

PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

October 2022



HER MAJESTY QUEEN ELIZABETH II

1926 – 2022

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

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

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

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



Our lives inhabit two spheres: the seen and the unseen world—putting it another way, our physical existence or outer reality and our spiritual existence or inward reality. The apostle Paul in 2 Corinthians 4:16-18, says with confidence *"do not lose heart"* even as his physical body was wasting away under the effects of debilitating persecution. He could say this because he knew with all certainty that his inward person was being renewed day in and day out by the ministry of the Holy Spirit.

As I write this we are, mourning the death of our Sovereign Lady Queen Elizabeth II. We've faced so much hardship over the last few years, the impact of Covid; the death of the Duke of Edinburgh; isolation and loneliness; the energy crisis; war in Ukraine, exasperating the energy crisis further; the scandals of Government resulting in the leadership contest for the Conservative Party. Now Queen Elizabeth has died! It is so easy to lose heart.

I do believe that because of what we have all gone through over the last 2 and a bit years we have all been grieving. Part of grieving is desperately wanting God to fix things. To take away the pain of loneliness, isolation, fear of the future. To take away our anger toward Him and others. Perhaps we want Him to take away our guilt.

This is the reality of deep grief. Even when we love God and believe in His promises, healing takes time. It's like covering yourself with a blanket – the blanket of grief! It takes wading through an ocean of tears. It takes discovering one day that the sun still shines and it's okay to smile. It takes prayer, and a decision to stop asking for answers and start asking for perspective.

Day by day, our physical bodies are in the process of dying. Death is a fact of life—something we all must face eventually. We don't typically think about this, though perhaps we do so more when we start to grow old and we notice more aches and pains. But from the moment we are conceived, our flesh is in a slow process of aging until the day we reach our final breath.

With the death of Queen Elizabeth II we may feel as if we are wasting away. Yet, by all accounts from the tributes we've heard her inner spirit continued to shine brightly with remarkable grace and light as she was renewed by God day by day. Her faith and belief in God, through her Saviour Jesus Christ, helped her face the challenge of each day.

The trials and tribulations we go through may seem heavy but the Apostle Paul in the verses mentioned above speaks of *"an eternal glory that far outweighs them all"*. What is this eternal glory? It refers to the eternal rewards of heaven. Our most extreme difficulties in this life are light and short-lived when compared to the heavy-weighted rewards that will last forever in eternity. Those rewards are beyond all comprehension and comparison. These rewards are what Queen Elizabeth II is experiencing now.

These words are about how divine hope intersects with a broken world. Paul was confident that all true believers would experience the eternal reward of glory in the new heavens and new earth. He often prayed for Christians to keep their eyes on the hope of heaven:

I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people (Ephesians 1:18, NIV).

Paul could say *"do not lose heart"* because he believed without a doubt that even the most excruciating trials of this life are minor when compared to the glory of our eternal inheritance.

The apostle Peter also lived with the hope of heaven ever in his sights:

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, ⁴ and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, ⁵ who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time. (1 Peter 1:3–5 NIV)

Queen Elizabeth kept her eyes on things that were unseen. She focused on eternity and the weight of glory which she is now experiencing fully. But because of her death many are disheartened today, none more so than her family. No Christian is immune to discouragement. We all lose heart now and then. Maybe your outer self is wasting away? Perhaps your faith is being tested as never before.

Like the apostles, and like Queen Elizabeth II, look to the unseen divine world for encouragement. During these hard days, let your spiritual eyes come alive. Look through a farsighted lens past what is seen, beyond what is transient. With eyes of faith see what cannot be seen and get a glorious glimpse of eternity and we pray that this will also become a reality for King Charles III, so he too can say with confidence *"do not lose heart"*. – God save the King!

With every blessing

Chris Norburn.



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

The latest version of the directory is available online at

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



Section	Changes
Community Services (local) / Parish Councils	Rosemary Jones' new email address (rosemaryjones1994@gmail.com) added to Botesdale and Rickinghall Tree Warden entries

Message from the team

As our long hot summer draws to a close it is with profound sadness that the magazine team marks the death of Her Majesty Queen Elizabeth II. We extend our sincere condolences to all of the Royal family especially to His Majesty King Charles III.
Long live the King

Charles Murray

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

- **Nov issue 10 Oct (Mon)** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **23 Sept (Fri)**
- **Dec issue 18 Nov (Mon)** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **21 Oct (Fri)**
- **Dec/Jan issue 14 Nov (Mon)** Come and help stuff the magazine @ All Saint's, Redgrave—3.15pm on **25 Nov (Fri)**

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

Best wishes The Parish Magazine Volunteers

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



WELCOME

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



Printed by:



An apology
Due to the extra bank holiday we have not had time for our usual thorough proof reading so there may be a few odd mistakes in this issue

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

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Groceries, newspapers, greeting cards
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Open every day

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Email: www.redgravecommunityshop@gmail.com

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Church Road, Redgrave IP22 1RJ
01379 890586



THE CROSS KEYS

A Community Owned Free House

	Opening	Food Served
MONDAY	Closed	
TUESDAY	Closed	
WEDNESDAY	Closed	Restaurant
THURSDAY	6 - 10	Currently
FRIDAY	4 - 10	Closed
SATURDAY	4 - 10	
SUNDAY	4 - 8	

WATCH OUT FOR THE REGULAR
FOOD TRUCKS SUPPLYING A
VARIETY OF CUISINES

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
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What's on? Late September & October

Rhinestone
REBEL MUSIC CLUB

PRESENTS
**LIVE COUNTRY
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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

BE QUICK! Notice of an Open Meeting

Please join us at
Rickinghall Village Hall, Rickinghall, IP22 1HD
on **Thursday 29th September** at 7.30pm
for an evening with

Professor Peter Jenner

(King's College London)

talking about his career in medical research.

Professor Jenner is a world-acclaimed specialist in Parkinson's and other neuro-degenerative diseases.

Everyone welcome

Tickets (£5 to include refreshments)

available from :

Faith's shop, The Street, Rickinghall

Redgrave Community Shop

Sara 07894 575469

Rosemary 01379 897083

Organised by Rickinghall WI

**The Parish of Redgrave cum Botesdale
and the Rickinghalls**

SERVICE OF HARVEST THANKSGIVING

Sunday 9th October
St Mary's Rickinghall
10.30am



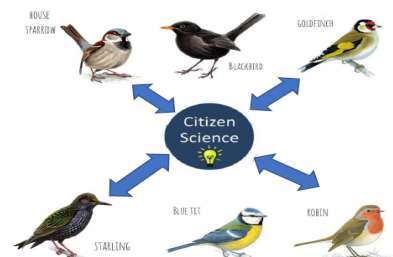
*If you wish please bring food donations
suitable for Waveney Foodbank,
which can be presented during the service.
Refreshments will be available after the
service*

*For further details please contact the Rector on
01379 898685. Thank you.*



Next Green Redgrave Talk

Local Birds & Citizen Science



Talk by: Andrew Goodall

Place: All Saints Church Redgrave

Time: 1900 hrs on Tuesday 4 Oct 22

Motocross Wattisfield Hall

October 16th

Solos

11.30am start

www.dissmcc.co.uk



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SATURDAY 10AM-4.30PM

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Highways, Finningham Road, Rickingham, IP22 1LP
- on the S-bend on the B1113 towards Finningham
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highwaysgos@aol.com
Megan: 07771 752228 Philip: 07887 668445
www.highwaysgos.wixsite.com/theultimatejointltd
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of experience

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Pema Clark
07792 613783
yogadhanauk@gmail.com



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Julie on 01359 221655 or e-mail
juliedvoga@msn.com

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Baby and Toddler Group*

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VILLAGE HALL**
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TERM TIME**
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[f](https://www.facebook.com/rabbats-babyandtoddler-group) RABBATS-Rickingham and
Botesdale Baby and Toddler
Group

What's On? October

The Children's Society



We will get things going again and will hold the annual
Coffee Morning in aid of The Children's Society
On: Saturday 15th October 2022
At: 10.00 am – 12.00 midday
Location: Anglian House, Chapel Lane, Botesdale
(Just across from Botesdale Park)

Things might be different, but we welcome you all; new or regulars and will hold the 'usuals' – Raffle / Tombola / Bring & Buy / Cakes / Coffee and chat.

Would all box holders please bring their collection boxes, or let me know if you want to 'carry over' for another year.

Enquiries – contact: Linda Green, Tel: 01379 890740

Redgrave & District Ladies Club

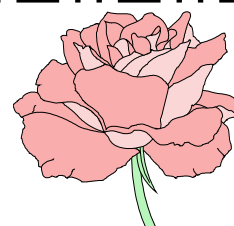
Amanda Sutherland

will present

My Creative Journey in Film and Theatrical Costume Design

on Tuesday 11th October at 7:30pm

with items available to purchase at the end of the evening.



Botesdale Methodist Church

"Coffee down the Lane"
Tuesday 25th October
10:00am-12:00pm



Farmers' Market

IP22 1HD

09.00 am-12.30 pm @ Rickinghall Village Hall

Rickinghall Classic Car Show,
 Autojumble & Swap Meet



&

Dan, The English Apple Man



Saturday 8 October

CARPET BOWLS EVENING



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SATURDAY 15TH OCTOBER – 7.00PM

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For further information please call Kev Gladwell on
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"Coffee On the Corner"

Parkview Chapel Botesdale
9:00am
Tuesday 11th Oct

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



Angles Way Filling Station



Friday 14 October 2022

7.30pm

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

Our fees are as follows;

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From 7.45am £5.50

After School Club Mon-Fri

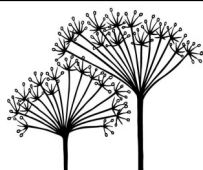
3.25pm – 6pm £7.50 for the hour (£6.50 for siblings)

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



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www.mellis.suffolk.sch.uk

Instagram: search for 'mellisprimaryschool'

What's On? October



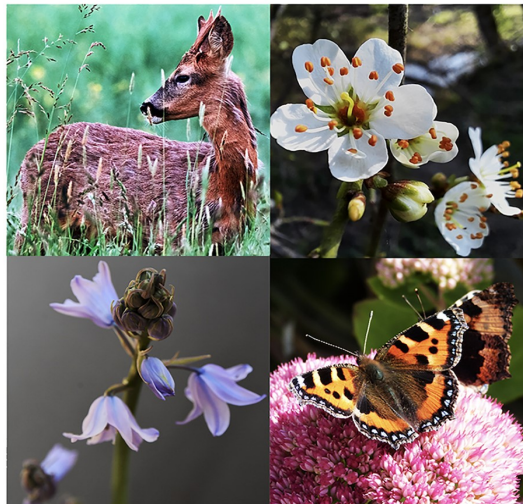
Friday 28th October
Eye Community Centre

Tickets £5 from The Handyman,
Eye Pharmacy or pay on the door.
More information at cinema-at-eye.org.uk

Community Art Project - Photography Exhibition

Botesdale Village Hall

Saturday 15th & Sunday 16th October 10.30 - 3.30



Free Entry

Come and see selected photographs of our surrounding countryside, sent in by members of the community! These will be used to inspire the Art Piece to be installed in our beautiful new Recreation Ground. There will also be a chance to see the photos documenting the progress of the Recreation Ground

Tea, Coffee & Cakes available in the Cafe



7:30pm at Rickinghall Village Hall, the
Heritage Circle presents
on October 26th

Charlie Haylock : Charlie and The Dig

A talk on Charlie's work as dialect coach on the film,
The Dig

Please note that tickets for this
event have sold out

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

ANNUAL RAHOF QUIZ NIGHT

Hinderclay Village Hall
Friday 21st October
7.00pm for 7.30pm start

Admission by ticket only
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Tables of six - **book early** for this popular event

Tickets from Paddy Richards 01379 788010
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NOTE: PLEASE BRING YOUR OWN BEER/WINE/
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theWI Rickinghall
INSPIRING WOMEN

Meetings at 7:30 pm at Rickinghall Village Hall

Thursday 13th October : Amanda Sutherland telling us about "My Creative Journey"

Competition - How many words can you make from 'Rickinghall WI'

New ladies welcome - do come along and join us, you will be made very welcome

Rosemary Setterfield - President

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What's On? October / November

Advanced Notice of 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 eleven am - a time for personal reflection on tragic events and 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



ALL SOULS' SERVICE of REMBRANCE

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.

ADVENT COFFEE MORNING

Sat 26th November 10am – noon

St Mary's Church, Rickinghall.

(The Church near Rickinghall 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.

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

12th NOVEMBER 10 – 12

BOTESDALE METHODIST CHURCH

Lots of stalls including.....

<i>Cards</i>	<i>Gifts</i>
<i>Jams</i>	<i>Christmas items</i>
<i>Marmalades</i>	<i>Games</i>
<i>Chutney</i>	<i>Challenges</i>

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

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

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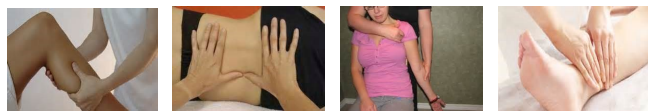


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	Young Naturalists for 11-16 year olds. 2 nd Saturday of the month, 1.30pm-3.30pm
	Guided walk 4 th Monday of the month, 10am-12 noon. A sociable stroll for adults looking at seasonal wildlife
October	Willow hare workshop Saturday 22 October, 10am-4pm, with willow worker Jo Hammond. £55, incl. materials
	Night safari family evening Wednesday 26 October, 5pm-7pm. £5 child, £3 adult/younger sibling
	Holiday Club Tuesday 25 October, 9am-3.30pm for unaccompanied 6-11 year olds. Wild play, games and activities. £25 each, including a healthy, vegetarian lunch
November	Christmas craft fair Sun 6 Nov, 10.30am-3.30pm. Crafts, cards, gifts and artwork by local artists and makers. No booking, free entry, refreshments available
	Needle felted robin hanger workshop Saturday 19 November, 10am-1pm with local needle felt artist Sarah Brown. £32, incl materials
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Saturday 26th - Monday 28th Nov 10am-6pm

This year in addition to our core group of painters, print makers, a potter, jeweller, metal worker and glass artist, we have invited guests showing painting, photography and sculptures from recycled materials.

We returned to the Priory Rooms in November last year and are working hard making new work for the coming show.

We are all aware that there have been many new folk in the villages during the past couple of years and warmly invite you to our show to buy gifts and hand made items that are unique to our village. You will be guaranteed a very warm welcome and an exciting show.

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

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

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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



The Arts Society Diss draws its audience from Diss and nearby villages, including Redgrave, Botesdale and Rickinghall. 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

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The Shakespeare Singers and Hexachordia – Fine Knacks for Ladies

Thank you to the people who attended the concert in Rickingham Inferior Church in August to listen to a delightful concert performed by The Shakespeare Singers and Hexachordia. The Shakespeare Singers are a group of ladies who sang together in the choir of St Edmundsbury Cathedral in the 1970s and they sang a selection of folk songs and early dance music in Rickingham Church. One member had travelled all the way from Scotland and another from Yorkshire. Hexachordia played on a variety of authentic copies of medieval and Elizabethan instruments as well as singing and reciting. Sarah Doig kindly organised the event and they all gave their talents free of charge. A total of £474.55 in donations was raised for the repair of the north side of the chancel roof and associated repairs.

The Friendly Invasion

The next event will be The Friendly Invasion – a presentation by Clive Stevens on the USAAF army when they were stationed in Suffolk during WWII around the Eye area. Although a presentation was held last year the numbers had to be limited due to Covid and the date had to be changed by unforeseen circumstances. It will be held on Friday evening 28th October in Rickingham Village Hall. Please see separate advert in magazine for further details and booking.

The following day Ann Topham is kindly opening Redgrave Park in the afternoon. This was the site of the USAAF hospital and prisoner of war camp. Please see separate advert in magazine.

Yesterday Suffolk Historic Churched Trust held their ride and stride sponsored cycle ride. Two cyclists rode to support Rickingham Church Fabric Fund, Simon Draper and Kit Brinkley. By co-incidence they both visited 22 churches. SHCT has awarded us a grant of £7000 towards the roof when the work is in progress.

The Round Tower Churches Society is holding a Study Day in Rickingham Village Hall on 22nd October. Please look at their web site for further details. RTCS have offered a grant of £4,000 pounds when work is in progress.



The Botesdale Recreation Ground Regeneration Project is progressing well! We are holding our Community Art Project Photography Exhibition curated by Caroline Davidson in Botesdale Village Hall on Saturday 15th and Sunday 16th October between 10.30am and 3.30pm. Come along and see all the lovely photography that local contributors have taken of our surrounding countryside. These will be inspiring the natural imagery of the art installation to be included in the new grounds for all the community to enjoy. As well as enjoying tea, coffee and cakes at this event, there will also be a display of how the regeneration project is shaping up so far including aerial photography and design plans.



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Botesdale Parish Council

Leeann Jackson-Eve



Report from the September 2022 Botesdale PC Meeting

Four members of the Parish Council were present for the meeting with apologies from Cllrs Bavington-Lowe and Russell. There were two members of the public.

PC Stefan Henriksen is our Community Engagement Officer from Stowmarket Police Station and we were pleased to see him at the Botesdale Parish Council meeting on Monday, 5 September. Councillors and residents were able to discuss issues with him, including the ever-present issue of speeding. He advised that this is a difficult one to combat unless it is a repeated, predictable pattern of behaviour where police attendance can be planned in advance. However, it's important to report issues where possible because they can help reveal patterns. Please head online to report anything from ASB, road-related incidents and other non-emergency crimes, in only a matter of minutes at www.suffolk.police.uk/contact-us

Planning: There was one application for replacement of all windows at Parkview Chapel and a tree application at Tall Trees, The Street for the removal of four dead spruces, to which there was no objection.

The Address Management department at Mid Suffolk District Council has asked the PC for street names for the Bennett Homes development and the PC has taken advice from our Local History Recorder, Di Maywhort. As a result we have asked Mid Suffolk District Council to have one street name with numbered dwellings, i.e. nos 1-69 Barley Birch, similar to Ryders Way and Wheatfields. Interestingly, the site has been called Barley Birch since medieval times and was a racecourse in the 18-19th century!

Recreation Ground Project: Construction works are progressing with work to construct paths and mounds running in parallel with the installation of items of equipment. Progress has been slower than hoped but we are still on track to complete the project on 14 November. The Recreation Ground is due to re-open to the public at Easter 2023 and we are working on the details of the nature and extent of the opening event. Finally, on 30 August 2022, the National Lottery approved a funding grant of £65,000 for the Project. The PC thanks Cllr Russell and the Clerk for their perseverance over the 10-month application period. There will be an exhibition at the Village Hall on 15-16 October 2022 to display the entries for the Community Art Project. All offers of help and support would be very welcome. Any funds raised from tea/coffee and cake sales will assist the funding of the CAP.

Correspondence:

The Suffolk Lorry Review has been completed and more information can be found at www.suffolk.gov.uk/roads-and-transport/lorry-management/lorry-route-plan-review-in-suffolk/ The B1113 in Suffolk is now an access only route and as a result, Redgrave Parish Council has requested Botesdale's support for a weight restriction on the B1113 subject to confirming its status through South Lopham. It was agreed to support an application to Suffolk County Council.

The publication of the Mid Suffolk District Council Local Walking and Infrastructure Plan has been completed and can be found at www.midsuffolk.gov.uk/environment/sustainable-travel This includes two local schemes which were to extend the footway on Bury Road so that walkers are not forced onto the busy road and to improve the surface of the bridleway at Stubbings Entry to provide a cycling track, which is currently not safe to use year-round, thus providing a safe alternative to cycling along A143.

The Redgrave Neighbourhood Plan has been formally adopted by MSDC.

The PC has expressed an interest in the free use of a thermal imaging camera for community groups and parish councils.

There is a Suffolk Police meeting to be held on 6 October Cedars Hotel, Stowmarket at 6.30pm.



Botesdale Recreation Ground – A Place for Everyone

When the Project to regenerate the Recreation Ground was established, one of the Parish Council's primary aims was to maximise funding from other sources in addition to its own earmarked funds and funds given directly to the Parish Council via the

Community Infrastructure Levy.

We are very proud to say that we have to date received some £162,000 of outside funding representing over 70% of the project costs, from the following sources:

- Mid Suffolk District Council Community Infrastructure Levy Bids - £72,000
- Mid Suffolk District Council Capital Grants - £15,000
- Mid Suffolk District Council s106 Funding - £765
- The National Lottery Communities Fund - £65,000
- The Fonnereau Road Health Foundation - £5,000
- Suffolk County Councillor Jessica Fleming Locality Budget - £2,000
- Mid Suffolk District Councillor Jessica Fleming Locality Budget - £2,000

We continue to seek donations and grants for the project, particularly towards specific features such as the Community Art Project and eco enhancements. If you can help with this or are keen to get involved in any way with the Project, please do not hesitate to contact us at botesdalergp@gmail.com. We will also be launching a special opportunity for dedications at the Recreation Ground later this autumn. Please keep an eye out for that in a later issue of the Parish Magazine!

THE NEXT BOTESDALE PARISH COUNCIL MEETING WILL TAKE PLACE ON

MONDAY 10th OCTOBER

at 7.00 pm

at Botesdale Village Hall

All residents welcome

www.botesdale.suffolk.gov.uk

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



Parish Council Report – September 2022 By locum Parish Clerk - David Lines

There have been two meetings of the Parish Council since our July report.

The **August** meeting was additional to the regular roster, called to invite questions about possible locations for the new Play Area. As residents may be aware, the lease on the (now) old site came to an end and the Council was asked to vacate the site promptly, removing all the play equipment. The meeting was attended by more than 17 residents and Andy Warnes, the Council Chairman, provided a succinct but comprehensive analysis of possible options and the related processes. He then proceeded to take and respond to questions and suggestions from members of the public.

The **September** 1st meeting was a regular one, with the usual routine matters discussed and resolved. Two planning applications were considered, and no objection was made to either. Three policies (Environmental/Safeguarding/Equal Opportunities) were reviewed and approved for publication. As is customary at this time of year, the arrangements for the purchase and laying of the wreath on Remembrance Sunday (November 13th) were discussed. This year, Cllr. Warnes, the Chairman, will have the honour of representing the Council at this most poignant of commemorative services.

In the closed session of the meeting, the terms and conditions of the Locum Clerk and the permanent appointment of a new Parish Clerk were approved. Also, in that confidential session, a draft document covering a variety of matters relating to the creation of the new play area had been circulated to councillors only, for discussion and approval. *Further details of these and the other items mentioned above can be found in the meeting minutes published on the website.*

N.B. It is expected that a formal proposal on the new play area will be published on the website in the latter part of September, forming the basis for a final consultation with residents.

Parish Clerk. We are pleased to welcome Alison Spouncer as our new Parish Clerk. Alison will be

known to many of you as a founding member of the Village Garden Club, she is an active volunteer in several capacities, including as a School Governor, and is a very experienced administrator. Given the size of the Council's budget, Alison's role is very much a part-time one, so please be aware that she has all these other commitments to manage in her life, including being a full-time mother.

We wish her the best for a very long and successful tenure with Redgrave Parish Council. Alison's work contact details will be published in due course and provided in the letterhead of council documents and publications, including this one.

Vacancy for a Parish Councillor: We still seek to fill a vacancy for membership of the Parish Council, a voluntary role but one which offers the rewards associated with improving the quality of life for all residents in Redgrave. The time commitment is not significant, with the only formal requirement being attendance at the monthly meetings (currently, the first Thursday of every month except December). There is a website that tells you more about what being a councillor entails, although please note it is mostly aimed at councillors in the other two tiers of local government, District and County. It is still worth a read at www.local.gov.uk/be-councillor

THE NEXT PARISH COUNCIL MEETING WILL TAKE PLACE ON

WEDNESDAY 5th OCTOBER

at 7.30 pm

at

ALL SAINTS CHURCH, REDGRAVE

All parishioners are cordially invited to attend.

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

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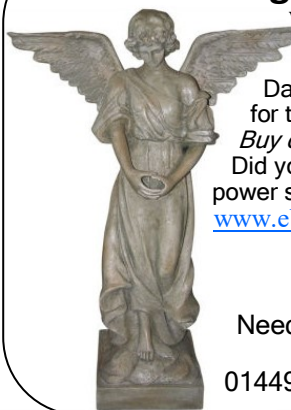
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Rickinghall Parish Council



Parish Council Report September 2022 by Cllr Sally Smith

Following a two-month absence in meetings Rickinghall Parish Council met on Thursday, 1 September with a full complement of councillors, although there is still room for more if anyone is interested.

Planning Applications:

There were three planning applications to consider. The first two related to the Water Treatment Works. Improvement works have been proposed for the existing water treatment site on Church Lane and this was agreed by all councillors with no objection.

In addition, the erection of 2 kiosks, 1 temporary access from the A143 and 1 permanent access at the top of Garden House Lane has been proposed which are all additions to the new borehole site. Again there were no objections, although it was suggested additional signage could be provided on the A143 to identify the temporary access.

The third application was regarding Bridge House, Bury Road and a proposal for a close boarded fence. A discussion was held regarding the increase in fencing along this part of Bury Road but ultimately it was agreed by 3 in favour and 1 abstention to have no objection. Tree Works Application - there was no objection to the application by The Anchorage, The Street to reduce the crown of a plum tree.

Planning Decisions:

Land to the South of Suggenhall Farm, Church Lane: the application for a solar farm was refused.

The Walk, Garden House Lane: Planning permission was granted for the demolition of the existing building and erection of a new dwelling.

Hamblyn House, The Street: Planning permission granted for a double cart lodge.

Hall House Cottage, The Street: No objection to removal of cherry tree.

Update on Skate Park: the works to the skate park have been delayed and the company are being chased for a revised timescale.

There was a large amount of correspondence to acknowledge:

- Ministry of Justice - no objections had been made to the closure of St Mary's Church Churchyard, Rickinghall.
- It was agreed the Parish Council would continue with the current External Auditors Arrangement.
- The Suffolk Lorry Review has been completed and more information can be found at

www.suffolk.gov.uk/roads-and-transport/lorry-management/lorry-route-plan-review-in-suffolk/

- MSDC - the publication of the Mid Suffolk Local Walking and Infrastructure Plan has been completed and can be found at www.midsuffolk.gov.uk/environment/sustainable-travel
- MSDC - The Redgrave Neighbourhood Plan has been formally adopted by MSDC.
- MSDC - an expression was to be made to show an interest in the free use of a thermal imaging camera for community groups and parish councils.

Suffolk Police - there is a meeting to be held on 6 October Cedars Hotel, Stowmarket at 6.30pm.

SALC - a survey is being held regarding the impact of energy prices on community buildings and how parish councils were helping.

Suffolk Wildlife Trust - SWT can provide advice on Neighbourhood Plans.

Walsham-le-Willows PC - It was noted there was a Public Enquiry regarding developments along the A143 which would impact on traffic flows along the A143.

General Items:

It was agreed that the PC would not continue to pay for the Zoom service as it has not been needed post-pandemic.

Community Governance Review – MSDC have confirmed that the review is running late but an update will be forthcoming shortly.

RICKINGHALL PARISH COUNCIL'S NEXT MEETING IS ON

THURSDAY 6th OCTOBER

at 7.30 pm

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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.

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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.

The Bacon Exhibition Endowment Fund

This small educational Trust is available to those between the age of 5 and 25 years and who live or attend School in the villages of Wortham, Burgate, Gislingham, Rickingham, Botesdale, Redgrave, Hinderclay, Blo' Norton, South Lopham, and Bressingham. If you wish to apply please do so by October 20th, 2022. To: Revd Chris Norburn, The Rectory, Bury Road, Rickingham, Diss. IP22 1HA. Please **note** this is a new correspondent address

The RAHOF Committee would like to thank all who supported the "Steaming Ahead" Open Garden Day on 4th September, at The Barn House, Chapel Lane, Botesdale. This event raised well over £500 for St Nichols Hospice Care, Bury St Edmunds.

Thank you so much.

(June Shepherd, RAHOF Chair 2022, 01379 898827)



Mill Lane Allotment Association (MLAA)

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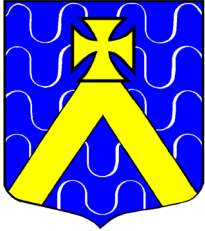
QUATREFOIL

Thank you to everyone from near and far (some 120 of you!) who attended our *Bringing History Alive Day* on 4 September, on the theme of "Memories". And special thanks also to our hard-working band of volunteers (including colleagues from the Church Records Group), all of whom contributed immensely to the success of the day, not least in providing a first rate cafeteria service with delicious cakes, sandwiches, and hot drinks; in selling copies of Quatrefoil's back catalogue of books on aspects of village life over the years; and in being on hand to answer queries from the many visitors on the various displays and available information files and photographs - not to mention helping us to pack up at the end of the day! We were also very grateful for the generosity of those present in helping us raise sufficient donations to support Quatrefoil's continuing research and publishing efforts and to make a donation to the RNLi in memory of the late Mary Baxter whose family kindly allowed us to display Mary's vast and varied collection of files on village life which proved to be of great interest to our visitors. Numerous attendees enjoyed the talks held during the day on our central "Memories" theme - Sarah Doig spoke on "Memories of School Days in our Villages" and Sally Green on "Memories of my Aunt Nora". Many people met up with relatives and old friends as they sat and enjoyed refreshments, and new people came who were researching into ancestors who had lived in our villages. For further details on Quatrefoil's local history books and future activities see: www.quatrefoil.org.uk



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St Botolph's Bowls Club

The hot sunny weather in July and August meant no disruption to our league matches and club competitions – apart from one week when league matches were cancelled due to the extremely hot weather! Thanks to the hard work of our Groundsman Anthony Foulger and his helpers the green remained good to bowl on. The leagues are now finished and congratulations to Sandy Sargeant and her team for winning the Area D Triples. We have held some Club drives and competitions. Presidents Team versus Captains Team competition resulted in a win for the Captain's team – congratulations to them. The following week the Ladies versus the Men competition resulted in the men retaining the cup – the ladies did put up a good resistance though. It was pleasing that two of our new members took part in these competitions, its a really good way to gain experience. Our Presidents Dinner, hosted by our President Viv Sword, was held on 30th July, with both former members and new members joining us for a splendid 3 course meal, followed by some light entertainment. On 6th August we had a bowls drive in the afternoon followed by a Pork Roast buffet in the evening, with members contributing a variety of salads to accompany the pork roast cooked by John Foulger and helpers, followed by some delicious desserts. A great social evening for our members. The lovely weather meant our Fun Friday evenings, run by Dorothy Hodson, have been well attended with some regular new members and new people coming along each week to have a try at bowling with advice from our coach Peter Hearne and other members. These will continue on Friday evenings until the 23rd of September. For more information about the Bowls Club please contact 01379 89725.



Club Competition
Rosemary Setterfield
Committee Member



President's Dinner

Community Woodland

In the last issue I commented on the approaching fruit picking season for the trees in Northfield Wood. Well, there has been a lot of fruit, small because of the drought (not official but it seems clear to us in this part of East Anglia), and much of it is on the ground! For those of you who are interested in making jellies or alcoholic infusions it has been a good year; there's been more fruit in Miller's Orchard.

As mentioned before, the time for mowing Low Meadow has come but there was not a lot to mow! Our aim with Low Meadow is to let the grass grow freely until the flowers have dropped their seed before mowing it; if we do this, we encourage wildflowers to regenerate. So, we do not have the mowing done in June or July but usually in late August. Also, there is a footpath alongside the straight hedge and that is mown by order of the parish council. It only needs to be one width of the mower, no more. From this path there is another narrow path that traces a D shape to the two benches. The rest is left to grow until late summer.

We had a look at the benches at the beginning of September. They had been there so long that the ground had grown up around them, making it seem that they were very low. We were engaged in lifting them out when Denis Worby and his wife walked by. Denis told us that he had installed the benches himself many years ago! They are still in good condition. He helped lift out one of them and move it to fresh ground. It's good to know that people are using the benches; it would be even better if they took their empty cans home instead of throwing them into the bushes!

A new mystery damp patch has appeared near the gate. It has been reported to Anglian Water as it must be a leak.

Northfield Wood is improving in maturity although some of the smaller trees have suffered from lack of water. There are lots of hazel/cob nuts and apples. The willowherb is flourishing too!

Miller's Orchard is, as ever, a pleasant, quiet place to stroll.

Rosemary Jones,
Botesdale and Rickinghall
Community Woodland
4th September, 2022
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Club News



Witches and Witch Hunting in East Anglia By Mike Wabe

Mike Wabe gave an entertaining talk entitled *Witches and Witch Hunting in East Anglia* to the August meeting of the Heritage Circle at Rickinghall Village Hall.

Magic has fascinated many people for centuries as a way of explaining why events happen but it was only in the 16th and 17th centuries that witches were persecuted. Most were women who tended to be old, poor and unprotected. During the Elizabethan period from 1558 to 1603, of 270 witch trials in England, 247 involved women. Witches were blamed for misfortunes affecting a family or community, including illness, epidemics, deaths, poor harvests or even milk curdling.

The invention of the printing press was influential as the publication of books such as the Bible, or about magic, alchemy and astrology increased fears of witchcraft and the supernatural. In 1562 harsher laws for punishing witches were introduced as those convicted could be hanged. One of the first women to die was Agnes Waterhouse who was accused of sorcery causing illness to people and the death of livestock. She was hanged at Chelmsford in 1566. Other executions followed.

One of the most sensational cases was the witches of Warboys, a village in the Fens, between 1589 and 1593. Soon after the new squire, Robert Throckmorton, arrived in the village, his 9 year old daughter Jane began to have fits. She identified Alice Samuel as the cause. The malady soon affected Jane's four sisters and seven of their servants. Alice was interviewed by Lady Susan Cromwell who then suffered from nightmares and headaches before her death in 1592. Alice, her daughter and her husband were all arrested for murder and hanged. Modern examination of the case suggests that the girls and the servants may have been suffering from mass hysteria.

Prosecutions for witchcraft continued in East Anglia during the first half of the 17th century until the outbreak of civil war in 1642. The disruption allowed Matthew Hopkins to create what amounted to a reign of terror in East Anglia through his witch hunting. He is believed to have been responsible for the execution of about 100 alleged witches between 1644 and 1646. Hopkins is a shadowy figure. He was literate and had a detailed knowledge of the law. He gave himself the title of Witchfinder General and created a team who rigorously investigated supposed cases of witchcraft. Most of his victims were women who were poor and vulnerable. Although torture was illegal, Hopkins had people stripped, starved and kept awake for extended periods during which they were aggressively questioned. Needles were used to examine people for a witches mark. Others were 'swum' which meant being tied up and then pushed into a river or pond. If the person floated they were guilty. Hopkins travelled to a number of places in East Anglia, including Colchester, Stowmarket, Bury St Edmunds, Great Yarmouth and King's Lynn in his search for witches. The 'guilty' were hanged. Eventually the terror caused by Hopkins came to an end in 1647 but the reasons why are unknown.

Old buildings often have mummified cats concealed in walls or under the door step. This was done as a protection against spirits. Another method was to put urine, iron nails, hair and nail clippings into a bottle with a stopper. This would then be hidden, for example, in a chimney.

An Act of 1736 against witchcraft was only repealed in 1951. The last prosecution of a witch happened in 1944 but there are signs that witchcraft is still practised in Britain. A very sad recent case was that of Victoria Climbié who was murdered by her great-aunt in 2000 who believed that she was possessed.

The next meeting of the Heritage Circle will be on Wednesday 26 October at Rickinghall Village Hall when Charlie Haylock will be talking about his work as the dialect coach on the film *The Dig*. This is a ticket only event. Further information is available at www.heritagecircle.onesuffolk.net.

Gerry Gurhy

Coffee On



Hello again everyone!

Once again Coffee on the corner took place on the second Tuesday in **August** and we were half expecting a smaller than usual group of visitors ... Wow, were we wrong! Whilst it was still quite quiet at 9.30, gradually everyone ambled in. We so enjoyed hosting the morning for an

enormous number of people: the usual crowd, a group of delightful new residents from Abbots Way - the new housing development just off Back Hills - as well as the regular Tuesday morning walkers. We ran out of sausage rolls, the cheese scones all disappeared fairly early on and we were in danger of being short of cake! We trust that everyone who came along enjoyed what was on offer.

Your generosity never fails to amaze me. Our donations this month are being sent to FCN - Farming Community Network - a charity that supports Farmers. Whilst we tend to think of farming as working in a rural idyll, and this is true sometimes, it can also be lonely work. Often the farmers are alone for much of the time, and much of the paperwork and subsidies are changing, so that there are often financial worries. FCN is there to talk to, and support them when they are struggling. Your donations of £122.25 will help to ensure that the good work continues ... so once again Thank You!

September 13th and again we were busy ... we don't actually take a register of who comes along, but a quick head count at one point put the number in the room - just at that time - at well over 40. Unusually, we were fortunate to host quite a number of children who seemed to be having a very good time in the creche - no arguments, no tears but lots of shared play followed by biscuits!

The kind donations from the September coffee shop will be given to the committee who run RaBBaTS - Rickinghall and Botesdale Baby and Toddlers. This group meets every Thursday morning at Rickinghall Village Hall with a nominal charge of £1 per family, to ensure that this is an affordable group for everyone who wishes to come along. Having said that, the running costs are higher than the monies raised each week, with hall fees, snacks, crafts and, of course, insurance. The added funds from the Coffee Shop, all £92.55 of it, will help to ensure that the costs can remain low for some weeks to come. So Thank you!

Our next event is the Macmillan Coffee Morning on Friday 23rd September, again running at Parkview Chapel from 9am through to noon, but with added stalls and extra refreshments. If you are reading this after that event, then I trust that you saw all the other advertising in the village, the bunting and notices at the Chapel itself and also the flyers that have gone through many doors.

Next month the usual Coffee on the Corner will be held on Tuesday 11th October - if you haven't come along before, do please join us. You can be assured of a warm welcome, plenty to eat and drink and lots of folks to chat to.

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.

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Nyall's Notes

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Communicating Christianity is difficult as words take on specialist meanings and the concepts are difficult and unbelievable to those that know nothing or little about it. I have tried to envisage a conversation between a Christian and a non-Christian who is asking about the matter.

The non-Christian asks "How good do I have to be to get to heaven?"

The Christian replies, "God is perfectly good. That is his standard."

"Do you have anywhere telling me what being perfectly good entails?"

"Yes, we have the Ten Commandments."

At that I looked online and have copied down the first list of the Ten Commandments that I came across and thought I might score myself as a non-Christian would so, here goes:

You shall have no other gods before me – I know nothing about God and don't know whether he exists. That is a non-question, I have to discount that one.

You shall not make idols – I certainly haven't made any idols. I'll give myself ten out of ten for that one.

You shall not take the name of God in vain – I do swear a bit but never say, 'O my God,' or even OMG. It isn't one I use so I think I can have ten for that one.

Keep the Sabbath holy – I don't know what that means but I don't do anything wrong on Sundays. I'll have ten again.

Honour your mum and dad – I get on reasonably well with them but they are a bit old fashioned. I'll give myself 7.

Don't murder. I'll have ten for that straight away.

Don't commit adultery. Ten again.

Don't steal – I wouldn't steal from anyone but I do use the paper and pens my company supplies – I'll make it five.

Don't bear false witness against your neighbour – I've never had to go to court for anything he has done so I'll have ten again.

Don't covet – covet isn't a word I'd normally use – looking it up it means yearn to possess especially something belonging to another. If someone else had something I wanted I'd go and buy it. Yearn is a very strong word. I think I'll give myself seven.

"Right," says the non-Christian, "One question doesn't count so I'll tot up the total out of 90. That's 79 out of 90. That's 88%. That should certainly get me into heaven. What's the pass mark?"

"I'm sorry, I told you God was perfectly good. The pass mark is 100%."

"That's ridiculous." No one has ever achieved that." (You see the concepts are alien to the non-Christian world.)

The Christian replies, "Only Jesus. He lived a perfect life."

"Hang on – one, I can't believe anyone could be that perfect, two, that means that only he is in heaven and three, there isn't any hope for anyone else at all."

"There wouldn't normally be any hope but Jesus is prepared to do a swap. He will give you his marks and he will have yours."

"You mean I get his 100% and he gets my 88%. That's ridiculous... Hang on a minute... It means that I get to heaven and he takes the rap for whatever would come to me for not passing. And, if that isn't heaven it has to be hell, doesn't it."

"Exactly, that was what the cross was about. He took your punishment when he was put to death by crucifixion so that you could walk straight into heaven."

"It still sounds ridiculous but how does this swap of results take place?"

"You only have to believe it and say, 'Thank you.'"

Notes from the Green Redgrave Group

We are starting to wind up the pace of activities now that the autumn is nearing. We held an excellent talk on Tuesday 6 Sep 22. Eliza Leat of the RSPB gave an excellent presentation with lots of extremely valuable information and superb supporting imagery. Our thanks go to her for this talk which we see as being extremely valuable in our work to improve the village for wildlife, as Suffolk still has these highly endangered birds. And we want to keep them and encourage more!

We mentioned that we had been talking to the Sicon Foundation about the possibility of planting up areas of the village with native trees in our aim to encourage wildlife in the Parish. Sicon have come up trumps and have offered to supply us with 3515 trees (yes three thousand five hundred and fifteen trees) around sites in Redgrave. The majority of these will be for the creation of a micro forest (or 'Miyawaki' forest – see <https://www.creatingtomorrowforests.co.uk/blog/the-miyawaki-method-for-creating-forests> if you are interested in this technique) on the one-acre Old Allotment site along Fen Street and the remainder on other sites around the village. This is obviously an extremely ambitious project, which will need quite a few local volunteers to assist with planting! We are hoping to attract around 20 volunteers a day and if so, we could plant around 600 per day which would take us 6 days. We could schedule these throughout the winter, perhaps twice a month from December onwards until we are done. We will need volunteers in numbers and are holding a meeting in the Cross Keys pub on 22 Sep 22 to help start the logistic process.

We are also planning to plant up more spring bulbs on the Knoll this autumn. This will also require volunteers, so please keep us in mind if you have some spare time and would like to help make Redgrave an even more beautiful village.

The next Green Redgrave talk is scheduled for Tuesday 4 October 2022 at 7 pm. It will again be held at All Saints Church in Redgrave. Andrew Goodall will be talking on the subject of Local Birds and Citizen Science. He will look at some bird species which occur locally before moving on to Citizen Science - what it is and a range of organisations where data can be submitted. It promises to be a fascinating talk and particularly timely now that the robins are singing loudly again in their new plumage after their mid-summer moult. £3 for entry. All are welcome.

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.

"He himself bore our sins in his body on the cross."

1 Peter Ch 2 v.24



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Rickingham WI ladies have had some lovely outings and meetings during July and August. It might look as if we spend all our time eating and drinking, which during this hot summer was not a bad way to spend our time.

On a sunny morning in late July 10 W.I. ladies enjoyed a lovely coffee and chat morning in the nearby village of Pakenham at Pakenham Flour Mill. The flour mill is several hundred years old and is one of only a few remaining ones in the country. It is owned by a trust and run by volunteers. When we arrived we were shown to our own special gazebo (see picture below), provided with carafes of coffee or tea, and offered scones with cream and jam, cakes or savouries. In August we went for a Tea and Chat at the Trowel and Hammer in Cotton only to be presented with a full afternoon tea, which none of us could do justice to so doggy bags were issued to take home the leftovers.



Pakenham Mill Coffee and Chat



Afternoon Tea at the Trowel and Hammer

At the end of August we had our Annual Garden Party held in the gardens of our member Sara. The weather was gorgeous, we sipped Pimms, kindly supplied by our hostess. Everyone brought a plate and so we enjoyed sandwiches, nibbles, cakes and fruit salad. We had 2 fun quizzes guessing cocktail names and songs with Sun or Sunshine in their title. A very enjoyable Sunday afternoon for over 20 of us



Pimms Garden Party



Bullards Gin Display

Our August meeting was a members' meeting, which 2 of our members, Diana Cox and Linda Hickman arranged. We were pleased to welcome friends of our members and also some new ladies. It was a surprise meeting, although we had been advised to walk if we could. It was soon obvious why because a local Norwich Gin Distillery were there to tell us the history of gin making and to offer us some small samples – which of course we accepted! The distillery has been in the same family for over 3 generations and prides itself on the quality of the gin, distilling it 3 times and only using the best.

We had 5 flavours to sample from London Dry, Old Tom, Coastal, Strawberry and Black Pepper and their latest, Pineapple, Ginger and Lime. We were soon discussing our favourites and after the meeting purchasing miniature bottles. We also had a cheese tasting competition, which was won by Sue Carr, and a food raffle. So well done to the ladies for giving the committee an evening off and providing a very enjoyable and interesting meeting.

At our September meeting our speaker was Richard Symes, a volunteer from the National Trust, telling us the long and varied history of Dunwich Heath on the Suffolk Coast. His tales started with the profitable smuggling that was prominent in the 18th century, followed by the introduction of coastguards to try to control the smuggling, the number of shipwrecks that occurred off the coast and its prominence during both the 1st and 2nd world wars in preventing the Germans from landing on our shores. The landscape during wartime completely changed and during the 2nd world war the first radar stations were set up there. Even today remnants of mines and armoury can still be found there even though the National Trust carried out a big clean up operation when it took over the heath in the late 1950s. Richard gave a very interesting and informative talk which held us all spellbound.

Rosemary Setterfield – President

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Exploring the Past

Jean Sheehan, 01379 890237

Remembrance

In 1992, doctors, nurses, orderlies and patients formerly of the US 65th General Hospital returned to visit Redgrave Park where the hospital had been situated during WWII. This was part of a re-union to visit various other sites in Suffolk occupied by American forces during the war. A memorial was unveiled at the entrance to Redgrave Park and then Ann and Guy Topham invited everyone into the park for refreshments.



Dr Ivan Brown, one of the surgeons for the 65th General Hospital who had returned for the memorial

The late Fred Brooks wrote this moving recollection of the visit:

They came from North Carolina, from New York State, From Florida, from Illinois. None of them spoke of the glory of war. Instead, they spoke quietly of remembrance of things past. Of memories dredged up half a century ago, when their young lives were marked by the experience of war, when they toiled at the 65th General Hospital, US Army at Redgrave Park in the quiet of the Suffolk countryside, to mend the bodies of the cream of their country's youth torn apart by the flak in the skies over Hitler's Europe. In their seventies and eighties now, mostly erect, though some a little frail, they stepped slowly down from the bus that brought them on the last leg of their long pilgrimage, back to Redgrave Park. On a brilliant midsummer morning, on June 26th 1992 they stood with a crowd of local people to witness a simple but moving ceremony of commemoration of the events of fifty years earlier when they were doctors, nurses, orderlies and patients at the hospital. They saw their spokesman Dr Brown, who had been a surgeon at the 65th, unveil a plaque in the wall at the entrance to the park, and heard Canon Cook dedicate the plaque, and speak of peace and

friendship - and of sacrifice. They listened while Dr Brown, his voice thick with emotion, spoke quietly of memories - happy memories, painful memories - in particular of a 19 year old flyer, his spinal cord severed by a shell fragment, who pleaded to be shipped home, and how he, against orders, authorised that shipment in order that the boy's last hours should be happy ones. Inevitably, he died soon after leaving Redgrave.

They watched while the USAF colour party from Lakenheath sprang to the salute, the Salvation Army Trumpeter, sounded Last Post and Reveille, and the wide-eyed school children sitting on the grass stored up memories for their old age. Then they all joined hands and prayed - and remembered - together. They accepted the kind invitation from Mr and Mrs G. Topham, the present owners of Redgrave Park, to visit their house for refreshments and to return to the site of their former 1450-bed hospital. There in the heat of a Suffolk summer, they remembered the difficulty of keeping warm by the pot-bellied, peat burning stoves in Nissen huts and tents, in the cold and wet of those dark, wartime days so long ago. And they pointed out where the nurse's quarters had been and tried to remember the name of the red-haired guy in the dispensary. They met the woman who had been their telephonist/receptionist and the man who had killed the rats.

Then, over lunch at The Cross Keys pub, they brought out their photograph albums - full of youthful faces and black and white memories. 'That's me and that's Betty. She was a nurse - that's her over there in a striped dress. And this is when we met at a re-union in Atlantic City in 1990. They remembered the terrifying high-speed dive of Me 109s with their devastating 20 millimetre cannon, the problem of losing your oxygen, and the terrible cold at 20,000 feet. They remembered cycling through the wood from the park to the Half Moon pub. And then they said goodbye and were gone. Rumbling away in the bus into the still Suffolk summer afternoon. Leaving us to remember. Fred Brooks.

On Friday the 28th October, Clive Stevens will be giving a presentation on The Friendly Invasion in Rickingham Village Hall about the USAAF around Eye during the war. The proceeds will be for Rickingham Church Fabric Fund. The following day by kind permission of Ann Topham, Redgrave Park, the site of the 65th General Hospital during the war, will be open. Please see separate advertisements in the magazine for details of these two events.

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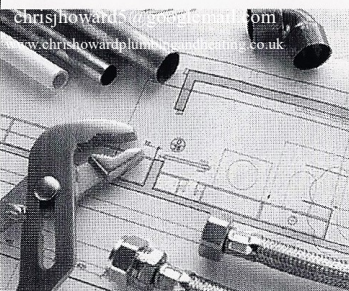
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Exploring the Past Again

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'Memories – Then and Now' – from Loretta Self

I was born on 1st March 1940 at 1 Rectory Hill Rickingham. Mrs Brundell helped to deliver me. She lived at 8 Rectory Hill and delivered many of the local babies at that time. I still live in the same house – I have never lived anywhere else! My father worked for Barkers at Kiln Farm looking after chickens. My mother was a housewife and she took in washing. People brought it to her in parcels. Mum was a good cook especially at making stews and lovely puddings.

I went to Rickingham School with my friends. Mrs Phillips and Mrs Stewart were nice teachers but I didn't like school very much. The best part was playtimes and dinner times when we played marbles, hopscotch, skipping and hula hoops. I was in the school netball team – played shooter. I loved the pieces of orange we got at half time. I stayed to school dinners; my aunts Nellie and Maggie Self were cooks at school. We went to Miss Carpenter's once a week from school and learnt how to make beds properly and do dusting. She made us sandwiches for lunch and gave us a drink.



Rickingham Village Hall

On Saturdays I watched the Rickingham Football team play their matches with my friend Maxine Masterson and in the evenings we went to the pictures at the Village Hall. I liked the musicals. Mr Compton worked the projector.

I went to church three times on Sundays. I went in the morning, then to Sunday school in the afternoon and to the evening service with some of the girls like Valerie Powell. I never did learn to ride a bike so I had to walk everywhere. We had good sweets in those days. Sherbet Fountains with liquorice straws. I remember having a gobstopper at the pictures and I thought I'd never get rid of it - it was so big.

I only ever went to Rickingham School. I left at 15 and wanted to become a hairdresser but there weren't any local apprenticeships in those days. So I went to work in a shoe shop in Bury St Edmunds - Kettering & Leicester down St John's Street.

Although I never learned to ride a bike I did learn to drive a car

and my mum and dad bought me a blue Nissan.

I was at the shoe shop for 19 years and then I moved to Leo's on the Newmarket Road in Bury as Manager of the Freezer Department. I was there for 27 years.

I've always liked knitting and embroidery. I knit for myself, my family and friends and I used to embroider tray cloths and tablecloths.

My parents both died before I retired and I stayed in the house. My sister came to live opposite. She has died now and her son lives there. I always cook a roast and a pudding for Sunday lunch for us.

I gardened for many years but now it's mainly down to grass. However, I still have my greenhouse where I grow potatoes, cucumbers and tomatoes.

Nowadays, I enjoy Country & Western at Rickingham Village Hall once a month where we dance. There's also Bingo. There was the Over 60's at Ixworth which covid stopped for a while but now it's all started again. We are taken in a bus. All very good.

There's a Day Centre at Rickingham Village Hall every Wednesday from 10 till 2.00, run by Sheila Miles and Caroline Painter. We have Bingo, a raffle and a quiz and David Freeman plays the organ so we can have a dance. At 12.30 we have lunch. Sometimes I help in the kitchen. After lunch we have tea and biscuits and celebrate with a cake if it's someone's birthday.

We have a Community Bus which Rosie Heath from Botesdale organises. We have good trips out to places like Dunwich for fish and chips and The Highways Garden Centre at Norwich.

All really lovely and I look forward to everything.

A big thank you to everyone who wrote their memories of growing up in the villages for our Quatrefoil History Day held on Sunday 4th September. We would still like to hear from anyone with their memories of the villages.



Loretta Self outside her greenhouse today

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IN YOUR GARDEN

Well how did your garden fare in the face of the Saharan heat? If it was anything like mine, the weather had a really punishing effect turning the lawn into a dust bowl and only some targeted watering courtesy of my fast diminishing water butt and my wife recycling grey water kept the annuals refreshed enough to put on a half hearted show of flowers. The vegetables fought a long and hard battle to produce anything like the usual bountiful harvest but then I did have the additional problem of visits from ever hungry deer and pigeons stripping everything they found tasty!

If the climate pundits are right, about our summers becoming hotter and drier, we gardeners will have to face up to a future where water will become an increasingly scarce and precious commodity and undoubtedly more expensive. One obvious answer is to adopt is to retain so called grey water from washing up, baths/showers and re deploying on on to thirsty plants. Water containing detergent, washing up liquid and shampoo by and large is fine on most plants and shrubs and help break down the surface tension of dry ground, impeding run off and encouraging absorption. One reservation about this grey water is to avoid using on vegetables, especially root crops.

A more radical approach could be to rethink totally what you continue to grow with the specific aim of adapting to cater for the extreme climatic conditions that may well become the norm. I shall be looking at some suggestions the future you might like to adopt as we swing into autumn.

Talking of autumn, reminds me we are now in the season of clearing the decks and planning ahead. I have already started with trying to improve the poor sandy soil that predominates in my garden which has the added disadvantage of sloping quite considerably ensuring that the rain tends to run off very quickly. The contents of my compost bins will be distributed over the beds as a mulch combined with locally sourced well-rotted manure. My big concern, is however are we are going to get a decent amount of rainfall before I start mulching? There is no point of adding a layer of mulch to bone dry soil as all it does is form a hard cap on the surface moisture can not penetrate.

The soil on my veggie beds, is somewhat nutritionally depleted after the summer of vegetable growing and definitely in need of invigorating. I am sowing green manures, on to the bare soil and let them grow away. Green manures are fast growing plants mostly clovers, legumes and mustard that help fix nitrogen through their roots (essential for future plant growth). I normally leave the top growth of the manures over the winter and then dug in before sowing and planting next spring when they will release more goodness into the soil.

Lawrence

Dubai. Tower Hotel (2)

The persistent stormy weather forced the contractor to change the way he proposed to deliver broken rock to the site to build the embankments, that would surround the island. The contractor had intended to load big flat top barges with rock, and tow them with tugs from Ras Al Khaimah - adjacent to the Omani border - to the site. It soon became obvious that the contractor's programme could not absorb the weather delays, and he decided to use articulated lorries from quarries near to the site.

The temporary embankment beside the bridge was extended out to the island location and was soon busy with lorry traffic bringing rock for the embankment works.

To some extent the weather problem was solved, but the continuous noise from the lorry reversing alarms, and the sound of rocks crashing down the bed of the trailer and falling into the sea provoked a storm of protests from the Motel residents, who liked to sleep with open windows so that they could enjoy the sea breezes.

The contractor and I were between a rock and hard place, because we couldn't reduce the construction time to daylight hours without throwing our programme (with it's delay penalty warnings) out of the window. The contractor's agent and I, had no option other than speaking to the staff at the office of the Crown Prince, Sheikh Mohammed bin Rashid al Maktoum, who was the owner. After a couple of days during which the contractor worked only during the day, we received instructions to work normally and ignore the complaints.

What was done to pacify the motel guests was never explained, but was probably money.

When a sufficient amount of the embankment around the island had been constructed the contractor started to import the sand with which he proposed to make the island. For a time all went well, but the dust in the dry fill was carried up to the surface by air escaping from the submerged sand, and this started to accumulate as a brown sludgy foam on the surface of the sea inside the embankments – a process I identified as flocculation. The sea breeze blew the dirty brown sludge towards the shore, and inevitably it arrived on the Motel's beach, and produced another storm of complaints – this time from the bathers. Water jets were employed to break up the sludge, and the contractor procured oil booms and fixed them across the remaining gap in the embankment. This stopped the sludge escaping for a time but this activity had to be reinforced with a gang of men at daybreak, and regularly during the day, cleaning the beach of any visible remnants of the flocculation.

Work continued, and the next task the contractor commenced was the installation of the sheet piles that would form the inside face of the coffer-dam when the sand fill was removed to allow the hotel basement to be constructed in the dry. In simple terms we were planning to construct a big hole in the sea in which to construct the hotel substructure.

Normal sheet piles were not strong enough to span from below sea bed level up to ground level so a large section USB was welded to the back of each pile. These units were fabricated off site and delivered as required. Each pile was vibrated into place, and steel tie rods were then fixed between the sheet piles and the tubular anchor piles previously buried in the rock embankments. The rock the piles were vibrated into was a weak, porous sedimentary deposit called Calcarene.

To be continued. JML

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BOTESDALE HEALTH CENTRE PATIENT PARTICIPATION GROUP (PPG)

SOCIAL PRESCRIBER

We have been asked to let Patients know that the new Social Prescriber, Sophie Gower, who arrived in July can be contacted at the Health Centre as a Patient self-referral.

Please telephone the Health Centre and request to speak with Sophie or email her at Sophie.gower5@nhs.net. Sophie's role is to consider whether she can assist with issues Patients may have which are of a Social perspective.

Sophie has time to chat with her Patient and look at a concern holistically. She has links to numerous and varied organisations who may be able to assist a Patient - housing, debt, isolation, exercise to name a few.

TELEPHONE SYSTEM

Patients co-operation regarding the new telephone system would be greatly appreciated in order to try and alleviate long waits. There is such a demand of incoming calls that they will now be streamlined for Patient benefit.

Please only contact the Health Centre at the times below:-

8.30 am	Press Option 3	This is for on the day appointments with a GP
8.30-1030 am	Press Option 4	For Home Visits
After 10.30 am	Press Option 3	For A Nurse Appointment - for example- blood test, dressings, smears, contraception
After 11 am	Press Option 3	For an advance appointment booking with a GP or To arrange a medical
After 2 pm	Press option 4	For all test results

E-CONSULT

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The beauty of the form is that it can be completed at your convenience from anywhere i.e., at your home or workplace. After submitting the form online, an appropriate member of Staff at the Practice will speedily contact the Patient. Using E-Consult significantly helps to leave the telephone lines available for those who have no internet or smart phone facility.

BLOOD PRESSURE CHECKS

It has been recommended by Public Health England that every Patient should be aware of their own blood pressure level reading. It is very important to know if your blood pressure is elevated, (there are often no external signs of high blood pressure) and important to inform your Doctor.

Chemists now have a role to play in ensuring Patients have the correct information and can transmit this to the GP.

COVID/FLU CLINICS

There will be five Covid/Flu Clinics held at the Botesdale Health Centre all day on selected Saturday's starting in October through until December. Patients will be contacted to attend the Clinics.

If there are Patients who would like to volunteer to assist with car parking and indoor marshalling, please contact PPG as below.

[illegible]

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.

XX

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

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	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

BRITISH GAS FAKE ENERGY REFUND

The scammers have not taken a summer holiday and reports are being received from Trading Standards of an upsurge of people being targeted in our area. Sadly, they seem to be having a field day capitalising on the cost of living crisis, notably by impersonating British Gas using an official British Gas logo and branding with emails tempting you to click a link to get a fake energy refund that in reality is an attempt to steal your personal and financial details. Although the email looks totally legitimate, it addresses you by your email address and not your name which is a potential giveaway that it's from a fraudster!

If you have received suspicious emails claiming to be from British Gas please forward them to phishing@centrica.com.

PREMIUM RATE NUMBER SCAMS

This scam tries to snare people searching online for advertised phone numbers of government advice services that trick you into being charged a premium rate.

Although you are put through to the right advice line, you, pay a very high and unnecessary connection fee -in some cases as much as £20 or £30 per call.

To avoid being ripped off this way, never use numbers beginning with 084,087,090,091,0r 098.
No official government service would ever use these numbers.

Always go to the government services websites and search directly for legitimate government advice line numbers. This way you will be sure to find the right numbers to call directly for the service you want.

MAKE YOUR ONLINE ACCOUNTS MORE SECURE

The explosion in popularity of online apps and services means we have to remember an ever increasing long list of passwords.

Unfortunately, many of us cope with this challenge by using the same simple password across multiple accounts hackers can easily guess. The UK's National Cyber Security Centre carried out an analysis of passwords leaked in data breaches and found that more than 23 million users worldwide used 123456 as their password!

Remember. Your password should be strong and different and especially so for your email accounts.

For the latest advice on how to stay secure online, visit the Cyber Aware website:

<https://www.ncsc.gov.uk/cyberaware>

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SOME VILLAGE PUBS OF THE PAST



The Half Moon



The Cock



The Drum



Hamblyn House



The White Horse



The Angel



The Golden Lion

Photographs reproduced courtesy of Quatrefoil (all appear in their book "Portraits of Village Life"). The photos of The Half Moon and The Golden Lion were originally owned by the late Arthur Bryant, and the photos of The Cock and The White Horse were originally owned by the late Jim Moule

I've got loads of problems with my house that I've been putting

off fixing - a faulty boiler, a window that won't shut properly, broken light fittings. The list goes on! I want to sort it out but I've had bad experiences with dodgy builders in the past. How do I find someone I can trust?

Making home improvements can be stressful, but there are a few steps you can follow to help it go smoothly.

First, find a Trading Standards 'approved trader'. It's also worth checking if they're a current member of a trade body. Trade bodies have codes of practice and can help resolve problems if things go wrong. Ask who they're registered with and then check the trade body's website.

For any gas and electric fixes, only use certified traders - it's dangerous to use someone who doesn't know what they're doing. You can check the Gas Safe Register at gassaferegister.co.uk for a list of traders and use a registered electrician from electricalcompetentperson.co.uk who can certify their own work.

It's always helpful to get references or recommendations where possible. Ask your friends, family or neighbours if they know of anyone they'd recommend. You can also ask the person you hire for examples of work they've carried out in the past. Try to avoid contractors who won't give references - it's a sign they could be dishonest.

When you find someone, ask for a written quote - this is different to an estimate. A quote is legally binding and the tradesperson can't change it without a good reason - for example, if you ask for extra work to be done. It's worth comparing quotes from several contractors to make sure you're getting a fair price.

Next, get a written contract. This should cover exactly what you're paying for and everything you've agreed on, including timings, payments, who will pay for materials and any subcontractors if needed. When it comes to payment, it's best to opt to pay in stages rather than upfront. Try to pay by card if you can - this can give you extra safeguards if something goes wrong.

Finally, make sure your trader is fully insured. Keep copies of receipts and your written contract. These will be important as evidence if things go wrong. It's also helpful to take photos of any problems if they arise.

If you have a problem with a contractor and you're not sure what to do, call the Citizens Advice consumer helpline on 0808 223 1133.

Citizens Advice Mid Suffolk can provide advice on 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. For more information and our opening hours go to midsuffolkcab.org.uk.



October Church Notices



Message From Mel

@rbrchurch

mel@rbrchurch.org.uk
01379 452702



Short Note to Mums

Hello everyone, x

Autumn is definitely here now. It's getting colder and nights are longer.

Harvest is here too and it is always an amazing opportunity for us to remember what we have. Life is hard at the moment for all of us, but there is always something to be thankful for. Harvest is always a special time of the year and we invite everyone to think of something that we can be grateful for, as well as be thankful for what we have. We can do this together in our Harvest Celebration at St Mary's on the 9th October. Breakfast Church is also on the 22nd at the Botesdale Village Hall.

Hope you all enjoy your October half term with your family, whatever you do.

God Bless you lots and see you soon 😊 Mel



In October in 2005 **Rosa Parks** died a free woman. She had a dream. She had a dream that the world she lived in, would be one of freedom and that injustice would not prevail. She said "No" to what was wrong and stood up (or sat down!!), for what was right. Rosa rode the bus to work. The bus was a segregated bus and white people sat at the front, while black people sat at the back. One night the bus was so busy, that the driver asked Rosa to give her seat up to a white person. Rosa said "no" and so she was put in jail.

Rosa was an inspiring woman. I admire her so much. She inspires me to not just support my fellow women/people/community through my words, but also through my actions... even if it means that it goes against the grain. We are all living in a time of crisis; financial, energy, climate, food/cost of living, covid recovery...etc. Now more than ever, we need to pull together, be kind, support and love and help each other, as we stand up for what is right. Rosa inspires me to have the courage to be brave. Rosa was brave. I am sure Rosa had FEAR, but instead of "Forgetting Everything And Run" she chose to "Face Everything And Rise". Life is tough. Sometimes doing something small (like sitting), can be the bravest thing you can do, so today I encourage you (and challenge myself) to do something small to make a difference.

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 2 nd	Harvest Service at 11.00am, followed by Harvest Lunch	 PARKVIEW CHAPEL CHURCH FOR THE COMMUNITY
Sunday 9 th	Service at 11.00am	
Sunday 16 th	'Coffee on a Sunday' service at 11:00am	
Sunday 23 rd	Service at 11.00am	
Sunday 30 th	United Church Service 10.30am (All Saints, Redgrave)	
Events		Tuesday 11 th 9:00am Saturday 1 st 8:30am Sundays 11:00am - 12:00pm Fridays 6:00pm - 7:00pm Sundays 7:00pm - 8:30pm Fridays 7:30pm - 9:30pm
	Coffee on the Corner	
	Men's Breakfast	
	PARKVIEW Youth Junior Church	
	Junior Friday Club	
	PYP	
	Senior Friday Club	

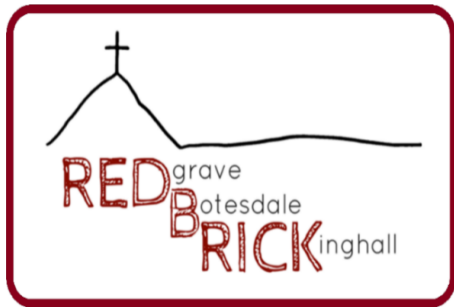
Botesdale Methodist Church

All services/events open to all whether members of the church or not. You are assured of a warm welcome.

Services (all at 10.30am)

Sunday 2 nd	Mrs Sue Goodwin
Sunday 9 th	Rev David Ely - Service of Holy Communion
Sunday 16 th	Local arrangement
Sunday 23 rd	Mrs Linda Spencer
Sunday 30 th	United Service
Events	
Tuesdays	Fortnightly Bible Study. For more information and dates contact 01379 890898
Tuesday 4 th	Social Afternoon meeting 2:30pm - 4:00pm
Tuesday 25 th	Coffee Down the Lane 10:00am-12:00pm in the Church. Everyone welcome
Saturday November 12 th	Autumn Fair 10:00am - 12:00pm

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



Parish of Redgrave cum Botesdale with the Rickinghalls October 2022 Services

Sunday 2nd October Trinity 16

Community Worship, 10am, All Saints Church, Redgrave

Pause for refreshments 11.15am

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

Sunday 9th October Trinity 17

BCP Holy Communion, 8.45am, St Botolph's Chapel of Ease, Botesdale

Harvest Celebration, 10.30am, St Mary's, Rickinghall

Sunday 16th October Trinity 18

Community Worship, 10am, All Saints Church, Redgrave

Pause for refreshments 11.15am

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

Sunday 23rd October Trinity 19

Family Breakfast Church, 9.30am, Botesdale Village Hall

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

Sunday 30th October Trinity 20

BCP Holy Communion, 8.45am, St Botolph's Chapel of Ease, Botesdale

United Service, 10.30am All Saints, Redgrave

Sunday 6th November 3rd Sunday before Advent

Community Worship, 10am, All Saints Church, Redgrave

Pause for refreshments 11.15am

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

All Souls Service, 3pm, St Mary's, Rickinghall

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

www.rbrchurch.co.uk 01379 898685

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.

From the Registers

2.9.22 Interment of ashes of the late Mr Dick Erith, St Mary's Churchyard, Redgrave. Died 8.7.22, age 95

2.9.22 Funeral of Leone Howarth-Sloan, West Suffolk Crematorium, Risby. Died 29.7.22, age 75