

PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

March 2023

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

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

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

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



Country and Western – it appears to me that you either love it or hate it. Me? Well, I'm not that keen on it, so I'm not a great student of country and western music. However, there are those who tell me that it is a gold mine of theological riches. But it's records with titles such as "Dropkick Me Jesus Through the Goalposts of Life" that turn me off. Much of what I have heard seems to be about disappointment, heartbreak, unfulfilled dreams, broken promises, anger, and guilt; all pretty gloomy.

But when I started to think about the season of Lent, a season in the church's year when over a period of 40 days from Ash Wednesday (22nd February) to Easter Day we reflect on our lives in relationship to God's and to others, to confront that which dares to take us away from God's call on our lives through temptation and sin, I looked at the reading from Mark's Gospel about the story of Jesus' temptation.

Before His temptation Jesus is baptised. God has chosen Jesus for He says at His baptism, *"You are my son; whom I love; with you I am well pleased."* Then the text says, *"At once the Spirit sent him out into the desert, and he was in the desert for forty days, being tempted by Satan."*

Mark tells the story of Jesus' temptation in such a way as to summarise Israel's history. Israel, chosen by God while it was in bondage in Egypt, was set free and immediately led into the wilderness for forty years. The theologians of Israel, looking back on that event in its history, said that was a time of testing for the nation. So Jesus, chosen by God, goes into the wilderness for forty days and forty nights, to be tested.

That parallel was so important for the early Church, because the early Church, at the time when Mark wrote his gospel, saw itself as still a part of Judaism, still trying to convince relatives and friends that Jesus was the one Israel was expecting. So it was significant that Jesus' life paralleled Israel's.

But there is a better parallel for us, the story of the Garden of Eden, and Adam and Eve tempted by the serpent. We are to read that story as our story. We are to read it as an autobiography. Like Adam and Eve, all of us are born in innocence, and with potential for a wonderful life. But at some point along the way of our life, we mess it up. The story of Adam and Eve reveals when that happens. It happens when we reach the age of decision-making, the age of discretion. That is when we lose our innocence. We start independently making decisions on our own. We will make some decisions out of ignorance, and we can't be blamed really for the consequences of those decisions. But we will also make many decisions out of pride, or fear, or hatred, or selfishness, or jealousy, or revenge, and there will be consequences to those decisions. Somebody will pay for those decisions. Sometimes we will pay for them. But as often as not, somebody else will pay for them, and that is when we lose our innocence and fall into what the Bible calls "sin."

The consequences of the fall can be found in Country and Western music: heartbreak and sorrow, and disappointment and regret, and guilt and pain. A phrase that I hear in all types of music though is "If I'd only listened to, I wouldn't be in the mess I am in today." I think that is probably what Adam and Eve must have said, or something like that anyway. "If we had only listened to God, we would still be in the Garden of Eden."

According to the Bible, that is what sin means: not listening to God. Sometimes sin looks like disobedience, and that is the moral dimension of sin. Sometimes sin looks like pride, and that is the intellectual dimension of sin. Sometimes sin looks like despair, and that is the spiritual dimension of sin. So sin has a spiritual dimension and it always happens when we refuse to trust God completely with our lives.

At some point, all of us experience the fall. We fall from innocence into sin, through temptation, and then pay consequences for it. Either we pay it, or somebody else pays it. We will make decisions that will bring hurt, or pain, or disappointment, or sorrow, to yourself, or to somebody else, because we have made those decisions meanly, selfishly, arrogantly, rebelliously, to bring about what we want, and not what God wants. Making decisions for such reasons gives Satan an opportunity to take a destructive foothold in our life.

That is why Jesus instructs Christians to pray daily, "Lead us not into temptation," because we will need grace, we will need strength from beyond ourselves, to lead a meaningful, fulfilled and moral life.

Through this we also believe that Christ is with us, and beside us, to strengthen us, and to lead us. Christ has sent a message to you, *"I will lead you through the struggles of your life."* *"I will not leave you desolate,"* that's the way it is put in the Gospel of John, that beautiful phrase, *"I will not leave you desolate, but I will come to you"* (John 14:18). We are not alone in facing temptation and sin. Thanks be to God.

Wishing you every blessing for this year.

Chris Norburn.



Please note the following changes to the **Local Services Directory**.
The latest version of the directory is printed with this magazine, and
is online at <http://stmarysrickinghallinferior.onesuffolk.net/local-information>.



Section	Changes
Churches and Chapels/Church of England	PCC Secretary changed from <i>Frances Lamb</i> to <i>Karen Lawrence</i> (01379 890897)
	Mel Ramos' entries for <i>Children's and Families' Co-ordinator</i> and <i>Church of England – Family Breakfast</i> removed
Clubs	<i>Brownies</i> title changed to <i>1st Redgrave & Botesdale Brownies</i> ; contact details changed to <i>Clare Brinkley</i> / botesdalebrownies@hotmail.com
	<i>WARTS (Am-Dram Group)</i> Chair changed to <i>To be advised</i>
Community Assets & Projects	Friends of Botesdale Health Centre : Carole Fitt replaced by John Humphries (01379 890270)
	<i>The Cross Keys (a Community-owned pub)</i> contact details changed to admin@crosskeysredgrave.co.uk
Community Services (local)	Redgrave Local History Recorder changed from <i>Mrs Jean Sheehan</i> to <i>Vacant</i>
Community Services (local)/Parish Councils	Redgrave Parish Council : Andy Warnes replaces Mike Denmark as Chair (Mike remains a councillor and Andy the Green Redgrave Club Lead); Netty Verkroost has resigned; new councillor Elaine Brown contact number is 07944 196695
	Botesdale and Rickinghall Parish Council clerks' addresses changed to clerk@botesdale-pc.gov.uk and clerk@rickinghall-pc.gov.uk
	Botesdale Parish Council : new councillor Elizabeth Stanford : 07549 436906
	<i>Tree Warden</i> entries moved to <i>Community Assets & Projects</i>
Community Services (regional) & Utilities	Reviewed and updated

Contacts

For all editorial content: editoratrbparishmag@gmail.com
For all commercial adverts: advertsatrbparishmag@gmail.com
To advertise events: eventsatrbparishmag@gmail.com

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

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

- **April issue Mon 13 Mar** Come and help stuff the magazine @ All Saint's, Redgrave- 3.15pm on **Fri 24 Mar**
- **May issue Mon 10 Apr** Come and help stuff the magazine @ All Saint's, Redgrave - 3.15pm on **Fri 21 Apr**
- **Jun issue Mon 15 May** Come and help stuff the magazine @ All Saint's, Redgrave - 3.15pm on **Fri 26 May**

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:



The snowdrop and primrose our woodlands adorn, and
violets bathe in the wet o' the morn.

[Robert Burns](#)

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

Redgrave Community Shop

Groceries, newspapers, greeting cards
and more...

Open every day

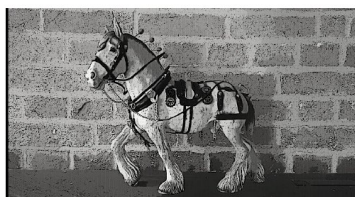
Monday - Saturday 8:30am - 1:00pm
Sunday 9:00am - 11:00am

Telephone: 01379 898848

Email: www.redgravecommunityshop@gmail.com

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

Telefon 01379 898800 / Email info@ifarm.land

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BEER FESTIVALS

April 28 & 29

May 26 & 27

June 30 and July 1

July 28 & 29

August 25 & 26

Guest Ales*Full Bar*Live Music*Food

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PRIVATE EVENT bookings for 2023 &
beyond

Contact the team:

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	
TUES	Closed	
WEDNESDAY	16.00 - 21.00	
THURSDAY	16.00 - 21.00	
FRIDAY	16.00 - 23.00	18.00 - 21.00
SATURDAY	12.00 - 23.00	
SUNDAY	12.00 - 21.00	12.00 - 16.00

Come and try our Sunday roasts & Friday
fish & chips. Please check social media
for further information on other events!

Contact us:

Cross Keys, The Street, Redgrave, Diss IP22 1RW
admin@crosskeysredgrave.co.uk

01379 779822

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



Delicious gifts baked in Redgrave!

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celebration stacks, brownie slabs and
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website, using discount
code **comeback5** at the
checkout for £5 off.

Email

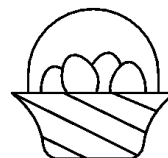
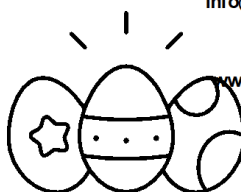
info@brownieandthebean.com or

call 01379 452195

to place an order.

www.brownieandthebean.com

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What's on : March

Rhinestone
REBEL MUSIC CLUB

LIVE COUNTRY MUSIC & DANCE



**ST PATRICK'S DAY
CONCERT & DANCE**
SAT 4th MARCH 2023
DAVE LESLEY
DOORS 6:45PM • STARTS 7:30PM
TICKETS £7



SAT 1st APRIL 2023
HENRY SMITH
DOORS 6:45PM • STARTS 7:30PM
TICKETS £10

RICKINGHALL VILLAGE HALL
Hinderclay Road, Rickinghall, 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.




Next Green Redgrave Talk

The Little Ouse Headwaters Project




Little Ouse
Headwaters
Project

Talk by: Dr Rowena Langston
Place: All Saints Church, Redgrave
Time: 1900 hrs on Tuesday 7 Mar 23
Entrance £3 per person



"Coffee On the Corner"
Parkview Chapel
Botesdale
9:00am Tue 14th

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



Rickinghall Country Market

09.00 am-12.30 pm @ Rickinghall Village Hall

Toys
Crafts
Ephemera

The first one was a great success with 16 stalls - so we are doing the same again!

Retro
Vintage
Collectables

... and your favourite food & drink !

Saturday 11 March

theWI Rickinghall
INSPIRING WOMEN

*All meetings at
Rickinghall Village
Hall*

Thursday 9th March 7.30pm

Sally Daniels : The 'My Wish Charity'

Fun Competition: 'If you could have one wish, what would it be?'

We will be holding our **annual Spring Plant Stall** - an opportunity for members to bring along spare plants and cuttings and to purchase some new plants for their gardens.

A warm welcome to new ladies who would like to come along and meet us

Friday 17th March 12.30pm

Our Last Winter Soup and Natter

£5 per person - Friends, family and guests welcome. A great opportunity to socialise whilst enjoying a bowl of home made soup and a bread roll.

Rosemary Setterfield - President

Angles Way Filling Station



**THE
FILLING
STATION**

Friday 10 March 2023
7.30pm
with Mark Aldridge

Garboldisham Village Hall IP22 2SE

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FISH & CHIP
TAKEAWAY

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

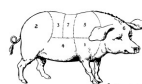
FISH WITH A TWIST

THE ULTIMATE JOINT AND HIGHWAYS

**FRESH
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FRIDAY**

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& FARM
SHOP**

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MEAT & MORE**



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

Traditionally raised, butchered & processed by us

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

WYKEN VINYARD FARMERS MARKET EVERY SATURDAY

Highways, Finningham Road, Rickingham, IP22 1LP
- on the S-bend on the B1113 towards Finningham
What3words: mows.rekindle.corrode

highwaysgos@aol.com
Megan: 07771 752228 Philip: 07887 668445
www.highwaysgos.wixsite.com/theultimatejointltd

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Naturally beautiful and beautifully natural

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Or info@thehazleburykitchen.com
[@thehazleburykitchen](https://www.instagram.com/thehazleburykitchen)

Clarke's Bakery

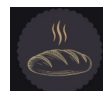
Traditionally Baked Artisan Bread & Cakes
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Open: Mon to Fri 9.00am—5.00pm
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Phone for orders: 01379 740003
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for
special celebrations**

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at
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Mondays 10:30-11:30am
£45 for a 6 week block
Suitable for all levels
of experience

Contact:
Pema Clark
07792 613783
yogadhanauk@gmail.com



Yoga

at
Botesdale Village Hall, IP22 1BZ

Tuesdays 7pm - 8.30pm
Term time only

Join anytime!

All abilities welcome

£44 for each block of 6 weeks

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

**Rural Holiday
Flatlet**

at
Grove Flock Farm
Botesdale Common
Botesdale
IP22 1LH

07803 887817

gffbotesdale@btinternet.com

What's On : March

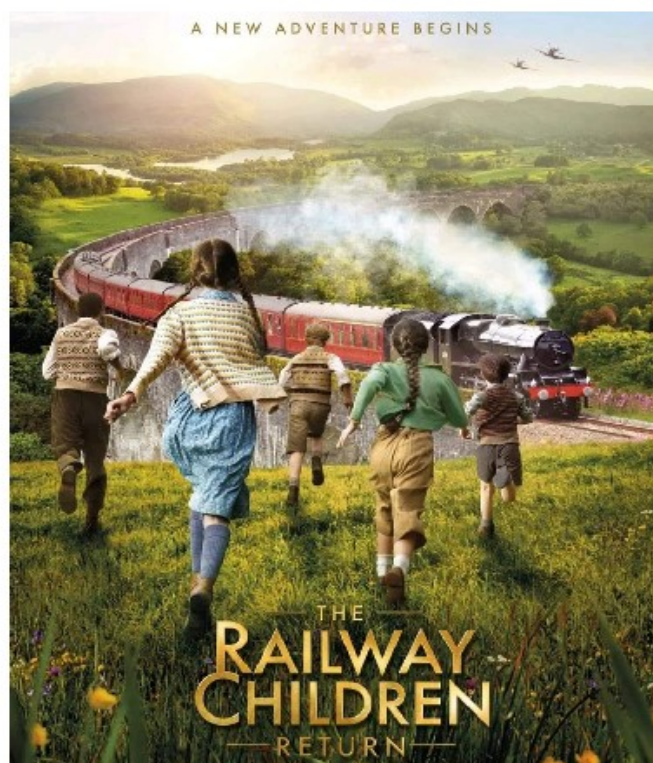
QUIZ NIGHT

ANNUAL
FISH 'N' CHIP QUIZ NIGHT
AT
PARKVIEW CHAPEL, BOTESDALE
SATURDAY 25TH MARCH

QUIZ STARTS AT 7.00PM
TEAMS OF NO MORE THAN 6
£8.50 PER PERSON
(SAUSAGES/VEGGIE AVAILABLE IF PREFERRED)

BOOKING ESSENTIAL

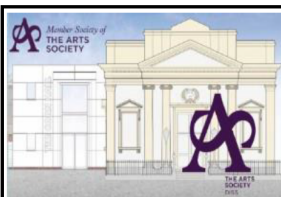
For further information and to book please call
Kev Gladwell on 01379 898924



CINEMA
at EYE

Friday 24th March, 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



The Arts Society Diss

We meet at the Corn Hall, Diss, 2 p.m. You can park at GAZES.

All talks are the third Tuesday of the month (except for December - 2nd Tuesday)

21st March - Forgeries of Russian Art - the dark side of the boom

18th April - Victorian Women Stained Glass Artists

16th May - Art after Windrush - Postcolonial Artists in Britain since 1948

20th June - Leni Riefenstahl - Hitler's Film-maker

Guests are asked to contribute a donation of £7. Membership for 10 lectures per year is £43.
Do come along!

More information at: <https://artsocdiss.org.uk>



March 22nd, 7:30pm
Rickingham Village Hall
The Heritage Circle presents:

Janette Robinson

**Stories Behind the Stones -
Inscriptions on gravestones, strange,
touching and even amusing**

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

* * * * ANNUAL GENERAL MEETING of * * * * BOTESDALE VILLAGE HALL MANAGEMENT Monday, 13th March at 7.00pm at the Village Hall

**ALL BOTESDALE RESIDENTS ARE WELCOME TO JOIN THIS
MEETING TO FIND OUT WHAT THE COMMITTEE IS DOING ON YOUR BEHALF,
& THOSE OVER THE AGE OF 18 ARE INVITED TO ATTEND, SPEAK AND VOTE**

At this meeting the Annual Reports and Financial Statement are given and members of the Botesdale Village Hall Management Committee are agreed. In addition to confirmation of the nominated representatives of the 5 village organisations, 7 members can be elected who are not representatives of these organisations.

**Nominations for elected members willing to stand can be made by
Wednesday 1st March
to the Secretary, Rosemary Shurmer on 01379 890898**

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Exclusive access to Woodland area for exploration and adventure!
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Sessions available Monday to Friday
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Contact Karen Hails
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Registered Charity no. 1022795



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1142955
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LOTTERY FUNDED

Botesdale Breakfast and After School Club OFSTED Registered

www.botesdale-after-school-club.org.uk

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

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

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

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

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

Our fees are as follows;

Breakfast Club Mon-Fri

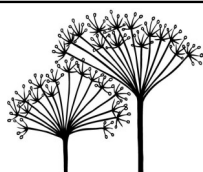
From 7.45am £5.50

After School Club Mon-Fri

3.25pm – 6pm £7.50 for the hour (£6.50 for siblings)
3.30pm – 5.30pm £12.50 for 2 hours (£11.50 for siblings)
3.30pm – 6.00pm £15.00 per session (£14.00 for siblings)

Subscription 2021/2022 £20.00

Please contact Paula 07952 961285
botesdaleoutofhours@gmail.com



Mo's Companion Services

Our services are tailored
to your individual requirements

We can provide and assist with:

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

More than 20 years' experience
DBS checked and fully insured

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

www.moscompanionservices.co.uk



St. Botolph's Primary School, Botesdale

Midday Supervisor Vacancies

We are seeking to appoint two MDSAs to play, supervise and support the children at lunchtime.

Working hours are from 12pm to 1:20pm.

2-5 lunchtimes per week, 38 weeks per year.

If you (or a suitable person you know) is interested in finding out more please contact the school office on 01379 890181 or via email admin@st-botolphs.suffolk.sch.uk

A full application pack will then be made available. All successful candidates will be subject to an Enhanced Dbs check and will require two references to support their application.



What's On : March/April

Redgrave & Lopham Fen

March

Social stroll
Saturday 11 March, 10am-12noon, £5
A sociable stroll for adults looking at seasonal wildlife

Saturday 11 March, 10.30am-12.30pm, £5
'Under your feet'
Monthly club with wildlife-themed activities for 6-11 year olds

Young Naturalists
Saturday 11 March, 1.30pm-3.30pm, £5
Monthly session for 11-16 year olds to explore, Investigate and learn about the wildlife and habitats of the Fen

Small willow basket workshop
Saturday 25 March, 10am-5pm
A willow weaving workshop with local craftswoman Jane Kelly
£55, incl. materials

Talk: 'Trees, woods & people' by Simon Hooton
Tues 28 March, 7.30pm
£3 (under 25s free), including refreshments
No need to book

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

Botesdale Methodist Church
"Coffee down the Lane"
Tuesday 28th March
10:00am-12:00pm

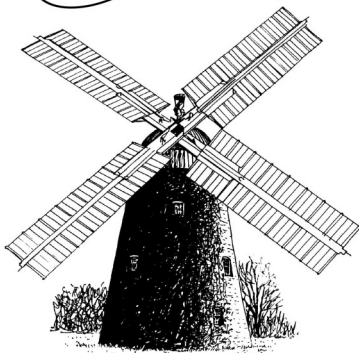


The Velveteen Rabbit
Based on the book by Margery Williams
Created by Spinning Wheel Theatre
With original music by Rosie Adediran

Botesdale Village Hall
26 March at 3pm, £5 (£15 family)
botesdaleoutofhours@gmail.com or 07952 961285 to book

Logos: Arts Council England, Norfolk County Council, DT, Spinning Wheel Theatre

Thelnetham Windmill



OPEN DAYS 2023

The mill will be open between 11am and 4pm* on the following days, and wind permitting the sails will be turning:

Monday 10th April
(Easter Monday)

Sunday 14th May
(National Mills Weekend)

Monday 29th May
(Spring Bank Holiday)

Sunday 25th June

Sunday 23rd July

Monday 28th August
(Summer Bank Holiday)

Sunday 10th September
(Heritage Open Weekend)

Sunday 8th October

Thelnetham windmill was built in 1819 and lovingly restored to working order in the 1980s. In 2013, ownership of the mill was passed onto The Suffolk Building Preservation Trust. The mill is now regularly maintained by highly skilled volunteers and has been producing flour on a regular basis since 2015.

for more information go to thelnethamwindmill.org.uk

Thelnetham windmill Charity number: 263212

Entrance fee:
£5 adults, under 15s free.
(Cash payments only, children need to be accompanied by at least one responsible adult)

*Last tours of the mill commence at 3pm.

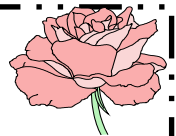
Redgrave & District Ladies Club

Tuesday 11th April 2023 7.30pm at All Saints

LIZA JONES

KNICKERS

A History of Underwear



DISS University of the Third Age

Open Day

Saturday April 15th 10am to 1pm
at Diss United Reformed Church, Mere Street
Admission free!

Come along to find out what Diss u3a offers to all not in full-time work.

For a modest annual fee of £15, members can enjoy interesting monthly talks, and the choice of joining any of 25 group activities from Art and Birdwatching to Table Tennis and Walking.

Contact: 01379 651259

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

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What's On : April and Beyond

Redgrave and Lopham Fen

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King's Coronation Event in Redgrave



Save the date

Community picnic on The Knoll

Sunday 7th May 2023

From lunchtime

(exact timings to be confirmed)



Live Music



Games and Activities

for all the family

Contact Redgrave Parish Council: clerk@redgrave-pc.gov.uk

ADVANCE NOTICE from
Redgrave Church Heritage Trust

CONCERT!

St Mary's Church, Redgrave

Sunday May 21st 3.00pm

CELLO and VIOLIN

Recital by celebrated musicians Orlando Jopling (making a return visit to Redgrave with his cello), and Susie Chen, violinist, making her debut appearance at Redgrave.

More details next month.

For information: 01379 898726

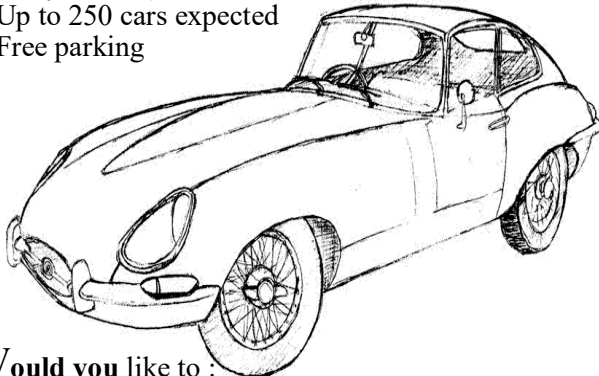
PLEASE PUT THIS DATE IN YOUR DIARY

Car & Craft Fair 2023

Sunday May 21st 10:00am

Rickingham Village Hall

- Craft fair, Stalls and Refreshments
- Entry £2.50 (free for under 12s)
- Up to 250 cars expected
- Free parking



Would you like to :

- ♦ sell your craft wares?
- ♦ display your classic car?
- ♦ volunteer to help on the day?

If so, please contact Geoff Short on 01379 897164.

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St Botolph's Bowls Club

Spring/Summer 2023 Season

The Bowls Club will be opening for the new season in mid-April for members, beginners and new members.

Fun Friday Evenings will start on Friday 21st April at 6.30 pm. Bowls is a sport for all, whatever age, so why not come along and have a go. You will be assured of a warm welcome from members and a coach to assist you.

The bowls green is located in Fen Lane, Rickingham, IP22 1DP (opposite the Greyhound Pub).

Contact 01379 897251 for more information.

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Is your Club/Organisation/Regular Event here?!

This is the **What's On Summary**, a list of regular/repeating village events that is referred to in the **Local Services Directory** in the middle pages of this magazine.

We haven't published this for a while, and are sure there are updates to be made, so ask you to take a look and send your request for changes to eventsatbrparishmag@gmail.com.

Please take look and let us know of errors and/or omissions.

Organiser / Event Name	When?				Location
	Day	From	To		
Angles Way Filling Station	2nd	Friday	7:30pm	-	Garboldisham Village Hall
Botesdale & Rickinghall Runners	Every	Thursday	7:00pm	-	Rickinghall Village Hall
Botesdale After School Club	Monday - Thursday during term 3:25pm - 6:00pm				
Botesdale Breakfast Club	Monday - Thursday during term from 7:45am or earlier if required				
Botesdale Methodist Church Friendship Group	1st	Tuesday	2:30pm	4:00pm	Botesdale Methodist Church
Botesdale Parish Council	1st	Monday	7:00pm	-	Botesdale Village Hall
Brownies (<i>term-time only</i>)	Every	Tuesday	5:30pm	7:00pm	St Botolph's School
Chapel of Ease, Botesdale open	Every	Wednesday	9:30am	3:30pm	-
Coffee down the Lane	4th	Tuesday	10:00am	12:00pm	Botesdale Methodist Church
Coffee on a Sunday	See the Parish Magazine				Parkview Chapel
Coffee on the Corner	2nd	Tuesday	9:00am	12:00pm	Parkview Chapel
Dance Classes	Every	Friday	8:00pm	-	Botesdale Village Hall
Day Centre	Every	Wednesday	10:00am	-	Rickinghall Village Hall
Family Breakfast Church (<i>excluding holidays</i>)	4th	Sunday	9:30am	10:30am	Botesdale Village Hall
Heritage Circle	4th	Wednesday	7:30pm	-	Rickinghall Village Hall
Mobile Library	See the Redgrave Parish Council page in the Parish Magazine				
Mobile Post Office	Every	Friday	2:45pm	3:45pm	Parkview Chapel Car Park
Pilates (<i>term-time only</i>)	Every	Tuesday	11:15am	12:15pm	Rickinghall Village Hall
Places of Worship	See Parish Magazine inner/outer back cover for denominations' activities				
Positive Steps	Every	Friday	10:00am	11:00am	Parkview Chapel
RABBATS (<i>term-time only</i>)	Every	Thursday	9:30am	11:30am	Rickinghall Village Hall
Redgrave & District Ladies Club (<i>Feb, Apr, Jun, Aug, Oct, Dec</i>)	2nd	Tuesday	7:30pm	-	All Saints Church, Redgrave
Redgrave Parish Council	1st	Wednesday	7:30pm	-	Redgrave Activities Centre
Rickinghall Country Mkt (<i>+Autojumble & Car Boot sale Apr-Sep</i>)	2nd	Saturday	9:00am	12:30pm	Rickinghall Village Hall
Rickinghall Parish Council	1st	Thursday	7:00pm	-	Rickinghall Village Hall
Rickinghall Women's Institute	2nd	Thursday	7:30pm	-	Rickinghall Village Hall
Slimming World	Every	Monday	5:30pm	-	Rickinghall Village Hall
St Mary's Church open	Every	Saturday	9:30am	3:30pm	St Mary's Rickinghall Inferior
St Mary's Church open <i>Apr-Oct inclusive</i>	1st	Saturday	10:00am	-	Redgrave St Mary's
St Nicholas Hospice Drop-in	1st	Thursday	10:30am	-	Botesdale Health Centre
Suffolk Wildlife Trust/Redgrave & Lopham Fen	Events for children/adults; www.suffolkwildlifetrust.org/redgrave/01473 890089				
The Cross Keys Redgrave (community-owned pub)	See www.crosskeysredgrave.co.uk and the Parish Magazine				
U3A Writers' Group	1st	Friday	10:30am	12:30pm	21 Farnish House
Whist Drive (<i>October to April</i>)	1st	Friday	7:30pm	-	St Botolph's & District Bowls Club
Yoga and Relaxation (<i>term-time only</i>)	Every	Tuesday	7:00pm	8:30pm	Botesdale Village Hall
Yoga (Gentle)	Every	Thursday	6:00pm	-	Rickinghall Village Hall

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Our February meeting was a mixture of discussions on several activities and a talk by Lewis Turner from Lakenheath entitled *Anything Bee Related*.

Lewis was dressed in his bee keeping kit and it soon became apparent that Lewis is a huge, very knowledgeable bee fan. His presentation showed some extraordinary slides of the different types of bees, from the queen bees to the worker bees to the male bees (the drones).

Lewis is also a West Suffolk trainer for beekeepers and owns 9 hives himself. He gave us many details on the lifespan of the bees, including that bees live between 3-6 weeks in summer, but up to 6 months in winter. Their sense of smell is 50 times better than a dog, helping them to seek out pollen and nectar. They can travel up to 5 miles per day in search of food.

Bees start to fly in March attracted to the snowdrops, and crocuses, in April to dandelions and bluebells and later in the summer to numerous scented bushes. In April the queen bees start to lay lava which take up to 21 days to hatch. Queen bees can live for up to 5 years whereas the drones, who have no sting and do not work, mate and then die.

Beekeeping is a complex business, making sure the bees are fed during the winter months, protecting them from disease and other insects and we soon realised you have to be like Lewis – totally committed to be a successful beekeeper.

Lewis gave us so many facts and figures, far too many to list here, but it is incredible how long it takes a bee to produce a small amount of honey. There is a famous quotation – “To the bee a flower is a fountain of life and to the flower the bee is a messenger of love.”

A really interesting talk leaving us all inspired to preserve wild flowers and scented bushes to ensure the future of honey production.

Rosemary Setterfield – President

A FREE TO ATTEND WORKSHOP

SUPPORTING SELF-MANAGEMENT OF CONSTANT PAIN

FOR PEOPLE WHO FIND THEMSELVES LIVING WITH

LONG-TERM HEALTH CONDITIONS.

Living with pain or a long-term health condition can be understandably challenging and is why some Patients may wish to learn extra skills called self-management.

The Botesdale Health Centre PPG have organised a Workshop for people living with pain and long-term health conditions focusing on supported self-management.

The Workshop will be delivered as a morning or afternoon session in a relaxed and friendly environment and will incorporate time for questions and discussion. Tea, coffee, and cold drinks will be available.

Pete Moore, an internationally recognised Health Coach for supported self-management, an expert Patient tutor and author of the “Pain Toolkit”, has kindly agreed to facilitate each of the Workshops. Pete has undertaken numerous such Workshops across the NHS for both Clinicians and Patients. For more about Pete Moore and the Pain Toolkit see <https://www.paintoolkit.org/>.

Date:	SATURDAY 22 APRIL 2023
Time:	Morning workshop from 9.30am to 11.am or Afternoon workshop from 11.30am to 1.00pm
Venue:	Rickinghall Village Hall, Hinderclay Road, IP221HD


Delegates: Maximum of 12 participants living with persistent pain and long-term health conditions in each workshop. To avoid disappointment, earliest booking is strongly recommended. Please hurry to reserve your place on the Workshop

Reservations: To reserve a place on a workshop (morning or afternoon) please contact botesdaleppg@gmail.com or Janet Russell on 07787148947

The Workshop is funded by Botesdale PPG and the Friends of Botesdale Health Centre

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Why not come with a friend?

***We are also very keen to hear from anyone who
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**Botesdale Patient Participation Group in
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If you would like more information, please contact
Botesdaleppg@gmail.com or 07787148947.

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

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Botesdale Parish Council

Leeann Jackson-Eve



Report from the February 2023 Botesdale PC Meeting

Public Forum: A resident of Bury Road spoke about the effect of construction traffic at the Bennett Homes site on Bury Road, in addition to the dust, dirt and noise emanating from the site. Last month the PC concluded that Bennett Homes was failing to adequately manage the site and this was having a significant effect on nearby residents' quality of life. The PC had written to the District Council Enforcement Team supporting District Cllr Jessica Fleming's proposal to halt work on site so that the Construction Method Statement and Deliveries Management Plan could be amended and brought up to an adequate standard. Since then, MSDC has visited the site and found no breaches of the planning permission conditions. However, evidence of residents' concerns has since been collected to inform the investigation. The PC also agreed that contacting Bennett Homes directly might facilitate the process.

Steps to FP15 Bridewell Lane: The PC has agreed work to the road surface beneath the steps in Bridewell Lane to improve their safety. This will hopefully be completed by spring.

Parking on Back Hills: Following on from discussions at the January meeting, the PC had received a reply from the Health Centre confirming that they were unable to change the layout out of the car park without losing spaces. However, they would consider work to planting at the entrance to improve visibility and some additional signage. County Council Highways had also responded to suggest that double yellow lines at the entrance of The Fairstead might improve parking at that junction. However, the PC still feels that they are not the answer as they would simply displace the problem. There has been no reply yet from the school.

Extension of 30mph on Hall Lane (B1113): The PC has enquired again about the possibility of extending the 30mph zone beyond Back Hills following the installation of the access to the new development at Back Hills. The 30mph signs are currently just south of the new access. The County Council Highways has given us a positive response and we are looking at how this can be achieved. It would require a Traffic Restriction Order which would cost around £8,000. Watch this space!

Parish Infrastructure Investment Plan: The PC carried out a review of the PIIP in November and subsequently wrote to local organisations to ask about their plans for future projects, with the possibility of support from Community Infrastructure Levy funds. Two organisations submitted enquiries – the Rickingham Day Centre and St Botolphs School. Rickingham PC has decided to fund up to 18 new chairs for the Day Centre and the two PCs together will be giving further consideration to funding for new boilers at the School.

Recreation Ground: By the time the magazine comes out, the

Recreation Ground should mostly be completed, bar tidying up and finishing touches. We will be announcing the opening day soon! In the meantime, we have a fantastic opportunity for you to add your dedication to the Recreation Ground. It can be a person remembered, an anniversary, birthday wishes, a poem, a lovely thought or a romantic valentine. Our bespoke leaf plaques are a special way to say something to the people you love or to hold a happy memory. See further on in the magazine for how to order this wonderful memento which will be displayed in the Recreation Ground.

**Please note Botesdale PC's
new email address:
clerk@botesdale-pc.gov.uk**

VILLAGE LITTER PICK Saturday, 25th March 2023

Bring the whole family and meet at either village hall car park at 10am.

Organised by Rickingham and Botesdale
Parish Councils

THE NEXT BOTESDALE PARISH COUNCIL MEETING WILL TAKE PLACE ON

MONDAY 6th MARCH

at 7.00 pm

at Botesdale Village Hall

**All residents welcome
www.botesdale.suffolk.gov.uk**

PARISH of BOTESDALE ANNUAL PARISH MEETING

**6.30pm ~ Monday, 3rd April 2023
Botesdale Village Hall**

Everyone is invited to attend.
Please email local organisation reports to the Clerk by
24th March.

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

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Redgrave Parish Council



Parish Council Report – February 2023

By Alison Spouncer, Parish Clerk

February 2023's meeting saw a full complement of Councillors present, County Councillor and District Councillor Fleming, and one member of the public.

Tribute to Joyce Orves

The Parish Council wished to pay tribute to Joyce Orves who passed away peacefully at the end of 2022. Her life in Redgrave was remembered along with the vast number of activities she was involved in, those being, among others: Chair of the Parish Council from 1994-2008, her involvement in the instigation of Redgrave Amenities Trust, the 'green hut' and the playing field alongside many clubs she ran including needlecraft, luncheon and the annual cyclecross event. She was known to many in the village.

Public Forum

A resident who kindly maintains the Vehicle Activated Signs (VAS) signs on the B1113 at both ends of the village, reported one as out of action due to a part needing to be replaced. A payment to the cost of £118.00 for a replacement part was requested of the Council and approved with thanks to the resident for his ongoing help and maintenance of the signs.

County and District Councillor's Report

Jessica Fleming attended the meeting to provide highlights of her report. She wished to start by congratulating all those involved in the new play area that she was happy to be at on Monday. Council Leader Matthew Hicks is 'minded to' agree with the Government's 'County Deal' which would lead to provisional devolution of powers and funding, providing new money for sustainable building, regeneration of brown field land with an aim to stimulate the local economy. It could also result in a directly elected County leader. Public consultations will be planned prior to a Council decision.

Suffolk Fire and Rescue Service has recently been awarded a 'Good' outcome from an independent inspection. There is a proposed spend of £5.3m towards the purchase of 20 new engines (9 being ready for use by the end of 2023). Decommissioned engines are being sent to Ukraine and other needed causes.

Your Clerk is: Alison Spouncer

Tel: 01379 890613

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

"When the Sea Came In" – Suffolk Archives/The Hold are commemorating the event of 70 years ago which claimed 2,500 people in Europe. It will be held at The Hold, Ipswich Waterfront.

(The Council are looking into being able to show it in the village)

Fostering and adoption – there is still a great need for fosterers with links on the SCC website for more information. The need has increased with Unaccompanied Asylum-Seeking Children (UASC) also.

Council tax has been frozen for this year by Mid Suffolk.

Solar Farm Appeal – there has been an appeal mounted against the refusal of the Rickinghall Solar Development. Chair informed the Council of a Redgrave landowner looking into the option of a solar farm within the Redgrave boundary.

The status of the Essex to Norfolk Pylon plan appears to be going ahead with the 2030 climate pledge target dictating the speed at which the project is moving.

Cllr Fleming confirmed she will be standing down as District Councillor but will continue to visit the Council as County Councillor.

Planning

The one notification of application (DC/22/05936) Land south of Oak House, The Green, Redgrave has been 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/>

Continued on Pg 21

Redgrave Parish Council has set up an email information service with updates on Redgrave activities and information on country-wide initiatives to support Suffolk residents. If you would like to receive these updates by email please contact clerk@redgrave-pc.gov.uk

THE NEXT PARISH COUNCIL MEETING WILL TAKE PLACE ON

THURSDAY 2nd MARCH 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.

Full minutes can be found on the website (Parish Council >> Redgrave Village (onesuffolk.net)) and the village noticeboard opposite the shop.

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 1st March and
Wednesday 29th March, 2023**

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

Redgrave Parish Council Report – February 2023

Continued from Page 20

Ongoing Items:

Redgrave PC Bulletin Emails: Proving popular for those who have signed up, if anyone would like to be included, please email clerk@redgrave-pc.gov.uk

Land Behind Churchway: Councillor Warnes updated the Council on the current position. It was agreed to investigate other options with discussions with respective landowners.

Community Self-Help Scheme: Three members of the Parish Council are to sign up for training but if there were any others who may be interested to attend the training/help with some of the maintenance activities they would be very welcome. Please do get in touch with the Clerk.

Old School Playing Field: A pleasant afternoon was enjoyed at the opening of the new Play Area on 30th January. Cllr Jessica Fleming opened the facility with many enthusiastic and excited little testers on hand to provide feedback. Going by the big smiles, the equipment has met the expectations of the children who were having great fun. It was a great turnout with refreshments on hand. It is hoped there will also be activities for the children with involvement of the Green Redgrave Group with the surrounding area being a place for people of all ages to enjoy with benches available and newly planted tree areas.

The King's Coronation 7th May 2023: Plans are underway under the steerage of Cllr Brown for a village celebration to mark the King's Coronation. Further details will be available.

Thank you to those who have already volunteered to help in the preparation or on the day. If anyone else would be interested to join in for however much or little, please do get in touch with elainebrown88@gmail.com or the Clerk.

Annual Parish Meeting: The Annual Parish Meeting will be held in April. This is an opportunity for anyone to attend the meeting to discuss their club, organisation, or local business. Further details to follow but the Council will be requesting reports from the clubs within the village.

Litter:

An increase of tissues left on footpaths around the village has been noticed by regular walkers. It is requested that these and other refuse is disposed of responsibly and taken home.

Meeting Dates: (All Saints Church will be the venue for the dates below):

Thursday 2 Mar 23 at 7pm

Thursday 6 Apr 23 at 7pm (TBC) Annual Parish Council Meeting

Thursday 20 Apr 23 at 6pm Redgrave for All (to include the Annual Parish Meeting). Clubs and local businesses will be invited along to present with all residents welcome, as for every meeting.

Thursday 4 May (Local Elections)

Future venues will be confirmed in April 2023.

If anyone is unable/does not want to attend but wishes to put a question to the Council, they would be very welcome to do so via the Parish Council email address.

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Church Road, Redgrave IP22 1RJ

RACE NIGHT SATURDAY 18TH MARCH

Hinderclay Village Hall are having a Race Night on Saturday 18th March!

All are welcome. Doors open 7pm with first race at 7.45pm. £3.00 entrance with free nibbles all night and bar open with reasonably priced drinks.

Please contact Patrick Aves on **01379 898512** to obtain your tickets.

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

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

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

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



Rickinghall Parish Council



Parish Council Report February 2023 by Cllr Geoff Short.

Our February meeting was attended by all our councillors, with the exception of Cllr Rhodes who gave apologies.

County Councillor Jessica Fleming told us that Suffolk is looking into an agreement for devolution of powers and funding, as are neighbouring Norfolk and Essex, but there are many questions to be answered first. There will be a public consultation in early summer. Suffolk Fire and Rescue received a 'Good' inspection rating, and the 2023/2024 budget allows for the replacement of 20 new fire engines.

Mid Suffolk is proposing to budget for a tax freeze for residents, unusual in these inflationary times. Locally, Mid Suffolk has received notification of an appeal against the refusal of the Rickinghall solar development.

We had just two planning applications to consider. The first was an extension to a listed cottage that we had no problem with, other than we felt the exterior finish should be weatherboarding instead of tongue and groove to comply more accurately with the locality. The second was a rear extension in The Street where there was no objection. Planning applications approved by MSDC recently were the Reserved Matters for the 41 dwellings to be built in Garden House Lane, and also two houses to be built behind Lion House in The Street. We were concerned about the access and exit from this location, but it has been approved.

The new speed indicator device has been installed in Bury Road, and a resident had already noticed that it seems to be having an effect. However, another resident was very unhappy with the size and location - it is certainly larger than the old one - and we agreed to re-site it a little further along.

The litter pick has been set for 25 March, so if you would like to assist just turn up at the Village Hall at 10.00 and the picker and bag plus a high viz jacket will be provided.

One of our roles is to maintain the fixtures and fittings around the village owned by the council, and we agreed the cost of refurbishing the play equipment and two benches at Northfield Wood. The play equipment was recently inspected, and it was

deemed necessary to replace some fittings.

We have been joined for the last two meetings by a resident who would like to join us - Ian Patterson will be welcomed on to the Parish Council at the next meeting. We still have vacancies if you would like to join, and we would encourage you to come along to a couple of meetings to see what it entails.

**Please note Rickinghall PC's
new email address:
clerk@rickinghall-pc.gov.uk**

VILLAGE LITTER PICK Saturday, 25th March 2023

Bring the whole family and meet at either village hall car park at 10am.

Organised by Rickinghall and Botesdale Parish Councils

PARISH of RICKINGHALL ANNUAL PARISH MEETING

**7.30pm ~ Thursday, 6th April 2023
Rickinghall Village Hall**

Everyone is invited to attend.
Please email local organisation reports to the Clerk
by 24 March.

RICKINGHALL PARISH COUNCIL'S NEXT MEETING IS ON THURSDAY 2nd MARCH

at 7.30 pm

AT RICKINGHALL VILLAGE HALL

**All residents are very welcome
www.rickinghall.onesuffolk.net**

Your Clerk is :

**Mrs Leeann Jackson-Eve
Wayside Cottage, Cherry Tree Lane
Botesdale, Diss, Norfolk, IP22 1DL
Tel : 01379 890 141
Email : clerk@rickinghall-pc.gov.uk**

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

Village News

OIL SYNDICATE



The next Oil Syndicate Order will be the Summer one at the end of July. The last date for orders will be Saturday 22 July. Delivery should follow within a fortnight. For orders, as always, e-mail is preferred: botesdaleoil@gmail.com,

If not available call me on: 01379 890952. Leave a message if nobody answers.

I will return all messages within 48 hours, if I haven't done so try again or use a different method.

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

I have been informed that the £200 grant for non-gas-using households will be distributed via a credit to each property owner's Direct Debit Bank account of record. Their electricity supplier will handle this in the same way as the electricity grants. Everybody who uses oil instead of gas should have received a notice of this. For those without e-mail, it will be interesting to see what happens.

David Sloan

THANKYOU:

The RAHOF (Rickinghall Area Hospice Fundraisers) Committee thank sincerely all who supported their "Christmas Evening" on 9th December in All Saints Church, Redgrave, when an appreciative audience enjoyed an evening of seasonal entertainment with non-alcoholic punch and mince pies. The event raised £620 for St Nicholas Hospice Care, Bury St Edmunds, which is hugely appreciated by both our committee and the Hospice. Put Friday 8th December in your diary for this year's Christmas Evening!

RAHOF (Rickinghall Area Hospice Fundraisers)

WHY NOT JOIN US? RAHOF needs your help: We are a happy committee working together in a friendly atmosphere, enjoying support from these villages at all our events. With a (slightly) less active committee now due to energy levels and family commitments, we would like to welcome new members to our committee. It would be a pity for RAHOF to fade from our local scene when the right person/people might be "out there". We would particularly welcome anyone who would envisage taking on the role of Chair in the future. This is not an onerous role; neither is that of committee member; there is no pressure, committee meetings are as few a year as possible. Posts such as Secretary and Treasurer are already in place for this year. Our current founder and Chair - yours truly - sees the self-evident need for a younger lead with fresh ideas, also new committee faces. Could you be that person? (If you are interested in joining our ranks, please contact June on 01379 898827).

RAHOF has been supporting our local catchment area Hospice, St Nicholas Hospice Care in Bury St Edmunds, for over 35 years, aiming at raising funds and friends plus spreading awareness of the excellent services offered by "St Nick's". Over that time, our committee - under various Chairmanships - has raised hundreds of thousands of pounds for the Hospice. Its regular programmes have established several popular events in the local calendar, including an annual autumn Quiz, usually a sell-out, and the recently introduced Open Garden Day with guest Steam Engine! About the Hospice: since it began in 1983, "St Nick's" outgrew its first home in Turret Close, Bury St Edmunds, moving in 1993 to its present, custom-built hospice premises adjacent to the West Suffolk Hospital. Today, the Hospice continues its good work despite the recent challenges of Lockdown; therefore is in need of as much support as possible from the area it serves in this, its 40th anniversary year.

June Shepherd, Chair, RAHOF



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.

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Please telephone Gordon on 01379 897 109 (24/7 ansaphone).

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East Anglian Traditional Music Trust

Have you ever wondered about what went on in East Anglia before the delights of the screen captured us? East Anglian Traditional Music Trust (a charity) hold some keys to the past in our area. On Sunday 2nd of April between 2 and 4 pm in the Yaxley Village Hall, Old Ipswich Road, Yaxley IP23 8BX, we invite you to join us for 2 hours of entertainment. Entry to the event is free. We will show you how to work jig dolls, you can watch Suffolk/Norfolk step dancers, and an energetic broom dance, hear tales told in dialect, listen to or join in with our talented musicians and singers.

We look forward to seeing you at our event and hope that it whets your appetites to learn more about East Anglian Traditions and Music.

EATMT, info@eatmt.org.uk 07495 054669
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one !*

Coffee morning:
Saturday March 11th, 11am to 1pm at
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Janie Whitehead 01359 290326

Needham Market Community Council's 47th Art Exhibition and Sale

[Sponsored by www.anythingsuffolk.co.uk](http://www.anythingsuffolk.co.uk)

This easter weekend sees the 47th time the Art Exhibition has been held here in Needham Market.

The event begins with a Cheese and Wine Buffet evening on Thursday 6th April, Tickets for this evening are available to purchase at £10.00 each (this includes 2 glasses of wine) from Lilac & Lilys High Street Needham Market, or Telephone 01449 720845 to order or email nmccartexhibition@btinternet.com
The exhibition is open from Friday 7th to Monday 10th April
10.00 am to 5.00p.m each day Entrance is £2.00 per adult Children FREE, refreshments are provided each day by the W.I so you are assured of home baked cakes along with teas & coffee.

MAKE A NOTE OF THE DATES

Community Woodland

After a mild weekend we are in another sharp cold snap. But the spring bulbs are coming through.

In Northfield Wood, which is looking very good I have to say, there are snowdrops and aconites that have been planted by Anita and are doing well. Patrick has done a lot of strimming and also other volunteers are cutting back straggly shoots from the hedge and using them to fill in the gaps primarily to stop deer coming through and nibbling our tender saplings! In particular, the old gap at the end of the path is not now an exit or entrance as the old path beyond it is no longer for public use, so please do not use it. The notice has been moved away from the former entrance.

Much of the wood will now develop itself with seedlings from the trees already there, which is one of the objects of the exercise.

We hope that people are enjoying Miller's Orchard especially now while the playing field is being prepared. This is such a nice time of year for it and the white blossom is visible from the village.

The damp patch by the gate in Low Meadow has been dealt with, thanks to Anglian Water. David Appleton, tree warden for Wortham, has given us two black poplars, which he has grown from seed; not only that, but he came and planted them himself, with stakes, sleeves and ground mats (see photo). Black poplars are native to this part of England but have become rare – I am not sure why. There is a move now to plant some to restore the population.

Rosemary Jones,
Botesdale and Rickingham Community Woodland
11th January, 2023
01379 890238

[New volunteers welcome!](#)



Low meadow planting black poplar Jan 23



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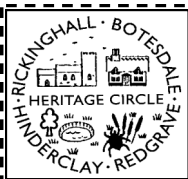
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Club News



The Real Basil Brown, Sarah Doig,

Sarah Doig gave a fascinating talk about the real Basil Brown to the January meeting of the Heritage Circle at Rickinghall Village Hall. It was based upon detailed research of the notebooks, diaries, letters and scrapbooks kept by Basil Brown, and the

reminiscences of people who knew him.

Basil's father moved from Burgate to work at Church Farm, Rickinghall. Basil was born there in 1888. He became a pupil at the Rickinghall National Infant School in 1893 aged five but there is little information about his early life or his time at school. It appears that he developed an interest in astronomy from books owned by his grandfather at a young age, and his love of archaeology came from digging in his garden and the surrounding countryside.

Basil probably left school at the age of 12 or 13 and is likely to have had a broader education than just the 3Rs but he also worked hard to improve himself. His papers contain a certificate in drawing awarded by evening classes at the school. In addition, there is a Harmondsworth Self-Education Diploma in geography, astronomy and geology gained in 1907. This was a magazine that offered education in a range of subjects. It may have helped him to speak or understand Greek, Latin and Spanish. Similarly, he collected in his scrapbooks a wide range of articles. His notebooks show that he was particularly interested in the Roman emperors.

Basil found some fame when he published a book on astronomy in 1932, however, his real passion was archaeology. In 1934 he discovered a Roman kiln at Calke Wood, Wattisfield, and then a second kiln at Garden House Lane, Rickinghall in 1936. He field walked his local area and investigated finds made by local people, especially during building work and ploughing.

In 1923 Basil married his wife, May. She supported his work and was very proud of him. She had a reputation for being a formidable woman but she was devoted to her husband. May supplemented their income by work as an insurance agent and a local journalist as Basil was never well paid. He worked hard as an odd-job man and labourer, before taking up the post of excavator for Ipswich Museum which he held from 1935 to 1961 but the museum regarded his employment as casual.

Basil was a prolific writer. Much of the evidence about him is derived from an archive of his notebooks, diaries and typed notes which range in length from 12 to 200 pages. His notebooks record his excavations in detail. Basil's papers indicate that he was upset by events after the dig at Sutton Hoo. He felt that he was side-lined and that accounts by others distorted the facts. However, he never made his feelings public. His contribution to the discoveries was only really recognised in the 1960s and the 1970s.

Basil is remembered fondly by people who knew him. He is described as a friendly, unassuming man who cycled slowly around Rickinghall and whose false teeth clattered as he spoke. He willingly gave his time to children and involved them in his digs around the area. They recognised that he had two ways of speaking. Basil could converse with experts but he also spoke to children in a way that they could understand. He collected vast quantities of pottery, bones and fossils which he stored in his house, Cambria, The Street, Rickinghall and in the sheds he built in his garden. He gave away many of his finds before his death in 1977, some went to museums or were lost.

The next meeting of the Heritage Circle will be on Wednesday 22 March at Rickinghall Village Hall when Janette Robinson will give a talk about inscriptions on tombstones. New members and visitors are welcome. Further information is available at www.heritagecircle.onesuffolk.net

Gerry Gurhy

Coffee On



The Corner

A beautiful warm spring-like day, even though we are in mid-February - how fabulous! Also fabulous was the number of visitors we had this morning. At one point I counted over 47 people in the room (aged from under 2 years old to over 80) and that was before the walkers' group returned to enjoy the last of the cake and refreshments!

For those of you who haven't come along to Coffee on the Corner before, we usually have some information on each of the tables, which may be of interest to our visitors. This month there was some information about the charity your kind donations will be sent to (more of that below!), an advert for the forthcoming WARTS pantomime, information about a local collection point for recycling good but outgrown children's clothes, as well as a card advertising the intention to run a **"Hope Explored"** course at Parkview Chapel before too long. So far a small number have expressed an interest in coming along, but we would like to hear from more folks. Hope Explored is a short three session series which shows that Christianity is about real hope: a joyful expectation for the future, based on true events in the past, which changes everything about our present. This course should prove a great introduction to Christianity and if you think you might be interested, either contact me, or Kevin Gladwell at the Chapel on 01379 898924. Once we have a reasonable number of interested people, we will organise the start date.

You may have noticed that the strapline on our signage at the front of the Chapel is "Church for the Community" and that is the reason why we run our events. We want to show God's love in these villages and believe that offering folks the chance to come into our building, feel welcome and enjoy some delicious refreshments is a great way to do so. However, we would also love to see more folks come along on a Sunday to discover what a knowledge of the Christian faith could do for them. Please don't hesitate to ask what goes on at other times in the Chapel.

Back to our charity this morning. All of you will have seen the tragic events unfolding in Turkey and Syria in the last 8 days and so all the monies you kindly donated will be sent to The Red Cross/Disasters Emergency Committee to support the rescue works going on in that part of the world. Your kindness never fails to amaze me and this morning's contributions came to a staggering £262.07 ... WOW! Once again, thank you so much.

We will be "doing it all again" on Tuesday 14th March and, whilst we have not made any decisions about the charity next month, the information about that will be on the posters when they come out about 7-10 days before the event ... so do look out for them!

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

Sue Allen

If you would like to know more about our coffee shop or any of the happenings at Parkview Chapel, do please call me on 01379 890423. Alternatively, try Kevin Gladwell, our Community Pastor on 01379 898924.

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Nyall's Notes LOHP Local News

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

We think we have an immigration problem but think of the situation on the gates of heaven with 54 million people dying every year and, once they find out where they are, they will be giving every excuse to be let in. I can imagine the conversations:

"Are you an asylum seeker or an economic migrant?"

"Where am I?"

"This is heaven."

"God is love so can I go in?"

"Yes, heaven is a place of love and peace, joy and happiness where there are no tears or crying. It is also a place that is perfect and clean where there is not a taint of wrongdoing either - in actions or words or thought. God is perfectly good and you need to be as good as God to get in here. Can you give me a good reason why I should let you into a perfect heaven?"

"Bloody hell, what a question at this time of the morning!"

Excuse the language but that is exactly the answer I heard given to such a question at one time.

Might I emphasize the point? You have to be as good as God to get into heaven.

You might think that that is ridiculous as no one will get in but let me explain. One of our troubles is that we don't like people who are good these days. A loveable rogue is much more acceptable than a righteous person. In fact, we tend to think of the word righteous as self-righteous. No one these days would call themselves righteous. With that in mind let us go back to my statement that you have to be as good as God to get into heaven.

Only one person has ever lived a perfect life and that was Jesus Christ. Now what Jesus does is to offer his perfection in exchange for my lack of it. That offer is received through faith as the Bible says, "Abraham believed God, and it was counted unto him for righteousness." If you are prepared to trust Jesus to credit you with his righteousness, that faith is counted as righteousness and the way into a heaven of love and joy and happiness is yours."

Now Jesus is God come in the flesh. John opens his gospel talking about Jesus and using a title for him: In the beginning was the word and the word was with God and the word was God. The word became flesh and dwelt amongst us. Jesus claimed to be God in many and various ways. That means that Jesus' righteousness is God's righteousness so if we are credited through faith with Jesus' righteousness we are regarded as good as God and can walk straight into heaven.

Christianity is not just believing God exists or that Jesus existed or even that he is there now, alive in heaven. It means believing that he is indeed God and that through faith in him you can have his/ God's righteousness and a free entrance into heaven. People will often say that he never claimed to be God so next time I'll show you that he did.

"Prophets bear witness to it - God's righteousness through faith in Jesus Christ for all who believe. For there is no distinction: for all have sinned and fall short of the glory of God."

Romans Ch 3 v. 22 & 23



Little Ouse
Headwaters
Project

Conservation & Community

*Oh such a commotion under the ground
When March called "Ho, there! Ho!"
Such spreading of rootlets far and wide,
Such whispering to and fro;
And "Are you ready?" the Snowdrop asked,
"Tis time to start, you know."*

(Anon).

Spring seems to be on its way thank goodness, though as I write there are reports of something called a 'Sudden Stratospheric Warming' (SSW), happening which caused 'The beast from the East' in 2018. Let's hope the forecasters are wrong!

Fieldfares, which have been in abundance this winter, will be heading north, while chiffchaffs and blackcaps will be arriving from the south. Garden birds will be singing and starting to pair off. Hedgehogs should be coming out of hibernation, so if you are a hedgehog feeder, now is a good time to put out food to give them a helping hand.

March is also the time when toads will be on the move. Water Rail might be heard on the wet Blo Norton sites, bumblebees will be emerging and if it's warm, you might be lucky enough to see a brimstone butterfly!

Pop your boots on, wrap up warm and see what you can spot on LOHP sites and further afield. Why not get involved with the **Freshwater Habitats Trust Spawn Survey 2023**, recording your frogspawn and amphibian sightings. For more information visit: <https://freshwaterhabitats.org.uk/the-brecks-spawn-survey-2023/>.

British Summer Time starts on the 26thHURRAH!

Work parties are every Wednesday and Thursday and the second Sunday of the month so why not come and lend a hand. Details at: www.lohp.org.uk

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Notes from the Green Redgrave Group

As Spring is in the air, we are now thinking of new life returning. The snowdrops and daffodils that we planted on the Knoll last year are poking their heads up, and will only improve their showings in future years. And we have great hopes that the trees planted around our new children's playground in the Old School Playing Field (OSPF) will thrive, helping to create a wildlife friendly garden around the play area. There was an air of expectation from the children at the formal opening of the playground on Monday 30th January; and many of the kids are already enjoying some of the things around the perimeter as much as the playground itself - climbing on the mound, finding worms, running around the fenced area, chasing each other etc - anything that gets them curious about nature is part of our intention for this area. And our plans now include helping to establish a series of events for children during their holidays; the idea is that these will largely be of an environmental or wildlife theme to encourage a love of nature in young minds. So, for example, we hope to get them involved in making fat balls for birds, insect counting, animal face painting, making bird boxes and much more.

We are also starting to think about excursions to see some of the great sights of nature in our area. The first of these will be to see the Snettisham Wader Spectacular on Wednesday 22nd or Thursday 23rd of February. This is one of the great sights of nature, compared by some observers with the great migrations of the animals in Africa, and all on our doorstep. And later in the year we hope that we can arrange a visit to Wild Ken Hill, that amazing centre of regenerative farming, rewilding and star of the BBC's Springwatch, Winterwatch and Autumnwatch programmes for the past couple of years. That should be exciting if we can pull it off.

Our environmental projects will continue. After the flurry of tree planting in December and January we have a short period of rest. We have a few trees to plant in the treeline along the hill between Redgrave and Botesdale. We are then expecting to receive a whole bunch of tree saplings from the Woodland Trust in March. More volunteers will be needed to help get these in the ground!

We have also decided to buy some additional bird habitats and a picnic bench to help make the Old School Playing Field and other parts of the village more wildlife friendly. We are buying these from the Street Forge Workshops in Thornham Magna. For those of you who are not aware of this admirable charity, it ensures personal development and progression for adults with physical, sensory or learning disabilities and/or mild mental health problems, and they make bird boxes and other things from wood of the highest quality at a very reasonable price. It is well worth a visit for those of you who have not been before; very uplifting! See <https://streetforgeworkshop.uk/> for more details.

We have just had the latest in our series of Green Redgrave talks. This was given by Helen Smith on our very own Fen

Raft Spider, the most famous resident of Redgrave (and Lopham Fen!). Helen, who has spent more than 30 years monitoring and studying Fen Raft Spiders and helping to fight their corner, talked passionately and extremely knowledgeably about the life of the spider; it was a wonderful talk. Our next talk will be on the topic of the Little Ouse Headwaters Project (LOHP) by Dr Rowena Langston on Tuesday 7th March 2023; Rowena is a founder member of the LOHP and has been one of the voluntary wardens of Hinderclay Fen since 1998. She has worked in the field of conservation science, as an ornithologist, for nearly 30 years. We plan to hold this in the All Saints Church in Redgrave but, again, watch out for updates nearer the date in case we need to change this.

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

PLEASE NOTE!

As a Cinnamon Trust volunteer myself, I'd like to add that it's essential to register with the Trust

IN ADVANCE

of anticipated need for help with the pet. It is not an emergency service. Sally Jarvis, resident of Botesdale.



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Exploring the Past

Jean Sheehan, 01379 890237

The Pursehouse Headmasters



William Pursehouse with his Class at Redgrave School

William Pursehouse became headmaster of Redgrave and Botesdale National School in 1893 but unfortunately died in 1906, leaving a young son, Eric, who later became headmaster of the same school, before eventually becoming headmaster of Diss Grammar School.

According to William's obituary in the Hartismere Deanery Magazine of January 1907 Mr Pursehouse was a very popular teacher. The obituary says "*A great sorrow has fallen upon our village, for a good schoolmaster is brought into a relationship with many homes. William Henry Pursehouse, son of a merchant in Staffordshire, came to Redgrave as master, and to the church as organist, in January in 1893, and from the day he entered the parish to the day he died, he conducted his life as husband, father, schoolmaster, organist, parish councillor and churchman with simplicity, intelligently, and love... fourteen years is now the limit of school age and as our late schoolmaster has been fourteen years amongst us, it may be said just lived to see the infants born in Redgrave and Botesdale the first year he came through their school curriculum... He is gone, and we shall see him no more, but the impress of his character, and of his life lived will be felt by many - young and old - for a length of time.*" (1)



The school had plans drawn up in 1873 to extend the school and the above post card of the school, sent in 1905, shows the space between the two buildings although this may have been completed by this date. This was probably

completed in the time William Pursehouse was headmaster.

A report written in January 1896, probably in the Deanery magazine, shows that there was a jubilee party held on December 28th to celebrate 50 years since the school was opened and a jubilee tea was held for ex-pupils aged over 21, followed by singing, dancing and speeches. The school was decorated with greenery and the names of George St. Vincent Wilson Esq, and Rev Thos and Barbara Wilson, the founders, and seven members of staff who had worked at the school since it opened, were displayed on the wall. This report also mentions that repairs had been made in the school to provide a new classroom during the holidays, and the stove had been moved to a more central location in the room. (2)

William Pursehouse received a good report from the school inspector. Village schools were dependent on grants, and good results in the tests helped to achieve this. The inspectors would recommend improvements needed to the school. The inspector's report for 1896, when the school was being run by William Pursehouse, recommended alterations to the infant's room to give more light and space. (1).

Eric Pursehouse was born in Redgrave in 1899. He was only aged 6 or 7 when his father, William, died and only 15 when the great war started. He served in R.N.V.R. on a mine sweeper, and then the R.A.F.. He was a flying cadet when the war ended. After the war he took an extra mural London B.Sc. and returned to East Anglia to teach at Redgrave and Botesdale School where his mother had also taught in the school where his father had been headmaster. Eric's brother and sister also became teachers.

In 1929 Eric became a geography master at Diss Grammar School and he was appointed headmaster there in 1952. Due to ill-health he retired in 1959. He was an Urban District Councillor at Diss and was chairman in 1948 and 1949. After retiring he later served on the council again and topped the polls in 1960 and 1963. He also served on several other committees and was a founder member of Diss Antiquarians, which has now amalgamated with Friends of Diss Museum. Eric was a member of Diss Church Choir and a founder member of the Diss Music and Arts Society. Eric loved teaching and learning. He went back to teaching part time after he retired. One of the things Eric will be remembered for most was the articles he wrote for the local newspapers on social history of Diss and District. He had a great love of researching into local history, and transcribing handwritten documents. He was intending to make the articles into a book when he died suddenly. Doreen Wallace, (Mrs Rash of Wortham Manor) gathered together the articles and made them into a book Waveney Valley Studies which was published by Diss Publishing Company, Mere Street, Diss. This book was so popular it was re-printed a few years ago. It is a wonderful insight into what was happening in local villages and gives lots of opportunities to research into village histories. One of his subjects was Botesdale Grammar School which was first published in September 1962. The Chapel of Ease had become a chantry chapel shortly before the reformation and as a result was closed as a chantry chapel in the reign of Edward VI. Although much more has been discovered about the chapel building since he wrote the article, it is surprising how much work went into the original hand written notes for his original article.

A Rural Education by Sarah Doig, Quatrefoil No 11. Hartismere Deanery Magazine (?) January 6th 1896.

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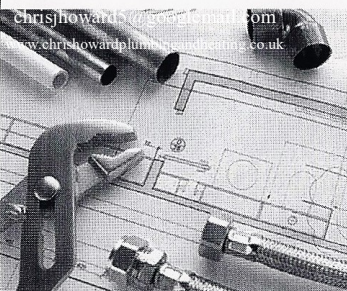
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Exploring the Past Again

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Woods in Rickingham

In the Anglo-Saxon and medieval periods there were several woods in our villages. Woods were important for people as the trees were a good resource. These woods were managed, the trees being coppiced every seven years or so in rotation for the new shoots to be harvested for various uses such as for faggots (1), for wattle which, with daub, made the walls in houses, hazel trees for nuts and hornbeam for its very good firewood. Some trees, such as oak, elm and ash, were allowed to grow so the mature wood could be used to provide timber for houses, or for such things as cart or bridge building. The bark of oaks was used for tanning. Oaks would also provide acorns to be fed to pigs.

People were often fined for cutting down trees in their woods without permission as they belonged to the lord of the manor and were valuable. As late as 1709 Thomas Craske was accused of cutting down 'great numbers' of oak, ash and elm trees growing on his land. (2)

In the 14th and 15th centuries there was a wood called 'Swynesfrith' in Rickingham Inferior. Underwood and faggots were often recorded as being sold from this wood. (3) It is an interesting name suggesting it was an open wooded area for swine. (Frith= scattered woodland, from the old English Frit - wood). It is thought that in the medieval period 10 acres of wood were needed to support about 20 pigs. These woods were often enclosed by a fence with a gate leading into it. A gate is often mentioned in the references to Swynesfrith.

Many field names indicate that they had once been woodland: names such as the Frith, Stubbing, Reding, Twaite (clearing in a wood), Hagh or Hawe (a kind of fence to keep animals in woodland which came to be used for fenced woods themselves).

The 1599 Map of Facons Hall shows two woods, the Great Wood and the Little Wood. A later undated map, probably from the early 19th century, shows the area of Little Wood as a field called Sallow meadow so it is possible that Little Wood was formerly a wood of willow trees. (Sallow = Willow)

There was another wood in the medieval period called Aylmeres Wood. In the 1591 extent of Rickingham it contained 5 acres and it is also mentioned in the 1608 Extent but there seems to be no mention of it after this. Unfortunately there is no indication as to where Aylmeres wood was situated. It was possibly part of Eltonshaghe wood.

This wood, called Eltonshawe or Eltonshaghe Wood, was often mentioned in the documents in the medieval period. Underwood and faggots were sold from it. A wood, which was probably this one, was mentioned in the 1086 Domesday survey as a wood for 68 pigs. In the 1437 Extent (4) Eltonshaghe Wood was a large wood in the demesne of the Abbot. There are many references to it both before and after this. It seems likely that it was the wood now called Westhall Wood as in the 1437 Extent it is named as being in 'Westrete' which is where Westhall Wood stands today. (4)

Today Westhall Wood is designated an SSSI (Site of Special Scientific Interest). The ditches running through the wood are thought to be medieval in origin. Unfortunately so far the acreage of the wood in the medieval period has not yet been discovered. In 1918 it was 82 acres and 32 perches and today it is 83 acres. The earliest reference to Westhall Wood itself is in the 1608 extent. (5)

Calke Wood lies along Calkewood Lane and is an ancient wood (which is a wood that has existed continuously since 1600 or just before). The first reference we have to it is in the 1543 extent which says 'John Trapette holds 3 acres of the wood called Calkewood at a rent of 12d p.a.'. In

the 1599 extent Thomas Wright, owned 'a wood called Calkwoode' which contained 25 acres. (5) In 1777 Richard Clerke was on the ratepayers list in the Churchwardens' account book paying £4 2s 8d in rates for Calke Wood. On the 1839 Tithe Map it was called Cork Wood. The acreage was then 23 acres 1 rood and 19 perches. Today the it is just over 24 acres.

As no reference to Calke Wood has been found in any documents earlier than the 16th century it is possible that it was deliberately planted as a wood in the late medieval period. There are groves of hornbeam and hazel within the wood many of which have evidence of coppicing indicating they were planted as a crop for specific uses, such as making hazel hurdles or for firewood. The ditches found in and surrounding the wood are thought to be medieval in origin. In the 1970s a bungalow was built on the edge of the wood by Stanley Mole. He made his living from constructing hurdles, gates etc. from the timber in the wood.



Hazel showing old coppicing



Hornbeam showing old coppicing

There are several Copses of trees dating from at least the 18th century which still survive today, for instance the one on the corner of the Hinderclay Road and Mill Lane in Rickingham.

Today, as so many woods have been cut down over the years, we are being encouraged to plant more trees and

woods for wildlife and to help the environment.

In the last 16 years Barwoods, (the Botesdale and Rickingham community woodlands group) have been managing three pieces of land for the community. **Miller's Orchard** is situated in Mill Road, Botesdale where, in the early 19th Century, a post mill was built. The mill was in operation until it was demolished in 1924. Old fruit trees still survive from what was once the garden surrounding it. **Northfield Wood** on Mill Lane, Rickingham has been planted with saplings over the past 12 years to create a small wood. **Low Meadow**, in Rickingham, is a small meadow which is planted with black poplars and willow trees along the stream that runs through it. As they are community land they can be visited at any time.

IRO=Ipswich Record Office(now Suffolk Archives, BL=British Library
(1) (bundles of sticks 3 feet (90 cm) in length and 2 feet (60) cm in circumference)

(2) IRO HD78/2671

(3)BL Add Roll 63526 1349/50 & Add Roll 63440 1330, IRO HA116/3/21/1/3 1464

(4)BL Add 14850

(5)IRO HA240/2508/1466

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RAISED BEDS - A GROWING TREND

I went down the route of raised beds several years ago mainly because the soil in my garden is poor and my best efforts at trying to improve it by digging in bulky quantities of manure and compost especially in the area devoted to vegetable growing seemed to have negligible results. On top of that, alleviating the back pain I was experiencing trying to keep my veggie plot in good order dictated I needed to find a more congenial alternative.

I became a convert to raised bed cultivation after seeing the outstanding results a gardening friend achieved by installing raised beds having switched from the traditional flat bed growing. After my first year with raised beds not only have the growing results been impressive despite last summer's excessive weather conditions, but also the many advantages of ease of access, planting, weeding and much less work to maintain than open soil.

Another big advantage of raised beds is they allow you to grow your vegetables almost anywhere and they are ideal for paved areas, sunny patios and especially gardens of newly-built houses where the soil is very substandard and often full of half buried builders rubble! You can build your own raised beds from self-assembly kits available online or at garden centres that can be put together in a very short time. Alternatively, you can create your own from inexpensive materials if you have basic DIY skills. You do need to be careful, however, because certain materials including some treated wood may be toxic to plants. It is best to check if you are not sure. You Tube features instructional information on how to build raised beds making the whole process relatively easy. The beds can be almost any length but ideally be no wider than around 1.2m (4ft) so that you can reach across them comfortably without standing on the soil.

I plumped for a depth of around 30cm (1ft) sufficient to let the roots of the veg plants grow freely. However, if you go deeper, the soil will hold more moisture cutting down on the watering frequency.

Another tip I found advantageous was the higher the sides of the beds, the less leaning over required when tending the crops – a big plus for my dodgy back or if you have limited mobility.

It is important to choose an open and sunny spot for your raised beds and making sure they can be easily reached from a water supply such as butts or a hose as you will have to water very regularly in the summer months.

Before filling the beds you will need to carry out ground preparation by removing all weeds and levelling the site, making sure you loosen the soil with a garden fork to aerate and improve drainage.

My beds are placed on paving, so I positioned a membrane with drainage holes to allow excess water to escape because plants will rot and die in waterlogged soil.

When it comes to filling the beds, avoid using your garden soil as it will certainly contain weed seeds and harbour soil-borne pests and diseases.

I have been experimenting with different fills and last summer used a peat-free multi purpose compost made from composted bark, coir and wood chips obtained from a local garden centre.

Whilst the crops flourished fairly well despite the weather they were not as prolific as I wished.

This year, I have supplemented the fill with a heavier soil based compost incorporating coarse sand, composted organic material and fertilizer which doesn't break down over time like multi purpose compost.

Most importantly, I will be strictly observing the gardeners' maxim "feed the soil and your plants will feed you"

Lawrence

Dubai Tower - Page 6

About one and a half project years have elapsed since I last described progress on the Tower.

Construction of the walls and intermediate floors, including the ground-floor slabs of the two storey basement structure, have been largely completed and are above HW level. The first contractor is getting ready to demobilise from the site, and the Joint Venture that has been appointed to build the superstructure of the Tower is busy establishing the offices, and equipment needed on site. Approval of the sub-contractors who would supply concrete etc. for the superstructure was an important activity.

Unexpectedly, my contract had been extended to include the construction supervision of the Tower itself. Accidentally, my appointment provided a link between the first and second contracts that I hoped would be beneficial.

After the dewatering pumps were switched off, and all the pipework and the settlement tanks removed, I decided to take a torch and walk down two levels to look at the uncluttered dusty lower basement slab for the first time before the JV commenced their first activity – the construction of the concrete slabs upon which the three climbing construction cranes would start their journey skywards.

The Architect (Tom Wills Wright) who designed the Tower, insisted that the walls and ceilings of all the rooms to be used for accommodation were to be free of the usual column and beam structures normally employed in hotel construction at that time for strength and economy. This gave the structural engineers quite a problem as the Tower was located in an Earthquake Zone and the designers had to omit the structure normally provided for longitudinal and lateral stiffness. The chosen solution for the longitudinal stability problem was a steel arch structure anchored at the top in the tower and at the base in a massive concrete structure at ground floor level. There were two such structures, one on each side. Laterally, the ends of the accommodation wings were braced by steel diagonal and horizontal beams at three levels..

My original contractor had a great deal of minor work left at ground level. Completing the armouring around the island for example, and building the breakwaters to protect the new marina were examples of outstanding works. The access bridge had been completed and it was now possible for vehicles to drive onto the island itself.

The rumour mill was still working overtime, and again the main question concerned the reason for building the Tower on an island offshore. The favoured solution was that it was offshore because there was to be a Casino in the Tower. That the building was inside the ten mile limit and therefore subject to Dubai prohibitions on gambling was ignored. The real reason was rather more prosaic. Built as originally conceived meant that the main beach and swimming pool of the adjacent Tourist Hotel would have been in shadow each afternoon. The Tower was moved offshore to prevent this problem.

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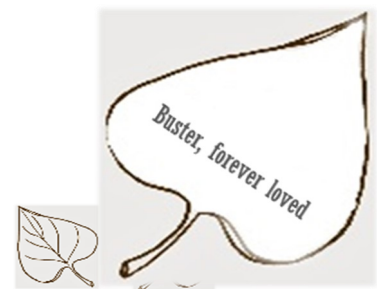
A donation of £75 will secure one 10.5 x 7.5cm leaf including up to a maximum of **50** characters/letters engraved.

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

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



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SCAM ALERTS

This month's rundown highlights scams doing the rounds and ways to avoid them.

GUARD YOUR CARD

Whilst fraud is increasingly committed online, card theft and its use involving retail fraud in shops continues to be a major problem. This usually involves the use of Pin pad cameras illegally concealed in cash machines (ATMs) or 'shoulder surfing' (spying on you while you enter your pin). Criminals use this information to clone cards and obtain unlawful cash withdrawals.

Always keep a close watch on your bank and credit card accounts. Most offer free balances and send payment texts/email alerts flagging up immediately any unusual or out of the ordinary transactions. Be very wary of loiterers around ATMs or machines that appear to have been altered in anyway. Use cash machines inside secure locations if possible as these are less likely to be tampered with.

DON'T UNWITTINGLY BECOME A MONEY MULE

Never allow someone to use your bank account in return for a fee. Criminal gangs are trying to recruit via emails, unsuspecting people to become 'money mules' to launder stolen money using legitimate bank accounts.

Reports have been received of young job seekers being targeted via social media posts and fake job advertisements offering quick and effortless earnings. Tactics include sending you money in 'error' that has to be returned to a different bank account or asking you to apply for a credit or bank debit card on behalf of someone else, or moving money sent to your account for which you can take a cut for the trouble.

People who unsuspectingly become money mules are often unaware they are committing a serious criminal offence which is punishable by a lengthy prison sentence.

COMPUTER TECH SUPPORT SCAM

Computer scams continue with criminals purporting to be the computer technical support teams claiming they have identified a 'serious software, problem' on your equipment that requires immediate attention to remedy further long term damage. First and foremost they are seeking access to your computer to steal your personal information and money. Secondly, they demand immediate payment to correct the so-called problem which of course is fictitious.

Always contact directly the maker/supplier of your computer using the numbers supplied with the original documentation to check the veracity of the alleged problem

BEWARE OF 'FREE' SUPERMARKET VOUCHERS

A 'rewards' company has been offering free vouchers from Asda, Tesco and other supermarkets on social media. Welcome as this might be in the present cost of living crisis, sadly they actually require you to sign up to play a series of games and involve taking out subscriptions. The hoops you are asked to jump through not only take up considerable time, but can also cost you money and inevitably involve you in handing over personal details and financial information. You rarely get anything in return. Avoid at all cost.

It is best to only apply for vouchers or enter competitions being offered directly by the retailer itself.

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SOME VILLAGE SHOPS



Bridewell House on the corner of Bridewell Lane was once a grocers. The building was sold in the 1940s for £200!



Cyril Kemp also ran a grocers shop in Hamblyn House.



The shop in The Street, now known as Faith's, was a butchers for many years.



Aldrich & Bryant (Grocers, Drapers and Wine Merchants) moved their store from Jessamine House, across the road to purpose-built premises in what is now Pavilion House.



The building which is now home to the Cut Above hair salon was a butchers for many years. After this it became an electrical shop.



A Shell petrol station was situated next to Aldrich & Bryant which by this time was a general store run by Mr Warner. The garage was demolished in the 1980s.

Photographs reproduced courtesy of Quatrefoil (all appear in their book "Portraits of Village Life"). The photo of Hamblyn House was provided by Colin Smith. The photo of the butcher's shop was provided by Terry Andrews.


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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

March		 PARKVIEW CHAPEL <small>CHURCH FOR THE COMMUNITY</small>
Sunday 5th	Service at 11.00am – Intercession	
Sunday 12th	Service at 11.00am – Unanswered Prayer	
Sunday 19th	Mothering Sunday 'Coffee On A Sunday' service at 11.00am	
Sunday 26th	Service at 11.00am – Contemplation	
Events	Coffee on the Corner at 9.00am	Tuesday 14 th
	Quiz Night with Fish 'n' Chips	Saturday 25 th
PARKVIEW Youth		
Junior Church		Sundays 11:00am - 12:00pm
Junior Friday Club		Fridays 6:00pm - 7:00pm
PYP		Sundays 7:00pm - 8:30pm
Senior Friday Club		Fridays 7:30pm - 9:30pm

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Services in March

5 th	Mr D Cartwright
12 th	Mrs J Mottram
19 th	Local Arrangement
26 th	Mrs S Hawes. Church Anniversary

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

Tuesday 7 th	Social Afternoon 2.30 to 4pm. Get together over a tea and biscuits
Tuesday 28 th	Coffee Down the Lane – our regular Coffee morning held on the 4 th Tuesday of the month – an opportunity for all to come in to chat and get to know others in our community. 10am to 12

Every service and activity is open to anyone – you do not have to 'belong' to this Church or any other.
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Parish of Redgrave cum Botesdale with the Rickinghalls March 2023 Services

Sunday 5th March, Lent 2

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

Community Worship with Holy Communion, 10.30am,
All Saints Church, Redgrave

Sunday 12th March, Lent 3

Holy Communion, 10.30am, St Mary's, Rickinghall

Sunday 19th March, Lent 4

Holy Communion, 10.30am, All Saints Church, Redgrave

Sunday 26th March, Lent 5

Family Breakfast Church, 9.30am, Botesdale Village Hall

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

Sunday 2nd April, Palm Sunday

BCP Holy Communion, 8.45am, St Botolph's Chapel of Ease,
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Community Worship with Holy Communion, 10.30am,
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