#### PARISH MAGAZINE

### Redgrave cum Botesdale with the Rickinghalls November 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/

Parish Website:
rbrchurch.org.uk
St Mary's Rickinghall Inferior
www.stmarysrickinghallinferior.onesuffolk.net
Instagram:
@rbrchurch
Email: revchris@rbrchurch.org.uk

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



**Wow**, twenty-four years ago on October 19<sup>th</sup> 1999 I was licensed as incumbent to the Benefice of Redgrave cum Botesdale with the Rickinghalls. I remember the evening well, sitting at the front with my wife Barbara and two daughters, Rachel and Anna. At three years old we'd tried to get Anna to have an afternoon sleep so she wouldn't be too tired for the evening service. By that age she was never one to sleep during the day, but she did like to go to bed early evening, so I was nervous that she would not last the evening. Thankfully she did and thankfully I remembered to do all the things that I had to do during the service; well nearly everything, but that is another story!!

So now I am writing this, my last newsletter for the Parish Magazine as I am retiring at the end of November on the grounds of ill health due to suffering for the last year from Long Covid. What do I say? Well there is so much to say, so many memories, both joyful and sad, of my time here in what has become the Parish of Redgrave cum Botesdale with the Rickinghalls. Many people have come and gone. As the Apostle Paul alludes to in his writings we are a "tent people"; we journey through life as if we are temporary people crossing paths with many others on our way. It has been a joy and a privilege to serve this parish in ministering to many, to walk beside people during their good times and hard times. It has been amazing to see so many grow in their faith walk with Jesus, to watch them grow in understanding, faith and trust as they have let go of themselves and let God be God in their lives through accepting God's Son Jesus Christ as their Saviour, teacher and friend. To see the faces of people who experience answered prayers, the opportunities they have had to share their faith and to pray for others is heart warming and so encouraging. There are those who have shared their doubts, fears and anxieties, yet they too have still experienced the love of God in some way at work in their life.

So thank you for giving me this opportunity to minister amongst you. Thank you for the love and generosity you have given myself and my family. To know one is loved is so special and is a real source of encouragement and hope. Love helps to keep us going, keeps us wanting to do the best we can for others, after all that is what was demonstrated by our heavenly Father when He sent His one and only Son to die for us on the cross. It was out of His love for us that enabled Him to send His Son to be our Saviour, teacher and friend. I wish to encourage you all to continue to allow God to love you so that you can love others in return with the love that you receive from God.

At the conclusion of a service of Holy Communion this prayer is often said by all present;

Father of all, we give you thanks and praise, that when we were still far off you met us in your Son and brought us home. Dying and living, he declared your love, gave us grace, and opened the gate of glory. May we who share Christ's body live his risen life; we who drink his cup bring life to others; we whom the Spirit lights give light to the world. Keep us firm in the hope you have set before us, so we and all your children shall be free, and the whole earth live to praise your name; through Christ our Lord. Amen.

These words help to show us what God has done for us. He is our Father because of Jesus' death and resurrection, and because He has delivered the Holy Spirit into our lives. God is not just *Father of all* to those have faith in Him, but for *all* of humanity. This reminds me of the Parable of the Lost Son and the Loving Father in Luke 15. As the running father, filled with compassion and love, threw his arms around his son so we too can experience God throwing His arms around us in love. Our response to this is to give Him thanks and praise as we all have an opportunity to meet God for ourselves.

In Jesus' death and life, He declared God's love, grace and opened up the way (the gate of glory) for all of humanity to have an opportunity to gain access to eternal life if they so choose. Because of Jesus' death and life His supernatural resurrection life is open to all through the Holy Spirit. So all have a chance to walk by the Spirit in Jesus' resurrection life. As we walk in His resurrection life we can bring life to others by being a light to enable them to see the work of God's love and grace through us. As we do this we are to look to the future when the whole world will be redeemed and transformed.

So as God's people here my prayer is that you continue to experience the unique free gift of the love and grace of the Fatherhood in Jesus by the Holy Spirit. I encourage you to live distinctive lives that proclaim not your goodness, but the grace of God in such a way that you bring light into dark places thus demonstrating a shared life in a broken world. We do this best by living in the hope that God will complete His purposes, and that one day the kingdom world will become the kingdom of God and Jesus, where they will reign with true justice and love for ever.

With every blessing and until we meet again au revoir.

Chis NabuM.



#### 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	
Churches & Chapels / Church of England  1. Replaced Karen Lawrence as PCC Secretary with <i>To be advised</i> 2. Church of England <i>Family Breakfast</i> entry deleted		
Community Services (local) / Parish Magazine	Phil Schofield's telephone number changed to 07889338210	
Schools and Nurseries Botesdale Breakfast and After School Club (BASC) deleted		

#### Message from the team

I'm writing this during our late summer in October! We've had a lovely warm few days. As usual we have a packed magazine for you with plenty of events going on locally and preparations for Christmas events are well under way. Many people are busy organising events and clubs in our villages and it tends to be the same groups of people. If you feel you can help out anywhere, especially if you are a new resident, you will be warmly welcomed by any of the groups of volunteers

#### Charles Murray

Contacts

For all editorial content: editoratrbrparishmag@gmail.com
For all commercial adverts: advertsatrbrparishmag@gmail.com
To advertise events: eventsatrbrparishmag@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: COPY DATES AND STUFFING MEETINGS

- <u>Dec/Jan</u> issue Mon 13 Nov Come and help stuff the magazine @ All Saint's, Redgrave 3.15pm on Fri 24 Nov
- Feb issue Mon 15 Jan Come and help stuff the magazine @ All Saint's, Redgrave 3.15pm on Fri 26 Jan
- March issue Mon 12 Feb Come and help stuff the magazine @ All Saint's, Redgrave 3.15pm on Fri 23 Feb

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.





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



#### SANTIAGO'S ART CAFÉ

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

> Our opening Hours are as follows: Monday to Friday 9am to 4pm Saturday 9am to 1pm Sunday 9.30am to 1pm

\*\*EXTENDED OPENING HOURS TO BUY ART & FOOD CHRISTMAS GIFTS! Sat 25th Nov & Sat 2nd Dec\*\*

#### **CONTACT US:**

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



#### **Delicious Christmas gifts baked** in Redgrave posted anywhere in the UK

Brownies, celebration stacks, brownie slabs and artisan hampers (corporate discounts available)

Available for collection at Redgrave Shop or UK wide delivery. Scan the QR code to see our full

range available online and order via info@brownieandthebean.com



Alternatively, send our gift boxes to loved ones across the country via our website, using discount code comeback5 at the checkout for £5 off.

Email infocbrownie and the bean.com or call 01379 452195 to place an order. www.brownieandthebean.com @brownieandthebean









#### THE CROSS KEYS

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

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

#### Contact us:

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

01379 673333

Please check the website and social media for all the latest updates www.crosskeysredgrave.co.uk / Facebook @crosskeyspubredgrave Twitter @KeysRedgrave

#### THE ONE & ONLY

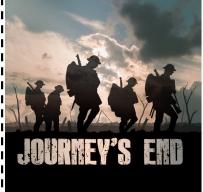
#### FISH & CHIP

#### TAKEAWAY

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

FISH WITH A TWIST

#### What's on in November



#### ROUGHCAST AUTUMN TOUR NOVEMBER 8<sup>th</sup> – 19<sup>th</sup>

RoughCast present one of the greatest of all English war plays. *Journey's End* shows the effect of war on a group of young officers. R.C. Sherriff's ground-breaking play remains one of the most powerful and successful pieces of modern drama and one of the most acclaimed examples of literature that deals with the tragedy and horror of conflict. Set over the course of four days leading up to a massive German attack on the British trenches in 1918, *Journey's End* charts the tension & claustrophobia as new recruit to the company, Lieutenant Raleigh, discovers that Captain Stanhope, his former childhood friend and hero, has changed almost beyond recognition.

Performances at: Beccles Public Hall ( $8^{th}$ ), Diss Corn Hall ( $9^{th}$ ) Fisher Theatre Bungay ( $10^{th}$  &  $11^{th}$ ), The Cut, Halesworth ( $17^{th}$ ), Wingfield Barns ( $18^{th}$  &  $19^{th}$ )

Tickets £12/£6 (students), all performances at 7.30pm. Proceeds from programme sales to

be donated to Royal British Legion. To book visit www.roughcast.co.uk. Any enquiries tel 01379 586745.

#### **REMEMBRANCE SUNDAY 12 November 2023**

Remembrance Sunday will be commemorated on Sunday 12 November 2023 in the morning and afternoon. At 11am we salute the Fallen with a short period of silence at the Botesdale War Memorial. All are welcome to observe this silence with us - assemble at the Memorial just before 11am for a time for personal reflection on tragic events & the villages' losses.

As last year there will not be a formal March Past but in the afternoon there will be a Service of Remembrance at the Chapel of Ease Botesdale followed immediately by the formal Remembrance Ceremony at the War Memorial. Please join us at 3pm in the Chapel of Ease. The Street will be closed for the short period of Remembrance.

Enquiries to: Christopher Brinkley on 07947 414 968 or Lynne Wills 07741 475 513

#### Rickinghall Country Market

#### Saturday Nov 11th 9am-12:30pm

We expect the following stalls covering a wide range of local growers, producers and crafts.

Fresh Fruit & Veg
Dan's Apples
Exotic Mushrooms &
Growing kits
Bread & Cakes
Hen & Duck Eggs
Local Milled Flour
Cereals & Pulses
Clear & Set Honey
Beef & Lamb
Pasties & Quiches
Jams & Preserve

Jewellery
Woodturner
Willow Craft
Eco Refills
Craft Beers
Stardust Spirits
Candles
Tropic Beauty
Plants & Shrubs
Utility Warehouse
Quatrefoil History Books
Greetings Cards

#### Councillors' Corner 10-11.30am approx

Rickinghall Village Hall, IP22 1HD Free parking, plus cafe selling coffee and bacon baps



#### White Horse Thelnetham

LIVE Music

Meetup Mondays



FIRE Place

Warm space

Come and visit the Community Public House in TheInetham, 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/SaveTheWhiteHorseTheInetham

Telefon 01379 898800 / Email info@ifarm.land

#### **Redgrave Community Shop**

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

Open every day

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

Telephone: 01379 898848

Email: www.redgravecommunityshop@gmail.com

### P I Music 💐



Wayside Cottage, Chapel Lane, Botesdale, Diss, Norfolk, IP22 1DT

Song Books, Tune Books, Tutor Books, Dance Books
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Free range eggs

Grass-reared beef as available

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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, Rickinghall, 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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Phone for orders: 01379 740003
Place Farm Shop, Old Bury Road
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Clarke's bakery



#### Rural Holiday Flatlet

Grove Flock Farm Botesdale Common Botesdale IP22 1LH

07803 887817

gffbotesdale@btinternet.com

#### What's on in November



All meetings at Rickinghall Village Hall at 7.30pm

Thursday 9th November

Speaker: Catherine Buchanan

All I want for Christmas 
A History of Toys

Competition: Bring a Toy

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

Rosemary Setterfield - President

November

#### **Redgrave & Lopham Fen**

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

Young Naturalists Saturday 11 Nov, 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

Needle felted hanging robin workshop Sunday 12 Nov, 10am-1.30pm £35, including materials

**'Fen' art exhibition** By members of the Creative Fen Group Sat 18 & Sun 19 Nov, 10am-4pm. Free entry

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

#### **Art Exhibition**



GROUP

Redgrave & Lopham Fen, Low Common Road, South Lopham, Diss, Norfolk IP22 2HX 18th and 19th November 2023

Opening Times: Saturday 10am—4pm, Sunday 10am—4pm Coffee will be available from Café Piccolo 25% of all sales go to Suffolk Wildlife Trust

#### Retired Floristry Business Stock Sale

Are you a flower arranger, floral business, or simply love flowers in your home? Come and grab yourself a bargain:

Brook House Bury Road Rickinghall IP22 1HA Bowls, urns, tea-lights, floral mechanics and so much more

Everything must go!

Cash or card

Sat 25<sup>th</sup> & Sun 26<sup>th</sup> November

10am – 4pm

#### Rickinghall Village Hall Management Committee...

...is in need of strengthening with more people able to help with running the hall. The hall is hired over 400 times each year and is a much-used community asset of which we can all be proud.

We have 5 committee meetings a year + the AGM. Committee members run the Country Market which raises funds for the hall, keeping down hire charges & still enabling us to maintain & improve facilities.

The current project is installation of solar photovoltaic cells to reduce reliance on mains electricity supply and so reduce running costs.

Please join the team and get involved, there are lots of different ways to use your talents. viz: building maintenance; administration or helping in the cafe or car parking for our fundraising events.

#### INVITATION

Residents of Rickinghall Superior & Rickinghall Inferior are cordially invited to:

#### Rickinghall Village Hall AGM Friday 24th November 2023 at 7.30 pm

Dominic Ebert 07983 601 424 Charles Greenhough 077099 62658

#### Rickinghall Ramblers Upcoming Walks

**November :** Friday 3<sup>rd;</sup> Monday 23<sup>rd</sup> We meet at Rickinghall 1illage Hall and set off at 9.15am.

Just turn up and walk!



"Coffee On the Corner" Parkview Chapel Botesdale 9:00am Tue 14<sup>th</sup> November



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



#### For all children aged 2 to 5

We provide an exciting range of indoor and outdoor activities to ensure each child enjoys a stimulating learning experience supported by caring, highly qualified staff.

Exclusive access to Woodland area for exploration and adventure!

Consistently excellent Ofsted reports.

Sessions available Monday to Friday 9.00am-3:15pm

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

Contact Karen Hails 07796 014304 www.botesdaleandrickinghallpre-school.co.uk

Registered Charity no. 1022795

#### R&BB<sub>a</sub>Ts

Rickinghall and Botesdale Baby and Toddler Group

#### RICKINGHALL VILLAGE HALL

THURSDAY'S DURING
TERM TIME
9:30-11:30
£1 PER FAMILY

Follow us on Social Media to stay in the Loop @rabbats\_babyandtoddler\_group

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RABBATS-Rickinghall and Botesdale Baby and Toddler Group

#### **English Tutoring**

Need to boost your child's
literacy skills?
Are they preparing for Key
Stage 2 SATS; GCSE English
Language, English Literature, A
Level Language or Literature?
One-to-one (or small group)
English tutoring available from
an honours graduate with over 20
years teaching experience.

For more details, please call Sue on 01379 890539 (eves) or 07493 880577 (CRB checked. References available, on request.)

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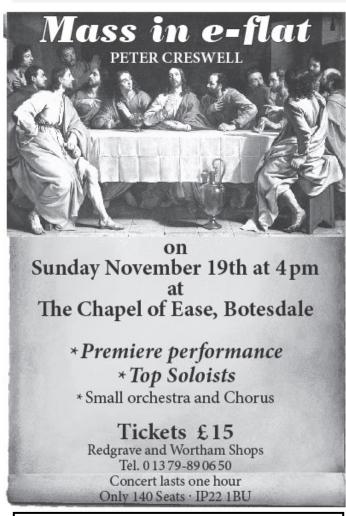
> Call Dianne 07748625765

Home visits available

DianneJoyHolisticTherapist

DianneJoyHolisticTherapist

#### What's on later in November





#### 7:30pm at Rickinghall Village Hall

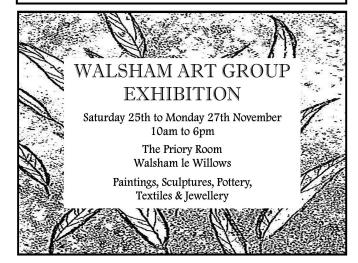
The Heritage Circle presents on Wednesday November 22<sup>nd</sup>

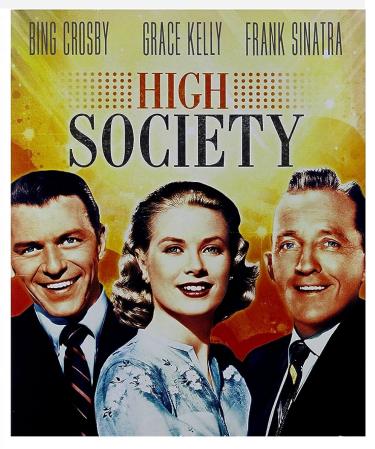
**Graham Moore** 

speaking about

#### Radio Broadcasting Through the Ages

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







#### Classic Movie with a Meal

#### Friday 24 November, 7.30pm Eye Community Centre

With meal: £12.50 all ages payable IN ADVANCE from The Handyman, without meal: £5.

www.cinema-at-eye.org.uk

Botesdale Methodist Church "Coffee down the Lane"

10:00am-12:00pm on Tuesday 28<sup>th</sup> November





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

21st November 5th December

The Royal School of Needlework
The Life and Work of Alfred Munnings

Guests are welcome and asked for a donation.

Membership for 10 lectures (starting September 2023) is £45. Do come along! More information at: https://artsocdiss.org.uk or Email: info@artsocdiss.org.uk



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#### BOTESDALE HAIR PARLOUR

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Open - Monday to Saturday Evening appointments available

#### The Foot Health Clinic

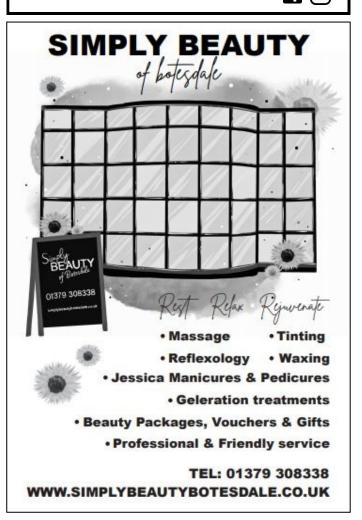
in the comfort of your own home

Professional treatment of foot related discomfort including:

Corns. Callus. Cracked heels Thickened nails Fungal infection Ingrown nails Athletes foot Nail cutting

Call David today for an appointment on 07503091122

David Casey SAC Dip.FHPT.FHPP



#### What's on in November and beyond





### CHRISTMAS CRAFT FAIR

at

RICKINGHALL VILLAGE HALL

IP22 1HD

Sunday 3rd December 2023 10.00 am until 3.30 pm

Refreshments ( Special AD

ADMISSION FREE

Enquiries: Please PHONE Liz on 01359 251804

PROCEEDS TO RICKINGHALL VILLAGE HALL

CHARITY No. 1031063



Botesdale Methodist Church

#### Christmas Fair

Saturday 25<sup>th</sup> November 10.00 am to 12.00



Stalls include: Refreshments, Tombola, Cakes, Gifts, Cards, Woodcraft, Christmas Stall, Jams & Preserves, Games for all ages





Draw tickets (£5) for this painting of Botesdale Street by local artist Neil Lanham will be available at the Botesdale Methodist Church Fair on 25th November

Rickinghall Area Hospice Fundraisers (RAHOF) invite you to

#### A CHRISTMAS EVENING

at All Saints Church, Redgrave Friday December 8<sup>th</sup> 7.30pm start

Tickets £9 per person include alcoholic-free punch & mince pies



A popular annual miscellany of community carols, readings and fun with our usual delicious non-alcoholic punch & mince pies, and seasonal nostalgia

Tickets from committee members, Paddy on 01379 788010, or June on 01379 898827.

Do come along to start off your Christmas cheer!

In aid of St Nicholas Hospice Care, Bury St Edmunds



#### **Experienced Reflexologist in Rickinghall**

A good all round treatment which may help conditions such as: hormonal problems, digestive problems, people living with cancer and long term debilitating illnesses, breathing disorders, stress & anxiety, pregnancy and many other ailments.

#### Lisa Howlett MBRA

(Qualified 1999 Bayly School of Reflexology)

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For more information and advice or to book an appointment please call Lisa on

07989 565210 or 01379 898028



#### RELAX & RECOVER REFLEXOLOGY



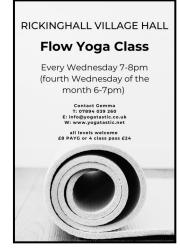
Reflexology is a relaxing, enjoyable therapeutic touch treatment for all ages, a natural approach to both day to day health & wellbeing as well as during periods of stress, illness or following surgery.

Reflexology can help if you or a loved one are struggling with poor mobility, pain or swelling due to primary or secondary lymphoedema, inflammatory pain or autoimmune conditions. Reflexology can also support you through preconception, pregnancy, postpartum and throughout the menopause. Restful, calming treatments for breastfeeding mums. Calm, soothing, non-invasive care throughout cancer treatment. Gentle relaxation sessions are available during palliative care.

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Sophie 07751 660693 www.relaxandrecoverreflexology.com www.facebook.com/relaxandrecoverreflexology

Regulated by The Association of Reflexologists and The Federation of Holistic Therapists.





#### Yoga

at Botesdale Village Hall, IP22 1BZ

> Tuesdays 7pm - 8.30pm Term time only

> > Join anytime!

All abilities welcome - first try-out class free

£48 for each block of 6 weeks

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









#### The Bowen Technique Melanie Coe E.C.B.S MBTPA

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#### What's on in November and beyond

#### THE REAL BASIL BROWN FROM RICKINGHALL TO SUTTON HOO AND BACK

an illustrated talk by Sarah Doig

at

St Mary's Church, Rickinghall Inferior, IP22 1HA

Wednesday 29th November at 7.30pm



#### **ADMISSION BY TICKET ONLY - £5**

from Jean Sheehan (01379 890237)

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#### 2023 APPEAL FOR CHANCEL ROOF REPAIRS TARGET £12,000

Please find the time to visit our church because the building contractors, Abercombie from Hoxne, are now replacing the old roof tiles of the chancel. It's fascinating work and they are very skilled.

Once again after 900 years of history this beautiful, ancient building needs to be cared for by its parishioners as the centre of our community. So your support is vital! Do help us in our fund-raising efforts during the year.

Contact: Kit Brinkley, Churchwarden

Tel: 07947 414 968 email: kit@cb-consultancy.com

Donations: By cheque: RBRPCC

Post to: The Rectory, Bury Road, Rickinghall IP22 1HA

BACS: Name: RBRPCC sort code: 20-26-34 a/c no: 80050962

We thank you so much for your generosity!

www.rbrchurch.org.uk



#### **ADVANCE NOTICE**

The Heritage Circle will present a Christmas treat on

December 13th at 7.30pm

#### An evening of Music, Mirth and Merriment by HEXACHORDIA

bringing to life the winter season of times gone by.

Visitors £10 to include seasonal refreshments.

Tickets will be available from Chris Mills:

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

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#### **BOTESDALE HEALTH CENTRE PATIENT PARTICIPATION GROUP (PPG)**

#### **BOTESDALE PPG - FOR ALL PATIENTS**

All Health Centres must now have a PPG

All Botesdale Health Centre Patients are eligible to become participants:

- Become a PPG Committee Member
- Become a Volunteer
- Receive Information



For more details contact BotesdalePPG@gmail.com or 07787148947

There are a variety of diverse levels of commitment and support Patients can offer the PPG.

If assisting by volunteering and giving back to your Community in any way appeals to you then please contact us as above. Roles can be undertaken in 2-4 hour stints according to your available time.

#### **HELP DESK**

We hope Patients have noted that the PPG provide a Help Desk at the Botesdale Health Centre once a week on various days. Post Christmas, due to its success, we plan to provide the Help Desk two days a week.

If any Patients would like to volunteer to assist on the Help Desk from 8.30 - 11.30 (the rota is planned on all days of the week) please do come along to the next Help Desk meeting at the Health Centre (the room off the Waiting Room) at 12 noon on Thursday 7 December 2023. Training assistance will be given at a different time.

This would be a great role for a young person hoping to gain experience in assisting the public. It would also make an interesting and very worthwhile role for any of our Patients. Please contact <a href="mailto:Botesdaleppg@gmail.com">Botesdaleppg@gmail.com</a> in the first instance if you plan to attend or call 07787148947 for more information. We look forward very much to hearing from you.

#### **WOMEN'S HEALTH**

\_\_\_\_\_\_\_

Patients may have noted in last month's Parish News there was mention of a Gynaecological Webinar on 10 October 2023. Sadly, this was cancelled by our partner organisation in Hertfordshire. We do hope an earlier Respiratory Webinar was found helpful by Patients.

We are now investigating undertaking our own Medical Webinars with Consultant Doctors and will hopefully be assisted in this by South Norfolk and East Essex Trust. We will keep you posted on

developments. In the meantime, NHS England have an excellent website related to information and support, wellbeing and conditions and screening for women at <a href="https://nhs.uk/womens-health/">nhs.uk/womens-health/</a>

#### MAKE THE RIGHT CHOICE

The diagram below should assist Patients understanding whom to contact for their various needs



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.

If you are interested to learn how the PPG assists the Health Centre, perhaps are new to the Health Centre or Area and need more information or wish to volunteer in some way, please do contact botesdaleppg@gmail.com or 07787 148947



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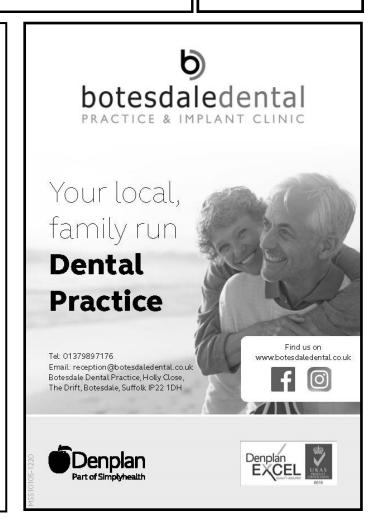
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To arrange a free in-home discussion of how we might help, call Andrew on 01379-890562 or 0779 0779 982 or email moscompanionservices@gmail.com

www.moscompanionservices.co.uk



Report from the October 2023 Botesdale PC Meeting

Six members of the Parish Council were present for the meeting and there were three members of the public.

Planning: The PC had no objection to an extension at Nurses Bungalow, Diss Road or to two applications for tree works at St Botolphs Chapel of Ease and Brockwell House, The Street.

The PC has received a complaint about the new street lighting at the Bennett Homes site being excessive as they are on all night. Lighting policy is dictated by Suffolk County Council (SCC) and the developer is not able to adjust the lights on the development to part-night lighting unless they are not for adoption by SCC. If they are to be adopted, which we understand these will be, they are required to have standard all night photocell control until the adoption is completed, usually when the development is completed. SCC and Bennett Homes have both confirmed that there is nothing they can do at this stage.

MSDC has confirmed the following street names confirmed for the Bennett Homes site: Barley Birch Drive, Holly Place, Magnolia Close, Clover Close and Shamrock Close. Barley Birch Drive was suggested by the PC in consultation with a local historian and the others were chosen by MSDC.

Correspondence: Mid Suffolk District Council (MSDC) had notified us previously that following Examination, it was proposed that the Joint Local Plan be split into two parts (the Part 1 Plan and the Part 2 Plan). In September 2023, the Appointed Inspectors published their Examination report, which concludes that the Joint Local Plan is sound and capable of adoption and therefore Part 1 of the Joint Local Plan will be considered for adoption at Full Council meetings in November 2023. Part 1 sets out the vision and objectives for development in the two Districts. It contains a set of strategic and local policies to guide development in the period to 2037. Part 2 will focus on key matters including:

- an up-to-date settlement hierarchy;
- a spatial distribution of any housing allocations;
- housing requirement figures for Neighbourhood Plan areas; site allocations
- up-to-date settlement boundaries reflecting commitments and allocations;open space designations with a relevant development
- management policy;
- an up-to-date assessment of need for accommodation for Gypsies, Travellers, Travelling Showpeople and Boat Dwellers.

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

Tel: 01379 890 141; email: clerk@botesdale-pc.gov.uk Please contact her in OFFICE HOURS ONLY 9am-5pm

Preparation and consultation for Part 2 will take place over the next two years.

**Recreation Ground**: The usage of the facilities reflects the change of season, with footfall during school hours reduced. The Ground continues to be well used by smaller children and their carers during the day, and it remains a popular venue for school age children at the end of the school day. Weekend usage is largely weather dependent of course! There is a fair amount of work to the Ground scheduled for October 2023, including the extension of the junior swing to include two flat seats; installation of a Circular Seat; installation of hard standing for the bin store; additional fencing on the south/west boundaries; removal of ivy from the roadside fence; and new signage displaying changed hours of operation. Instead of the rather vague "dawn to dusk", opening times in future will be as ¦follows:

April to October (inclusive) - 07:00 - 21:30 November to March (inclusive) - 07:00 - 19:30

Parish Infrastructure Investment Plan: The PC carried out the annual review of the PIIP, a document which is intended to help PCs to identify and prioritise the infrastructure needs of their community and future spending decisions. There are a number of projects on the PIIP which were proposed by local organisations two years ago. Several of them have been completed, including:

- New equipment for Parkview Youth Club
- New skate park at Rickinghall Recreation Ground
- New seating for the Rickinghall Day Centre
- Signage to the Methodist Chapel
- Decarbonisation project at St Botolph's School

All of these projects have benefited from Community Infrastructure Levy funds from Botesdale and Rickinghall parish councils. We will be writing to the remaining organisations again to see if they would still like to go forward with their projects. If your organisation has a project you'd like to see on the PIIP, please let us know!

Remembrance Day Events will take place this year on Sunday, 12 November. Please keep an eye out for the details in this magazine.

The Christmas tree Lights On Ceremony will be on Saturday, 2 December at 6pm.

THE NEXT BOTESDALE PARISH COUNCIL MEETING WILL TAKE PLACE ON MONDAY 6th NOVEMBER at 7.00 pm at Botesdale Village Hall

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



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### Redgrave Parish Council



#### Redgrave Parish Council Report – October 2023

By Alison Spouncer, Parish Clerk

The Council was pleased to welcome two members of the public and County Cllr Jessica Fleming. Apologies were received from Cllrs Brown, Gillett, Preston, Warnes and District Cllr Morgan.

#### Minutes of the last two meetings required alterations – all agreed by the Council:

- 7<sup>th</sup> September 2023: item 4, Public Forum. The word "illegal" was removed and replaced with "invalid" to read "The invalid appointment of Trustees"
- 21<sup>st</sup> September 2023: item 3, Public Forum. The resident who thanked the RAT for its work looking after the recreation ground facilities requested that their input included their dateline provided of "up to September 2021"
- 21<sup>st</sup> September 2023: item 4, "To DISCUSS the situation of and possible options for the future of the Old Recreation Ground". An incorrect version of the Agenda EPCM held on 21 Sep 23 was put on the parish noticeboard and website after the full agenda had been agreed by Council. This meant that the agreed Item 4 (To discuss the situation of and possible options for the future of the Old Recreation Ground) did not appear on that published agenda. As a result, the discussions held, and decisions made were not valid. Proposed Actions:
  - 1. Council to approve the discussions held and decision made at the meeting on 21 Sep 23 in retrospect
- 2. The Chairman to send a clarifying letter to Susie Philips of Llanover to explain the error.

#### **County Councillor Reports – highlights from County Councillor Fleming's report included:**

- Pylons Meeting in Wortham/Roydon Saturday 30<sup>th</sup>
   September's protest was attended by MPs, among many
   others with calls for transparency and accountability from
   National Grid to the public. It was noted drilling has
   already commenced for potential pylon locations
- Major Planning at Shepherd's Grove, Stanton Major traffic implications for the A143, A14 other major and local road systems and communities as well as impacts such as water use, contamination, and fire risk are expected
- <u>Council Seeks Foster Carers</u> Cllr Fleming wished to highlight the need for more foster carers, particularly for older children. If you are interested please get in touch and find out about training and support, carers are needed for children and young people of all ages:

Visit https://www.suffolk.gov.uk/foster, phone: 01473 264800 or email:

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

Your Clerk is: Alison Spouncer

Tel: 01379 890613

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

#### i! Public Forum

A resident and current Trustee of one of the three Charities wished to comment that the proposed Appointment Panel for the appointing of Trustees was "overboard" and they would not be happy to undertake such a process and would consider not standing with the belief there maybe another Trustee who feels similar.

#### **Planning**

No objection was made for application DC/23/04419 - Green Farm House, The Green, Redgrave, Diss Suffolk IP22 1RR. Notification of works to trees in a conservation area – request to fell a 40ft pine tree for safety reasons.

#### **Financial Report**

The second instalment of BMSDC precept payment has been received (£12,078.00). Payments totalling £876.34 were made between 7<sup>th</sup> Sep and 5<sup>th</sup> Oct with a further £599.60 agreed to be paid (full details available within the minutes).

#### **Ongoing Items:**

- Cllr Andrews wished to re-visit the <u>issue on Hinderclay Road</u> following another near miss incident involving a vehicle. Gressingham Foods continue to pursue the issue also. It was agreed to continue to maintain correspondence with Suffolk Highways
- A donation from a resident has been accepted of a 6-foot <u>Norwegian Spruce</u> in the hope of a successful transfer from the property to the Knoll in time for the Christmas festivities
- Following agreement of the <u>Appointing Authority Policy</u> document (EPCM 21/9/23) the Charities have received confirmation of the Parish Council's continuation and effective re-instatement of the nominating process
- A <u>Councillor Vacancy</u> notice was placed on 5<sup>th</sup> October 2023 for any interested parties. Following correspondence from a resident, it was noted the Parish Council does not and has not had a policy document for councillor appointments with information available via the national framework
- Items on <u>Appointment Panel</u>, <u>potential Legal Costs and Llanover discussions</u> it was agreed unanimously by all those present for these decisions to be deferred until the November meeting when it is hoped to have a full complement of Councillors.

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

THURSDAY 2nd NOVEMBER 2023 at 7.00pm At ALL SAINTS CHURCH, THE STREET, REDGRAVE

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

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

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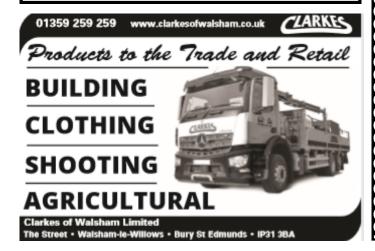
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Another option would be to place a oneoff flyer in the next available edition.

If interested, please contact advertsatrbrparishmag@gmail.com



#### **Rickinghall Parish Council Report October** 2023

by Cllr Sally Smith

Rickinghall Parish Council meeting was held on 5th October with apologies received from Cllr Crossley-Holland, Cllr Gordon and Cllr Patterson.

The public forum was opened by a resident enquiring whether planning approval was needed for repaving a private driveway and it was established that it was unlikely.

Jessica Fleming, our Suffolk County Councillor noted several issues being considered by SCC.

- Surveys are being undertaken to ensure buildings are safe from RAAC
- 300 miles of 'Quiet Lanes' have been designated in Suffolk
- The deadline for commenting on planning applications for Shepherd's Grove, Stanton was 11 October
- Foster carers are being sought in Suffolk.
- It was noted the A140 was being closed in sections between Ipswich and Eve for four Sundays starting 22 October in order to transport parts to Eye Airfield Progress Power Station.

#### Planning - Tree Applications

- The Old Four Horseshoes no objection to the felling of 10 conifers & replacement
- Brook Place, Water Lane no objection to tree works
- 4 Brook Park no objection to removal of 4 Lime trees
- Nutmeg Cottage, The Street no objection to tree works.

The Anchorage, The Street – the initial planning application was refused and has now been taken to appeal.

#### Chairmans Report

Rickinghall is due to come within a new constituency known as the Waveney Valley,

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 her in OFFICE HOURS ONLY 9am-5pm

including the market towns of Diss, Harleston, Beccles and Halesworth. A new MP will be selected and therefore Rickinghall will no longer come under Jo Churchill



New signage has been replaced in Rickinghall with a major sign near the Market Place and a finger sign replaced in the churchyard. The new 'Rickinghall' sign comes courtesy of Damien Durrant at Parish Assets Management Ltd.

A review of Council Documents (Standing Orders, Financial Regulations, Reserves Policy and Risk Assessment) resulted in a proposed change to the Reserves Policy of an increase in the reserve from £16K to £17K.

Review of Parish Infrastructure Investment Plan - the Clerk to contact clubs etc to establish whether projects that initially requested PIIP funding are still likely to go ahead. Once we have this information a review can be carried out to update the PIIP.

Remembrance Day – it was agreed to check whether Cllr Crossley-Holland was still happy to represent the PC at Remembrance Day.

A discussion was held as to whether a second speeding device could be bought and placed opposite the existing device on Bury Road. It was decided this would be revisited next month when more councillors were present.

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

**THURSDAY 2nd NOVEMBER** at 7.30 pm

AT RICKINGHALL VILLAGE HALL

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

### Village News

#### **OIL SYNDICATE**



The next Oil Syndicate Order will be the Winter one at the end of this month.

The last date for orders will Saturday 25 November. The order will be placed on the following Monday, deliveries should be complete in 10 working days.

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.

David Sloan.

#### UPDATE ON CHANCEL ROOF AT ST MARY'S CHURCH, RICKINGHALL INFERIOR

The tiles on the north slope of the chancel roof at the church have now been removed and the last of the asbestos guttering safely disposed of. Although we had been told we could start the work during September and October by the Bat Conservation Trust and Natural England two bats appeared and this has delayed the work. The special allowances for bats to enter and leave 1 the roof are now in place and the roofing felt which is safe for bats has been used and the roof is watertight, awaiting the clay tiles to be fitted. By the time you read this the new plaster ceiling should have been put in. Thank you to the generous people who have donated so far, to keep the church watertight for many more years for future generations. Kit Brinkley, the church warden is till making an appeal for the balance of the money elsewhere in the magazine.

To help raise the money Sarah Doig is giving a talk about the real Basil Brown on the 29<sup>th</sup> November in Rickinghall Inferior Church. (see advert in Whats On). Jean Sheehan.

#### **Transport Needed?**

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

Typical journeys include shopping trips, health centre visits, dentist, optician, chiropodist, hospital appointments and visits. The bus is also available for visiting friends and relatives, in fact pretty well anything you need.

Door to door service, any help a pleasure. Wheelchairs no problem.

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



#### ST BOTOLPHS BOWLS CLUB

Our Annual Triples Tournament took place on the 17<sup>th</sup> September with 22 teams taking part, consisting of some of our own bowlers and bowlers from several other surrounding bowls clubs. All teams played 4 games, followed

by a knock-out game with the highest scorers playing off for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place. The eventual winners were from Walsham Le Willows, 2<sup>nd</sup> were from Stanton and 3<sup>rd</sup> from St Botolphs. It was a busy day starting with coffee/tea and bacon rolls, followed by a lunch for all bowlers and spectators and finishing with a charity tea supplied by our members and which raised £168 for Macmillan.

Our bowls season ended the following weekend with a full Finals Day on the 23<sup>rd</sup> and a closing day drive on the 24<sup>th</sup> September.

Our Annual Dinner, when the winners of all the competitions will be presented with their trophies, is being held on 14<sup>th</sup> October.

The club will be open every Friday evening during the closed season for members and friends to get together for a social evening.

Rosemary Setterfield - committee member



#### Botesdale and Rickinghall Preschool needs you!!

Join us for our AGM TUESDAY 14TH NOVEMBER 7.30PM THE BELL, RICKINGHALL

New committee members including a chairperson needed. Please come along and meet our friendly group of volunteers who help with the smooth running of the preschool - a vital and fantastic local service which can't run without a committee. If you would like to find out more please contact Laura on 07973 366160



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

As the autumn progresses and the days get shorter our minds have been turning to the jobs that now need doing in the Green Redgrave Group. Our ambitions and plans for new projects continue to grow and we will be holding a Green Redgrave Committee meeting in mid-October to discuss which ones to pursue and how to do them. We have already noted the need to plant out the roughly one thousand trees ready to go and will be sorting out final details for that shortly. We have also ordered a variety of daffodils for the Old School Playing Field (early, mid and late flowering types). As usual we will be looking for volunteers to assist. We also have a pond to renovate and a permanent Xmas tree to plant; more details to follow.

Readers will have noted our interest in creating a wildflower meadow and we have started to do this in the Old School Playing Field. Our talk next month will be given by Kit Grey-Wilson on the subject of Creating a Wildflower Meadow. Kit was formerly Principal Scientific Officer at the Royal Botanic Gardens at Kew and is an expert and author on a number of types of plants. This talk should not be missed. The talk will be held in the All Saints Church in Redgrave at 7pm on Tuesday 7 Nov 23; £3 for entry. The recent talk by Simon Hooton on 'Trees Woods and People' was exceptionally good and we hope to have him back for another talk perhaps next year. Keep an eye on our Facebook site for more (https://www.facebook.com/ details groups/3191728757769842/

We also hope to start a full-scale biodiversity audit for the village and its environs in the near future. We would plan to do this using professional assistance (funding permitting) but will likely need support from eagle-eyed volunteers to help. The intention of such an audit would be to get evidence of what species of wildlife are present in the area and in what quantities. It should also define the key species and what measures can be adopted to enhance and sustain the biodiversity of the area. This would give us a great baseline from which to prepare a full action plan and measure the success (or otherwise) of the work we have been doing in the village and surrounding areas. More information to follow as this concept matures.

As a reminder for those who want to help look after wildlife, we have an arrangement with the rather lovely Street Forge Workshops in Thornham Magna to subsidise hedgehog boxes. Normally £25, we will pay for £5 of those costs. Please get in touch if you would like one. Established as a charity to ensure personal development and progression for adults with physical, sensory or learning disabilities and/or mild mental health problems, the workshops produce great product and is a super visit for those who would like to see the activities of the people who work there. See

https://streetforgeworkshop.uk/ for more detail.

We continue to look for enthusiastic volunteers to help us progress our activities. If you want to contribute or just learn about wildlife friendly activities then please join us. We would love to hear from you. Contact Andy Warnes (by email <a href="mailto:awarnes@btinternet.com">awarnes@btinternet.com</a> or on 07478 337331) for more details.

#### **Community Woodland**

At the beginning of October, we are having another warm spell but the leaves are definitely turning and there has been plenty of fruit on the trees, though much of it has fallen now.

Looking at Northfield Wood, next to the allotments, we can see the trees are maturing and those nearest the lane are now large enough to be shutting out the light from the ground, suppressing some of the undergrowth. In other words, it is looking more like a wood and less like a new plantation!

Low Meadow in Rickinghall and Miller's Orchard in Botesdale are doing well and people walk through them regularly.

There is a move for our three parishes to join other village communities in what are known as Green Clusters, groups that are concerned with planting trees and hedges and creating spaces for wildlife; and also working to deal with rural transport issues, generating electricity locally, improving insulation, producing food more efficiently and locally, bulk buying to reduce transport costs, and so on.

One idea is to create a base line of what exists now from which it will be possible to measure changes (improvements). Some years ago a few of us took part in a hedgerow survey, organised by Sue Emerson, in Botesdale and both Rickinghall parishes which could form one such base line. The age of a hedge can be estimated by the particular species that grow in it and we discovered that many of our hedges are quite old. Of course, some have been grubbed up but they could be re-planted. Hedges are very important as they provide food and shelter for small mammals and birds as well as numerous invertebrates, and they act as highways for species that cannot travel far. Rosemary Jones,

Botesdale and Rickinghall Community Woodland 7<sup>th</sup> October, 2023 01379 890238

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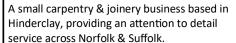
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### Nyall's Notes LOHP Local News

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

It is beginning to look as if some unknown factors are at play when it comes to climate change. It seems that every day we hear that temperature records have been broken and now we have the exceeded the warmest average across the whole globe. Global warming is accelerating. We knew about this problem 30 years ago and have lost that amount of time arguing amongst ourselves as to whether global warming exists or not and who should pay and so on. Amazingly the arguing goes on and we continue to lose time.

Christians have also argued about when Jesus is coming back. The Bible makes it clear that he is going to return and that things will get very bad before he comes. We are told that we should consider it imminent but it hasn't happened yet, however, if climate change has reached the point of no return such that human life on earth is destroyed it has to come before that. It is thus more likely than it has been for the last 2000 years

I don't much like miracles as I cannot explain them and they can be used as reason by non-Christians to refuse to believe. That said I don't think anyone would like to have a god that can't produce miracles occasionally. Jesus has conquered death and hell and sin and offers new life to all who will believe. We are now told that he sits at the right hand of God and has been given all power and authority and will return, not as a suffering saviour but to judge the world. Life and death and heaven and hell are in his hands.

These are the words of Jesus himself, "After the tribulation of those days will appear in heaven the sign of the Son of Man, and then all the tribes of the earth will mourn, and they will see the Son of Man coming on the clouds of heaven with power and great glory."

The little phrase in the middle of those words is significant, 'all the tribes of the earth will mourn.' There will be mourning everywhere as people see that it is too late. Forgiveness is available now, a clean slate is available now and eternal life is available now but it won't be then. The apostle Paul said, "We must all appear before the judgment seat of Christ, so that each one may receive what is due for what he has done in the body."

For the Christian the penalty for all his wrongs has already been taken by Jesus and there is none left for him to take so how does he see the return of Jesus. The hymn writer puts it well:

When Christ shall come, with shout of acclamation, And take me home, what joy shall fill my heart. Then I shall bow, in humble adoration, And then proclaim: "My God, how great Thou art!"

So there is bad news and there is good news. I'm sorry if this appears fierce but it is entirely Biblical and I wouldn't be doing anyone any favours by watering it down.

By this is God's love perfected with us, so that we may have confidence for the day of judgment.

1 John 4 17



Conservation & Community

"The November sun invites me,
And although the chill wind smites me,
I will wander to the woodland
Where the laden trees await;

And with loud and joyful singing I will set the forest ringing, As if I were king of Autumn, And Dame Nature was my mate."

Paul Laurence Dunbar (1872-1906).

I'm writing this in early October and sitting in our garden in 22 degree sunshine, strange times we live in!

Damp November mornings signal an explosion of fungi, from woodland species on and around trees and logs, to wild mushrooms in the fields. Look around tree stumps for evidence of small mammals collecting winter food stores - part eaten nuts and their shells may be found under hazel bushes; jays and squirrels bury large numbers of nuts which will grow if 'forgotten'; fieldfares and redwings will have arrived and you might see them in your gardens, especially if you have berried shrubs or hedges. They will strip them and move on to the next source of food. Starlings will have arrived from Scandinavia and look out for their murmurations, especially over Redgrave and Lopham fen. Spectacular is the word!

I know I say this every year, but if you are planning a bonfire on the fifth, please check for sleepy hedgehogs who may have chosen to hibernate there.

Now a little fundraising plug! If you sign up to EASYFUNDRAISING.ORG.UK and nominate LOHP as your given charity, many of the websites you do your Christmas shopping on will donate a small percentage to LOHP. I've done it and love to see it pop up on the John Lewis site. (other retailers are available of course!).

Our Annual General Meeting will take place on 1<sup>st</sup> December at 7.30pm in Garboldisham Village Hall. More details next month.

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### Extraordinary Redgrave Parish Council Report – 21<sup>st</sup> September 2023 By Alison Spouncer, Parish Clerk

The Chair of Redgrave Parish Council called an Extraordinary Parish Council meeting to discuss the policy document concerning the appointment of Trustees to the three Redgrave charities: Charity for the Needy (CfN), Little Ouse Headwaters Project (LOHP) and Redgrave Amenities Trust (RAT) respectively. The Parish Council were pleased to welcome forty-five members of the public with five councillors with three apologies.

#### **Public Forum**

A former Councillor wished to inform the Council that his details remained on the Council's website. The Council acknowledged and the Clerk took the action to remove the details and to add an invitation to anyone who may wish to consider being a Councillor to please contact the Clerk for more details.

One member of the public provided feedback on the proposed policy\* for Redgrave Parish Council as the Appointing Authority. Whilst he considered the policy to be "over-kill" he accepted the policy except for two points (further details of which can be found on the website, noticeboard, and Facebook). When asked in which capacity he was speaking he confirmed that he was speaking as a member of the public with long links to the RAT. Another member of the public thanked the RAT for all its work that it has carried out on behalf of the village up to September 2021 but noted that there was an increasing concern by some members of the public as to the lack of information that the RAT had provided regarding the recent works on the recreation ground. It was suggested there will be a RAT public meeting once the lease has been signed with Llanover; one councillor expressed concern that this was after the lease had been signed. The RPC noted that it had received a complaint from a parishioner which the RPC agreed to investigate on his behalf; it had attempted on several occasions to discuss this complaint with the RAT but had been refused on each attempt. These complaints have not been addressed by the RAT, namely, the lack of transparency of the workings of RAT, the lack of legitimate Trustees and the actions of the RAT on the recreation ground with the placing of fencing around the perimeter. Details of these complaints are available on the RPC website. Residents who spoke welcomed the return of the Football Club but were dismayed at the lack of facility for the children of Redgrave to play freely. The RPC confirmed it had been contacted by Llanover to open negotiations again. It was agreed that the RPC would engage with Llanover alongside the RAT once trustees have been properly appointed. It was agreed to speak to them subject to final confirmation at the October Parish Council meeting. The RPC continued by discussing the contents of the Appointing Authority Policy Document for the aforementioned charities and it was agreed by all present to accept and adopt the policy. Full details are available within the minutes, available on the website, noticeboard, and Facebook. Should anyone require a copy please contact the Clerk.

\* A copy of the Policy Document is available in on the Council's website www.redgrave.onesuffolk.net/parish-council.



Coffee on the Corner this morning in early October - weather fine, sun shining and we managed to run the coffee shop on a skeleton staff, as many of the usual helpers are enjoying well deserved breaks in other parts of Europe!

Extra cakes were kindly provided by my lovely neighbour and we had plenty of delicious fare. The coffee

shop generally was slightly quieter than usual, but those that came seemed to enjoy the opportunity to chat. The charity we were supporting this morning was Tree Aid and, as well as the usual paper information on the tables, we treated our visitors to a 3 minute video clip from the charity. This was really enlightening about the work they do and the positive effects that the planting of millions of trees across Africa is having - improvements to the local environment, employment and work for local families and a healthy balance to help in the fight against climate change, which will benefit all of us. In the light of so much really depressing news, it is heartening to hear that such good work is being done. If you want to find out more about the charity, then just visit Treeaid.org/trees and you can watch the clip we saw and read some really inspiring stories. The kind donations from this morning's event totalled an incredible £142.11 - WOW! It never fails to amaze me what a few cups of tea and coffee, a few cakes and savouries and a warm welcome from one of your local churches can achieve in just three hours! For those of you who came along - thanks for being a part of the event.

If you weren't able to come along this morning, then we shall be open again on **Tuesday 14th November**, when your kind donations will be given to Samaritan's Purse - the charity that is responsible for "The Shoebox Appeal" as it is called - sending decorated shoeboxes to needy children across various countries in the world. Each box contains a selection of toys and useful things, such as hygiene items and school supplies. Whilst I don't have the time to organise the packing of boxes and collection etc. it costs around £5 per box to ship these to their destinations and that is where we are able to help.

Between the Coffee on the Corner events in September and October, we also held a very successful Macmillan Coffee Morning - to date we have collected £657.00 and I know that there is a bit more still to come - thanks again folks!

Incidentally, some of you will know that there is a local healthy walking group who use Parkview Chapel as their starting point every Tuesday morning. These walks leave promptly at 10am and last no more than 30 minutes (unless of course they stop to chat!) and finish at the Chapel for a cuppa and a bit of socialising. Once a month, they join our visitors at the Coffee Shop and enjoy cake as well! If you fancy being a part of this very pleasant band of walkers - do contact me and I can put you in touch with the leaders of the walking group. Why not join them? Those that already have got involved are really enjoying both the exercise (gentle exercise!) and the sense of community.

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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### Exploring the Past

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#### Memories - Church Meadow By Margaret Brown (nee Cotton)

I was born in a double dweller house with a thatched roof owned by Mr J Hall at West Street, Rickinghall in 1941. This house was destroyed by fire when I was a toddler. My Dad was working with a threshing machine at Walsham-le-Willows at the time and dashed home when he heard of the fire. My parents managed to salvage most of our possessions.

After the fire my parents, brother Robert and I moved into The Tiger at Allwood Green, with my grandmother and her family. The Tiger had once been an ale house for a short time in the 1880s later it was a Blacksmith's shop. Following this we moved to Maltings Cottage in Rickinghall Street. Mum disliked this house as it was so near the road.

In 1947 we were allotted a Council House on Church Meadow, a new estate on the Hinderclay Road. These houses were built by Harry Goddard employing soldiers returning from the war. The wages for these men were between 17/6d and £1 a week. The houses were numbered 1 to 8. We lived at No. 2. A short time later numbers 9 to 12 were built by Messrs Aves. Church Meadow has developed over the years with many new houses being built in the 1980s and there are now 50 houses and bungalows, some rented, and some private, on the estate.

Some of the residents of Church Meadow still have or have had family ties on the estate and one resident has lived in the same bungalow for over 65 years.

Back to myself, Church Meadow was very handy for Rickinghall School which I attended. I did quite well at school despite failing the 11+. I left school at 15 and on my headmaster's recommendation, I completed a secretarial course at the Silver Jubilee School in Bury St Edmunds 'Shorthand, Typing, Accounts etc.' resulting in working in an Insurance Company, Pearl Assurance in Bury, for 6 ½ years.

In 1964 I married and left Church Meadow to live on the ground floor of a thirteen room farmhouse in Hinderclay There was no electric, only Calor gas. There was no bathroom, a tin bath was used in front of the kitchen Rayburn and there was a rather primitive outside toilet. It was considered unfit for bringing up small children so in 1968 the Rickinghall Parish Council allotted us a Council House and I returned to Church Meadow and lived in No. 7 with my husband and daughter Carol and my son David was born there in 1971.

By this time my parents had left No. 2 Church Meadow and moved to a bungalow, No.16 Church Meadow. This was a straight exchange as the people from No.16 needed a larger house.

In 2010, my children both having left home, my husband and I moved to No. 49 Church Meadow, which was built in 1989 and where I happily still live.

In all I have lived for 72 years on Church Meadow

With many thanks to Margaret for these memories. And thank you to all those who have shared their memories over the past year or so.

If anyone has memories of growing up in our villages – perhaps in the 1960s, 1970s or 1980s please contact me at the above telephone number.



Margaret and Robert in August 1947 outside Nos 1 & 2 Church Meadow



Margaret and Robert with Christopher Anderson outside No.1 & 2 Early 1950s



The same view of Nos. 1 & 2

Nos 3 to 8 Church Meadow today



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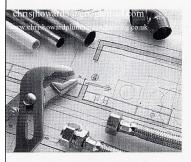
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We had a change to our speaker for

our

September meeting and welcomed the Revd Paul Mellor, a senior chaplain in the RAF, who has served our late Queen and who attended her funeral last September. Paul told us about the explicit arrangements, both for her funeral and the overnight dress rehearsal two days earlier, the lengthy detours that had to be made to get into London when most of it was blocked off for the Queen's lying-in-state and for the funeral.

On the day itself he had to be in Westminster Abbey by 8.30 and after the service marched in the procession to Horse Guards Parade and back. It was 3 pm before he and his colleagues were able to have a drink and relax. Members were very interested to see his pictures of the day, the service programme, and other memorabilia. Paul was justly proud to have been part of this memorable occasion.

Our monthly tea and chats at Santago's café in Botesdale continue to be popular, providing members the opportunity to catchup whilst enjoying a drink and a cake. We also took part in W.I. Day on 16h September celebrating 100 years since the W.I. was formed and held an Open Afternoon at the Bowls Club for ladies to come along and meet us.

Rosemary Setterfield - President

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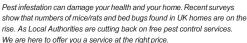


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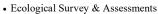
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#### Help! Weekly/Monthly Repeating Events

### We need your help to update this list! Please let us know if anything is out of date below, whether it's an activity that no longer happens, or something that is missing. email eventsatrbrparishmag@gmail.com with any updates - thank you.

This lists regular events that occur weekly (eg every Thursday) or monthly (eg every 1st Tuesday) - event organiser details are in the Local Services Directory (LSD). The Parish Magazine has ads for irregular/one-off events.

Organiser / Event Name		W	hen?		
		Day	From	To	Location
Angles Way Filling Station	2nd	Friday	7:30pm	-	Garboldisham Village Hall
Botesdale & Rickinghall Runners	Every	Thursday	7:00pm	-	Rickinghall Village Hall
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 (term-time only)	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 th	e Parish Mag	azine		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
Green Redgrave Group (check for variations)	1st	Tuesday	7:00pm	-	All Saints Church, Redgrave
Heritage Circle	4th	Wednesday	7:30pm	-	Rickinghall Village Hall
Mobile Library	See da	ites & times i	n the Paris	sh Magazin	e
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 (term-time only)	Every	Tuesday	11:15am	12:15pm	Rickinghall Village Hall
Places of Worship	See Pa	rish Magazir	ne inner/ou	iter back co	over for denominations' activities
Positive Steps	Every	Friday	10:00am	11:00am	Parkview Chapel
RABBATS (term-time only)	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 Country Market (+Autojumble & Car Boot sale Apr-Oct)	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 (Mid April - End Sept)	Every	Friday	6:30pm	-	St Botolph's & District Bowls Club
District Bowls Club Social evening (Oct-Mar)	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 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)		ww.crosskeys	redgrave.	co.uk and a	dvert in the Parish Magazine
U3A Writers' Group	1st	Friday	10:30am	12:30pm	21 Farnish House
Yoga and Relaxation (term-time only)	Every	Tuesday	7:00pm	8:30pm	Botesdale Village Hall





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

#### **SCAM ALERT**

Modern technology has made it so much easier to mange our money from banking apps to price comparison websites as digital services have revolutionised our personal finances. Sadly, fraudsters see this same technology as an opportunity to part us from our money.

Do not underestimate the scale of the threat. UK consumers lost more than £1.2billion to fraud last year according to the financial services industry. That's the equivalent of £2,300 every minute.

Being scammed is profoundly distressing going far beyond the financial impact and leaving victims affected deeply. Most of us are aware scammers are out there and after our money. That is why we continue to highlight current scams and in future columns will also be covering ways you can help protect yourself.

#### FREE ELECTRICITY

Action Fraud are warning about numerous reports of emails circulating locally claiming to be from energy suppliers offering 'free or cheap electricity' The emails urge recipients to use the link shown to verify if they are eligible for these special offers.

The emails are FAKE

Anyone clicking on the link will be taken to a phishing website designed to extract personal and financial information as part of your 'eligibility ' checking process.

#### **BOGUS DVLA TEXTS**

Text messages purporting to be from the DVLA are being received by motorists. The texts claim that as a part of a routine check they need need to confirm your driving licence record.

These text messages are not from the DVLA and if you accept the invitation to click on the link you will be directed to a fake version of the DVLA website designed to plunder your personal and financial details. Report any suspicious text messages you receive by forwarding them to 7726. Further information on this free service for I phone and Android handsets can be found on the OFCOM website.

#### **Mobile Library**

Rickinghall: Rectory Hill 10.40 - 10.55 Rickinghall: Hinderclay Road Rickinghall: Village Hall 11.20 - 11.15 Botesdale: Farnish House 11.40 - 11.55

will be calling: Wednesday 8th November, 2023

#### **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

November			
Sunday 5 <sup>th</sup>	Service at 11.00am – Gut Level Compassion Unbending		
Sunday 12 <sup>th</sup>	Service at 11.00am – Gut Level Compassion Radical Restoration (inc. Remembrance Su		
Sunday 19 <sup>th</sup>	'Coffee On A Sunday' service at 11.00am - Compassion – A Tale Of Two Rooms	PARKVIEW CHAPEL	
Sunday 26 <sup>th</sup>	Service at 11.00am – Speaker's Choice		CHURCH FOR THE COMMUNITY
Events	Coffee on the Corner at 9.00am		Tuesday 14 <sup>th</sup>
	PARKVIEW Youth	Junior Church	Sundays 11:00am - 12:00pm
	Ju	Fridays 6:00pm - 7:00pm	
		PYP	Sundays 7:00pm - 8:30pm
	Se	nior Friday Club	Fridays 7:30pm - 9:30pm

#### WELCOME TO BOTESDALE METHODIST CHURCH EVENTS AND GROUPS

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

#### **November Services**

5<sup>th</sup> Mr Steve Aspinall

12<sup>th</sup> Mr Pat Mottram

19<sup>th</sup> Mr Neville Hodson

26<sup>th</sup> Local Arrangement

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

Tuesday 7<sup>th</sup> 2.30pm - 4pm Get Together Down the Lane. Tea, biscuits & conversation!

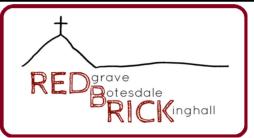
Saturday 25<sup>th</sup> 10.00am - 12pm Christmas Fair

Tuesday 28<sup>th</sup> 10am - 12pm Coffee Down the Lane – our regular coffee morning held on the

4th Tuesday of every month - an opportunity for all to chat and

get to know others in our community

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



## Parish of Redgrave cum Botesdale with the Rickinghalls

#### **November 2023 Services**

Sunday 5<sup>th</sup> November, All Saints and All Souls

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

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

Sunday 12<sup>th</sup> November, Remembrance Sunday

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

Service of Remembrance followed by Parade at War memorial Service of Remembrance 3pm St Botolph's Chapel of Ease, Botesdale

Sunday 19<sup>th</sup> November, 2<sup>nd</sup> Sunday before Advent Holy Communion (CW), 10.30am, All Saints Redgrave

followed by

" Bring and Share" farewell lunch for Revd. Chris and Mrs Barbara Norburn

Sunday 26<sup>th</sup> November, Christ the King Holy Communion (CW), 10.30am, St Botolph's Chapel of Ease, Botesdale

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

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#### From the registers

St Mary's Church Redgrave					
20.9.23	Interment of Ashes of the late David Monro Scott Orr. Died 24 <sup>th</sup> June 2023 age 84 years: into the grave of his Grandfather Revd. Leonard Holt-Wilson				
St Mary's Church Rickinghall Inferior					
17.9.23	Adult Baptism of Julie Swallow, Rickinghall				
19.9.23	Funeral of Helen Irene Sharman. Died 13 <sup>th</sup> August 2023 age 89 years				
28.9.23	Burial of Suze-anne Dunsire. Died 7 <sup>th</sup> September 2023 age 82 years				
4.10.23	Interment of Ashes of Ivy Sylvia Towers. Died 23 <sup>rd</sup> June 2023 age 97 years				