

St Botolph's Bowls Club

Our recent spell of warm sunny days has been ideal for bowling, sometimes the evenings being better than the hot afternoons! But us bowlers are not complaining. The warm weather has encouraged more people to come and have a try on Friday evenings, with all the rinks in use some nights. A number of people have become members and are now joining in club competitions, which are open to all members however inexperienced or experienced.

Fun Friday evenings will continue throughout the summer so please feel free to come down and give it a try. You will find a friendly welcome and a coach and members willing to help you. Afterwards there is a chance to relax in our clubhouse and have a welcome drink.

Fun Fridays start at 6.30 p.m. at the Bowls Green, Fen Lane, Rickinghall, IP22 1DP (opposite the Greyhound Pub). Contact 01379 897251 for more information.

Rosemary Setterfield
Committee Member

Thanks from the open gardens team

The organisers of the 2022 open gardens wish to thank everyone who contributed to this year's successful event. Including the stall holders at the village hall; the poster designer and printer; the people involved with making and serving food, tea and coffee; the villagers who willingly opened their gardens to complete strangers; the general public who enthusiastically looked round the gardens; the children who entered the miniature garden competition, (under 10's- 1st place Tyler Tate 2nd place Alice Bendell Over 10's- 1st place Poppy Bendell 2nd place Amy Tate); And anyone else who had anything to do with raising over £1000 for Macmillan Cancer Support.



**Do you enjoy
ballet?**

See page 32

Community Woodland

We are into the season of fruit picking and I thought you might be interested to know what the fruit trees are in the circle in Northfield Wood.

The following eight trees were donated by Paul Read of Thrandeston and are specimens of apple trees that have been grown in East Anglian's old orchards.

Norfolk Colman, a large, dark red apple, Sept/Oct, not a good keeper;

Isaac Newton, an ancient-looking, knobbly apple, good to eat and cook;

Langton Green, from a tree near Eye, golden yellow, good flavour, best eaten in February;

St Edmunds Pippin, aromatic russet, eat in September;

Beauty of Kent, big apples, eat or cook;

Sandringham, dessert apple for Oct-Dec;

Dunwich Heath, from a tree on Dunwich cliff;

Ross Nonpareil, an Irish cultivar, several huge trees near Woodbridge, this one from Foxburrow Farm.

Donated by Mrs Maureen Chessell of Botesdale, a new apple tree named by her

Suffolk Stiles Pippin

Two further trees planted

Medlar and Quince

There is also a mulberry donated by John Preston, tree warden for Redgrave, but it is not in the circle of trees.

In Miller's Orchard, work is beginning on tidying up certain trees. Some preliminary work had to be done by UK Power first, and this month the felling we ordered will be done by Urban Forestry.

In Low Meadow, the cleavers were easier to pull this year as we did this job well before they seeded last year. It is now time to consider getting the grass mown to encourage wildflowers to flourish. They are increasing, but slowly.

Rosemary Jones,
Botesdale and Rickinghall
Community Woodland
9th July, 2022
01379 890238





C.B. Property Maintenance

T: 07583 932 747

E: cbpromaintenance@gmail.com

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

All aspects of property maintenance considered

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

@c.b.propertymaintenance

@cbpropertymaintenanceservices

KITCHENS BATHROOMS BEDROOMS



Evan Worby
CARPENTRY & FITTING SERVICES

01379 898911 07523 051481
evanworby1@googlemail.com

Also find me on Facebook business page

SEAN ROURKE Carpentry Services

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

07773355061

*All work considered
No job too small
Fully insured*



Desmond Bavington Lowe

07796 294 655

01379 897 287

Email: bavlowe@hotmail.co.uk

**Timber Frame & Period Property
Renovation Specialists**

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

AJW Property Care

- ♦ Kitchen fitting
- ♦ Bathrooms
- ♦ Wet room
- ♦ Shower rooms
- ♦ En-suites
- ♦ Plumbing
- ♦ Tiling
- ♦ Electrical

Anthony Wilson
07968 630325

ajwpropertycare@gmail.com

Over 25 years experience *City and Guilds*
Fully insured
Reliable local and friendly family run company

JAY NICHOLLS
& Co.

Complete Building Service

SPECIALISTS IN PERIOD PROPERTY



01449 781375

07804 957190

RESTORATION



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



ARRDEN VALE KITCHENS

EXCLUSIVE, BESPOKE, HANDMADE TIMBER KITCHENS



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

T: 01449 782062

E: INFO@ARRDENVALEKITCHENS.CO.UK

WWW.ARRDENVALEKITCHENS.CO.UK



SURFACING - CIVILS - UTILITIES

SUFFOLK COUNTY COUNCIL APPROVED CONTRACTOR

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

Walnut Tree Lodge, Garden House Lane, Rickinghall,
Diss, Norfolk, IP22 1EA

Email : Sandra@frankdaveyltd.com

Tel : 01379 898371. Mob : 07940 530955

Club News



The Lore, Language and Healing of Hedgerows - Anne May

The speaker at the June meeting of the Heritage Circle was Anne May, her subject was The Lore, Language and Healing of Hedgerows.

People have used flowers and plants from the fields and hedgerows for medicinal and culinary purposes since time began, and poets have written many verses about their properties.

The plants used can be made into tablets, oils and infusions and some, such as nettles, can be eaten and are a rich source of vitamin C, similar to spinach. Dandelion leaves can also be used as a vegetable, containing Vitamin A, the sap is said to cure warts, and in wartime the ground root was used to make coffee.

Other examples of plant remedies are mallow, made into an infusion for coughs; St. John's Wort to help mild depression, disturbed sleep, and as a charm against witches. Rowan, if planted near the house, will keep witches away. Yarrow was used as a healing plant by Roman soldiers, and is said to stop bleeding. Elder flowers make excellent cordials and the leaves keep flies off meat. A remedy for pain relief still much used today is aspirin which is made from salix or willow.

The speaker ended her talk by giving the audience a recipe for sage tea, which is a very good remedy for sore throats and coughs.

The next meeting of the Heritage Circle will be on Wednesday 24 August at Rickinghall Village Hall when Mike Wabe will talk about *Witches and Witch Hunting in East Anglia*. New members and visitors are very welcome. Further information is available at www.heritagecircle.onesuffolk.net

Angela Bigley



Notes from the Green Redgrave Group

July is a quiet month, best suited to lazy afternoons with a G&T, quietly contemplating what we have done, what we have got and what needs doing in the Autumn. And so it has proved for the Green Redgrave Group. The Autumn will, hopefully, be busy with the planting of trees and bulbs, and carrying on with Green improvements around the Parish more generally.

We had a super Bat Talk & Walk on Tuesday 5 Jul 22 starting at All Saints Church but roaming around the village searching for bats with detectors in hand. Led by Jon Huckle, Redgrave's own resident ecologist, we found quite a lot. The detectors were registering bats of all types, high above the trees and swooping down low over our ponds. Soon we were trying to tell our Pipistrelles from our Brown Long-Eared. A good time was had by all.

There will be no talk in August but in September we plan to have a talk on Conservation Detection Dogs by Steve Gilham who is training to be an Ecologist at the University of East Anglia. He has a pair of dogs that he takes to each presentation to show what he does with them in the name of conservation. The talk will explain how dogs are used and trained to fulfil an important role in conservation and how they are being used to protect the wildlife of Norfolk. This will be a very interesting talk with a practical demonstration all included. It will be held on Tuesday 6 Sep 22 at 1900 hrs. More details to follow in due course.

Our plans for the development of the Old School Playing Field are still on hold a little until we know whether we are going to have to put a Children's Playing Area in here. We are getting quotes for this now. But we are also proceeding with plans for planting in the Autumn and we have been in touch with the Sicon Foundation who have offered to help provide trees and with planting. So we should be able to report something more positive later in the year.

We are still looking for people to let us know what they see in terms of interesting wildlife in the area as part of our citizen science work. We are starting to record butterfly sightings and moths also. Our aim is to have a comprehensive database of the wildlife in the village and to be able to log these in the national iRecord database to make sure that the existence of these (often rare) creatures are logged and noted. You can assist in this task with the recording of any unusual sightings. Our efforts are really valuable in this respect. Please let us know if you see more; details of what, where and when you see wildlife would be helpful.

We are still keen to get enthusiastic volunteers to help us progress our activities. If you want to contribute, or just learn about wildlife friendly activities, then please join us. We would love to hear from you. Contact Andy Warnes (by email awarnes@btinternet.com or on 07478 337331) for more details.

UNDER ONE ROOF

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

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

Fast professional service

Fully insured and all work guaranteed

Call Mark for a friendly visit and a free quotation

01379677027 OR MOBILE 07768636618



Domestic & Commercial

Mark 07703 418120
Redgrave

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

Property Maintenance,
Alterations & Renovations

Specialist Carpentry &
Timber Frame

Project Management

Handyman – hourly charge

Patio & Paving Cleaning

Fully insured & DBS checked

JH BUILDING SERVICES

- ◆ General building work/garden landscaping
- ◆ Carpentry
- ◆ Brickwork
- ◆ Plasterboard/plastering
- ◆ Plumbing
- ◆ Fencing
- ◆ Patios
- ◆ Ground works
- ◆ Roofing - Fascias and soffits

Free quotes and advise

Phone: 07876 626461 / 01379 427033

Email: Jason.a.harris@hotmail.com

CJ Perkins Renovations

C J PERKINS
RENOVATIONS



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

Professional and reliable home renovation service based in Hinderclay.

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

Free quotations

Tel: 07842 915 667

Email : carlperkins001@hotmail.com

DAVID PETTITT FENCING

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

Mobile: 07771 541990

Email: davidcpettitt@gmail.com
www.davidpettittfencing.co.uk



JOHN DUCKMANTON

FOR ALL YOUR BRICKLAYING AND BUILDING REQUIREMENTS

07930 430586 / 01379 788113

CNPCRIG184@LIVE.COM

Paul Jenner



All Jobs

☎ 01379 898 536

☎ 07947 405 670

† To help with all building needs

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

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



MARK FOULGER & SON
CONSTRUCTION

**Brick and flintwork specialist,
other building works considered**

☎ 07768 196516

✉ mark@mfconstruction.uk

🌐 www.mfconstruction.uk

Wattisfield

Nyall's Notes

LOHP Local News

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

"Enjoy your day", the BBC presenter said as he closed the programme this morning. Most people think that we are here to enjoy life and that is what it is about.

A few days ago a man who had planned the operation for some time and made himself a gun, shot a Japanese ex-prime minister. There is evidence that he had planned it for some time, thus knew what he was going to do, and he achieved it. I don't suppose that anyone wishing him, "Enjoy your day," had anything like that in mind. We have had a spate of shootings in schools in the US, again these had been planned and the culprits had achieved their purpose. It is very difficult to get into the minds of such people but I can only conclude that these actions are a recipe against boring rotten lives and I suppose had produced some thrill or satisfaction. I often say to people, "Have a good day." It says more than, 'enjoy it' as it includes have a productive day. Does Putin sit down at the end of the day and say to himself, "I've got three feet more of land for Russia and killed a thousand more Ukrainians and even though I have lost a thousand of my troops, I've had a good day?"

People can enjoy themselves doing good or doing evil. What we are assuming is that people will not enjoy themselves doing others harm. What we would really like though, is for everyone to enjoy themselves doing good.

Someone might say, "I enjoy being a carer." It is an example of a job that does good for others and can produce considerable satisfaction. It may well be very hard at times but a doctor or nurse might enjoy their job for the same reason. They do good and it produces much satisfaction.

Jesus said, "Go the extra mile," and "love your enemies and do good to them." Taking that sort of attitude can produce considerable satisfaction and pleasure in what it achieves. As one would expect, he himself is the finest example for it involved much more than hard work. The Bible says of him, "Who for the joy that was set before him endured the cross..."

He did that, not for himself but for others. Not only did it bring forgiveness to millions but it has given them a future and a future with himself. Thus he now has millions of friends who will forever be with him enjoying eternity. He is now seated at the right hand of God and we can be with him. It was hard, very, very hard but Good Friday was a good day's work.

You can enjoy life doing good or doing evil but you can't enjoy eternity doing evil.

Enjoy your day.

"Let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God."

Hebrews Ch 12 v. 1 & 2



Conservation & Community

'Blackberry-Picking' by Seamus Heaney (1939-2013)

*'Late August, given heavy rain and sun
For a full week, the blackberries would ripen.
At first, just one, a glossy purple clot
Among others, red, green, hard as a knot.
You ate that first one and it's flesh was sweet
Like thickened wine: summer's blood was in it
Leaving stains upon the tongue and lust for
Picking.'*

This is a beautiful poem. I don't have room here to include all of it. Google it (other search engines are available!).

Cuckoos will have left us and the swifts (screeching overhead as I type) will be preparing for their long journey southwards, but the swallows will still be with us, some of them now rearing a third clutch of chicks.

August is probably the best month to see the bigger dragonflies when it's sunny. Small pools will have different species such as hawkers and darters, some flying in tandem, with the female dipping her tail in the water to deposit eggs. When the eggs hatch, the larvae will then spend two or three years maturing in the pond.

The magnificent flowering of orchids and fen plants will be coming to an end but others, such as hemp agrimony and marsh lousewort, will take their place. Butterflies LOVE hemp agrimony!

In early July our 'Festival on the Fens', held to celebrate twenty years of the LOHP, was a great success with close on five hundred people visiting on the day. A huge thanks to the organising committee for their tireless work to make this day such a success. Our special guest, Simon Barnes, ('Rewild Yourself', 'How to be a Bad Birdwatcher') spoke about how 'small' is so important in conservation, so that groups like LOHP can combine with larger organisations like SWT to look after these really important areas of ours.

If you'd like to join as a member or, even better, come and volunteer, go to our website for details. www.lohp.org.uk. If you do, there might be cake!

John McCormack



NEW HEIGHTS Renovations & Maintenance

All domestic and commercial jobs considered
Carpentry and joinery; internal and external painting; roofing; plumbing; plastering; bespoke soft wood and oak timber frame extensions and garden room; and general maintenance

Making maintenance more affordable...

I also offer a 'charge by the hour' service for smaller jobs taking only one or two hours (for example planing a rubbing door, fitting new latches or locks, changing taps; unblocking a sink and much more)

To discuss your job or for a free estimate please contact Spencer
newheights.rm@gmail.com
07470 529023



Find me on Facebook 'New Heights Renovations and Maintenance'

I look forward to hearing from you!

A & O Bow Builders 45 years of building experience



- Extensions
- Conversions
- Refurbishments
- All aspects of building works undertaken

07917192066 / 07376357574

aandobow@gmail.com



THE SUFFOLK SWEEP

- No. 1 for chimney care -

Chimney sweeping Cowl fitting
Stove refurbishment CCTV inspection

07766 235 607

www.thesuffolksweep.co.uk

Anglia Chimney Sweeps

07711 458575

Power sweeping for a thorough clean

Smoke draft test with every sweep

Fully trained and insured

Insurance-recognised certificates

www.angliachimneysweeps.co.uk



CHIMNEY SWEEP ECO SWEEP CHIMNEY SERVICES

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



01359 232335



GREEN BRICK PROJECTS SOLAR ENERGY

- ✓ Utilise your roof space or additional land to reduce and offset current spend on your electricity.
- ✓ Future proof against rising costs.
- ✓ Smart export guarantee (SEG) schemes available. This provides a payment to you for any electricity exported back to the grid.
- ✓ Reduce your carbon footprint.

WE ALSO
OFFER:

- BATTERY STORAGE
- TEST AND INSPECT OF EXISTING SYSTEMS
- INVERTER REPLACEMENT



APPROVED INSTALLER



**ENQUIRE
TODAY**

Call us today to book a no-obligation survey

01379 788 882

greenbrickprojects.co.uk

Painter & Decorator



Internal ~ External
Domestic ~ Commercial

S.C.G. ELECTRICAL

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

01379 741311 or
07792 767869



Paul Parsons Electrical

Rickingham, Diss, Norfolk

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

Tel: 07786 558 510

Part P



Neil Worby OF RICKINGHALL Painter and Decorator

established for over 20 years

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

Tel: 01379 890526 Mobile 07738 156 036

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



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

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

Email:- wjcpainters@outlook.com
Website:- www.wjcpainters.co.uk

G & S Property Services

For all the
maintenance
work you
hate

We can now service, repair
or replace your oil boiler

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

All work considered - No job too small

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



Cheryl Goddard Painting & Decorating

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

Tel: 01379 741311
Mob: 07817 614 883



TAYLORMADE BATHROOMS

Bathroom design and installation specialist.

Kitchen fitting

All aspects taken care of including tiling, flooring & plastering

All plumbing enquires welcomed

Qualified Plumber

Free estimates

Call Robert Taylor

Mobile: 07979 590528

Business: 01359 221 015

www.taylormadebathrooms.co.uk



E&D Boiler Maintenance Ltd



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

Servicing, Breakdowns, Repairs and Installations

All makes covered including:

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



Telephone
01379 898574

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

Exploring the Past

Jean Sheehan, 01379 890237

Elizabeth Craig

The world-famous authority on Health and Food



Photo by Dorothy Wilding

My parents were married in 1938 and my mother's only cookery book was entitled *Cookery Illustrated and Household Management*, edited by Elizabeth Craig. My mother died three weeks before my wedding in 1959 and I inherited the book. By this date it was possible to buy fairly cheap cookery books but I often referred to my mother's book.

I did not give much thought to Elizabeth Craig.

When I moved to Redgrave in 1966 I discovered that Elizabeth Craig lived in St Catherine's, a lovely house in Botesdale, listed as 15th century I discovered later, which appealed to me much more than a cookery book. I later learned much more about Elizabeth and how important she was as a cookery writer.

Elizabeth was born in Scotland in 1883, one of eight children of a minister of the free Church of Scotland. As a child she had to take a wheelbarrow over a mile away to collect stoneground wholemeal flour, white flour and oatmeal and on her return had to bake bread for the family of 10 twice a week. In 1935 Elizabeth wrote an article for *My Home* magazine about bread and her mother's strict views. She also told how bread can be used to pad out other food economically.

She studied at Forfar Academy and George Watson's Ladies College before returning to Forfar Academy to teach. She studied Journalism in Dundee and her first article was written for the Daily Express in 1920. Elizabeth married American Arthur Mann in 1919 who had been a war correspondent during the first world war. She wrote over 40 books on cookery, wine, gardening, needlecraft and household management and recipes from abroad. She also wrote articles for magazines and newspapers.

Although Elizabeth mixed with many famous people and collected recipes, she also seemed to like good plain cooking. One of the articles she wrote about bread in 1935 for *My Home* magazine described her as 'The world-famous authority on Health and Food.' An advertisement in *Family Home* magazine in the same year shows a new oven-to-table glass casserole dish made by Phoenix, claimed to be designed by Elizabeth

Craig, selling for seven shillings and sixpence (37 ½ pence).

Audrey Simonds gave me five books written by Elizabeth, one of which had received a gold medal in Frankfurt in 1956. This book is *Court Favourites, Recipes from Royal Kitchens*, with decorations by Sheila Dunn and published by Andre Deutsch Ltd in 1953, the year of the coronation of Queen Elizabeth the second. Elizabeth Craig wrote in the foreword that she had been collecting unusual recipes and interesting menus since the age of 12.

At a later date she had an Irish friend who was also friendly with a princess. Through this friend Elizabeth Craig was able to see a scrap book of recipes given to Queen Victoria when she was a young girl. It had originally been given to her by Princess Charlotte, the daughter of George the Fourth and Caroline of Brunswick. She was also able to see a leather-bound book given to Queen Victoria in 1831 on her birthday. Elizabeth later received a bundle of these royal recipes copied out and permission granted from the young Queen Elizabeth the second to use them. She was in her seventieth year by the time she wrote this book.

Elizabeth Craig published over 40 books on various domestic subjects in addition to writing articles for magazines and newspapers, and appearances on TV and programmes on radio. She was also used in advertising for food products and related companies.

When she reached her 90th birthday it was Robert Carrier, the famous chef who put Hintlesham Hall on the map as a prestigious hotel, who bought her fourteen red roses. Macdougalls sent her a birthday cake and another friend bought her a bound copy of *Woman's Journal* which Elizabeth had edited for 30 years. Elizabeth's husband, Arthur Mann, died in 1973 but she continued to live in St Catherine's.

Redgrave WI held a member's evening in 1970 when the members had to arrange an evening with a speaker and provide the refreshments. We invited Elizabeth Craig to give a talk which she willingly agreed to do providing we would collect her from Botesdale. After the evening she sent us a lovely letter thanking us for inviting her to our delightful party. She said "The table looked lovely. I ate 7 sandwiches, 1 sausage roll, a wedge of the sponge flan, a great chunk of the chocolate gâteau. Most unusual. I had had nothing to eat since the night before so I was starving."

In an interview with Elizabeth Grice for the East Anglian Daily Times after her 90th birthday, she told her how she had malnutrition when she was young just because she forgot to eat as she was so engrossed in journalism.

Elizabeth Craig died in 1980 aged 97.

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



**Carberry
Plumbing &
Heating Ltd**

Call Jonny 07506 706121

carberryplumbing@gmail.com

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



Oil Fired Pressure Jet Boiler
Servicing & Plumbing



ANDY BACOS

07775 751303

andy.bacos@ntlworld.com

Andy's Oil Boiler Services



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

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

Free non committal quotes

07749315908

chrishoward5@googlemail.com
www.chrishowardplumbingandheating.co.uk

Doug Aiken part of



Appliances Ltd

Telephone:
01449 780398

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

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

Would YOU like to
advertise YOUR
business in
this magazine,
from just £45 a
year?

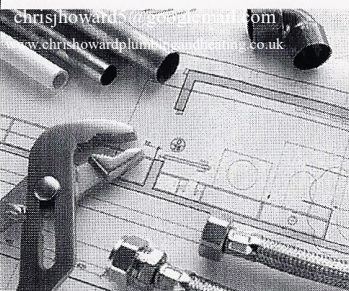
If interested, please
contact

adverts@trbrpa-
rismag@gmail.com

www.gasengineersburystedmunds.co.uk

WILLOWSERVE LTD
Plumbing & Heating Services

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



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

Checkatrade
Where reputation matters



Tel: 01359 259886 • 07771 557937

Email: willowservelt@hotmail.com

www.willowservelt.com

Else Heating & Plumbing

Oil and Gas Installation

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

Bathroom & Kitchen Fitting

Fully Insured

Contact Eugene Else

01379 688183

07787 854923

elseheatingandplumbing@gmail.com



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

Telephone: 01379 783427

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

Exploring the Past Again

Di Maywhort, 01379 898785

Memories of Margaret Hawthorn née Powell



My father was in the army and I had two spells of education at Rickinghall School, once when I returned from Germany and again when I returned from Hong Kong. I remember being punished for playing in the Seniors' Playground with my friend Pat Hill when I should have been in the Juniors' Playground. I was

taken into the Infants' classroom and had to stand in front of the class while Miss Phillips smacked the back of my legs. The punishment I could stand but the embarrassment lasted a lot longer!

We used to play a game called Stoolball on The Meadow. It consisted of a square white board on a pole about head height. The bowler had a type of cricket ball and the aim was for him/her to hit the board to get you out. The bat was round, a little smaller than a tennis racket and the rest of the game was like rounders. It was quite a dangerous game and how no-one was hurt is a mystery. Health & Safety rules were nowhere to be seen in those days!

I remember 4 classrooms; Mrs Phillips had an enclosed room for the infants, Mrs Stewart and Mr Compton shared the main room which was only divided by a wooden screen, and Mr Reynolds taught the seniors in a separate room. When in Mr Reynolds' class we had 20 mental arithmetic questions each morning before we were allowed to sit down. Mr Compton once told us that the world would end by way of volcanos erupting as the earth was boiling in the centre. This fact frightened me for a very long time and I hope I'm not around long enough to see if his prediction comes true.

During our spells at Rickinghall we stayed with my Nan, Louisa Hammond, in Water Lane. We had a weekly grocery delivery by Mr Tom Marshall who ran the village shop. Once a week I used to have to take our accumulator, which ran the wireless, to Mr Marshall's and collect the old one which had been recharged. It was quite heavy and I was pleased that it was only once a week. We also had to collect the milk from the farm opposite Mr Marshall's. We would take a jug and get it refilled from the churn. We didn't have electricity, running water or an inside toilet. Our well was just a hole in the ground covered by a piece of wood so that we didn't fall down. I was never allowed to throw the pail down on a rope in case I went down with it! Every drop of water we used in the house had to come from the well. Thankfully that task was for the grownups but my mother always said it was the best water she had ever tasted. We had to light a candle when we went to bed to show us the way upstairs and we had a Tilley lamp for use in the evenings in the living room.

Monday was wash day and the copper had to be lit underneath to boil the clothes which were then rinsed and transferred to a mangle

through which most of the water was squeezed out. It was heavy-going lifting the wet washing to the mangle. On Mondays, we always had cold meat from Sunday's joint, as there was no time for a lot of cooking, just potatoes and vegetables, which we grew ourselves. We had a large cast-iron range in the kitchen which we cooked on and which we heated the iron on to do the week's ironing. Saturdays were bath days, for which the water had to be heated by, again, lighting the boiler with sticks and coal. We had a tin bath which sufficed for two people, one after the other.

We had a cinema in the Village Hall twice a week, Wednesdays and Saturdays. Mr Compton was the projectionist and the film often broke down and everyone booed while he fixed it. He used to play classical music before the film started and during the interval; I think it was his way of 'educating' us. The front rows consisted of wooden chairs at 3d, the middle chairs were a little better at 6d and canvas chairs, towards the back were 9d. The Village Hall was always well attended but the only film I ever remember that had a queue was 'The Dambusters'.

On Queen Elizabeth's Coronation day there was a fancy dress parade starting from Botesdale right down to Rickinghall Meadow. My friends and I were dressed in red, white and blue crepe paper dresses but it rained and the colours ran into each other and on our faces but it didn't deter us from enjoying the day. All children were presented with a Coronation mug, plate, cup and saucer, which I still treasure.

On certain days a group of girls would go to Miss Carpenter's house in The Street to learn about housewifery. Half the girls would learn how to clean properly, make beds, dust etc., and the other half of the girls would learn to cook a meal which we all enjoyed together when our work was complete. We were even taught how to wring out a dishcloth! The boys all went to the school allotments to learn about gardening.

In the past Rickinghall School educated you from start to finish but in the 50's the Secondary Modern Schools were introduced. If you passed your 11 plus exams you would go to the Grammar School or otherwise the Secondary Modern. Ixworth Secondary Modern School was newly built for this purpose. The schools and the people of the village were split up at this stage which was a real shame but then progress has to happen.

As most people will know, the village is divided between East and West but not in a straight line! In one house in The Street the boundary went through the house and when it came to deciding which school the girls would attend, Eye or Ixworth, they had to state which bedroom the girls slept in! Water Lane, where I lived, had the boundary running through it and the boy who lived opposite me went to Eye and I went to Ixworth. 'Look East' came to film a documentary with Tom Marshall about the peculiar boundaries and is recorded on the *Rickinghall, Botesdale and Redgrave Memories* site on Facebook. The story is hilarious, with Tom Marshall trying to explain the boundaries to the presenter.

With Many thanks to Margaret for her memories.

Quatrefoil's History Day this year will be on Sunday 4th September. The theme will be Memories. As well as photographs there will be memories of life in our villages to listen to and read.

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

J W AMPS LTD

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

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

Collection and delivery service available.

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



Essential Ponds & Landscapes (Rickingham)

*Pond Design & Construction • Pond Cleaning
Organic & Mechanical Silt Control • Plant Control & Removal
Fish & Pond Health Surveys • Full Maintenance Contracts
Natural Pond Specialists
Turf Supply & Laying • Decking • Fencing • Patios
Free Advice • No Obligation Quotations • Fully Insured*

Contact Chris
01379 777365 or 07901 710107

KEVIN EMANS GARDEN MAINTENANCE

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

For more information please ring or email Kevin on
Mobile: 07801 540045
Home: 01953 681198
Email: kevinemansgardenmaintenance@gmail.com

Garden Machinery Service And Repairs

Over 30 years experience
Friendly and reliable

Tel: Nick 07946 183840



ACORN TREES

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

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



Safe & Sound Hygiene and Pest Control

Is your garden over run with Moles ?

Do you have a wasp nest ?

Are your paddocks over-run with rabbits ?

For ALL your Domestic / Commercial Pest Control.

Woodworm treatment available.

No obligation – free survey/quotes.



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

Please call for a chat on 01379788865 • 07809226109 • 07518731106

www.safeandsoundhygieneandpestcontrol.co.uk

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

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

Huckle
Ecology



Call Jon in Redgrave on
01379 890770 or
07496 255050

Email: info@huckleecology.com
Web: www.huckleecology.com



G.G. EVANS

Pest Control Services

07795 177695

01379 608932

info@ggevens.co.uk

MOLES, RABBITS,
WASPS & MORE



S.J. MILLS & SON

FENCING
TURFING
SHEDS
GARDEN CLEARANCE
DRIVEWAYS
BLOCK PAVING

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



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

Seasoned Firewood by the full or half load

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

Redgrave Parish Clerk – Job Vacancy

We need a new Parish Clerk for the Redgrave Parish Council. This is an excellent part-time job for people who are interested in their community and how they can contribute to it. The post is part time, 7 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 Responsible Financial Officer for the Council. Prior relevant experience is an advantage but not necessary: training in all aspects of local government administration, leading to the CiLCA qualification, can be provided. Local knowledge is an advantage. Please contact the Parish Council Chairman at awarnes@btinternet.com for more information.

IN YOUR GARDEN

Enjoying your garden at the moment? Conscious of the words of wisdom from the media gardening gurus, I have been taking time out to stop and enjoy my endeavours rather than just making a mental note of all the tasks to be completed and forgetting to appreciate all the planning and hard work that has gone into creating a beautiful garden that is my haven of peace and tranquillity.

At the time of writing this piece, I am sitting looking out over the garden and enjoying the glorious summer weather we are currently experiencing (Early July to meet the copy date for this edition) Looking around, it is all too easy to focus on the colourful flowering perennials and annuals bringing diversity to the borders, that I tend to overlook the shrubs, relegating them to the role of the poor relation. This is a pity as summer flowering shrubs are great value for gardens large and small and, in mine, provide pleasing contrasts and structure to the mixed borders. Many have a long growing season, too, which provides points of interest throughout the year.

Some have the capacity to bloom throughout the summer and on into the autumn but currently my favourite summer flowering shrub has to include the hydrangeas. They provide an exuberance of lush foliage and huge flower heads with numerous varieties to choose from, with one for pretty much every garden setting.

Another favourite plant is *Spirea japonica*. This flowers from early to late summer and the bees and other flying pollinators adore it. I have it planted alongside a *Caryopteris* 'Dark Knight', whose blue flowers are normally still going strong in late September, and the silvery deciduous foliage is equally attractive.

I support the school of thought that you should grow your plants and shrubs virtually next to each other if you think they will make good neighbours and forget about whether they are shrubs, herbaceous plants or even bulbs. That is why I would never be without a *Weigela* as it is one of the most valuable companions for the plants. It carries an abundance of scented flowers into early summer and then makes its main contribution right into December with pale yellow and variegated foliage.

If you are tempted to buy shrubs now, go for smaller sizes and keep them in pots until the autumn so you can enjoy this season's flowers. Shrubs are best planted in the ground in the autumn so as to give them plenty of time to establish.

Lawrence

Calling all ballet fans!

The Arts Society Diss is starting its new season of talks, beginning on Tuesday 20 September.

We meet at the Corn Hall, Diss, 2 p.m. Our speaker for September, Rosamund Bartlett, will be talking about **Diaghilev and the Ballets Russes**, telling the story of the fabled Company and how artists such as Picasso and Matisse worked with composers and choreographers. Rosamund is currently writing a history of the Russian avant-garde, and regularly contributes to BBC opera broadcasts.

After that, talks will continue on the third Tuesday of the month (except for December):-

18 October: Indians, Buffaloes and Storms: The American West in 19th century art

15 November: "Mind the Gap": Graphic and Poster Design on the London Underground

6 December: The Wind in the Willows revisited through its illustrators

The Arts Society Diss draws its audience not just from Diss but also nearby villages, including Redgrave, Botesdale and Rickingham. Guests will be asked to contribute a donation of £7. Membership for 10 lectures per year is £43.

Do come along and give us a try! More information at: [https:// artsocdiss.org.uk](https://artsocdiss.org.uk)

S.M.C SERVICES

- Garden Maintenance
- Lawn Mowing
- Hedge Trimming (All waste cleared)
- Pond Cleaning
- Pressure Washing, Paths, Patios & Brick Weave

Regular maintenance to one off jobs!

Stop cocks, Internal, External Repaired or replaced + outside taps
Repair burst water supply pipes underground, overground and outbuildings.

All other jobs considered!

Please call Stuart for a free quote on

07765 388882

THE GARDEN ROOM

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

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

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

Would YOU like to
advertise YOUR
business in
this magazine,
from just £45 a year?

If interested, please
contact

adverts@trbrparishmag@gmail.com



Ed Batram
GARDEN

SERVICES

Lawns - Paths - Patios
Borders - Fruit - Vegetables
Pruning - Tree Work -
Hedging Log Splitting -
Fencing Brickwork - Paving
Clearance - Design - Planting
Aftercare

Certificated/Insured
FREE ESTIMATES
Tel : 01379 898203 (home)
07950923696 (mobile)

COUNTRYSIDE, CONSERVATION & TREE SERVICES

Peter Kerry

01359 230100
07792 995483

peterkerry2018@gmail.com

www.cctrees.co.uk



SPECIALISTS IN

Tree surgery
Hedge management
Fruit tree pruning
Landscape projects
Fencing



£5,000,000 public liability insurance

ELITE FENCING & LANDSCAPING

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

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

Your garden projects turned into reality

Treecraft

Kim A. Stebbings

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

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

£5m Public Liability

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

MAGPIE TREE & FENCING SPECIALISTS

Fully
Insured

All Aspects Of
Tree Surgery & Fencing
At Affordable Prices

Call For A Free Quotation & Advice

Carl J Baker
carlmagpie@outlook.com

01379 897143
07717 101660

Would YOU like to
advertise YOUR
business in
this magazine,
from just £45 a year?

If interested, please contact

adverts@trbrparishmag@gmail.com

I have recently been struggling financially, and I don't know how I'm going to afford to feed my family this month. My friend told me I could be eligible for Universal Credit – is this right?

You might be able to get Universal Credit if you're not working or on a low income. You can check if you are eligible by using the webchat at citizensadvice.org.uk/help/claim or calling for free on 0800 144 8 444. The line is open 8am – 6pm Monday to Friday.

Universal Credit has replaced older benefits such as Housing Benefit, Income Related Job Seekers Allowance and Child Tax Credits for most people. You'll get a single payment each month, rather than weekly or fortnightly. You may be able to get extra payments if you:

- look after children,
- work and pay for childcare
- need help with housing costs
- are disabled or have a health condition
- are a carer for a disabled person or you have a disabled child

There may also be other benefits you are entitled to, depending on your circumstances. You can use the benefit calculator to find out at gov.uk/benefits-calculators. If you need help, then Citizens Advice Mid Suffolk can do a benefit check for you.

If you are struggling to buy food, Citizens Advice Mid Suffolk can make a referral to your local food bank. They can also talk through your circumstances to see if there is other help they can provide or anything else you may be eligible for, such as help with your energy bills or school costs.

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.

Mobile Post Office

The Mobile Post Office continues to visit the Parkview Chapel car park on Fridays at 2.45pm - 3.45pm (except bank holidays)

Dubai - Tower Hotel (1)

In early 1994 I was reassigned by my employer, the Consulting Engineer W.S. Atkins, to supervise the construction of a new building called the Tower Hotel in Dubai. As is often the case I knew nothing about the project, and had to rapidly familiarise myself with the available details in the office before catching my flight. The new building was sited offshore, and would be built on an artificial island. When I arrived on site there was a strong Shamal (gale) blowing, and from my office window all I could see was sand to the crest of the beach and, to the horizon, the very disturbed sea of the Persian Gulf (Arabian Gulf if you were an Arab). To my right was the still open Chicago Beach Motel (later demolished) and beyond this building was the site of the Tourist Hotel which was also part of the overall development. To my left was a housing estate known as Chicago Beach Villas.

Chicago Beach is clearly not an Arabic name. It is a reminder that two oil storage vessels had been constructed in a temporary dry-dock on the beach some years before by an American Company.

The Main Contractor's first task was to build a temporary road bridge from the shore to the site of the island. It was a simple structure of precast beams and in-situ concrete slabs supported on tubular steel piles. A casting yard was constructed on vacant ground on the opposite side of Jumairah Beach Road. Construction did not go according to plan because of the unusual number of Shamal events that year. This inhibited the use of a floating crane in shallow water; it was needed to install the bridge foundation piles. Consequently, it was no surprise when the contractor requested permission to construct a temporary rock access road beside the bridge location to remove some of the reliance on floating equipment because of the time being lost due to the weather.

At the island location the contractor had another floating crane and was busy installing the anchor piles that would stabilise the coffer-dam when the centre of the island was excavated to allow the basement to be constructed below sea level.

Another consequence of the windy weather was the need to take the floating equipment further offshore, and moor it so that it could ride out the storm. This was not successful on one occasion as a floating crane broke free from its moorings and started to drift towards the shore. A tug was mobilised but the crew found the erratic movement of the two craft made it too dangerous to attempt to board the crane barge, and we could only watch as it beached itself in front of the Chicago Beach Motel, much to the surprise of the residents.

It must have been the most photographed beached barge in history. A cutter suction dredger was mobilised to the site, and used to excavate the seabed under the shore end of the island site to ensure the whole foundation was at the same level, and exposed to the same wave activity.

A hotel built offshore was a novel solution that produced a large number of rumours in the local ex-pat community. The most popular reason proposed was that a casino was to be installed in the hotel. The rumour mongers totally failed to consider the fact that the hotel would be inside the ten mile limit, and still liable to follow UAE laws. Gambling, like alcohol, was banned at the time. The real reason was much more mundane. The designers realised that the shadow cast by the hotel in the afternoon would "blackout" the pool area of the tourist hotel if the Tower remained on shore. Hence the relocation.

To be continued. JML

THE WINDOW COMPANY WITH A DIFFERENCE!!



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



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



A B S
Home Improvements

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

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

Would YOU like to
advertise YOUR
business in
this magazine,
from just £45 a year?

If interested, please contact
adverts@trbrparishmag@gmail.com

WAVENEY WINDOWS LTD EST.1977

CONSERVATORIES ♦ WINDOWS & DOORS ♦ FACIAS

NIGEL SAYWOOD
Design Consultant
Mob: 07909543905
Show Site: 01379 688488
Home: 01379 640313

SHOWSITE
Blooms of Bressingham
Garden Centre
Diss
Norfolk IP22 2AB

HARDWOOD & COLOURED UPVC AVAILABLE
SEE OUR NEW TIMBER ALTERNATIVE "EVOLUTION" WINDOW

FOR ALL YOUR HOME IMPROVEMENTS.

ABBEGATE WINDOWS

Windows, Doors, Conservatories, Garage Doors, Fascias, Soffits and Hardi-Planking.

**UNIT 3, ENTERPRISE PARK, ETNA ROAD
BURY ST EDMUNDS
IP33 1JZ**

Email: abbeygatewindows@btinternet.com
www.abbeygatewindows.co.uk
Tel: 01284 763244

Assure Financial Partner

R.W. LISTER & SON

MOTOR ENGINEERS

Tel : 01379 898549
Mob : 07775 623778


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

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

Products to the Trade and Retail

**BUILDING
CLOTHING
SHOOTING
AGRICULTURAL**

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

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

SCAM ALERT

CAR INSURANCE 'GHOST BROKING'

Cyber security is essential these days and we all need to be ultra careful when talking to people online, or shopping on a website you are not familiar with - but what about "ghost broking"?

Ghost broking is an online insurance scam run by fraudsters who trick you into thinking you are buying bargain car insurance that in reality doesn't exist or is not even valid, leaving you without any cover at all!

During the last year, The National Fraud and Cyber Crime Centre statistics revealed a 10 percent increase in ghost broking reports, with a third of 17-29 year olds most at risk.

However, the way the ghost brokers operate, anyone could be a victim.

Ghost brokers usually advertise online on money saving websites, particularly aiming to attract young drivers or expensive car owners.

Ghost brokers appeal to drivers by claiming to have a special relationship with legitimate insurance companies and they can help with getting you a cheap insurance quote. They can also offer fake No Claim Bonus certificates. A No Claim Bonus is **not something you can purchase** - it can only be earned. So if you are approached to purchase a No Claims Bonus, it's definitely a scam !

Once you have agreed to proceed and given your payment details to a ghost broker, you'll receive fake insurance documentation normally copied from a genuine car insurance policy but amended to re-sell numerous times to innocent drivers making the policy instantly invalid.

Buying a fake policy could mean you don't have a valid car insurance policy in place. Third Party insurance is the minimum legal requirement to drive in the UK and the penalties for driving without insurance mean penalty points on your licence, heavy fines and even your car being impounded. On top of that, if you are involved in an accident and need to claim, you discover you don't have cover in place !

It can be all too easy to be tempted by the lowest price when it comes to car insurance and that is why the **Insurance Fraud Bureau** encourages drivers to carry out basic checks before committing to buying a new policy.

- Check the broker's website for the Financial Conduct Authority number. If you cannot see it - ask for it. A registered broker will always be able to show you this.
- Be wary if you are asked to contact the broker via WhatsApp to provide payment details. A genuine broker **WILL NEVER** ask you to do this.
- If the broker claims he has set up the policy with a well-known insurer, contact the company to verify you have a valid policy in place.

You can also check your insurance status via the [Motor Insurance Database](#).

If you become a victim of a ghost broker, notify Action Fraud as soon as possible via their website.
www.actionfraud.police.uk/

IS YOUR COMPUTER GIVING YOU HEADACHES?

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

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



Microsoft
CERTIFIED
Professional



COMPUTER PROBLEMS ??

Call Joe Richards for Windows and Apple Mac at
BAILIWICK IT SERVICES.

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

Tel: 01953 718421 Mob: 07928 326008
Email: help@bailiwickit.com Web: www.bailiwickit.com



COREWEB
DEVELOPMENT

**WEBSITE
DESIGN
AGENCY**

07308 070152
info@cwdevelop.co.uk
www.cwdevelop.co.uk

GREENGAGE
CREATIVE

GRAPHIC DESIGN SERVICES

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

e: greengagecreative@outlook.com

CADE CREATIVE

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

Copywriting/editing/proofreading

Print Buying

For a quote or to see work
samples or testimonials:

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

Coreweb Development

We are a local company based in Botesdale and
Diss focussing on graphics, video and website
design. Working with larger companies we have
learned many skills when it comes to brand
development and our key passion is being able
to use these skills to assist local businesses to
create a brand which stands out to potential
customers through unique graphics work all
the way to bespoke website development and
management.

Rickinghall Business Centre

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

Tel: 01379 898 671
Mob: 07798 501 108
Email: last@rickinghallbc.co.uk
Web: www.rickinghallbc.co.uk

Allwood Green, Rickinghall, Diss. IP22 1LQ



We offer a personal service, locally, with
high street offices in Diss and Harleston

Legal services at a competitive price
for individuals and businesses

www.jackamans.co.uk

Diss 01379 643555
Harleston 01379 854455



Bishop & Miller
AUCTIONEERS VALUERS

Suffolk's International Auctioneer's

Holding over 40 specialist auctions
throughout the year alongside our regular
Mr Bishop series of auctions for items
including antiques, paintings, vinyl,
jewellery & watches, furniture, ceramics,
toys, advertising & automobilia, coins &
military and so much more.

We also hold regular valuation events at our
saleroom in Stowmarket and we offer free
home visits. Contact us to find out more.

www.bishopandmillerauctions.co.uk

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



[illegible][illegible][illegible]

- [illegible]

[illegible][illegible][illegible][illegible][illegible][illegible][illegible][illegible][illegible][illegible][illegible][illegible][illegible]

August/September Church Notices



Message From Mel

@rbrchurch
mel@rbrchurch.org.uk
01379 452702



Hello everyone, x

It's the summer holidays and the new academic year is around the corner. My oldest boy starts school. I look at him and see how big he is. I'm reminded that time goes so fast. I need to try and enjoy each day that life brings me with my children, whatever we do and whatever new things we enjoy together as a family.

I hope you can enjoy the holidays this summer, but if you get stressed or things get tough, know that we are here for you as a church and community. I love a good playdate. Just connect with me/us using the details above.

Breakfast Church on August the 28th is a picnic in the Rickinghall playground and we're back to in the Village Hall September the 25th.

God Bless you lots and see you soon 😊 Mel



Short Note to Mums

In August 1883 Gabrielle Chanel was born. Gabrielle grew up in a convent and she was surrounded by nuns dressed in black and white. She was taught how to sew in the convent, and she tailored her craft and dreamed dreams as she grew up. One day, a friend gave her the money for her own fashion shop in Paris. Gabrielle took up her singing name "Coco" and used it as her fashion label.


Coco Chanel transformed the Little Black Dress, a colour that was normally associated with funerals, to something perfect for a glamorous evening. Many clothes that we wear today, are inspired by Coco Chanel.

What I love about Coco, is that she came from humble beginnings, but she dreamed and she went for it. Coco also had the support of a friend. Her friend gave Coco the boost and opportunity to fulfil her dreams, that's what being a mum is all about. All our children come from humble beginnings, our job is to encourage and help our child to dream. I am inspired by Coco's friend who helped her and lent her the finances for the shop. It's so important to support other women and their dreams. It's so easy to get dragged down by the world. I question myself; what can I do to physically to support and give one of my fellow females a "leg up" and encourage them? Let's cheer each other on in the small, so they can be inspired to go BIG!

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 served from 10.30am.

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

Aug	Sunday 7 th	Service at 11.00am		Sept	Sunday 4 th	Service at 11.00am
	Sunday 14 th	Service at 11.00am			Sunday 11 th	Service at 11.00am
	Sunday 21 st	'Coffee On A Sunday' service 11.00am.			Sunday 18 rd	No Parkview service
	Sunday 28 th	Service at 11.00am			Sunday 25 th	Service at 11.00am
Events	Coffee on the Corner		Tuesday 9 th August 9:00am & Tuesday 13 th September 9:00am			
PARKVIEW Youth		Junior Church	Sundays 11:00am-12:00pm	Reception-Year 6		
		Junior Friday Club	Fridays 6:00pm - 7:00pm	Reception-Year 6		
		PYP	Sundays 7:00pm - 8:30pm	Years 7-13		
		Senior Friday Club	Fridays 7:30pm - 9:30pm	Years 7-11		

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

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

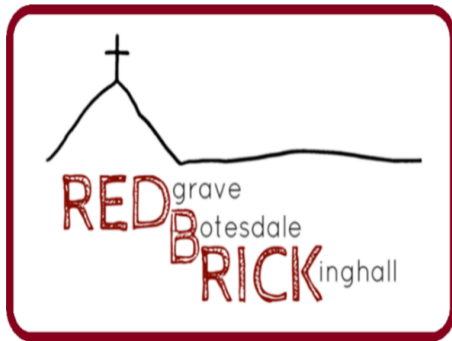
August	Sunday 7 th	Section Service at Diss Methodist 10.45am. No Botesdale service at	September	Sun 4 th	To be advised
	Sunday 14 th	Mr John Brown		Sunday 11 th	To be advised
	Sunday 21 st	Local arrangement		Sunday 18 rd	To be advised
	Sunday 28 th	Mr David Freeman		Sunday 25 th	To be advised

Events

-	Fortnightly Bible Study 10-11.30am. Call 01379 890747 for details and dates. Everyone welcome				
August	Tuesday 23 rd	Coffee Down the Lane 10:00am-12:00pm in the Church. Everyone welcome			
September	Tuesday 6 th	Social Afternoon meeting 2:30pm - 4:00pm (no meeting in August)			
September	Tuesday 27 th	Coffee Down the Lane 10:00am-12:00pm in the Church. Everyone welcome			

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

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



Parish of Redgrave cum Botesdale with the Rickinghalls August & September 2022 Services

Sunday 7th August Trinity 8

Community Worship, 10am, All Saints Church, Redgrave

Pause for refreshments 11.15am

Continue with Holy Communion, 11.30am, All Saints Church, Redgrave

Sunday 14th August Trinity 9

Holy Communion, 10.30am, St Mary's, Rickinghall

Sunday 21st August Trinity 10

Holy Communion, 10.30am, All Saints, Redgrave

Sunday 28th August Trinity 11

Family Breakfast Picnic, 9.30am, Rickinghall Playing field

Holy Communion, 11am, St Botolph's Chapel of Ease, Botesdale

Sunday 4th September Trinity 12

Community Worship, 10am, All Saints Church, Redgrave

Pause for refreshments 11.15am

Continue with Holy Communion, 11.30am, All Saints Church, Redgrave

Sunday 11th September Trinity 13

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

Sunday 18th September Trinity 14

Community Worship, 10am, All Saints Church, Redgrave

Pause for refreshments 11.15am

Continue with Holy Communion, 11.30am, All Saints Church, Redgrave

Sunday 25th September Trinity 15

Family Breakfast Church, 9.30am, Botesdale Village Hall

Holy Communion, 11am, St Botolph's Chapel of Ease, Botesdale

Sunday 2nd October Trinity 16

Community Worship, 10am, All Saints Church, Redgrave

Pause for refreshments 11.15am

Continue with Holy Communion, 11.30am, All Saints Church, Redgrave

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

www.rbrchurch.co.uk 01379 898685

Reminder

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

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

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

Please sanitise hands on entry. Many thanks.

From the registers

24.6.22	Interment of ashes of the late Mr. Kenneth Bryant, St Mary's Church, Rickinghall Died 3.4.22, age 88
5.7.22	Funeral and Burial of Mrs. Beryl Churchyard, St Mary's Church, Rickinghall. Died 12.6.22, age 93
10.7.22	Baptism of Kayden Baxter, St Mary's Church, Rickinghall