

# PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

July 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/>



## PARKVIEWCHAPEL

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



### **THE SUN – LOVE IT OR HATE IT?**

There are those things in life where the question, 'Love it or hate it?' can be levelled. Type this question into Google and you instantly find answers such as reality tv, shopping in Primark, and, pineapple on pizza. Although all of these come second to the most famous answer to this question, which is of course, Marmite, and which incidentally I love.

Given that is July, if I was to add my own answer to the above question, it would be the Sun, and the heat it gives. (By this I mean the Sun in the sky, not the newspaper, although I confess to buying a copy the day after England won the 2019 Cricket World Cup.)

My wife loves the Sun and its heat. She is a sun worshipper and will sit out in it all day. But I dread the thought of another summer of weather like we have had in recent times. You will remember the record U.K. temperature of 40.3c last July I'm sure, although as I prepare this, thankfully the weather isn't suggesting a new record is on the way.

This opinion I have about the Sun is twofold. Firstly it is with a genuine concern for our planet, its flora and fauna, and for our children. We must do our bit when it comes to climate change, both individually and as a country. What are we going to leave the next generation to live with?

Secondly I have always had a real dislike of any kind of heat. To say I hate the Sun is perhaps extreme, as I do appreciate that we need the heat of the Sun for many reasons, from visits to the seaside, to growing crops, to making use of solar energy. But if the temperature gets too much above freezing then I get grumpy. (Will God ever call me to go and tell the peoples of northern Scandinavia about Jesus?)

Having said that there is a Son that I love. To explain what, or who, that Son is, a verse in the Bible says this:

*'For God loved the world so much that he gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.'* (John 3:16.)

The Son talked of here is Jesus, the Son of God. God's love for us is so great that he gave his own Son for us.

What does the verse mean by the word, 'gave?' God's love for us meant that Jesus paid the highest price possible, by giving his life. That life was given on a cross. And thanks to that cross, if we truly believe, we have the chance to be forgiven by God for our mistakes, to have a relationship with God, and, to spend eternity with him.

I was 16 when I realised this to be true. And while I have let God down on too many occasions, I will always believe that God loves me, and be thankful for it.

If you love the Sun, then assuming hot weather arrives, please do take care whilst you are outside enjoying it. Appropriate clothing, lots of suncream, and, plenty of water will be the order of the day!

But you may not find me outside at the same time. I will never be a Sun worshipper.

However I will always be a worshipper of the Son, the Son of God, Jesus. I will always be thankful for his love, for taking that love to a cross for me, and for all that cross achieved.

And I believe the Son did all of that for you too. If you want to know more about that then do get in touch.

God bless you,

Kev Gladwell  
Church & Community Pastor, Parkview Chapel



## 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

As I write this it is gloriously sunny outside and we have had some very warm days following on from a few cold weeks and a very rainy period. We never know what the weather holds for us next! I hope you are taking advantage of the many and varied events happening in and around our villages. We would still like to get some more articles and/or pictures from our readers. Please send in anything you feel may be of interest—reminiscences, old photos, photos of people enjoying some of the events, or even letters to the editor. Maybe suggestions of something you would like to see in the magazine. We are always pleased to hear from you.

*Charles Murray*

#### Contacts

For all editorial content: [editoratrbparishmag@gmail.com](mailto:editoratrbparishmag@gmail.com)  
For all commercial adverts: [advertsatrbparishmag@gmail.com](mailto:advertsatrbparishmag@gmail.com)  
To advertise events: [eventsatrbparishmag@gmail.com](mailto:eventsatrbparishmag@gmail.com)

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

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

#### STUFFING MEETINGS

- **Aug/Sep issue Mon 10 July** Come and help stuff the magazine @ All Saint's, Redgrave - 3.15pm on **Fri 21 July**
- **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**
- 

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:



Are you interested in local history?  
Would you like to provide your magazine with regular articles?  
If so we would love to hear from you.  
[articlesatrbparishmag@gmail.com](mailto:articlesatrbparishmag@gmail.com)

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:

Tuesday to Friday 9am to 4pm  
Saturday 9am to 1pm  
Sunday 9.30am to 1pm  
We are closed on Mondays

### CONTACT US:

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



## BEER FESTIVALS

Fri 28th July from 4pm  
Sat 29th July from noon

August 25th & 26th

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

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 779822

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

## 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 : July

*Rhinestone*  
REBEL MUSIC CLUB

## LIVE COUNTRY MUSIC & DANCE

**SAT 1<sup>st</sup> JULY 2023**  
**LONGSHOT & PAUL HOPKINS**  
(PERFORMING AS ROY ORBISON)  
DOORS 6:30PM • STARTS 7:30PM  
**TICKETS £7**



**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.*



**theWI Rickingham**  
INSPIRING WOMEN

**Thursday 13<sup>th</sup> July 7.30pm**  
**Craft Evening** – a chance to have a try at something creative.  
**Competition: A hand-crafted object**

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.

**"Coffee On the Corner"**  
**Parkview Chapel Botesdale**  
**9:00am Tue 11<sup>th</sup> July**

Contact Sue Allen at  
[brookview@clara.co.uk](mailto:brookview@clara.co.uk) 01379 890423

**Rickingham Ramblers**  
**Upcoming Walks**

**July :** Friday 7<sup>th</sup> ; Monday 17<sup>th</sup> ; Friday 28<sup>th</sup>  
**August :** Monday 7<sup>th</sup>; Friday 18<sup>th</sup>

We meet at Rickingham Village Hall and set off at 9.15am.  
*Just turn up and walk!*

## Motocross at Wattisfield Hall

**Wednesday 5th July**  
**Evening Solos - 6.00pm start**

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



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

## 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

**Saturday 8 July**

## Tennis Court Hire

**Only £6.00 per hour per court**  
**0770 996 2658**  
**April to September**  
Subject to availability



**Rickingham Village Hall**


## Rickingham Country Market

**09.00 am- 12.30 pm @ Rickingham Village Hall**

Honey	John's bacon buns	Eco Refills
Plants		Cakes & Bread
Knitwear		Jams & Pickles
Jewellery		Pasties & Quiches
Willow products		Pork, Beef & Lamb

**Saturday 8 July**


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



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[www.brownieandthebean.com](http://www.brownieandthebean.com) #brownieandthebean



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Or [info@thehazleburykitchen.com](mailto:info@thehazleburykitchen.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)

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Outdoor reared Gloucestershire Old Spot pork  
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Free range eggs  
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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  
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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)  
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**STUSTON IP21 4AD**

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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 : July

## WORTHAM AND BURGATE TWINNING



**Friday 14th July**  
**Wortham Village Hall 7.30pm**  
**Bastille Day Social**  
*with live music from The Trips*

Tickets:

- ♦ £15 and £5 for children under 12
- ♦ includes a light supper
- ♦ available from mid-June from:
  - ♦ The Wortham Stores
  - ♦ [www.worthamandburgatetwinning.onesuffolk.net](http://www.worthamandburgatetwinning.onesuffolk.net)
  - ♦ [facebook.com/worthamburgatetwinning](https://facebook.com/worthamburgatetwinning)

**Cash Bar**

**Raffle**

the friends of st botolph's school association's

## summer fayre

AN EVENT FOR THE WHOLE COMMUNITY

**SATURDAY, 15TH JULY**

**11:30am - 2:30pm**

at St Botolph's Primary, Botesdale

**FREE ENTRY**

**ALL WELCOME**

**games crafts raffle**  
**inflatables**  
**stalls bar music**  
**food trucks & more!**

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

**a fundraiser supporting st botolph's cevcpc school**



July 26th 7:30pm at Rickingham Village Hall  
 The Heritage Circle presents:

**Georgette Vale:**

**The Widow Kett: Kett's Rebellion 1549**

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

**Botesdale Methodist Church**  
**"Coffee down the Lane"**

**Tue 25<sup>th</sup> July 10:00am-12:00pm**



**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, Rickingham, IP22 1DP**

**(opposite the Greyhound Pub)**

*Bowls Gear Available to use*

*Contact: 01379 897251*

[www.stbdbc.chessck.co.uk](http://www.stbdbc.chessck.co.uk)



**Thelnetham Windmill**  
**will be open between**  
**11am and 4pm on**

Sunday 23rd July  
 Monday 28th August  
 Sunday 10th September  
 Sunday 8th October

For more details, see  
[thelnethamwindmill.org.uk](http://thelnethamwindmill.org.uk)

★ THE CROSS KEYS: NOW UNDER NEW MANAGEMENT ★

## BIKES@THE KEYS

SAT 27 MAY • SAT 24 JUNE

+ SAT 29 JULY

**12-4PM**



**BARBECUE**  
**LIVE MUSIC**  
**LOCAL ALES**

**ALL BIKES**  
**WELCOME**

**THE CROSS KEYS**  
**REDGRAVE**  
 THE ST, REDGRAVE,  
 SUFFOLK IP22 1RW

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Exclusive access to Woodland area for exploration and adventure!  
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Consistently excellent Ofsted reports.  
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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



Registered Charity  
1142955  
OFSTED Registration  
EY445021



LOTTERY FUNDED

## Botesdale Breakfast and After School Club OFSTED Registered

[www.botesdale-after-school-club.org.uk](http://www.botesdale-after-school-club.org.uk)

Providers of wrap around quality affordable childcare for children aged 3 – 11, term time only with consistently excellent OFSTED reports.

The clubs provide a safe, fun and social environment with qualified experienced and caring staff. We offer a wide range of indoor and outdoor activities (weather permitting) including games, Lego, k'nex, arts and craft, IT and quiet area, play station and Wii.

Children are collected daily from St Botolph's Primary School.

We also provide a drop off & collection service for the following schools:

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

Our fees are as follows;

**Breakfast Club Mon-Fri**  
From 7.45am £5.50

**After School Club Mon-Fri**  
3.25pm – 6pm £7.50 for the hour (£6.50 for siblings)  
3.30pm – 5.30pm £12.50 for 2 hours (£11.50 for siblings)  
3.30pm – 6.00pm £15.00 per session (£14.00 for siblings)

Subscription 2021/2022 £20.00

Please contact Paula 07952 961285  
[botesdaleoutofhours@gmail.com](mailto:botesdaleoutofhours@gmail.com)

## Flowers for all Occasions



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Rickingham and Botesdale  
Baby and Toddler Group

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

Follow us on Social Media to stay in the Loop  
[@rabbats\\_babyandtoddler\\_group](https://www.facebook.com/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  
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years teaching experience.

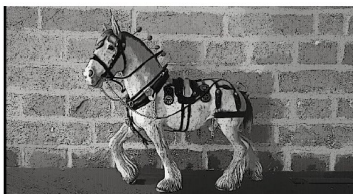
For more details, please call Sue  
on 01379 890539 (eves) or  
07493 880577

(CRB checked. References  
available, on request.)

## White Horse Thelnetham

LIVE  
Music

Meetup  
Mondays



FIRE  
Place

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)



### Graphic Design

Logos, business cards, adverts, posters,  
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07308 070152

[info@cwdevelop.co.uk](mailto:info@cwdevelop.co.uk)

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

# What's On : July/August

## Redgrave & Lopham Fen

July	<b>Guided walk</b> Saturday 8 July, 10.30am-12.30pm £5
	<b>Weekend Wildlife Club</b> Saturday 8 July, 10.30am-12.15pm, £5. Monthly club with wildlife-themed activities for 6-11 year olds
	<b>Young Naturalists</b> Saturday 8 July, 1.30pm-3.30pm, £5. Monthly session for 11-16 year olds to investigate explore & learn about wildlife and habitats of the Fen
	<b>Needle felted sleeping mouse workshop</b> Saturday 15 July, 10am-1pm £32, including materials
	<b>Holiday Club</b> Thursday 27 July, 9am-3.30pm For unaccompanied 6-11 year olds. Wild play, games, activities & crafts. £25 each, including a healthy, vegetarian lunch. Check website for funded places
August	<b>Holiday Club</b> 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
	<b>Summer tree ID</b> Sunday 20 August, 10am-4pm £32
	<b>'Inspired by nature' Art Exhibition</b> Sat 26, Sun 27 & Mon 28 Aug, 10am-4pm. Artwork by local artists on display and for sale. No booking, free entry, refreshments available
<b>Booking essential for all activities unless otherwise stated. For further details and to book, visit <a href="http://www.suffolkwildlifetrust.org">www.suffolkwildlifetrust.org</a> or call 01473 890089</b>	



Redgrave & District Ladies Club

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

A Trip to Columbine Hall Stowmarket



**CINEMA**  
at EYE

Friday 28th July, 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)

## '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](mailto:redgrave.engagement@suffolkwildlifetrust.org)  
01379 688333



**What's On**  
[suffolkwildlifetrust.org](http://suffolkwildlifetrust.org)

## 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

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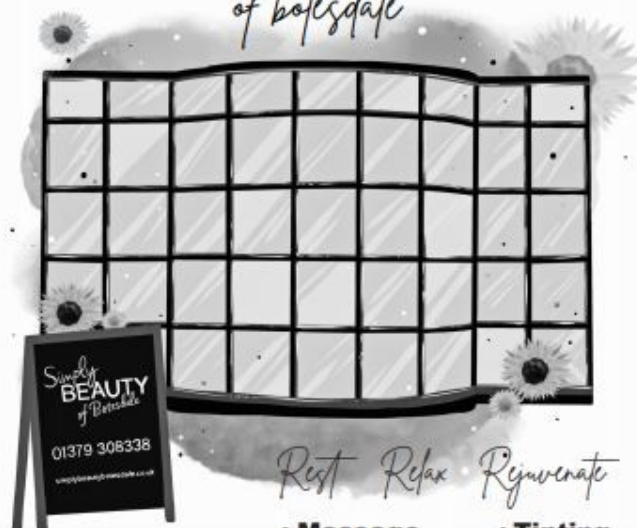
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New Season Join us at the Corn Hall, Diss 1.30 for 2 p.m. You can park at GAZES. All talks are the *third Tuesday of the month* (except for December (1st Tuesday))

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

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



**At** our June meeting our speaker was Sarah Clark, a lively and enthusiastic lady, who works for a company hired by Suffolk Council to deal with our rubbish, both our home rubbish and from the recycling banks of which there are 11 in Suffolk. We were surprised at the amount that can be recycled, and the importance of washing cans before going into the home recycling bin, as otherwise if any contents contaminate paper, cardboard etc it renders them useless for recycling. It was surprising the amount of plastic which can be recycled, it is only the hard plastic that cannot.

The list of items that can be taken to recycling plants is extensive, details can be found on their website – [www.suffolkrecycling.org.uk](http://www.suffolkrecycling.org.uk). If you require assistance unloading any items, this can also be arranged.

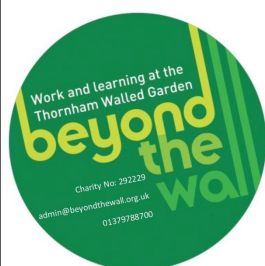
We were pleased to hear that waste from our home black bins is not sent to landfill but instead sent to giant furnaces where it is burnt. Contents from our brown bins (those who have them) is turned into compost.

The Bury St Edmunds recycling plant has a Re-Use shop where items suitable to be re-sold can be left. These will be tested and cleaned if required before being put for sale. This is also the ideal place to grab a bargain, particularly garden machinery, laptops, toys, etc. The money raised goes to a charity supporting teenagers leaving care homes.

Sarah finished her talk with a simple quiz asking us questions about recycling and which was won after a tie-break question by Jackie Arnold.

Our first tea and chat of the summer was held at Santiagos Café in Botesdale and was thoroughly enjoyed by all. Our next one is at the Tea Room at Wortham, The tea and chats provide an ideal time to relax socially over a cup of tea or coffee and of course cake!

Rosemary Setterfield – President



## Apple Store Pop Up Shop at Thornham Walled Garden

There have been a lot of changes at the walled garden over the past 6 months - the kitchen garden has had a full makeover to make it more accessible for our Gardeners. The changes will mean that the garden is more inclusive for all our users, whilst enabling them to be more independent.

The Gardeners have worked extremely hard since January to clear the area, build raised beds and then fill them with soil. It was a huge job! The fruit and vegetables were all sown from seed and the Gardeners have watered and cared for them until they were ready to be planted out.



It's been exciting to see the progress that has been made, the garden looks alive with an abundance of fruit and vegetables all planted amongst pollinating flowers.

We now have an exciting new pop-up shop which is selling our kitchen garden produce, plants and crafts.

Currently we have spinach, chard, asparagus, rhubarb, mixed salad and garlic, as well as a range of indoor and outdoor plants. The garden and pop-up shop is open Monday-Friday 10am-3pm and Sunday 11am-3pm. The pop-up shop provides another opportunity for our Gardeners to learn and develop new skills. Selling something they have produced offers so many important outcomes, from increased confidence, self-esteem to money and social skills.

Our Glasshouse Tearoom is also open Wednesdays and Thursdays 10.30am-2pm and we are hoping to open more days soon. Many of our cakes include fruit, vegetables and flowers from the garden all prepared by our fabulous team.

Please pay us a visit and support our Gardeners in the work they do.


*Beyond The Wall is a charity that provides day opportunities for adults with learning disabilities and autism. Based at the walled garden on the Thornham Estate, the garden provides purposeful activities for the individuals that attend.*

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# BOTESDALE HEALTH CENTRE PATIENT PARTICIPATION GROUP (PPG)

We hope you have a great, and safe Summer and perhaps start a new activity?

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

## WELLBEING WALKS

**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: Rickinghall.**

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## VOLUNTEER CAR SERVICE

A Volunteer Car Service exists to take Patients from their home within the catchment area to Botesdale Health Centre and return.

It would be so extremely helpful if extra 'occasional' volunteer car drivers would come forward to assist over holiday periods when the mainstay volunteers are away. Expenses for petrol will be paid.

Please telephone the answerphone service on 01379 89091 and your call will be responded to as quickly as possible. Thank you so much for considering this role.

## NHS APP

During the Summer months if any Patient requires assistance in downloading the NHS App (the benefits of which are many fold), please contact [Botesdaleppg@gmail.com](mailto:Botesdaleppg@gmail.com) or 07787 148947 and we will arrange for a volunteer to assist you at the Health Centre.

XX

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

[illegible]

If you are interested to learn how the PPG assists the Health Centre (all Health Centres must now have a PPG) or volunteer, please do contact [botesdaleppg@gmail.com](mailto:botesdaleppg@gmail.com) or 07787 148947

The Patient Participation Group Team hope that you enjoy a Wonderful Summer.

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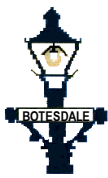


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# Botesdale Parish Council

Leeann Jackson-Eve



## Report from the June 2023 Botesdale PC Meeting

All members of the Parish Council were present for the meeting and we welcomed our new District Councillor, Gilly Morgan.

**Planning:** The PC considered an application for removal of a larch and group of conifers growing as one at The Chestnuts, Bridewell Lane. There was no objection.

**Correspondence:** There were several pieces of correspondence including a request to join a campaign for 20mph speed limits on streets throughout Suffolk where people live, work, shop, play or learn, with 30mph as the exception on those roads. Although councillors could see some benefits to the scheme, it was noted that past speed sign data indicates that road users through Botesdale mostly keep to the speed limit, principally due to the number of parked cars on The Street. It was also felt that a 20mph speed limit would be difficult to enforce without a regular police presence.

We also received a complaint about parking for the Recreation Ground on Chapel Lane. We hope that the majority of users will arrive at our fabulous new Recreation Ground on foot or bicycle. However, we recognise that some users will need to take a car. If you do, could we ask you to please be considerate of local residents and not park too near or opposite their driveways. We will be adding some signage at the Ground entrance to remind you!

Finally, we had a request to install a bench somewhere in the village to encourage people to have "healthy conversations", along the lines of a scheme at [www.thebenchuk.co.uk](http://www.thebenchuk.co.uk). We do have plans to put in a 'chatty' bench at the Recreation Ground but will also look at putting appropriate signage on an existing bench in the village too.

**Parish Infrastructure Investment Plan (PIIP):** We received two PIIP requests this month. The first was from the Parkview Chapel Youth Club for £1,000 to provide new computer equipment, games, etc. We will be providing £500 towards the project, noting that Rickinghall PC will also be supporting this with £500. The second was from Rickinghall Village Hall towards the installation of new Velux windows and solar PV panels to help with increasing costs of running the Hall. The PC recognises the many and varied activities provided for the whole Botesdale/Rickinghall community by the Village Hall and so has agreed to provide £4,000 from our Community Infrastructure Levy funds to cover the Hall's shortfall in funding.

**Recreation Ground:** If you haven't already, please head up to the Ground to see the Community Art Project, a stunning addition to the site! In other news, we have been asked to consider the use of the site by

visitors with support dogs or mobility scooters. Due to the many health and safety considerations of mixing dogs with children, the PC has decided to maintain its 'no dogs' policy. Although the rules currently prevent the use of motorised vehicles at the site, we will be giving further thought to the use of mobility scooters and will let you know!



*The Community Art Project*

**Other:** Under the Localism Act 2011, parish councils with a qualified clerk and with at least 2/3 of its members elected (as opposed to being co-opted) may resolve that they meet the criteria to hold the General Power of Competence, allowing them wider powers to act on behalf of the community. Botesdale Parish Council meets the criteria and has adopted the GPoC.

**Christmas (no, really!):** We have placed our order for this year's Christmas tree at the same cost as last year. Isn't the year passing quickly!

Finally, the PC is going to have a 'think' session on the future of Botesdale and how to get more people engaged in the community. If you have any thoughts, we would love to hear from you.

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

**MONDAY 3rd JULY**

**at 7.00 pm**

**at Botesdale Village Hall**

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# Redgrave Parish Council



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

June's meeting had an apology from one Councillor. The Council also received apologies from County Cllr Fleming but she assured her continued support. We await communication from our new District Councillor. Three members of the public were present for this month's meeting.

It was a shorter agenda for this month.

### Public Forum

Two members of Redgrave Amenities Trust (RAT) attended the meeting to propose the removal of the remaining play equipment on the old recreational ground, Churchway by RAT. A request of £300 to be paid by the Parish Council to RAT for the equipment's removal was requested with the plan for the components of the zipwire and 'spiders web' to remain intact to allow for re-positioning when this was appropriate/achievable. The Council agreed to this proposal.

A second proposal was received from RAT for the reinstatement of Parish Council meetings to be held at the Amenities Centre, Churchway and the resumption of the historical grant received by RAT from the Parish Council. The Council agreed to discuss further and look forward to receiving an update from RAT when they are able.

### Planning

No new applications were received; the council noted one planning decision:

DC/23/01790 Well Cottage, Half Moon Lane, Discharge of Conditions Application for DC/22/02183 – Condition 3 (Bricks), Condition 4 (Abutment), Condition 5 (Fenestration) and Condition 7 (Flue). **GRANTED**

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.uk/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 income was received this month by the Council with all payments paid in the past month having been previously approved to a total

of £6,659.53 (full details available within the minutes (found on the village noticeboard and the website).

### Ongoing Items:

**Footpaths 1 and 2** The Council have been made aware of the impassable height of the vegetation for the two specified footpaths. There has been assurance by Suffolk County Council this will be attended to in the very near future.

**Social Media** A discussion had by the Council resulted in agreement that it would be beneficial to have a social media presence included alongside the current methods. There is now a Facebook page up and running called 'Redgrave Parish Council'. It is hoped agendas, news and activities will be available to view here. All other options will still be available.

**CPR and Defibrillator Training** by East Anglia Air Ambulance in Redgrave on 4<sup>th</sup> July. Thank you to all of those who responded and attend for which we hope will be a very useful time spent. It was confirmed the machine in the village is registered and maintained by its Guardian. Instructions are also available on the machine, should it ever have to be utilised.

**20mph default speed limit** The Council has sent communications in conjunction with other Councils, to the County Council Cabinet Member for Transport calling for consideration in villages and urban areas of the limit.

**Dog Litter Bin** options were discussed with costings of larger capacities provided prior to the meeting. It was decided to consider the options further and to see if the issue persists or to determine if it was due to the timings of the recent bank holidays which led to disruptions to the regular emptying carried out by Mid Suffolk District Council.

## THE NEXT PARISH COUNCIL MEETING WILL TAKE PLACE ON

**THURSDAY 6th JULY 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.

 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)**

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Rickingham :	Village Hall	11.20 – 11.35
Botesdale :	Farnish House	11.40 – 11.55

Botesdale :	Village Hall	12.00 – 12.15
Botesdale :	Backhills	12.20 – 12.35
Redgrave :	The Knoll	12.45 – 1.05

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To celebrate the 50th year that the school closed, this  
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Saturday 24 June 11.00

### Contact

Andrew Gough on 07585 552797 or  
[andrew.vera05@yahoo.co.uk](mailto:andrew.vera05@yahoo.co.uk)

Jorn Cooper on 07079 320406 or [jorncooper@live.com](mailto:jorncooper@live.com)

Patricia Larman on 07890 058335 or [PJL57@yahoo.co.uk](mailto:PJL57@yahoo.co.uk)

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# Rickinghall Parish Council



## **Parish Council Report June 2023 by Cllr Brian Rhodes**

The Rickinghall Parish Council held its monthly meeting on 1<sup>st</sup> June 2023, with all members of the PC in attendance. Five members of the public attended the meeting, including Gilly Morgan, Rickinghall Ward's new District Councillor. The PC welcomed Gilly to her new role.

### **One planning application was considered by the PC:**

A planning application has been made by the owner of Treburne in the hamlet of Allwood Green on the Finningham Road for conversion of an existing cart lodge to an ancillary Annex. The owner of the adjacent Rickinghall Business Centre expressed concern that the noise generated by his tenants might cause the new occupants of the annex to complain and also questioned the detail in the application re wastewater disposal. While the PC noted his concerns and agreed the application lacked detail, there was nothing that the PC could object to in planning terms and the application was unanimously agreed.

### **Planning Decisions:**

The PC noted that Planning Permission had been granted for the erection of a garden outbuilding at 4 Hillside Meadow.

### **Other Planning Matters:**

The PC has been advised that RNA Energy has appealed against the Mid Suffolk District Council decision to refuse permission for the development of a photovoltaic solar array, battery storage and ancillary infrastructure on land to the south of Suggenhall Farm, Church Lane. The appeal will be based on written submissions only to the Secretary of State and determined by the Planning Inspectorate. Anyone wishing to submit a new submission must do so in writing to the Planning Inspectorate online at <https://acp.planninginspectorate.gov.uk> quoting the Appeal Reference APP/W3520/W/23/3314063. The PC determined unanimously to leave its original objection unchanged.

### **General Items:**

The PC has been asked to contribute to the

funding of new Velux windows and solar panels to be installed on the SW facing roof of the village hall. The Village Hall committee is exploring various grants that may be available to cover the bulk of the costs but is expecting to have a shortfall. In addition to the £1,000 previously offered, the PC agreed unanimously to allocate the balance of its current CIL fund of £2,214 to these projects.

The PC noted the campaign "20's Plenty for Suffolk", which aims to reduce the speed limit to 20 mph throughout Suffolk where people live, work, shop, play or learn. The PC all thought this would be impossible to police in Rickinghall as we are still fighting to get drivers to recognise the existing 30 mph limit.

The PC decided unanimously to allocate £500 to Parkview Chapel Youth Club to buy new equipment based on an application to the PIIP fund.

The PC determined unanimously to adopt the General Power of Competence, which is intended to give local councils wider power to deliver more for their communities.

Finally, among approving other payments, the PC unanimously confirmed payment of £17,000 towards the cost of new boilers at St Botolph's School.

## **RICKINGHALL PARISH COUNCIL'S NEXT MEETING IS ON**

**THURSDAY 29th JUNE**

**at 7.30 pm**

**AT RICKINGHALL VILLAGE HALL**

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# Village News

## OIL SYNDICATE



The next Oil Syndicate Order will be the Summer one at the end of July.

The last date for orders will be Saturday 22 July.

Delivery should follow within a fortnight.

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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.

Every household that does not have mains gas should by now have received a £200 payment from its Electrical supplier, usually OVO (ex-SSE) here, but not necessarily. If you have not received your £200, ask your electricity supplier why not. Start here:

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

David Sloan

## Community Woodland

Suddenly we are in summer – with a heat wave!

And we need water. Some thunderstorms are promised but so far not forthcoming.

The June work party tidied up Low Meadow. There was a lot of cleavers – it's everywhere this year – and the benches were a bit overgrown. So we cleared what we could but the grass will be left till August to allow wildflower seeds to drop, ready for next year. One of the new baby black poplars is doing well but the other is not. It probably needed a soaking of water which has been applied but perhaps too late.

The fruit blossom in Northfield Wood has been a joy to see and the paths are used regularly by walkers.

Remember, this is a community woodland and the fruit is for picking.

Willowherb is back with a vengeance. When the trees grow bigger it is expected to subside somewhat.

Miller's Orchard is regularly used by walkers.

Unfortunately, it is also used by people who can't be bothered to take their rubbish to the dump. This month there was a mattress blocking the bridleway! Dumping or littering is illegal. Please discourage people if you come across them actually doing it. The official rubbish dumps are not that far away!

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



**New**  
**volunteers welcome!**



## Transport Needed?

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

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## Thank You!



The RAHOF committee thanks Park View Chapel, Botesdale, for holding their May "Coffee on the Corner" monthly event in aid of RAHOF on May 9th.

Over £336 was raised on the morning, when George Chilvers and Heather Warren from St Nicholas Hospice Care, Bury St Edmunds, joined us to explain about the important work done by the Hospice, including caring for patients in their own homes, and the bereavement scheme for young people called Nicky's Way.

Thank you all for your support.

RAHOF also thanks Sue Allen for her continued support of the Hospice in many ways, particularly by the sale of plants outside her home, from which all profit goes to St Nicholas Hospice.

*June Shepherd & RAHOF Committee*

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### **Notes from the Green Redgrave Group (GRG)**

So, summer has arrived and the sun is beating down on our newly planted trees. We need some rain! We are one of only two parts of the country that have come out of winter still in drought and we have to hope for some respite. The regular series of rain dances (sometimes called the Ashes cricket test series against Australia) might help I suppose.

We held an initial tree and hedgerow survey meet right at the end of May. We now need individuals to go out and start recording old trees and giving us the results so that we can feed that data in to our databases. Those who wish to help please get in touch.

In July we also have the Big Butterfly Count. This is a UK-wide survey aimed at helping the Butterfly Conservation (BC) organization to assess the health of our environment simply by counting the amount and type of butterflies (and some day-flying moths) we see. Over 64,000 citizen scientists took part in 2022, submitting 96,257 counts of butterflies and day-flying moths from across the UK. We would like as many people to take part as possible and to give the results both to the BC and to us in the Green Redgrave Group so we can have a comparison with the nation overall. The count runs from 14th July and 6th August. To find out how to take part go to the BC website at <https://bigbutterflycount.butterfly-conservation.org/about>.

In last month's magazine we noted that we had joined the new Suffolk Green Cluster. As a result, we have now been accepted as one of 6 projects in Suffolk in the new Community Energy South Pathways project (see <https://communityenergypathways.com/>). As part of this project, we will be looking at expanding community energy generation and conservation and also installing infrastructure such as electric vehicle (EV) charging points in villages that wish to participate. Please get in touch if you are interested in any issues around energy, biodiversity, green transport and other green initiatives. We would be pleased to let you have more details and get you involved.

We have now finished clearing the main pathway along the Street in Redgrave under the Suffolk Highways Self-Help scheme. Walking along the Street in Redgrave feels a lot more comfortable and safer now!

We have been using the EasyFundraising as a means of raising funds for the Green Redgrave Group

( <https://www.easyfundraising.org.uk/> ) and we have just received the first significant amount of money from that organization. This is a simple means of raising money for your favourite charity or organization each time you make an online purchase with many online retailers. Please think about using this yourself, if not for us then for your own favourite organization. We continue to look for enthusiastic volunteers to help us progress our activities. If you want to contribute or just learn about wildlife friendly activities then please join us. We would love to hear from you. Contact Andy Warnes (by email [awarnes@btinternet.com](mailto:awarnes@btinternet.com) or on 07478 337331) for more details.



## **Would you like to be the Local Recorder for: REDGRAVE**

The Suffolk Local History Council runs a Recorders Scheme throughout Suffolk. We administer a network of volunteers to ensure that the 'present' is adequately recorded at local level for the 'future'.

A Recorder will note significant happenings in their parish and collect their local parish magazines, leaflets, election pamphlets and newspaper cuttings. At the end of each year, they are asked to submit a short report summarising the activities of their parish. The reports are deposited at the Suffolk Record Office and available to future researchers together with the collected items.

If you are interested, please look at the Recorders Pack by visiting [www.slhc.org.uk](http://www.slhc.org.uk) to acquaint yourself with the guidelines of the scheme. You do not need to be a historian; you do not need any qualifications other than an interest in your parish. In return you will receive a copy of the SLHC Newsletter and be invited to the annual conference specifically for Local Recorders. To volunteer to help in this important work, please contact [recorders@slhc.org.uk](mailto:recorders@slhc.org.uk)

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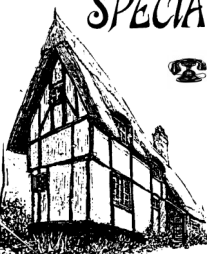
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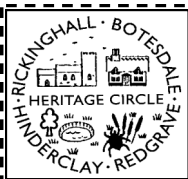
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# Club News



## History Beneath Your Feet - Graeme Simmonds

Graeme Simmonds gave an excellent presentation to the May meeting of the Heritage Circle when he spoke about finds that he has made, mainly in Norfolk, through field walking, excavations and metal

detecting over the last 40 years. The audience was able to handle a number of the objects that he brought with him to illustrate the talk. Graeme thinks that it is very important to feel objects as it offers the chance to reflect on it and so it is a different experience to a museum where everything on display is protected by glass.

Graeme poses three major questions when he discovers an object. What is it? When was this last held? What did it mean to the person who lost it?

The first objects that Graeme passed to the audience were two Stone Age axe heads. They were both designed to be hand held and were made from flint. They were beautifully finished and still had a sharp edge. They were likely to have been made by the person who used them. However, one was about 4,000 years old whereas the other has been judged to be between 150,000 and 600,000 years old by the British Museum. Their similar shape suggests that life did not change significantly over a very long period of time.

Common finds are buckles, thimbles and keys. Buckles or clasps pre-date the Roman era as buttons were not in use before about 1400CE. They have survived as they were made from a copper alloy but those found in fields tend not to have a pin for fastening as these tended to be made of iron and have rusted away.

Thimbles were also made of copper. They often date from the 18<sup>th</sup> century. They too are uncovered in fields which raises the question, why? It is possible that they were used when sacks of produce were sewn up or they may have been used to protect fingertips when gleaning in stubble. Finally, keys are often discovered on excavation sites. The Romans had keys for boxes but then lock making did not reappear until the medieval period. They were a possession of the wealthy because locks had to be made individually by a blacksmith. The keys were often ornate and complex in design. They were placed on rings and worn on belts as a status symbol.

Graeme told the stories of two of his favourite finds. One was a copper alloy medallion dating from the 17<sup>th</sup> century which he found in a field with a metal detector. On one side there is the image of the Virgin Mary with the baby Jesus. On the other side there is the figure of a woman who he has identified as St Barbara, a 4<sup>th</sup> century CE Christian martyr. She was the patron saint of military men, miners, and anyone who was at risk of a sudden or violent death. The medallion may have been worn to protect the owner from harm. Consequently, its loss may have been devastating for that person. The second object was a tiny silver pendant which on one side had the name Sarah Knightly and the date 31<sup>st</sup> July 1811, along with some decoration. On the reverse side the Lord's Prayer was inscribed in minute print which demonstrates incredible skill. Despite intense research Graeme does not know who the woman was or the purpose of the pendant. Some finds remain an enigma.

For archaeologists, the importance of an object is not what has been found but what can be found out about it.

The next meeting of the Heritage Circle will be on Wednesday 26 July at 7.30pm at Rickinghall Village Hall when Georgette Vale will give a talk entitled *The Widow Kett: Kett's Rebellion 1549*. New members and visitors are welcome. Further information is available at [www.heritagecircle.onesuffolk.net](http://www.heritagecircle.onesuffolk.net)

Gerry Gurhy

## Coffee On



A warm day and a very good turnout - regular visitors, new visitors and our lovely group of walkers. It is always gratifying to see so many people come along, chat, eat and enjoy one another's company. Once again, we almost ran out of cake and savouries - I think I may need to find another baker ... any offers? (That is a serious request, by the way!)

Today we were supporting a charity called "All we Can", partly because the son of one of our congregation works for them and partly because they offer support and encouragement to some of the world's most marginalised people. Your incredibly kind donations totalled £142.73 and I am sure that the money will be appreciated and used wisely. I was also selling some plants in aid of St Nicholas Hospice and that raised a modest £19.50 - but, as the expression goes, "every little helps"!

As I said in my comment a couple of months ago, the May "Coffee on the Corner" event was a joint effort between my usual team and the RAHoF committee (Rickinghall Area Hospice Fundraisers) - all great people. Whilst I wasn't able to be there, I gather that the event was well attended and a huge success, raising well over £300 - including the sale of cakes made by members of the RAHoF committee and a small raffle, organised by them. Once again, may I say a huge THANKS for your financial contributions. Many of you will have encountered the work of St Nicholas Hospice, or may have known a friend or family member who has been helped by this amazing place. The work that they do is amazing but, like everything else, incredibly expensive, so it is great to be able to add to their coffers!

As always, we will be "doing it all again" next month, although I am not sure which charity we shall be supporting. All I know is that, like all the other amazing charitable organisations that we have in this country, it will be very worthwhile. Look out for the posters and then do put the date in your diary - Tuesday 11th July - and then come along for a very sociable morning, albeit with the chance that you may add a few calories!

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

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Wattisfield

# Nyall's Notes LOHP Local News

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

C S Lewis suggested that you had to conclude that Jesus was either mad, bad or what he claimed to be. Certainly, to give people false assurance such that they would give their lives for the cause would be bad. Some people have set up sects and done just that, even to the point of producing mass suicide.

Secondly, if anyone made the claims of Jesus for themselves, we would regard them as mad. I am the way the truth and the life, I am the light of the world, I am the door, have to be pretty nutty claims. The ultimate must be I am God himself. Not quite though; his determination to go to Jerusalem knowing that the Jewish leaders would have him put to death on a Roman cross and apparently cooperating in his death must be the ultimate reason to decide he was mad.

Yes, we could conclude that he was mad or bad or both if we take any one of these claims on their own. However, if you read through one of the Gospels where we are told about his life from his birth through to his death, you will probably end up saying that he said some funny things but you cannot classify him as mad. If everyone, and I mean everyone, adopted Jesus' philosophy of turning the other cheek, going the extra mile, loving their enemies and forgiving one another from the heart, what a fantastic world we would be living in. We would regard those that break the code as being mad. Just look at our world now; we can cure many diseases, save many lives, even extend life itself with better diets, medicines and surgery but look at our world and it is hard not to conclude that we are mad, unbelievably mad.

So, it appears that we have a mad world telling us that someone who actually tells us the cure, is mad. We might exclude ourselves in this country but do we have the happiness that Jesus' way of life would produce? Politics appears to be a constant war of words, and we have the highest divorce rate ever where even husbands and wives cannot love one another for long, let alone their enemies.

Is it not our society that is mad for throwing Jesus and his teaching out of the window? Indeed we have so comprehensively thrown Jesus out that most of this country is totally ignorant of what Jesus said and so convinced by this mad world that few people are prepared to investigate. I think anyone who put forward ideas that would produce a world of peace would be hailed as a great thinker and celebrity. It would be mad not to read their books so, step out of this madness and spend an hour or two, as that is all it would take, reading through one of the Gospels that tells us of Jesus' life and what he said. If you don't have a Gospel I would be prepared to provide one for you.

*"Jesus said, 'The words I have spoken to you are spirit and life.'"*

*St John Ch 6 v. 63*



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*"When the scarlet cardinal tells  
Her dream to the dragon fly,  
And the lazy breeze makes a nest in the trees,  
And murmurs a lullaby,  
It is July."*

Susan Hartley Swett (1843-1907)

July is when most birds should have finished nesting and there will be large numbers of young tits, blackbirds, etc. chasing their exhausted parents for food! We've noticed that the fat balls in our garden feeders are the most popular at the moment with peanuts and seeds lagging behind. I expect that to change as the juveniles get the hang of the latter two options. Cuckoos will have fledged, leaving worn out reed warbler 'parents' on the Blo Norton and Hinderclay sites - look out for a flash of kingfisher blue along the Little Ouse. There have been many sightings of red kites in the valley so it looks like these beautiful birds are here to stay.

This is butterfly time! Meadow Browns and Gatekeepers are commonest on grassland; listen out for crickets and grasshoppers, who will have reached full size, and dragonflies who will be zooming over water, the largest being the Emperor - the male is blue and the female is green.

We've cut wild flower walks on Reeves Meadow and New Fen, where the fen plants have really taken hold. See how many orchids you can count! There is now a 'round' walk on Hinderclay Fen through the silver birch trees on the river side. Meadowsweet, with its heady scent will be in bloom in damp places such as the northern end of Broomscot Common.

Our work parties are continuing apace so if you fancy lending a hand, details can be found on our website: [www.lohp.org.uk](http://www.lohp.org.uk). It is rumoured that quite a lot of cake is consumed!

John McCormack



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My oldest child is starting school in September and with uniforms and PE kits, the costs are already mounting. We're already pretty stretched, so I'm not sure how to cover these new costs. Is there any extra help I can get?

The start of a school year can be tough for many people's budgets, so you're not alone in your worries. But there is help available.

On the National Citizens Advice website, we have lots of information on the support you might be entitled to for school-related costs. If you're claiming benefits it's worth checking if you can get extra help for things like school lunches, transport and uniforms. This information can be found at [citizensadvice.org.uk/family/education/help-with-school-costs](https://citizensadvice.org.uk/family/education/help-with-school-costs). If you are not online, Citizens Advice

Mid Suffolk can advise on the telephone or in person. Children in Reception, Year 1 and Year 2 automatically get free school meals. For older children, you can apply for free school meals if you claim certain types of benefits. The full list is available on the Citizens Advice website, and includes Universal Credit, Child Tax Credit and Income Support.

Schools can advise on finding cheap or free second hand uniforms. Often the school will have a second hand uniform shop, where the cost is much cheaper. A lot of schools accept cheaper non logo items rather than official logo school uniform, so do check with your school if this is the case.

If your child is disabled or has a health condition, you can also claim Disability Living Allowance (this isn't means-tested).

A lot of people's budgets are feeling the squeeze at the moment, but it's important to remember that help is available with starting school costs.

Citizens Advice Mid Suffolk can provide advice on this or any other issue, including debt, finances, employment, benefits and family/relationships. You can contact them on 01449 676060, visit in person at Milton House, 5 Milton Road South, Stowmarket IP14 1EZ or use the contact form at [midsuffolkcab.org.uk/contact-us](https://midsuffolkcab.org.uk/contact-us). Our opening hours are Monday-Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30pm. For more information go to [midsuffolkcab.org.uk](https://midsuffolkcab.org.uk).



## ST BOTOLPHS BOWLS CLUB

The Bowls season is now well underway with the Opening Day held on 15th April when members enjoyed a 2-course lunch followed by a club competition (drive). The Stowmarket, Bury and an Area D League matches started the following week, with several new members playing in some matches for the first time alongside more experienced bowlers.

Several club competitions have also taken place including a drive on 29<sup>th</sup> April with the 2 highest scorers going forward to a play-off on club Finals Day in September. On 5<sup>th</sup> May we held part of a club competition, which sadly had to be abandoned due to a heavy thunderstorm and will be completed later. Then it was on to a Coronation Ploughman's tea prepared by our club catering manager and helpers, which both bowlers and social members really enjoyed. A glass of Pimms was also on offer to help celebrate the King's Coronation.

On 13<sup>th</sup> May another club drive was followed by a fish and chip supper and on 20<sup>th</sup> May a club pairs drive, was held, the two highest scoring pairs going forward to play-off on club Finals Day. On 10<sup>th</sup> June there was a club Blocks Drive.

Some players are also involved in various league cup and junior cup matches and we wish all those players the best of luck.

*Fun Fridays* started again on 21<sup>st</sup> April aimed at encouraging new people to have a go at bowling with the help of members and a club coach and these are already proving popular and resulting in some new members. Please come along on a Friday evening at 6.30 if you wish to have a try. We are located at the end of Fen Lane (opposite the Greyhound Pub).

*Rosemary Setterfield – committee member*



## Thank You! REDGRAVE CHURCH HERITAGE TRUST

RCHT thanks most sincerely all who supported the enjoyable Sunday afternoon concert performed by cellist Orlando Jopling and violinist Sijie Chen on May 21st.

This event raised over £850, a much appreciated addition to the funds of RCHT, which works to care for St Mary's Church, Redgrave, an important building of great historic value to the community.

**Bob Hayward (RCHT Chair) & Trust helpers**



**Where? St Botolph's Bowls Club  
When? 16th September 2023  
Time 2 - 4pm**

■ ■ ■



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# Exploring the Past

Jean Sheehan, 01379 890237

## Memories of growing up in Rickinghall by Irene Rush (née Goldman)

I was born in Rickinghall at 'The Church House' as it was then known – it's called 'Rose Cottage' now. My family were evacuees from Bethnal Green, London.

When the family was first evacuated it had to be split up in order to find accommodation for all. My mum and my two year old brother, Joe, were sent to Oxford. My two older brothers, Morris and Nathan, were kept together and my two sisters, Anita and Rose, were kept together at different families in Hinderclay.

Eventually Dad got all the family moved to Rickinghall where there were other families from Bethnal Green. The Hinderclay families had not really worked out so my two brothers went to live with Mr & Mrs Sterry in the council houses in what we called 'Upper Town Road' (Rectory Hill) Rickinghall and the girls went to the Miss Tuck's on the corner of Water Lane. Then Mum and Joe came to live with Mr & Mrs Sterry, who we called Granny and Grandad until they died. Mum had to make an appointment to see my sisters at Miss Tucks which was hard for everyone. However, the Miss Tucks had a helper called Mabel Cook who also did their shopping. She would take my sisters with her to the shops and my mother would see them then.

After a while part of 'The Church House' became available and we were all able to move there along with another family from Bethnal Green.

After the war, the other family moved back to London and we were able to live in the whole house. I was about four years old at that time. My parents' marriage broke up like many others at that time. Morris, my elder brother, had joined the Navy.

At first all the London children went to school at the church in Uppertown (the Upper church) as there wasn't room for all of them at the village school. I think they had teachers from London but don't know how long it was before all could be accommodated at the local school.

We had lots of fun playing. I remember we would all go to Redgrave Lake and Morris and Nathan taught Anita and Rosie to swim. I was too small so used to paddle. We loved it when the fair came each year to the Fairstead in Back Hills. There were swing boats and dodgems and fairground games and lots of music.

Going to Calke Wood was another favourite – especially when the bluebells were out. We also played Cowboys and Indians in the Marl Pit down Water Lane (Candle Street). Later in the year we picked blackberries. It was real fun and Tom Marshall, at the Corner Shop, would buy them from us on behalf of a jam making company, so we had money for sweets or ice creams. Tom Marshall also ran the picture shows at Rickinghall Village Hall. Seats were 3d or 6d – quite a lot of money then. Nathan always gave me money for the pictures.

When we still had ration books, Nathan would swap his tea, sugar and butter coupons for our sweet coupons. He was at work so had some money and he would go to Mr Stone's shop to get bags of different sweets which he would then share with us.

Next to Stone's was Mr Winstanley's – the barbers. I remember he had some of us children round to watch the Coronation. I think he was one of the first in the village to have a T.V.

When I was very young, I spent most days at Vic Arnold's farm (Church Farm) with Nicky who lived there with his mum. Big cart horses were used to do most of the work. Nicky and I would be put on the horses' backs; feet sticking straight out the side as our feet were so small. At harvest time the men would make holes in the straw on the wagons for us to sit in to ride back to the farm – we just loved it. We got our milk from Vic's dairy at the back of his house. We'd take our milk cans over to be filled up. The cream from the top was lovely.

It wasn't far from our house to the school. I loved school – apart from the awful toilets. It was great when Mr. Compton came. He was very good with Art which I always liked. He got looms so we learnt to weave.

Christine Last and I were the first to make rugs. My mother kept mine for years. One of the good things in winter was making great long slides in the ice and snow on the boys' playground. The School Cooks, Mrs Markham and Betty Lusby, made lovely school dinners.

I enjoyed sport as well. I was in the netball team. We also played Stoolball and Rounders. Maxine Masterson helped me learn to ride a bike in Garden House Lane. I was very disappointed to miss the last eighteen months of my schooling due to illness.

Joe's friends and my friends often played together. The boys would dare the girls to go through the tunnels which went from the church yard under School Lane and came out in Vic Arnold's, just the other side of the road. One of which was said to have a well in the middle so you had to really straddle the centre – just in case!

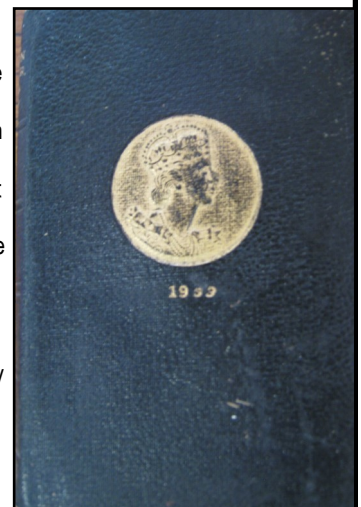
Before Perry's did the Guy Fawkes' bonfires in Garden House Lane, we would have friends in to our huge old garden for a bonfire which was mostly done by Joe and friends. John Marshall would have quite a lot of fireworks. I remember, one year, Joe gave me a sparkler and I dropped it in to John's box of fireworks. All of fireworks went off everywhere. Everyone was dashing around. – I don't think we realised how dangerous it all was. I was very young and I don't remember anyone being cross with me. We'd put potatoes in the edges of the fire – they tasted lovely.

Books of Common Prayer were given to all those who attended the Church Sunday School at the time of Queen Elizabeth II Coronation in 1953. I've still got mine. The gold coin shape has worn from the front a little bit now but there is still a picture of the Queen inside and the book has been signed by Rev. Cotton.

I moved from Rickinghall but was always able to keep in touch as my brother Joe lived there until he died and now my son lives in Botesdale. I love to hear all the news from the villages.



*Irene Rush née Goldman holding the Coronation Prayer Book*



**Rene Rush's Coronation Prayer Book**

*With many thanks to Rene for these memories.*

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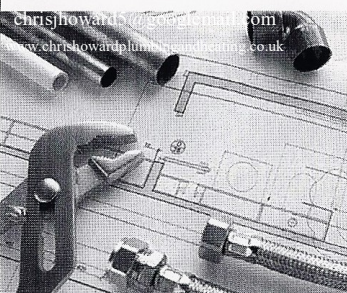
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# Exploring the Past Again

Di Maywhort, 01379 898785

## A Child's Eye View of Farming in the '50's - '60's Continued.

An exciting day for me was when the Suffolk Hunt came, our farm was a popular venue for the Hunt and they would visit at least once in the hunting season. In the '50's and '60's most of our fields had gates on their entrances. An obvious necessity on the meadows where the cows, young stock or followers were, but other fields had gates too so if an animal got out of the meadow into a neighbouring field at least they might be contained in the field they had arrived in rather than run away completely.

On Hunt days I would open gates for the huntsmen to ride through and I would get a shilling (5p) for my trouble. I would spend the time rushing about from gate to gate trying to earn as much as possible. Quite an undertaking for a little girl!

The change in the Hunting Act of 2004 means that it is no longer possible to hunt for wild mammals. A win for Mr Fox! It was thrilling though to see a fox break cover and lead the chase of the pack of hounds and huntsmen in their colourful red jackets on their lovely horses across the countryside. Mostly the fox would get away.

Many farms had their own blacksmith forge and if there wasn't a resident smith then one would come in for the day to shoe the horses and use the farm's own forge.

We had such a building with a big chimney and fireplace and a huge pair of bellows but with the decline of working horses our forge became the log shed.

Around 18 months after we had coppiced the standing hornbeam in the wood, the lengths of timber were brought to the front of the old blacksmith's forge and cut up into logs by a large band saw which was driven by a pulley on a tractor. I used to love the whining sound of the wood passing through the saw and liked to help with throwing the logs into the shed.

The open fire in the sitting room, a solid fuel Aga in the kitchen and an electric heater in the bathroom was the only heating we had although Paul had a wood burning stove in his sitting room. It was just an unglamorous iron box with a lid in the top to add more logs, I liked lifting off the round lid with the special tool! Nothing like the wood burning stoves for sale today and I expect this one was made in our own forge. Paul was the German POW who was brought to live in the farmhouse and to work on the farm. He was a big strong man and worked hard for us, he lived in a room on the ground floor of our house and my Mother provided all his food and washing etc. There was always an argument at Thatching time though as Paul was asked to help the Thatcher as he was the strongest chap and could easily take the sheaves of straw up the long ladders so that the Thatcher could thatch the grain stacks and Paul did not like that work.

The clover crop that we grew in those days was for feeding the cows. The seed was threshed out and sold on but the stalks must have had nutritional value. We stacked the stalks and they became compressed which meant we used to cut off chunks with a very large sharp knife and when the stalks were fed in these bundles we called it "Stover". This word is rarely used today though.

Tractors were taking over from horses and we had two grey Fergies. I don't remember watching them working but they were definitely here as they resided in the nettles for years! After them we had Nuffield Tractors which were orange in colour, then we went onto red Massey Fergusons. Now we have two huge Fendt tractors, a big Massey Ferguson, an old small red Massey which is half as old as I am and a small Kubota tractor to help with getting firewood out of the wood and other small jobs!

Once a year, before Combine Harvesters became common, the threshing machines would come and thresh out the grain from the ears of wheat,

barley and oats. The straw would go up an elevator and be made into straw stacks for using as bedding for the cows or, if it was barley straw, the animals would like to eat that.



*Hoeing sugar beet with a Nuffield tractor and trailer*

The grain would end up in hessian sacks to be sold to the grain merchant. My father used to visit the Corn Exchange on a Wednesday in BSE and offer samples of his grain to the merchants. The awns (whiskers) from the barley ears must have had a small amount of food value as the horses used to have them added to their feed! I can't imagine trying to eat them, but cart horses have thick lips and huge teeth so I don't suppose they noticed!



*Harvesting sugar beet into a tumbrel*

How things have changed now - where we used to have 14 full time men working here everything is now done by one man with occasional help from a contractor. The farm workers cottages are let to people who do not work on the farm - supposed to be progress but sad in a way. There was good camaraderie between the chaps who worked for us with laughter and leg pulling. At certain times of the year wives used to come and help with certain tasks like chopping out sugar beet seedlings. This work was paid at piece rate so it was an opportunity to earn more money.

I wonder at the strength and fitness of all people involved in this life which was really very physically demanding compared to today's farming.

*These reminiscences were written by someone who prefers to remain anonymous! Can you guess who this is?*



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As the project would not be finished when we left, it was necessary to ensure that whoever took over, would find all the project's history easy to find and assimilate. Consequently the next four weeks were very busy – Ali and I completing inspections, and Zari making sure all our project files were in order.

The day before we were due to leave, Ali happened to pass the 'telephone room' and overheard the final part of a conversation between Mahmood, and his superiors in Tehran. Essentially he was trying to persuade them to have me arrested to put pressure on Blohm and Voss in order to keep the project team on site. No decision was reached as far as he knew.

After Ali told me, I decided that my only course of action was to carry on as if I knew nothing. Luckily I was able to telephone Herr Diercks, my Project Manager in Hamburg, and advise him of the new situation – not that he could do anything! The day passed without incident, and I slept, but every unusual noise caused me to wake and worry. Next morning I drove to the site office for the last time, and waved goodbye to my staff as they set off on the long drive to Tehran. I locked the office, gave the key to the caretaker and drove back to my accommodation, to wait for a car that was to take me to the airport at 18.00.

Lonely hours!

One doesn't really understand loneliness, until you are isolated in a foreign country with no English speaking people nearby, and the possibility of arrest by the police hanging over your head.

Fortunately, the car arrived on time, and we drove calmly to Bandar Abbas airport. The first bag check was on the road outside the terminal – a change from my last flight – but uneventful. I was relieved there were no police visible. It was normal inside the terminal – another bag scan followed by a bag search. The elderly couple in front of me had some beautiful wrapped boxes. Obviously presents for someone, but it didn't matter as the official tore open the wrapping paper and exposed two boxes of expensive chocolates, and proceeded to use a probe to examine the interior of each chocolate. The lady was in tears before the examination ended, and the ruined chocolate remains went into a bin.

I was in constant fear of a policeman's hand landing on my shoulder, but proceeded through all the checks as if I didn't have a care in the world, found a seat in the departure lounge, and waited as calmly as I could for departure. When the flight was called we all went to the gate, filed out to the plane, and boarded. There was no one in the seat beside me which was a relief as I found it difficult to stay still I was so wound up. Departure time came and passed, and the cabin door remained open but there was no announcement to explain the delay. Thirty twitchy minutes later the cabin door was closed and the engines started. Unusually for a night flight the cabin lights remained on, and I was aware that the plane was changing direction frequently. We

landed in Dubai and disembarked normally. As I went up the escalator to Departures I realised I was free. The relief was so intense I went to the gents, locked myself in a cubicle and wept.

The reason for our seemingly erratic flight became apparent a few weeks later when the aircraft with the same flight number was shot down by an American warship who claimed that the aircraft flying towards it was a fighter jet about to attack the ship. Bandar Abbas was a combined civil and military facility and I was lucky to have had a careful and observant pilot.

JML

## IN YOUR GARDEN

**Its official. Working in the garden is now recognised by health professionals as leading to lower stress levels and blood pressure whilst increasing the feel good factor and improving mental health.**

So it seems green fingered living can increase general fitness and overall health without you even realising you are actually exercising !

Such is the positive effect of gardening that the medical world is now prescribing horticultural therapy for patients. The subtle combination of gentle but concentrated activity and the self-esteem boost you get from successfully planting and nurturing vegetables and flowers reduces the stress hormone cortisol making you more relaxed and able to sleep better at night.

Even half an hour of gentle gardening a day it seems provides useful amounts of exercise that can go towards reducing the risk of heart problems as well as providing your daily dose of Vitamin D and allaying the onset of conditions such as osteoporosis.

We all want to keep fit but if, like many, you dislike the monotony of gym workouts or the frenetic activity of exercise classes, then the gentle environmentally attuned rhythm of some time spent in your garden could be for you with no personal bests to achieve or having to push yourself through the pain barrier – just the satisfying end goal of growing lovely flowers and tasty produce. So set aside more time to enjoy your garden and create a happy relaxing haven for you to escape to.

With this in mind, try focussing on plants that produce a strong scent. For instance wisteria and magnolias are known to improve mental well-being. And the intoxicating scent of Nicotiana is an unparalleled delight of a summer's evening. Water features and wind chimes both offer a sensory soothing soundtrack for you to enjoy. By creating a seasonal garden full of flowers and vegetables, not forgetting a lawn to mow, you'll find gardening offers you that all-important exercise. There's nothing quite like home grown vegetables too. From a small packet of seeds you can provide the backbone for many healthy meals. Just a few home grown veggies can reduce your shopping bills increase your self-esteem and provide a bonus of lovely fresh tasting produce all in one go!

Enjoy your garden.

Lawrence Thompson

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Botesdale & Rickinghall	Peter Beck	01379 890495	peter@pbeck.plus.com	Emergency	999	For Ambulance, Fire Brigade, Police
Redgrave	John Campbell	01379 890946	Redgrave.nwatch@outlook.com	Manned desks		Bury St Edmunds - Raingate Street IP33 2AP Ipswich - 10/10a Museum Street IP1 1HT Lowestoft - Old Nelson Street NR32 1PE

## SCAM ALERTS

### DOORSTEP FRAUDSTERS TARGETING OUR AREA

Trading Standards have reported an increase in the number of local residents being targeted by doorstep scammers offering fake energy deals.

The scammers most commonly pose as representatives of energy firms trying to sign you up to fictitious contracts 'to help you with the cost of living crisis' Their prime intention is gaining access to your financial details to trick you out of your money and often will sell on your details to other fraudsters who will also raid your bank accounts and use the information for other fraudulent purposes.

Of particular concern is the perpetrators are preying on elderly and vulnerable people.

Understandably, it can be difficult to tell the difference between bona fide callers to your home as the scammers can be very persuasive and convincing to get you to sign a contract or buy something you really don't want using forceful sales tactics. Contact your bank immediately if you think you have fallen victim to this type of scam.

If you are approached: Take a moment to think before parting with any money or information. It is not rude to reject or refuse or even ignore any requests. Only criminals will try to rush or panic you into action.

### Watch out for these scam emails

Emails claiming to be from Sainsbury's asking you to participate in their Loyalty Programme and receive a brand new Air fryer

Emails claiming your anti-virus software has expired and needs 'renewing urgently' These are often branded with the Norton or McAfee logos.

Emails stating your TV licence direct debit could not be collected or failed.

Links provided in these emails will lead you to phishing websites designed to look like the genuine sites but in reality will attempt to steal personal and financial information.

**You can report suspicious emails to the National Cyber Security Center (NCSC) by forwarding it to [report@phishing.gov.uk](mailto:report@phishing.gov.uk)**

The NCSC has the power to investigate and remove scam email addresses and websites. It is free to report any suspicious emails you receive and by reporting you can help:

- **reduce the amount of scam emails you receive**
- **make yourself a harder target for scammers**
- **protect others from on line cybercrime**

We can all help by sharing this information with neighbours and friends, especially elderly relatives.

# Church Notices

## WELCOME TO BOTESDALE METHODIST CHURCH EVENTS AND GROUPS

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

### Services in July

- 2<sup>nd</sup> Local Arrangement – a service led by our own members
- 9<sup>th</sup> Rev David Ely – a service of Holy Communion
- 16<sup>th</sup> Local Arrangement
- 23<sup>rd</sup> Mr Neville Hodson
- 30<sup>th</sup> United Service with the Anglican Church

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

- Tuesday 4<sup>th</sup> 2.30 - 4pm Get Together Down the Lane – Strawberry Tea: we would particularly like members of our local community to join us for this. If you would like to come phone the number below to help us with catering. No charge but donations welcome.
- Tuesday 25<sup>th</sup> 10 - 12pm Coffee Down the Lane – our regular coffee morning held on the 4th Tuesday each month – an opportunity for all to come in to chat and get to know others in our community

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




# FAMILY BREAKFAST CHURCH

**Botesdale Village Hall**  
**9:30-10:30**  
**FOURTH SUNDAY OF EVERY MONTH**  
**(EXCLUDING HOLIDAYS)**

## 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)*

July		 <b>PARKVIEW CHAPEL</b> <small>CHURCH FOR THE COMMUNITY</small>
<b>Sunday 2<sup>nd</sup></b>	Service 11.00am - Your Life Is Not About You	
<b>Sunday 9<sup>th</sup></b>	Service 11.00am - Your Life Is Not About You	
<b>Sunday 16<sup>th</sup></b>	'Coffee On A Sunday' service 11.00am - Youth Celebration Service	
<b>Sunday 23<sup>rd</sup></b>	Service 11.00am - Your Life Is Not About You	
<b>Sunday 30<sup>th</sup></b>	United Church service at 10.30am - venue tbc.	
<b>Events</b>	<b>Coffee on the Corner at 9.00am</b>	Tuesday 13 <sup>th</sup>
<b>PARKVIEW Youth</b>		
	Junior Church	Sundays 11:00am -12:00pm
	Junior Friday Club	Fridays 6:00pm - 7:00pm
	PYP	Sundays 7:00pm - 8:30pm
	Senior Friday Club	Fridays 7:30pm - 9:30pm

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# Parish of Redgrave cum Botesdale with the Rickinghalls

## July 2023 Services

### **Sunday 2<sup>nd</sup> July, Fourth Sunday of Trinity**

Holy Communion (BCP), 08.45am, St Mary's Rickinghall

### **Sunday 9<sup>th</sup> July, Fifth Sunday of Trinity**

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

### **Sunday 16<sup>th</sup> July, Sixth Sunday of Trinity**

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

### **Sunday 23<sup>rd</sup> July, Seventh Sunday of Trinity**

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

### **Sunday 30<sup>th</sup> July, Eighth Sunday of Trinity**

Holy Communion (BCP) 08.45am, St Botolph's Chapel of Ease, Botesdale  
and United Service, 10.30am. Venue to be advised

- - -

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- - -

### **From the Registers**

19.5.23 - Interment of ashes of Phyllis May Fuller, St Mary's Church Rickinghall. Died 10.4.23. Age 78

7.6.23 - Funeral & Burial, Pamela Jean Foulger, St Mary's Church Rickinghall. Died 29.04.23. Age 92

- - -