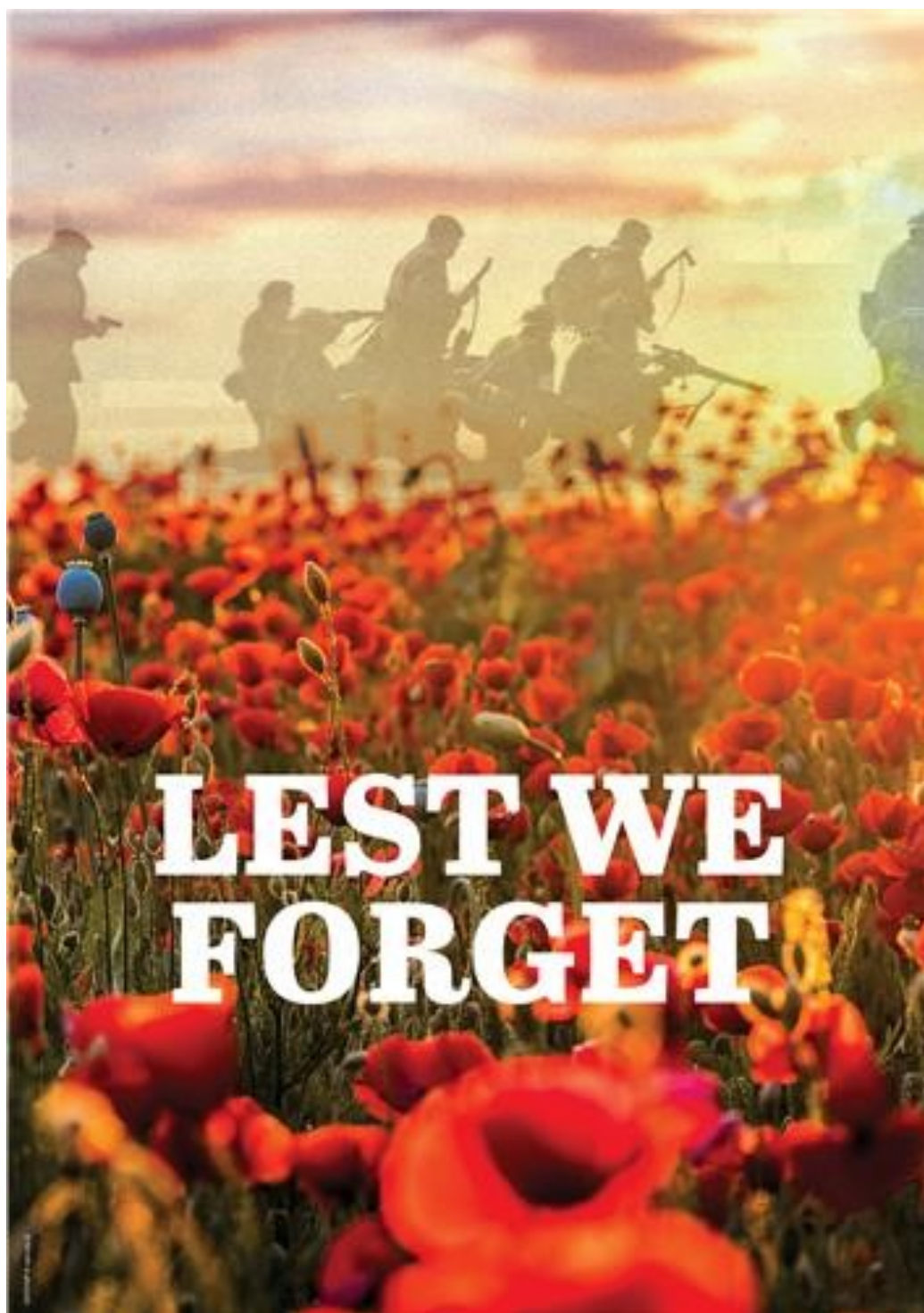


PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

November 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/>



PARKVIEW CHAPEL
CHURCH FOR THE COMMUNITY

PARKVIEW CHAPEL, The Street, Botesdale, Suffolk, IP22 1BX Tel: 01379 898924
E-mail: kevin@parkviewchapel.co.uk Website: www.parkviewchapel.co.uk
Charity Name: Parkview Chapel, Botesdale. Charity No: 1170915
@parkviewchapel



REMEMBER REMEMBER ...

What is it that you have a habit of forgetting? Perhaps it's people's names or special dates? One of the many things for me is that I quite often forget where I have put my glasses. (At least I think that's one of the many things ... I can't quite remember now!)

I only need glasses for driving and watching television. So if I've been out, when I arrive home I take my glasses off, and later in the evening, if the opportunity arises to watch some tv, normally football, I then can't remember where I have put my visual helps.

The running joke in our house is that I then blame my wife for moving my glasses, she then grumbles, finds them for me, I say sorry, and then I watch the football. This attempt at humour was, according to my wife, not funny to start with, let alone after 14 years of marriage. But I persist with the attempt at humour nonetheless.

'Remember Remember' ... such important words, particularly in this month of the year.

The first 'Remember'

As the 17th century poem goes,
*'Remember, remember, the fifth of November.
Gunpowder, treason and plot.
I see no reason,
Why gunpowder treason,
Should ever be forgot.'*

This poem, possibly written by the great John Milton, instructs us to remember the failed attempt to blow up both Parliament and King James I, on November 5th 1605. The funny thing is that we don't seem to remember *everything* about that 5th of November. We all remember poor Guy Fawkes, the first one caught, as he was about to set light to the gunpowder. But, for instance, we don't remember the leader of the plot, Robert Catesby, or indeed even the names of any of the other co-conspirators.

The second 'Remember'

*'They shall not grow old,
As we that are left grow old,
Age shall not weary them,
Nor the years condemn.
At the going down of the sun,
And in the morning,
We will remember them.'*

November also means that it is Remembrance Day on the 11th, and, Remembrance Sunday, this year on November 13th. Days when we remember those British service members who have given their lives in conflict since World War I. Through their sacrifice these heroes have given us the opportunity to enjoy the freedom we have. But what do we do with that freedom? Do we use it wisely? Or do we take it for granted? I wish I could be a good example in this, but to my shame I say that I need this annual time of remembrance to remind me of the freedom given to me.

As a Christian I believe there is another person who deserves to be remembered - Jesus Christ, the Son of God.

The third 'Remember'

And Jesus himself left us some instructions on how to remember him. Not least when Jesus is having a meal with his disciples, famously known as The Last Supper. During this meal the book of Luke records Jesus saying the words opposite.

'He took some bread and gave thanks to God for it. Then he broke it in pieces and gave it to the disciples, saying, "This is my body, which is given for you. Do this to remember me." After supper he took another cup of wine and said, "This cup is the new covenant between God and his people — an agreement confirmed with my blood, which is poured out as a sacrifice for you."

"Do this to remember me." Just a few hours after Jesus says these words he is killed on a cross. And so on Remembrance Sunday, and indeed every Sunday, Churches will remember Jesus in the way those instructions tell us to. In the process remembering his death on a cross, on which his life was given out of love for us all. Surely that is worth remembering?

I am not totally convinced we need to remember Guy Fawkes and his efforts every year. Yes, I like the idea that it brings family, friends and communities together. However I am not so sure we need to spend the millions of pounds that we do annually buying fireworks to light up the sky.

But I am totally convinced we should remember those service members who have sacrificed their lives in the name of freedom and peace. They are heroes. And we should wear our poppies with pride. I also firmly believe that Jesus is worth remembering. Yes, in the way he instructs us too. But also in the way we live our daily lives, remembering and copying the way he loved and treated others. So if you remember Guy Fawkes, then do enjoy, and please do that safely. And without hesitation remember those who have fallen, without such bravery we would not have the freedom we have. And can I encourage you to remember Jesus too. Someone who loves you so much that on a cross he sacrificed his life for you.

God bless you,
Kev Gladwell
Church & Community Pastor
Parkview Chapel



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

The latest version of the directory is available online at

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



Section	Changes
Community Services (local) / Parish Councils	Added new Redgrave Clerk : Mrs Alison Spouncer Tel: 01379 890613 / clerk@redgrave-pc.gov.uk

Message from the team

- UK GDPR :

Personal Data provided to the Parish Magazine and/or Local Services

Directory volunteers may be stored for the purposes of Magazine/Local Services

Directory production

- Anyone is free to request, via the Magazine Editor, details of any Personal Data held about them used for production of the Magazine and Local Services Directory.

Anyone is free to request, via the Magazine Editor, deletion of any Personal Data held about them used for production of the Magazine and Local Services Directory.

Contacts

For all editorial content: editoratrbparishmag@gmail.com

For all commercial adverts: advertsatrbparishmag@gmail.com

To advertise events: 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

- Dec/Jan issue Mon 14 Nov** Come and help stuff the magazine @ All Saint's, Redgrave- 3.15pm on **Fri 25 Nov**
- Feb issue Mon 16 Jan** Come and help stuff the magazine @ All Saint's, Redgrave - 3.15pm on **Fri 27 Jan**
- Mar issue Mon 13 Feb** Come and help stuff the magazine @ All Saint's, Redgrave - 3.15pm on **Fri 24 Feb**

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:



Q: Is Google male or female? A: Female, because it doesn't let you finish a sentence before making a suggestion.

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

Redgrave Community Shop

Groceries, newspapers, greeting cards
and more...

Open every day

Monday - Saturday 8:30am - 1:00pm
Sunday 9:00am - 11:00am

Telephone: 01379 898848

Email: 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
facebook.com/mickthebaker



THE CROSS KEYS

A Community Owned Free House

	Opening	Food Served
MON - WED	Closed	
THURSDAY	6 - 10	Restaurant
FRIDAY	4 - 10	Currently
SATURDAY	4 - 10	Closed
SUNDAY	4 - 8	

Come and join us for our food evenings

Fri 28th Oct	Thai Orchid
Sat 5th Nov	The Field Kitchen
Fri 18th Nov	Suffolk Wild Flour Pizza
Sat 3rd Dec	The Field Kitchen
Sat 17th Dec	Suffolk Wild Flour Pizza + LOOSE COVERS LIVE music

Check social media for further events!

Contact us:

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

01379 779822

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

STAR WING BREWERY

TAP ROOM

Opening Times

Fri and Sat 4pm - 11pm

Food available

For the latest information:
www.starwingbrewery.com
Instagram @star_wing_brewery
Twitter @StarWingBrewery
Facebook
@StarWingBreweryRedgrave

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



Delicious gifts baked in Redgrave!

Christmas brownies, Christmas cakes, cookies,
fudge, celebration stacks, brownie slabs and
artisan hampers (corporate discounts available).

Available for collection at Redgrave Shop or UK wide delivery.
Scan the QR code to see our full range available online and order via
info@brownieandthebean.com



Alternatively, send our gift boxes to loved ones across the country via our
website, using discount code comeback5 at the checkout for £5 off.

Email info@brownieandthebean.com or call 01379 452195 to place an order.
www.brownieandthebean.com @brownieandthebean



What's on in Late October/Early November?

Redgrave and Lopham Fen
IP22 2HX

WHAT'S
ON

CHRISTMAS CRAFT FAIR

Sunday 6 November
10.30am-3.30pm

Original art and crafts by local artists and makers, including:
Needle felted creations • Pyrography • Christmas decorations
• Paintings and prints • Woven willow items • Jewellery
• Preserves • Homewares from reclaimed and repurposed items
• SWT Christmas cards and gift ideas

FREE ADMISSION

Refreshments available from Cafe Piccolo & Flying Chef

Please note that not all stallholders will be able to take card payment



Do something wild every day

suffolkwildlifetrust.org

Farmers' Market IP22 1HD

09.00 am-12.30 pm @ Rickinghall Village Hall



Dan The
Apple Man



Garry's Beef,
Lamb & Pork

Together with
your other
favourite stalls!

Saturday 12 November

EXPERIENCE THE FRIENDLY INVASION



FRIDAY 28 OCTOBER 2022 AT 7.30PM

DOORS OPEN AT 7PM • REFRESHMENTS PROVIDED • RAFFLE

The US Eighth
Air Force was the
largest Air Armada
ever committed to
battle in the history
of warfare

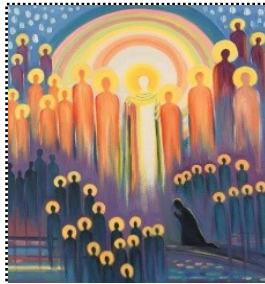
By August 1945, over three
million American GI's had
passed through the UK
- Never was their impact
greater than in the Counties
of Norfolk & Suffolk

Clive Stevens has been researching 'The Friendly
Invasion' for over 30 years. An acknowledged
speaker on the Military and Social impact the
Americans made upon the local community, his
Presentations contain countless stories and local
photographs: many of them in full colour

VENUE Rickinghall Village Hall IP22 1HD - Ample car parking

TICKETS £10.00 per person or £17.50 per couple (all ages) to include refreshments

Tickets from Wortham Post Office or from Kit Brinkley: 07947 414 968 (including reservations)

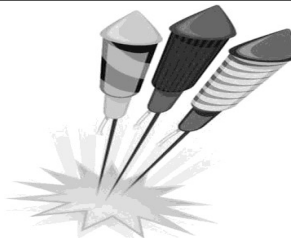


ALL SOULS' SERVICE of REMEMBRANCE

A service to remember
all who have departed this life in the parish of
Redgrave cum Botesdale with the Rickinghalls

Sunday Nov 6th 3.00 pm
Rickinghall church

Everyone welcome who wishes to remember a
loved one who has departed.



Please Note:

Rickinghall Village
Hall Management
Committee has
decided **not** to hold
a firework party
this year.



"Coffee On the Corner"
Parkview Chapel Botesdale
9:00am Tuesday 8th Nov

Contact Sue Allen at
brookview@clara.co.uk/01379 890423



Rhinestone REBEL MUSIC CLUB PRESENTS LIVE COUNTRY MUSIC & DANCE



1st OCT 2022

**RICK
STORM**



29th OCT 2022

**GARY
LEONARD**

DOORS 6.45PM • COMMENCES 7.30PM

FOR BOOKINGS & MORE INFORMATION PLEASE CALL
Tel 01473 912626 or 07591 099519

RICKINGHALL VILLAGE HALL
Hinderclay Road, Rickinghall, Diss IP22 1HD

You are welcome to bring your own food & drink.

TICKETS
£6

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

THE ONE & ONLY
FISH & CHIP
TAKEAWAY

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

FISH WITH A TWIST

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
Megan: 07771 752228 Philip: 07887 668445
www.highwaysgos.wixsite.com/theultimatejointltd
Follow us on Instagram & Facebook



THE HAZLEBURY KITCHEN

REDGRAVE

Naturally beautiful and beautifully natural

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

Wedding cakes
Birthday cakes
Christening cakes
Anniversary cakes

www.thehazleburykitchen
Contact Poppy Sayers on 07557 900857
Or info@thehazleburykitchen.com
[@thehazleburykitchen](https://www.instagram.com/thehazleburykitchen)

*Amazing
Cakes
by Jean*

**Special cakes
for
special celebrations**

Jean Barker
01359 241135
www.amazingcakesbyjean.co.uk

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.)

**Rural Holiday
Flatlet**
at
**Grove Flock Farm
Botesdale Common
Botesdale
IP22 1LH**

07803 887817

gffbotesdale@btinternet.com

Gentle Yoga

at
Rickingham Village Hall
from 15th Sept

Thurs 6pm
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 7pm - 8.30pm
Term time only

Join anytime!

All abilities welcome

£44 for each block of 6 weeks

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

RABBATS

Rickingham and Botesdale
Baby and Toddler Group

**RICKINGHALL
VILLAGE HALL**
THURSDAY'S DURING
TERM TIME
9:30-11:30
£1 PER FAMILY

Follow us on Social Media to stay in the Loop
[@rabbats_babyandtoddler_group](https://www.instagram.com/rabbats_babyandtoddler_group)

[f RABBATS-Rickingham and
Botesdale Baby and Toddler
Group](https://www.facebook.com/rabbats-rickingham-and-botesdale-baby-and-toddler-group)

What's On in November?

Remembrance Sunday

This year's Remembrance Sunday will be commemorated on Sunday 13th November 2022. At 11 am we salute the Fallen with a short period of silence at the War Memorial. All are welcome to observe this silence with us - please assemble at the Memorial just before 11am - a time for personal reflection on tragic events & the villages' losses. Due to events beyond our control, there will be no formal parade this year and instead a service of Remembrance will take place at the Chapel of Ease followed immediately by a Remembrance ceremony at the War Memorial. Please be in the Chapel of Ease before the service starts at 1500. The Street will be closed for the short period of the Parade until after the service. Any questions? Please contact Col Mike Bishop MBE on 07801 815983.

the WI Rickinghall

INSPIRING WOMEN

Meetings 7:30 pm
at
Rickinghall Village Hall

On Thursday 10th November

Emily Matthews

will talk about the

Work of the Snetterton Dog's Trust

Our Competition : Something Doggy

November also sees the start of our
Winter Soup and Natters

at Rickinghall Village Hall on
Friday 25th 12.30pm. £5 per person

Friends, family, new members
welcome

Rosemary Setterfield - President



Alistair Govan and Andrew Brown
have been video recording in Eye over
the past fourteen years.
We present a special edit of scenes from
all the films that will bring back memories
of people, places and events over the years.

THE EYE FILM SHOW

Friday 11th November - 7.30pm
Eye Community Centre - Bar and refreshments
Two hour show with half time break
£5 on the door for local charities
Come along, you might see yourself



TALES OF CONSERVATION AND FAITH



WITH ELIZA LEAT (RSPB)

AT PARKVIEW CHAPEL
BOTESDALE

SATURDAY 12TH NOVEMBER
7.30PM

£3.00 PER PERSON
INC. REFRESHMENTS

For further information and tickets please call Kev
Gladwell on 01379 898924 or check out the website at
www.parkviewchapel.co.uk

* * * * * AUTUMN FAIR * * * * *

12th NOVEMBER

10am – 12pm

BOTESDALE

METHODIST CHURCH

Lots of stalls including...

Cards	Gifts
Jams	Christmas items
Marmalades	Cakes
Chutney	Games & Challenges

Come to browse and chat over a cup of
coffee or tea and a cake or scone.

Entrance free

Angles Way Filling Station



Friday 11 November 2022

7.30pm

with Kevin Moore

'Be Holy as I am Holy'



Garboldisham Village Hall IP22 2SE

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



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
9.00am-3:15pm
.....

£4.20 Or £4.10 per hour (depending on age)

Contact Karen Hails
07796 014304

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

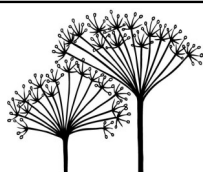
3.25pm – 6pm £7.50 for the hour (£6.50 for siblings)

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



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

www.moscompanionservices.co.uk



'To Be Our Best.'

Is Your Child Starting School in September 2023?

Book a personal appointment to view the School on

01379 783376

or Email

office@mellisprimaryschool.org

Find out more about us by visiting our Blog on the

Homepage of our website.

www.mellis.suffolk.sch.uk

Instagram: search for 'mellisprimaryschool'

What's On Later in November?

Botesdale Methodist Church

"Coffee down the Lane"
Tuesday 22nd November
10:00am-12:00pm



Walsham Arts Group Annual Exhibition
 Priory Rooms, Walsham le Willows. IP31 3AB
Saturday 26th - Monday 28th Nov 10am-6pm

Payments at the show are by cash or cheque only.
For more information contact : Peter Rudderham 01359 259433 or Helen Dougall helen@hdbatik.co.uk



7:30pm at Rickinghall Village Hall,
 the Heritage Circle presents
 on November 23rd

Jennie Vere
 talking about
Lopham Linen

New members & guests welcome
 Visit www.heritagecircle.onesuffolk.net



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



Family Advent



**Botesdale After School Club's Popular
 Family Advent Bingo Night is being held
 On**

SATURDAY 26th November 2022
At
Botesdale Village Hall

Doors open 5.30 pm for eyes down at 6.00 pm
 Light refreshments will be available on the night.

£1 per book or £5 for six books and they are available on the door.
 We look forward to seeing you all.

All proceeds will go towards much needed resources for the
 children to enjoy



Contact Numbers
 Botesdale After School Club - 07952 961 285
 Manager Paula Mills
 Web Site - www.Botesdale-After-School-Club.org.uk
 Email botesdaleoutofhours@gmail.com



AT
PARKVIEW CHAPEL
BOTESDALE

SATURDAY 26TH NOVEMBER
7.00PM

**INC. MULLED WINE &
 MINCE PIES**

£15.00 PER TEAM (OF UP TO 6 PEOPLE)

BOOKING ESSENTIAL

To book a table please call Kev Gladwell
 on 01379 898924 or check out
www.parkviewchapel.co.uk



PRESENTS

LIVE COUNTRY MUSIC & DANCE



KAY D

WITH SPECIAL GUEST
RORY O'NEILL

**Saturday 19th
 November 2022**

DOORS 6.45PM • COMMENCES 7.30PM
 FOR BOOKINGS & MORE INFORMATION PLEASE CALL
Tel 01473 912626 or 07591 099519

RICKINGHALL VILLAGE HALL
 Hinderclay Road, Rickinghall, Diss IP22 1HD

You are welcome to bring your own food & drink.

TICKETS
£6

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 Rickingham

Open Tuesday-Saturday

TEL .01379 890647

EMMA EDWARDS PROFESSIONAL HAIRDRESSING

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

Evening appointments available.

To make an appointment call Emma on 07900 683649

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



Facials Massage Waxing
Manicures & Pedicures
Lash & Brow Tinting

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

FHT IHBC IHHT

For more information or to book
your treatment please contact
Louise

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

07711 524019



BOTESDALE HAIR PARLOUR

1 Market Place, Botesdale, IP22 1BT

Unisex hair salon

Open - Monday to Saturday
Evening appointments available

Using Matrix and TIGI Products

Tel: 01379 890900

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

If interested, please contact

adverts@brparishmag@gmail.com

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

What's On in November/December?

Redgrave & Lopham Fen

November	Christmas craft fair Sun 6th, 10.30am-3.30pm. Crafts, cards, gifts and artwork by local artists and makers. Free entry, refreshments available
	Weekend Wildlife Club (6-11s) Wildlife-themed activities. Sat 12th, 10.30am-12.30pm, £5
	Young Naturalists (11-16s) Explore, investigate and learn about wildlife and habitats. Sat 12th, 1.30pm-3.30pm, £5
	Needle felted robin hanger workshop Sat 19th, 10am-1pm. Local needle felt artist Sarah Brown. £32, inc materials
	Guided walk A sociable stroll for adults looking at seasonal wildlife Mon 28 November, 10am-12noon, £5
December	Wild Tots Fridays, 10.30am-12noon, £5.50
	Twilight walk Discover sights and sounds of the Fen on a winter's afternoon. Tue 6 Dec, 2.30pm-4.30pm, £5
	Weekend Wildlife Club (6-11s) Wildlife-themed activities. Sat 10th, 10.30am-12.30pm, £5
	Young Naturalists (11-16s) Explore, investigate and learn about wildlife and habitats. Sat 10th, 2.15pm-4.15pm, £5
	Holiday Club (unaccompanied 6-11s) Tue 20th 9am-3.30pm. Wild play, games and activities. £25 each, including a healthy, vegetarian lunch

Booking essential for all activities unless otherwise stated. For further details and to book, visit www.suffolkwildlifetrust.org or call 01473 890089

ADVENT COFFEE MORNING Sat 26th November 10am – noon

St Mary's Church, Rickingham.
(The Church near Rickingham Village Hall)

*Come and meet new friends before we all get too busy!
Enjoy seasonal refreshments. All very welcome.
Usual stalls.
Proceeds to Parish Church funds.*

Redgrave & District Ladies Club



There will be no Speaker in December, but we will organise a Christmas Lunch. Members who did not attend the October meeting but would like to come, please contact any Committee Member for details.

RICKINGHALL VILLAGE HALL'S

CHRISTMAS CRAFT FAIR

Sunday 4th
December

10.00 am until 3.30 pm
at Rickingham Village Hall

ADMISSION FREE

Over 20 stalls

Refreshments available

For information call Liz on 01359 251804



For the first time since
Lockdown,

A CHRISTMAS EVENING

Friday, 9th December
All Saints Church, Redgrave
7.00pm for 7.30pm start

Tickets £9 per person include
non-alcoholic punch & mince pies

A relaxed evening of community
carols, seasonal cheer and melodies, with
delicious punch, nibbles & nostalgia

Hamper draw and Turkey Draw

Tickets from Paddy on 01379 788010,
June on 01379 898827 or any RAHOF Committee
member



Fundraising in aid of St Nicholas Hospice Care



The Arts Society Diss - We hope to see you at our next talk

We meet in Diss Corn Hall on the 3rd Tuesday of every month at 2pm*

15 Nov : "Mind the Gap"; Graphic & Poster Design on London Underground

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

17 Jan : Randolph Hearst Castles - the unquenchable thirst of William Randolph Hearst

Guests are asked to contribute a donation of £7. Membership for 10 lectures per year is £43. Do come along and give us a try! **More information at: [https:// artsocdiss.org.uk](https://artsocdiss.org.uk)**

*December talk is on 6th followed by a pre-Christmas celebration for members and guests



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

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


botesdaledental
PRACTICE & IMPLANT CLINIC

Your local,
family run
**Dental
Practice**

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

Find us on
www.botesdaledental.co.uk



 **Denplan**
Part of Simplyhealth



**Susan Whymark
Funeral Service Ltd**

Independent and Family Run

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

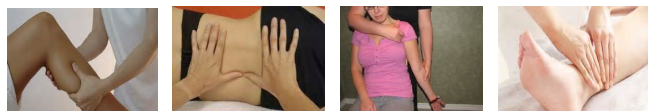


Office & Chapel of Rest located at
Chestnut House, 12 Progress Way
Langton Green, Eye
Suffolk, IP23 7HU

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

24 Hour Telephone Number **01379 871168**

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



The Bowen Technique

Melanie Coe E.C.B.S MBTPA

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

mcoebowen@hotmail.co.uk

www.dissbowentherapy.co.uk



Bowen Therapy Professional Association

An independent organisation of Bowen Therapists run by Bowen Therapists



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

– from a family we have cared for at Rosedale



Rosedale
FUNERAL HOME

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

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



MAKE A LASTING MARK IN YOUR NEW PARK & CELEBRATE SOMEONE OR SOMETHING SPECIAL!



This is your chance to have your personal dedication engraved onto a stainless steel, leaf-shaped plaque. Mark an anniversary or happy memory, or gift this memento to someone special. The plaques will form part of a permanent structure in the new Botesdale Recreation Ground, for all the community to enjoy from spring 2023. Send us your dedication or message for engraving and each leaf will be positioned and permanently fixed along the framework of a locally handcrafted, oak picture frame bench to be situated in a peaceful spot within the grounds, for contemplation and relaxation. **Be part of the memories!**

A donation of £60 will secure one 10.5 x 7.5cm leaf including up to a maximum of **30** characters/letters engraved.

A donation of £75 will secure one 10.5 x 7.5cm leaf including up to a maximum of **50** characters/letters engraved.

All leaves will be the same size and same style of engraving. Each dedication neatly positioned to fit the space available. Please complete the form below and send to Botesdale Parish Council, Wayside Cottage, Cherry Tree Lane, Botesdale, Suffolk, IP22 1DL or email botesdalergp@gmail.com

Payment via cheque or BACS made to Botesdale Parish Council. Account No 65760893, Sort code 08-92-99, Reference: Dedication. The form can also be found online at botesdale.onesuffolk.net All dedications will be engraved exactly as written on the form and approved by Botesdale Parish Council. You will receive receipt of payment as confirmation. Please include contact details should we need to contact you regarding your dedication. Further enquires: botesdalergp@gmail.com



BOTESDALE RECREATION GROUND PROJECT DEDICATION ENGRAVING FORM



Name:

Address:

Contact Telephone:

Contact Email:

Dedication wording to be engraved as stated below (max 30 or 50 characters/letters not including spaces):

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

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

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

PJ Music

Wayside Cottage, Chapel Lane, Botesdale, Diss, Norfolk, IP22 1DT

Song Books, Tune Books, Tutor Books, Dance Books
Guitars, Mandolins, Banjos, Ukuleles, Fiddles, Recorders, Flutes, Bones,
Spoons, Machine Heads, Bridges, Nuts, Bridge Pins, Whistles
Strings, Picks, Tuners, Capos, Straps, Music Stands, Instrument Stands,
Bags & Cases

Accordion & Melodeon repairs & Tuning

All Major Credit and Debit Cards Accepted
Mail Order Available

01379 890088 / 07968 687011

Website www.pjmusic.co.uk e-mail pjmusic@btinternet.com



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**

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



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
f Pinkspooches

QUATREFOIL

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

books are available from:

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

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

www.quatrefoil.org.uk

On Thursday 29th September we hosted an Open Meeting in Rickingham Village Hall. I was delighted to say 'Welcome Ladies *and Gentlemen* to the meeting' which was attended by a mixture of WI members, their partners and many visitors.

Our speaker was Professor Peter Jenner from King's College London, who is a world-renowned specialist in Parkinson's and other neuro-degenerative diseases. Peter is a local man, living in Wortham, and he had kindly agreed to speak to us at our meeting.

He started by telling us about his early life, growing up with a widowed mother, passing his 11 plus exams and taking O and A levels. This was followed by a degree and PhD studied at Chelsea College. This was in the 1960's, so being close to Carnaby Street and other attractions meant he led a very busy and lively life alongside his studies, and he entertained us with amusing anecdotes about his escapades. He also met some people who went on to have a profound effect on his life. He had decided he wanted to go into Pharmacy but one of his lecturers forwarded his CV to the Neurological Department at the local hospital and he was offered a position in their research department. This was when his first interest in neurological diseases began, and he told us how most of their ground-breaking research actually started with discussions over a pint of beer after work at the local pub. He explained to us how a part of the brain changes when someone has Parkinson's causing the four main symptoms to develop – tremors, muscle stiffness, slow movement and sometimes losing sense of smell. There are other associated symptoms such as constipation, sleep problems and dribbling caused by muscle problems. A drug was developed, tried and tested over 60 years ago and this drug still treats Parkinson's today but cannot cure it.

Peter has travelled extensively over the course of his career to all parts of the world giving lectures at universities and conferences. He has met royalty at the laboratories, including Diana, Princess of Wales and Princess Anne. He highlighted some famous people living with Parkinson's including Jeremy Paxman and Neil Diamond.

His talk was humorous even as he explained the serious side of neurological diseases and was the perfect balance of light-heartedness and helpful guidance. He answered many questions and stayed the whole evening to talk to members of the audience.

After the talk refreshments including wine, canapes and other savouries were served to end what was a delightful and stimulating meeting with an excellent speaker.

Our monthly Tea and Chat was held at Emzo in Cotton where 11 ladies enjoyed a social afternoon chatting and enjoying Emzo's very tempting cake selection – naughty but nice!

Rosemary Setterfield – President

Recipe

Sally's pasta bake

No quantities are given – just use whatever looks good to you!

INGREDIENTS

Butter/olive oil
Minced beef
Diced onion
Garlic – crushed or grated
Dried oregano and basil
Beef stock
Worcester sauce
Splash of red wine if you have some handy
Tin of tomatoes
Splash of tomato ketchup and brown sauce
(good for using up the last bit in the bottles)
Pasta – fusilli or whatever you have in the larder
Grated cheese of your choice
Plain crisps
Salt and pepper

METHOD

Heat butter and oil in a pan, add onion and garlic and cook gently until softened
Add the minced beef, breaking up the lumps and stir until browned
Add tomatoes, sauces, wine if using and sufficient beef stock to make a thick sauce
Simmer gently for about an hour, adding more stock if too dry and season to taste
Meanwhile cook the pasta to your liking
Take an ovenproof dish, tip in the drained pasta and the beef sauce and mix well
Sprinkle over grated cheese and crushed crisps and bake for about half an hour
Or until nicely browned
If you have made too much it freezes well





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

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 



MARK JOY
CENTRAL HEATING SPECIALIST

GAS OIL

RENEWABLE HEATING SYSTEMS SERVICES AND REPAIRS

Tel: 01379 898434 Mobile: 07931364771
Email: markjoy@aol.com
www.markjoyplumbingheatingdiss.co.uk
Gas Safe Registered: 118129




HALL HOUSE COTTAGE, THE STREET, RICKINGHALL, DISS, NORFOLK, IP22 1EG

TIME FOR YOU™
DOMESTIC CLEANING

Are you tired of cleaning?

We have the right cleaner waiting to help you.

Typically £15 per hour

Regular - Weekly - Cleaner

01359 258991
www.timeforyousuffolk.co.uk



D.A.R SERVICES LTD



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

01379 898062
07957 342323



Botesdale Parish Council

Leeann Jackson-Eve



Report from the October 2022 Botesdale PC Meeting

Four members of the Parish Council were present for the meeting with apologies from Cllrs Russell and Stracey. There was one member of the public present.

Public Forum: County/District Councillor Jessica Fleming reported that there are a number of schemes available for those affected by ongoing cost-of-living increases. The **Local Welfare Assistance Scheme** is intended to locate practical help for those experiencing financial hardship this winter. An application either individually or made on behalf of a supporting organisation may be made to www.suffolk.gov.uk/FinancialHardship. Local organisations offering assistance include Citizens Advice Bureau, district and borough councils, health services and voluntary organisations, or for help with home heating please contact Warm Homes Healthy People on **03456 037 686** or email whhp@eastssuffolk.gov.uk

She reported that a wide range of homes is still needed for single people, mums with children and complete families from Ukraine. Anything "self-contained" is especially helpful. If you think you can help, or know anyone who is interested, please visit homesforukraine.campaign.gov.uk

At District level the annual draft Babergh and Mid Suffolk Housing Land Supply Position Statements consultation is taking place. This is a technical consultation on the draft Babergh and Mid Suffolk Housing Land Supply Statements. Indicatively, the land supply figures are 7 years for Babergh and 10.5 for Mid Suffolk.

UK Power Network's Priority Registration Scheme - UK Power Networks operate a Priority Services Register. You can register if you or someone in your household relies on medical equipment, has refrigerated medicines, has a serious or chronic illness or a disability, is living with dementia, is of pensionable age, has children under five in your household or has mental health difficulties.

Support can also be given during life-changing events such as bereavement, relationship breakdown, job loss, recovery from hospital treatment or living independently for the first time. If you or someone in your household is experiencing any of these circumstances, you can register to receive extra help on a temporary basis. If you need information or help to sign up go to www.ukpowernetworks.co.uk/power-cut/priority-services or call 0800 169 9970.

Planning: There were no planning matters.

Recreation Ground Project: The construction progress has accelerated over the last month. All of the equipment is now in place and the focus of activity is on the landscaping. The new entrance and car parking space will be the last phase. Additional perimeter security fencing has been installed together with sheeting to the fencing. All of the equipment will

be secured to prevent unwanted use until the Ground is officially reopened at Easter. As of this month we are launching a special opportunity to have a personal dedication engraved onto a stainless steel, leaf-shaped plaque. The plaques will form part of a permanent structure in the new Botesdale Recreation Ground, for all the community to enjoy from spring 2023. You can find out more about how to apply for one in the full-page notice in this magazine.

Correspondence: We received information about the cost of the upcoming Local Election, the progress of the Local Plan Examination and a tree planting strategy for the District.

Parish Infrastructure Investment Plan: Last October the PC agreed the PIIP and PIIP Project List to guide the parish councils in expenditure of CIL funds which are a levy on local development to address the additional infrastructure needs which come with new development. We will be reviewing this next month.

Speeding: As you may have noticed, the speed indicator device has come to the end of its life. We will be replacing it shortly with a new unit.

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

Remembrance Day Events: This will take place this year on Sunday, 13 November. Please keep an eye out for the details in this magazine.

The Christmas tree Lights On Ceremony will be on Saturday, 3 December at 6pm.

THE NEXT BOTESDALE PARISH COUNCIL MEETING WILL TAKE PLACE ON

MONDAY 7th NOVEMBER

at 7.00 pm

at Botesdale Village Hall

All residents welcome

www.botesdale.suffolk.gov.uk

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

Tel : 01379 890 141

Email : 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**

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@brpa-
rismag@gmail.com

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, Gislingham,
Eye, Suffolk. IP23 8JE
Tel: 01379 783 415



Local Welding Company

Specializing in Mild, High Carbon
and Stainless Steel Welding

Call us Today 01284598021

or Email:

info@angliarc.com



Redgrave Parish Council



Parish Council Report – October 2022 By Alison Spouncer, Parish Clerk

October 2022's meeting had six Councillors present (with two apologies), County Councillor and District Councillor Fleming along with ten members of the public.

Public Forum

Members of the public wished to discuss the planning application for Land at Moneypot Lane. Discussions were had regarding the details of the application with potential consequences for the surrounding area with the application for a further seven chalets, fourteen parking spaces and the consequent impact on the environment.

Cllr Fleming provided highlights from her monthly report, including LWAS (Local Welfare Assistance Scheme) available directly to the public for requesting financial assistance in certain circumstances, the Air Quality Study, Health Partners, and results from the recent land survey suggesting that there was more than a ten-year supply of land available for Mid-Suffolk. In addition, the Tree Canopy Survey is complete. All further information can be found on the Suffolk County Council (SCC) website (www.suffolk.gov.uk). Cllr Fleming wished to bring to the meeting's attention to the fact that the six-month sponsored Ukrainian family support is drawing to a close. However, there is still a requirement for Ukrainian families to be supported through the scheme so, if there is anyone able to help, please visit the SCC website. A reminder was given for batteries to be taken to local recycling depots along with children's toys containing batteries to ensure safe recycling and disposal – under the 'Metal Matters' scheme. Finally, Cllr Fleming wished to bring to the attention of the meeting the increased number of Bird Flu cases being reported in our area with a number of prevention areas now established.

Planning

There were two items of planning on the agenda to discuss:
Work to trees at Springfields, 1 The Green were discussed with no objections.
Proposed planning for land at Moneypot Lane. After the clerk removed herself from the meeting due to her closeness of the application, the Council decided to object to this application.

Ongoing Items:

Footpaths: An update had been received from the Highways Department regarding the stile causing an obstruction to Footpath no. 1/2 at the intersection with Norman's Field. The landowner of the footpath is reported to not wish to remove the stile. The Highways department has stated that it will progress this issue and update the Council shortly.

Redgrave Recreation Ground: A paper can be found on the Redgrave Parish Council website. There has been some feedback following its publication online, with one objection. Phase 1 of the plan was agreed to be implemented on the site of the Old School Playing Field. Alternative land may become an option, however at this point the play equipment will be sited on the Old School Playing Field.

Traffic Calming Update: A visit from Highways provided options such as

speed ramps and chicanes, all of which were deemed too expensive and not conducive to the village and residents following discussions with the Traffic Calming Group.

Remembrance Day: It was agreed the Chair would place the wreath this year on behalf of the Council on Sunday 13th November. A donation payment for the wreath was also agreed.

Policies: Three policies were for renewal; Complaints, Standing Orders and Financial Standing Orders. All were approved.

Warm Homes Initiative: Information is available on the SCC website. Allowances for residents requiring help in ensuring their homes may become more energy efficient are available with the utilisation of such methods as insulation. Grants are available to certain households with given criteria.

Meeting Dates:

With apologies for the incorrect date for the previous meeting, due to a change, post print. The forthcoming meeting dates for the remainder of the year are as follows:

Thursday 3rd November, Thursday 1st December 2022. 7.30pm at the All Saints Church, The Street, Redgrave.

Vacancy:

There remains a vacancy for a Councillor. A voluntary role, the time commitment is not onerous with the only formal requirement being attendance at the monthly meetings in the village (except for August). Please visit www.local.gov.uk/be-councillor for more details and please contact the Clerk if interested.

With Thanks:

The Chair on behalf of the Parish Council wished to thank David Lines, Locum Parish Clerk, for his great level of support over the past few months and in assisting Alison in her new role as Clerk.

**THE NEXT PARISH COUNCIL MEETING
WILL TAKE PLACE ON**

THURSDAY 3rd NOVEMBER

at 7.30 pm

at

ALL SAINTS CHURCH, REDGRAVE

All parishioners are cordially invited to attend.

Your new Parish Clerk is: Alison Spouncer

Alison may be contacted via

Tel: 01379 890613

E-mail: clerk@redgrave-pc.gov.uk

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 9th November, 2022**

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

Rooms with a View

Fabrics and Interior Accessories
Handmade Curtains and Blinds

Jane Churchill, Colefax, Vanessa Arbuthnott
& many more

Farrow & Ball and Little Greene
paints and wallpapers

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

INTERIOR DESIGN & SOFT FURNISHINGS

Karen Lawrence - Basket maker

Commissions welcome

See website for full details

Contact Karen on 01379 890897

www.karenlawrencebasketry.com

@karen_lawrence_basketry

SALLY SMITH

Made to Measure Home Furnishings

Curtains, Blinds, Cushions,

Curtain Alterations

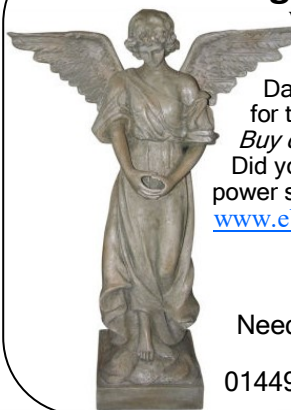
Please contact Sally Smith on 01379 898767

ssmith091@btinternet.com

The Uplands, The Street, Rickingham, IP22 1DZ

The garden room

www.the-gardenroom.co.uk



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

Buy online or at our Suffolk Retail Shop

Did you know we are also an ebay
power seller? Please visit our ebay store
www.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
WWW.GARNETHOUSEDRAPES.CO.UK

DJS BLINDS

Blinds ~ Shutters ~ Awnings

email: djsblinds@outlook.co.uk

tel: 07723 354601

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 – October 2022 By Cllr Brian Rhodes

The Rickinghall Parish Council held its monthly meeting on 11th October 2022, with all current councillors in attendance. No members of the public attended the meeting.

Planning Applications:

Four planning applications were considered by the PC:

A Full Planning Application had been submitted for the erection of 10 dwellings behind Willowmere, Gardenhouse Lane. This had previously been considered by the PC for Reserved Matters in April 2022. At that time the PC lodged an objection to the application on the grounds of concerns over the narrowness of the access road, and that the design of the houses were not in keeping with the Mid Suffolk and the Rickinghall & Botesdale Neighbourhood Plan in that the finishes and elevations should match those found locally and there was no mention of Affordable Housing, which was required to be 35% of the development as per Policy B&R 6 of the Neighbourhood Plan. It appeared to the PC that the Applicant had not taken into account any of the PC's prior objections in submitting the Full Planning Application. The PC continues to consider that the design of tile hung elevations was "more Sussex than Suffolk", there being no similar style of housing currently in the villages. Further concern was raised about the access road, which for approximately 50% of its length is only 4.1 m wide and thus two vehicles could not safely pass. Further, the lack of a pedestrian footpath meant that people on foot would need to also use this narrow access road, which potentially presents a danger to such users. Consequently, the PC determined to once again object to this application.

The second application was for the erection of a double garage at Whitegate, The Street. There was no objection to this application.

The third application was for the erection of a picket fence at Bridge House, Bury Road and again there was no objection.

The fourth application was for an alternative pedestrian link from the proposed new housing on land east of Greenacres, Gardenhouse Lane as the prior proposal was not possible due to land constraints. There was no objection from the PC for this change.

Notices to prune/remove trees in a Conservation area:

Four applications had been made - Redwings, Rectory Hill; Stanley Cottage, Bury Road; Land at the Old School, Hinderclay Road; and, The Old School House, Fen Lane. No objections were raised by the PC to any of these applications. However, the PC noted that the quality of the site plans attached to the applications (not just these but others recently) were poor, making the task of understanding the applications unnecessarily difficult. Applicants are requested in future to please try to be more accurate and clear in the submitted site plans.

Planning Decisions:

It was noted that the Pumping Station/Water Treatment Works, Church Lane planning application had been granted by MSDC and that MSDC had no objection to tree pruning at the Anchorage, The Street.

Correspondence:

Correspondence from MSDC had been received for the draft Housing Land Supply Position Statement, the costs of the upcoming Local Elections, The Local Plan Examination progress and the development of a tree planting strategy for the district. All correspondence was noted by the PC.

General Items:

A review of Council Documents (Standing Orders, Financial Regulations, Reserves Policy and Risk Assessment) resulted in a proposed change to the Reserves Policy of an increase in the reserve from £14.5K to £16K in 2023/24 and that under Risk Assessment, the Parish Clerk would take on the role of Data Protection Officer.

The PC agreed to commence a review of the Parish Infrastructure Investment Plan (PIIP) and its project list with the hope that some small projects could be undertaken in the near future.

The PC agreed that a member would attend the Remembrance Day parade.

A discussion on speeding was held as it had been observed that there appeared to be a lot of cars and vans exceeding the 30 mph speed limit (often by a significant amount) on entering the village from Bury Road and Hinderclay Road and also on exiting the village once they had passed St Mary's Church. Unfortunately, it had not been possible to repair the old 30 mph Radar Speed sign and all members of the PC approved the purchase of a new one to be placed on the existing pole on Bury Road on entering the village from the west. Further consideration would be given to the purchase of two more for other locations.

Work on updating the skate park was well underway. It is hoped the park will be open by the end of October subject to various safety checks.

Finally, it was noted that the PC's finances were well within our budget for 2022 and that work would commence next month on the 2023 budget.

**RICKINGHALL PARISH COUNCIL'S NEXT
MEETING IS ON
THURSDAY 3rd NOVEMBER
at 7.30 pm
AT RICKINGHALL VILLAGE HALL**

All residents are very welcome
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

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

Village News

OIL SYNDICATE



The next Oil Syndicate Order will be the winter one at the end of November. The last date for orders will be Saturday 26 November.

Delivery should follow within a fortnight.

For orders, as always, e-mail is preferred:
botesdaleoil@gmail.com,

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

David Sloan



Maintaining the Tradition of Good Causes

FoBHC

Volunteering is an integral part of British life and helps keep alive causes, organisations and legacies of the past.

The Friends of Botesdale Health Centre is a charity that financially supports the work of a medical practice which serves some 9000 residents in the cluster of villages in this part of East Anglia.

A Secretary will be required from the start of 2023 following the retirement at the end of this year of Carole Fitt whose work has been illustrious and much appreciated. Her successor's main role is to ensure the continued smooth running of a charity with a chairperson, treasurer and committee.

The role involves clerical duties supported by basic computer and word-processing skills. There are five one-hour-long meetings each year and an AGM usually attended by about 50 local residents. Liaison is needed with the Centre where the Friends' box requires regular checking and notices are displayed. Collecting subscriptions of members and donations from supporters and through funeral directors is needed as well as involvement in fund-raising. These may be one-off events or working with HM Revenue and its Gift Aid scheme. Activities follow established patterns throughout the year.

Commitment in terms of time - with a day's work measured as eight hours - is approximately two days in each of the months of January and February; one-day in each of the other ten months.

The committee appreciates you considering this opportunity; the chairman or secretary welcomes enquiries on 01379 890270 / 07510 127014 or 07952 587879.

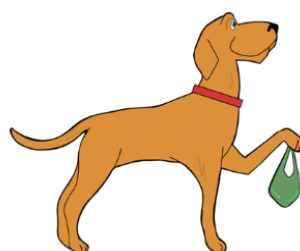
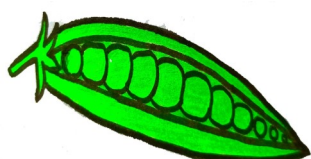


Mill Lane Allotment Association (MLAA) is looking for new members!

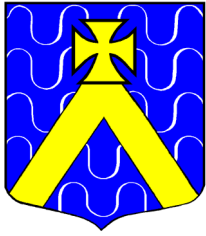
We have vacant plots for immediate occupation, and expect a number of tenant retirements at the end of 2022 making further plots available.

Full & Half Plots will be available for 2023. Half plots at £15.00 and full plots at £25.00 per year.

To get your name on our waiting list please contact Mark Wiseman on 01379 898805 or 07808469954, email: mark.wiseman@virgin.net



PLEASE PICK IT UP!



St Botolph's Bowls Club

September was a busy time for the bowls club even though the league matches had finished for the season. Club competitions kept members busy, whether it was for singles, doubles, triples or 2, 3 or 4 woods.

We held a Triples Tournament on Sunday 18th September with 24 blocks of 3 bowlers, the maximum number we could have, playing using all the rinks. These included players from several surrounding bowls clubs as well as some of our own members. This was a full day event, including lunch and a charity tea before the finals play-off. The tournament was won by a team from Coney Weston and the runners up were a team from Walsham Le Willows.

Thanks to the generosity of bowlers the charity tea raised £135 for Macmillan Cancer Support. Our thanks to Maureen and Maurice Costello who organised such a successful day.

Our Fun Friday evenings continued until 23rd September, that evening being one of the few when it was cool and wet! We have been pleased to welcome several new members to the club and look forward to their participation next season.

Saturday 24th September was our Club Finals Day, with a mixture of singles, doubles and triples matches being played throughout the day, with a break for everyone for lunch. The winners will be presented with their trophies at our Annual Dinner on Saturday 15th October.

On Sunday 25th September we held our Closing Day Drive with 18 members playing. A great way to finish a successful season.

Although the bowls season is now finished the club will still be open. Friday evenings will be the Club Social Evenings starting with a special Opening Evening on Friday 21st October and continuing throughout the autumn and winter. Friday evenings will be a chance to get together, relax, and playing board games, cards and socialising.

If you would like more information about the Bowls Club please ring 01379 89725.

Rosemary Setterfield -Committee Member

Community Woodland

*"Season of mists and mellow
fruitfulness"*

Last month I mentioned fruit and it still keeps coming. It is said that, when trees are stressed, they produce more growth and, importantly, more fruit for future generations and this is what seems to be happening this year. There are so many acorns now, even from our young oak trees in Northfield Wood and many have dropped onto the ground already (early October). There are beautiful quinces in the wood and lots of rather small apples; don't pick the medlars yet - they need to go brown and squishy before being picked.

In The Street the conkers are already falling – but aren't they small (an effect of the drought)? They won't be much good for playing conkers in the school yard!

I walked up to Northfield Wood the other day and sat in the sun. All I could hear was the wind. Near me the small, young trees were rustling but, further away, a lower note came from the big trees the other side of Mill Lane. It was so peaceful. And there are some bright yellow toadflax flowers near the entrance.

At the time of writing (early October) the damp patch by the gate in Low Meadow has not been inspected by Anglian Water. They have more pressing incidents (mains water leaks) to deal with first but they have promised to come soon.

By the time you read this the benches will have been strengthened by Denis Worby and I do hope more people will enjoy sitting on them in the autumn sunshine. The berries here and in our other sites are ripening and the leaves are turning; it is such a joy to see all the autumn colours again.

Don't forget to explore Miller's Orchard, another peaceful place; once you are on the path, you forget that it is right next to a lane.

And another reminder is called for; please be responsible for your litter, whether it is empty cans or dog poo. Country living is responsible living.

Rosemary Jones,
Botesdale and Rickingham Community
Woodland

4th September, 2022
01379 890238

New volunteers
welcome!





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.*

Quality work guaranteed

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



FRANK DAVEY LTD.
SURFACING - CIVILS - UTILITIES

SUFFOLK COUNTY COUNCIL APPROVED CONTRACTOR

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

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

Email : Sandra@frankdaveyltd.com

Tel : 01379 898371. Mob : 07940 530955

Club News



Mary, Queen of Scots - Tony Diamond

At the September meeting of the Heritage Circle at Rickinghall Village Hall, Tony Diamond told the story of Mary, Queen of Scots and explored her continuing influence on Britain and the monarchy.

In 1542 Mary Stuart became Queen of Scots just six days after her birth. She was the grand-daughter of Henry VIII's older sister, Margaret. She was crowned at the age of one, and two years later became betrothed to the Dauphin, the heir to the throne of France. Mary went to live in France aged five in preparation for her marriage to the Dauphin in 1558. Mary's family was poor and so, as her dowry, she bequeathed Scotland and her claim to the throne of England to France if she died without children.

Sadly, her husband Francis II died in 1560. When she returned to Scotland 9 months later in 1561 as a penniless widow, she was in a very difficult position. She was hated by many people in Scotland as she was a devout Roman Catholic in the most Protestant country in Europe. She was also seen as a major threat to Queen Elizabeth in England. Mary had a strong claim to the throne of England through her grandmother whereas many people, especially Catholics, thought that Elizabeth should not be queen as she was the illegitimate daughter of Henry VIII and Anne Boleyn. Popes encouraged Catholics to murder Elizabeth so that Mary would succeed her and return England to 'the true faith.'

In 1565 Mary married Robert Darnley who also had a claim to the English throne through his grandmother, Margaret Tudor. After the marriage, Darnley made himself very unpopular by his arrogant behaviour. He became jealous of his wife's friendship with her secretary, David Rizzio. When Mary became pregnant in 1566, rumours circulated that Rizzio was the father of her child, James Stuart. Darnley gathered a group of men and murdered Rizzio in front of the Queen in her apartment. This ended their marriage and Mary formed a new relationship with the Earl of Bothwell.

By 1567 there was a civil war in Scotland reflecting the religious divide between Protestants and Catholics, and powerful nobles vying for power and influence. The situation worsened when Darnley was murdered, and Mary and Bothwell were thought to have been implicated in the event. Mary married Bothwell which alienated much of her Catholic support as he was a divorcee. Her army was routed in 1568 and Mary was forced to flee to England in the hope that she could persuade Elizabeth to restore her authority in Scotland. However, she was just kept in various castles around the north of England as a prisoner for the next 19 years. During this period there were several plots by Catholics to murder Elizabeth and place Mary on the throne of England.

Eventually, in 1585 there appeared to be clear evidence of Mary's involvement in the Babington Plot. She was tried, found guilty and executed at Fotheringhay Castle in 1587. She was buried at Peterborough Cathedral without ceremony. Mary's death created the most serious threat to Elizabeth, the attempted invasion of England by the Spanish Armada in 1588. It failed but Elizabeth constantly feared assassination until her own death in 1603.

She was succeeded by James VI of Scotland, Mary's son who was a strict Protestant. He had been removed from Mary at the age of one and had had no further contact with his mother but he did have her body reinterred at Westminster Abbey in 1604. He too faced a threat to his life, the Gunpowder Plot in 1605. This prompted James to pass severe laws against Catholics and to settle Protestants in Ulster which still has political implications today. In 1689 Catholics were banned from succeeding to the throne in England, a prohibition which still exists.

The next meeting of the Heritage Circle will be on Wednesday 23 November at Rickinghall Village Hall when Jennie Vere will give a talk entitled *Lopham Linen*. Further information is available at www.heritagecircle.onesuffolk.net

Gerry Gurhy

Coffee On



October already - where has the year gone?! Once again we had a lovely sunny morning and lots of sunny visitors and walkers.

There was, as usual, a lovely selection of cakes and sausage rolls, together with double the amount of cheese scones and they all went! We had visitors from various local places - some from our villages and some from slightly further afield. We had some lovely youngsters - I think 8 in all, although they move quite quickly and I may have lost count!

Your kind donations, totalling £109.30 in all, will be sent to Muscular Dystrophy UK, a charity which is close to the hearts of the folks at Sunnyside Farm Shop. Those of you who use that lovely shop will know that young Harvey has been diagnosed with Becker/Duchenne Muscular Dystrophy, a cruel muscle wasting disease and this has obviously had an enormous impact on the family. Your kindness never fails to amaze me, but I hope that those of you who come along regularly thoroughly enjoy the welcome and the refreshments!

We will do it all again on Tuesday, 8th November and any kind donations given at that event will be given to the Samaritans Purse charity, possibly better known as "The Shoebox Appeal", which collects kindly donated Christmas gifts, boxed in shoeboxes and sends them out to some really well deserving children across the world. Whilst I don't have time to organise the shoeboxes themselves, your donations will ensure that something is given to help with the costs of transport. Do come along to find out more!

Do look out for posters around the village for various things that are happening at Parkview Chapel between now and Christmas - if you haven't been along before, then please do so ... you never know, you might just enjoy the welcome you receive!

In the meantime, I wish 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. Alternatively, try Kevin Gladwell, our Community Pastor on 01379 898924.

UNDER ONE ROOF

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

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

Fast professional service

Fully insured and all work guaranteed

Call Mark for a friendly visit and a free quotation

01379677027 OR MOBILE 07768636618



Domestic & Commercial

Mark 07703 418120
Redgrave

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

Property Maintenance,
Alterations & Renovations

Specialist Carpentry &
Timber Frame

Project Management

Handyman – hourly charge

Patio & Paving Cleaning

Fully insured & DBS checked

JH BUILDING SERVICES

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

Free quotes and advise

Phone: 07876 626461 / 01379 427033

Email: Jason.a.harris@hotmail.com

CJ Perkins Renovations

C J PERKINS
RENOVATIONS



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

Professional and reliable home renovation service based in Hinderclay.

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

Free quotations

Tel: 07842 915 667

Email : carlperkins001@hotmail.com

DAVID PETTITT FENCING

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

Mobile: 07771 541990

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



JOHN DUCKMANTON

FOR ALL YOUR BRICKLAYING AND BUILDING REQUIREMENTS

07930 430586 / 01379 788113

CNPCRIG184@LIVE.COM

Paul Jenner



All Jobs

☎ 01379 898 536

☎ 07947 405 670

† To help with all building needs

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

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



MARK FOULGER & SON
CONSTRUCTION

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

☎ 07768 196516

✉ mark@mfconstruction.uk

🌐 www.mfconstruction.uk

Wattisfield

Nyall's Notes LOHP Local News

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

You may have wondered why, in my last note, I did not mention the death of the queen. It so happened that I was on holiday when it happened and the note was written in advance of the event. I apologise for that as it must have looked quite bad especially as she had publicly proclaimed her Christian faith on a number of occasions.

Her Christmas message in 2015 contained the words, "For me, the life of Jesus Christ, the Prince of Peace, whose birth we celebrate today, is an inspiration and an anchor in my life. A role model of reconciliation and forgiveness, he stretched out his hands in love, acceptance and healing." The previous year she had said, "Despite being displaced and persecuted throughout his short life, Christ's unchanging message was not one of revenge or violence but simply that we should love one another."

It is true, for Jesus told us to love our enemies and do good to those who hate us and it is this message that she actually applied in her life when she helped cement the peace process and shook hands with Martin McGuinness who had previously been a commander in the IRA, an organisation that killed her cousin Lord Mountbatten and uncle of her husband.

How does anyone do that? It so happened that I heard a talk only yesterday on a passage in the Letter of Paul to the Roman church where he quoted, "Repay no one evil for evil" ... If possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord."

The speaker pointed out the fact that God being a God of justice means that we can leave it to him and it frees us from the need to demand justice for ourselves. I'm not saying that we shouldn't be putting criminals in prison for we need to protect society from them, often for life. To see people's lives consumed by campaigning for years in the name of justice for a son or daughter that has been assaulted, raped or murdered, seems to me to be making themselves and their family continued victims of that crime. What we are told here is that evil doers do not escape justice if death intervenes.

I have been talking about what we would call big events but it applies to all of us as far as the little things of life are concerned. I don't read the answers of agony aunt columns but I sometimes do read the questions and am often amazed at what little things cause family breakups, often for years. Jesus would have us so love one another that these things can be best forgiven and forgotten.

He himself went to the cross that we might, though faith in him, be forgiven and, once forgiven, have no fear of the vengeance of God for he promises, "I will remember their sins no more."

"I, even I, am he who blots out your transgressions for my own sake, and I will remember your sins no more."

Isaiah Ch 43 v. 25



Little Ouse
Headwaters
Project

Conservation & Community

*'Listen...
With faint dry sound,
Like steps of passing ghosts,
The leaves, frost crisp'd, break from the trees
And fall.'*

Adelaide Crapsey (1887-1914)

November arrives as we all start to hunker down for winter! Look out for golden plover and lapwings, sometimes in large flocks, on ploughed fields, feeding up before they head south and west for winter. Those flocks that would have numbered thousands some years ago, have now sadly been reduced to hundreds. Redwings and fieldfares will be arriving from the north. This year's great crop of berries in hedgerows (that haven't been cut too early) will benefit them and many other birds and small mammals. Nuthatches have established themselves on some of our Blo Norton sites and young marsh harriers that fledged successfully on Redgrave and Lopham fen can be seen overhead in the Little Ouse valley.

I know I say this every year, but if you're planning a bonfire on the fifth, please look out for hedgehogs and frogs who may have decided to start to hibernate there!

Damp November mornings signal an explosion of fungi, from wild mushrooms in the fields, to woodland species on and around trees and logs. You may also notice cobweb 'streams' attached to long grass. Small spiders use these to move to new territories. They are really visible after a frost.

The Creative Fen Group are holding an Art exhibition at the activities centre on Redgrave and Lopham Fen on the 26th and 27th November so dare I mention Christmas presents?!!

If you are reading this before the start of November, a reminder that our AGM will be held in Garboldisham Village Hall on Friday 28th October at 7.30. All are welcome and there will be a small charge for non members.

John McCormack



NEW HEIGHTS Renovations & Maintenance

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

Making maintenance more affordable...

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

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



Find me on Facebook 'New Heights Renovations and Maintenance'

I look forward to hearing from you!

A & O Bow Builders 45 years of building experience



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

07917192066 / 07376357574

aandobow@gmail.com



THE SUFFOLK SWEEP

- No. 1 for chimney care -

Chimney sweeping Cowl fitting
Stove refurbishment CCTV inspection

07766 235 607

www.thesuffolksweep.co.uk

Anglia Chimney Sweeps

07711 458575

Power sweeping for a thorough clean

Smoke draft test with every sweep

Fully trained and insured

Insurance-recognised certificates

www.angliachimneysweeps.co.uk



CHIMNEY SWEEP ECO SWEEP CHIMNEY SERVICES

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



01359 232335



GREEN BRICK PROJECTS

SOLAR ENERGY

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

WE ALSO OFFER:

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



APPROVED INSTALLER



ENQUIRE TODAY

Call us today to book a no-obligation survey

01379 788 882

greenbrickprojects.co.uk



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

Friends of Rickinghall Church November 2022

We could not carry out the work on the north slope of the chancel roof which has had to be postponed again as we had not raised enough money to pay for it. We are limited to getting the work carried out in September and October when it is not the bat breeding season otherwise it is illegal to do the work and we have to be given permission by Natural England after an inspection by a volunteer from The Bat Conservation Trust. We hope to get more grants next year to cover the cost, although the building work was already estimated at 10% more this year than last year. We have been given or promised several grants but need to raise 50% of the money to get the some of the grants. By the time you read this we should have held the Friendly Invasion Evening on the evening of 28th October and the walk in Redgrave Park in the afternoon of Saturday 29th October to add to the fabric fund.

The Round Tower Churches Society have promised us £4,000 when the work is commenced. RTCS are having a study day in October and one of the lectures will be given by a female architect who has a remarkable story about the restoration of North Tuddenham Church. It is really inspirational to hear how many of the ancient churches are being restored.

Last month Kit Brinkley, the churchwarden, held a work party morning in the churchyard with volunteers doing various jobs. Thankyou to the volunteers who worked on a really hot day. If anyone would like to volunteer to help in the churchyard please contact Kit on 07947414968. Previous to this, a contractor managed to unearth the oldest gravestone in the churchyard which had been recorded in a survey of 1929 and the WI survey of 1982 but could not be found when we surveyed the churchyard in 2009. Luckily Charles Greenhough noticed it and knew it was the missing gravestone. The stone records the death of Robert Symonds who died 1691.

If anyone would like to enter the London Marathon for us next year, we would be truly grateful.



Mid Suffolk

The cost of things just keeps going

up. The food shop doesn't stretch as far and my bills just keep getting higher. I've made cutbacks and, at the moment, I'm just about managing but I'm really worried about how I'll cope as it starts getting colder. What should I do?

You're not alone in struggling with rising costs, but it's important to know there is support available.

If you're finding it hard to stay on top of bills, make sure you know what money you've got coming in and out each month. Citizens Advice has an online budgeting tool that can help with this - visit citizensadvice.org.uk/debt-and-money to find this tool and more.

It's also worth finding out if you're eligible for any benefits or support with your energy and living costs. On the Citizens Advice website citizensadvice.org.uk there's a benefits calculator, advice on how to reduce living costs and information on other ways to increase your income.

The good news is there is help with rising energy bills. From 1 October 2022, there's a limit on gas and electricity prices for most households - this is called the Energy Price Guarantee and will be in place for two years.

From October you'll also get £400 off your electricity bill. This is called the Energy Bills Support Scheme.

You don't need to do anything to get the money and you won't have to pay it back. The money will be paid in six instalments, you'll get £66 in October and November followed by £67 in December, January, February and March.

You should automatically receive the energy discount if you pay by direct debit, standard credit or payment card.

If you have a prepayment meter that isn't a smart meter, you'll get the discount via vouchers or as an automatic credit when you top up at your usual top-up point. Your supplier will let you know how they will issue it.

If you have a smart prepayment meter, the credit should be automatically added to your meter.

If you can't pay your bills, speak to your energy supplier as they have a responsibility to help you come up with a solution.

Citizens Advice Mid Suffolk can provide advice on this and other issues, 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. More information and our opening hours can also be found at midsuffolkcab.org.uk/contact-us.

Painter & Decorator



Internal ~ External
Domestic ~ Commercial

S.C.G. ELECTRICAL

ALL TYPES OF ELECTRICAL
WORK UNDERTAKEN
DOMESTIC COMMERCIAL
LIGHT INDUSTRIAL
SECURITY LIGHTING
**01379 741311 or
07792 767869**



Paul Parsons Electrical

Rickingham, Diss, Norfolk

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

Tel: 07786 558 510

Part P



Neil Worby OF RICKINGHALL Painter and Decorator

established for over 20 years

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

Tel: 01379 890526 Mobile 07738 156 036

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



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

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

Email:- wjcpainters@outlook.com

Website:- www.wjcpainters.co.uk

G & S Property Services

**For all the
maintenance
work you
hate**

We can now service, repair
or replace your oil boiler

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

All work considered - No job too small

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



Cheryl Goddard Painting & Decorating

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

Tel: 01379 741311
Mob: 07817 614 883



TAYLORMADE BATHROOMS

Bathroom design and installation specialist.

Kitchen fitting

All aspects taken care of including tiling, flooring & plastering

All plumbing enquires welcomed

Qualified Plumber

Free estimates

Call Robert Taylor

Mobile: 07979 590528

Business: 01359 221 015

www.taylormadebathrooms.co.uk



E&D Boiler Maintenance Ltd



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

Servicing, Breakdowns, Repairs and Installations

All makes covered including:

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



**Telephone
01379 898574**

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

Exploring the Past

Jean Sheehan, 01379 890237

I am grateful to Marcia Healey for allowing me to use an article that she wrote about her father and the Botesdale POW camp which was situated on the Botesdale side of the Lake in Redgrave Park.

Jim Healey's army service at Botesdale POW Camp 56 at the end of WW2

As there is a dearth of information concerning UK WW2 Prisoner of War Camps I thought that it would be interesting to get together the information I hold concerning my father's time in the Regimental Police at Botesdale POW Camp from 1945-1948.

My father enlisted in Hertford on 4 November 1943, two months after his eighteenth birthday. He assumed that he would be assigned to a regular army fighting unit but was dismayed to find that he was allocated to the General Service Corps and then two months later to the Pioneer Corps. The latter was generally reserved for men who were too old to fight or who were deemed medically unfit. We now know that Jim suffered from dyslexia, not understood in the 1940s. His army record from the MOD reveals that the recruitment officers attributed his poor reading and writing skills to 'low intelligence'. They told him that their decision was made because of his poor eyesight and flat feet. This didn't stop him from being promoted to Corporal then Sergeant!

Jim's army record shows that he arrived at Botesdale Camp on 7 November 1945, having been involved with transporting prisoners of war around the country. He came to Botesdale from Camp no.20 at Yelverton, Devon.

Botesdale POW camp consisted of a large number of pre-fabricated buildings along with a water tower situated on part of Redgrave Park called The Warren. This was a 'standard type' POW camp. There were barracks, canteen, the officers' mess, the sergeants' mess, guard rooms, dining room, recreational room etc. This was on the south side of Redgrave Lake, a very attractive serpentine lake designed by Capability Brown.

On the opposite side of the lake stood Redgrave Hall (now



Jim Healey on Redgrave Lake

demolished) and the WW2 American General Hospital that carried out pioneering surgery. The POW camp housed Germans, Italians and lastly Ukrainians. Redgrave Park played host to some high ranking German generals including Erich von Manstein and Gerd von Rundstedt but I don't believe my father had much, if any, contact with them.

He did have to supervise the tending of the gardens and allotments and was given a publication entitled 'Eastern Command Welfare The Standard Allotment Plan with Instructions' which had a sowing and planting plan and growing hints. On the back it lists the officers. The Command Horticultural Officer was none other than Lt Colonel WE Shewell-Cooper, a well known horticulturalist and author of the time.

From 1945 onwards a series of visits was made to POW camps on behalf of the Political Intelligence Department (P.I.D.) / Foreign Office. This was to assess re-education of German POWs. To this end visits were made to Botesdale Camp in 1946. Major RLS Raffles, an English inspector made a report concerning the English classes between 16-17 December 1946. The commandant at the time was Lt Col JSD Lloyd who had recently arrived. The report states that the strength of the main camp was 815 Germans with 319 Germans in the outlying hostels. The two hostels were based at Thornham Hall and Long Stratton. A report by F/L Strub dated 22 May - 27 May 1946 (4 visits) concluded that the camp was 'far above the average' but it was thought that 're-education has not penetrated as deeply as it appears to have done'. Recommendations were for 'more books' as the number of POWs would increase shortly. Checks were requested to make sure that all PID films were shown at both the main camp and hostels and that PID lecturers also visited the hostels. It was recommended that the theatre group should be sent 'one or two good plays'.

While stationed at Botesdale Jim did spend some time at the camp in Long Stratton, on one occasion cycling back to Botesdale in the snow and having to carry his bicycle some of the way because the snow was too deep.

He was responsible for supervising Ukrainian soldiers. He had a typed out list dated 11/06/1947 entitled 'Nominal-Roll of permanent staff - 56 POW camp' under their camp leader Wolodymyr Kulczyckyj and his deputy Irene J Kostelnyk. There was a chief cook, eight other cooks, three stokers, two dining hall cleaners, one man for service in the dining room, one butcher, one canteen orderly, five sanitation people, three barbers, four tailors, four cobblers, ten police, two teachers, one person for the information room, one preacher, two gardeners, one clerk (typist), eight bakers, a further four stokers and four woodmen. They had, I believe, been transferred from an Italian camp in May/June 1947. According to the website www.ukrainiansintheuk.info they were former soldiers from the Galicia division and by July 1948 Botesdale housed 1010 men. The men were released from POW status in the late summer and autumn of 1948.

To be continued....

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



**Carberry
Plumbing &
Heating Ltd**

Call Jonny 07506 706121

carberryplumbing@gmail.com

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



Oil Fired Pressure Jet Boiler
Servicing & Plumbing



ANDY BACOS

07775 751303

andy.bacos@ntlworld.com

Andy's Oil Boiler Services



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

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

Free non committal quotes

07749315908

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

Doug Aiken part of



Appliances Ltd

Telephone:
01449 780398

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

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

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

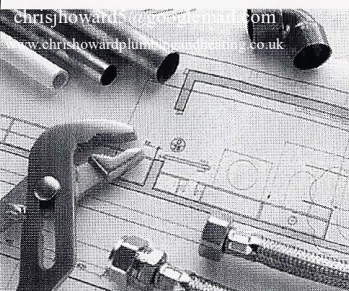
If interested, please
contact

adverts@trbrpa-
rismag@gmail.com

www.gasengineersburystedmunds.co.uk

WILLOWSERVE LTD
Plumbing & Heating Services

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



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

Checkatrade
Where reputation matters



Tel: 01359 259886 • 07771 557937

Email: willowservelt@hotmail.com

www.willowservelt.com

Else Heating & Plumbing

Oil and Gas Installation

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

Bathroom & Kitchen Fitting

Fully Insured

Contact Eugene Else

01379 688183

07787 854923

elseheatingandplumbing@gmail.com



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

Telephone: 01379 783427

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

Exploring the Past Again

Di Maywhort, 01379 898785

Barley Birch

In the field on the left, when entering Botesdale from the Diss Road, recently there have been diggers and other large machines which are preparing the ground for a development of 69 houses.

From the 18th century, and perhaps earlier, this field and the one next to it were one large field called Barley Birch. The field next to it is still called Barley Birch. This was where the village cricket pitch was situated in the 19th and 20th centuries. John Cordy Jeaffreson in his Memoirs, remembering his school days in the 1840s, said that it was the *'finest cricket ground in the County'*.⁽¹⁾

As can be seen on the photograph of a cricket game being played in the early 1900s, the grass on the pitch itself is far longer than players are used to today and the players themselves are in a mixture of clothes, only some are in whites. In the background there is a small pavilion, which was later moved to Rickinghall playing fields. During the early 20th century there was also a football pitch on this field.



A cricket match on Barley Birch early C20th

Barley Birch was taken out of cultivation in the 18th century and, in both the 18th and 19th centuries, it was used as a race course for both 'hurdle' races and flat races. It apparently measured exactly a mile round the edge. The cricket pitch was situated in the centre of this field.

According to Jeaffreson, Botesdale was very much a 'sport loving' village. He says that many local men were jockeys, that they were small bow legged men who wore cloth caps and the kind of trousers that would later be called jodhpurs. It appears that many of these men rode the horses of wealthy landowners in the races. He also says that *'Nearly every man who was rich enough to keep a horse and capable of riding to hounds kept a 'noble animal' and rode it to best of his ability'* and that *'Barley Birch was the course on which jockeys rode hurdle races and flat races after the steeple chase (the grand event of the Botesdale races)'*.⁽¹⁾ Whites Directory of 1844 says that a steeple chase was held in Botesdale yearly.

William Morgan in an excerpt from his forthcoming book about

race courses in England says :- *'A steeple chase was held in 1836 from West Hall wood ...[and] in 1837 the course ran from West Hall Wood, a favourite cover of the master of the Suffolk Hounds, George St. Vincent Wilson, to Barley Birch, a field that also contained the village cricket pitch and staged races around its edges on occasion. ... A large crowd, including ladies in their carriages, watched the sport, which also had a race for farmers and a trotting dash, before the gentlemen went to dinner at the Crown.'*⁽²⁾

In March 1846 the sport extended over three days, the first a meet of the Suffolk Hunt, the second the steeplechases, the third a meet of Wilson's own "merry" harriers, after a carted stag, for which over 100 mounted followers turned out. ... This tightly knit meeting seems to have ended at this point, though races of a low grade probably continued on Barley Birch for some while afterwards.'

Jeaffreson wondered why *'the great meadow where barley never grew, nor birches flourished ... came by its name'*.⁽¹⁾

A possible explanation is that birch originated as the word 'breche', which means land, usually woodland or heathland, that had been 'assarted' or cleared for cultivation, in the early 13th century, when the population started to increase, so extending the arable land in the village. From this word 'breche' we also have 'breck', as in the Breckland, the 'breche' word may have been pronounced locally in the 13th Century with a softer sound, rather than the harder 'breck'.⁽³⁾

The 'r' and a vowel were commonly 'sound flipped' (metathesis) in the medieval period. (For instance brid became bird.) So 'breche' would become 'berche'. The land could have been originally cleared to grow barley, hence the name Barley Birch. Other villages have fields, which had been cleared for cultivation, with similar names, for instance Coney Weston had both a 'whetebreche' and a 'barleybreche'.⁽⁴⁾

Land called 'le Breche' is first mentioned in Botesdale documents in 1279 when it consisted of over 47 acres. A tenement of that name, le Breche, is also noted in the 1289 survey of the village of Botesdale. At this time this land appears to have stretched from the Diss Road on the North to 'Tilekiln close' on the South. We know a tile or brick kiln was situated near to the house now called Jacobites, just off Mill Road, South of the present bypass.

The cricket and football pitches on Barley Birch were ploughed up during the Second World War and have never been reinstated. It is now used as arable land once again and part of it is, today, having 69 houses built upon it.

⁽¹⁾ Jeaffreson, John Cordy, *A Book of Recollections in Two Volumes*, Hurst & Blacett (1894) Vol. 1 Page 11-17

⁽²⁾ Information by email from William Morgan.

⁽³⁾ Email correspondence from Tim Holt-Wilson

⁽⁴⁾ *Medieval Suffolk An Economic and Social History 1200-1500* by Mark Bailey Boydell Press 2007 page 74.

J W AMPS LTD

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

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

Collection and delivery service available.

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



Essential Ponds

Ponds – Lakes – Water-features – Swimming Ponds
Construction, maintenance and management specialists

- *Pond cleaning *Dredging
- *Plant management *Maintenance packages
- *Wildlife Ponds *Pond refurbishment

No Job is too small * No Obligation Quotations * Fully Insured

Contact Chris
01379 777365 or 07901 710107
www.essentialponds.com

KEVIN EMANS GARDEN MAINTENANCE

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

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

Garden Machinery Service And Repairs

Over 30 years experience
Friendly and reliable

Tel: Nick 07946 183840



ACORN TREES

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

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



Safe & Sound Hygiene and Pest Control

Is your garden over run with Moles ?

Do you have a wasp nest ?

Are your paddocks over-run with rabbits ?

For ALL your Domestic / Commercial Pest Control.

Woodworm treatment available.

No obligation – free survey/quotes.



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

Please call for a chat on 01379788865 • 07809226109 • 07518731106

www.safeandsoundhygieneandpestcontrol.co.uk

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

Huckle
Ecology



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



Call Jon in Redgrave on
01379 890770 or
07496 255050

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

G.G. EVANS

Pest Control Services

07795 177695

01379 608932

info@ggevens.co.uk

MOLES, RABBITS,
WASPS & MORE



FENCING
TURFING
SHEDS
GARDEN CLEARANCE
DRIVEWAYS
BLOCK PAVING

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



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

Seasoned Firewood by the full or half load

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

IN YOUR GARDEN

BROWNE OFF?

Looking at the parched state of my lawns, I really do wonder if lawns are more trouble than they're worth! Will they ever recover their lush greenness or will I have to be less fussy and learn to love brown lawns?

According to the experts at the RHS, once we have a reasonable rainfall, the grass will eventually recover as it did following the very dry summers of 1977 and more recently in 2018. However, in some cases, lawns will fail to bounce back where grass has died or where new turf has not properly established before the searing heat struck.

However with climate change now likely to bring long hot weather to our shores, does it look as if we will have to accept the possibility of having brown lawns for most of the summer? If so, what can we do especially where large patches of the lawn have definitely died and any amount of rain is unlikely to make it recover? The obvious answer is to thoroughly de thatch and scarify the dead areas where the dead grass has formed a thick thatch and prevented rain reaching the roots. Follow this by reseeding the area paying special attention to the type of grass seed being sown.

Again, the lawn experts recommend hardy seed mixtures including perennial rye grasses and tall fescues. These can tolerate heat and direct sunlight. Autumn is an ideal time to tackle these dead areas. This will be a relief to many lawn lovers whose green striped sward holds pride of place in their garden.

Researchers at grass seed suppliers have revealed that they have developed a drought - busting perennial grass that root as deep as three metres. Deep rooting grasses stand more of a chance of surviving drought by tapping into deep moisture levels much as mature trees can stand scorching weather relying on their extensive root systems searching out surrounding water. The view of these experts is that our lawns will survive despite climate changes but we will have to use more resilient types of grass more commonly found in the Mediterranean that feature wider fatter leaves.

Whilst environmental groups recognize that lawns will recover albeit with some reseeding, they are keen to promote a radical alternative with areas previously devoted to grass being put down to growing wildflowers to benefit bees and insects. Food for thought. I shall be covering rewinding options in domestic gardens in a future column.

Enjoy your garden.

Lawrence

Dubai Tower – Page 3

Several months later all the activities described previously had been completed, and we had a roughly triangular island filled with sand, and surrounded by rock embankments.

The sand, and the weak sedimentary rock below the sand, were porous, and before excavating for the basement construction, it was necessary to reduce seepage into the works as far as possible. To achieve this aim it was necessary to construct as far as practical an impervious grout blanket in front of the sheet piles, and down into the rock. Knowing that it would be impossible to prevent some inflow of sea water after excavation of the sand fill in the island, a number of dewatering pumps were installed. These discharged into settlement tanks, and the contractor had to check daily for sediment in the tanks as there was a concern that material could be leached out of the sand or rock thus weakening the foundation; a problem already experienced during the earlier construction of Dubai Drydock.

The piling contractor arrived on site with the equipment he estimated he would need. Two piles were installed, and successfully load tested. The contractor was then free to start installing the permanent piles that would support the building. The design called for 250, 1.5 metre diameter, drilled, reinforced concrete, friction piles 45 metres long. A casing was vibrated into the sand between ground level and the rock surface. To prevent any possibility of the pile becoming end bearing, and nullifying the design, a thick pad of polystyrene was fixed to the bottom of the reinforcement cage during pile construction. Many of the piles were instrumented so that the designers could ensure that the distribution of load in the piles followed their predictions as the building grew taller and heavier.

The contractor rapidly ran into difficulty as the drilling bucket wasn't heavy enough to penetrate the rock; it simply rotated on a slurry of small rock fragments and sand in water at the bottom of the bore. Another set of cranes was mobilised but this time equipped with heavy drop chisels so that the rock could be fractured. The piling programme was successfully completed albeit later than planned.

The dewatering pumps were switched on, excavation of the sand fill commenced and there was soon a procession of lorries taking sand away from the site. Unfortunately, the sand fill was saturated, the back of the lorry wasn't watertight, and the local roads were soon fouled with a sand slurry provoking more complaints, but this time from local residents. The contractor obtained permission from Dubai Municipality to stockpile the sand on the adjacent beach, and after it had drained it was removed from the site without further problems.

JML to be continued.

S.M.C SERVICES

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

Regular maintenance to one off jobs!

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

All other jobs considered!

Please call Stuart for a free quote on

07765 388882



THE GARDEN ROOM

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

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

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



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

If interested, please
contact

adverts@trbrparishmag@gmail.com



Ed Batram
GARDEN

SERVICES

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

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

COUNTRYSIDE, CONSERVATION & TREE SERVICES

Peter Kerry

01359 230100
07792 995483

peterkerry2018@gmail.com

www.cctrees.co.uk



SPECIALISTS IN

Tree surgery
Hedge management
Fruit tree pruning
Landscape projects
Fencing



£5,000,000 public liability insurance

ELITE FENCING & LANDSCAPING

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

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

Your garden projects turned into reality

Treecraft

Kim A. Stebbings

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

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

£5m Public Liability

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

MAGPIE TREE & FENCING SPECIALISTS

Fully
Insured

All Aspects Of
Tree Surgery & Fencing
At Affordable Prices

Call For A Free Quotation & Advice

Carl J Baker
carlmagpie@outlook.com

01379 897143
07717 101660



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

If interested, please contact

adverts@trbrparishmag@gmail.com



Notes from the Green Redgrave Group

We had another excellent presentation in our series of talks about wildlife on Tuesday 4th October; this time it was given by Andrew Goodall who provided an extremely informative, enthusiastic and well-received talk on the subject of Local Birds and Citizen Science. It was great to learn that there were some good news stories about bird populations as well as the stories of decline. The talk fitted well into our aim of making Redgrave a wildlife friendly village with increasing numbers and diversity of birds and other wildlife.

We now have an impressive and growing number of volunteers to help us with our proposed planting schemes. The intention is to plant up to 600 trees a day over 6 days (in various weekend slots) starting in December. The Sicon Foundation have generously offered to provide us with these native trees and we are excited to see how we can improve the habitats for wildlife with this initiative. If you feel that you are able to help with the odd few days of planting then we would be delighted to hear from you. Please get in touch – details below. We will be very happy to see you join the team.

Spring flowering bulbs for the Knoll have now been ordered and should be delivered shortly. The intention is to plant 300 early-, mid- and late-flowering daffodil varieties so that we can get a good show from as early as February through to early May. Again, volunteers to assist with this task will be very welcome. Please do get in touch (details below) if you can spare some time.

We will be taking a break from our programme of talks in November. We propose to hold a Green Redgrave Meeting though instead; provisionally this will be held in the Cross Keys Pub at 7pm on Thursday 3 Nov 22. This will be confirmed through the usual channels nearer the time. The next talk will take place in December - details to follow.

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

A poem from Mary

Oh dear, oh dear, what a boohoo, my hormones are raging, what e'er shall I do?
The pressure is high, my thoughts are to die, I'm confused, lost my way, do you feel it too?

I think I'm grown up, I think I'm a child, I think I can cope and find that I can't,

I think I am going out of my mind-
Take a deep breath and find a new slant, leave all rage and frustration behind.

Gently and slowly the chrysalis tears and daily I find that life's less of a bind. ;

The beauty of life with others I'll share, the road of the teens is terribly tense

But come to the end and find common sense.

Mary 1960- 2022

CREATIVE FEN GROUP

Art Exhibition

26th & 27th November 2022

Redgrave & Lopham Fen,
Low Common Road,
South Lopham,
Diss, Norfolk IP22 2HX

Opening Times:
Saturday 10am–4pm
Sunday 10am–4pm

Coffee from Café Piccolo

PRESENTS

Boozy Bingo

Saturday 29th October
At Diss Bowls Club, IP22 4BE

Thanks to Diss Bowls Club and our prize sponsors: AUTOAID UK, Danny Ward, Temple Engineering, Michelle Deany Recruitment, John Doe & Co Auction

STARTS AT 7.00 PM	ADULTS ONLY
FREE DRINKS 7.30 PM	RAFFLE & BAR
BOOKING FEE: £10	FREE PARKING
<small>BOOK VIA EMAIL: 107.6@PARKRADIO.CO.UK</small>	

THE WINDOW COMPANY WITH A DIFFERENCE!!



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



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




A B S
Home Improvements

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

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

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

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

WAVENEY WINDOWS LTD EST.1977 


CONSERVATORIES ♦ WINDOWS & DOORS ♦ FACIAS

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


SHOWSITE
Blooms of Bressingham
Garden Centre
Diss
Norfolk IP22 2AB

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

FOR ALL YOUR HOME IMPROVEMENTS.

 **ABBEGATE WINDOWS**

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




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

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

Assure Insured Installer

R.W. LISTER & SON

 **MOTOR ENGINEERS**

Tel : 01379 898549
Mob : 07775 623778

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


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

Products to the Trade and Retail

**BUILDING
CLOTHING
SHOOTING
AGRICULTURAL**



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

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

SCAM ALERTS

PROTECT YOURSELF FROM SCAMMERS

Scams can be difficult to recognise. Citizens Advice recommend you ask yourself these basic questions if you see something you suspect online or in an email or text. Look out for these tell-tale warning signs.

Someone you don't know contacts you unexpectedly.

Check you are not dealing with fake online shops if there's no postal address shown. Companies should have a full postal address including street name; not just a PO box number. You can check on an organisation's details on the **GOV.UK** website. This will tell you if they are registered or not.

You've been asked to transfer money quickly or asked to pay in an unusual way - iTunes vouchers or through transfer systems such as MoneyGram or Western Union.

You have been asked to confirm personal information like passwords or PINs. Don't give personal information such as name of your primary school or National Insurance number away to seemingly innocent but persuasive callers. Scammers use this information to hack your accounts,

Never click on or download anything **YOU DON'T TRUST**.

Don't rely on seeing a padlock in the address bar of your browser - this doesn't guarantee you are buying from a real company.

- Ensure your antivirus software is up to date. Make sure your online accounts are secure. Have strong passwords for your email accounts. Some websites add a second step when you log in to your accounts known as two-face authentication, This makes it harder for scammers to access your accounts. Know how your bank operates by checking their website to see how they will or won't communicate with you and ratify what type of security questions they'll ask if they phone you.

If you think you have been snared by scammers and given away money or information you can check what to do if on (/consumers/scams/reporting-a-scam/). Alternatively, if you are not sure if something is a scam, contact one of our scam advisers on (consumers/scams/get-help-with-online-scams/). They will advise you accordingly.

HEALTH CENTRE HOURS From 22 October 2022:

	Surgery	Dispensary
Monday	08:00 – 20:00	08:30 – 13:00 and 14:00 – 18:30
Tuesday	08:00 – 18:30	08:30 – 13:00 and 14:00 – 18:30
Wednesday	08:00 – 18:30	08:30 – 13:00 and 14:00 – 18:30
Thursday	08:00 – 18:30	08:30 – 13:00 and 14:00 – 18:30
Friday	08:00 – 18:30	08:30 – 13:00 and 14:00 – 18:30
Saturday	09:15 – 12:00 **	08:00 – 12:00

If you, as a Patient of Botesdale Health Centre, have any comments you would like the PPG to be aware of, please contact the below email or phone number. Your comments as a Patient are of immense importance to us.

** Two GPs working

If you are interested to learn how the Patient Participation Group assists the Health Centre (all Health Centres must now have a Patient Participation Group) please do contact botesdaleppg@gmail.com or 07787 148947

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

IS YOUR COMPUTER GIVING YOU HEADACHES?

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

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



Microsoft
CERTIFIED
Professional



COMPUTER PROBLEMS ??

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

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

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



COREWEB
DEVELOPMENT

**WEBSITE
DESIGN
AGENCY**

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

GREENGAGE
CREATIVE

GRAPHIC DESIGN SERVICES

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

e: greengagecreative@outlook.com

CADE CREATIVE

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

Copywriting/editing/proofreading

Print Buying

For a quote or to see work
samples or testimonials:
Tel: 01379 783 380 / 07931 850 813
joclifford@cadecreative.com

**NEED A
Grand
Design?**

WANT TO RENOVATE OR
EXTEND YOUR HOME?

- WE GUARANTEE WE WILL BEAT
ANY GENUINE QUOTATION
- FULL DESIGN PLANNING FOR
COUNCIL APPROVAL
- PROJECT MANAGEMENT
WHILST ON SITE
- ARCHITECTURAL TECHNICIAN
- LISTED BUILDING CONSENT
APPLICATIONS
- BUILDING REGULATIONS
DRAWINGS

CALL US NOW ON
01359 232507 / 07827 683 702

LEWISMN521@GMAIL.COM WWW.MNLDESIGNS.CO.UK
5 HEATHER CLOSE, THURSTON, BURY ST EDMUNDS, SUFFOLK IP31 3PX

Rickinghall Business Centre

Industrial Units, Offices & Storage
available to let

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

Allwood Green, Rickinghall, Diss. IP22 1LQ

Jackamans
SOLICITORS

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

Legal services at a competitive price
for individuals and businesses

www.jackamans.co.uk
Diss 01379 643555
Harleston 01379 854455



Bishop & Miller
AUCTIONEERS VALUERS

Suffolk's International Auctioneer's

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

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

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

BOTESDALE HEALTH CENTRE PATIENT PARTICIPATION GROUP (PPG) HEALTH CENTRE STAFF

To bring Patients of Botesdale Health Centre up to date on Healthcare Professionals in the practice and to whom referral may be made by the Care Navigators (Receptionists). These Professionals have distinct roles and specialist skills. When you contact the Health Centre, you will be offered an appointment with the person who is best placed to help your needs. This is why the first person you speak with when you contact the Practice may ask what you need help with.

Clinical Pharmacist - can ensure your medication is working for you. They will listen to how your medication is affecting you before making any adjustments to improve your wellbeing. With expert knowledge of medications and long-term conditions such as arthritis, asthma, or diabetes the Clinical Pharmacist can discuss any health concerns you have and support you throughout your treatment.

Mental Health Practitioners - offer specialist mental health support for those Patients who need it, but who do not need or are unable to access secondary care because their mental health problem is stable. By bringing Mental Health Practitioners into the Health Centre GPs can offer Patients mental health support closer to home, in a setting that is more familiar and less restrictive. By working alongside GPs, Mental Health Practitioners can ensure Patients receive joined-up physical and mental health support

Paramedics - work in a variety of roles within the Health Centre. Their background in pre-hospital care means they are used to working with people with a variety of health conditions from coughs and minor injuries to more serious conditions such as asthma & heart attacks.

They work alongside GPs and help manage routine or urgent appointments, as well as telephone triage (assessment of urgency of illness or injury) and home visits.

Social Prescriber - during the first half term of the Daycare/School year, the Botesdale Health Centre Social Prescriber has been assisting Carers of babies, toddlers & young children. The NHS simultaneously published materials related to developing kids' social skills through their 'Start for Life Programme' which assists new Parents and Carers with knowledge regarding babies, feeding, language and social skills for pre-school children. A wealth of information can be found online at 'Start for Life'.

New Staff - a new salaried GP, Dr. Adrian Doug, commencing in January 2023. We also have a new Nursing Associate (Kelly) and a new Advanced Nurse Practitioner, Jayne Hughes

ENHANCED ACCESS SURVEY

Patients may recall that PPG volunteers asked, if you attended the Botesdale Practice in early June this year, if you would like to complete a survey about Enhanced Access to the Practice i.e. appointments available in evenings and weekends.

The following is a summation of findings.

139 surveys were completed throughout the Primary Care Network-PCN (which is combined - Stanton & Woolpit (89 surveys) and Botesdale (50) completed)

Overall 87% of Patients stated that they would like to have the flexibility to book appointments at a time & place of their convenience, with 79 per cent welcoming weekday evening access and 78% Saturdays.

Around 25% of patients surveyed were aware of the extended opening hours at practice level.

Awareness and usage of the GP plus service in Bury St Edmunds was extremely low with only 2 per cent of patients having actually used the service.

The Enhanced Access Survey is to be reviewed again in 6 months to establish whether the outcomes require tweaking or whether it is working well for staff and doctors.

For you to colour



November Church Notices

WELCOME TO BOTESDALE METHODIST CHURCH EVENTS AND GROUPS

Our Church is to be found in Fen Lane, Botesdale - the lane opposite the fish and chip shop. We hold Services every Sunday morning at 10.30 am, and are a friendly bunch of people welcoming everyone to our services and weekday activities.

Services in November

	Led by :
6 th	Mr Steve Aspinall
13 th	Mr David Freeman
20 th	Mrs Janet Browne
27 th	Rev David Ely. Holy Communion.

Also in November you will be very welcome to join us for any of these other activities :

1 st	Social Afternoon 2.30 to 4pm - a get together to chat over a cup of tea, usually there is a theme or activity or speaker.
7 th	Bible Study led by Rev David Ely 10 - 11 followed by social time. Lively discussion guaranteed.
12 th	AUTUMN FAIR 10 - 12. See ad elsewhere in the magazine.
21 st	Bible Study led by Rev David Ely 10 - 11.
22 nd	Coffee Down The Lane - our regular Coffee Morning held on the fourth Tuesday each month. This is an opportunity for everyone to come in for a chat and get to know others in our community.

Every service and activity is open to anyone - you do not have to 'belong' to this Church or any other, so give us a try and see what you think. For more information phone 01379 890898.

Parkview Chapel Sunday Services and Events

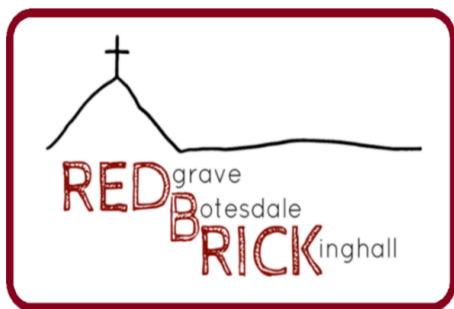
- - -

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

Sunday 6th	Service at 11.00am	 PARKVIEW CHAPEL CHURCH FOR THE COMMUNITY
Sunday 13th	Service at 11.00am	
Sunday 20th	'Coffee on a Sunday' service at 11:00am	
Sunday 27th	Service at 11.00am	
Events	Coffee on the Corner	Tuesday 8th at 9.00am
'Tales Of Conservation And Faith' with Eliza Leat (RSPB)		Saturday 12th at 7.30pm
'Kev's Christmas Quiz'		Saturday 26th at 7.00pm
PARKVIEW Youth	Junior Church	Sundays 11:00am - 12:00pm
Junior Friday Club		Fridays 6:00pm - 7:00pm
PYP		Sundays 7:00pm - 8:30pm
Senior Friday Club		Fridays 7:30pm - 9:30pm

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



Parish of Redgrave cum Botesdale with the Rickinghalls November 2022



Please refer to
church notice boards for
Sunday service details.

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

www.rbrchurch.co.uk
01379 898685



Message From Mel

@rbrchurch
mel@rbrchurch.org.uk
01379 452702



Hello everyone, x
I love the November fireworks that come at this time of year. When the world gets darker, the fireworks and lights of the moon and stars remind me of the goodness/love that always shines out in the darkness. Florence Nightingale was "The Lady with the Lamp" and she brought hope to many.

As we look to Christmas, come and join us at Breakfast Church on the 27th at the Botesdale Village Hall. Christmas across the churches in the villages is set to be awesome as usual. Hope you enjoy the build up and celebrations with your family

God Bless you and see you soon 😊 Mel



Short Note to Mums

One of my favourite inspirational women was *Florence Nightingale*.

She was a woman in a man's world who cared for others and who loved statistics and numbers. When Florence became a nurse, she got put in charge of a field hospital in Turkey. There she questioned why so many men died in hospital, not because of their wounds, but because of disease and infections at the hospital. The hospital was filthy and there was a huge lack of basic care. She got money from the UK, created/made beds, instructed everyone to wash their hands frequently and to keep surfaces, equipment and clothing clean, cleaned drains/sewage, got clothes and food and cared for the men.

At night she would walk through the wards with a lamp to talk to the patients and give them hope. Florence is the Mother of modern nursing. She was praised by Queen Victoria and it is because of her, that hygiene, infection and care for patients was taken seriously. Through Florence's compassion for others, many many lives were saved. I love her "out of the box" thinking and how she questioned what was going on. She didn't accept that men died in hospital. She thought it was wrong that the sick got sicker and not better. She cared like a mother for her patients and she broke the mould in her day. Florence was also a Christian and her love for God enabled her to care for people of every race and background when others did not. She questioned society/religion and the prejudices it created. She loved the person in front of her like they were the most important person in the world. Florence inspires me to love people in the same way. If we all do this, I'm sure the world would be a better place.

A 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.