

PARISH MAGAZINE

Redgrave cum Botesdale with the Rickinghalls

May 2023



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

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

TESTIMONIES ARE TRUE

As Churchwarden at St Mary's Church, Rickingham, Kit Brinkley shares his faith in Jesus Christ to encourage others.

The truth of the reality of God is seen in each of these personal testimonies

They confirm that Christianity isn't a religion but a divine relationship with Jesus Christ, the most important decision anyone can make in this life.

On 7th January 1994 aged 21 years, Juliet took her own life; a beautiful, loving young woman, thereby breaking the hearts of her devastated family. I'd been speaking with her a week before she died discussing the Christian Alpha Courses where she would find answers to 'Questions Of Life'. In her farewell note she wrote that she felt inadequate; she was sorry, but not to worry. If only she'd joined me on that Alpha Course, because it changed my life forever.

In 1988 after a divorce, business failure, with the house sold and needing to re-build my life, I well recall crying out to God for help. I'd been going to church for many years, but it wasn't until I opened my heart to Jesus Christ that everything changed.

Within a week of that lowest point of despair just one phone call to a friend in London opened the door for a trial period of 3 months' work in the exhibition industry, a job that lasted 8 years, a new home, a wonderful re-marriage, an international franchise business, serving local churches and the Norwich Chapter of the Full Gospel Businessmen UK. And I'm still working!

1994 after my first Alpha Course I was at Earl's Court Tube Station longing to share John Stott's amazing book 'The Cross of Christ'. In the crowd I spotted a nun dressed in her black habit, so I asked her 'Have you read this book?' I'll never forget her sweet face and gentle reply:
"Pardon Monsieur, mais je suis française!"
God also has a real sense of humour.

In marked contrast in Riyadh at one of our franchise conferences I was asked by a senior Saudi businessman why he should trust my Company as consultants. After a pause I looked him in the eye and said that I had faith in my

God and that He was my judge.
For us that is sufficient, he said.

At an exhibition in Dubai, our speaker Murad Alnasur excused himself as his wife had been rushed to hospital. I suggested we pray for her. On his return he said that she'd been sent home early . . . Let's give thanks I said, and since then he always calls me his brother!

In 2000 Rev David Clayden at Thorndon Church urgently needed triple bypass heart surgery. Rather than wait we agreed to raise the money for the Papworth operation. £12,000 was the sum estimated. I watched in amazement as all the money came in. The full amount was paid on time – although the date for the operation had been brought forward by several months. Remarkably, not one extra penny was ever given. Heaven's tap had been turned off.

The Bible says a lot about money.
At St Mary's Yaxley the repair works needed £45,000 and we were weary with fund raising. Soon after praying we received a cheque for £6,000 from the estate of the late Thomas Felgate, whom no one had heard of. The lawyer's letter confirmed that we were also to receive 10% of the £450,000 legacy . . .

Malcolm Springall recently joined our regular Friday Zoom call lying in bed, hardly able to move.

I asked his wife to put her hand firmly on the pain in his back. Then, being told to get up we watched him touch his toes. He rang early the next morning saying he was cleaning his windows!

For the first time I offered to pray for my dear father at the end of his life telling him that on Alpha we should step out in faith to pray for the sick: reluctantly he agreed, and in tears I asked God to heal his stomach cancer. The next morning my mother rang to say that he'd had a good night and the pain had left him. I was by his side in the Hospice when he died after being given an extra six months of life.

*Referring to John Stott, he wrote a book about his life called 'Why I am a Christian'.
His answer is also mine 'Because it's True'.*



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



Section	Changes
Community Assets and Projects	Added : The Green Redgrave Group Contact: Andy Warnes; 07478 337331; awarnes@btinternet.com
Community Services (local) / Parish Councils	New Rickinghall Parish Councillor : Ian Patterson; 01379 898596

Message from the team

Spring is here and the flowers have been out for a while but some days they are getting battered by the unspring-like weather. This month we have grand occasion of the Coronation of King Charles III to look forward to. There are events and parties being organised and I hope the weather is kind to us.

As ever thanks to all advertisers and contributors

Charles Murray

Contacts

For all editorial content: editoratrbparishmag@gmail.com

For all commercial adverts: advertsatrbparishmag@gmail.com

To advertise events: eventsatrbparishmag@gmail.com

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

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

STUFFING MEETINGS

- **Jun issue Mon 15 May** Come and help stuff the magazine @ All Saint's, Redgrave - 3.15pm on **Fri 26 May**
- **July issue Mon 12 June** Come and help stuff the magazine @ All Saint's, Redgrave - 3.15pm on **Fri 23 June**
- **Aug/Sep issue Mon 10 July** Come and help stuff the magazine @ All Saint's, Redgrave - 3.15pm on **Fri 21 July**

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:



"A pessimist is one who makes difficulties out of his opportunities; an optimist is one who makes opportunities out of his difficulties." — Robert Mansell

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



SANTIAGO'S ART CAFÉ

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

Our opening Hours are as follows:

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

CONTACT US:

Chilvers, Market Place, Botesdale, IP22 1BT
Email santiagosartcafe@outlook.com or find us on facebook

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BEER FESTIVALS

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May 26 & 27
June 30 and July 1
July 28 & 29
August 25 & 26

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beyond

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contact@starwingbrewery.com
The Old Saw Mill, Hall Farm,
Church Road, Redgrave IP22 1RJ



THE CROSS KEYS

A Community Owned Free House

	Opening	Food Served
MON	Closed	Closed
TUES	4 - 9pm	Closed
WEDNESDAY	12 - 9pm	12 - 3pm
THURSDAY	12 - 9pm	12 - 3pm
FRIDAY	12 - 10pm	12 - 3pm & 6 - 9pm
SATURDAY	12 - 10pm	12 - 3pm
SUNDAY	12 - 9pm	12 - 4pm

Come and try our Sunday roasts, weekday lunches & Friday fish & chips. Please check social media for 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
Twitter @KeysRedgrave

THE ONE & ONLY FISH & CHIP TAKEAWAY

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Friday 12 noon - 1.30pm & 4.30pm - 8.30pm
Saturday 4.30pm - 8.30pm
Closed Sunday and Monday
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- The Marketplace, Botesdale, Diss IP22 1BS
Telephone 01379 898543
Order in advance for collection at
www.botesdaleonline.co.uk

FISH WITH A TWIST

What's on : May

King's Coronation Event in Redgrave



Sunday 7th May 2023
Community picnic on The Knoll
opening with bagpipes at 1.00 pm
(gathering on The Knoll from midday)

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

- ✓ Live music
- ✓ Bring a picnic or BBQ from the pub
- ✓ Crown making - prize for best crown made at the event
- ✓ Children's Kings and Queens fancy dress - imaginative interpretations encouraged, prize for every dressed up child
- ✓ Village Treasure Hunt - clues from the shop and pub from 28th April, final clue on event day
- ✓ Royal Dog for the Day - prize for best dressed Coronation Canine
- ✓ Bake a Cake - bring along a cake or fairy cakes for a community cake share and support local charities
- ✓ Games and activities for all the family

Event kindly sponsored by:



Councillor Jessica Fleming

Local donations

Rhinestone
REBEL MUSIC CLUB

LIVE COUNTRY MUSIC & DANCE



**CORONATION DAY
CONCERT & DANCE**
SAT 6th MAY 2023
CLIFF WESTON
DOORS 6:45PM • STARTS 7:30PM
TICKETS £7

RICKINGHALL VILLAGE HALL
Hinderclay Road, Rickingham, Diss IP22 1HD
FOR BOOKINGS & MORE INFORMATION PLEASE CALL
Tel 01473 912626 or 07591 099519
You are welcome to bring your own food & drink.

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

AUTOJUMBLE & CLASSIC CAR MEET

Rickingham Village Hall

Saturday 13 May. 9am—12.30 pm

Stall enquiries telephone
Dangerous Dave 07806 437 722

Keep up to date & visit rickinghallvh.com



Fundraising in aid of St Nicholas Hospice Care

Please support these events in aid of St Nicholas Hospice Care, Bury St Edmunds - our local Hospice
RAHOF (Rickingham Area Hospice Fundraisers)

Our first event this year is

Tuesday May 9th
"Coffee on the Corner"

held monthly at Park View Chapel,
Chapel Lane - this month very kindly in aid of RAHOF.

We warmly invite you to come along and enjoy chat, coffee, cakes, a Draw, books, bric-a-brac and hear a

Hospice Fundraiser talk

about the important work of St Nick's.

Motocross at Wattisfield Hall

Sunday 7th May - Solos 11.30am start
and on

Wed 5th July -
Evening Solos -
5.45pm start

October tbc - Solos
11.30am start

www.dissmcc.co.uk
or
Diss MCC Facebook



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Sunday 9:00am - 11:00am

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Email: www.redgravecommunityshop@gmail.com

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FRIDAY**

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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

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- on the S-bend on the B1113 towards Fanningham
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highwaysgos@aol.com
Megan: 07771 752228 Philip: 07887 668445
www.highwaysgos.wixsite.com/theultimatejointltd

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QUATREFOIL

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

books are available from:

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

full details of all books and
our events are available at:
www.quatrefoil.org.uk

What's On : May

theWI Rickinghall
INSPIRING WOMEN

All meetings at
Rickinghall Village
Hall

Thursday 11th May 7.30pm

Annual General Meeting

followed by a Celebration of the King's
Coronation, including a coronation-related
sharing buffet & coronation-themed quiz.

Any ladies who would like to come and join our
meetings will be assured a warm welcome.

Rosemary Setterfield - President



May 24th 7:30pm : Rickinghall Village Hall :
The Heritage Circle presents:

Graeme Simmonds:

History Beneath Your Feet:

Metal detecting, find and more

New members & guests welcome

Visit www.heritagecircle.onesuffolk.net

Angles Way Filling Station

Friday 12 May 2023

7.30pm

with Paul Harcourt



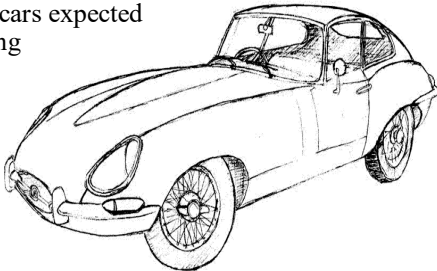
Garboldisham Village Hall IP22 2SE

Car & Craft Fair 2023

Sunday May 21st 10:00am

Rickinghall Village Hall

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



Contact Geoff Short on 01379 897164 if you'd like to :

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

Organised by the Jaguar Enthusiasts' Club

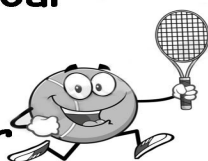
Tennis Court Hire

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per court**

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April to September

Subject to availability



Rickinghall Village Hall



Have a go at Bowling!

Make New Friends

Learn New Skills

Fun For all Ages

FUN FRIDAYS!

at 6.30pm from 21st Apr – 22nd Sept
at St Botolph's Bows Club

Fen Lane Rickinghall IP22 1DP
(Opp. Greyhound Pub)

Bowls Gear Available to use

Contact: 01379 897251

www.stbdbc.chessck.co.uk

Rickinghall Country Market

09.00 am - 12.30 pm @ Rickinghall Village Hall

Toys

Plants

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Jewellery

Willow products

John's
bacon buns

Eco Refills

Cakes & Bread

Jams & Pickles

Pasties & Quiches

Pork, Beef & Lamb

Saturday 13 May

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

Contact Karen Hails
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www.botesdaleandrickinghallpre-school.co.uk

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OFSTED Registration
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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

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Rickingham and Botesdale
Baby and Toddler Group

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

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Botesdale Baby and Toddler
Group

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07493 880577

(CRB checked. References
available, on request.)

IXWORTH SECONDARY MODERN SCHOOL REUNION 2023

To celebrate the 50th year that the school closed,
this reunion is for former pupils/teachers and staff,
from May 1957 to July 1973.

Saturday 24 June 11.00

Contact

Andrew Gough on 07585 552797 or
andrew.vera05@yahoo.co.uk

Jorn Cooper on 07079 320406 or jorncooper@live.com

Patricia Larman on 07890 058335 or PJL57@yahoo.co.uk



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joelifford@cadecreative.com



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info@cwdevelop.co.uk
www.cwdevelop.co.uk

What's On : May/June

Redgrave & Lopham Fen

May	Needle felted baby bunny workshop Saturday 6 May, 10am-2pm. £35, including materials
	Guided walk Saturday 13 May, 10.30am-12.30pm £5
	Weekend Wildlife Club Sat 13 May, 10.30am-12.30pm, £5. 'Underwater exploration'. Monthly club with wildlife-themed activities for 6-11 year olds
	Young Naturalists Sat 13 May, 8.30pm-10pm, £5. 'All about bats'. Monthly session for 11-16 year olds to explore, investigate and learn about the wildlife and habitats of the Fen
	Willow plant frame workshop Sat 20 May, 9.30am-1.00pm. £38 including willow
June	Holiday Club Wed 31 May, 9am-3.30pm. For unaccompanied 6-11 year olds. Wild play, games and activities. £25 each, inc a healthy, vegetarian lunch
	Guided walk Saturday 10 June, 10.30am-12.30pm £5
	Weekend Wildlife Club Saturday 10 June, 10.30am-12.15pm, £5. 'Cold blooded creatures'. Monthly club with wildlife-themed activities for 6-11 year olds
	Young Naturalists Saturday 10 June, 1.30pm-3.30pm, £5. Monthly session for 11-16 year olds to explore, investigate & learn about wildlife and habitats of the Fen
	Big Wild Weekend: Walk with the warden Saturday 17 June, 11am-1pm £5

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



The Arts Society Diss

We meet at the Corn Hall, Diss at 1.30 for 2pm. You can park at GAZES. All talks are the *third Tuesday of the month*, except Dec (2nd Tuesday).

16th May : Art after Windrush - Post-colonial Artists in Britain since 1948

20th June : Hitler's film-maker - Leni Riefenstahl

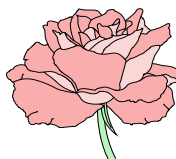
19th Sep : Cedric Morris - Painter and Plantsman. Irises and *Beyond*.

Guests are asked for a donation of £7. Membership for 10 lectures per year is under £50. Do come along! For more information, see artsocdiss.org.uk

Redgrave & District Ladies Club

Tuesday 13th June 2023

A Trip to Helmingham Hall Gardens



CINEMA
at EYE

Friday 26th May, 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



Thelnetham Windmill
will be open between
11am & 4pm on

Sunday 14th May
Monday 29th May
Sunday 25th June
Sunday 23rd July
Monday 28th August
Sunday 10th September
Sunday 8th October

For more details, see thelnethamwindmill.org.uk/

Rickinghall Ramblers Upcoming Walks

May : Friday 5th ; Monday 15th ; Friday 26th

June : Monday 5th ; Friday 16th ; Monday 26th

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

Just turn up and walk!

Botesdale Methodist Church
"Coffee down the Lane"
Tue 23rd May 10:00am-12:00pm



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

CUT ABOVE

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The Street Rickingham

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Reflections

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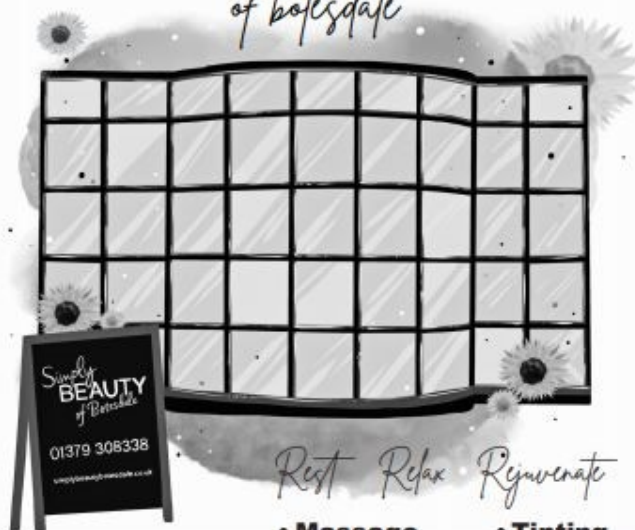
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What's On : May/June

AFTERNOON CONCERT!

St Mary's Church, Redgrave
Sunday May 21st 3.00pm

CELLO & VIOLIN

Orlando Jopling, cello
Sijie (Susie) Chen, violin

Orlando is making a welcome return visit to Redgrave, and Susie, on her debut performance visit to Redgrave, but not to the concert platform, will play music by Corelli, Gliere, Vaski, Villa-Lobos and Kodaly.

Both these international musicians look forward to playing for you in St Mary's Church, Redgrave, where RCHT is delighted to welcome them.

Bar available * Adequate car-parking

Tickets £15 from:

- Wortham Post Office
- Redgrave Shop
- Box offices 01379 898726; 01379 898827
- ticketsource.co.uk/redgrave-church-heritage-trust

For further information, call 01379 898726

ORLANDO JOPLING: Orlando was born in Amersham and is now a London-based cellist and conductor. He makes a welcome return visit to St Mary's Church, Redgrave, where he has given several cello recitals. Orlando has been playing the cello since he was a boy of 8, later reading music at Trinity College, Cambridge, and studying both cello and conducting with international teachers. He has founded two opera companies, conducted the English National Ballet, and has worked with many leading orchestras including The Royal Philharmonic Orchestra and the English Chamber Orchestra. He currently works as guest conductor at the Royal Opera House and the Royal Ballet in London. East Anglian audiences know his close connection with the celebrated Roman River Festival in Essex.

SIJIE CHEN: Chinese-born Sijie (Susie) moved to the U.K. at 5 years old. After studying in the UK, USA and Germany, she was a finalist in the *BBC Young Musician of the Year Competition*, before embarking on a successful career with modern and period violins. She is the co-leader of the London Mozart Players and tours with the Academy of St Martin in the Fields as well as appearing as co-leader and leader of many orchestras, playing at music festivals all over the world.

Organ Recital

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Jill Mitev-Will BA (hons) member of MBACP

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Email: aislinghousepractice@gmail.com

Weekly/Monthly Repeating Events


- The following lists *regular* events that occur *weekly* (eg every Thursday) or *monthly* (eg every 1st Tuesday)
- Many events will have breaks for eg school/bank holidays
- See the Parish Magazine for *occasional* or *one-off* event adverts
- The *Local Services Directory (LSD)* provides *contact details* for event organisers
- Let editor@trbrparishmag@gmail.com know of any changes - last reviewed : 9.3.23

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
Green Redgrave Group (<i>check for variations</i>)	1st	Tuesday	7:00pm	-	All Saints Church, Redgrave
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
Parkview Juniors (Reception - Year 6)	Every	Friday	6:00pm	7:00pm	Parkview Chapel
Youth Seniors (Years 7-11)	Every	Friday	7:30pm	9:30pm	Parkview Chapel
Clubs PYP (Years 7-13)	Every	Sunday	7:00pm	8:30pm	Parkview Chapel
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 (Feb, Apr, Jun, Aug, Oct, Dec)	2nd	Tuesday	7:30pm	-	All Saints Church, Redgrave
Redgrave Parish Council	1st	Thursday	7:00pm	-	All Saints Church, Redgrave
Rickinghall Farmers' Mkt (+Autojumble & Car Boot sale Apr-Sep)	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 Botolph's & Fun Bowls (<i>Mid April - End Sept</i>)	Every	Friday	6:30pm	-	St Botolph's & District Bowls Club
District Bowls Club Social evening (<i>Oct-Mar</i>)	Every	Friday	7:00pm	-	St Botolph's & District Bowls Club
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
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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BOTESDALE HEALTH CENTRE PATIENT PARTICIPATION GROUP (PPG)

WELLBEING WALKS

The PPG have run the Wellbeing Walks, for a full year now with the assistance of our great band of volunteers. Our weekly walkers (every Tuesday- 10-11 am Walk and refreshments after) are able to use Park View Chapel car parking facility as our walk starts and finishes there.

Our celebratory one year Anniversary Walk incorporated a walk around the new Botesdale Recreation Ground. Some walkers decided to try the Adult exercise equipment, others decided to enjoy more contemplative moments enjoying the flora and fauna surrounding them, expressing how lucky Botesdale is to now have such a facility catering for all age groups.



ART THERAPY GROUP

In mid-May the PPG are beginning an Art Therapy Group as a further Support Group for the Botesdale Health Centre. Patients wishing to attend will be referred by Sophie Gower, Social Prescriber at the Health Centre.

HELP DESK

The Help Desk resourced by trained volunteers on a once-a-week rotation continues to be a popular addition to the support services provided by the PPG for Patients at the Health Centre.

COVID BOOSTER CLINIC

We hope the Patient experience at the Covid Booster Clinic on Saturday 29 April was enhanced by the assistance given by the PPG Volunteer Group.

[illegible]

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

oo

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



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Jim Healey in HMS Rickinghall on the playing field in Rickinghall

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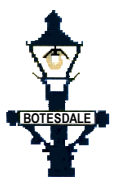
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Botesdale Parish Council

Leeann Jackson-Eve



Report from the April 2023 Botesdale PC Meeting

Public Forum: County Cllr Jessica Fleming reported that Milestone Infrastructure, part of M Group Services, has been awarded Suffolk's new highway projects and improvements, including maintaining roads, pavements and rights of way, drainage, hedge trimming, construction of new road schemes, snow-clearing and gritting. Street lighting is awarded separately.

School Travel and Admissions - The School Travel Policy can be found at www.suffolkonboard.com/schooltravel. The Passenger Transport Team should have notified parents by the end of March of their school travel funding. Any parents who may not have heard but think their child to be eligible should contact us on 0345 606 6173. For advice on admissions, admission appeals or SCC funded school travel please contact us on the following numbers: Angela Davey on 01473 260978, Jasmine Eastwood on 01473 260070, or Jan Scott on 01473 264657.

Planning: The PC considered one application for the erection of 4 houses on the Former Concrete Hardstanding, Chapel Lane. The issue of insufficient parking on Chapel Lane was discussed and it has been agreed to approach Bennett Homes to ask for a parking layby alongside the new houses. However, the PC acknowledged that this was not a material consideration and there could be no legal objection to the application.

Recreation Ground: The new Ground officially opened on 1st April as planned and it is clearly already very popular. The PC extends its official thanks to the members of the Recreation Ground Regeneration Sub Committee. We think that there is a lot of Recreation Ground for the money and we hope you agree. We will be asking for your feedback in the near future.

Urban Forestry of Bury St Edmunds carried out the installation and will be carrying out the maintenance of the site over the next 12 months. The PC has set up a new Sub Committee to oversee this and if you would like to be involved in this and/or any casual caretaking of the site, please get in touch. We already have a couple of volunteers who are up there regularly!

Parish Infrastructure Investment Plan (PIIP): The Parish Council is pleased to be able to support St Botolph's School with £11,840 from Parish Community Infrastructure Levy (CIL) Funds. This will go towards the installation of two new boilers. The PC currently holds £51,772.05 in CIL Funds and local organisations are welcome to apply for support for capital projects. However, priority is given to projects already identified within the PIIP (see on our website at <http://botesdale.onesuffolk.net/neighbourhood-plan/parish-infrastructure-investment-plan-piip/>).

Another PIIP application was agreed between meetings - from the Health Centre Patient Participation Group for £250 of supplies for an Art Therapy Group starting in May. It was agreed that as this is not infrastructure, it will be paid from the PC's regular grant funds.

Parking on Back Hills near The Fairstead: Further to previous discussions, the PC was disappointed to hear that Botesdale Health Centre was unable to add to text messages to patients requesting considerate parking near the Centre.

Parking on The Street opp Mill Road North: The PC has received complaints about parking too near this junction and will ask Suffolk County Council Highways to reassess the possibility of double-yellow lines at this site. If agreed, these will simply reinforce the Highway Code Restrictions.

We reported at the last meeting that we would be able to combine Traffic Regulation Orders (TRO) for double-yellow lines at The Fairstead and at the junction of Bridewell Lane and Chapel Lane, as well as the extension of the 30mph speed limit on B1113. Sadly, the PC has been told by SCC Highways that a TRO for double-yellow lines at these two sites and the potential site at Mill Road North will have to be carried out separately from a TRO for extension of the 30mph speed limit as they are different legal procedures. The PC has agreed the expenditure of around £7,000 for each TRO, which will come from CIL Funds.

Street Lighting: The PC is pleased to say that all but two of the 22 Parish-owned streetlights have now been updated to LED lamps. This has been a multi-year project and should see significant benefit for our electricity payments and for the environment.

Highways Issues: It was reported that there are an increasing number of drivers exiting the dental surgery who turn left onto The Drift against the one-way restriction. It was agreed to ask the owner to display their "no left turn" sign more prominently if possible. The Clerk will also ask SCC to renew the "no entry" sign at the junction with Back Hills.

Botesdale Brook: The PC will be installing an information board near the stream at the bottom of Fen Lane, at a cost of approximately £570. This will celebrate the Brook's role as the primary headwater of the Little Ouse.

THE NEXT BOTESDALE PARISH COUNCIL MEETING WILL TAKE PLACE ON

WEDNESDAY 10th MAY

at 7.00 pm

at Botesdale Village Hall

All residents welcome

www.botesdale.suffolk.gov.uk

**Your Clerk is: Mrs Leeann Jackson-Eve,
Wayside Cottage, Cherry Tree Lane,
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Redgrave Parish Council



Parish Council Report – April 2023 By Alison Spouncer, Parish Clerk

The meeting for April 2023 had four apologies from Councillors. County and District Councillor Fleming and her District Councillor successor, Cllr Morgan, were in attendance together with three members of the public.

Public Forum

One member of the public updated the Council on the issue of the VAS equipment for The Street. The part received appears to be faulty, so agreement was made to return and meet the postal costs required. Being new to the village, a representative from 'Parish Asset Management' introduced the Company. A third resident offered regular grass cutting of the OSPF in exchange for a donation provided to the Green Redgrave Group which the Council agreed to.

County and District Councillor's Report

Jessica Fleming provided highlights of her report:

Her Final District Council meeting saw the new planning enforcement policy passed which was welcomed by the Council and the public.

Essex to Norfolk Pylons National Grid have stated it would not be possible to build offshore given the 2030 deadline passed by the then Prime Minister, it has recognised the route following the west side of Diss is far more devastating than originally considered.

Thanks, from Parish Council were given for Jessica's department's assistance in funding for the upcoming Coronation event in Redgrave (7th May 2023) on The Knoll.

OSPF Safety The Council sought support from Cllr Fleming regarding costs that may be incurred to meet safety requirements, namely road signage. Cllr Fleming confirmed she was in favour of the measures.

Planning

Two planning updates were provided to the Council:

DC/23/01562 – The Old Forge, The Street, Redgrave. Fell 1no Cedar Tree.

DC/23/01040 - Juniper Cottage, The Street, Redgrave. Fell 1no Eucalyptus Tree.

Your Clerk is: Alison Spouncer

Tel: 01379 890613

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

Both were approved by the Council, noting a cherry tree would be planted as a replacement for the cedar tree.

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/>

Ongoing Items:

Phase 2 and 3 of the Children's Playground and Village Hall

Projects: Further conversations have been had with various landowners; options are being pursued. Continued updates will be given.

St Botolph's CEVCP School Decarbonisation Project: Botesdale Parish Council approached the Council to contribute to the project jointly with Rickingham Parish Council. It was agreed to grant a proportionate amount (in relation to the number of children attending St Botolph's living in Redgrave). This would utilise some of the funds from CIL (Community Infrastructure Levy) monies due to be received from the housing development.

OSPF Safety Inspection

A meeting was held between Suffolk Highways (SH), Police representation, a resident, and the PC. A Safety Inspection suggested the introduction of a 20mph speed restriction along the road; this was not agreed by SH and the Police although 'on road' signage and signs were agreed to be possibly acceptable.

Tube Traffic Survey

The results showed a considerable level of high-speed vehicles; however, the report suggests the number of HGVs travelling through the village is 'acceptable' for a B road. The Council will approach the Police to perform enforcement checks.

THE NEXT PARISH COUNCIL MEETING WILL TAKE PLACE ON

THURSDAY 11th MAY 2023

at 7.00pm

at

ALL SAINTS CHURCH, THE STREET, REDGRAVE

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

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

We also provide email bulletin updates - please contact the Clerk to have your name added to the group.

Mobile Library

Rickingham :	Rectory Hill	10.40 – 10.55
Rickingham :	Hinderclay Road	11.00 – 11.15
Rickingham :	Village Hall	11.20 – 11.35
Botesdale :	Farnish House	11.40 – 11.55

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

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Rickinghall Parish Council



Parish Council Report April 2023 by Cllr Andrew Gordon

Present were Geoff Short (Chair), Leann Jackson-Eve (Parish Clerk) and Cllrs Andrew Gordon and Ian Patterson. Also present were three members of the public. Apologies for absence were received from Cllrs Brian Rhodes, Sally Smith and Gillian Crossley-Holland.

It was a relatively short meeting, but fellow residents may wish to note:

Planning Applications: The Council was asked by Mid Suffolk District Council to consider an application from Ariesmead, Garden House Lane, for a retrospective Lawful Development Certificate in relation to a loft conversion and

rear single storey extension, both developments having taken place over four years previously. The Council had no objection.

We received notification from Mid Suffolk DC that planning permission and Listed Building Consent has been granted for a single storey extension at 3 Waterwell Cottage, Candle Street. We also received notification from MSDC that planning permission has been granted for a single rear storey extension at Tanti, The Street.

Other Matters: The Council noted that formal public consultation will take place on the Babergh and MSDC Joint Local Plan Proposed Main Modifications, between 16 March and 3 May 2023.

A guide to what each Council and organisation in our area is responsible for and helpful contacts:

Botesdale Parish Council

- Botesdale Recreation Ground
- The Marl Pits, The Common
- Sarah's Wood, Back Hills
- The Market Place

Rickinghall Parish Council

- Allotments, *see separate entry*
- Wherry Land, behind 1-9 Hinderclay Road
- Northfield Wood, next to Allotments
- Low Meadow, Bury Road
- Phone Box and Defibrillator, nr Fen Lane

Both Parish Councils

- Street furniture – benches, litter bins, dog bins, village signs, notice/info boards, bus shelters
- Neighbourhood Plan and Parish Infrastructure Investment Plan
- War Memorial

Email: clerk@botesdale-pc.gov.uk
clerk@rickinghall-pc.gov.uk
Phone: 01379 890141
Website: botesdale.onesuffolk.net
rickinghall.onesuffolk.net

Botesdale Village Hall

Email: sargeantwill@aol.com
Phone: 01379 890138
Website: botesdalevhmc.onesuffolk.net

Mid Suffolk District Council

- Abandoned vehicles
- Benefits
- Council Tax collection
- Elections
- Environment, inc. noise, smoke and other nuisances, dog fouling
- Farnish House
- Housing
- Licensing
- Planning
- Street Care, inc. cleaning and litter
- Waste Collection, inc. emptying dog/litter bins and fly tipping or fly posting

Email: through website contact form
Phone: 0300 1234000
Website: midsuffolk.gov.uk

Parking Enforcement

(West Suffolk District Council)

Phone: 01284 763233
Website: westsuffolk.gov.uk/parking/cpe/

Rickinghall Village Hall

(inc. courts, playing field, play area & skate park)

Email: rickinghallvh@gmail.com
Phone: 07709 962658
Website: rickinghallvh.onesuffolk.net

Suffolk County Council

- Blue Badges
- Children's Services
- Footpaths, inc. maintenance, grass cutting
- Libraries
- Local History and Archives
- Passenger Transport
- Registration Services, inc. births and deaths
- Roads, inc. potholes, pavements, blocked drains, flooding, road signs and verge cutting
- Schools
- Social Care (inc. Adult Social Care)
- Streetlights
- Waste Disposal, inc. recycling centres

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Website: suffolk.gov.uk

Mill Lane Allotments Association

Email: mark.wiseman@virgin.net
Phone: 01379 898805

Parish Magazine (Parochial Church Council)

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Your Clerk is :

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RICKINGHALL PARISH COUNCIL'S NEXT MEETING IS ON

TUESDAY 9th MAY
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Village News

OIL SYNDICATE



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

The last date for orders will be Saturday 22 July. Delivery should follow within a fortnight. For the Spring order, Goff quoted ten working days and delivered in about three.

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.

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

David Sloan.

Community Woodland

At last our sites are turning green and we have had some rain and warm sunshine. Spring has arrived!

In Low Meadow, one of the big willow trees has been pollarded and lot of wood is neatly stacked in piles according to size. Pollarding these big trees allows more light into the meadow, which should be good for the other plants there. Our plan is to get the cut wood shredded and moved to Northfield Wood for mulching young trees there.

If people want wood stakes or bean poles for their gardens or allotments, please help yourselves. If you miss it this year, be ready next year! Unfortunately, willow does not make good firewood as it is so damp, even after the usual seasoning time.

The apple trees in Northfield Wood had blossom and should bear fruit later in the year. These are trees for the community, so do try them; as is customary with freebies, leave some for other people. There are also medlar and quince trees, one each. The medlars should not be picked until they are brown and soft, what we might term over-ripe.

The path through Miller's Orchard is quite grassy, which is something new. Now that a lot of dead wood has been cut down, it is not so sheltered and vehicles on the by pass can be heard plainly, but this should fade when the trees are in full leaf.

We are so lucky to have these green spaces and more. It is gratifying for us to see people enjoying them

Rosemary Jones,
Botesdale and Rickinghall
Community Woodland
5th April, 2023
01379 890238



[New volunteers welcome!](#)

Transport Needed?

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

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

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

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Rickingham Inferior Church roof

Thank you to Janie Whitehead who kindly held a coffee morning at her home in March to raise money towards the re-tiling of the north slope of the church roof and she raised £125. She kindly made cakes and bread, organised a raffle and sold second-hand books. The total amount raised was £125. Visitors were pleased to sit around and chat to friends.

Di Maywhort has been helping to sell Rickingham Restoration Recipe books with the Quatrefoil Books she sells at the Rickingham Country Market held at Rickingham Village Hall on the second Saturday of the month between 9am and 12.30 am. Thank you Di.

If there is a way you can help raise money for the oldest church in our villages please let me know. Jean Sheehan 01379890237.

FOUND

Gold ring on Wheatfields,
Rickingham. Contact Rosie on
01379 898005



Notes from the Green Redgrave Group

We held our first Annual General Meeting in April. Just over a year old, we have much to celebrate. So, in addition to the more than 4,000 trees planted in the Old Allotments and the Old School Playing Field, we planted another seventy along a depleted treeline on our local farmer's land to try to create a dense wildlife corridor. More ornamental trees have also been planted; a Mountain Ash for the Queen's Jubilee on the Knoll plus 2 Silver Birches and one Crab Apple tree (John Downie) in the wildlife friendly garden surrounding our new children's playground. And we have another 900 trees already waiting to be planted next autumn. We planted 1,000 snowdrops and 300 daffodils on The Knoll, installed 12 bat boxes and 21 swift boxes around the village, sown a patch of ground with seed designed to feed turtle doves, put in place a regular litter picking programme and taken over responsibility for footpaths in and around the village. We have also put in place a series of wildlife talks, a bat walk and talk and one excursion to the Snettisham Spectacular, an amazing sight featured on the recent

David Attenborough's 'Wild Isles' series on TV. We have also 6 hedgehog boxes around the village and released three hedgehogs from a local rescue, the latest 2 been released in the last few weeks. And most importantly we have formed excellent relationships with like-minded groups such as the newly formed Green Hinderclay Group, the long-established and highly effective Little Ouse Headwaters Project, Green Ixworth and Green Risby and others. The hope is to form a co-operating cluster of such groups.

And the first swallows are back. A pair were found nesting in the village. Chiff Chaffs are also singing throughout the village in numbers. And butterflies and bees are starting to be seen regularly. We also had frog spawn in our village pond. And the swifts will be back soon; their screaming is a sure sign that summer is around the corner. The world is not so bad!

Our wildflower patch around the new children's playground in the Redgrave Old School Playing Field is progressing and we sowed the first seed in April. Hopefully this will become haven for wild creatures as well as for our young children.

Rather than a talk in April (at our AGM) we had a showing of a film called a 'A Surge of Memories'. This film, recently released by community groups and schools for educational use only, covers the recollections of the great flood in 1953 and also the floods in 2013.

We finally made it to the Snettisham Spectacular in March and were rewarded with a beautiful morning and a great view of the display by the wading birds. On Friday 5 May 23 we are planning a visit to the Jubilee Wood in Kenninghall (Hemp Meadow Wood). This wood was bought in 2002 and created the following year by residents of Kenninghall. It is an inspiring place which shows what can be done for wildlife and nature if a village is determined to do it.

Also in May we will, instead of our usual monthly meeting, be holding a workshop on the surveying of hedgerows, mature and veteran trees and the vegetation in the village. We may well also have a bat detection walk at the same time. More details to follow. This survey work, to cover also surveys of birds, insects and bats, is important to let us understand if the work we are doing is improving biodiversity in the village; that is, after all, much of the point of a Wildlife Friendly Village. We hope to engage as many people as we can in this work including children where possible. All volunteers extremely welcome!

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

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Club News



Stories behind the Stones – inscriptions on gravestones by Janette Robinson

The speaker at the March meeting of The Heritage Circle was Janette Robinson. Her subject was Stories behind the Stones, Gravestone Inscriptions.

Her talk began with the history of burial grounds and gravestones, some of which go back to 2000BC in the UK. Sometimes the gravestones surrounded the church, others had areas for different members of the community. The well-to-do lined the path to the church; the most important place being near the church door. Other parts were for village people, paupers and those who had committed suicide. The nobility and very wealthy people were buried in the church.

Bodies were buried with their heads to the east to see the rising sun. Headstones were usually made from local stone, but some were just wooden crosses. The term headstone has Jewish origins when it is customary to place a stone on the grave. The tradition of carved headstones dates from Victorian times. They usually gave their name, age, and often occupation and their place in the community. Janette gave examples of many grave stones she has seen in her travels, some of which had amusing inscriptions, for example 'I told them I was sick.' and 'Here lies an atheist. All dressed up and no place to go.'

The next meeting of the Heritage Circle will be on Wednesday 24 May at Rickingham Village Hall when Graeme Simmonds will give a talk entitled *History Beneath Your Feet: Metal detecting, finds and more*. New members and visitors are welcome. Further information is available at www.heritagecircle.onesuffolk.net

Angela Bigley

Coffee On



Well, a considerably smaller turnout than last month, but delightful visitors anyway. We are never sure how many we will be catering for and, especially when the schools are on holiday, we don't know if the families are away elsewhere or whether they have all come to this part of the world to visit. It would seem that this time round many had gone elsewhere.

Nonetheless, we had a really enjoyable chatty morning and those who came seemed to have a good time. It is a fantastic opportunity to catch up with friends, neighbours and us Parkview folk, or indeed to meet new people. Sadly, the lovely Joan who makes our delicious sausage rolls each month, is currently unwell and we wish her a speedy recovery. We had to manage without her usual kind offerings. Having said that, the cheese scones, chocolate cake, lemon cake, Victoria sponge and coffee cake went down rather well. Thanks folks - if I bring too much home afterwards, I simply eat it and that's not good for me!

The kind donations this morning, totalling a brilliant £127.42, will be sent to UNHCR for the relief work that is currently continuing in war torn Ukraine - thank you all so much.

We will have a slightly different event next month, taking place on Tuesday 9th May. We shall be supporting St Nicholas Hospice, Bury St Edmunds and will have members of the RAHoF committee (Rickingham Area Hospice Fundraisers) joining us. We may also have one of the members of staff at the Hospice with us to tell us more about the work there. To that end, I understand there will be some additional offerings, including a draw (or is that a raffle?), so do come along to find out what else will be going on and maybe bring a little extra cash! Many of you will have encountered the work of St Nicholas Hospice, or may have known a friend or family member who has been helped by this amazing place. The work that they do is quite incredible but, like everything else, incredibly expensive. Every penny that is donated at our Coffee on the Corner events goes to that month's charity - we do not take out any expenses. I would therefore like to take this opportunity to thank all those who make, bake or donate items for sale as their kindness and generosity makes such a difference to so many. Well done you!

We are always delighted to see our coffee shop visitors, both our regulars and new faces. As you may be aware, we are an independent evangelical church. On the front of the building, you will probably have noticed that it says "Parkview Chapel - *Church for the Community*". As such please be aware that we would welcome visitors to any of our other offerings, but especially our Sunday services. Whether you have a lot of experience of church, or none, you would be extremely welcome ... and there is often more cake and coffee on a Sunday too!

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

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

Sue Allen

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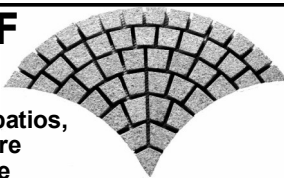
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Nyall's Notes LOHP Local News

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

CS Lewis is supposed to have walked into a meeting at a Christian conference and joined a group and asked, "What are you talking about?"

He received the answer, "What is it about Christianity that makes it different from any other religion?"

He replied, "That's easy. It is grace."

Let's define grace before we go any further. A dictionary definition is that grace as presented within Christianity is that attribute of God through which he exhibits his free and unmerited favour as manifested in his forgiveness of sinners and the bestowal of blessings.

God has created a universe of two trillion galaxies each consisting of around one hundred billion stars out of nothing. Science tells us it began with the big bang and I believe that accords with the Bible but others won't necessarily agree with me. It doesn't matter. The point is that God created it and thus he had no need of human wisdom or endeavour. If we think that by some means or other we can do something to persuade him to forgive us we are on a bit of a loser. There is nothing that is big enough to influence him in the slightest. If there is a route to forgiveness it has to be free and unmerited, that is by grace.

There is one thing about free forgiveness that does involve us and that is that it has to be received. You can't be neutral, you can receive it or reject it and to receive it you have to be convinced that it is available. You receive it by faith.

If you offend a friend he may forgive you. Unless he tells you, you know nothing about it and know nothing of his forgiveness. If he says, "I forgive you," you may have one of a number of reactions:

- 1) I haven't done anything wrong – if you say that you do not receive forgiveness.
- 2) I don't believe you – again you don't receive forgiveness and will always think he holds a grudge against you.
- 3) I haven't put it right – surely I need to reimburse you in some way.
- 4) Thank you, I don't deserve it but thank you very much.

Which of these attitudes receives, with the emphasis on receives as in making it your own, forgiveness? Receiving forgiveness affects you, you need to know that you have done wrong and you need to believe your friend has truly offered forgiveness.

How might you know? If you can't pay your way out and your friend steps in and pays the bill himself without expecting anything in return, then you know you are forgiven. All that is left is to receive it with gratitude. That is what Jesus Christ has done. The cross of Jesus Christ speaks, 'I have paid for what you have done wrong so that you might be forgiven. Will you believe it and accept it through faith with gratitude?'

That is what Christianity has that sets it apart from all other religions. That's grace.

"Through Jesus we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God."

Romans Ch 5 v. 2



Little Ouse
Headwaters
Project

Conservation & Community

*"Yes, I will spend the livelong day
With Nature in this month of May,
And sit beneath the trees and share
My bread with birds whose homes are there;"*

William Henry Davies (1871-1940)

May at last! Our sites will have awoken from their winter sleep and the different greens of the trees always look so vibrant at this time of year.

The swallows, swifts and house martins will have arrived from Africa, along with black caps and chiffchaffs and we will be hearing cuckoos in the Little Ouse valley. Red kites are becoming more usual over our patch and a pair of cranes were spotted on Blo Norton fen in early April.

As the oak trees start to flower, they provide food for 'looper' caterpillars (so called because they loop their bodies as they move along). These caterpillars are the favourite food of fledged blue tits whose parents have tried to produce their young to coincide with this 'harvest'.

Bee orchids will be appearing on Reeves Meadows; marsh lousewort and marsh orchids started to appear on the restored New Fen last year and we are hopeful that they will be more abundant this year. The orchids on adjoining Middle Fen (SWT) will be really getting going now. Do try to visit - they are spectacular!

Sheep's sorrel will be in evidence on heathland at The Frith, Hinderclay Fen and Broomscot Common.

Damselflies and Dragonflies will be emerging in ponds and other waterbodies across the LOHP sites.

You can keep in touch with our activities on our website: www.lohp.org.uk or on www.facebook.com/lohproject and www.twitter.com/lohproject

At this lovely time of year, get your boots on, get out on the sites and you never know what you might see!

John McCormack

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Rickingham W.I. Annual Report

The WI had a full programme during this last year including monthly meetings, tea and chats in the summer, soup and natter socials in the winter and a monthly newsletter. We held a summer garden party in one of our member's gardens on a lovely hot summer's day and a Christmas lunch at the Bell Inn in December

An Open Morning in April hosted by one of our members, included a Bluebell Walk around the wood, followed by tea/coffee and cake, raising £310 for Macmillan Research. Our AGM returned to its normal time in May when all the committee members were re-elected for a further year. We had a Christmas Party in December with everyone bringing a sharing plate of food, enjoyed Christmas themed quizzes and sang Christmas songs.

We were busy over the Platinum Jubilee weekend in June, helping with the floral displays in St Mary's Church in Redgrave, taking part in the Community Exhibition at the church on the 4th June with our display showing our W.I. since its formation in its present form since 1944, attending the Community Celebration Service, and running a tombola stall as part of the fete on the 5th June.

Our monthly meetings, held on the 2nd Thursday of each month in Rickingham Village Hall hosted a variety of speakers. 'These included –

- ◆ How to Look Good in a Bin Bag' which proved hilarious with various members being shown what style is best for your body shape.
- ◆ Celebrating 20 years of Lopham Fen
- ◆ 2 members organised our August meeting when we were told the history of gin making by Norfolk Gin Distillery including tasters.
- ◆ The History of Dunwich Heath
- ◆ Creative Journey of a Fashion Designer for Theatre and TV
- ◆ Work of the Snetterton Dogs Trust in Norfolk
- ◆ A Day in the Life of an Eco Business
- ◆ Anything Bee Related

A highlight of the year was an Open Meeting in September, attended by over 50 people when Professor Peter Jenner from Kings College London talked about his career in medical research as a specialist in Parkinsons Disease.

We were pleased to welcome 6 new members during the year, 5 of whom are new to Botesdale. We are hopeful that this trend will continue and we will be welcoming more new ladies into our W.I during the forthcoming busy year.

Rosemary Setterfield - President

IN YOUR GARDEN

Last month I extolled the virtues of home made compost and promised some simple tips to creating that crumbly dark organic material. You can make your own compost for free in as little as six months by recycling your waste organic material produced in the kitchen and the garden via a compost heap or bin. Getting the balance right is of course crucial - ideally 20-50 percent green leafy material and the rest more fibrous and woody. The key is to try and prevent your compost heap being dominated by one ingredient.

Use vegetable peelings, tea leaves, some tea bags (check details on the packaging to see if they are compostable), coffee grounds and that abundant supply of grass cuttings. Naturally, garden green waste but avoid adding items such as ripe weed seed heads or bindweed roots to the mix. Results of pruning are another good ingredient as long as they are chopped up small. Don't forget shredded newspaper and cardboard. Make sure everything is well mixed and turned regularly as decomposition doesn't happen evenly within the heap and this will speed up the rotting down process.

Whatever type of bin or heap you use, it will need to be covered to keep in the heat and limit the rain so as to avoid ending up with a slimy evil smelling mess. Compost bins are available to buy in a range of designs from the wooden kit versions to the plastic dustbin type one such as the black 'Dalek' style or alternatively make your own container using chicken wire and some stout stakes. Just a pile of compost in the open takes for ever to rot down.

I have found it is easiest to have two compost bins; one that you are actively filling and one where the compost is maturing and ready to use when required.

Plant identification now made easy

What would have been the stuff of science fiction only a few years ago is now available to gardeners. Thanks to artificial intelligence and machine learning, you can now take a picture of a plant s on your smartphone and receive an instant suggestion as to what it is and as an added bonus it will offer information about it along with advice about caring for it – amazingly often for free!

This is a breakthrough that offers levels of plant identification to amateur gardeners in a way that has never been seen before.

Getting the app is simple. Just go to the App store or Google Play on your phone and search for plant identification apps. Download and open the app and you are good to go.

Enjoy your garden.

Lawrence

Your comments or suggestions are always welcome. Contact me on lawrencethompson87@gmail.com

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Exploring the Past

Jean Sheehan, 01379 890237

Visit to Redgrave in 1993 of future King Charles III

His Royal Highness King Charles III will be crowned in Westminster Abbey on Saturday 6th May 2023 and the following day the villagers of Redgrave will be celebrating with an event on The Knoll in front of The Cross Keys.

Some of the parents of the children who will celebrate, and maybe their grandparents, may have been the school children who excitedly waved their home-made flags in July 1993 to welcome the Prince of Wales, Prince Charles, when he arrived at St Mary the Virgin Church. He had arrived by helicopter and landed at Redgrave Park. His Royal Highness was introduced to the owners of the park, Guy and Ann Topham. He then proceeded to the church in a green Rolls Royce car. The schoolchildren had walked from Redgrave School to Redgrave Church. At this time the primary school for children of Redgrave and Botesdale was situated in Redgrave, and St Mary's Church had just begun a £40,000 appeal for the restoration of the church. The Prince of Wales was patron of Music in Country Churches, a charitable trust, to raise money for the most beautiful and interesting rural churches, by holding concerts in them. A Malaysian Princess, Zarina Zainal of Selangor, also attended the concert, as she sponsored the two concerts held in Redgrave Church that weekend.

On the arrival of the Prince of Wales at the church, he was presented with posies of flowers by Emily Eason aged four, who was the youngest pupil at the school and Lauren Gwynn, aged eleven, who was the eldest pupil. He was also presented with two school T shirts for Princes William and Harry. Prince Charles said "the two boys would be thrilled with their presents". The school T shirts had photos of the Great Raft Spider on them. He asked the children to point out their teachers and said "How do they manage to cope with you lot?". He also stopped to speak to Beatrice Prossor who was on crutches as she had damaged her kneecap whilst practising for the school sports day. He joked with her that he hoped the doctor had fixed her leg the right way round. He also noticed and grinned at Kirsty Bond, aged 10, who had picked a posy of wildflowers. He commented that he liked the countryside and mentioned a new booklet produced by Redgrave History Group to mark his visit.

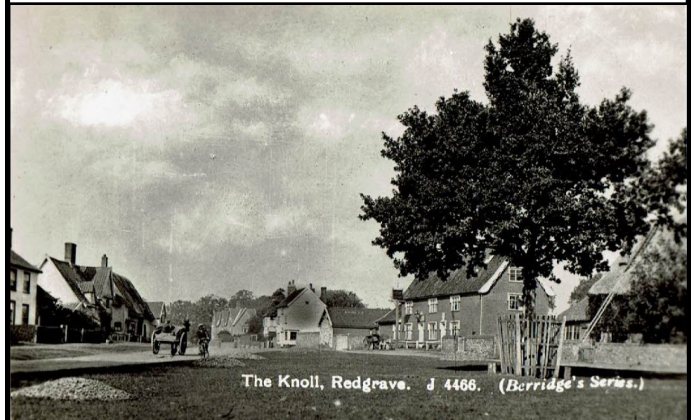
Nigel Rhodes, the headmaster, said about two thirds of the 50 children who attended the school, were there to greet Prince Charles.

The fourteenth century church was built by the Abbot of Bury, on the site of a Saxon Church mentioned in the Domesday Book. The church was beautifully decorated by local flower arrangers.

During the interval Prince Charles was escorted by Rev Ken Holder to meet other guests in a marquee set up in a field opposite the church, on land farmed by John Sharp of Hall Farm.

The music was played by the English Chamber Orchestra and included works by Mozart and Haydn. This concert was to launch an appeal for £40,000 for the restoration of St Mary's the Virgin Church, which was attended by over 450 people.

The prince would have seen the two horse chestnut trees on either side of the gates leading up the path to the church which had been planted for the Golden Jubilee of his great great great grandmother, Queen Victoria. These two trees had survived for well over a century but have since died and were replaced by two Mountain Ash trees for Queen Elizabeth's Platinum Jubilee and dedicated on Sunday 5th June 2022.



Early postcard of Redgrave Knoll showing the young Oak tree before the road through the village was surfaced.

Another Horse Chestnut Tree had been planted on the Knoll for Queen Victoria's Golden Jubilee in 1887 but this had not survived and was replaced by an oak tree in March 1894.

(Information for this article is taken from leaflets produced by Music in Country Churches Trust, local newspapers, Hartismere Magazine 1887, later articles written in the Parish Magazine by J. Sheehan.)



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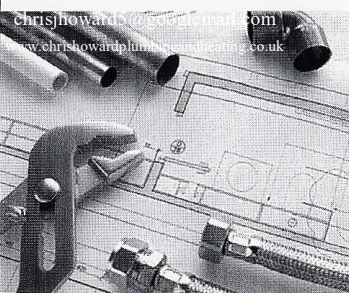
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Exploring the Past Again

Di Maywhort, 01379 898785

The Coronation

On Saturday 6th May King Charles and Queen Camilla will be crowned in Westminster Abbey. It is 70 years since Queen Elizabeth II was crowned there on a wet June day in 1953. In Rickinghall and Botesdale the Coronation was celebrated with a fancy dress parade and games and races on Rickinghall playing field.

Margaret Hawthorn née Powell remembers that 'there was a fancy dress parade starting from Botesdale right down to Rickinghall Meadow. My friends and I were dressed in red, white and blue crepe paper dresses but it rained and the colours ran into each other and on our faces but it didn't deter us from enjoying the day. All children were presented with a Coronation mug, plate, cup and saucer, which I still treasure.

It was a cold and showery day and we had to compete in an obstacle race on The Meadow, and when we arrived at the last obstacle, we had to thread a needle with a piece of cotton but my hands were so cold I just couldn't do it, I was really upset because I was winning at that stage. I also remember taking part in a slow bicycle event where you had to be last to win. It was a lot harder to do than you think trying to stay on your bicycle and back-pedal and not putting your feet on the ground.'

If anyone else has memories of this day in our villages we would love to have them.

These photographs of the celebrations for the Coronation in Rickinghall in 1953, and those on Pg 15, were sent by Marcia Bell née Fellingham and Alison Compton.

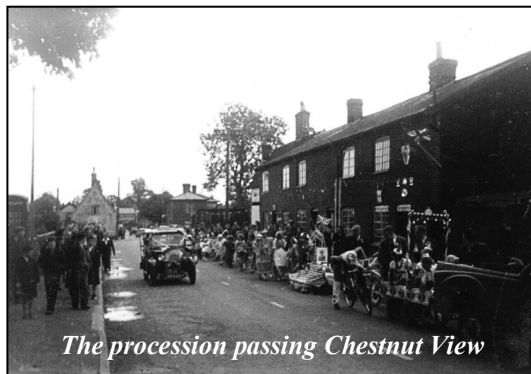


Taken the day before when several dressed up to advertise the day

Below: Margaret Hawthorn's Coronation Memorabilia



Coronation procession passing Pound Farm Barn. Fred Fellingham Senior & Fred Fellingham Junior pulling Jim Healey in HMS Rickinghall



The procession passing Chestnut View



L-R: Alison & Jean Compton, Marguerite Payne, Paul & Portland Bailey, Jim Bailey standing beside the float with Eileen Payne beside him



L-R: Elizabeth Compton, Paul & Portland Bailey,



Another decorated float with children in fancy dress

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Dubai Tower – 8

The specification included in the contract document was very detailed but occasionally was not sufficiently thoughtful. A particular problem we discovered was in the section dealing with the curing of concrete, where the designer's insistence on the use of traditional water curing created a serious problem for following trades.

It started well; the concrete going up level by level, and the curing water draining down the building bucket full by bucket full.. No one took any notice of the puddles initially, but our electrical contractor was very unhappy to find his newly installed switch boards leaking dirty water from incoming conduits. Installation of the first fix electrics came to an abrupt halt whilst senior engineers from the JV and the electrical contractor sought a solution.

The problem was rapidly made more complicated when the contractors who were to install the plumbing and HVAC mobilised to site, not that the JV was particularly concerned as he was able to continue with the works for which he had contracted without any delays.

The designers were reluctant to change their specification but really didn't have an option, and a propriety brand of chemical coating was specified,

and the work site rapidly dried out and progress improved.

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The JV took delivery of the large steel fabrication that would provide the link between the concrete structure and the external skeleton on one side, and inserted it into the recess left for it in the ground floor slab. The reinforcement was fixed and the void filled with concrete and carefully water cured in accordance with the original specification.

To be continued. JML



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Trading Standards have issued an alert to residents with solar panels on their property to watch out for telephone cold callers who are targeting homes with solar panels.

The callers are making a number of claims regarding existing systems claiming checks are required to ensure the system is working safely.

They also falsely state that a voltage regulator is now required and if not installed, there is a risk the system will explode and set your property on fire.

The cold callers will pressurise you to arrange an appointment for their 'inspector' to provide a free health check and assess your installation.

Always be very wary of approaches made by telephone cold calls and never agree to have a so called free health checks and servicing, or have anyone visit your home, if approached in this manner

Solar panel owners should always talk to their supplier before allowing any work or so called maintenance to take place on their panels.

Generally, solar panel systems do not require servicing, apart from being cleaned if the panels have become dirty.



Mid Suffolk

I recently started a new job where my boss has told me I'll have to work on bank holidays. This was never the case in my old job. Can my employer make me work on a public holiday, and should I get paid extra if I do?

When it comes to bank holidays, whether or not staff have to work is up to their employer, and you don't have to be paid more if you do. Unless your contract says you'll be paid extra for working bank holidays, you will just be paid your normal amount.

The situation will vary from job to job and may depend on a number of factors such as whether your place of work is open on bank holidays, your hours of work and crucially, what your contract says.

Take a look at your contract, if you have one, to find out what your personal situation is. Your contract might say you will always get bank holidays off but it could say you are sometimes required to work or will always be required to work. If your place of work is normally open on a bank holiday you'll probably be asked to work at least some.

Your contract might say something like: "In addition to bank and public holidays, your annual entitlement to holidays is X days". This means you get public holidays off in addition to your annual leave entitlement but it might not mean you're entitled to take the specific days off. You may be required to work a bank holiday, in which case you should get another day off instead.

Alternatively, it might say something like: "Your annual holiday entitlement (inclusive of bank and public holidays) is X days" - this means you have to take bank holidays off as part of your annual leave entitlement. Bank holidays will either be deducted from your annual leave allowance (so you'll have to book all bank holidays as paid time off) or counted as additional holiday days.

If you don't have a contract, the legal default position is that your employer can tell you when you can or can't take time off.

If you find you need to resolve an issue with your employer, first ask for an informal chat, where you can raise your concerns. If this doesn't get you anywhere, you may need to raise a formal grievance. If you need advice on this, Citizens Advice Mid Suffolk can help.

Citizens Advice Mid Suffolk can provide advice on issues including debt, employment, benefits and family law. You can contact them on 01449 676060 or use the contact form at midsuffolkcab.org.uk/contact-us. More information and our opening hours can also be found at midsuffolkcab.org.uk/contact-us.

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

Church Notices

WELCOME TO BOTESDALE METHODIST CHURCH EVENTS AND GROUPS

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

Services in May

7 th	Local Arrangement
14 th	Mr Pat Mottram
21 st	Rev David Ely – Holy Communion
28 th	Mr Neville Hodson

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

- Tuesday 2nd Get Together Down the Lane 2.30 to 4pm. Tea, biscuits and conversation!
- Tuesday 23rd Coffee Down the Lane – our regular Coffee morning held on the 4th 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.
For more information phone 01379 890898.



FAMILY BREAKFAST CHURCH


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



Parkview Chapel Sunday Services and Events

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

Please call Kev Gladwell on 01379 898924 for more details or check out www.parkviewchapel.co.uk

May		 PARKVIEW CHAPEL CHURCH FOR THE COMMUNITY
Sunday 7th	Service 11.00am. Living In The Light Of God’s Presence	
Sunday 14th	Service 11.00am. Living In The Light Of God’s Presence	
Sunday 21st	‘Coffee On A Sunday’ service 11.00am – Living In The Light Of God’s Presence.	
Sunday 28th	United Church service at 10.30am. (Venue tbd.)	
Events	Coffee on the Corner at 9.00am	Tuesday 9 th
PARKVIEW Youth		Juniors 11:00am -12:00pm
		Junior Friday Club
		Fridays 6:00pm - 7:00pm
		PYP
		Sundays 7:00pm - 8:30pm
		Senior Friday Club
		Fridays 7:30pm - 9:30pm

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Parish of Redgrave cum Botesdale with the Rickinghalls

May 2023 Services

Sunday 7th May, Easter 5

BCP Holy Communion, 8.45am, St Mary's Rickinghall
Community Worship, 10.30am, All Saints Church, Redgrave

Sunday 14th May, Easter 6

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

Thursday 18th May, Ascension Day

Methodist chapel - details to be confirmed

Sunday 21st May, Easter 7

Holy Communion, 10.30am, All Saints Church, Redgrave

Wednesday 24th May

7.00pm Annual Parochial Church Meeting, All Saints Church, Redgrave

Sunday 28th May, Pentecost

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

- - -

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

www.rbrchurch.co.uk 01379 898685

From the Registers

- 25.10.22 - Funeral & burial of Barbara Joan Foulger, St Mary's Church, Rickinghall. Died 5.10.22, age 97
- 4.11.22 - Funeral & burial of Kirsty Louise Suttle, St Mary's Church, Rickinghall. Died 11.10.22, age 50
- 11.11.22 - Funeral of Jennifer Molly Francis, St Mary's Church, Redgrave followed by burial at St Andrew's Church, Thelveton. Died 15.10.22, age 81
- 5.1.23 - Funeral & burial of Brenda Cavanagh, St Mary's Church, Redgrave. Died 6.12.22, age 70
- 20.1.23 - Funeral & burial of Joan Ena Margaret Humphries, St Mary's Church, Redgrave. Died 15.12.22, age 97
- 2.3.23 - Interment cremated remains of Joyce (Jo) Florence Worton, St Mary's Church, Rickinghall. Died 6.10.22. Age 95
- 28.3.23 - Funeral & burial of Marjorie Gwendoline Cotton, St Mary's Church, Rickinghall. Died 1.3.23. Age 90