

# PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

August-September 2023



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

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

# A Letter from Rural Dean Rev Susan Loxton



As I write this I am thinking about September, a month of change for many people. Children and young people begin a new academic year in a new class or college or university, and many of us are affected by that and see it as a time of new starts. I like September, it has a feel of newness about it, a sense of anything can happen.

-

I am so thankful that God is a God of new starts, of wiping the slate clean and giving us yet another chance. Because however hard we try to get things right, we all get things wrong sometimes, and it is comforting to know that with God we can be made new.

-

I didn't go to church until I was 30 years old. Before I was a Christian my life was okay, like most people there were ups and downs but basically I was alright. However, when I realised that God loved me regardless of what I had done, and I gave my life to Jesus, I found myself feeling more complete, more whole than ever before. And I know that all around me can change and be a mess, but God is always there waiting and watching and loving. If you feel that there is something missing in your life why don't you give God a try.

-

Hopefully in September we still get to enjoy some sunshine, which we need to make the most of as we will soon be entering into autumn and then winter. With the changing of the season, we lose some daylight hours. Some animals go into hibernation and the garden begins to look a bit sad as many plants and trees die back. But things are happening; although nature looks like it is dying, it is not. Winter is a big growing season for trees... well, for their roots that is. *While your tree seems dormant above ground, the underground system of roots is busy at work growing, searching, and retaining nutrients to help get your tree through the winter and to prepare it for the spring<sup>1</sup>.*

-

Likewise, winter can be a time for us of taking stock of our lives, maybe thinking about taking up a new hobby or habit. For me it is a time to feel cosy indoors when its cold and dark outside. I almost want to hibernate – I don't, but I do try and think about the new year that is coming (*for the church Advent Sunday is the beginning of a new year, 3<sup>rd</sup> December this year*), Advent like Lent is a time of taking a sober look at our lives and asking God to show us if there are some unhelpful habits we have fallen into, and is there a different direction we might need to go in.

-

St Paul tells us in his letter to the Ephesians that we are to pray continually. It does not matter how you pray or what words you use, just let your heart speak to God and you will find peace for your soul and maybe some inspiration that will encourage you through the winter months.

-

Our parish churches have been missing their incumbent Rev Chris Norburn who has been off work due to ill health for quite a long time. We will be having a church meeting on September 14<sup>th</sup> 7pm in Redgrave church, where we will be talking about a way forward. In the meantime, you can contact our wardens or myself if you have any questions.

God bless, Susan.  
Revd Canon Susan Loxton rural dean.  
revloxton@gmail.com

1. What are your Trees doing in the winter? (ridgewoodtreecorp.com)





## No Changes to the Local Services Directory this month

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



### Message from the team

We hope you are all well. The scariest thing about being editor is putting in the copy dates and stuffing meetings—here I am sitting in the July sunshine and already thinking about December and January! Some of our regular contributors are taking their well-earned retirement and on p 23 you will find an appeal for contributions to our magazine. Please have a look and see if you get any inspiration for anything you can do.

We are very grateful to our advertisers, without whom there would be no magazine, so please support them. If you know of any new businesses in our area please point them in our direction.

Enjoy the rest of the summer

*Charles Murray*

Contacts

For all editorial content:	<a href="mailto:editoratrbparishmag@gmail.com">editoratrbparishmag@gmail.com</a>
For all commercial adverts:	<a href="mailto:advertsatrbparishmag@gmail.com">advertsatrbparishmag@gmail.com</a>
To advertise events:	<a href="mailto:eventsatrbparishmag@gmail.com">eventsatrbparishmag@gmail.com</a>

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:**  
**COPY DATES AND STUFFING MEETINGS**

- **Oct issue Mon 11 Sep** Come and help stuff the magazine @ All Saint's, Redgrave - 3.15pm on **Fri 22 Sep**
- **Nov issue Mon 9 Oct** Come and help stuff the magazine @ All Saint's, Redgrave - 3.15pm on **Fri 20 Oct**
- **Dec/Jan issue Mon 13 Nov** Come and help stuff the magazine @ All Saint's, Redgrave - 3.15pm on **Fri 24 Nov**

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:



I tried to sue the airport for misplacing my luggage—I lost my case

My wife says I'm getting fatter — but in my defence, I've had a lot on my plate recently

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



## SANTIAGO'S ART CAFÉ

Come and enjoy scrummy cakes and savouries in a unique environment. We have traditional cakes, loaf cakes and delicious brownies. We serve mouth-watering sausage rolls, cheese scones and soup & specials hand made on the premises. Whilst enjoying your choices you can browse incredible artwork from very talented artists and maybe make a purchase. No time to linger? Take-away is available for all our offerings.

Our opening Hours are as follows:

Monday to Friday 9am to 4pm

Saturday 9am to 1pm

Sunday 9.30am to 1pm

### CONTACT US:

Chilvers, Market Place, Botesdale, IP22 1BT  
Email [santiagosartcafe@outlook.com](mailto:santiagosartcafe@outlook.com) or find us on facebook

# STAR WING BREWERY

## BEER FESTIVAL August 25th & 26th

Guest Ales \* Local Ciders \* Full Bar  
Live Music \* Food

Tap Room open Friday and Saturday  
from 4pm

\*

Now taking WEDDING & other  
PRIVATE EVENT bookings for 2023 &  
beyond

Contact the team:

[contact@starwingbrewery.com](mailto:contact@starwingbrewery.com)  
The Old Saw Mill, Hall Farm,  
Church Road, Redgrave IP22 1RJ  
01379 890586



## THE CROSS KEYS

A Community Owned Free House

	Opening	Food Served
MON	Closed	Closed
TUES	4 - 9pm	Closed
WEDNESDAY	12 - 9pm	12 - 2.30 & 6 - 8.30
THURSDAY	12 - 9pm	12 - 2.30 & 6 - 8.30
FRIDAY	12 - 10pm	12 - 2.30 & 6 - 8.30
SATURDAY	12 - 10pm	12 - 2.30 & 6 - 8.30
SUNDAY	12 - 9pm	12 - 4pm

Food now served 5 days a week in our Lounge  
Bar, Public Bar and Garden  
Please check social media for information on other events!

### Contact us:

Cross Keys, The Street, Redgrave, Diss IP22 1RW  
[admin@crosskeysredgrave.co.uk](mailto:admin@crosskeysredgrave.co.uk)

01379 673333

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

## THE ONE & ONLY FISH & CHIP TAKEAWAY

- Cod, Haddock, Skate, Rock and Chips  
Sausages and Pies  
New special items every week
- Tuesday to Thursday 4.30pm - 8.30pm  
Friday 12 noon - 1.30pm & 4.30pm - 8.30pm  
Saturday 4.30pm - 8.30pm  
Closed Sunday and Monday
- Dining area now open
- The Marketplace, Botesdale, Diss IP22 1BS  
Telephone 01379 898543  
Order in advance for collection at  
[www.botesdaleonline.co.uk](http://www.botesdaleonline.co.uk)

FISH WITH A TWIST



# What's on in August and September

*Rhinestone*  
REBEL MUSIC CLUB

## LIVE COUNTRY MUSIC & DANCE

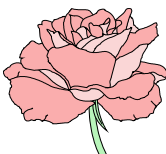
**SAT 5<sup>th</sup> AUG 2023**  
DOUBLE BILL SPECIAL  
**MT ALLAN**  
**CHRIS MEZZA**  
DOORS 6:30PM • STARTS 7:30PM  
TICKETS £7



Redgrave & District Ladies Club

Tuesday 8<sup>th</sup> August 2023

A Trip to Columbine Hall



**theWI Rickinghall**  
INSPIRING WOMEN

All meetings at  
Rickinghall  
Village Hall at  
7.30pm

**Thursday 10<sup>th</sup> August**

**Members Meeting** – An opportunity for our members to decide the evening's programme

**Thursday 14<sup>th</sup> September**

**The Sri Lankan Kitchen by Amali** – a chance to learn more about Sri Lankan food & cooking  
**Competition:** A kitchen gadget

Any ladies who would like to come along and join us for this meeting will be assured of a warm welcome.

We also hold monthly social tea and chats in local cafes during the summer months for members and friends.

Rosemary Setterfield - President

**Rickinghall Ramblers**

**Upcoming Walks**

**August :** Monday 7<sup>th</sup>; Friday 18<sup>th</sup>

**Sept :** Friday 1<sup>st</sup>; Monday 11<sup>th</sup>; Friday 22<sup>nd</sup>

We meet at Rickinghall Village Hall and set off at 9.15am.

*Just turn up and walk!*



## Songs of Praise

**SUNDAY 13th August 2023, 4pm–5pm**

**REDGRAVE ALL SAINTS CHURCH**

*Transport to Redgrave is available!*

**Enjoy your favourite Hymns  
and raise the roof!**

Strawberries & Ice cream,  
Tea & Cake

Bring your friends & meet new people

Details from:  
Churchwardens: Lynne Wills: 07741 475 513  
Kit Brinkley: 07947 414 968

**Come and join us**

**Coffee Morning**  
in aid of

**Lilac**  
Ladies in League  
Against Cancer

**at All Saints Church Hall, The Street  
Redgrave. IP22 1RY**  
**11am till 2pm Tuesday 8<sup>th</sup> August 2023**

Tea, coffee, soft drinks, cake and more.  
(Suggested donation of £5)

Bring plenty of loose change as there will be lots going on including a table sale, raffles, and auctions.


This event will be opened by one of the founders of Lilac, Gaye Youngman.

For more details contact Elaine  
07710 483092 [elaine@burgess.one](mailto:elaine@burgess.one)



**LILAC**  
Ladies In League Against Cancer  
Supporting the BIG C  
Registered Charity 281730 • Company No. 1521441  
[www.big-c.co.uk](http://www.big-c.co.uk)






**Delicious gifts baked in Redgrave  
Posted anywhere in the UK**


**Brownies, 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](mailto: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](mailto:info@brownieandthebean.com)  
or call **01379 452195** to place an order.  
[www.brownieandthebean.com](http://www.brownieandthebean.com) #brownieandthebean



**THE HAZLEBURY KITCHEN**  
**REDGRAVE**  
*Naturally beautiful and beautifully natural*  
**BESPOKE CAKES, CUPCAKES,  
BROWNIES & COOKIES**  
Wedding cakes  
Birthday cakes  
Christening cakes  
Anniversary cakes  
**[www.thehazleburykitchen.com](http://www.thehazleburykitchen.com)**  
Contact Poppy Sayers on **07557 900857**  
Or [info@thehazleburykitchen.com](mailto:info@thehazleburykitchen.com)  
 [@thehazleburykitchen](https://www.instagram.com/thehazleburykitchen)

**Redgrave Community Shop**

Groceries, newspapers, greeting cards,  
Parravanis ice-creams, chocolate and sticky  
toffee puddings, tasty non vegetarian and  
vegetarian meals and much more...

**Open every day**  
**Monday - Saturday 8:30am - 1:00pm**  
**Sunday 9:00am - 11:00am**  
Telephone: **01379 898848**  
Email: [www.redgravecommunityshop@gmail.com](mailto:www.redgravecommunityshop@gmail.com)

THE ULTIMATE JOINT AND HIGHWAYS

**FRESH  
EVERY  
FRIDAY**

**BUTCHERY  
& FARM  
SHOP**

**FREE-RANGE  
MEAT & MORE**

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

**OPEN MON 10AM TO 2:30PM (FROZEN)**  
**TUES - THURS 10:00AM-5PM (FROZEN)**  
**FRIDAY 10:30AM - 4:30PM FRESH & 10:30AM TO 6PM FOR  
ORDER COLLECTIONS**  
**SATURDAY 10AM-4.30PM**

**WYKEN VINYARD FARMERS MARKET EVERY SATURDAY**

Highways, Finningham Road, Rickingham, IP22 1LP  
- on the S-bend on the B1113 towards Finningham  
What3words: mows.rekindle.corrode  
[highwaysgos@aol.com](mailto:highwaysgos@aol.com)  
Megan: 07771 752228 Philip: 07887 668445  
[www.highwaysgos.wixsite.com/theultimatejointltd](http://www.highwaysgos.wixsite.com/theultimatejointltd)  
 Follow us on Instagram & Facebook 



**Amazing  
Cakes  
by Jean**

**Special cakes  
for  
special celebrations**


*Jean Barker*  
**01359 241135**  
[www.amazingcakesbyjean.co.uk](http://www.amazingcakesbyjean.co.uk)

**Clarke's Bakery**  
**Traditionally Baked Artisan Bread & Cakes**  
(no palm oil or additives)

**Open: Mon to Fri 9.00am - 5.00pm**  
**Sat 9.00am - 1.00pm**

**Phone for orders: 01379 740003**  
**Place Farm Shop, Old Bury Road**  
**STUSTON IP21 4AD**

 **Clarke's bakery** 

 **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  
[juliedvoga@msn.com](mailto:juliedvoga@msn.com)



# What's on in August and September

## Rickingham Autojumble, Classic Car & Swap Meet

09.00 am-12.30 pm @ Rickingham Village Hall



IP22 1HD

This popular event  
will run alongside  
the Country Market  
from April to  
October inclusive

Enquiries: Dave 07806 437 722



### "Coffee On the Corner" Parkview Chapel Botesdale

9:00am Tue 8<sup>th</sup> August &  
Tue 12<sup>th</sup> September

and on Friday September 22<sup>nd</sup> 9am to 12(ish!)

**MACMILLAN  
CANCER SUPPORT**

Raffle, produce stall, selection of lovely craft stalls, and  
charity Christmas cards. And as always, plenty of lovely  
goodies to eat plus tea and coffee.

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

## Rickingham Country Market Autojumble & Classic Car Meet

09.00 am-12.30 pm @ Rickingham Village Hall

New stall. Penny  
will be coming to  
future markets.  
Telephone pre-  
orders invited

**POUNDSWORTH**  
FRESH FRUIT AND VEGETABLES

TEL: **07952 183040**

**Plus all your favourites :-**

Sue's cards	Candles
Bread & flour	Willowcraft
Rima's cakes	Woodturner
Alex's honey	Utility Warehouse
Sally's plants	June's Jewellery
Eco refills	& ICE CREAM & CAFÉ
Local grown meat	
Pasties & Quiches	
Stardust Spirits	
Fresh mushrooms	
Dan The Apple Man (Sept)	
Jams & Preserves (Sept)	

**Councillors' Corner**  
**Meet your local Councillors**  
**10.00 am to 11.30**

**Saturday 12 August**  
**Saturday 9 September**

*Rhinestone*  
REBEL MUSIC CLUB

LIVE COUNTRY MUSIC & DANCE

**COUNTRY  
MEETS THE 60'S**  
SAT 2<sup>nd</sup> SEPTEMBER 2023  
FEATURING



**DAVE  
ANDERSON**



**SPENCER  
JAMES**  
(THE SEARCHERS)

DOORS 6:30PM • STARTS 7:30PM  
TICKETS £15

**RICKINGHALL VILLAGE HALL**  
Hinderclay Road, Rickingham, Diss IP22 1HD  
FOR BOOKINGS & MORE INFORMATION PLEASE CALL  
Tel 01473 912626 or 07591 099519

*You are welcome to bring your own food & drink.*

The promoter reserves the right to alter the programme/artists performing due to unforeseen circumstances without notice.

## Redgrave & Lopham Fen

**Wild families** £5 child, £3 adult & under 5s.  
Tue 1 August, 10am-12noon - Butterflies & moths.  
Tue 1 August, 2pm-4pm - Reptiles & amphibians.  
Thu 10 August, 10am-12noon - Butterflies & moths.  
Thu 10 August, 2pm-4pm - Marvellous mammals.

**Holiday Club** Thu 3, Tue 8, Thu 17 Aug, 9am-3.30pm.  
For unaccompanied 6-11 year olds. Wild play, games,  
activities & crafts. £25 each, including a healthy,  
vegetarian lunch. Funded places available for Norfolk  
children receiving free school meals - check website

**Summer tree ID** Sunday 20 August, 10am-4pm. £32

**'Inspired by nature' Art Exhibition**  
Sat 26, Sun 27 & Mon 28 Aug, 10am-4pm. Artwork by  
over 30 local artists on display and for sale. No  
booking, free entry, refreshments available

**Weekend Wildlife Club** Monthly club with wildlife-  
themed activities for 6-11 year olds.  
Saturday 23 Sept, 10.30am-12.15pm, £5.

**Young Naturalists** Monthly session for 11-16 year olds  
to explore, investigate and learn about the wildlife and  
habitats of the Fen.  
Saturday 23 Sept, 1.30pm-3.30pm, £5

**Needle felted curly hedgehog workshop**  
Sunday 24 Sept, 10am-1pm. £32, including materials.

**Willow foraging basket workshop**  
Saturday 30 Sept, 10am-5pm. £55, including materials.

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

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](http://www.botesdaleandrickinghallpre-school.co.uk)**

Registered Charity no. 1022795



*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*



**RABBATS-Rickingham and  
Botesdale Baby and Toddler  
Group**

## 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.)

## Flowers for all Occasions



Bouquets, Arrangements, Workshops  
Home consultations available for Funeral tributes

Studio Based in Mellis, Suffolk

Tel. 07883 127418 Email [helen@thistleroseflorist.co.uk](mailto:helen@thistleroseflorist.co.uk)



thistleroseflowers



thistleroseflorist

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

**CROWN HILL CLINIC  
BOTESDALE**

**Reflexology**

**Infertility, Pregnancy and  
Post-Natal Reflexology**

**Fibromyalgia Health  
Coaching**

**Reiki**

**Mindfulness and Yin Yoga**

**CLAIR STARR**  
**07867 795474**  
**[www.crownhillclinic.co.uk](http://www.crownhillclinic.co.uk)**  
**[www.clairstarr.com](http://www.clairstarr.com)**



**NEW**

**Therapeutic  
Massage**

**Crown Hill Clinic  
Botesdale**

**Relief from stress,  
pain and anxiety**

**Call Dianne**  
**07748625765**

**Home visits available**



DianneJoyHolisticTherapist



DianneJoyHolisticTherapist

# What's on in August and September



RAHOF invites you to their popular

## OPEN GARDEN DAY

on Sunday, September 10<sup>th</sup>

(sorry about date error in July issue)

with guest Steam engine and Vintage cars  
10.30am - 3.30pm

at

The Barn House, Chapel Lane,  
Botesdale IP22 1DT

(by kind permission of Mr & Mrs Mike Warner)

Books, cakes, bric-a-brac stalls and more,  
refreshments, draw.

Come along to chat with friends and meet  
fascinating vintage vehicles!

Admission free.

(In aid of St Nicholas Hospice Care, Bury St Edmunds)

## 'Inspired by nature' Art Exhibition

August Bank Holiday weekend

Sat 26, Sun 27 & Mon 28 August  
10am-4pm

Redgrave and Lopham Fen  
National Nature Reserve

Artwork, by local artists inspired by nature,  
on display and for sale in the Centre

**ADMISSION FREE**

Refreshments available

redgrave.engagement@suffolkwildlifetrust.org  
01379 688333



Suffolk  
Wildlife Trust

# What's On

suffolkwildlifetrust.org

Botesdale Methodist Church  
"Coffee down the Lane"

10:00am-12:00pm on

Tuesday 22<sup>nd</sup> August and  
Tuesday 26<sup>th</sup> September



Quatrefoil invites you to a

## BOOK LAUNCH

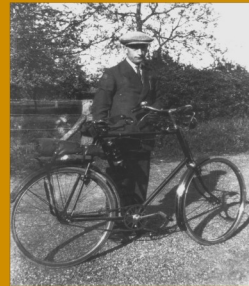
SUNDAY 3rd SEPTEMBER 2023  
10.00 am - 4.00 pm

RICKINGHALL VILLAGE HALL, HINDERCLAY ROAD, IP22 1HD

### The Real Basil Brown

From Rickinghall to Sutton Hoo and back

Sarah Doig



Recording Local History No 16

ILLUSTRATED TALKS  
by Sarah Doig

10.30 am and 2.00 pm  
**THE YOUNG BASIL BROWN**  
11.30 am and 3.00 pm  
**BASIL BROWN'S LOCAL DIGS**

- OLD PHOTOGRAPHS AND LOCAL HISTORY DOCUMENTS -

- ALL OUR LOCAL HISTORY BOOKS ON SALE -

**FREE ADMISSION**

TEA, COFFEE, CAKES & FILLED ROLLS ON SALE

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



7:30pm at Rickinghall Village Hall

The Heritage Circle presents:

**August 23<sup>rd</sup> Kate Jewell:** Devils and disguises –  
Medieval Drama in Bury St Edmunds and Beyond

**September 27<sup>th</sup> Jenny Gibbs:** The Ottoman Empire and  
the Treasures of Istanbul

New members & guests welcome  
Visit [www.heritagecircle.onesuffolk.net](http://www.heritagecircle.onesuffolk.net)



Botesdale and Rickinghall  
Community Woodlands

**BARWOODS**

**ANNUAL GENERAL MEETING**

Monday 4<sup>th</sup> September 2023 at 7.30 pm

In the Function Room of the Bell Inn, Rickinghall

All Welcome – your chance to hear about  
Northfield Wood, Millers Orchard, Low Meadow  
and future plans.

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

## Reflections

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

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

Telephone Fiona on 07791 073772 or 01379 898789

## EMMA EDWARDS

PROFESSIONAL HAIRDRESSING

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

Evening appointments available.

To make an appointment call Emma on 07900 683649



Facials Massage Waxing  
Manicures & Pedicures  
Lash & Brow Tinting

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

## 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

## 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 August and September



**New Season** Join us at the Corn Hall, Diss 1.30 for 2 p.m. *You can park at GAZES.*  
All talks are the **third Tuesday of the month** (except for December - 1st Tuesday)

19 <sup>th</sup> Sep	Cedric Morris - Painter and Plantsman. Irises and Beyond.
17 <sup>th</sup> October	Music in Art
21 <sup>st</sup> November	The Royal School of Needlework
5 <sup>th</sup> December	The Life and Work of Alfred Munnings

Guests are welcome and asked for a donation.

Membership for 10 lectures (starting September 2023) is £45. Do come along!

More information at: <https://artsocdiss.org.uk> or Email: [info@artsocdiss.org.uk](mailto:info@artsocdiss.org.uk)



**Friday 25th August, 7.30pm**



**Friday 22nd September, 7.30pm**



**Eye Community Centre**

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



PRESENTS

**“GASLIGHT”**

By Patrick Hamilton

Thursday 14<sup>th</sup> – Saturday 16<sup>th</sup> September  
at Botesdale Village Hall

Doors open 7pm. Performance 7.30.

Tickets will be available from:  
[www.ticketsource.co.uk/warts](http://www.ticketsource.co.uk/warts)

Worham Post Office  
Redgrave Community Shop

**£10 Adults £5.50 Children under 16**

NB: Suitable for 12 years and over



**Where?**

**St Botolph's  
Bowls Club**

**When?**

**16th September  
2pm - 4pm**



**The members of  
Rickingham WI**

**invite you to join them for tea,  
cake and a chance to find out  
more about this ladies' club.**



**THE SUFFOLK HISTORIC CHURCHES TRUST**  
**9th SEPTEMBER 2023 9am - 5pm**

Open to everyone of all ages and abilities. No set distance or amount of sponsorship. Walking or Cycling to visit Churches & Chapels, money raised will be divided equally between the SHCT and your nominated Church or Chapel.

We also need volunteers, who can be sponsored, to sign in Riders and Striders at each Church and Chapel in Rickingham, Botesdale and Redgrave throughout the day.

If you can spare an hour or more contact Lynne Wills tel 01379 890732.

For downloading sponsorship forms or “Just Giving”, plus lots of information about the day see web site [shct.org.uk](http://shct.org.uk) or contact organisers below for information and paper copies of the sponsorship forms which will also be available in Churches and Chapels.

- Melanie Wildish: Methodist Chapel. Tel 01379 687286  
- Bob Hayward: St Mary's Redgrave. Tel 01379 898726

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



### Experienced Reflexologist in Rickingham

A good all round treatment which may help conditions such as : hormonal problems, digestive problems, people 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**

## 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.

### Counselling Service - Life Coach

Bespoke - Considerate - Responsive

Anxious? Lonely? Recent Bereavement? Finding it hard to cope?  
Need direction? Unable to see ahead? Recent changes too much?

*The first step is the hardest one to take.*  
Be brave... reach out for help.

Call: **07867 788 515**  
or: **07827 742 094**

**COREWEB**  
DEVELOPMENT

**WEBSITE  
DESIGN  
AGENCY**

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

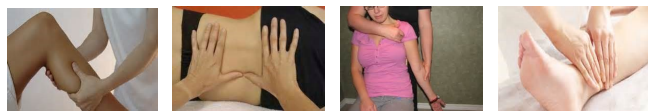
**CADE CREATIVE**

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



## The Bowen Technique

**Melanie Coe E.C.B.S MBTPA**

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

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

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



**Bowen Therapy Professional Association**

An independent organisation of Bowen Therapists run by Bowen Therapists

## Aisling Counselling

Individual & Couples Counselling

I also offer a positive approach to working with  
young people and teenagers with a range of issues:

Exam anxieties, Eating disorders,

Friendship problems,

Low self esteem,

Body image and many other issues.



Please contact:

Jill Mitev-Will BA (hons) member of MBACP

Mob: 07800 639 141

Email: [aislinghousepractice@gmail.com](mailto:aislinghousepractice@gmail.com)



# What's On : September and beyond...

## RICKINGHALL FURTHER EDUCATION GROUP

Our September 2023 lecture series will be given by Hugh Belsey who will take us on...

### *The Grand Tour .... and explain its influence*



There were many reasons that the eighteenth-century gentleman wished to travel to Italy. He wanted to see the landscape that had formed the backdrop to the classical education he had received at school and university and he wanted to learn about different political systems that would help him serve in government back at home. The visitor might have felt that a change in climate would help him overcome the death of his wife or improve his health and he probably wanted to have a good time away from prying eyes. No matter what the motive the effect of Italy had an extraordinary influence on the future aesthetics in Britain.

This course describes how visitors travelled to Italy, what they wanted to experience from their visit, where they went, what they saw and how they wanted to bring some of it home.

There will be ten weekly sessions starting on **Thursday 14 September and ending on Thursday 23 November, at Rickingham Village Hall, IP22 1HD**. The course will run each Thursday from 2 - 4 pm with a break for refreshments followed by questions or comments. There will be a break for the school half term on Thursday 26 October. And still only £40 for the entire course.

Hugh Belsey, a graduate of the Universities of Manchester and Birmingham, has lectured to groups in Europe, America, Australia and Britain. For twenty-three years he curated Gainsborough's House in Sudbury where he formed one of the largest collections of the artist's work and in 2004 he was awarded an MBE in recognition of his museum work. Since then he has taught at the Universities of Buckingham and Melbourne. In February 2019 Yale University Press published his award winning catalogue of paintings by Thomas Gainsborough. The Grand Tour was the subject of his post-graduate research, and to mark the three-hundredth year of his birth in 2025 he will be curating an exhibition of the work of Thomas Patch, an artist who worked for the Grand Tourist in Florence.

If you haven't been along to one of our courses before, we do encourage you to come and sample the first lecture to see whether it is for you, before signing up and parting with any money.

To register your attendance, (so that we know how many chairs to put out and biscuits to buy), or if you have any questions, please contact either

**Janet Swann** on 01379 650615 or

**Lesley Greenhough** on 01379 890109 or

email : [generaldogsbodycg@gmail.com](mailto:generaldogsbodycg@gmail.com)



**Thelnetham Windmill will be open  
between 11am and 4pm on  
Monday 28th August  
Sunday 10th September  
Sunday 8th October  
See [thelnethamwindmill.org.uk](http://thelnethamwindmill.org.uk)**

## RAHOF ANNUAL QUIZ

**Saturday October 14th**

**Hinderclay Village Hall**

**7.30pm start**

**Quizmaster: Victoria Curry**



Fundraising in aid of St Nicholas Hospice Care

**Tickets £9pp (including light nibbles)**

**Tables of 6 please**

**Admission by ticket only**

**NOTE: PLEASE BRING YOUR OWN DRINKS & FAVOURITE GLASSES**

**Tickets from Paddy 01379 788010,  
Wortham Post Office, or Redgrave Shop  
Please book early for this popular event**



## ADVANCE NOTICE

The Heritage Circle will be presenting a Christmas treat on 13<sup>th</sup> December at 7.30 pm. An evening of MUSIC, MIRTH and MERRIMENT by HEXACHORDIA bringing to life the winter season of times gone by.

Visitors £10 to include seasonal refreshments. Tickets will be available from

**Chris Mills Tel: 01379 831153**

email – [chrismills@btinternet.com](mailto:chrismills@btinternet.com)

## Motocross at Wattisfield Hall

**Sunday October 1st Solos 11.30am start**




See [www.dissmcc.co.uk](http://www.dissmcc.co.uk) or


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



**DOG WALKING & PET CARE**  
Dog walking, companion visits, cat feeding, small animal care.



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

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

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

**07803 887817**  
[gffbotesdale@btinternet.com](mailto:gffbotesdale@btinternet.com)

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

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



**Ann Scotts Mobile Cat Feeder**

"Pspspspspspspsp" Cats and Kittens, I know you all prefer to stay in the comfort of your own home when your owners are away. I may be able to lend a paw.

I would love to become your friend by feeding, making a fuss and looking after you while you wait for your owners to return.

I am very local, fully Insured and DBS checked. If this sounds *purrfect* then please get in touch.

**07925 083970 or 01379 898086**  
[annscotts.cats@gmail.com](mailto:annscotts.cats@gmail.com)

**White Horse Thelnetham**

**LIVE Music**  **FIRE Place**


**Meetup Mondays** **Warm space**

Come and visit the Community Public House in Thelnetham, IP22 1JN. We are open Friday and Saturday from 5pm till close and Sunday from 12-6pm.

A selection of local Ales and Cider are available. Food Vans park up on Fridays. More information and updates at [facebook.com/SaveTheWhiteHorseThelnetham](https://facebook.com/SaveTheWhiteHorseThelnetham)  
 Telefon 01379 898800 / Email [info@ifarm.land](mailto:info@ifarm.land)

**Langham Clinic®**  
 Wellness, holistic beauty and complimentary therapies.

Electrolysis .....
Skin Tag Removal .....
Red Vein Treatment .....
Permanent Hair Removal .....
Clinical Aromatherapy .....
Sports Massage .....
LaStone Therapy .....
Dr. Hauschka Holistic Facials .....
Manicure & Pedicure .....
Reflexology .....
Counselling .....
Waxing .....
Yoga .....
Pilates .....



[info@langhamclinic.co.uk](mailto:info@langhamclinic.co.uk) **01359 258 700** [www.langhamclinic.co.uk](http://www.langhamclinic.co.uk)



**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**

**P J 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](http://www.pjmusic.co.uk) e-mail [pjmusic@btinternet.com](mailto:pjmusic@btinternet.com)

# BOTESDALE HEALTH CENTRE PATIENT PARTICIPATION GROUP (PPG)

## ANTIBIOTICS

The PPG hope that Patients of Botesdale Health Centre have had an enjoyable Summer. As we move towards Autumn the PPG reflect on a helpful Patient Association Newsletter article about the frequently asked questions Patients reflect upon whilst they weigh the pros & cons of antibiotic use.

The decisions related to antibiotics can be made with your GP's assistance. Anti-Microbial resistance to antibiotics is becoming increasingly real.

### Frequently asked questions

**"What are antibiotics and what are they used for?"**

"Antibiotics are medicines that are used to treat bacterial infections. Antibiotics do not treat viral infections, such as the common cold and influenza."

**"What are the benefits of antibiotics?"**

"When used correctly, antibiotics are potentially lifesaving and can help to fight bacterial infections. Antibiotics may also help reduce the risk of infection from some medical procedures and treatments such as surgery, including caesarean births, and chemotherapy."

**"What are the common side effects of antibiotics?"**

"While side effects vary depending on the antibiotic used, the most common side effects affect the digestive system, such as:

- Nausea & vomiting
- Diarrhoea
- Bloating
- Abdominal pain
- Loss of appetite

**"You should ask your clinician or pharmacist to review the information that comes with the antibiotics you are prescribed so that you can ask any further questions about side effects."**

**"How are antibiotics given?"**

"Antibiotics can be given to you in different ways depending on the type of infection. There are oral antibiotics, where the medicine is taken by mouth. In hospitals, it is common to receive antibiotics intravenously, which means that the antibiotic is delivered directly into a vein. Receiving antibiotics intravenously does come with some risks, such as minor skin irritation and local swelling, but you will be closely monitored in hospital for any serious reactions."

**If you experience serious reactions such as changes in heart rate or swelling of the throat or mouth, you should contact your healthcare team while in the hospital or dial 999 immediately if not in hospital.**

ID number – PP-UNP-GBR-3827      Date of prep – February 2023

Continued on p 29

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

## 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](http://www.timeforyousuffolk.co.uk)

## 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**

## Turrell

### Cleaning Services

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

Tel & Fax: 01379 687751

Mob: 07801 398247

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

## DIRTY OVEN??

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



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

Phone Richard Langston  
01379 890723 or 07494 869756  
[www.ovenclean.com](http://www.ovenclean.com)

## RICKINGHALL IRONING SERVICE



Free collection/delivery  
within 3 miles of  
Rickingham

Please call Ruth  
01379 890506  
0751 7039 685

Prices available upon request



**botesdaledental**  
PRACTICE & IMPLANT CLINIC

Your local,  
family run  
**Dental  
Practice**



Tel: 01379897176

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

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



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](mailto:info@crystalclean.services)



## 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 July 2023 Botesdale PC Meeting

Eight members of the Parish Council were present for the meeting as well as the County Councillor Jessica Fleming, District Councillor Gilly Morgan and a member of the public.

**Public Forum:** County Cllr Fleming reported that the National Grid's consultation on the Norwich to Tilbury Pylon Project has started and will continue until August 21<sup>st</sup>. The Shepherd's Grove Stanton Warehousing Development is a large commercial proposal in Stanton adjacent to the Co-Part development off the A143 led by Evolution Properties. It is at pre-application stage and plans can be viewed at <https://stanton.your-feedback.co.uk/> At its May meeting SCC Cabinet approved updates to the County's 2021 Energy Infrastructure Policy to include water infrastructure projects. New infrastructure is needed to secure water supplies and a new reservoir in Suffolk is under consideration to meet anticipated demand. The Government has committed to funding the replacement of West Suffolk Hospital. Outline planning permission was granted in 2022 for the Hardwick Manor site adjacent to the existing hospital and public outreach concerning details of related services will follow. The current 10-year contract with Suffolk Libraries comes to an end in July 2024. Preparations are underway for a tender process to find a new provider/partner. The Suffolk Trading Standards Imports Surveillance team has detained over 13,000 e-scooters and e-bikes at Felixstowe Port over the past year on safety grounds and a further 9,000 were refused entry due to substandard batteries and chargers which pose serious risks of fire or electric shock.

District Cllr Gilly Morgan reported that she and County Cllr Fleming will be holding a monthly surgery at the Farmers' Market at Rickinghall Village Hall.

Andy Warnes, the Chairman of Redgrave Parish Council and member of the Green Redgrave group, invited Botesdale PC to join the Suffolk Green Cluster with Redgrave, Hinderclay, Hopton, Thelnetham, Blo Norton and Ixworth. The aim is to support the County's net zero target. The group currently had a proposal with Community Energy South Pathways to assess, carry out feasibility studies and help find funding for energy saving and community energy generation projects within the community.

**Planning:** The PC considered an application for conversion of an agricultural barn to a dwelling at Grove View Workshop on The Common. There was no objection.

**Correspondence:** There were two items of correspondence

including the invitation to join the Suffolk Green Cluster and it was agreed to join with the aim of finding out more about the proposals. The PC also received a letter from a landowner in response to a request to cut back hedges at the corner of Back Hills and the B1113 to improve visibility. Sadly, the response was negative, and it was agreed to approach SCC Highways about the matter.

**Recreation Ground:** We will be extending fencing at the boundary to hopefully make the site a safer place for little ones to play!



## Botesdale Recreation Ground

We are very pleased that the Recreation Ground is becoming an increasingly popular venue with our Community.

As promised, we are not sitting still, and numerous improvements and upgrades are being introduced. Additional notice boards particularly focused on the Eco Path and the Health and Fitness area are being installed. Additional seating will be introduced via a Circular Bench adjacent to the Health and Fitness area and we are working with charitable organisations to introduce a "chatty bench" into the facilities. We are also extending the Junior swing to increase user capacity and have tightened the Zip Wire.

We are looking forward to seeing the facilities used extensively during the School holidays. Please be mindful that during such peak periods, there is naturally more litter generated and taking care to ensure full use is made of the bins provided (which we have increased) will help keep the facilities in a clean and welcoming state for all users.

When visiting the facilities, we do request that all users arriving by car park with due consideration for the local residents.

Enjoy the Summer.

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

**MONDAY 4th SEPTEMBER**

**at 7.00 pm**

**at Botesdale Village Hall**

**All residents welcome**

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

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

**Tel : 01379 890 141**

**Email : [clerk@botesdale-pc.gov.uk](mailto:clerk@botesdale-pc.gov.uk)**

**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

## Karen Lawrence - Basket maker

### Commissions welcome

See website for full details

Contact Karen on 01379 890897

www.karenlawrencebasketry.com

@karen\_lawrence\_basketry

## PICTURE FRAMING BY CAROLA SETTLE

Quality mounting & framing of prints, photographs, paintings, embroideries etc., at competitive prices.

Friendly advice & professional service.

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

## 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

## Rickingham 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, Rickingham, Diss. IP22 1LQ

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





# Redgrave Parish Council



## Parish Council Report – July 2023 By Alison Spouncer, Parish Clerk

July's meeting had apologies from two Councillors. We were very pleased to welcome Cllr Fleming back and Cllr Morgan to her first Redgrave Parish Council meeting as District Councillor. Three members of the public were present for the meeting.

### District and County Councillor Reports

County Cllr Fleming provided a report with several items to cover, these included:

#### Norwich to Tilbury National Grid Upgrade

A non-statutory consultation is running between June and August following changes. The County Council are engaging with the resolution of calling for offshore implementation rather than the current over and underground option being presented. Cllr Fleming called for residents to engage with the consultation, to voice any comments via email, the website or letter.

#### Shepherd's Grove, Stanton Planning Proposal

There is a proposed large development in Stanton, including a warehouse capable of employing 2,500 people. The concern is the dramatic increase in haulage traffic and potential increase on the trunk roads of the A143.

#### West Suffolk Hospital

Has been awarded Government funding for the new hospital.

#### Mobile Libraries

It is encouraged for those that use the facility to give feedback on the consultation which will be opened shortly, details of which will be shared when available. There are suggestions of changes to be made with the current 10-year contract ending next July.

#### Signposting in Half Moon Lane

Cllr Fleming confirmed her commitment of £500 towards the cost of the signs agreed for Half Moon Lane.

#### Councillors' Corner

Cllrs Fleming and Morgan are reinstating 'Councillors' Corner' at the Rickinghall Country Market. From around 10am-11.30am residents can meet and discuss anything that they feel the Councillors may be able to help with.

Gilly.Morgan@midsuffolk.gov.uk Jessica.Fleming@suffolk.gov.uk

### Public Forum

Nothing was put forward by the members of the public.

### Planning

Two new applications were received:

DC/23/02698 Householder Application: Erection of first floor side and two storey rear extensions. 15 Churchway, Redgrave.

DC/23/02927 Proposal: Application for works to a tree in a conservation area; fell 1 no plum tree in rear garden due to age and condition and overhanging which could cause potential damage.

Both applications were met with no objections, with a suggestion that another

tree may be planted in place of the one being removed.

All applications, updates and comments are available online for review and comment via the Mid-Suffolk District Council planning portal at <https://www.midsuffolk.gov/planning/application-search-and-comment/>

The Financial Report was provided to Councillors and agreed, with details of payments also listed in the agenda for information. No monies received, with payments totalling £815.46 between 8<sup>th</sup> June and 6<sup>th</sup> July (full details available within the minutes (found on the village noticeboard and the website).

### Ongoing Items:

CPR and Defibrillator Training by East Anglian Air Ambulance (EAAA) in Redgrave. Thank you to all who attended the training. It was considered amongst those in attendance that it may be a positive option to have another defib machine in the village in addition to the one opposite the Cross Keys that was very kindly donated by a family from the village following fundraising. With thanks for the generosity of those that attended, £82.50 was raised through teas and coffees directly for EAAA.

20mph default speed limit It was agreed the Council will continue to work alongside 20splenty.org and other parishes in Suffolk.

Dog Litter Bin It was agreed by the Council there does not now appear to be a need to increase the size, but it will continue to be monitored should there be another issue.

Redundant 'children playing' warning sign Following discussions at last month's meeting, the Clerk followed up on the possibility of re-use with Suffolk Highways (SH). Costings have not been provided yet but initial feedback from SH suggest it may not be financially viable to remove and re-use the sign, however, the Clerk will provide feedback once confirmation has been received.

Suffolk Green Cluster is growing with Botesdale now also agreeing to join. Currently there are eight villages and four organisations aligning with the Farming Advisory Group, covering items such as housing, transport, and biodiversity. Further information can be found with the Green Redgrave Group.

## THE NEXT PARISH COUNCIL MEETING WILL TAKE PLACE ON

**THURSDAY 7th SEPTEMBER 2023**

**at 7.00pm**

**at**

**ALL SAINTS CHURCH, THE STREET, REDGRAVE**

All parishioners are cordially invited to attend, it would be good to see you. If anyone is unable/does not want to attend but wishes to put a question to the Council, they would be very welcome to contact the Clerk.

Full minutes (including finances) can be found on the website (<http://redgrave.onesuffolk.net/parish-council/>), the village noticeboard opposite the shop and the bulletin email service. Please email the Clerk if you wish to be added to the email bulletin service.

We are now on Facebook: Redgrave Parish Council

**Your Clerk is: Alison Spouncer**

**Tel: 01379 890613**

**E-mail: [clerk@redgrave-pc.gov.uk](mailto:clerk@redgrave-pc.gov.uk)**

## Mobile Library

Rickinghall :	Rectory Hill	10.40 – 10.55
Rickinghall :	Hinderclay Road	11.00 – 11.15
Rickinghall :	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 16th August and  
Wednesday 13th September, 2023**

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

## Rooms with a View

INTERIOR DESIGN & SOFT FURNISHINGS

We look forward to welcoming you to our new showroom showcasing our extensive range of fabrics, wallpapers and paints from leading Brands including: Colefax and Fowler, GP & J Baker, Romo, Sanderson and many more

Farrow & Ball and Fenwick & Tilbrook paints mixed while you wait.

Our friendly staff are always on hand to offer helpful design advice

Unit 2, Place Farm, Old Bury Road, Stuston, IP21 4AD  
Tel: 01379 640220

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

## DJS BLINDS

### Blinds ~ Shutters ~ Awnings

email: [djsblinds@outlook.com](mailto:djsblinds@outlook.com)

tel: 07723 354601

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

## SALLY SMITH

### Made to Measure Home Furnishings

Curtains, Blinds, Cushions,

Curtain Alterations

Please contact Sally Smith on 01379 898767

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

The Uplands, The Street, Rickinghall, IP22 1DZ

### 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

## YOUR PARISH MAGAZINE

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

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

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

### The three sizes of adverts we offer are:

Size 1: 4cm wide x 6cm high - £45.00 per year

Size 2: 9cm wide x 6cm high - £75.00 per year

Size 3: 9cm wide x 13cm high - £120.00 per year

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

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

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





# Rickinghall Parish Council



## Parish Council Report July 2023 by Cllr Geoff Short

Our July meeting was attended by all the councillors and 6 members of the public. SCC Councillor Jessica Fleming gave a report which included several interesting points. A new reservoir is under consideration in North Suffolk to meet the water infrastructure necessary for planned housing - we don't yet know where this will be. The Government confirmed in May that the rebuilding of West Suffolk Hospital will take place adjacent to the existing site as planned. After a 10-year contract, Library Services will go out to tender for the 45 libraries and four mobile libraries in Suffolk.

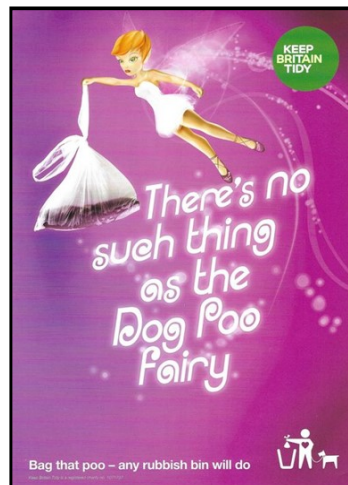
We had no objection to four planning proposals; two being domestic extensions and outbuildings, and two being tree applications. A bit of history was made as all four applications were either to councillors' own properties or those next door, so declarations of interest were made on them all! I can't recall that happening before.

A local group has been formed called the Suffolk Green Cluster, and a representative was present at the meeting to see if we wished to join. The group includes Hinderclay, Hopton, Thelnetham, Blo Norton and Ixworth. We expressed an interest, but would need to see exactly what is involved, and the decision as to whether Botesdale wish to join would affect our participation.

The Council is responsible for various assets around the village, and whilst we wish to see that everything is well maintained and in good condition, this has to be balanced against the ever-increasing costs of maintenance or replacement. We are looking into the three wooden fingerpost signs at the Hinderclay Road junction and will be deciding shortly on which to remove or replace. They were installed at the time of the bypass being built 28 years ago, and most people by now know that Bury Road leads to the indicated 'Other Routes'! We will likely replace the 'Rickinghall' sign near the Market Place as this is no longer looking its best.

You may have heard that the Solar Farm application - declined by the Parish and Mid Suffolk - went to appeal by the applicant. The adjacent landowner has submitted evidence that the land should remain agricultural due to the wheat yield achieved, but this official guidance seems to be ignored in determining solar farm installations. We do not have a date for the appeal decision, so can only wait and see.

Finally, many trees and bushes have grown at an amazing rate this year, and in several places have grown out over the pavement impeding pedestrians. Perhaps you would kindly look at any offending branches or brambles over the pavement adjacent to your property and chop them back. This is particularly important to our disabled residents who may not be able to step out into the road to avoid the foliage, and your help would be appreciated.



## Take Pride in Our Villages

Why not help make Botesdale and Rickinghall a better place by keeping our footpaths and countryside free of dog mess. If you are a dog walker, be sure to pick up after your dog, particularly on school walking routes where children are likely to be. Everyone knows how unpleasant dog mess is and it can

cause infections, so always clean up after your dog and get rid of the mess responsibly.

'Bag it and bin it'. A dog bin is never far away and if you double-bag it, you can put it in any public litter bin.

Please help keep our community a dog mess free zone!

## RICKINGHALL PARISH COUNCIL'S NEXT MEETING IS ON

**THURSDAY 7th SEPTEMBER**

**at 7.30 pm**

**AT RICKINGHALL VILLAGE HALL**

**All residents are very welcome**

[www.rickinghall.onesuffolk.net](http://www.rickinghall.onesuffolk.net)

## Your Clerk is :

**Mrs Leeann Jackson-Eve**  
**Wayside Cottage, Cherry Tree Lane**  
**Botesdale, Diss, Norfolk, IP22 1DL**

**Tel : 01379 890 141**

**Email : [clerk@rickinghall-pc.gov.uk](mailto:clerk@rickinghall-pc.gov.uk)**

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

# Village News

## OIL SYNDICATE



The next Oil Syndicate Order after the July one (last order date 22 July) will be the Winter one at the end of November.

The last date for orders will be notified later.

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. If all else fails, contact The Editor, I live near to him.

<https://www.gov.uk/apply-alternative-fuel-bill-support-if-not-automatic>

David Sloan

## Community Woodland

A bit of water and everything has gone whoosh!  
What a change!

It has been lovely to see all the flowers emerging among the grasses in Northfield Wood and also in Low Meadow. And the insects are so busy collecting nectar and pollen. This is how it should be.

In Northfield Wood, in particular, the flowers have done very well. Willowherb is still flourishing despite our efforts to calm it down, and it looks very pretty. Several different butterflies and bumblebees were the larger insects but there have been many others enjoying the flowers, ox-eye daisies, cornflowers and many more.

A new volunteer, Paul, joined us to help rescue the small, newly planted saplings on the first Sunday of the month, when we worked in Northfield Wood.

Anita took it upon herself to clear the nettles from the path through Millers Orchard

We plan to have an Annual Meeting in September – see the notice in this magazine. Do come along and share our interest in these bits of land that are open to the public.

Rosemary Jones,  
Botesdale and Rickinghall Community Woodland  
5<sup>th</sup> July, 2023  
01379 890238

New volunteers  
welcome!



## Transport Needed?

The Rickinghall & District Community Bus is available for hire to readers of this publication.

Typical journeys include shopping trips, health centre visits, dentist, optician, chiropodist, hospital appointments and visits.

The bus is also available for visiting friends and relatives, in fact pretty well anything you need.

Door to door service, any help a pleasure.  
Wheelchairs no problem.  
Please telephone Gordon on 01379 897 109 (24/7 ansaphone).

## Notice of Appreciation - the late Pamela Foulger

The family of the late Pam Foulger would like to thank everyone who attended her funeral on 7<sup>th</sup> June 2023.

Donations were kindly given which amounted to £380 to be shared between the East Anglian Air Ambulance and St Mary's Church Rickinghall Inferior



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



## The Drama of Leaning Trees

Across the yellow sky at ease  
leans a bridge of leafless tree's  
map of branches for mankind  
like his history redefined.

The evergreen is wearing thin  
dangling branches on its shin,  
like mooring sheets - all limy green  
whose boat has sailed away unseen.  
At noon the tree is brooched with sun  
like medals for a job well done.

*Patricia Stammers*



## Have a go at Bowling!

- Make New Friends -
- Learn New Skills -
- Fun For all Ages -

## FUN FRIDAYS!

6.30pm : 21<sup>st</sup> April – 22<sup>nd</sup> September

**St Botolph's Bowls Club**

**Fen Lane, Rickinghall, IP22 1DP**

**(opposite the Greyhound Pub)**

*Bowls Gear Available to use*

*Contact: 01379 897251*

*www.stbdbc.chessck.co.uk*



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

After many delays mainly due to covid, bats and lack of money we have plans to get the building work on the north slope of the chancel roof carried out in September and October this year. Although one very generous lady whose family have lived in Rickinghall for five generations has kindly offered to pay towards the balance of the work up to £15,000 if we carry out the work this year, we still need to raise a further £10,500. The total estimate for repairing the roof and re-plastering and painting the chancel ceiling is £62,562, including VAT and architect's fees. This is increasing by approx. 10% annually due to inflation.

A church was mentioned standing in Rickinghall as early as 1086 when the Domesday book was compiled and the circular lower part of the round tower is Norman, dating back to the 12<sup>th</sup> century. Parts of our church were filmed for a TV programme in the first decade of this century to show the various stages of church architecture which would have been in Dunwich before it was lost to the sea. Dr Jonathan Foyle presented this programme before he became keeper of the Royal Palaces.

Please help us to preserve this ancient Church. If your family has lived in these villages for generations or if you are new to the village and interested in historic buildings we need your help. If you can hold a coffee morning, plant or cake sale, sponsored walk or cycle ride, or leave a bequest in your will or any other fundraiser, please help. If you have a business in our village or a society please help. Can you imagine what it would look like in Rickinghall if you came into the village from any directions and did not see the church at the crossroads. Thankyou to the many people who have already helped with fundraising and given various grants.

Jean Sheehan

Lawrence Thompson has regularly supplied the magazine with our gardening and scam columns in the last few years.

Unfortunately Lawrence is no longer able to continue with the gardening column. We would all like to say thankyou to Lawrence for his contributions and to wish him well for the future. The parish mag team

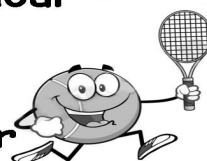
## Tennis Court Hire

**Only £6.00 per hour  
per court**

**0770 996 2658**

**April to September**

*Subject to availability*



**Rickinghall Village Hall**

## YOUR PARISH MAGAZINE NEEDS YOU

\*\*\*\*\*

We would love to hear from anybody who could write an article or articles to include in the magazine. A regular article would be great but we are just as pleased to receive one offs.

### Are you knowledgeable about gardening?

Could you take over our popular gardening column?

**Have you been on an interesting holiday** you could tell us about?

**Do you have a hobby** that you would like to write about?

**Do you volunteer for a charity?** Could you tell us more about it and maybe inspire more people to volunteer?

**Are you a young person** aspiring to a career in journalism and would like some practice?

**Do you have an unusual job** which you could tell us about?

We want to keep the magazine as varied and informative as possible and will consider anything that you send us.

We are happy to check grammar and spelling if you wish

If we get plenty of content we can always increase the number of pages!

## 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

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

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

If interested, please contact

adverts@trbrparishmag@gmail.com

**JAY NICHOLLS  
& Co.**

*Complete Building Service*

**SPECIALISTS IN PERIOD PROPERTY**

01449 781375  
07804 957190

**RESTORATION**



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



## T. L. PLANT HIRE

*If you are in a hole...  
...we'll dig you out*

**07881  
642232**

MINI & MICRO DIGGERS • DUMPERS  
BREAKERS • MIXERS • TELEPORTERS  
SMALL PLANT • SCARIFIERS  
TURF CUTTERS • WACKERS  
ROTAVATORS • STRIMMERS • TOOL HIRE

tom@tlplanthire.co.uk

Diggers can be provided  
with operator, if required.

Bridge House, Denmark Hill, Palgrave, Diss, Norfolk IP22 1AB



**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**

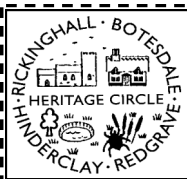
Walnut Tree Lodge, Garden House Lane, Rickinghall,  
Diss, Norfolk, IP22 1EA

Email : Sandra@frankdaveyltd.com

Tel : 01379 898371. Mob : 07940 530955



# Club News



## Medieval Stone Bosses in Norwich Cathedral by David Berwick

David Berwick told the June meeting of the Heritage Circle at Rickinghall Village Hall about the medieval stone bosses that decorate the ceiling of Norwich Cathedral. There are 1,108 stone bosses that depict stories from the Bible and are the centrepiece of the star shaped array 70 feet above the nave of the cathedral and in the Bauchon Chapel.

The bosses were carved from one piece of stone during the episcopate of Bishop James Goldwell (1472-1499). They all tell a story. In the Bauchon Chapel the stone bosses are based upon the *Sergeant of Law's Tale* by Chaucer where good overcomes evil. An empress is wronged by her brother-in-law but she eventually cures him of leprosy and everyone lives happily ever after.

The stone bosses in the nave illustrate stories from the Old and the New Testament. The first shows the creation of the world and has the image of a sun. In the next, God has a lion and a unicorn by him which symbolise his power and regality. Other stone bosses show a variety of stories including Adam and Eve, Noah and the Flood, Jacob dreaming of a ladder to heaven, and the life of Moses. All of the carvings are 3D. The stone bosses have been painted and it is estimated that about 65% of the paintwork is original. The last restoration work was undertaken in 1935.

It is likely that the stone masons came from Cambridge and had been involved with the decoration of King's College. Some of the carvings have been damaged and this may have happened when Cromwell occupied the cathedral in 1643 and stabled his horses in the nave.

Puritans were opposed to the ornate decoration of churches.

The stone bosses continue with the New Testament. They show the annunciation where the Virgin Mary is visited by the Angel Gabriel. The birth of Christ is followed by episodes in his life, culminating in the Last Supper, his death on the cross and the resurrection. The final stone bosses are concerned with the Day of Judgement. The images of hell and the devil are very gruesome.

The people who carved the stone bosses were unlikely to have travelled very far in their lives and so there are some 'odd' images.

The Temple in Jerusalem showing Solomon's coronation looks like Norwich Cathedral. The funny looking elephant on Noah's Ark may have been influenced by a carved chair in Exeter Cathedral which records an elephant sent as a gift to Edward III by the King of France in 1350. Finally, there are only seven apostles attending the Last Supper.

The oldest stone bosses in Norwich cathedral are to be found in the cloisters and these date from about 1315. This small collection shows the death of Christ.

The talk indicated the importance of looking up to the ceiling when visiting the cathedral so as to appreciate the beauty of the work undertaken in the late 15<sup>th</sup> century.

The next meeting of the Heritage Circle will be on Wednesday 23 August at 7.30pm at Rickinghall Village Hall when Kate Jewell will give a talk entitled *Devils and disguises – Medieval Drama in Bury St Edmunds*. New members and visitors are welcome. Further information is available at [www.heritagecircle.onesuffolk.net](http://www.heritagecircle.onesuffolk.net)

Gerry Gurhy

## Coffee On



Well, the threatened rain and thunderstorms didn't materialise and the pleasant weather ensured that we had a reasonably good turnout. Having said that, those of you who weren't able to join us as you were on holiday, I hope you have had a good time. For anyone else who had other appointments or meetings, I hope

they went well!

Many thanks to all those who responded to my request for new bakers last month - the extra goodies were not only appreciated, but also eaten! Just a few morsels for us to take home to enjoy at the end of the morning!

The charity that should benefit from your kind donations is called "Asperger East Anglia" and, as you will guess from the name, is there to support those people who struggle with this condition and also their carers. We hope that the £112.70 that you kindly put in the dishes will help to cover some of their costs to support their folks!

I was also selling plants in aid of St Nicholas' Hospice and a small sum of £14.50 was added to the money that I take at my gate for plants raised to support that brilliant organisation.

Next month the date for Coffee on the Corner is **Tuesday 8th August** and we shall be planning a similar event, but the charity benefiting from any donations you make will be Barnardo's to help in their fight against "trap houses" - places where drugs are bought, sold or used illegally and where many vulnerable children are drawn in to a less than desirable lifestyle. These places are dangerous and exploitative and certainly no place for a child to be involved. Do please come along to find out more about the work of the charity.

The date for the September Coffee morning will be **Tuesday 12th September** and whilst I don't yet know who we shall be supporting, I don't doubt that we shall find a worthy cause. If there are any local charities that you are familiar with who might appreciate the funds, or national charities that have helped local people, please do get in touch. In the past we have supported international charities too, although we do aim to keep it local most of the time.

One more date for your diary - **Friday 22nd September - our Macmillan Coffee morning**. For those of you who have supported this before, it is Coffee on the Corner, with a bit extra! We usually have a raffle, a produce stall and a selection of craft stalls - and there are some very talented folks out there! Do put the date in your diary to ensure you don't double book yourself!

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.

In the meantime, I wish you all the very best,

Sue

Sue Allen

## UNDER ONE ROOF

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

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

Fast professional service

Fully insured and all work guaranteed

Call Mark for a friendly visit and a free quotation

**01379677027 OR MOBILE 07768636618**



Domestic & Commercial

Mark 07703 418120  
Redgrave

[mskservices@outlook.com](mailto:mskservices@outlook.com)  
[www.mskservices.co.uk](http://www.mskservices.co.uk)

Property Maintenance,  
Alterations & Renovations

Specialist Carpentry &  
Timber Frame

Project Management

Handyman – hourly charge

Patio & Paving Cleaning

Fully insured & DBS checked

## JH BUILDING SERVICES

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

Free quotes and advise

Phone: 07876 626461 / 01379 427033

Email: [Jason.a.harris@hotmail.com](mailto:Jason.a.harris@hotmail.com)

## Perkins & Co.



A small carpentry & joinery business based in Hinderclay, providing an attention to detail service across Norfolk & Suffolk.

- Bespoke cabinetry and storage solutions
- Bespoke kitchens
- Handmade furniture
- Kitchen & Bathroom fitting
- Wood flooring supply and installation
- Internal/external door supply and installation

Find us on Facebook or Instagram for pictures of previous projects and customer reviews.

Email: [Perkinsandcojoinery@gmail.com](mailto:Perkinsandcojoinery@gmail.com) Phone: 07842 915 667

## DAVID PETTITT FENCING

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

Mobile: 07771 541990

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

## John Duckmanton 'Your local bricklayer'

07930 430586 / 01379 788113  
[cnpcrig184@live.com](mailto:cnpcrig184@live.com)



**Paul Jenner**



**All Jobs**

01379 898 536

07947 405 670

† To help with all building needs

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

1 Church Meadow, Rickinghall  
e-mail: [pjalljobs@btinternet.com](mailto:pjalljobs@btinternet.com)  
[www.pjalljobs.co.uk](http://www.pjalljobs.co.uk)



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

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

Wattisfield

# Nyall's Notes LOHP Local News

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

Very recently a friend of mine died unexpectedly. He like me was a radio amateur and I used to talk with him almost every day. It was clear that he wasn't well on the Monday evening and he was dead with multiple organ failure within a week. It came as quite a shock to all those whom he talked with on the air.

Four of us spent the best part of a Monday taking down his aerals and masts. Then the following Saturday five of us cleared his radio room, commonly known as the shack amongst amateurs from the days when radio was relegated to a shed in the garden. We started by assessing the value of various items but that gradually diminished until we became utterly ruthless and swept whole shelves full of stuff into the bin ready for the skip. Even then, I found it difficult as I saw useful components being binned.

The lesson is that you only win once you classify it as rubbish. I did type unwanted rubbish but that wouldn't have been true as I found there remained that desire to hang on to it.

That was all radio related stuff but it applies throughout life. We all want to hang onto this or that, it may be some item but can be a bad habit or even a hurt from the past. Like the rubbish in my friend's room we love to hang on to things and, like that rubbish, we can't get rid of it until we accept that it is indeed rubbish and must go in the skip.

It applies in all areas of life but none more so than in the Christian's life. Until you say to yourself, "This is wrong," you can't let go of it. This is where Jesus comes in. He, God's only son came from heaven to this earth to become the skip for all those wrongs - past and present - in our lives. That is what the crucifixion is all about. I'll paraphrase a verse from the Bible as "He became the skip, he who had no rubbish of his own so that we can get rid of our rubbish on him and be totally free of the stuff." Just like with the rubbish from my friend's room the secret is to accept that it is just that, the rubbish in our lives.

As we cleared that room, every now and then there was a cry of, "Oh no, not another lot," as we dug down further. What was the answer? Back to the skip of course. Again in life every time we see ourselves as doing wrong, hurting someone and/or mentally plotting, the answer should be, "Back to the cross. I'm sorry, Jesus, take this one as well." The cross remains as an enduring symbol of the fact that he forgives and cleanses.

Here is that verse I paraphrased: 2 Corinthians 5:21

*"For our sake God made him to be sin who knew no sin, so that in him we might become the righteousness of God."*



Little Ouse  
Headwaters  
Project

*Conservation & Community*

*"The quiet August noon has come;  
A slumberous silence fills the sky;  
The winds are still, the trees are dumb,  
In glassy sleep the waters lie."*

William Cullen Bryant (1794-1878)

I haven't seen so many swifts this year but those that came will be preparing for their long journey southwards. Swallows will still be with us, some of them now rearing a third clutch of chicks. A pair of curlews managed to fledge some chicks in Hinderclay but sadly, one was found having been run over. Please take care when driving on our rural roads. If the feeders in our garden are anything to go by, blue tits have had a very successful year!

Now is the time for damsel and dragon flies over ponds so keep an eye out. Small pools will have different species such as hawkers and darters, some flying in tandem, with the female dipping her tail in the water to deposit eggs.

The orchids on New Fen in Thelnetham will have finished and been replaced by plants like meadow sweet with it's heady scent. We have cut 'wild walks' on New Fen and Reeves Meadow, so why not get over there and have a stroll through some beautiful flora? New Fen is looking particularly good this year.

We've had some new volunteers come along to our work parties this year. Having come once to try it out they continue to come back, so we must be doing something right - or maybe it's just the coffee break cake!.

If you fancy getting out and helping on our beautiful sites, go to our website for details: [www.lohp.org.uk](http://www.lohp.org.uk)

John McCormack



## ED'S BOILER MAINTENANCE

A family company established in 2011

We cater for all aspects of oil, gas and LPG boilers, including servicing, breakdowns & new boiler/whole heating system installations.

Serving a 25 mile radius of Diss.

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

01379 898574 office@edsboilers.co.uk Diss & Botesdale Offices

Ed's Boiler Maintenance is a trading name of E & D Boiler Maintenance LTD



Chimney sweeping

Stove refurbishment

Cowl fitting

Smoke tests

Camera inspections

Certificates issued

Please call Ben on 07766 235607

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

## Anglia Chimney Sweeps

07711 458575

Power sweeping for a thorough clean

Smoke draft test with every sweep

Fully trained and insured

Insurance-recognised certificates

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



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

If interested, please contact

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



# MARK JOY

CENTRAL HEATING SPECIALIST

**GAS  
OIL**

## RENEWABLE HEATING SYSTEMS SERVICES AND REPAIRS

Tel: 01379 898434 Mobile: 07931364771

Email: [markjoy@aol.com](mailto:markjoy@aol.com)

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

Gas Safe Registered: 118129



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

GREEN BRICK  
PROJECTS

## SOLAR ENERGY

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

**WE ALSO  
OFFER:**

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



APPROVED INSTALLER




**ENQUIRE  
TODAY**

Call us today to book a  
no-obligation survey

**01379 788 882**

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

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

Continued from p 15

More on p 35



**“What are the potential risks of using antibiotics when they are not medically necessary?”**

“While antibiotics may help to treat infections caused by bacteria, every time an antibiotic is used, bacteria can adapt to it. This means that over time, antibiotics become less effective against bacteria. This is called antibiotic resistance.”

**“Why should I care about antibiotic resistance?”**

“If you have an infection caused by antibiotic resistant bacteria, there may be very few treatments available to treat the infection.”

“Since antibiotics may help reduce the risk of infection from some medical procedures, if bacteria become resistant to the antibiotic, then some medical procedures, such as surgeries, may become too risky to do.”

“Antibiotic resistance can put you and your loved ones at risk of developing infections that can be difficult to treat with antibiotics. These difficult-to-treat infections can have a negative impact on your quality of life.”

**“How likely is it that I could develop an antibiotic-resistant infection and possibly die from it?”**

“More and more people are developing antibiotic-resistant infections. It is estimated that almost 3 million people worldwide are infected with bacteria that are antibiotic-resistant, resulting in nearly 700,000 deaths each year around the world.<sup>1</sup>

“This problem affects the UK. For example, in 2020 in England, there were a total of nearly 54,000 antibiotic-resistant infections and 2,228 deaths.”<sup>2</sup>

**Antimicrobial Resistance (AMR) in 2050**

**10 million**

- Road traffic accidents 1.2 million
- Diabetes 1.5 million
- Cancer 8.2 million

**“What will happen in the very near future if nothing is done to stop the inappropriate use of antibiotics?”**

“If antimicrobials (such as antibiotics) continue to be used inappropriately, it is estimated that 10 million people a year worldwide will die from antimicrobial infections by 2050, which is roughly the same as current annual deaths from road traffic accidents, diabetes and cancer combined.”<sup>1</sup>

**“The crisis of AMR is not far away. It is happening now and impacting people’s lives today”**



D. S. PLASTERING



All aspects of modern plastering including traditional Lime plastering.

For a free no obligation quote call Darren

On Mob: 07842780610, Home: 01379 452308

or Email: d.p.sharman@googlemail.com

## 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



## MSB ELECTRICAL

LOCATED IN DISS  
SERVING NORFOLK  
& SUFFOLK

COVERING ALL DOMESTIC  
ELECTRICS LARGE AND SMALL



All works guaranteed



Fully insured

Call, email or text for a **FREE** no obligation quote  
**07850 359647 | info@msbelectrical.co.uk**  
**www.msbelectrical.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**



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

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

Email:- [wjcpainters@outlook.com](mailto:wjcpainters@outlook.com)  
Website:- [www.wjcpainters.co.uk](http://www.wjcpainters.co.uk)  
Facebook- W.J.C Painters



## TAYLORMADE BATHROOMS

Bathroom design and installation specialist.

Kitchen fitting

All aspects taken care of including tiling, flooring & plastering

All plumbing enquires welcomed

Qualified Plumber

Free estimates

Call Robert Taylor

Mobile: 07979 590528

Business: 01359 221 015

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



## 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**





# Exploring the Past

Di Maywhort 01379 898785

## A Child's Eye View of Farming in the 50s and 60s – Continued

Our farm was bought by my Grandfather in 1919. When my uncles farmed here before my Dad took over in 1940, they had more enterprises, a truly mixed farm. As well as a herd of cattle, they kept pigs, sheep, laying hens, geese for eggs and meat, as well as the more common crops of Wheat, Barley and Oats. They also ran a very successful shoot. The 34 hectare woodland bordering onto a valley with hills behind the valley, make shooting here very good. My Grandfather was a very good shot and even shot at Sandringham with George V.

Every year Dad would send his steers to Stowmarket fat stock market (R.C. Knights and Sons) and would always get the best prices for his cattle. I liked going with him to the Market which was held at the area where the Asda Store is now. In the centre of the building was a ring where the cattle would be shown to the bidders who were mainly local butchers and then there were circles of tiered concrete steps around the ring for the farmers and bidders to get the best view of the animals. I still have some catalogues of these markets and it is interesting to notice that many of the local farms are still in the same family ownerships but maybe not many of us now keep any stock at all.

We used to grow wheat, barley, oats, sugar beet, tic beans, lucerne and clover. Clover was quite an unusual crop to grow. After the threshing, the clover seed was sold to a merchant and the clover straw was fed to the cattle in winter when they would live in our cattle sheds.

So the summer jobs of carting the water and counting the cattle out in the fields became filling the mangers with their food and filling the water tanks in the cattle yards. Winter feed consisted of sugar beet pulp which we bought from the factory in Bury St Edmunds, oats, beans and barley grains which had been ground down a bit in our mill with either the clover stalks or barley straw.

Grain Harvesting was done with a binder, one man driving the tractor and one sitting on a springy seat on the back of the binder operating the sails and the cutting bar. The sheaves of corn were pushed out of the side of the machine and then another gang of workers would place them into shocks or in Suffolk we called them "stooks" (eight sheaves placed together with the ears of corn at the top), after the grain had finished ripening then we would gather up the sheaves and build corn stacks with all the grain heads pointing inwards to protect them from the weather. Later on a local team would bring in their threshing machine and thresh out the grain which went into Coomb sacks made of tough hessian. A Coomb weighed 240 pounds/110 kgs for wheat. The straw went up an elevator and was made into straw stacks which were used for winter bedding for the cows (wheat straw) or feed (barley straw). Another enjoyable job at this time was watching for rats to escape from the grain stacks and trying to whack them on the head to kill them! Now instead of the Binder, the Threshing Machine and the sack of grain we have the Combine Harvester, that massive machine that does the whole job.

Another aspect of interest is hours worked and food! The day started at 6.30am for the cowman, and 7am for the rest. They had a breakfast break at 9.00 for 20 minutes and then took an hour's lunch break at midday. The men who lived in the farm cottages would go home for a cooked lunch but those who lived further away would bring their lunch tin and sit in the cowman's shed where there was a nice heap of hay to rest their backsides on, or some had an old stool or a chair seat which

had lost it's back! The most popular drink the men brought was a glass bottle of cold tea or maybe some squash in a glass bottle. I don't remember anyone bringing a flask of coffee and of course cans of drink were not available yet. The end of their working day was 4pm unless it was busy times like harvest. Most of the work was hard and physical but everyone enjoyed telling tales or passing on gossip. There was always a bit of leg pulling going on and they especially liked teasing me and calling me "Maggie the cow girl"! Every morning the foreman, Fred, would come into the house to see Dad and get the instructions for the day's work for everyone.



*The Author on Captain*

Well before hedge cutters and diggers were invented we used to have a small gang of men who would spend most of the winter hedging and ditching. Possibly ditches were kept in better condition in those days and there was always a bonfire to burn the twigs and brash which meant the men were able to keep warm! This task was carried out on a different area of the farm each year so that on average each ditch was cleared about once every eight to ten years. Over time we are one of the few farms who have not removed many hedges and ditches to make bigger fields to accommodate the modern machinery. Obviously a few have been removed and also only a couple of ponds have been filled in. I have a list of the ponds on the farm from the sixties and we have only done away with two so that feels good.

In those days there were no agricultural sprays so everything was organic!! Fields of corn used to look pretty with red poppies flowering in with the grain stalks and of course we had to contend with wild oats. If our crops were destined for feed we didn't bother about wild oats but for the corn that was going to be sold we would go roguing the wild oats. Men would walk about the field pulling the wild oats out by hand.

We had an abundance of wildlife, flora and fauna. I remember seeing a coypu running along in ditch, before they were all got rid of. We are still fortunate enough to have plenty of wildlife, some of which is quite rare so we are pleased.

*Did you guess who the author is? Some people have guessed that the mystery person is Liz Draper of West Hall Farm! Many thanks to Liz for sharing her memories..*

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



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

chrisjhoward5@googlemail.com

www.chrisjhowardplumbingandheating.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

**QUATREFOIL**

local history books on  
Botesdale, Redgrave &  
Rickinghall

books are available from:

**Redgrave Shop**

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

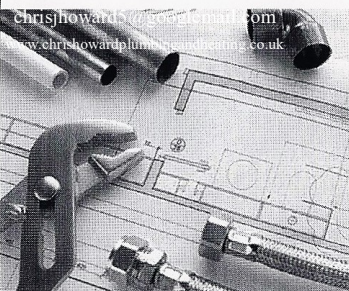
full details of all books and  
our events are available at:

**www.quatrefoil.org.uk**

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



Heating Services Ltd

Oil, Gas & LPG Servicing and Repairs

**01379 783427**

Wickham Gate, High Street, Gislegham, Eye Suffolk, IP23 8JD

maheating.co.uk



Like us on  
Facebook!





# Village schools



Redgrave School. Corner of Hall Lane and Half Moon Lane



Dyer schoolhouse from T. Andrews. Fen Lane Rickinghall



School and pupils 1916 postcard. Near Rickinghall village hall

Botesdale School. Mrs Taylor. At Chapel House next to the chapel of ease

"Photographs reproduced courtesy of Quatrefoil (all appear in their book "Portraits of Village Life")."



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



## J W AMPS LTD

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

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

Collection and delivery service available.

Contact Simon on 07974 430366  
E-mail: [simonamps@btinternet.com](mailto:simonamps@btinternet.com)



## Essential Ponds

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](http://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](mailto:kevinemansgardenmaintenance@gmail.com)

## Garden Machinery Service And Repairs

Over 30 years experience  
Friendly and reliable

Tel: Nick 07946 183840



## ACORN TREES

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

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



**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**

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

## G.G. EVANS

Pest Control Services

07795 177695

01379 608932

[info@ggevans.co.uk](mailto:info@ggevans.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](mailto:sjmills46@yahoo.co.uk)



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

Seasoned Firewood by the full or half load

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

The Tower hotel was in the final stages of construction. Carpets were being laid, walls decorated and lighting being installed etc. The kitchens were being installed for the various restaurants the hotel needed, including the “underwater” restaurant reached through the basement. There was simulated boat ride that pretended to take small groups of diners to an offshore location. It was quite realistic for people who had no experience of the sea.

We knew that opening of the hotel was imminent but didn't know when.

The water theme park, known as the “Wild Wadi”, was being trialled ready for opening. At the entrance to the park was an artificial cliff and on top was a large tank structure that looked like a rock. The designers took advantage of the fact that a wadi would quickly flood during heavy rain and arranged for there to be a thunder and lightning show to simulate a storm. The tank started to rock – it looked very realistic, and after a particularly loud peel of thunder it tipped over, and dumped its contents onto the paving below. Unfortunately the designers had misjudged where the water would go, and it poured down the paving and flooded the changing rooms half way down to the entrance to the theme park. Many people had wet shoes as a result.

This feature was quickly axed.

The Dubai Crown Prince – Sheikh Mohammed – visited the various elements of the project frequently. We lesser mortals didn't know in advance, and the first indication of a royal visit was the arrival of the motor cycle outriders.

On one occasion he came to inspect the newly planted area of palm trees located at the entrance to the water theme park. He alighted from his car, and walked over to the plantation where he spent some time inspecting the palms. He spoke to the man who had supplied the palms, entered his car, and was driven away.

His comment, when it was translated and disseminated to us, rendered us all speechless.

“You have two many male palms for the number of female palms”. (I meant to find out how Sheikh Mo knew, but never made time for the research.)

We were informed one morning that there would be a soft opening of the hotel in two weeks time. and the official name for the hotel would be Burj Al Arab – Arabian Tower.

The end JML



### ST BOTOLPHS BOWLS CLUB

Our Fun Fridays continue to attract new and existing members to enjoy an evening of bowls and to socialise. On 8th July we held a club mixed pairs competition with 6 pairs of bowlers competing for a place in finals day on 23<sup>rd</sup> September.

Our Club Presidents Day is on 29<sup>th</sup> July with a competition (drive) in the afternoon, followed by the President's Dinner in the evening. On 5<sup>th</sup> August we will have another club drive followed by a Pork Roast Dinner. Both these events provide the opportunity for bowlers and social members to get together.

On 12<sup>th</sup> August, the second leg of a competition with Stanton takes place, the first leg having been held at Stanton on 24<sup>th</sup> June. This competition is in memory of Moira Heywood who was a long serving member of both clubs.

As well as individual club competitions taking place during August there will be a Club Triples competition on 19<sup>th</sup> August and on 25<sup>th</sup> August there will be a Captain versus President team competition. League matches will be completed during August and in September there will be -

1<sup>st</sup> September - Ladies versus Men club competition;

17<sup>th</sup> September - Annual Triples Tournament on the 17<sup>th</sup>, an all-day event which attracts bowlers from many of the local bowls clubs;

23<sup>rd</sup> September – Club Finals Day;

24<sup>th</sup> September – Closing Day Drive.

*Rosemary Setterfield – committee member*

PPG continued

### WELLBEING WALKS

Our Wellbeing groups continue to run on a regular basis, may be of interest to Patients over the Summer months. If you have visitors staying - bring them along too.

**TUESDAYS 10 am-11am. - Venue: Start from Parkview Chapel .**

There will be a Trained Lead walker and volunteers to take participating walkers on an easy, friendly circular walk of maximum one hour duration and then tea/Coffee back at Parkview. If you cannot manage the whole walk a volunteer will walk with you back to Parkview, and you can pop the kettle on for the Group's return! The group is extremely friendly.

**ART FOR WELLBEING THERAPY**

**THURSDAYS 10 AM-12.30pm - Venue: Rickingham.**

Undertaken by a qualified Teacher trained in Art Techniques you will not be required to have any Art prior knowledge. Just have a need to enjoy the journey.

## 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



## 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

## 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*

## 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

## MAGPIE TREE & FENCING SPECIALISTS

Fully Insured

N.P.T.C Qualified

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



Bailiwick IT Ltd.

## Computer Issues, Need Help??

Call Joe Richards for Windows and Apple Mac at

## BAILIWICK IT SERVICES

Repairs, Upgrades, Networking, Virus & Malware removal, Data Retrieval, Printers, mobiles & tablets, New & Refurb machines, Microsoft cloud services, SOHO and SMB support

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



# THE WINDOW COMPANY WITH A DIFFERENCE!!



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



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



**A B S**  
Home Improvements

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

Unit 2 D & E, Redgrave Business Centre, Gallows Hill, Redgrave, Diss, Norfolk IP22 1RZ  
Email: [info@abshomeimprovements.co.uk](mailto:info@abshomeimprovements.co.uk) Web Site: [www.abshomeimprovements.co.uk](http://www.abshomeimprovements.co.uk)

## WAVENEY WINDOWS LTD

EST. 1977

**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**

## Improve, Don't Move!

Maximise the value of your home.

- SPACE-SAVING - MAXIMISE YOUR GARAGE HEADROOM
- SECURITY-ENABLED AUTO-LOCKING SYSTEM
- CHOICE OF 21 COLOURS TO MATCH YOUR HOME
- REMOVAL AND RECYCLING OF YOUR OLD DOOR
- DEDICATED AFTER-CARE TEAM

GAROLLA

ROLLER SHUTTER DOORS

01379 210 041

LINES OPEN 7 DAYS A WEEK

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

4.8 out of 5 / 4,700 reviews

4.8 out of 5

Where reputation matters  
9.8 out of 10

APPROVED

BESPOKE ELECTRIC DOORS MANUFACTURED IN THE UK

**FREE FITTING**  
PAYMENT ON  
INSTALLATION

**PRICED  
EXAMPLE** **£895**  
COMPACT - UP TO 2.4M

**GAROLLA ★ PREMIUM**  
Increased Security • Double Insulation  
One-Touch Close

**PRICED  
EXAMPLE** **£1,990**  
PREMIUM • 3.4M • ANTHRACITE



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

– from a family we have cared for at Rosedale



Rosedale

FUNERAL HOME

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

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

## Susan Whymark Funeral Service Ltd



Independent and Family Run

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

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

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

24 Hour Telephone Number **01379 871168**

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



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

Legal services at a competitive price for individuals and businesses

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

Diss 01379 643555

Harleston 01379 854455



The Street, Botesdale, Suffolk, IP22 1BX Tel: 01379 898924  
E-mail: [kevin@parkviewchapel.co.uk](mailto:kevin@parkviewchapel.co.uk) Website: [www.parkviewchapel.co.uk](http://www.parkviewchapel.co.uk)  
Charity Name: Parkview Chapel, Botesdale. Charity No: 1170915  
@parkviewchapel



## **PARKVIEW CHAPEL – CHILDREN'S AND YOUTH GROUPS**

Every month in the Parish Magazine Parkview advertises the clubs and groups that we run for children and young people. These are available for everyone. So I thought I would take the opportunity to explain a little about each group:

### **Junior Friday Club:**

Fridays. 6.00pm to 7.00pm. Free admission.

This club is for any child in school years Reception to Year 6.

We play lots of games alongside cooking and crafts.

We also read stories from the Bible to see if there is anything that could help us in life.

And we have a tuck shop. So although entry to the club is free, please do send you child with a little money for sweets!

### **Senior Friday Club:**

Fridays. 7.30pm to 9.30pm. 50p admission.

This club is for any young person in school years 7 to 11.

Amongst other things at this club we have indoor football, table tennis, table football and computer game consoles.

It's also a chance to meet people and make friends.

The tuck shop is available too.

Please be aware that this is a drop-in type of club. Young people can come and go at any point, (although we do sign them in and out.)

### **Junior Church:**

Sundays. 11.00am to 12.00pm. Free admission.

This is for any child in school years Reception to Year 6.

This is what many churches still call Sunday School.

It is an opportunity for the children to understand more about God, on a level that suits them.

The children usually leave part way through the Sunday morning service to hear Bible stories, play games and make crafts.

### **PYP (Parkview Young People):**

Sundays. 7.00pm to 8.30pm. Free admission.

This is for any young person from school years 7 to 13.

A group where we discuss things from faith, to social topics, to just life and how to live it, all with the help of what the Bible has to say to us.

It is a great opportunity to make new friends too.

We go out and do plenty of social stuff too, from ten-pin bowling, to ice skating, to weekends away with other Church youth groups.

All of the above groups take place at Parkview. The groups all take place during school term. So we have now taken a break due to the summer holidays.

But we love seeing new people. So why not come along in September and see what we do? Feel free to just turn up. Or you can contact me at Parkview if you want more information.


Kev Gladwell  
Church & Community Pastor  
Parkview Chapel  
Tel No. 01379 898924.  
Email: [kevin@parkviewchapel.co.uk](mailto:kevin@parkviewchapel.co.uk)

# Church Notices

## Parkview Chapel Sunday Services and Events

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

*Please call Kev Gladwell on 01379 898924 for more details or check out [www.parkviewchapel.co.uk](http://www.parkviewchapel.co.uk)*

August		 <b>PARKVIEW CHAPEL</b> <small>CHURCH FOR THE COMMUNITY</small>
<b>Sunday 6<sup>th</sup></b>	Service at 11.00am	
<b>Sunday 13<sup>th</sup></b>	Service at 11.00am	
<b>Sunday 20<sup>th</sup></b>	No Service at Parkview	
<b>Sunday 27<sup>th</sup></b>	Service at 11.00am	
September		
<b>Sunday 3<sup>rd</sup></b>	Service at 11.00am	
<b>Sunday 10<sup>th</sup></b>	Service at 11.00am	
<b>Sunday 17<sup>th</sup></b>	No Service at Parkview	
<b>Sunday 24<sup>nd</sup></b>	Service at 11.00am	
Events	Coffee on the Corner at 9.00am	Tuesday 8th August Tuesday 12 <sup>th</sup> September
Please note that the Parkview Youth clubs will take a break during the holidays from and including Friday 21st July, restarting week beginning Sunday 3rd September	<b>PARKVIEW Youth</b>	Sundays 11:00am - 12:00pm
	Junior Church	
	Junior Friday Club	Fridays 6:00pm - 7:00pm
	PYP	Sundays 7:00pm - 8:30pm
	Senior Friday Club	Fridays 7:30pm - 9:30pm

## WELCOME TO BOTESDALE METHODIST CHURCH EVENTS AND GROUPS

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

### Services

#### August

- 6<sup>th</sup> Rev David Ely – a service of Holy Communion
- 13<sup>th</sup> Rev Paul Mellor
- 20<sup>th</sup> Local arrangement
- 27<sup>th</sup> Mrs Linda Spencer

#### September

- 3<sup>rd</sup> To be advised
- 10<sup>th</sup> To be advised
- 17<sup>th</sup> To be advised
- 24<sup>th</sup> Harvest Festival Service - Rev Paul Mellor

**Activities** – you are very welcome to join us for any of the following:

#### August

- Tuesday 1<sup>st</sup> 2.30 - 4pm Get Together Down the Lane
- Tuesday 22<sup>nd</sup> 10am - 12pm Coffee Down the Lane – our regular coffee morning held on the 4th Tuesday each month - an opportunity for all to chat and get to know others in our community

#### September

- Tuesday 5<sup>th</sup> - - - Get Together Down the Lane **postponed until Tuesday 12<sup>th</sup>** (see below)
- Saturday 9<sup>th</sup> - - - Suffolk Historic Churches: Ride and Stride - see ad elsewhere in this magazine
- Tuesday 12<sup>th</sup> 2.30 to 4pm Garden Party (please note: a week later than our usual Get Together Down The Lane
- Tuesday 26<sup>th</sup> 10am-12pm Coffee Down the Lane

Every service and activity is open to anyone – you do not have to belong to this Church or any other.  
For more information phone 01379 890898.

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





# Parish of Redgrave cum Botesdale with the Rickinghalls

-

## August 2023 Services

### **Sunday 6<sup>th</sup> August, Transfiguration of our Lord**

Holy Communion (BCP), 8.45am, St Mary's Rickinghall

### **Sunday 13<sup>th</sup> August Tenth Sunday of Trinity**

Holy Communion (CW), 10.30am, St Mary's Rickinghall *AND*

**4:00pm, All Saints Church, Redgrave,  
\* Songs of Praise Celebration \***

### **Sunday 20<sup>th</sup> August (CW), Eleventh Sunday of Trinity**

Holy Communion 10.30am, All Saints Church, Redgrave

### **Sunday 27<sup>th</sup> August Twelfth Sunday of Trinity**

Holy Communion (CW), 10.30am, St Botolph's Chapel of Ease, Botesdale

-

## September 2023 Services

### **Sunday 3<sup>rd</sup> September , Thirteenth Sunday of Trinity**

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

### **Sunday 10<sup>th</sup> September , Fourteenth Sunday of Trinity**

Holy Communion (CW), 10.30am, St Mary's Rickinghall

### **Thursday 14<sup>th</sup> September**

Church meeting 7:00pm, All Saints Church, Redgrave

### **Sunday 17<sup>th</sup> September , Fifteenth Sunday of Trinity**

Holy Communion (CW), 10.30am, All Saints Church, Redgrave

### **Sunday 24<sup>th</sup> September , Sixteenth Sunday of Trinity**

Holy Communion (CW), 10.30am, St Botolph's Chapel of Ease, Botesdale

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

[www.rbrchurch.co.uk](http://www.rbrchurch.co.uk) 01379 898685