we have neither the tools nor the insurance to cut large branches down to make it safer. Not that it is unsafe now, but we are erring on the side of caution.

Low Meadow looks good, some berries are out and the memorial rowan has both yellow and red berries, very pretty.

After a very dry month, the welcome rain has had a wonderful effect on Northfield Wood. The trees seem to have grown suddenly. There has been quite a lot of fruit and it looks as if people are picking it, which is great!

The next work party will be on Sunday 7th November, in Northfield Wood, typically from 10.30am to 12.30 but the timing is flexible.

Rosemary Jones,
Botesdale and Rickingham
Community Woodland
3rd September 2021
01379 890238



Now we are up and running again we were able to enjoy a few activities during September. We held our AGM on 9th September, carrying out all the necessary formalities, but livened by a song, instead of a speech, sung by our Secretary and Treasurer, called an 'Ode to Covid'. We also had a general knowledge quiz before

the AGM and, after refreshments, had a hilarious 'Call my Bluff'. This made it an enjoyable as well as a formal meeting, which was attended by our Suffolk West W.I. Federation Advisor, Jill Newell, who commented that she was pleased to see us thriving.



On 23rd September 8 members went on a 'Green Walk' around South Lopham Fen walking an impressive 3.5 miles as part of the Great Big Green Week, raising awareness of climate change. Lesley, our treasurer, took the picture of the ladies relaxing at the end of the walk, so she is the one missing from the photo.

We have held 2 Tea and Chats in Committee Members homes and have 2 more in October thereby ensuring members meet sociably in between our meetings.

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Exploring the Past

Jean Sheehan, 01379 890237

Doris Erith – 1938 - 2021

Over this year I have written about three ladies who have worked hard for our villages and the late Doris Erith is the fourth lady who has helped our young people. My son Mark was a pupil in her class when she first came to Redgrave and Botesdale School around 1973. My thanks to Nigel Rhodes, a former headmaster at Redgrave, who has given me permission to use this eulogy which he wrote and read for her funeral.



"I feel very privileged and honoured to be asked to say a few words about Doris, especially as there are many here who have known her much longer than I have. Nothing can take away the sadness of this occasion, but I hope that some of what occurs today will bring light and appreciation for the life she has had and the lasting impression she has left as her legacy. She would be smiling now, knowing that I was standing here talking about her in front of family, friends and former colleagues.

Doris' life was really based around the concept of 'Family'. She loved and lost personal family members with her husband, Mike. No one can know how this affected her, but somehow she managed to never show the sadness that must have existed in her life. She built up a family of pupils, parents and colleagues, of which I will speak later.

Finally, she had a lasting family through her late son, David and his wife, Julie, that she never expected but loved and spoke frequently, proudly and lovingly about and so we share the loss with Mike and Julie and Josh, Ollie and Freddie.

To me Doris was 'Mrs Redgrave'...which is where I first met her. I can't recall whether she was the first person I met at my interview at the old primary school, but she is the one that has left the most lasting impression on my life...and this would have been over 30 years ago. She became a most revered, endearing and influential colleague and friend. I always thought that it was most fitting that she took on the Headship of the school in its last term before the move to St. Botolph's down the road in Botesdale.

That in itself is a story that needs to be told. When the new school was first mooted she said that would be the signal for her retirement from Education. No way was that going to happen and I had to be a little dishonest to persuade her to change her plans and make the move. She did eventually forgive me for the unexpected interview that she [and others] had to endure to make the move....but it was worth it.

In the Bible, Jesus speaks about 'Peter - The Rock' upon which his Church would be built...well Doris was my Rock when it came to St Botolph's, and I have no doubt the same was true for my predecessors at Redgrave. All my major actions, decisions and documents went through her. I learned very quickly to respect and listen to her opinions and judgements on a wide range of issues. I know that I was not the only colleague that valued her input and opinion and I also know that we all shared a mutual respect of her ability and talents in the classroom.

To use the Bible again, Jesus told the crowds to let the children come to him...well such was the case with Doris. She understood children, she helped children, she had empathy for children, she cared for children's needs and understood their desires and ambitions. She could enhance children's talents so that they could reach their potential and she also recognised her role as a teacher to inspire children.

Here are some of the memories that have been shared with me in recent weeks:

Lisa remembered her from her school days at Redgrave and especially her infectious laugh and that she was always smiling.

Alex recalled that Mrs Erith taught her to swim in the pool on the school playground and that it gave her so much confidence in the water. She also said that she was very kind and a wonderful teacher.

Another former pupil said he will always remember Mrs Erith and her saying, 'Shaun you are holding up the whole class...stop talking'. Even so he remembers her with much affection and feels that she contributed massively to him.

Chelsea said that she was very welcoming to a shy American girl and that she had a way of always making her feel the most important person in the room whenever she went to her for help.

Parents, too, shared their regard for Doris through memories of her time with their children.

Debbie recalls that her son Nathan always spoke about that smile that greeted you when you arrived for school each morning.

Charles and Lesley reminded me of the traditional hamsters she always had in her classroom and how their children, Helen and Catherine felt it was an honour to have the class pet stay at their home for the weekend. On one occasion the cage arrived home with no inhabitant. An urgent phone call resulted in a capture ...so no report to Trading Standards or Health and Safety. Her method of capture was ingenious. A wooden xylophone had its staves removed and a ladder erected. Food was placed in the box of the instrument, and hopefully it climbed up and slipped into the box - and capture. Sometimes it was to no avail and evidence was found when the old school was renovated after its closure.

Dawn and Debbie both recall the kittens that Doris seemed to provide for numerous households of children that attended the schools.

Liz, a local resident, first got to know Doris at a local Twinning event when the children performed their Maypole dancing routine to total perfection, impressing our French guests as well as all the parents and other guests present. This of course was repeated more years than not at summer fetes...and always included both boys and girls ... a real feat of success.

Mary was both a parent and colleague and recalls how each of her children, Michelle, Annie and Aaron remember her with much affection, even though Aaron was frequently told to sit still as he was such a fidget.

Another former colleague and parent, Christine, remembers Doris for just loving her job and like most of us, thought she would go on forever. She was her daughter, Alexandra's favourite teacher [probably not alone there] and recalls a story I had no knowledge of. Apparently, if anyone in the class had new shoes, Doris would ask them to stand on the table and show them off. Alex said she was embarrassed to start with, but then she loved being the centre of attention.

Verena recalls spending time with Doris after school in a classroom discussing the children and life in general and how she would listen and make all sorts of positive suggestions and ideas for going forward.

Sarah was a new teacher when she arrived at St Botolph's and, like so many others, wishes to remind everyone what a wonderful, amazing and re-assuring lady she was and there is not one former pupil, parent, colleague, friend or family member that would not agree with that summary."



Nigel finished his eulogy with a lovely poem but I am sorry that space has run out to include it.

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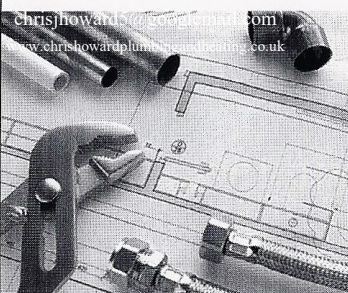
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Exploring the Past Again

Di Maywhort, 01379 898785

Memories of School Days

In 1988 Mrs Margaret Chapman, then a teacher at Rickingham school, wanted to do a project with her pupils about earlier school days. She wrote to the Diss Express asking for any former pupils to get in touch, with their memories. She had several replies and some of the former pupils were invited to come to talk to the children. The oldest pupil who wrote to her was Lilian Cater who had been at Rickingham School for several years from 1907. Lilian wrote describing her school days in the following delightful letters which we will print this month and next month. Letters from other former pupils will be in future Parish Magazines.

First letter from Lilian Cater (née Bullock)

Nov. 11. 1988

Dear Mrs Chapman,

My daughter has just spotted your piece in the Diss Express & thought it 'Right up my street'. No wonder, she has heard so much about my school days.

From Lilian Cater Mrs.

Rickingham School

Oh, how I enjoyed my school days!

It would be 1907 when I started there, the school bell rang at 9am and how we ran. The Infant teacher was Miss Kemp, beginners sat on stair arrangement seats, the older ones in desks. Our teacher was a prim lady with her belt and keys hanging from it, and a black apron. She had a school room farthest from the entrance to school premises. The playground had big hard pebbles, horrible things to play on, but we were allowed to play on the footpath from the stile past the back of the church and school under the lime trees, over a bridge and out to the main road. Of course, we were never allowed beyond the trees.

9a.m. assembly was in the main room with little ones carrying their chairs from the Infants room; here we had a hymn and a prayer. Thursday mornings we had a real singing ½ hour with Miss Canham at the harmonium - rather a mannish lady who took the boys for drawing whilst the girls were in their sewing class taken by Miss Burt. (Miss Canham was the daughter of a former Head master)

She was a good teacher who would not be played with. We used what was known as the 'new class room' this was beside the footpath which ran along the back of the school.

The headmaster was Mr Palmer; such a nice man. In those days boys were caned if they were really naughty. They didn't know what I had overheard.....that if he had to cane a boy he had a violent headache afterwards.

Morning assembly with a hymn and a prayer was in the same room with all the children, then each class went to their class rooms. There would be 2 classes in the main hall (one each end) and those dreadful tortoise stoves; we were almost too cold to write. I often wondered if they were alight!

Opposite the Master's desk, hanging on the wall, was a black slate and each day the attendees were written there; often over 100 pupils. Often the Rector would take the top class for religious knowledge. This was in the new classroom where he so often sat on the guard around the fire, not thinking about keeping the heat off us. This room had an open fire.

I was so sorry for the children who came from West Street, Allwood Green or Botesdale Common. They of course had a packed lunch, often only a lettuce leaf between two pieces of bread and butter. Yes, it was butter, because I never heard of margarine until the war years. In the dinner hour they would walk up to Aldrich and Bryants shop and do their mothers' shopping, eating as they went. Then the shop things hung in the porch until they went home.

I remember trying to teach a boy from that area to read. He was in Miss Shaw's class; a fussy little lady, inclined to dither. I was told to pay great attention and learn all I could because my father was paying the teacher. I couldn't work it out, but knew there was something in it. I suppose he meant he paid taxes or whatever! The lad I was helping from Allwood Green had been up feeding chickens before school at Falcons Hall. Mr Barker employed many men in those days and, strangely, his son was also one of the lads I was helping.

Now I remember chanting the tables, money, weights etc. such as 12 pence 1 shilling 36 pence = 3/-, 20 cwt 1 ton. Also, the sloping desktop with an ink well at the top. Drilling out in the playground with grumpy Miss Burt (said to be Welsh). I liked silent hour when we could choose our own book and read it. I remember sharing a book called 'Black Beauty', the story of a lovely horse. I shared it with one of the Hill brothers. I also remember sewing, in war time, two lengths of calico together to make a sheet, and the spiders web I made on the fold over at the top, and Mr Palmer's amusement when he asked whatever was I doing? (Wartime 1914 to 1918)



Here are the teachers again. Infant teacher Miss Kemp, Class 1 Miss Canham, Class 2 Miss Shaw, Class 3 Miss Burt, Mr Palmer took the rest. We had slates to write on sometimes. I didn't like them. We chanted our tables so lots of the lazy ones didn't really know theirs! So failed their sums!

Now I am 86 years of age and full of arthritis so you must excuse the writing.

Lilian Cater (née Bullock) of Rickingham.

To be continued next month

With many thanks to Mrs Margaret Chapman for lending Quatrefoil these letters to transcribe for our records.



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Sometimes it is necessary to invent a new word to express something that cannot otherwise be expressed. It is apparent that this must have happened when the word excruciating was produced to express the idea of inexpressible pain and suffering. Clearly the idea of the crucifixion of Jesus conveyed that idea as the word comes from the Latin 'ex crux' meaning 'out of the cross.' The cross was only used for a short time in history. I do not know whether it is true or not but I have been told that the Romans gave up using it as the death penalty as it was thought to be too cruel even by them. It depicts the ultimate in suffering producing the word excruciating.

Recently a friend of mine sat with someone dying and held his hand for two hours as he slipped away. Afterwards she was distraught saying that she felt God didn't love her and felt that her sin had put a barrier between herself and God. I presume that she had prayed desperately for that dying friend and very much needed a miracle of healing to occur. I imagine she prayed for the whole of those two hours. It didn't happen and her friend passed away. She didn't get the answer she wanted to her prayers.

What is the answer to this dilemma? God answers prayers, God is a God of love and forgiveness yet we can feel he doesn't hear us and can't forgive us for something when he doesn't give us what we ask for. I suggest the answer is this: look at the cross. It is the cross that exhibits what Jesus went through for you. All that pain and suffering expresses how great is his love for you. It isn't the answer or lack of one that needs to speak to us, it is the cross. In the same way it is the cross that expresses his forgiveness. If you feel you have done wrong, offended God and that he can't forgive you then look at the cross. In the same way as it expresses the magnitude of his love it demonstrates the depth of his forgiveness. You feel rubbish, you feel forsaken, you feel hopeless, then look at the cross.

In the Old Testament book of Isaiah there is a passage that, even though it was written hundreds of years before Jesus was crucified, depicts the crucifixion. It is such a remarkable prophecy that it appears as if Isaiah had been sitting at the foot of the cross as Jesus died causing him to write of it and explain its meaning. As he nears the end of his experience he makes an amazing statement about Jesus. He says, "He shall see the fruit of the travail of his soul and be satisfied." In other words Jesus looks at everyone who has accepted his sacrifice on the cross for the forgiveness of sins and says to himself, "It was worth it."

When you are feeling rubbish, forsaken, hopeless, sinful or unloved then look at the cross and hear Jesus say, "You were worth it, you are worth it. However you feel, you are really worth what I went through there."

"Out of that terrible travail of soul, he'll see that it's worth it and be glad he did it."

Isaiah Ch 53 v.11



Little Ouse
Headwaters
Project

Conservation & Community

'The leaves are fading and falling,
The winds are rough and wild,
The birds have ceased their calling,
But let me tell you my child,
Though day by day, as it closes,
Doth darker and colder grow,
The roots of the bright red roses
Will keep alive in the snow.'

Alice Cary (1820-71)

Damp November mornings signal an explosion of fungi, from wild mushrooms in the fields, to woodland species on and around trees and logs. Hedgehogs will be getting ready for hibernation so please be vigilant with November bonfires. Look around tree stumps for evidence of small mammals collecting winter food stores - part eaten cob nuts and their shells may be found under hazel bushes, jays and grey squirrels bury large numbers of nuts which will grow if not eaten.

Winter thrushes will be arriving along with starlings from Scandinavia, who will start to gather and perform their murmurations, especially over Redgrave and Lopham Fen. Tawny owls are very active and vocal in November as this year's young disperse and form new pairs. The female tends to make a 'kwik' sound while the male makes the classic 'ooo' sound, quite loudly some evenings. Many thanks to Reg Langston for his input here!

One of our bigger tasks this Autumn was cutting and clearing this year's vegetation from SWT's Thelnetham Fen and our adjoining New Fen. This was done jointly by LOHP and SWT volunteers and will allow the fen plants such as the various species of orchids to flourish next year.

Some dates for your diary:

The Creative Fen Group will be holding an Art Exhibition at the Fox pub in Garboldisham on the 19th, 20th and 21st of November.

We are delighted to say that the LOHP AGM will be held on 10th December at Garboldisham Village Hall. The speaker this year will be Matt Gooch from SWT, who was (and is!) one of the main driving forces behind the development of Carlton Marshes. More AGM info in next month's article.

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SOME PICTURES FROM BARWOODS

By Rosemary Jones



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STAY SCAM SMART

YOUR MONEY IS AT RISK

Fraudsters continue to exploit our online vulnerability. Alongside the familiar text messages purporting to be from HMRC or the mysterious parcel that could not be delivered, numerous fake e-commerce or investment platforms have sprung up successfully tricking people into moving large sums of money into fraudsters pockets.

Not everyone is who they say they are. Even large national companies' websites can be cloned and look like the real thing.

Pension fraud is now rising fast with £2 million syphoned off by fraudsters in the first half of this year alone who have tempted people to move money from existing pension pots with the lure of greater interest rates.

Furthermore, growing numbers of unregulated firms are offering highly risky financial products and services such as cryptocurrency which, despite the Bank of England stating that cryptocurrency is dangerous and that people should only invest if they are prepared to loose all their money, it has become a popular choice with many, supported by 'fake news' of celebrity endorsement and so called 'influencers.'

It is widely accepted that many of us don't have the in-depth knowledge to make major financial decisions without specialised advice.

But how do you know who to trust when the consequences of a rash decision could cost you your life savings? Firstly, consult a financial adviser who is governed by the Financial Conduct Authority's Regulations. The FCA website will also alert you to any warnings and enable you to check on investment companies to see if they are genuine. The banks are now heavily regulated following the PPI insurance mis-selling and are playing a key role, but protecting their customers from external mis-sold financial services is harder than it looks. Although they did manage to intervene and stop two thirds of the attempted £1.6 billion financial fraud in 2020.

To that end, some banks have halted customers transferring money to cryptocurrency purchase or trading platforms. The Financial Conduct Authority have called for a government online safety bill to outlaw fraudulent financial advertising. But until that happens, the fraudster sharks will continue to circle. We all need to be on our guard to protect our savings and pensions from being stolen!

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Buddy Up

Your community needs you!

Buddy Up is a local project established to tackle isolation in the wake of the Covid crisis. Many people of all ages have spent a long period of time feeling lonely with all clubs and groups closed during the crisis and are now struggling to reconnect with activities they once enjoyed.

Buddy Up recruits volunteers who enjoy chatting but even more importantly, enjoy listening! They will find out about what interests the person, research suitable local activities and then support them to attend until they feel ready to go it alone.

This might be a walking group, lunch club or even supporting someone who would like to do some volunteering but is anxious about starting something new.

If you are someone who has a little time to spare or if you belong to a community group who would like help to welcome people back then please do get in touch.

Buddy Up provides training and ongoing support plus out of pocket expenses for volunteers and you will be introduced to other local buddies so it is a lovely way to help local people and build connections in your own community.

If you can help please get in touch with Nicky Russell
nicky.russell@communityactionsuffolk.org.uk or phone
07775661970 and Buddy Up!



I'm a single parent and lost my job during the pandemic. My local Citizens Advice helped me apply for Universal Credit which has been really helpful to cover some of the income I've lost. But I'm very worried about the upcoming £20-a-week cut to Universal Credit, particularly with ongoing school costs - is there any other support out there to help plug the gap?

If you're on a low income or unemployed, you might be able to get help with some of the costs of sending your child to school, including school meals, transport and uniform. It's always worth talking to your local education authority to see what support is available as some of their resources and offerings can differ.

Free school meals

Children in Reception, Year 1 and Year 2 automatically get free school meals. If you have older children you can apply for free school meals if you get certain benefits. In your case as you're on Universal Credit and you applied after 1 April 2018 you would be eligible if you earn less than £7,400 a year without benefits. You can see the full list of eligibility requirements on the national Citizens Advice website – just go to citizensadvice.org.uk and search "school meals" on the site.

Transport

If your children are aged between five to 16, your local education authority might offer free or lower cost transport if you don't live near school or your child's unable to walk there. You need to apply to Suffolk County Council for help.

Uniforms and other costs

Suffolk County Council might also be able to help with some other costs, like uniforms, music lessons or trips and activities. There may also be local charitable schemes to help with these costs, it's worth checking with the school to see if it knows of any. Schools can also sometimes advise on finding secondhand uniforms.

If it gets too much

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

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



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November Church Notices



Message From Mel

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Hello Everyone,

Half term is over and now the run up to Christmas has started. I am a HUGE Christmas monster and for me, Christmas really is "The Most Wonderful Time of the Year". We at RedBRICK cannot wait till Christmas. We would love to invite you all to come and decorate St Mary's, Rickinghall church with us on the 4th of December.

In the meantime, come and join us at Breakfast church on the 4th Sunday of the month in Botesdale village hall. Free breakfast with fun for all the family. A perfect place to come and hang out and escape from the cold gross weather.

At RedBRICK church we want to put families back in the centre, so watch this space for more family activities and family focused services as the weeks roll on.

God Bless, stay safe and see you soon x

Short Note to Mums

You are enough. I'm not a perfect mum but every day I get up, put on some clean pants and start the day anew. I love the seasons because they remind me of new beginnings. The seasons remind me that some days are easy, just like a beautiful spring day; the kids are happy, I manage to do all the washing, the house is tidy, I do some jobs, have a play and laugh with my children and do a successful bedtime.

However, some days are like a cold, windy and rainy winter's day; everything is a challenge and I feel like I have run a marathon before I reach 9:30am.

What I love about the seasons and rhythm of the day, is that no matter what happens whether it has been a good day or a bad one, the day will never happen again. I can say goodbye to the old and the new day brings a new start and I can press the reset button. I can start again and try again in my new day.

I am not perfect, none of us are, but it's ok, just try your best. You are enough and you can do anything. Nothing is impossible for you. (Luke 1v37, The Bible)

Parkview Chapel Sunday Services and Events

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

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

Sunday 7 th	Service at 11.00am	
Sunday 14 th	Service at 11.00am	
Sunday 21 st	"Coffee on a Sunday" service at 11:00am	
Sunday 28 th	Service at 11.00am	
Events	Coffee on the Corner	Tuesday 9 th 9:00am
	PARKVIEW Youth Junior Church	Sundays 11:00am - 12:00pm
	Junior Friday Club	Fridays 6:00pm - 7:00pm
	PYP	Sundays 7:00pm - 8:30pm
	Senior Friday Club	Fridays 7:30pm - 9:30pm

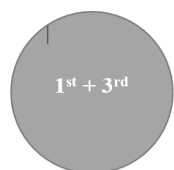
A warm welcome at Botesdale Methodist Church to anyone who wishes to join our services

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

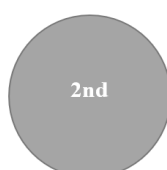
Sunday 7 th	Rev Michael Haighton. Holy Communion
Sunday 14 th	Mr David Freeman. Remembrance Service
Sunday 21 st	Local Arrangement
Sunday 28 th	Mrs. M. Chamberlain. Advent Sunday
Events	
Saturday 20 th	Christmas Sale 10:00am-12:00pm. Everyone welcome
Tuesday 23 rd	Coffee Morning 10:00am-12:00pm. Open to all

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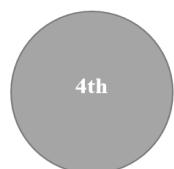
RedBRick Church Services and Registers



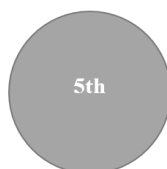
First and Third Sunday of the Month
COMMUNITY WORSHIP
AT ALL SAINTS, REDGRAVE
10:00-11:15 = Intergenerational Worship
11:15 = Coffee
11:30-12:00 = Communion



Second Sunday of the Month
ALL TOGETHER COMMUNION
AT ST MARY'S RICKINGHALL
10:30-11:45
Baby and toddler space
Child friendly
Refreshments served at the end



Fourth Sunday of the Month
FAMILY BREAKFAST CHURCH
AT BOTESDALE VILLAGE HALL
9:30-10:30
Breakfast, games and activities
15min God Spot
COMMON WORSHIP COMMUNION
AT THE CHAPEL OF EASE, BOTESDALE 11:00



Fifth Sunday of the Month
UNITED SERVICE WITH
PARKVIEW CHAPEL AND METHODIST CHURCH
10:30 / 11:00
Venue TBC as each church takes turns to host
BOOK OF COMMON PRAYER HOLY COMMUNION
9:00-10:00
At the Chapel of Ease, Botesdale

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Parish Church Advent and Christmas Events/Services

Advent Coffee Morning

27th November 10am-12 noon, St Mary's, Rickinghall.

Christmas Decoration Day

Saturday 4th December, 10am-12noon, St Mary's Church, Rickinghall. Further details to follow

Gift Day

Saturday 4th December, 10am-12noon, St Mary's Church, Rickinghall

Family Carol Service

Sunday 12th December, 3pm St Mary's Church, Rickinghall. Further details to follow

Traditional Lessons and Carols Service

Sunday 19th December 2pm, St Mary's, Rickinghall

Christmas Eve

5pm Crib Service All Saints, Redgrave
11.15pm Midnight Communion, St Botolph's, Botesdale

Christmas Day

9.30am Family Communion, St Mary's, Rickinghall

From the Registers

10.10.21	Baptism of Rory Bailey, St Mary's, Rickinghall
16.10.21	Baptism of Freya Foreman, St Mary's Rickinghall