

# PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

June 2022



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

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

**Parish Website:**  
[rbrchurch.org.uk](http://rbrchurch.org.uk)  
**St Mary's Rickinghall Inferior**  
[www.stmarysrickinghallinferior.onesuffolk.net](http://www.stmarysrickinghallinferior.onesuffolk.net)  
**Instagram:**  
[@rbrchurch](https://www.instagram.com/rbrchurch)  
**Email:** [revchris@rbrchurch.org.uk](mailto:revchris@rbrchurch.org.uk)

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



Sadly, as I write the conflict in Ukraine is continuing with no end in sight. Regularly we are seeing and hearing about the extreme hardships people are experiencing. Communities and towns are literally being blown away. What we are seeing and hearing is difficult to comprehend. It's hard to know what to do. Our response has been varied, many have raised funds or donated to charities that are working in Ukraine. People have also responded by signing up to the UK Governments scheme, Homes for Ukraine, and I am aware of Ukrainians in our communities, so please accept this as a welcome to the UK and these villages.

We read and hear Mr. Putin being regularly denounced as a brutal oligarch dictator, a war criminal, evil incarnate. He is being compared to Stalin or Hitler. He most certainly has blood on his hands. However, in only demonising Russia's President we risk pushing him further into the darkness, from where even more destruction can be unleashed.

Throughout Scripture, the Bible, the prophets regularly communicated with heads of State, both in person and through letters and emissaries. These communications included intercession, as well as offers of specific counsel, warnings and outright denunciation too.

Jesus also challenged the religious leaders of his day, embodying a way for saving that incorporated active love for and intercession on behalf of enemies.

*"But to you who are listening I say: love your enemies, do good to those who hate you,<sup>28</sup> bless those who curse you, pray for those who ill-treat you." (Lk 6:27-28).*

Jesus' people, the Jews, despised the Romans because they oppressed them bitterly. But Jesus wasn't talking about having affection for enemies; He was talking about an act of the will. You can't "fall into" this kind of love, it takes a conscious effort. Loving your enemy means acting in their best interests. Jesus loved, and still loves the whole world, despite our rebellion against His Heavenly Father, God. A challenge to us all is to work at following Jesus' example by loving our enemies. This is not easy when an invader is destroying your land and killing your people, but the call is still there, love your enemy and give them the same respect and rights as you desire yourself.

The Apostle Paul was often imprisoned by the authorities of the Roman Empire, who had blood on their hands too, because he faithfully told about Jesus. He writes in Romans 12:14 *"Bless those who persecute you; bless and do not curse,"* followed by *"Do not be overcome by evil, but overcome evil with good" (Romans 12:21).* Paul also wrote to Timothy, a church leader, words that are certainly important to heed now.

*"I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people – <sup>2</sup> for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. <sup>3</sup> This is good, and pleases God our Saviour," (1 Timothy 2:1-3).*

We're very good at challenging people, just think of all the protests and petitions that happen daily! Worryingly, Mr. Putin has recently threatened to use nuclear weapons, which would lead to destruction like the world has never known. Can I encourage all to pray for this situation. Certainly now is the time to include President Putin and his political and spiritual advisors, and our own national leaders in our prayers, so *"that we may live peaceful and quiet lives in all godliness and holiness."* As we do this God will hear us, and peacefully His Kingdom will be extended here on earth as it is in heaven.

In our prayers let us also remember the Russian and Ukrainian armed forces, Ukrainian and Russian people, leaders of the Orthodox Churches in both Ukraine and Russia, and may we ourselves engage in active peace making from out of a commitment to prayer as the Apostle Paul urges in Ephesians 6:18.

*"And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people."*

With every blessing.



## No Changes to the Local Services Directory this month

The latest version of the directory is available online at  
[www.stmarysrickinghallinferior.onesuffolk.net/local-information](http://www.stmarysrickinghallinferior.onesuffolk.net/local-information)



### Message from the team

Well the jubilee is finally upon us and there are lots of activities going on in the villages and beyond. See our packed events pages. Let's hope the weather is kind to us and everyone enjoys the celebrations.

As I write the swifts are skimming around above the house ready and waiting for the starlings to vacate the nesting sites in the roof. The first sign of summer I always think.

The PPG article on page 15 has details of wellbeing walks—a chance for people to get together and enjoy the countryside.

Thanks to all our advertisers and contributors as always.

*Charles Murray*

### Contacts

For all editorial content: [editoratrbparishmag@gmail.com](mailto:editoratrbparishmag@gmail.com)

For all commercial adverts: [advertsatrbparishmag@gmail.com](mailto:advertsatrbparishmag@gmail.com)

To advertise events: [eventsatrbparishmag@gmail.com](mailto:eventsatrbparishmag@gmail.com)

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

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

### STUFFING MEETINGS

- **June issue 9 May (Mon)** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **20 May (Fri)**
- **July issue 13 June (Mon)** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **24 June (Fri)**
- **Aug issue 11 Jul (Mon)** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **22 July (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:



There are three types of people in the world

.....  
Those who can count  
And those who can't

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](mailto:www.redgravecommunityshop@gmail.com)

## MICK THE BAKER

Traditionally Baked Bread & Cakes  
(no palm oil or additives)

Open: Wednesday & Thursday 8.30am-2pm  
Friday 8.30am-5pm

Place Farm Shop, Old Bury Road  
STUSTON IP21 4AD  
01379 740003 / 07825 709155



[www.mickthebaker.com](http://www.mickthebaker.com)  
[facebook.com/mickthebaker](https://facebook.com/mickthebaker)

## STAR WING BREWERY

**\*\* FOLK & FOOD SAT 9TH JULY \*\***

### TAP ROOM

Opening Times

Tue - Thu 9am - 9pm  
Fri, Sat, Sun 9am - late

### ONLINE SALES

Click & Collect / Postal Service UK

**AVAILABLE FOR WEDDINGS  
& PRIVATE EVENTS**

For the latest information:  
[www.starwingbrewery.com](http://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	Closed	
TUESDAY	Closed	
WEDNESDAY	2 - 10	
THURSDAY	12 - 10	12 - 2.30 & 5 - 8.30
FRIDAY	12 - 10	12 - 2.30 & 5 - 8.30
SATURDAY	12 - 10	12 - 2.30 & 5 - 8.30
SUNDAY	12 - 6	12 - 3

### Future Events:

**3rd - 5th June : Jubilee 3 Pub  
Beer Festival**

*Shuttle bus between pubs*

**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](mailto:gm@redgravecommunitysociety.com)

**01379 779822**

Please check the website and social media for all the latest updates  
[www.crosskeysredgrave.co.uk](http://www.crosskeysredgrave.co.uk) / Facebook @crosskeyspubredgrave  
Twitter @KeysRedgrave



*Delicious brownie gifts baked in Redgrave!*

**Handcrafted Father's Day treats,**  
celebration stacks, brownie slabs & gift boxes  
(featuring local products) available for  
collection at Redgrave Shop. Please see  
our website for the full range and place  
orders via email.

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

Email [info@brownieandthebean.com](mailto:info@brownieandthebean.com)  
or call **01379 452195** to place an order  
[www.brownieandthebean.com](http://www.brownieandthebean.com)  
[@brownieandthebean](https://twitter.com/brownieandthebean)





**Opens 10 am**  
**Sunday 5 June**  
**Rickinghall Playing Field**



Enter your pooch on the day  
3 Groups:

**Fancy Dress—Royal Theme**

**1 & under/ adult /senior**

**Age groups 0 to 10**

**11-16 & 17-177**

**Just turn up and enter on the day.**



**Prizes include:**

Signed photo Ed Sheeran  
Meal 4 two @ Eye Queen's Head  
Hamper. Farmers' Market voucher  
Fish & Chips for 4 @ Botesdale Fish Shop  
Lots more GOOD prizes

**Competition  
Tent**

**Side Shows**

Splat The Rat; Ski Ball; Bowling,  
Coconut shy; bale toss & more

**Food Stalls  
Bar by The Bell  
with**

**BRUHA+**

**beer**

**Picnic Area  
Park Radio Live!**

**Craft Tent**

**Pre-booked stalls only**  
Enquiries : [rickinghallfair@gmail.com](mailto:rickinghallfair@gmail.com)



**Music by Swervy World**



**Pre booked entry only**  
Enquiries :  
[rickinghallfair@gmail.com](mailto:rickinghallfair@gmail.com)



**Two Groups: Children / Adults**

**Enter on the day**



**To get the latest  
information scan  
this QR code →**



CAVEAT: Information hereon may change without notice! V 1.3 March 2022

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](http://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.
  - Microwave and oven friendly.
  - Free delivery on orders over £10.
  - All meals priced at £3.95 each.
    - 5 Star EHO Rating.

**Order meals or samples by Friday evening  
for Monday delivery!**

**Contact us:** Tel – 01359 269210  
Email: [foxyfoods@outlook.com](mailto:foxyfoods@outlook.com)

Facebook: [www.facebook.com/fairygodmothervegan](https://www.facebook.com/fairygodmothervegan)



Cash & Card Payments Accepted

THE HAZLEBURY KITCHEN  
**REDGRAVE**

*Naturally beautiful and beautifully natural*

**BESPOKE CAKES, CUPCAKES,  
BROWNIES & COOKIES**

Wedding cakes  
Birthday cakes  
Christening cakes  
Anniversary cakes

[www.thehazleburykitchen](http://www.thehazleburykitchen)  
Contact Poppy Sayers on **07557 900857**  
Or [info@thehazleburykitchen.com](mailto:info@thehazleburykitchen.com)  
 @thehazleburykitchen



**Special cakes  
for  
special celebrations**

*Jean Barker*  
**01359 241135**

[www.amazingcakesbyjean.co.uk](http://www.amazingcakesbyjean.co.uk)

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

**If interested, please  
contact**

**[adverts@brpa-  
rishmag@gmail.com](mailto:adverts@brpa-rishmag@gmail.com)**

THE ULTIMATE JOINT AND HIGHWAYS

**FRESH  
EVERY  
FRIDAY**

**BUTCHERY  
& FARM  
SHOP**

**FREE-RANGE  
MEAT & MORE**

Outdoor reared Gloucestershire Old Spot pork  
Slow grown free range chicken  
Free range eggs  
Grass-reared beef as available  
Jams, marmalades, chutneys and pickles  
Freshly baked cakes, pastries, pies & more every Friday

**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](mailto:highwaysgos@aol.com)  
Megan: 07771 752228 Philip: 07887 668445  
[www.highwaysgos.wixsite.com/theultimatejointltd](http://www.highwaysgos.wixsite.com/theultimatejointltd)

Follow us on Instagram & Facebook



*Come to...*

# A Community Jubilee CELEBRATION



## at St Mary's Church, Redgrave

**Sat 4th June**

10am-4pm

Community Exhibition



**Sun 5th June**

10:30am

Celebration Service

Celebrating our villages through history, conservation, and  
community groups.

A variety of games and activities for all ages

Tours of the bell tower, live organ music, and bell ringing.

Children's art and music.

Refreshments available on site.

## Remember - Celebrate - Anticipate

*hosted by*



The **Methodist** Church

*Free Admission*



## 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-Fri**  
 From 7.45am £5.50

**After School Club Mon-Fri**  
 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 2021/2022 £20.00**

**Please contact Paula 07952 961285**  
**botesdaleoutofhours@gmail.com**

## Gentle Yoga

at  
 Rickinghall Village Hall  
 Starting 25th April

Mon 10:30 - 11:30am  
 First class free  
 £45 for a 6 week block

Suitable for all levels  
 of experience

Contact:  
**Pema Clark**  
**07792 613783**  
**yogadhanauk@gmail.com**



## Yoga

at  
 Botesdale Village Hall, IP22 1BZ

Tuesdays 6.45-7.45pm & 8-9pm  
 Term time only

**Join anytime! Risk assessed & Covid precautions taken**

**All abilities welcome**

**£42 for each block of 6 weeks**

**For more information please ring**  
**Julie on 01359 221655 or e-mail**  
**[juliedyoga@msn.com](mailto:juliedyoga@msn.com)**

**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

## QUATREFOIL

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

books are available from:

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

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

**www.quatrefoil.org.uk**



## CARDIO BLAST

Take your Cardio fitness to another level with this mix of aerobic walking workout designed to burn calories fast and leave you feeling energised and motivated.

Starts: Rickinghall Village Hall  
 Thursday 9 June at 6pm  
 £7.00 per class

Please wear appropriate clothing / trainers.  
 Come along or call / text **Jill 07800 639141**  
 Qualified instructor and fully insured

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

**If interested, please contact**

**[adverts@trbrparishmag@gmail.com](mailto:adverts@trbrparishmag@gmail.com)**

# What else is on in June?!

**LIVE MUSIC & FOOD ALL WEEK -END**

**HAPPY DAY ON SUNDAY ALL FESTIVAL ALES £2.50 PER PINT**

**JUBILEE WEEKEND 3 PUB BEER FESTIVAL**

**36 ALES FRI 3 - SUN 5 JUNE**

The Cross Keys Redgrave

The Greyhound Botesdale

The Bell Inn Rickingham

**SHUTTLE BUS BETWEEN PUBS**

**Thursday 26<sup>th</sup> May**

**Tea & Chat**

2:30pm at

The Dutch Barn, Blo Norton

.....

**Thursday 9<sup>th</sup> June**

Hall Mandy Wild will talk on

**How to look good in a Bin Bag!**

Competition : Create a pantomime caption

7:30 pm at Rickingham Village Hall

A warm welcome to all ladies awaits



**theWI Rickingham**  
INSPIRING WOMEN

**"Coffee On the Corner"**

**Parkview Chapel Botesdale**

**9:00am Tuesday 14<sup>th</sup>**

Contact Sue Allen at  
brookview@clara.co.uk / 01379



**FoBHC**

The Annual General Meeting  
of The Friends of Botesdale Health Centre will be held in  
Botesdale Village Hall

**Monday 13 June at 7.30 pm**

**Dr Donald MacEachern** will talk about the future of  
the Health Centre, followed by questions, etc.

Everyone is welcome and refreshments will  
be available – we look forward to seeing you

Take this opportunity to meet up with other  
members, patients, and the FoBHC Committee



## Tuesday 7<sup>th</sup> June 2022 7.00pm All Saints Church, The Street, Redgrave Ben Potterton – Wildlife Gardening

The Green Redgrave Group are excited to say Ben Potterton will be at the All Saints Church, The Street, Redgrave on 7<sup>th</sup> June 2022.

Ben, of Shorelands Wildlife Gardens, Dickleburgh, has worked extensively to promote wildlife and diversity across Suffolk, Norfolk and further afield. His work includes the River Waveney Biodiversity Partnership, Otter Trust and RHS among other organisations.

Ben will be discussing wildlife gardening and how both big & small projects can help the natural world, along with many stories and experiences he has gained along the way.

It will be a fun, entertaining evening of interest, ideas and questions answered.

Everyone very welcome.

Tea & Coffee. Tickets are £3 per person, available on the door.

Please contact [alijspouncer@hotmail.co.uk](mailto:alijspouncer@hotmail.co.uk) for more information or advance tickets.

## The June Farmer's Market

09.00 am–12.30 pm @ Rickingham Village Hall

**Features**  
**Justin's**

**Rickingham Classic Car Show,**  
**Autojumble & Swap Meet**



**Saturday 11 June IP22 1HD**

## MIDSUMMER Event



Come and hear about  
the meaning of life

7.00 pm  
Friday 10 June 2022  
Opposite Garboldisham  
Village Hall IP22 2SE  
Bring A Chair!



## Angles Way Filling Station Midsummer Event

A wonderful opportunity for those of you far and near to bring your family and friends to hear the wonderful news of the true meaning of life.

We will meet in the beautiful field opposite the village hall. As this is an outdoor event, please bring a chair or rug to sit on. Light refreshments served from 7.00pm. Parking and toilet available at the hall. If wet, we will revert to the village hall. More details at :

[thefillingstation.org.uk/station/angles-way/](http://thefillingstation.org.uk/station/angles-way/)  
or  
email [anglesway@thefillingstation.org.uk](mailto:anglesway@thefillingstation.org.uk)

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

# CUT ABOVE

Ladies & Gents hairdressing  
and beauty.

The Street Rickinghall

Open Tuesday-Saturday

TEL .01379 890647

## Reflections

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

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

Telephone Fiona on 07791 073772 or 01379 898789

## EMMA EDWARDS

PROFESSIONAL HAIRDRESSING

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

Evening appointments available.

To make an appointment call Emma on 07900 683649



Facials Massage Waxing  
Manicures & Pedicures  
Lash & Brow Tinting

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

FHT IHBC IHHT

For more information or to book  
your treatment please contact  
Louise

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

07711 524019



## BOTESDALE HAIR PARLOUR

1 Market Place, Botesdale, IP22 1BT

Unisex hair salon

Open - Monday to Saturday  
Evening appointments available

Using Matrix and TIGI Products

Tel: 01379 890900

## SIMPLY BEAUTY

of botesdale



- Rest Relax Rejuvenate
- Massage • Tinting
  - Reflexology • Waxing
  - Jessica Manicures & Pedicures
  - Geleration treatments
  - Beauty Packages, Vouchers & Gifts
  - Professional & Friendly service

TEL: 01379 308338

WWW.SIMPLYBEAUTYBOTESDALE.CO.UK

**Aisling counselling**  
I offer a fresh approach to both  
individual and couples counselling.

This is a place  
'just to be yourself'  
in a comfortable tranquil setting.

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

# What else is on in June?!

## Botesdale & Rickinghall Open Gardens

Sunday 19<sup>th</sup> June 2022 10.30 am – 5.00 pm

Proceeds to Macmillan Cancer Support

A big thank you to everybody who has already agreed to open their garden or run a stall for this very worthy cause, however there is still time to volunteer!

In the past there has been a lovely atmosphere in both villages as people gain new ideas for their own plots or have the opportunity to meet other villagers and explore parts of the area which they haven't seen before.

Tickets (£5), refreshments, stalls and toilet facilities will be available at Botesdale Village Hall. This year there is also a children's miniature garden competition, with prizes.

Rona Walters 01379 308851 / ronaw1@yahoo.com

## RAHOF

(Rickinghall Area Hospice Fundraisers)

present :

### "MIDSUMMER PIMMS IN THE PARK"

with music by **Hexachordia** in Redgrave Park  
by kind permission of Mrs A Topham

**On Saturday 25th June**  
**6.30pm for 7.00 pm start**

Tickets £10 per adult person  
(including a glass of Pimms & refreshments)

Celebrate our Jubilee Summer with Pimms, tasty snacks and music, in a lovely setting overlooking Redgrave Lake

**Tickets from** Paddy Richards on 01379 788010, June on 01379 898827 or from any RAHOF committee member.

*in aid of St Nicholas Hospice Care, Bury St Edmunds*

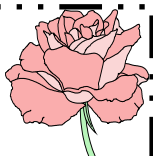


## Redgrave & District Ladies Club

Tuesday 14<sup>th</sup> June

*A visit to Fullers Mill Gardens  
at West Stow*

Meeting at the Activities Centre  
12.45pm for a 1.00pm departure.  
Please pay on the day (£8, cash only)



On 22<sup>nd</sup> June 7:30pm  
at Rickinghall Village Hall,  
the Heritage Circle presents  
a talk by **Anne May :**

**The Lore, Language and  
Healing of the Hedgerows**

New members & guests welcome  
Visit [onesuffolk.co.uk/HeritageCircle](http://onesuffolk.co.uk/HeritageCircle)



## Thelnetham Windmill

will be open between 11am & 4pm  
Sunday 19<sup>th</sup> June (Father's Day) &  
Sunday 3<sup>rd</sup> July (Festival on the  
Fens - Celebrating 20 years of  
LOHP). For more details, see  
<http://thelnethamwindmill.org.uk/>



## Redgrave & Lopham Fen

Regular Events	<b>Wild Tots/Wild Babies</b> See website for details
	<b>Weekend Wildlife Club</b> for 6-11 year olds. 2 <sup>nd</sup> Saturday of the month, 10.30am-12.30pm
	<b>Young Naturalists</b> for 11-16 year olds 2 <sup>nd</sup> Saturday of the month, 1.30pm-3.30pm
	<b>Guided walk</b> Fourth Monday of the month, 10am-12noon. A sociable stroll for adults looking at seasonal wildlife
June	<b>Time to paint</b> Creative & social session for adults. Last Friday of the month, 10am-2pm £5 donation. No need to book
	<b>Weave a willow birdfeeder</b> Saturday 18 June, 9.30am-1.30pm. Create a fat ball feeder from native willow with local craftswoman Jane Kelly £35

**Booking essential for all activities unless otherwise stated. For further details and to book, visit [www.suffolkwildlifetrust.org](http://www.suffolkwildlifetrust.org) or call 01473 890089**

"A PERFECTLY NIMBLE ENTERTAINMENT ABOUT A WORKING-CLASS ENGLISHMAN WHO STOLE A GOYA FROM THE NATIONAL GALLERY. THE PAIRING OF JIM BROADBENT WITH HELEN MIRREN MAKES 'THE DUKE' A MAJOR ATTRACTION."

## THE DUKE

A PRICELESS TRUE STORY

JIM BROADBENT  
HELEN MIRREN

★★★★★  
"ALL RISE FOR  
"THE DUKE"! LOVELY,  
ROUSING, MOVING."  
-JOE BRUNO, THE GUARDIAN

"DIFFICULT TO  
RESIST! EXPERTLY  
CRAFTED AND  
HIGHLY POLISHED."  
-MICHAEL BARBER, INDIEWIRE

"JIM BROADBENT  
WILL CHARM  
YOU SENSELESS!"  
-JENNIFER KING, THE PLAYLIST

"FUNNY AND  
MOVING."  
-OSCARA YOUNG,  
THE HOLLYWOOD REPORTER



**CINEMA**  
at EYE

Friday 24<sup>th</sup> June 7.30pm  
**Eye Community Centre**

Tickets £5 from The Handyman,  
Eye Pharmacy or pay on the door.  
More information at [cinema-at-eye.org.uk](http://cinema-at-eye.org.uk)

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

## P J Music

Wayside Cottage, Chapel Lane,  
Botesdale, Diss

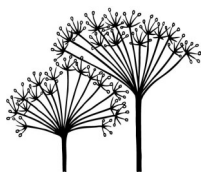
### Music Books, Instruments and Accessories

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

Guitar Lessons Beginners to Advanced

E-mail - [pjmusic@btinternet.com](mailto:pjmusic@btinternet.com)

**01379 890088 – 07968 687011**



## Mo's Companion Services

Our services are tailored  
to your individual requirements

We can provide and assist with:

- friendship • hobbies and interests • chaperoning
- wellness visits • medication supervision
- appointments • shopping • meal preparation
- running errands • household chores and admin
- help in the garden • dog walking and pet care

*More than 20 years' experience  
DBS checked and fully insured*

To arrange a free in-home discussion of how we might help,  
call Andrew on 01379-890562 or 0779 0779 982  
or email [moscompanionservices@gmail.com](mailto:moscompanionservices@gmail.com)

[www.moscompanionservices.co.uk](http://www.moscompanionservices.co.uk)

## STAR WING

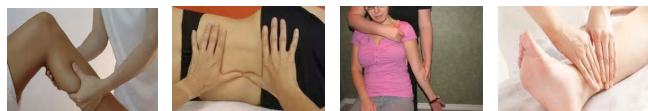
### UPCOMING EVENTS

July 9	FOLK & FOOD
Aug 6	REGGAE BLAST FESTIVAL
Aug 27 - 29	BEER FESTIVAL
Sept 10	SCOOTER RALLY
Sept 17	HOPS 'n' HOGS
Oct 1	HARVEST FESTIVAL MARKET
Dec 2 & 3	CHRISTMAS FAIR

For full details of upcoming events and live music  
visit [starwingbrewery.com](http://starwingbrewery.com)

email: [contact@starwingbrewery.com](mailto:contact@starwingbrewery.com)  
Tel: 01379 890586

Hall Farm, Church Road, Redgrave, IP22 1RJ



## The Bowen Technique

Melanie Coe E.C.B.S MBTPA

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

[mcoebowen@hotmail.co.uk](mailto:mcoebowen@hotmail.co.uk)

[www.dissbowentherapy.co.uk](http://www.dissbowentherapy.co.uk)



**Bowen Therapy Professional Association**

An independent organisation of Bowen Therapists run by Bowen Therapists

## PARISH MAGAZINE

### WOULD YOU LIKE TO ADVERTISE YOUR BUSINESS HERE?

We run 10 issues a year, combining Dec/Jan and Aug/Sep and deliver to 1300 homes throughout Rickinghall, Botesdale and Redgrave.

Also online at:  
[stmarysrickinghallinferior.onesuffolk.net/  
parish-magazine](http://stmarysrickinghallinferior.onesuffolk.net/parish-magazine)

The three sizes of adverts we offer are:

Size 1: 4cm wide x 6cm high - £45.00 per year  
Size 2: 9cm wide x 6cm high - £75.00 per year  
Size 3: 9cm wide x 13cm high - £120.00 per year

Another option would be to place a one-off flyer in the next available edition, at a cost of £75.00.

If interested, please contact

[adverts@trbrparishmag@gmail.com](mailto:adverts@trbrparishmag@gmail.com)

# More Events in June & Beyond

## FINE KNACKS FOR LADIES

A celebration of women and fashion  
in words and music, old and new

**The Shakespeare Singers**  
(former girl choristers of St Edmundsbury Cathedral)

and

**Hexachordia**  
www.hexachordia.com



St Mary's Church, Rickinghall Inferior

Saturday 13th August at 6pm

FREE ADMISSION

Retiring collection in aid of the  
RICKINGHALL INFERIOR CHURCH  
FABRIC FUND



After an enforced gap of two years, we are happy to  
announce that we will again be holding our annual event

**Bringing Local History Alive**

Sunday 4<sup>th</sup> September 2022

10:00am – 4:00pm

Rickinghall Village Hall  
Hinderclay Road IP22 1HD

Further details of the day will appear later in the year on  
the main theme of this year's event – **MEMORIES**.

Please put this date in your diaries for a day full of  
history talks, displays of photographs, old documents  
and maps and all our local history books for sale.

[www.quatrefoil.org.uk](http://www.quatrefoil.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)**



Suffolk  
**OPEN STUDIOS**

Local artist Gillian Crossley-Holland  
will be opening her studio the  
weekends of 11/12, 18/19 and 25/26  
June 2022 from 11am to 5pm.  
You are welcome to visit and see her  
paintings and prints of the local fens  
and the North Norfolk coast.  
Cards, prints and books also available.



Church Farm Barn, The Street, Rickinghall IP22 1EG  
[gillian.crossley-holland.com](http://gillian.crossley-holland.com)

Friends of St Mary's Church will host the Food Museum's  
Touring Exhibition at Rickinghall Village on June 25th.  
Enquiries to Jean Sheehan 01379 890237



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

### FOOD STORIES

TOURING EXHIBITION APRIL - JUNE 2022

THE FOOD MUSEUM IS COMING TO YOU!



An exhibition celebrating  
East Anglian recipes,  
cooking, farming  
techniques and dialect  
words.

Explore objects from our  
collection and listen to  
historic sound recordings  
about food and farming  
memories.

WE'D LOVE FOR COMMUNITIES TO GET INVOLVED IN A NUMBER OF WAYS...



VENUE: RICKINGHALL VILLAGE HALL  
DATE: 25th JUNE 2022  
TIME: 10am - 4pm

TO FIND OUT MORE SCAN THIS QR CODE  
OR VISIT [FOODMUSEUM.ORG.UK](http://FOODMUSEUM.ORG.UK)

FOOD MUSEUM MUSEUM OF THE EAST ANGLIAN THE HEADLEY TRUST HERITAGE FUND UNIVERSITY OF LEEDS

## Motocross Wattisfield Hall



Wednesday 29<sup>th</sup> June – Evening Solos - 5.45 pm start  
Sunday 18<sup>th</sup> Sept. – Solos - 11.30am start  
[www.dissmcc.co.uk](http://www.dissmcc.co.uk)

Botesdale Methodist Church

"Coffee down the Lane"

Tuesday 28<sup>th</sup>



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

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

If interested, please contact  
[advertsatrbrparishmag@gmail.com](mailto:advertsatrbrparishmag@gmail.com)

## The Foot Health Clinic

in the comfort of your own home

Professional treatment of foot related discomfort  
including:

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



Call David today for an appointment on 07503091122

David Casey  
SAC Dip.FHPT.FHPP.



### Experienced Reflexologist in Rickinghall

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

**Lisa Howlett MBRA**  
(Qualified 1999 Bayly School of Reflexology)

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

For more information and advice or to book an appointment  
please call Lisa on  
**07989 565210 or 01379 898028**

## RUTH WALTERS MCFHP, MAFHP

Medical and Cosmetic Foot Health Practitioner

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

Other treatments include:

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



**01379 452412 or 07595 177910**

[www.ruthwalters.co.uk](http://www.ruthwalters.co.uk) • [ruthwaltersfeet@gmail.com](mailto:ruthwaltersfeet@gmail.com)

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

**b**  
**botesdale dental**  
PRACTICE & IMPLANT CLINIC

Your local,  
family run  
**Dental  
Practice**



Tel: 01379897176  
Email: [reception@botesdaledental.co.uk](mailto:reception@botesdaledental.co.uk)  
Botesdale Dental Practice, Holly Close,  
The Drift, Botesdale, Suffolk IP22 1DH

Find us on  
[www.botesdaledental.co.uk](http://www.botesdaledental.co.uk)



**Denplan**  
Part of Simplyhealth



### House/Pet Sitting Service

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

### DOG WALKING & PET CARE

Dog walking, companion visits, cat feeding, small animal care.



Here to take your pet care  
worries away.....

PINK'S POOCHES & PET CARE  
07778114094  
[pinkspooches@gmail.com](mailto:pinkspooches@gmail.com)  
f Pinkspooches

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

If interested, please  
contact

[advertsatrbrparishmag@gmail.com](mailto:advertsatrbrparishmag@gmail.com)

**BOTESDALE HEALTH CENTRE  
PATIENT PARTICIPATION GROUP (PPG)  
WELLBEING WALKS**

The Botesdale Health Centre Patient Participation Group have been organising their Wellbeing Walks since 12 April 2022 in conjunction with One Life and our Botesdale Social Prescriber. The Walks have been much welcomed by 'clients' - namely any Patient of the Health Centre who is recovering from an illness, feeling isolated since COVID, or just wanting to get back to regular walking exercise.

The Walk is about 1/2 hour (2,000 steps) every **Tuesday at 10 am**  
**from Parkview Chapel Botesdale.**

If you would like to join in, please just turn up - or if you would like further information, please contact the PPG via the email or mobile below. Refreshments and chat follow the Walk.

## QUICKLY ACCESSING THE RIGHT CARE

Receptionists are now trained as Care Navigators. This means that it could be suggested by the Receptionist that for symptoms which are presented, the Patient may be directed to see one of the range of Professional Specialists resident at the Health Centre e.g. a Physiotherapist or a trained Health Worker for say a condition related to Mental Health. The Professional may be the most appropriate person to assist you. They will work in conjunction with your GP. This system will assist the speed of treatment.

The speediest way to contact your GP if you have access to a smart phone or online facility is to use the online form EConsult which can be found on the Botesdale Health Centre Website. There are two forms one for Administrative queries and one for Medical Conditions.

The form is sent online to a GP (Medical EConsult) who decides the appropriate course of action for the condition, and you will receive a speedy response from the Health Centre. The EConsult form can be completed by the Patient, at their convenience, at any time of the day or evening. The Administrative EConsult form will be acted upon speedily by the Administrative Team.

The above EConsult process frees the phones for those Patients who do not have access to an online facility. Please note - the phone calls in the mornings re appointments are answered by a Team from the Health Centre. Therefore, if you are say 20th in line for your call to be answered - a response will be quite speedy, as response to the calls is shared between a number of people.

The Health Centre has found it increasingly difficult to recruit Reception staff in the NHS. In some cases the recruitment of Receptionists has been adversely affected by Patients not understanding or respecting the Receptionists Care Navigation role. We recognise that Patients are often feeling stressed by the events that require them to contact Reception and we have been asked to request your support to exercise the best behaviours of courtesy and patience.

XX

If you are interested to learn how The Patient Participation Group assists Botesdale Health Centre (all Health Centres are required to have a Patient Participation Group now) please do contact [botesdaleppg@gmail.com](mailto:botesdaleppg@gmail.com) or 07787 148947



## Notes from the Green Redgrave Group

This month's usual meeting of the Green Redgrave Group was moved to accommodate the first of our planned series of talks by wildlife experts from around the county. So, on Thursday 5 May 22 we heard from Paula Baker of Suffolk Prickles hedgehog rescue about her activities, together with her husband, to save hedgehogs around Suffolk. The talk was inspiring and humbling in equal measure, showing how much can be done by a dedicated team of volunteers determined to help nature recover. The meeting was extremely well attended and generated much interest from around the Parish and beyond. The Hedgehog Prickles charity works hard to help the animals recover from devastating injuries and then to release them where possible back to the wild; it deserves all our support. See the charity's website at <https://suffolkprickles.org/> for more details of how you can support it.

Our next talk is planned to be on the subject of Gardening for Wildlife and is scheduled for 7 Jun 22.

Our campaign to provide additional homes for wildlife has been very successful with all of our bat boxes and swift boxes now allocated and erected. Hopefully the bats and swifts will start to use them soon. We may look to get additional boxes if the demand is clear. Please let us know if you would like us to get more for deployment around the village.

The first turtle doves are back in town! These critically endangered creatures have been long-term residents of Redgrave and the surrounding area but their numbers have gradually been dwindling. We are now giving them supplementary feed and our plans to improve their habitats will hopefully help stabilise or perhaps even increase their numbers in future.

We are continuing our Citizen Science work and logging wildlife sightings in the iRecord database. We are engaged particularly in monitoring the area near Ladies Bridge on the footpath between Redgrave and Hinderclay and recording the sightings there. And we have logged a wide variety of creatures in a short period: these include lapwings, linnets, reed buntings, skylarks, yellowhammers, little owls, kestrels, oystercatcher, mallards, whitethroats, brown hares and many others. This is exciting and shows what a rich area for wildlife we live in. 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](mailto:awarnes@btinternet.com) or on 07478 337331) for more details.

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

Carpet cleaning  
Upholstery cleaning  
Hard floor cleaning  
In homes and businesses



Crystal Clean Services  
**Mark Underwood**

01379 678806

07984 648296

info@crystalclean.services



## Ixworth Court Dementia Care Home

Ixworth Bury St Edmunds IP31 2HD



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

**Leafcare**  
HOMES

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

# Turrell

**Cleaning Services**

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

Tel & Fax: 01379 687751

Mob: 07801 398247

www.turrellcleaningservices.co.uk

## DIRTY OVEN??

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

**OVENCLEAN**

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

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

## RICKINGHALL IRONING SERVICE

And More



Free collection/delivery  
within 3 miles of Rickingham

Please call Ruth  
01379 890506  
0751 7039 685

Prices available upon request

**Transport**  
(Hospital/Doctors etc)

**Shopping**



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

**If interested,  
please contact**

**advertsatrbrprishmag  
@gmail.com**

## TIME FOR YOU™

DOMESTIC CLEANING

**Are you tired of cleaning?**

We have the right cleaner  
waiting to help you.

Typically £14 per hour



**Regular - Weekly - Cleaner**

01359 258991

www.timeforyousuffolk.co.uk



## Shine n Clean

Residential and commercial window cleaning.

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

**01359 259376**

email shinenclean@mail.com



# Botesdale Parish Council

Leeann Jackson-Eve



## Report from the May 2022 Botesdale PC Meeting

Three members of the Parish Council were present for the meeting. This was the PC's annual meeting in which the PC votes in a Chairman and Vice-Chairman as well as deciding on individual councillors' roles in representing the local community.

William Sargeant was returned as Chairman again this year as was Des Bavington-Lowe as Vice-Chairman.

This year councillors took responsibilities as follows:

Assets Register: Cllr Des Bavington-Lowe

BARWOODS: Cllr William Sargeant

Public Rights of Way: Cllr Simon Dickinson

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

Cllr Sargeant

Village Hall: Cllr Andy Edwards

Website/Facebook: Clerk

Councillors' details will be on the telephone list included in the parish magazine and on the PC's website at [www.botesdale.onesuffolk.net](http://www.botesdale.onesuffolk.net)

**Planning:** There was a re-consultation application for an extension to 8 Park View with revised information on materials. As with the previous application, there was no objection. There was also an application to remove the limb of a tree at Chapel House, to which there was no objection.

**Recreation Ground Project:** The Project is on its way with the start of preliminary work such as safety fencing and the removal of old equipment. Please see below for more information and look for the flyer for the Community Art Project within this magazine.

**Correspondence:** Councillors received information about the East Anglia Green briefing about the 400 Kv power line transmission project. The preferred route runs just west of the Thornhams and east of Gislingham then up through Wortham and Burgate to Norfolk. Public consultation started on 21<sup>st</sup> April and runs until 16<sup>th</sup> June. You can find out more at [www.nationalgrid.com/east-anglia-green](http://www.nationalgrid.com/east-anglia-green)

**PC Items:** The PC has agreed to ask Mid Suffolk District Council to advise on the feasibility of merging Botesdale and Rickinghall Parish Councils under an ongoing Community Governance Review. Councillors also adopted a new Councillor Code of Conduct which sets out general principles of conduct expected of all councillors.

**End of Year Finance:** The accounts have been agreed, ready to be sent to the External auditors. The Internal Audit for the year 2021/22 confirmed that the Council maintains effective governance arrangements including a robust and effective framework of internal control and risk management.

**Litter Pick:** A big thank you to everyone who came out for this year's litter pick!



## Botesdale Recreation Ground

### A Place for Everyone

One of the main drivers behind the Project to regenerate the Recreation Ground was that the existing equipment served only limited groups within the Community. We set out with our designers to provide facilities and experiences that would benefit everyone in our Community at every age from toddlers through to seniors.

A major omission in the existing Recreation Ground was the lack of facilities for people with disabilities. The infrastructure of the new scheme addresses the omission and is specifically designed to make the whole area more user accessible with dedicated disability parking at the entrance, linked to a network of step free pathways providing ready access to all of the new facilities.

Specific disability considerations include lots of easy access benches and seats, wheelchair accessible play equipment, accessible fitness equipment and an eco-path with sensory features.

We hope that you will take full advantage of all of the Recreation Ground's features when it opens in Spring 2023. In the meantime, please keep up to date with progress on the Botesdale Parish Council website at <http://botesdale.onesuffolk.net/recreation-ground/construction/>

If you want to know more about the Project or are keen to get involved with its establishment as a major recreational facility in the village, please do not hesitate to contact us at [botesdalergp@gmail.com](mailto:botesdalergp@gmail.com)

## THE NEXT BOTESDALE PARISH COUNCIL MEETING WILL TAKE PLACE ON

**MONDAY 6th JUNE**

**at 7.00 pm**

**at Botesdale Village Hall**

**All residents welcome**

**[www.botesdale.suffolk.gov.uk](http://www.botesdale.suffolk.gov.uk)**

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

**Tel : 01379 890 141**

**Email : [botesdale\\_pc@btopenworld.com](mailto:botesdale_pc@btopenworld.com)**

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

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

## UPHOLSTERY

### Dining chairs in need of attention?

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

1000's of fabrics and leathers to  
choose from

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

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

## ROSE UPHOLSTERY

Trevor & Clare

01379 890890 / 01359 221879  
07791 853367

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

Also find us on Facebook  
and Instagram - roseupholstery

## EDMUNDS & CLARKE

FURNITURE

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



### Indulge In Some Retail Therapy

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

**ECFURNITURE.CO.UK**

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



**FREE  
Parking**



## Willow Upholstery

Providing a full upholstery service  
Please call me, I'd love to hear from you!

**07394 544588**

Or browse my website  
Willow-upholstery.com

## D.A.R SERVICES LTD



Based in Rickingham  
Repairs to all makes and models of  
domestic white goods

**01379 898062  
07957 342323**

## PICTURE FRAMING BY CAROLA SETTLE

Quality mounting & framing of prints,  
photographs, paintings, embroideries etc.,  
at competitive prices.  
Friendly advice & professional service.

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

## DOROTHY SINFIELD UPHOLSTERY

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

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

FOR PERSONAL ATTENTION  
CALL 01379 668545

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

If interested, please  
contact

adverts@trbrpa-  
rishmag@gmail.com



# Redgrave Parish Council



## Redgrave May 2022 Report – by the Chairman

Five Councillors attended this meeting with apologies accepted from Brian Andrews and Netty Verkroost. Three members of the public were present. This was the PC's annual meeting in which the PC votes for a Chairman and Vice-Chairman as well as deciding on councillor roles to represent the local community. Mike Denmark, this year's Chairman and Jason Walker, the Vice-Chairman, both said that they wished to stand down from their roles. Andy Warnes was voted in as the new Chairman and Mike Denmark agreed to stand as Vice-Chairman and was voted in to that position.

**Public Forum:** The organisers of the Redgrave Queen's Platinum Jubilee event, to be held on Friday 3 Jun 22, outlined their plans for the day including for closing off the road, and arrangements for food, drink and music. The Cross Keys Pub was to be used as the venue in the event of wet weather. It was anticipated that around 300 people might attend, depending upon the weather. The event would also support the Ukraine Appeal. The PC agreed to allocate £315 to help fund the event.

The Tree Warden noted that he had agreed to a scientific survey of the Old Pit site (recently planted up and named Redgrave Wood) by a student at the UEA who was researching damage to plants by wildlife.

County/District Councillor Jessica Fleming was unable to attend the event. However, she had forwarded a briefing for National Grid's East Anglia GREEN 400 Kv power line transmission project, the preferred route for which had only recently been announced. It runs just west of the Thomhams and east of Gislingham then up through Burgate and Palgrave to Norfolk. Public consultation has just started as of 21st April and runs until 16th June.

**Planning:** The PC considered 2 Planning Applications. The first was to vary house designs on the new construction site on land west of Hall Lane in accordance with revised diagrams. The second was for the erection of a single storey rear garden room extension and associated works at Well Cottage on Half Moon Lane. Both applications were agreed.

**Activities Centre Site (Redgrave Recreation Ground):** As part of the ongoing discussions with the landowner of the Redgrave Recreation Ground, Llanover Estate, we forwarded an outline proposal for the development of the land surrounding the existing Redgrave Recreation Ground to Llanover on 14 Apr 22. This proposal had been agreed with interested parties in the village. We await a reply from Llanover. It is expected that this document will be the basis for more detailed discussions in a meeting with all interested parties.

**Neighbourhood Plan:** The Mid Suffolk District Council has just announced that it hopes to hold the Referendum on the Redgrave Neighbourhood Plan on Thursday 7 July 22. We await formal confirmation of this date.

### Green Redgrave Group:

**Old School Playing Field (OSPF):** We are waiting to hear if the request for funding of the pond and wildflower meadow activities in the OSPF has been approved by the MSDC before the next stage of work starts on the OSPF.

**Save Our Suffolk Swifts!** Swift boxes have now been installed around the

village. We await the return of the birds!

**Turtle Doves:** The first of the turtle doves has also returned. We hope that the measures we are taking will make this a welcoming home for many turtle doves in the future and help the recovery of this endangered species.

**Bat Boxes:** All 12 bat boxes have now found new homes and are deployed around the village. Hopefully, we will see evidence of their being used this season. The Green Redgrave Group is planning a Bat Walk and Survey later this summer.

**Saving Suffolk's Hedgehogs:** We had an extremely successful talk in the Redgrave Amenities Centre on 5 May by Paula Baker of Suffolk Prickles Hedgehog Rescue. This was very well attended and much interest was generated. We have also had the first Green Redgrave Group's hedgehog release this month with an orphan hedgehog set loose in the village together with box and feeding station. This release has been recorded on the national hedgehog map.

**Footpaths:** The Green Redgrave Group has agreed to take over the responsibilities of Footpaths Officer. A survey of the status of footpaths and associated fingerposts had been started and would be ongoing. The initial results of this survey had been added to the Suffolk County Council Public Rights of Way website.

**Internal Audit Report:** The Internal Audit of the Accounts for the Parish for the Year Ending 31 Mar 22 had been completed and the Report presented to the PC. Six recommendations were made in the report. The PC accepted these recommendations and will take measures to implement them. The PC also agreed the Annual Governance Statement and the Accounting Statements for 2021/22.

**Vacancies:** There is still a vacancy for the position of Councillor. In addition, there is now a vacancy for a new Parish Clerk. Please contact the Chairman if you are interested in either of these positions.

Details of Parish Clerk position can be found on page 25.

## THE NEXT PARISH COUNCIL MEETING WILL TAKE PLACE ON WEDNESDAY 1st JUNE

at 7.30 pm

Redgrave Amenities Centre

All Parishioners are cordially invited to attend

**In the absence of a Parish Clerk please contact the Chairman for all matters relating to Parish Council business:**

**Andy Warnes**

**Holt House, The Green, Redgrave, IP22 1RR**

**Tel: 07478 337331**

**E-mail: awarnes@btinternet.com**

## Mobile Library

Rickingham :	Rectory Hill	10.40 – 10.55
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

will be calling: **Wednesday 22nd June, 2022**

## Rooms with a View

Fabrics and Interior Accessories  
Handmade Curtains and Blinds

Jane Churchill, Colefax, Vanessa Arbuthnott  
& many more

Farrow & Ball and Little Greene  
paints and wallpapers

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

INTERIOR DESIGN & SOFT FURNISHINGS

## Karen Lawrence - Basket maker

Commissions welcome

See website for full details

Contact Karen on 01379 890897

[www.karenlawrencebasketry.com](http://www.karenlawrencebasketry.com)

@karen\_lawrence\_basketry

## SALLY SMITH

Made to Measure Home Furnishings

Curtains, Blinds, Cushions,

Curtain Alterations

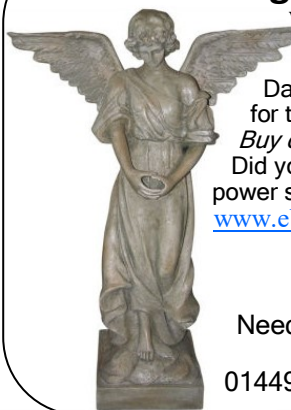
Please contact Sally Smith on 01379 898767

[ssmith091@btinternet.com](mailto:ssmith091@btinternet.com)

The Uplands, The Street, Rickingham, IP22 1DZ

## The garden room

[www.the-gardenroom.co.uk](http://www.the-gardenroom.co.uk)



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

Buy online or at our Suffolk Retail Shop

Did you know we are also an ebay  
power seller? Please visit our ebay store  
[www.ebay.co.uk/str/The-Garden-Room-1](http://www.ebay.co.uk/str/The-Garden-Room-1)

The Garden Room

110 High Street

Needham Market, Suffolk, IP6 8DW

01449 723412 / 01379 898646



## Garnet House Interiors

SOFT FURNISHINGS, FABRIC, CURTAIN POLES,  
WALLPAPER AND DESIGNER PAINTS

CALL 07568 365694

[INFO@GARNETHOUSEDRAPES.CO.UK](mailto:INFO@GARNETHOUSEDRAPES.CO.UK)  
[WWW.GARNETHOUSEDRAPES.CO.UK](http://WWW.GARNETHOUSEDRAPES.CO.UK)

## DJS BLINDS

Blinds ~ Shutters ~ Awnings

email: [djsblinds@outlook.co.uk](mailto:djsblinds@outlook.co.uk)

tel: 07723 354601

[djsblinds.co.uk](http://djsblinds.co.uk)

## Thermally efficient blinds and shutters

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

Call Amanda or Alastair for more information on:

01379 669 209



Village Green

  
Blinds & Shutters



# Rickinghall Parish Council



## Parish Council Report May 2022 by Cllr Geoff Short

Our May meeting had quite a packed agenda and started by the chairman and vice chairman being elected for 2022/23. Geoff Short and Gillian Crossley-Holland were voted in again respectively, so we continue as before with the committee positions being filled as before, too.

We learned of major electricity powerlines required to meet future demand. This will involve pylons being erected in 2027 onwards. They will not come through Rickinghall but will pass north to south in the Burgate area, and it is described as a 'very substantial project'.

The planning section this month contained two sizeable developments in Garden House Lane. The first was for 10 detached houses to the rear of Willowmere. Outline planning permission had already been granted, and this application was to consider the site layout, property design and materials. Councillors had concerns over the restricted road access into the development, and also the actual design of the properties. Whilst the layout on the site looked ok, the properties were of an unusual design and were not in keeping with the Mid Suffolk and Neighbourhood Plan guidelines to keep elevations and finishes matched to those found locally. Consequently we objected to the application as submitted.

The other application was for the 41 to be built on land adjacent to Greenacres. Again the permission had been given for the development; the application before us was to comment on the layout, design and provision of facilities. The architect had attended two Parish Council meetings, and we had made suggestions in the public interest. For example, bungalows would be less obtrusive directly backing on to Ryders Way compared to houses. This would be beneficial to the height of the properties, and we had identified a demand for bungalows. We were pleased to see that bungalows had been incorporated into the layout, and they had also taken up our suggestions to improve the adjoining public footpath and provide a small play area for toddlers. It is quite a walk to Rickinghall or

Botesdale play areas for very small children. The designs of the properties were in keeping, with detailed information regarding materials and finishes, and we were pleased to report 'no objections'.

We agreed to give further consideration under a Community Governance Review to look at merging Rickinghall and Botesdale Councils. This would just be the initial stage, and this scenario has been considered before but has not proceeded. We also adopted the Councillor Code of Conduct and received an auditor's report on our finances.

We had previously discussed a donation of £1000 to the Village Hall to help with the cost of marquees for the Jubilee, and this sum was paid over by the council.

We heard that the major works to the Skate Park are on track to commence the week after the Jubilee celebrations.

Please note that, for operational reasons, our **July** meeting will actually take place a week early, on **Thursday 30 June**.

Members of the public are always welcome to attend our meetings, and we look forward to seeing you.

## RICKINGHALL PARISH COUNCIL'S NEXT MEETING IS ON

**WEDNESDAY 8th JUNE**

**at 7.30 pm**

**AT RICKINGHALL VILLAGE HALL**

**All residents are very welcome**  
[www.rickinghall.onesuffolk.net](http://www.rickinghall.onesuffolk.net)

## Your Clerk is :

**Mrs Leeann Jackson-Eve**  
**Wayside Cottage, Cherry Tree Lane**  
**Botesdale, Diss, Norfolk, IP22 1DL**  
**Tel : 01379 890 141**  
**Email : [rickinghall\\_pc@btopenworld.com](mailto:rickinghall_pc@btopenworld.com)**

**Please contact DURING OFFICE HOURS ONLY**  
**9 - 5PM**

# Village News

## OIL SYNDICATE



The next Oil Syndicate Order will be the summer one at the end of July.  
Final Order Day will be Saturday 23 July.  
As always, e-mail is preferred:

[botesdaleoil@gmail.com](mailto:botesdaleoil@gmail.com)

If e-mail is not available call me on: 01379 890952. Leave a message if nobody answers. I will return all messages within 48 hours, if I haven't done so try again or use a different method.

Messages do get lost. There have been occasions when somebody says they left a message for me, but there was no message on my 'phone and no record of their number having called me, so I must conclude that a message was left on somebody else's 'phone. So, if I have not told you that "You are on the list", you are not.

E-mail, although very useful, is not infallible either, messages can get lost in the ether somewhere. Let us hope that the price this time is a little more sensible than it was for the Spring Order.

David Sloan.

Dear Parishioners .

## Closure to Burials : St Mary's, Rickinghall Superior Churchyard, Suffolk

The Churchyard at Rickinghall Superior has no more grave spaces for burials. In accordance with applicable legislation, we have applied to have it closed to future burials.

I wish to make it clear that the Churchyard will still be open to the public as it is now. Burial of cremated remains may also be allowed providing an appropriate Faculty has been granted.

Please see below the official notice from the Ministry of Justice.

If you do have concerns about the closure for burial, please respond directly to the Ministry of Justice , as below

Reverend Chris Norburn  
Rector of Redgrave cum Botesdale with the Rickinghalls



Ministry  
of Justice

## Closure of St Mary's, Rickinghall Superior Churchyard, Suffolk

Notice is hereby given that it is the intention of the Secretary of State for Justice, acting on an application by the incumbent and churchwardens, to apply to the Privy Council for an Order requiring the discontinuance of burials in the above churchyard.

Provision would be made for the following exceptions:-

- 1 in any vault or walled grave in the churchyard, burial may be allowed but every coffin in such vault or grave must be separately enclosed by stonework or brick work properly cemented;
- 2 in any existing earthen grave in the churchyard, the burial may be allowed of the body of any member of the family of the person or persons previously buried in that grave, but no part of the coffin containing the body shall be less than one metre below the level of the surface of the ground adjoining the grave; and
- 3 in any grave space in which no interment has previously taken place, the burial may be allowed of any person for whom, or any member of the family for which that grave space has been reserved and appropriated, with the exclusive right of burial there, but no part of the coffin containing the body shall be less than one metre below the level of the surface of the ground adjoining the grave.

Any representations about the proposed closure should be sent to the Coroners and Burials Team, Ministry of Justice, 102 Petty France, London SW1H 9AJ (quoting reference CC/MAR/22/031) within 21 days of this publication.

## FAMILY BREAKFAST CHURCH

Botesdale Village Hall

9:30-10:30

FOURTH SUNDAY OF EVERY MONTH  
(EXCLUDING HOLIDAYS)

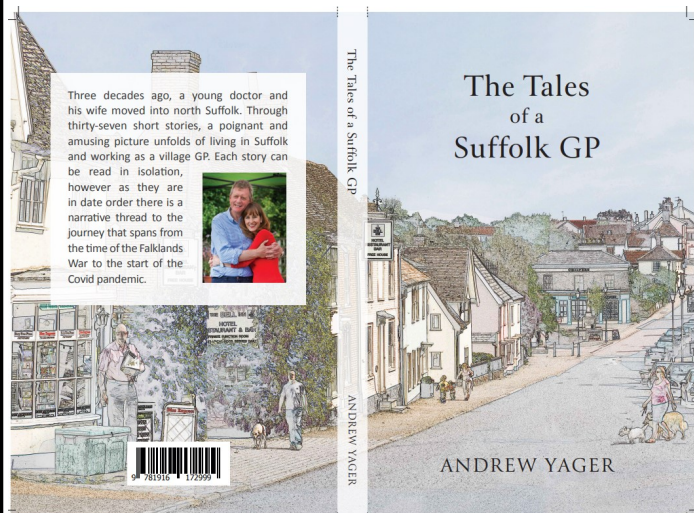


## LOCAL INTEREST BOOK The Tales of a Suffolk GP

**Andrew Yager**

Formerly of Botesdale Health Centre, Dr Andrew Yager moved to Botesdale with his wife Annie in 1986. Through a series of short stories, Andrew tells an amusing and at times poignant picture of working as a village GP and living in Suffolk. Each story can be read in isolation over a cup of tea, however as they are in date order there is a narrative thread that spans from the time of the Falklands War to the Covid pandemic.

The book is available from : Rickinghall Farmers' Market @ Rickinghall Village Hall IP22 1HD on Saturday 14 May & Saturday 11 June and during their opening times from Diss Publishing & Wyken Vineyard.



Dr Yager will be doing a reading at Diss Publishing on Wednesday 1st June at 7pm  
It is on sale for £8 with his profit going to Red Cross Ukraine



## Community Woodland



It has been really good to see all our sites breaking into new foliage; the bright greens of spring are such a delight.

We have worked on Northfield Wood most of the winter and the top of it, nearest the lane, is beginning to look like a wood, not just a new plantation. The apple trees have blossomed well so we look forward to a good crop this summer. And there are self-seeded wildflowers in the circle and under the trees suitable flowers have been planted.

Low Meadow's bushes are clumping together and the trees are growing well. The black poplar, gifted to us, seems very happy among the willows by the ditch. The two benches are in full sun, a nice place to sit on a sunny evening.

At Miller's Orchard a branch fell over the bridleway, and William Sargent kindly cleared it away. Inside the wood, it is a real pleasure to walk along the footpath. Our efforts at opening up the understorey has helped.

The only issue that spoils Miller's Orchard is the unremitting dumping of rubbish that continues - even though one transgressor was identified and penalised! We do have good waste disposal places (Stowmarket, Bury St Edmunds, Brome, even Thetford) not far away. Please use them; take your litter home and dispose of it properly!

Regarding the Queen's Platinum Jubilee, we are not planning to put in a number of trees as we already have a lot to look after. However, we might plant one special tree in her honour. Watch this space!

Rosemary Jones,  
Botesdale and Rickinghall  
Community Woodland  
8th May, 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



SUFFOLK COUNTY COUNCIL APPROVED CONTRACTOR

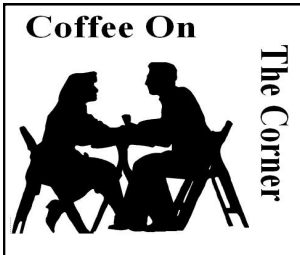
**DRIVEWAYS & DROPPED KERBS  
ENTRANCES AND ACCESSES  
ALL TYPES OF GROUND WORKS  
HOT TAR SPRAYING  
PATCHING / REINSTATING**

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

Email : Sandra@frankdaveyltd.com

Tel : 01379 898371. Mob : 07940 530955

# Club News



As any keen eyed local will have noticed, we have had the blue and yellow bunting and a blue and yellow flag pinned on the front of Parkview Chapel for just over a week, together with advertising posters on the front gateposts ... if you noticed them, I really hope you came along to visit us for Coffee on the Corner. If you didn't notice them, then may I respectfully suggest that a visit to your optician may need to be arranged very soon!

ANYWAY, WHY WERE THE BLUE AND YELLOW COLOURS DISPLAYED? Well, we were hoping to raise some money at our usual Tuesday monthly coffee shop to send to UNHCR (The United Nations Refugee Agency) to support the efforts in The Ukraine. In the usual three hour coffee shop, you will know that our kind visitors normally enable us to send somewhere in the region of £70 to £120 to one of the many fantastic charities that operate to support a wide range of people in need. BUT .... this morning was Coffee on the Corner PLUS and we had a couple of extra stalls selling chocolates, books, plants, preserves and cake - in fact LOTS of cake! I had advertised this extra special coffee morning via posters, door to door leaflets and lots of conversations and thus we were really busy all morning and I cannot say how pleased I was to see so many people chatting, laughing, eating, catching up with friends and neighbours or even people they hadn't met before. At Parkview we hope that we offer a very friendly welcome to visitors to our monthly coffee shop, to those who join in the Tuesday Morning Wellbeing Walks (which take place every Tuesday starting at 10.00 at The Chapel) or indeed to anyone who walks through our doors, especially those who come to worship with us on a Sunday.

Having said all that, I realise that you would like to know how much our kind visitors donated for refreshments, extra cake, bric-a-brac, greetings cards, chocolates or even the "How Many Buttons in the Jar" guessing competition. Well, those of you who know me will realise that I am not often speechless, but this morning's total was jaw droppingly generous ... in all our Treasurers, Helen and Philip Miles, will be sending **£700.00 to UNHCR!!** I cannot thank you enough for your generosity or for the kindness and willingness of the team who help me to run Coffee on the Corner - those who bake, organise, wash up, dry up and put tables and chairs out and then tidy away ... you are all fantastic and I couldn't do it without you. So, if you are flexible enough, give yourselves a pat on the back!

Next month we shall be organising our usual Coffee on the Corner and whilst we won't have the extra stalls, the welcome will be just as warm. So, if you came along for the first time this month, please don't make it the last time - we really value your support and we love to make new friends and acquaintances, which is what I hope Coffee on the Corner will enable you to do, too.

Our charity next month has not been finalised but, in the light of the news about how many people are struggling with the rising costs of fuel, food and other expenses, I am hoping that we will be able to support The Trussell Trust - otherwise known as Food Banks. Whilst we really should be living in a world where food banks are not needed, that is sadly not the case, so all we can do at present is to offer our support financially ... so hope to see you next month on Tuesday 14th June!

Wishing you all the very best,

*Sue Allen*

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

## Redgrave Parish Clerk – Job Vacancy

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 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](mailto:awarnes@btinternet.com) for more information.

## 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](mailto:mskservices@outlook.com)  
[www.mskservices.co.uk](http://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](mailto:Jason.a.harris@hotmail.com)

## CJ 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](mailto:carlperkins001@hotmail.com)

## DAVID PETTITT FENCING

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

Mobile: 07771 541990

Email: [davidcpettitt@gmail.com](mailto:davidcpettitt@gmail.com)  
[www.davidpettittfencing.co.uk](http://www.davidpettittfencing.co.uk)



JOHN DUCKMANTON

FOR ALL YOUR BRICKLAYING AND BUILDING REQUIREMENTS

07930 430586 / 01379 788113

[CNPCRIG184@LIVE.COM](mailto: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](mailto:pjalljobs@btinternet.com)  
[www.pjalljobs.co.uk](http://www.pjalljobs.co.uk)



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

☎ 07768 196516  
✉ [mark@mfconstruction.uk](mailto:mark@mfconstruction.uk)  
🌐 [www.mfconstruction.uk](http://www.mfconstruction.uk)

Wattisfield

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

While, these days, I don't expect people to understand what Christianity is about, I have only recently seen how little people know. They know that there are churches but apart from Church of England ones that stick out and form part of the scenery they know very little and certainly almost nothing of what goes on inside. They don't realise that there are many churches that, looking like normal modern buildings, are all but invisible and almost undoubtedly have no knowledge that many differ in what they believe and teach.

Some will be merely social clubs while others will be enthusiastic believers. Some will have a form of liturgy in that what they do is written down in a prayer book while others might have no written words at all. There should be a common thread although it may in some places have vanished over time. So what is this common thread?

- 1) There is God who has made everything whether by special creation or some evolutionary means needn't concern us at this stage.
- 2) That God is perfectly good and is concerned about us, what we do, and what we say and think.
- 3) We are not perfectly good. We harbour resentment, jealousies and hurts and wouldn't fit into God's perfect heaven. He doesn't want resenting, jealous and hurting people spoiling that perfect heaven.
- 4) God sees that his standard is much too high for us.
- 5) In the person of Jesus Christ, God himself demonstrates that it is possible to meet that standard under extreme conditions, for even when the jealousy of men became such that he was put to death by crucifixion he remained perfectly righteous.
- 6) He offers that righteousness to us as a gift. You either believe that and accept it or you can reject the idea. One way you get to live in his presence for ever, the other way you cannot.
- 7) The death of Jesus Christ on the cross is portrayed as him dying for us, in our place. This is typified by the words of an old hymn:

In my place condemned he stood,  
Sealed my pardon with his blood.

There are many and varied explanations of what Jesus achieved on the cross but the Bible does very clearly say, and I quote: *For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.*

The hero of the story dies a horrendous death by being nailed to a cross of wood that makes it a hard sell. That was the punishment that my wrong doings deserve. It is a concept that is difficult for anyone to accept. We never think of ourselves as that bad. He came through that, completely righteous and without a wrong thought, something we would see as impossible. He will credit that level of righteousness to us who do not deserve it if we believe in Jesus. It seems that we get something for nothing but that is exactly what the Bible says. That is what we call grace.

*"For by grace are ye saved  
through faith; ... it is the gift of  
God."*

*Ephesians Ch 2 v.8*



Conservation & Community

*'Oh what is more sweet than the month of June  
When our senses thrill and our hearts keep tune  
To the song of the birds and the rose in bloom?'*

June, by Lottie Brown Allen (1863-1935).

It's the summer solstice on the 21<sup>st</sup> of this month, when summer should be in full swing. June is all about breeding for the 'residents' of our sites: blue tit young will be searching oak trees for the last of the caterpillars, blackbirds might be on to a third clutch of eggs while their mates feed the chicks hatched earlier, and cuckoos will have laid their eggs in reed warbler nests along the Little Ouse river. Swallows, house martins and swifts will have arrived from Africa and the swifts will be hoping that where they nested last year has not been reroofed so that they can breed there again. Marsh harriers have been spotted over Carr Meadow and red kites over Reeves Meadow and there are a pair of barn owls nesting in the owl box on Carr Meadow so fingers crossed for some chicks!

On our wet sites, look out for meadowsweet, purple loosestrife, birdsfoot and common centaury. A myriad of orchids will be in flower on Middle Fen in Thelnetham - do visit them, they are gorgeous! Dragonflies and the smaller, daintier, damselflies will have emerged along the river and ponds, having spent most of their lives as nymphs in the water.

This year marks our 20<sup>th</sup> birthday so, to mark the occasion, we are holding an event on Parker's Piece in Thelnetham on Sunday 3<sup>rd</sup> July. There is a flier in this magazine all about it. We would love to see you there to join with us to celebrate a wonderful twenty years! Why not come along, have a fun day out and, if you like what you see, you could support us and join as a member. Check out our website for details:

[www.lohp.org.uk](http://www.lohp.org.uk)

Oh, and as a postscript, there will be cake! (and coffee and food and beer and much, much more!),

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](mailto: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](http://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](http://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](http://greenbrickprojects.co.uk)

# Club News

**theWI Rickinghall**  
INSPIRING WOMEN

At our April meeting we had to improvise at the last minute due to our speaker cancelling. This did not deter us, we had quite a lot of business to discuss including our involvement on both days with the Jubilee celebrations on 4<sup>th</sup>/5<sup>th</sup> June and then it was on to playing a light-hearted game of bingo. Our May meeting is our AGM, but again this will be combined with 2 quizzes and refreshments including canapes.

We held our first coffee morning at the Bell Inn on the 28<sup>th</sup> April where 12 of us enjoyed coffee, cake and a good chat. On the 29<sup>th</sup> April Calkewood in Calkewood Lane was open to us for a Bluebell Walk, followed by tea/coffee, amazing cakes and again a good chat. The bluebells were stunning and there was even an orchid and some rare flowers to be seen. Our treasurer enjoyed herself on the swing in the wood. The Open Morning was in aid of Macmillan Research and our hosts Philippa and Rob were pleased to report that they raised £310.



We are actively involved in both days of the Jubilee Celebrations taking part in the Community Exhibition at St Mary's Church Redgrave on Saturday 4<sup>th</sup> June, joining in the church service at St Mary's Church on Sunday morning, and running a bottle tombola stall at the Jubilee Fair at Rickinghall Village Hall on Sunday 5<sup>th</sup> June.

**Rosemary Setterfield**



## St Botolph's Bowls Club



9th April was the start of the bowls season for our club with a lunch for all members and a club bowls drive. We have more drives, competitions, league matches and social events in the forthcoming months. On Friday 22<sup>nd</sup> April we started our Fun Friday evenings so that anyone from all ages could come and have a try at lawn greens bowling. This includes a qualified coach to help new bowlers and bowls equipment is available to use. We have held 3 Fun Friday evenings so far, attracting an encouraging number of people learning and trying out their skills at bowling. Afterwards they have the opportunity to relax at our club bar - a great way to meet new people. We are continuing the Fun Friday evenings throughout the season so please feel free to come along and have a try, enjoying the long summer evenings in a sociable relaxed way. Fun Fridays are at 6.30 pm at the Bowls Green, Fen Lane, Rickinghall, IP22 1DP (opposite the Greyhound Pub). Contact: 01379 897251 for more information.

**Rosemary Setterfield - Committee Member**

## 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](mailto: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](mailto:wjcpainters@outlook.com)

Website:- [www.wjcpainters.co.uk](http://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](http://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](http://www.boilerrepairsuffolk.co.uk)

# Exploring the Past

Jean Sheehan, 01379 890237

## Platinum Jubilee Weekend of Queen Elizabeth II

The local churches comprising Botesdale Methodist Church, Parkview Chapel and the Anglican Church are uniting to present a Queen's Platinum Jubilee Celebration weekend in St Mary's Church, Redgrave, on Saturday 4<sup>th</sup> June from 10am to 4pm. On Sunday morning 5<sup>th</sup> June there will be a Platinum Jubilee service in Redgrave Church at 10.30 am to commemorate the Queen's Jubilee. Two new trees have been planted at the gates of Redgrave Church to replace the trees which died recently. They replaced two Horse Chestnut trees which were planted to commemorate Queen Victoria's Jubilee. The new trees will be dedicated on Sunday 5<sup>th</sup> June.

At Rickinghall Village playing field there will be a Platinum Jubilee Fair organised by various other people, mainly from Rickinghall, on Sunday 5<sup>th</sup> June from 10 am.

Queen Elizabeth II is the longest serving living monarch in the world that there has ever been. I wrote an article for the Parish Magazine in July 2008 about the celebrations for Queen Victoria's Diamond Jubilee in 1897 which follows:

### Parish Magazine July 2008

#### Queen Victoria's Jubilee Celebrations in our parishes 1897.

*I was recently given some pages from old Hartismere Deanery Magazines which give an interesting insight to life in the parishes. This is the plan for Queen Victoria's Diamond Jubilee Celebrations in Redgrave and Botesdale in 1897.*

*"On the 20<sup>th</sup> inst. there will be a special service in connection with the reign of Her Majesty Queen Victoria. It is well known that there is a service in our prayer book for the 20<sup>th</sup> of June. Fortunately, this year it falls upon a Sunday – and this service with suitable anthems and variations will no doubt be generally used. In 1887 we held a service on Jubilee Day, but this year as the Accession Day falls on the Sunday, our National Thanksgiving will be offered on the Lord's Day.*

*In these two Parishes the 22<sup>nd</sup> will be kept as the day of secular rejoicing.*

*As in 1887, it was found impossible for the two parishes to keep their Jubilee together. In some ways this is to be regretted – but it is better to have two good Jubilees than to have only one to which several people in either Parish would not go. There seems a strong determination in each parish to keep the Jubilee joyfully.*

*In Redgrave a very large committee has been elected consisting of R. Alger, Mr. and Miss Berridge, W. Bloomfield, T. Chenery, C. Driver, H. Garnham, H.L. Horsfall, Esq., Mrs. Horsfall, A. Kemp, C.S. Moore, A. Noble, D. Orves, J. Orvice, Mrs. Payne, J. Potter, P. Potter, W.H. Pursehouse, A. Rolfe, J. Staff, Mrs. Thompson, S. Tooth, W. Watling, C. Wells, G.H.*

*Wilson, Esq., Rev. T. Holt Wilson, Mrs. Holt Wilson, Miss. A.M. Wilson, T. Wright, and Mrs. Wright, with power to add to their number.*

*At Botesdale the following were elected as a Committee – H. Boyce, A.E. Claydon, G. Clements, sen., Dr. Hannigan, J. Head., L.R. Rednall, W.B. Rednall, J. Sage, B.S. Taylor, H. Wainwright, G.R.H. Wilson Esq., and Rev. T. Holt Wilson.*

*Subsequently at a meeting of the Botesdale Committee – Mrs. A. Claydon, Mrs. Hannigan, Mrs. W. Rednall, Miss A. Taylor and Mrs. Wainwright were appointed as a Ladies Committee to advise on such matters as they understood better than men.*

*Both Redgrave and Botesdale were divided into collecting districts, and we have not yet heard the result – but a plan of subscription was decided by each Committee entitling to participation in the feast.*

*At Redgrave in 1887 several volunteers erected a booth, but in '97 this will not be needed, as Mr. Horsfall has given permission of the Hall grounds to the parishioners. At Botesdale, Mr. Wainwright has granted the use of Barley Birch – and Mr. Walter Rednall has handsomely offered the loan of timber, &c, wherewith to erect a booth.*

*At Redgrave, in addition to the collection for the Jubilee Feast, an extra column is open for the restoration of the Church Bells. For some years only 3 bells out of the 6 have been in use – and there seems a praiseworthy desire on the part of the parishioners to start a fund for their complete restoration.*

*May the 22<sup>nd</sup> be fine – and may the day be a Happy One !!!.*

*The entry for Rickinghall only mentions the church service, and the following extract. "On the Tuesday following, when all subjects in Her Majesty's Dominions will make holiday and rejoice, the Rector, Mrs. and the Misses Hales will give their annual School Feast to those parishioners and friends who will receive an invitation. The Rickinghall Band will be in attendance.*

*In the Rickinghall school logbook is an entry for Jan 11<sup>th</sup> 1888 which reads:*

*'Today the children witnessed the planting of a horse-chestnut tree at noon to commemorate the Jubilee of the Queen; it is in the churchyard'.*

*When Rickinghall school closed in 1994 this was printed on the tea towel which was designed for the closing of the school to unite with Redgrave C.E.V.C.P. school at Botesdale. Every year this tree blooms with pretty pink blossom and is slightly smaller and hardier than most of the white blossomed Horse Chestnut trees planted for Queen Victoria's jubilees. The tree can be seen next to the path which leads to the gate in Hinderclay Road.*

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'S  
OIL BOILER  
SERVICES**

**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?

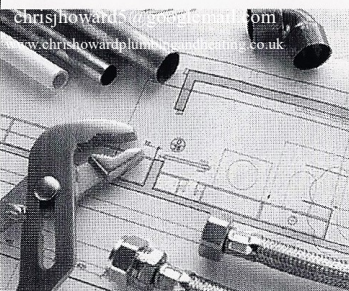
If interested, please  
contact

adverts@trbrpa-  
rishmag@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 growing up in Rickinghall in the 1950s and 1960s from Marcia Bell continued.

The front room was quite small but contained an awful lot of furniture. We had a dining room table and chairs, three piece suite, sideboard and piano crammed into the room. The walls and ceiling were papered and rather than a dado rail there was a frieze running along the wall with a small gap to the ceiling. The floor had a square of carpet, not fitted, as it was the fashion to have stained floorboards round the edges.

There was an open fire in the lounge but we also had a paraffin heater if there wasn't time to light the fire. Upstairs the two bedrooms had rag rugs, as did the kitchen. These were popular during and just after WW2, as to make them you only needed some sacking as a backing and you could use any scraps of material that came to hand. These were cut up into small pieces and sewn onto the sacking. If we had visitors who stayed overnight they would sleep round at my grandmother's cottage, next door but one. She had three bedrooms and so had plenty of room to spare. I often stayed there with one of my cousins from Hertford. We slept in my mother's old room in a feather bed. I loved being there except for one thing - the wiggly things in the water! My grandmother had jugs and basins on wash stands in the bedrooms and would take the cold water from an outside water butt, as was the custom in the country. This water contained mosquito larvae which wiggled around in the water in the basin. You had to dip your flannel in the water and try to avoid these creatures!

Each morning my mother would do housework, baking or washing and in the afternoon we would go out visiting her school friends and their children. There was always someone to play with and I had no problem being an only child.

One of my earliest memories is of a hunt going through the village. Nearly everybody stood on their doorstep in the street to watch the huntsmen and hounds pass through. One hound broke away from the rest of the pack and came into our cottage through the front door. It took a few minutes for a huntsman to get it back and he was really cross. We lived opposite a meadow which was owned by George Bailey, a local farmer, who used the meadow for grazing his cows. Twice a day he would walk the cows down the road to his milking shed at the back of what is now 'The Old Four Horseshoes'. He would sometimes give my grandmother a large jug of milk.

When I was about three I was given a red handbag which I was very fond of, but instead of using it for the normal things you would use a handbag for, I would keep live spiders in it! One day Mrs Murray, our next door neighbour, found me trying to drop in a really large spider and she asked my mother to remove it in case I was bitten!

I started at Rickinghall school at the beginning of the summer term in 1959 but I hated it! I'm not sure why as I had had plenty of contact with other children prior to this. On the first day I crawled under our dining table and clung on to one of the legs, hanging on for dear life! After the first day or two, our neighbour's daughter Sheila Woodward and her friend Brenda Lummis collected me for school.

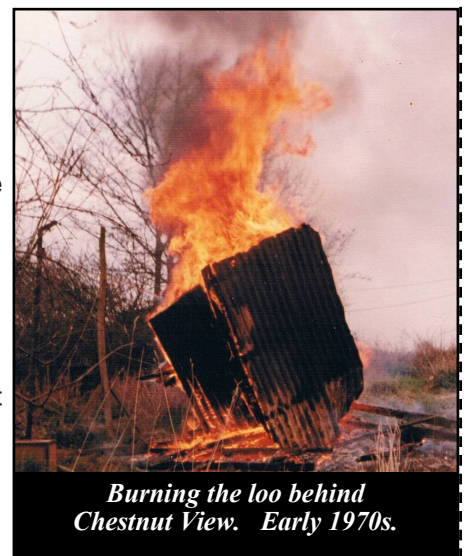
It was essential to learn to ride a bicycle if you lived in a village and so nearly all children started off with a fairy bike with stabilisers. When I was around five years old I was still riding around with the stabilisers on and refused to take them off. My father did take them off and took me out on the road hoping that I would get on it. I was

wheeling the bike down the road when Mrs Florrie Goodwin who lived at North View came out of her cottage and in exasperation shouted out 'Get on that boike maw dew'. I was so scared that I immediately got on and rode it.

I spent a lot of time with Jackie Francis when I was young. We were always in and out of each other's houses. Jackie's grandfather owned the four North View cottages and had a tailor's shop at one end of the terrace. He had retired from the business when I knew him. It is interesting that Mr Francis would never live in the cottage adjoining the shop, but chose to live in another one in the terrace. I believe that is because he thought that it was haunted. Jackie and I used to ride our little bikes along the concrete pad at the back of North View, going up and down the drains. We also had roller skates and would skate up and down the pavement near the cottages diagonally opposite, making a fearful noise. One old dear used to say we were too noisy.

In the summer we would play tennis in the yard at the back of my grandmother's terrace. We would pretend to be Christine Truman and Angela Mortimer, the British stars of the day. 'Sonny' Bullock, the local decorator/undertaker would come once every five years and paint the window frames of our cottages and apply new tar to the old outhouses around the yard. Where Jackie and I had previously played tennis, he would boil up the tar in a large pot and I wasn't allowed to play ball games outside until the tar had hardened. These old buildings were fascinating and very spooky. They consisted of an old clay lump stable range in the shape of a horseshoe, with the two ends going into the bank (the garden sloped upwards towards a field). There was another building at the back of my grandmother's cottage (now 'Glenfield'), which my mother called 'The Whittings'. This had obviously been a house at one time but there was nothing 'white' about it. It was constructed of brick, flint and black weatherboarding, under a pitched pantile roof. I only learned later from some old deeds that it had actually been a pub called 'The White Horse', later known as Whittinghams and then presumably known as 'The Whittings'. The old deeds were dated in the 1770s and referred to the pub as having been long gone. By the 1950s the ceiling downstairs had collapsed so there was plenty of headroom to use it as a garage for our white Ford Prefect!

Life certainly changed in the 1970s. When my father built a house on the land next door, he had a ceremonial burning of the old loo. To make sure that there was a good blaze, lots of petrol was used. He said that he had been wanting to do that for years!



*Burning the loo behind Chestnut View. Early 1970s.*

*With many thanks to Marcia for these memories.*

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](mailto: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](mailto: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**



## 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**

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](mailto:info@huckleecology.com)  
Web: [www.huckleecology.com](http://www.huckleecology.com)

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

If interested, please contact  
[adverts@brparishmag@gmail.com](mailto:adverts@brparishmag@gmail.com)



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

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



Mid Suffolk

**I am a single parent, with two young**

**children. I am already struggling to stay on top of my household bills; my weekly food shop isn't stretching as far anymore and now my energy bill is going up too. I don't know how I'm going to afford all of these price rises. What can I do to stop my finances spiralling out of control?**

First of all, you are not alone in this and there's support to help you.

It's always worth checking if there are benefits you don't know about that you're eligible for, including support with your energy costs and living costs. On the Citizens Advice website - [citizensadvice.org.uk](http://citizensadvice.org.uk) - there's a benefits calculator, advice on how to reduce living costs and information on other ways to increase your income.

There's also emergency support that you may have access to, such as food bank vouchers or fuel vouchers.

If you're struggling to stay on top of bills, it's really important to understand what money you have coming in and going out each month. Citizens Advice also has a budgeting tool on its website that can help with this.

If you're already behind on bills, prioritise paying your rent or mortgage, plus energy bills and Council Tax first. Not paying these bills has the most serious consequences. You should speak to the person or company you owe money to, to see if they can help you repay your bills sustainably.

We know that times are incredibly tough but please remember, you don't have to face this alone, so do contact Citizens Advice Mid Suffolk to help you find a way forward.

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](http://midsuffolkcab.org.uk/contact-us). For more information and our opening hours go to [midsuffolkcab.org.uk](http://midsuffolkcab.org.uk).

### Parish Magazine email addresses

Articles	<a href="mailto:articlesatrbparishmag@gmail.com">articlesatrbparishmag@gmail.com</a>
Adverts	<a href="mailto:advertsatrbparishmag@gmail.com">advertsatrbparishmag@gmail.com</a>
Editor	<a href="mailto:editoratrbparishmag@gmail.com">editoratrbparishmag@gmail.com</a>
Events	<a href="mailto:eventsatrbparishmag@gmail.com">eventsatrbparishmag@gmail.com</a>

## Elizabeth's Platinum Jubilee

Noble metals mark Royal jubilees  
all fit for jewellery and crowns  
silver, gold and platinum, for weddings too.

In 1977 a Silver Jubilee  
way-marked our Queen's first years upon her  
throne;  
her Golden Jubilee in 2012

was blessed with the Olympic Games in London  
(she even parachuted in to see them)  
and crowned by Britain's record medal wins.

Now is the year of Platinum celebration  
the only one that we have ever seen  
or ever likely will see from now on;

platinum, stable, rare and beautiful  
once called the only metal fit for a king  
symbol of her constancy, work and duty;

her promise broadcast from South Africa  
when she came of age on a Royal Tour  
to give lifelong commitment to her realm

a promise truly kept even to old age  
and in her recent widowhood from Philip  
her beloved of more than 70 years.

Like platinum, she has served us well  
and also has adapted with the times;  
her Empire changed with independence,

became the Commonwealth of Nations  
which she still leads and knows their leaders  
continues to attend to their concerns;

all this while being wife, mother, grandmother,  
and great grandmother, making time to share  
precious moments with her family.

What a truly noble Queen we have  
who, navigating troubled waters, has stayed  
calm and constant in her dedication.

Let us celebrate her life's example  
let us all plant trees that will outlive us  
and long be a memorial to her reign.  
Rosemary Jones, 2022

## 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@rbrpa-  
rishmag@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

N.P.T.C  
Qualified



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

First day. Drove back to the camp and went first to my villa, to open the rear windows and rehang the fly screen in the front door as I went to the canteen. A quick lunch whilst it remained cool – there was no one to talk to anyway – and then back to my villa where I was pleased to put on shorts, sit in the draught from the rear windows, and wipe off the sweat periodically.

I opened the first of the counted cross-stitch packages; a wagtail on a branch with catkins, and found a needle, a roll of fine canvas and a small bundle of coloured cotton threads. It didn't look too complicated, but I would have to be very careful to avoid staining the canvas with sweat as I handled it.

The days passed monotonously, mainly because the major works had been completed, and Ali and I were only supervising the final inspections. I finished the first cross-stitch and put it into my suitcase and started the second – a finch on a twig.

I was approaching the end of my fourth year in this barren and lonely place and looked forward to flying away never to return.

My unspoken wishes were answered when my company advised our client that they would cease all supervisory and design work in four weeks' time. For me and my assistants it was a notice of dismissal. I spoke to the accountant and Zari and Ali, and advised them of the decision; they were not surprised, and we started to plan for our departure. One of my first actions was a trip to a travel agent in Bandar Abbas to buy flight tickets from Bandar Abbas to Dubai, London and Manchester.

The client decided to send a representative to site. He was middle aged, I think Syrian, but educated in Britain so also spoke Arabic and Farsi. I don't remember his name but for the sake of this narrative I will refer to him as Mahmood. He was sent to take over site supervision after I left the site.

About the same time the client arranged for the site office to have a telephone but unfortunately he was unable to improve the supply of electricity and we sweltered daily in the heat.

Shortly before we were due to leave the site I was invited to join Zari and Ali for an evening meal. I walked over to their home and arrived punctually, and was invited to wait a few moments for Zari to arrive. It was worth the wait, because the dowdy lady I knew from the office was transformed. It was the difference between a chrysalis and a butterfly, and I was entranced by her appearance.

Dinner was very good also!

To be continued. JML

## IN YOUR GARDEN

### For Peat's sake!

Although I'm running the risk of incurring the wrath of the anti peat brigade, I am going to stick my neck on the block and continue to use responsibly sourced peat in my gardening activities until the compost producing industry comes up with a consistently viable substitute. This is all against the background of the Government planning to ban the sale of peat-based compost by 2024 to protect the environment from further extraction.

In my experience and other amateur gardening friends, it is the lack of consistency between the various brands of peat-free compost on offer that is causing confusion. Different compost brands have a variety of uses and these are not clearly explained on the packaging.

Similarly, neither the popular peat alternative, Coir, the treated fibres of coconut shell, can equal peat when it comes to cultivation qualities.

Furthermore, coir comes from places such as Sri Lanka and not only racks up a vast carbon footprint on its travels but needs to be thoroughly washed to remove all the salt it contains. This is in an area where fresh water is an extremely precious commodity.

### Slug pellet chemical banned

A nationwide ban on slug pellets containing the chemical metaldehyde has come into force from March 21<sup>st</sup> this year.

This follows growing concern by experts of the risks the chemical posed to wildlife and the run-off contaminating ponds and rivers.

As one who knows only too well the devastation slugs and snails cause to my plants, and especially the young vegetables, the ban of this lethal weapon filled me with considerable unease. However, I can accept these little horrors are an important part of the natural ecosystem and using chemical warfare that also kills birds and mammals is not really acceptable.

So what are the alternatives to protect your plants from slugs and snails?

Organic non-metaldehyde slug pellets are available and you can also rationalise the plants you grow. There are certain species the slugs and snails make a beeline for, such as hostas and delphiniums. I have found geraniums and foxgloves tend to be shunned and vegetables growing in my raised beds have so far escaped. Another way is to deploy measures to form barriers around vulnerable plants that slugs and snails find difficult to cross such as wool pellets or crushed egg shells.

Encouraging predators such as birds, hedgehogs and amphibians also helps to keep numbers down. I find placing an old roof tile on the flower beds lures these pests as they gravitate to dark places where I can then dispose of them for good.

Lawrence

# 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](mailto:info@abshomeimprovements.co.uk) Web Site: [www.abshomeimprovements.co.uk](http://www.abshomeimprovements.co.uk)

## WAVENEY WINDOWS LTD

EST. 1977

OMNIA SUPERIOR

**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**

Now only  
**£895\***  
for a fully  
fitted electric  
garage door.

WAS £1,354 INCLUDING VAT.

Gotta get a Garolla.

Trustpilot

4.6 out of 5.0 based on 2,900 reviews

WHAT'S INCLUDED WITH EVERY DOOR:

- FREE EXPERT MEASURING & FITTING
- 2 REMOTE CONTROLS
- ACOUSTIC & THERMAL INSULATION
- FREE DISPOSAL OF YOUR OLD DOOR
- AVAILABLE IN 21 COLOURS

Garolla garage doors are expertly made to measure in our own UK factories, they're strong and solidly built. The electric Garolla door rolls up vertically, taking up only 8 inches inside your garage, maximising valuable space.

Give us a call today and we'll come and measure up completely **FREE** of charge.

GAROLLA

ROLLER  
SHUTTER  
DOORS

www.garolla.co.uk

CALL US TODAY ON:  
**01379 210 041**

MOBILE:  
**07537 149 128**

LINES OPEN 7 DAYS A WEEK

\*Offer valid for openings up to 2.6m wide & including 2 remote controls, 55mm white slats, internal manual override.

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](mailto:abbeygatewindows@btinternet.com)  
[www.abbeygatewindows.co.uk](http://www.abbeygatewindows.co.uk)  
Tel: 01284 763244

Verified Installer

01359 259 259    [www.clarkesofwalsham.co.uk](http://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

## STAY SCAM SMART

### PHONY COUNCIL TAX REBATE

Trading Standards are again warning local residents to be on their guard for scam contacts relating to Council Tax rebates.

Following the announcement of the £150 Government rebate against Council Tax on bands A to D, scammers have been using cold calls, text messages and emails to exploit the situation.

These contacts claim you need to update personal and financial information now to receive your rebate payment.

You will also need to make a small payment 'to authorise' your bank details before the payment can be made. They also emphasise, most strongly, you will risk losing your payment if you don't give your bank details.

**Remember, if you currently pay your Council Tax by direct debit and you are eligible for the rebate, the payment will be made automatically to your account.**

If you receive similar messages about Council Tax rebates over the phone hang up.

If you need to confirm a contact about Council Tax is genuine, contact your local council, directly.

### TELEPHONE CALLS CLAIMING TO BE FROM THE MINISTRY OF JUSTICE

A number of people locally have reported receiving telephone calls that appear to have come from the Ministry of Justice advising them there were five tax offences charged against them 'that were due to be heard in court today' and to avoid further penalties, they needed to settle the case immediately over the phone.

The caller then attempted to get the residents to pay fees and a number of other costs including court and barrister fees.

The calls, have been spoofed to appear to come from a genuine number used by the Ministry of Justice.

We always advise people to be very wary of any claims made during telephone cold calls. If you receive this or a similar call, IT IS NOT GENUINE. Do not interact and hang up immediately.

**HMRC offer advice on recognising and reporting scams relating to tax on the GOV. Website. (<https://www.GOV.UK/topic/dealing-with-hmrc/phishing-scams>)**

If you have received a telephone cold call you are suspicious of, you can report it to the Citizens Advice Consumer helpline, on free phone 0808 223 1133.

With all these events in our Parish Mag, we want everyone to know about them!

More people moving into our villages means more letterboxes!



Would you like to join our trusty band of deliverers to help us deliver the Parish Mag once a month - especially if you live in, or close to Botesdale?

If so, please email  
editoratrbrparishmag@gmail.com

### BARWOODS



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

## IS YOUR COMPUTER GIVING YOU HEADACHES?

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

**Honest - Reliable - Affordable**  
Contact Jim - 01359 251946 / 07729 868669  
Email: [info@completesolutions-it.co.uk](mailto:info@completesolutions-it.co.uk)  
[www.completesolutions-it.co.uk](http://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](mailto:help@bailiwickit.com) Web: [www.bailiwickit.com](http://www.bailiwickit.com)



**COREWEB**  
DEVELOPMENT

**WEBSITE  
DESIGN  
AGENCY**

07308 070152  
[info@cwdevelop.co.uk](mailto:info@cwdevelop.co.uk)  
[www.cwdevelop.co.uk](http://www.cwdevelop.co.uk)

**GREENGAGE**  
CREATIVE

## GRAPHIC DESIGN SERVICES

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

e: [greengagecreative@outlook.com](mailto: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](mailto:joclifford@cadecreative.com)

## Rickingham Business Centre

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

Tel: 01379 898 671  
Mob: 07798 501 108  
Email: [last@rickinghallbc.co.uk](mailto:last@rickinghallbc.co.uk)  
Web: [www.rickinghallbc.co.uk](http://www.rickinghallbc.co.uk)

**Allwood Green, Rickingham, Diss. IP22 1LQ**

## English Tutoring

*Need to boost your child's  
literacy skills?*

Are they preparing for Key  
Stage 2 SATS; GCSE English  
Language, English Literature, A  
Level Language or Literature?  
One-to-one (or small group)  
English tutoring available from  
an honours graduate with over 20  
years teaching experience.

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

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

**If interested, please  
contact**

**[adverts@trbrpa-  
rishmag@gmail.com](mailto:adverts@trbrpa-rishmag@gmail.com)**



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](http://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](http://www.bishopandmillerauctions.co.uk)

19 Charles Industrial Estate,  
Stowmarket, IP14 5AH  
01449 673088  
[enquiries@bm-auctions.co.uk](mailto:enquiries@bm-auctions.co.uk)



## Try Our Jubilee Wordsearch!

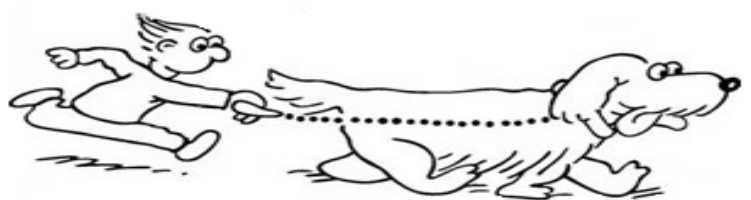
Find these words

BALMORAL	NORTHERN IRELAND
CASTLE	PALACE
CELEBRATION	PLATINUM
CORGI	QUEEN
CORONATION	ROYAL
ELIZABETH	SANDRINGHAM
ENGLAND	SCOTLAND
HORSES	SECOND
JUBILEE	THRONE
LONDON	WINDSOR

in this grid

V	X	H	H	E	L	I	Z	A	B	E	T	H	A	Y	I
W	N	T	T	L	L	Z	P	T	D	L	O	T	X	N	T
G	O	L	F	F	Z	K	F	L	O	N	R	P	O	L	H
V	J	A	M	A	D	N	B	N	A	O	O	R	W	E	R
E	X	E	M	C	C	C	D	E	S	T	T	C	U	M	O
O	P	W	R	Y	E	O	S	D	O	H	I	L	E	E	N
O	O	N	O	J	N	L	N	C	E	C	A	N	N	S	E
Y	N	O	Y	W	U	I	E	R	O	R	A	G	U	N	H
T	O	M	A	T	W	B	N	B	O	T	L	S	E	M	O
N	C	M	L	D	T	I	I	M	R	A	L	E	T	T	R
E	O	O	B	R	R	L	L	L	N	A	U	A	P	L	S
V	R	C	N	E	X	A	C	D	E	Q	T	B	N	J	E
E	G	T	L	Y	B	A	D	W	O	E	P	I	P	D	S
S	I	A	P	A	L	A	C	E	R	U	V	I	O	O	X
X	N	S	A	N	D	R	I	N	G	H	A	M	F	N	R
D	T	J	N	C	O	R	O	N	A	T	I	O	N	G	K

Behind every good man there's a good woman



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

## KJ ACCOUNTANCY

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

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

Tel: 01379 890502 / 01284 763687

Mob 07788 408916 / 07808 217355

## G.G. EVANS



### Pest Control Services

07795 177695

01379 608932

info@ggevens.co.uk

**MOLES, RABBITS,  
WASPS & MORE**



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

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

# AngliArc



Local Welding Company

Specializing in Mild, High Carbon  
and Stainless Steel Welding

Call us Today 01284598021

or Email:

info@angliarc.com



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

– from a family we have cared for at Rosedale



**Rosedale**  
FUNERAL HOME

Victoria Rd, Diss **01379 640810**  
[www.rosedalefuneralhome.co.uk](http://www.rosedalefuneralhome.co.uk)

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

**Susan Whymark  
Funeral Service Ltd**



Independent and Family Run

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

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

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

24 Hour Telephone Number **01379 871168**

[www.susanwhymark.co.uk](http://www.susanwhymark.co.uk)  
email: [susan@susanwhymark.co.uk](mailto:susan@susanwhymark.co.uk)



# June Church Notices



## Message From Mel



@rbrchurch  
mel@rbrchurch.org.uk  
01379 452702



Hello everyone, x

On the 1<sup>st</sup> of May, at RedBRick Church, we started 40days of Joy. Each day we have been sharing with one another, what brings us joy. Not matter what life looks like, whether it is hard or easy, there is always something to be joyful about. Focusing on these things, helps me/us to be positive and be grateful for what we have. Tune into our Instagram and search #rbr40daysofjoy to join in.

For the Jubilee Weekend we are joining forces with Parkview and the Methodist Church, as well as the Villages, to honour the Queen and celebrate together. For a full programme of family fun, look in this Parish Mag.

At the end of the month, we also have our Family Breakfast Church. It's the best Sunday of the month for my son; filled with food and activities for the whole family. For information about our new youth group, connect with us on Instagram @rbyouth.

God Bless you lots and see you soon 😊 Mel



### Short Note to Mums

As we continue to look at inspirational women, it is no surprise that this month, we look at the Queen.

Whether you like her or not, she has served this country for a whopping 70 years. Not only is she our Monarch, but she is a mother, grandmother, great grandmother, patron for over 600 charities, is Head of State, Head of the Church of England and is Head of the Commonwealth. During her life, she has seen an immeasurable amount of change in politics and socialisation, technology, devolution and decolonisation and so much more.

As a full time working mum she has had to learn how to juggle. Not only that, but she has relentlessly tried to care and serve her country and the people within it. She is also the longest serving Head of State in the UK and continues to be one of the most inspirational women in the world. I am dazzled by her, and even though we all know she has done many things wrong, she has kept calm and carried on. I see her as a swan, calm on the surface, but paddling relentlessly underneath. Her life and faith in God inspires me. As a woman and a mum, I also hope to be someone of strength, serenity, openness and courage. God Save our Queen and God Bless her.

## Parkview Chapel Sunday Services and Events

*All services are at Parkview Chapel (unless noted otherwise), include Communion, and are 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](http://www.parkviewchapel.co.uk)*

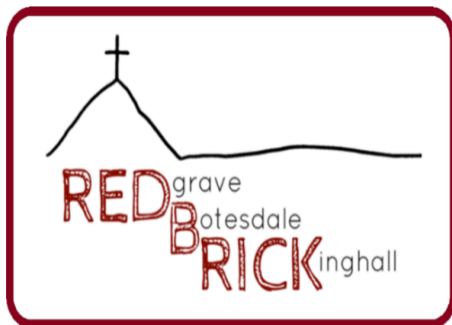
Sunday 5 <sup>th</sup>	Queen's Platinum Jubilee Celebration United Service 10.30am at St. Mary's, Redgrave	 <b>PARKVIEW CHAPEL</b> CHURCH FOR THE COMMUNITY
Sunday 12 <sup>th</sup>	Service at 11.00am	
Sunday 19 <sup>th</sup>	Father's Day 'Coffee on a Sunday' service at 11:00am	
Sunday 26 <sup>th</sup>	Service at 11.00am	
<b>Events</b>		<b>Tuesday 14<sup>th</sup> 9:00am</b>
Coffee on the Corner		<b>Sundays 11:00am - 12:00pm</b>
PARKVIEW Youth Junior Church		<b>Fridays 6:00pm - 7:00pm</b>
Junior Friday Club		<b>Sundays 7:00pm - 8:30pm</b>
PYP		<b>Fridays 7:30pm - 9:30pm</b>
Senior Friday Club		

**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 5 <sup>th</sup>	UNITED CHURCHES JUBILEE SERVICE at St Mary's Redgrave
Sunday 12 <sup>th</sup>	Local Arrangement
Sunday 19 <sup>th</sup>	Mr David Freeman
Sunday 26 <sup>th</sup>	Mrs Jane Mottram
<b>Events</b>	
Call 01379 890747 for details and dates	New fortnightly Bible Study 10-11.30am. Everyone welcome to attend.
Tuesday 7 <sup>th</sup>	Afternoon meeting for tea, conversation and activity 2:30pm - 4:00pm at the Methodist Church Schoolroom. Open to all in these villages
Tuesday 28 <sup>th</sup>	Coffee Down the Lane 10:00am-12:00pm in the Church. Everyone welcome.

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



## Parish of Redgrave cum Botesdale with the Rickinghalls June 2022 Services

### Sunday 5<sup>th</sup> June Pentecost

**BCP Holy Communion**, 8.45am, St Botolph's Chapel of Ease, Botesdale  
**Queen's Platinum Jubilee Celebration Community Service**, 10.30am,  
St Mary's Church, Redgrave

### Sunday 12<sup>th</sup> June

**All Together Communion**, with Baptism 10.30am, St Mary's, Rickinghall

### Sunday 19<sup>th</sup> June

**Community Worship**, 10am, All Saints Church, Redgrave  
Pause for refreshments 11.15am  
**Continue with Holy Communion**, 11.30am, All Saints Church, Redgrave

### Sunday 26<sup>th</sup> June

**Family Breakfast Church**, 9.30am, Botesdale Village Hall  
**Holy Communion**, 11am, St Botolph's Chapel of Ease, Botesdale

### Sunday 3<sup>rd</sup> July

**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](http://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**

3.5.22	Interment of Ashes of Margaret Edith Wright, St Mary's Churchyard, Rickinghall. Died 14.8.21, age 87
--------	--