



Rendlesham



**OH NO, IT'S A GRUFFALO AT
THE TEDDY BEARS' PICNIC
RENDLESHAM HEARTS,
BEATING AS ONE?**

Rendlesham Magazine advertising rates (as from January 2022)

Size	1 month	3 months	6 months	12 months
Eighth Page – Landscape <i>63.75mm deep x 93mm wide</i>	£15.60	£39.00	£62.40	£93.60
Quarter Page – Portrait <i>132.5mm deep x 93mm wide</i>	£27.60	£68.88	£110.40	£165.60
Half Page – Landscape <i>132.5mm deep x 190mm wide</i>	£51.00	£127.50	£204.00	£306.00
Half Page – Portrait <i>270mm deep x 93mm wide</i>	£51.00	£127.50	£204.00	£306.00
Full Page – To Type Area <i>277mm deep x 190mm wide</i>	£94.20	£235.50	£376.80	£564.00
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Col Back Cover <i>132.5mm deep x 190mm wide with 5mm bleed all round</i>	By Negotiation – Adverts in this space needs to be booked under a 12-month volume discount agreement			

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**October Deadline –
Sat 10th September**

**Send your submissions to
admin@rendleshampc.org.uk**

Rendlesham Parish Magazine is available online and in hard copy format.

File format information for advertising is available at:
www.rendleshampc.org.uk/magazine

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Dear Rendlesham Homeowner

with unrivalled market knowledge our clients achieve the very best market prices, if you are thinking of selling and would like a free market appraisal on your home call us now on 01394 470590

regards

Shane Marks

Marks & Mann Estate Agent
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Martlesham Heath,
Ipswich, IP5 3SL

01394 470590

shane@marksandmann.co.uk



**FREE EPC
(Where required)**



We will give £100 to FORS on every house we sell on completion

Rendlesham

MAGAZINE



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**RENDLESHAM
YAAF GROUP**

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Page 39 Keep Britain Tidy, and keep Nature safe!

Parish Council News

Vandalism in Jubilee Park

Residents may be aware there has been a spate of vandalism in Jubilee Park in the days leading up to the *Teddy Bears' Picnic* event.

- The “Kiddies picnic table” was systematically trashed and the umbrella smashed
- Attempts were made to remove one of the seated picnic benches adjacent to the Pavilion, resulting in ripped up flagstones. We have good CCTV here.
- Graffiti/offensive messages and images were put on the post of the Jubilee Beacon
- A hex-bench seat around a tree was damaged, and hanging baskets were destroyed.

- A fire was started in the Jubilee Park play area, but was extinguished before it took hold in these tinder-dry conditions when quick-thinking residents saw the flames and acted instantly. The fire crew confirmed the cause was arson.
- Glass bottles have been shattered on the 5-a-side pitch and in some places, the surface was lifted so that glass could be tucked underneath, in the hope perhaps it will eventually slice through to the surface and cause harm to users at a later date.

All incidents have been recorded with the Police or with the Fire Brigade.

The Parish Council is not sitting on its hands on this...

We have various elements of information and evidence, which we are holding to ourselves whilst discussions about this vandalism remain ongoing with the Police.

It is clear that more than one of these incidents involve a specific group of individuals, and that much of this is happening at about 8pm in the evening.

It is the intent of the Parish Council to pursue these acts as far as possible and will seek prosecution if a strong enough case can be made.

For those reasons we have consciously not engaged in a “witch-hunt” on social media

by posting the evidence or information we’ve collected, or making accusations.

If that approach is required it will be done in *conjunction with and the guidance of the Police.*

The fact that RPC staff have repaired some of this damage because of their personal commitment and pride in their jobs does not make it acceptable and the Council will continue efforts to identify the perpetrators.

If you see anything untoward, at any time, please *report it to the Police* (if you feel it is justified) – and let us know too before a more serious incident occurs.

Mike Stevenson
RPC Chair

**NEXT MEETING OF THE
PARISH COUNCIL WILL BE ON
MONDAY 5 SEPTEMBER 2022 AT THE
COMMUNITY CENTRE, 7.30PM**

Community Copy Shop at the Parish Office		
Copying	B/W	Colour
A4	10p	20p
A3	20p	35p
A4 card	10p	20p
Binding		
A4 plastic/wire spiral, with cover and back		£2.50
A4 no cover/back		£1.50
A3 no cover/back		£1.50
Laminating		
A4		35p
A3		70p

**Is it a bird?
Is it a plane?
No, it's Incredible
Rendo (Wo)Man!**

Routes available across the village and at the Base

You don't need super powers to be a Superhero!
Just help us deliver the **PARISH MAG!**

FLY TO OUR RESCUE, contact Admin today on 01394 420207 or admin@rendleshampc.org.uk



**COMMUNITY SPEEDWATCH
CO-ORDINATOR FOR RENDELSHAM**

We are looking for a voluntary co-ordinator to help manage our local Speedwatch initiative, in association with Suffolk Police.

If you are concerned about the speed of traffic in and around Rendlesham, and would like to work with us, please contact the Parish Clerk at clerk@rendleshampc.org.uk

OFFICE HOURS
Monday,
Tuesday & Thursday,
10am-2pm

By contacting Rendlesham Parish Council you agree your contact details may be held and processed for the purpose of correspondence and the services we provide.
We only keep information for as long as necessary. We do not share your information with third parties.

Parish Councillors

Mike Stevenson: Chair
Ex-officio on all Committees
Personnel Committee
Youth Group Charity
Community Centre Charity
SALC Rep

Dave Moore
Finance & Asset Committee
Personnel Committee
Youth Group Charity
Jubilee Park Committee

Mark Stones
Planning Committee
Jubilee Park Committee
Community Centre Charity

Victoria Proctor: Vice Chair
Planning Committee
Personnel Committee
Youth Group Charity
Jubilee Park Committee
Community Centre Charity

James Carter
Finance & Asset Committee
Planning Committee
Personnel Committee
Youth Group Charity
Jubilee Park Committee
Green Print Forum
SALC Rep

Martyn Redfern
Planning Committee
Finance & Asset Committee

Mike Parry
Finance & Asset Committee
Planning Committee
Jubilee Park Committee
Community Centre Charity
SNT Representative

**FIND OUT WHAT
WE'RE DOING
FOR YOU**

Minutes of
Past Meetings are
available on the Parish
Council website at
www.rendlesham.suffolk.gov.uk

The sun certainly had its hat on for *The Teddy Bears' Picnic 2022*

What a scorcher!

The sun definitely had his hat on for TBP 2022! And another fantastic community event from the Parish Council.

Thank you to everyone who supported the event and braved the heat to come along to this years *Teddy Bears' Picnic*. We were truly delighted to see so many of you join us on **Sunday 14th August** and get involved with our Gruffalo Themed picnic in the park.

First off, through various different contributions, we raised £528.50 for the Skatepark, and there is still more to come in!

But better than that, if you'd gone down to the woods that day... you'd be sure to find a Gruffalo in the wildlife area! **Macmillan Books** kindly allowed us permission to bring the idea to life and recreate the famous story in our fantastic wildlife area at Jubilee Park.

53+ children (and many excited family members!) put on their brave faces and took a walk with the *Little Brown Mouse* into the "Deep Dark Wood" – using the clues to find three of the book's famous characters *Fox*, *Owl* and *Snake*.

A massive thank you to **Roger Messenger** our devoted Park Keeper for bear-ing with us and creating some fantastic props and directions that exceeded our expectations for the Gruffalo-themed trail.

But if you missed it...

For anyone who was unable to attend the *Teddy Bears'*

All photos on this page by Ellie Hutchinson



Picnic we have kept the key components of the trail up so that they can be enjoyed by your little ones over the last few weeks of the Summer holidays. We hope the trail will be respected by all and can carry on being enjoyed by the community.

There's no such thing as a Gruffalo...

We'd beg to differ if you heard our very own Projects Officer **Sarah-Jane Quick** up on the music stage reading *The Gruffalo!* We stepped into the Gruffalo's world for a few moments with a fantastically executed reading by Sarah-Jane... there is no one else who would have set the scene better, to pique Rendlesham's littlest minds with the magic of her story telling. Thanks SJ.

Honourable Mentions

A special mention to the volunteers on the day, the aptly named **Karen Colbear** – Big Brown Bear & Little Brown Mouse, **Roger Messenger** – The Gruffalo, **Samantha Beadle** – Little White Bear.

These guys deserve a medal after their commitment to the *Teddy Bears Picnic* for yet another year.. we thought it



Teddy Bears' Picnic

was hot, but imagine coming to the picnic dressed as a giant teddy bear? Hats off to you guys. The amount of magic you brought to this year's picnic did not go unnoticed by the *Little Redwaldians* of Rendlesham.

A picnic would not be a picnic without food! We saw some impressive picnics, fancy blankets and gadgets but for those of you who were feeling especially hollow in your legs we had our wonderful food vendors on hand to fix that.

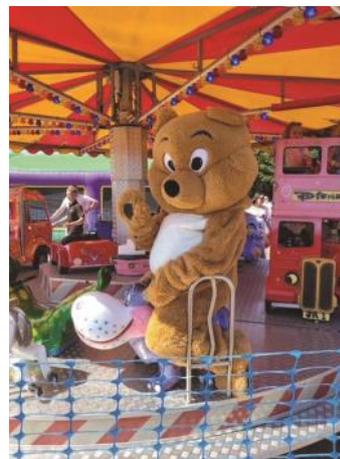
Thank you to **1st Rendlesham Scout Group** for yet another fantastic BBQ. As well as catering to our needs at the **Teddy Bears' Picnic**, 1RSG was also cooking up a storm over at the *Suffolk Punch Trust* – no mean feat to deliver two such operations on the same day. So well done to Warwick for navigating the difficulties associated with being the “burger king” and the newest scout leader.

A warm welcome to one of our newest food vendors **Wagyu Burgers and Street Food** – your Wagyu burgers and loaded fries were next level yum! We are looking forward to seeing Josh and his team again for *Rendlesham's Fireworks night* on Sunday 6th November. The Parish Council is proud to provide opportunities and support local businesses at our community events.

Thank you for the music, the songs you're singing!

Back by popular demand... again! **LTP** (Less Than Perfect) and **Jacklin &**

This block of 4 photos by Karen Colbear



Sarah Holmes



Smith – these guys never disappoint with their remarkable musical talents. Thank you for being a part of the picnic and pleasing all of our ears.

A huge thank you to **Malcolm Clark and Glenn Knights** from *Rendlesham Radio* for everything they did behind the scenes to bring us the music (and share it with the rest of the world!) as **Glenn** broadcast our party live to the world from the picnic...

And special thanks from *Rendlesham Parish Council* to our stand-in sound guys **Mark Ibiston and Myles** who helps out Mark and *Rendlesham Radio* from time to time, you were proper troopers! Find out more on **page 42** about *Team Audio's* time at the Commonwealth Games. There is no end to their talents or generosity involved in manning the sound stage on one of the hottest days of the year.

Tractor and trailer rides were also in full swing around Jubilee Park, thanks to the rally-driving skills of our Clerk, **Heather Heelis** – even the cheeky bears and the Gruffalo had a go!

We had a whole array of kiddies inflatables this year provided by **Beeline Bouncers**. We understand how important it is to have affordable days out with little ones during these financially difficult times and so providing wristbands for unlimited usage on the bouncy castle, pole jousting, Children's ride and assault

course went down well with both children and adults!

A special mention to **Rendlesham Day Nursery** who very kindly sponsored one of the bouncy castles this year – thank you!

What next would you like to see? Tell us!

We're always praised for being a proactive Parish Council, and we aim to please. We'd love to hear your thoughts on the trail and which teddy bear you would like to see at next year's picnic. But if you have ideas for any other events that you would like to attend then we'd love to hear them. So please get in touch at events@rendleshampc.org.uk with your suggestions.

Plastic fantastic

An initiative which will be implemented in the near future is reusable cups. As part of our *Climate Action Strategy* we aim to decrease the amount of waste and negative effects large events have on the environment.

We will be working alongside **the Tavern** to responsibly source reusable festival cups at our events going forwards. Reducing the amount of plastic which ends up in landfill sites.

So if you're a local business who feels up to the challenge of producing these cups, please do get in touch with me at: events@rendleshampc.org.uk



All photos on this page by Sarah Holmes

What's coming up next?

Take a look on **page 45** for key dates of our upcoming events. We are now looking forward to *Rendlesham's Firework Extravaganza* on Sunday 6th November.

As for TBP-2023, we'll fix it so there's a little less heat, a lot more shaded, and even more cool...

Ellie Hutchinson
Event Coordinator



Evie-Mae 5 was so blown away by the trail she couldn't make up her mind which sweets to choose as her reward for her bravery. Fortunately, the parish council (who are experts on sweets) were there to help her with her difficult decision.



How scary was the Deep Dark Wood then? "We were OK, but Daddy was terrified!" said Callie 8 and Thea 6.



The Gruffalo was a little peckish by the time these two kiddies came for a hug. He hadn't had his afternoon snack, so we apologise to that little girl and her parents if it seems like he was trying to eat her, head first... We have told him off!



All photos on this page by Sarah Holmes



YOUR FEEDBACK

"It's lovely in the woods, so good. Thank you very much for doing this!"

"Really nice this year – they are always good, but this is the best one yet!"

"Our granddaughters had a really lovely time. Thank you all so much for a great afternoon!"

PARISH COUNCIL INITIATIVES

Fun facts about renewable energy

Wind energy is the largest source of renewable power in the UK. There are almost 11,000 turbines on and offshore, generating nearly 66 million MWh of electricity a year. That's the equivalent of powering over 18 million homes.

Coal only generates 29% of its original value in energy. But wind power generates 1,164% of its original value!

Siemens built the first-ever commercial offshore wind turbine 30 years ago. Its blades were a modest 5 metres long, and it created just 30 kilowatts of power. But the latest model (since

becoming *Siemens Gamesa*) is immense – with 108-metre-long blades, on a 222-metre diameter rotor. Just one turbine can generate enough electricity to power around 18,000 homes every year.

Hydropower is the most widely-used renewable power source. It accounts for more than 54% of the global renewable power generation capacity, and 18% of the world's total power generation.

Costa Rica is a world leader in renewable energy. In 2017, this small Central American nation lasted 300 consecutive days on renewable energy alone.

Just to give you an idea of the tremendous potential of solar power – every hour, the sun beams enough solar energy onto Earth to keep everyone on our planet supplied with electricity for an entire year. Pretty incredible, eh?

Between 2007 and 2017, the world's renewable electricity sourced from solar power increased a whopping 4,300%.

Romans were the very first to use geothermal energy to heat their homes, building systems that encouraged

warm air to move under floors and inside walls.

A world record was set in 1990, when a solar-powered aeroplane flew across the United States in stages, using no fuel at all.

Did you know that, way back in 1921, Albert Einstein was awarded the Nobel Prize for his discovery of the photo-electric effect? It's what led to the invention of solar panels!

Iceland is the only country in the world where renewable sources generate 100% of both its electricity and heat.

www.ovoenergy.com

LOCAL PRODUCE MARKET

Sunday 11th September
Rendlesham Village Square

LITTER PICK SUNDAY

10-3pm

We ♥ Rendlesham

Rendlesham Youth Group

RYG IS BACK and this Autumn, it's even better

– thanks to the wonderfully generous donation of new equipment from **Mark Thomas** of *Melton Mowers*.

So come along, meet new friends, challenge your arch frenemies to a FIFA duel on the Xbox, or play Monopoly on the new Playstation. Or kick back and watch the swanky new Smart TV and hang with your homies!

We've changed our evenings again, to accommodate the availability of the maximum number of children.

Our opening hours are thus:

- **Tuesdays – Seniors**
(Years 7-8)
6.45pm-9.15pm
- **Wednesdays – Juniors**
(Years 4, 5 & 6)
6.30pm- 8pm
- **Thursdays – Seniors**
(Year 9+)
6.45pm-9.15pm

The Youth Group is free to attend for Seniors, but we charge a small fee of £1.00 per session for the Juniors, to cover the cost of craft materials and the like.

Looking forward to welcoming you back! Don't forget to bring your pocket money for the Tuck Shop...

Term Dates 2022-2023

- 5 September to 21 October
- 31 October to 16 December
- 4 January to 10 February
- 21 February to 31 March
- 17 April to 25 May
- 5 June to 21 July

PD Days

- 1 September
- 2 September
- 3 January
- 20 February
- 26 May

RENDELSHAM

YOOF GROUP

Back with vengeance from
Tuesday 6th September

SENIORS	JUNIORS	YOUNGSTERS
Years 7, 8	Year 9+	Years 4, 5, 6
Tues, 6.45-9.15pm	Weds, 6.45-9.15pm	Thurs, 6.30-8pm

How can we help you?

We're here to help. Whatever the problem.

FREE independent advice on:
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 Money • Relationships • Housing
 Consumer Rights • Employment

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Mon, Tues, Thurs, Fri – 10am to 2pm

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FREEPHONE 0800 278 6868

Email: supervisor@leistoncab.cabnet.org.uk

citizens advice East Suffolk

We're here if you need help

love every drop
anglianwater

We have lots of ways to help you and your loved ones.



If you're finding it difficult to pay, we offer:

- Discounted tariffs
- Assistance schemes
- Affordable payment plans

Our **Priority Services Register** can help lots of different people with free practical support, such as:

- Letting you know about upcoming work in your area and help if your water goes off
- Helping protect you against bogus callers, which includes setting a password for your account
- Sending bills in different formats and communicating with you in your preferred language

Find out more

anglianwater.co.uk/watercare
0800 011 3774
 BSL anglianwater.co.uk/bsl



Your Police Your Say

PUBLIC MEETINGS

SUFFOLK POLICE & CRIME COMMISSIONER TIM PASSMORE, A CHIEF OFFICER AND THE LOCAL POLICING TEAM

PUBLIC MEETINGS 2022

DATE	LOCATION
Thursday 29 September	Wherry Hotel, Bridge Road, Oulton Broad, Lowestoft NR32 3LN
Monday 3 October	Online via Microsoft Teams. Go to www.suffolk-pcc.gov.uk to register
Thursday 6 October	Cedars Hotel, Needham Road, Stowmarket IP14 2AJ
Tuesday 11 October	Suffolk New College, Rope Walk, Ipswich IP4 1LT
Tuesday 18 October	Mildenhall Hub, Sheldrick Way, Mildenhall , Bury St Edmunds IP28 7JX

NO NEED TO BOOK, JUST TURN UP
 Meetings start at 6.30pm, the online meeting starts at 6pm.
 For more details go to www.suffolk-pcc.gov.uk



GET TRAINED, HELP SAVE LIVES, BE THE DIFFERENCE

Your nearest defibrillators are:

Rendlesham Community Centre
 Walnut Tree Avenue, IP12 2GG

OR

Rendlesham Sports Pavilion
 Jubilee Park, Mayhew Road, IP12 2GT

St John Ambulance

REMEMBER THIS, YOU COULD HELP SAVE A LIFE!

Always start CPR immediately — then use the defibrillator

If a trained first aider is not available, please follow the voice commands given when you turn on the defibrillator (paediatric pads may be needed)

Defibrillators can be used on any adult and on children over 1 year old

A defibrillator is safe. It will not allow a shock to be given unless the heart rhythm requires it

We recommend first aiders take our 3 hour defibrillator training to build skills and familiarity. Visit sja.org.uk/aed for more information

Your defibrillator automatically self-tests regularly to check it is ready for use. We recommend you inspect your device regularly to ensure the pads are in date and the battery hasn't expired. (If you need to replace your defibrillator pads or batteries, please visit sja.org.uk/shop)

World Heart Day, Thurs 29th September

HEARTS. The only organ you can hear and feel.

Your heart is the size of your fist and the strongest muscle in your body.

It's the first and last sign of life, starting to beat three weeks after you were conceived – and by the time you're 70, it will have beaten 2.5 billion times.

But your heart can also become vulnerable because of smoking, unhealthy diets, or living under stress.

Your system might also be weakened by pre-existing heart conditions and other physiological factors, such as hypertension or high blood cholesterol. Of course, no

one's saying we'll develop heart disease if we only have a risk factor. But, the more risk factors we have, the greater the likelihood this will occur – unless we work to prevent our risk factors compromising our heart health.

Exercise, meditation, getting quality sleep all help to lower stress levels. And by resisting harmful coping mechanisms and bad habits caused by stress, we can maximise our individual heart health.

Thus the *World Heart Federation* is throwing out a challenge to everyone across the world to think differently about their health. The WHF is challenging towns, villages

and cities across the globe to draw a "heart" across some of their local roads and to throw down the gauntlet to see how many people take up the challenge on September 29th and walk that heart beat.

It only takes 30 minutes of moderate physical activity, five days a week, to improve and maintain your health.

Adults (aged 18-65) and seniors (65+) should aim for at least 150 minutes of moderate-intensity physical activity – or at least 75 minutes of high-intensity physical activity, every week.

Try to make exercise a regular part of your life: use

the stairs, not the lift, get off the bus a few stops earlier and walk the rest of the way.

Being active is also a great way to relieve stress and control your weight, which are both risk factors for cardiovascular disease.

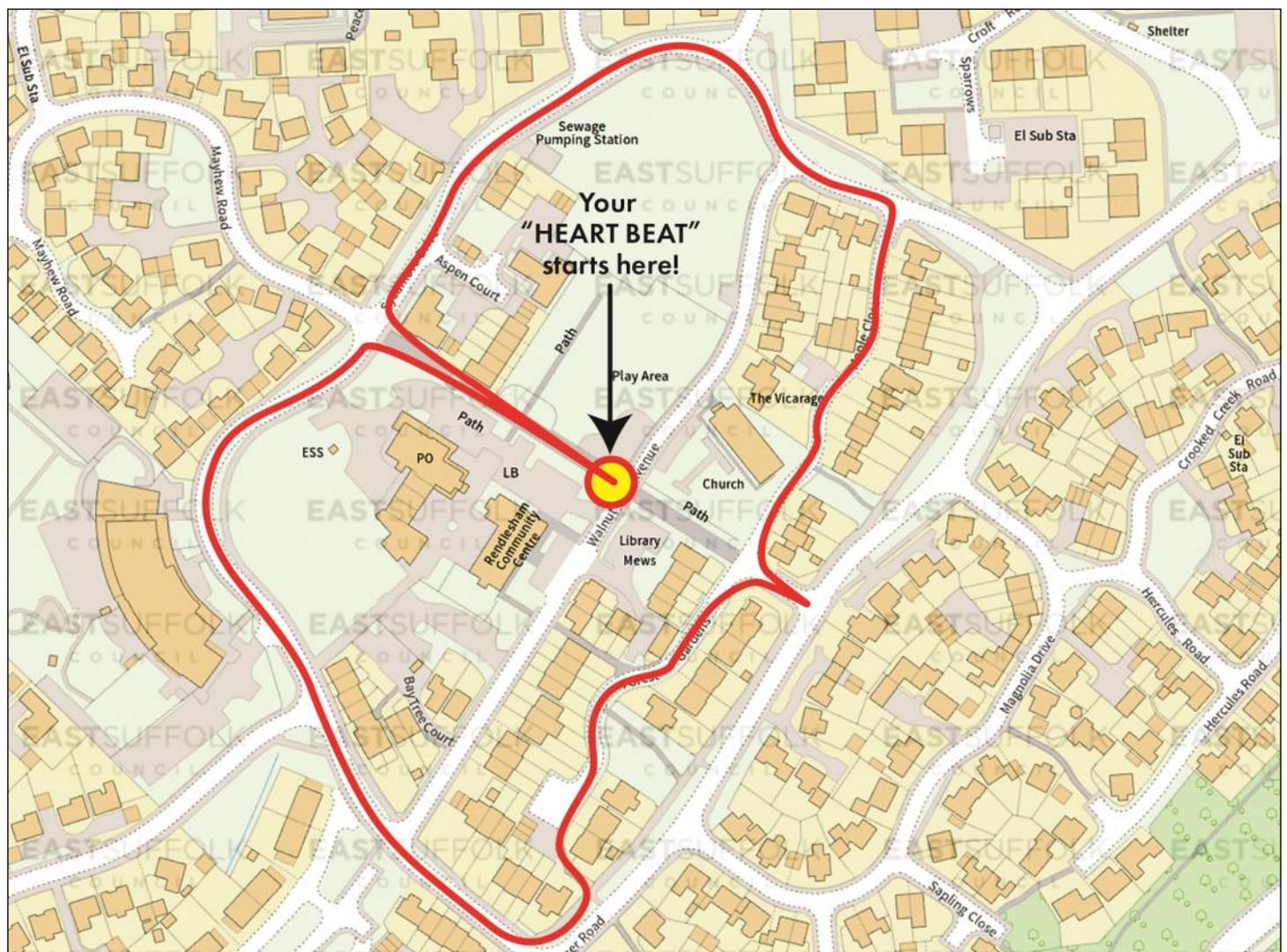
So here's our heart beat!

Simple really! And a great place to start, all around the "heart of Rendlesham".

So let us know if you walked the route on September 29th and let's see how many steps Rendlesham took towards heart health.

We ♥ Rendlesham just took on a whole new meaning.

Best foot forward now!





Allonsfield House

Tel: **01728 363 561**



Now admitting residents for **Nursing Care**



Allonsfield House farm launch



Meet our farm manager Mason who is introducing the first arrivals at Allonsfield Farm to our residents. He is leading on our farm project to bring fresh air and activities for residents and the wider community – as well as providing tasty fruit, vegetables and eggs.

Come and view our new luxury suites



T: 01728 363 561 W: kingsleyhealthcare.co.uk/ah

Allonsfield House, Church Lane, Campsea Ashe, Woodbridge, Suffolk, IP13 0PX



Suffolk Repair Shed

They have the technology, they can (maybe) rebuild it...



Built-in obsolescence. The need for parts to be replaced regularly deliberately built in to a product's life cycle to make you buy a new item in two years' time. A cynical and profligate practice, so wasteful of natural resources.

But when you don't know where to go, it's easy to throw something away when it doesn't work anymore, or it's hard to get the spare parts, so you're better to buy new...

Locally, who can fix it?

If the item is portable, and fixable in a 2-hour timeslot, two local **Repair Cafés** (below) are well worth a trip.

But if your item is big or more than a 2-hour repair, **Suffolk Repair Shed (SRS)** could be just the ticket.

Dave Moore (the driving force behind SRS) explains: "You may have watched the *Repair Shop* on BBC TV. Well, this isn't like that at all. You don't need a back story about 1st World War trousers that need repair, or a great uncle who brought his Henry Hoover over the Russian Steppes to escape the Gulag. All you need is something that is broken and you would rather it wasn't.

"Our mantra is: repair, reuse, and only then recycle. Why buy a new vacuum cleaner when there is no need? Why throw out a pair of jeans just

because the zip is gone? The cost of manufacturing new things is part of the culture crippling our planet. So we have a dedicated bunch of people trying to keep things out of landfill by fixing them."

Who we are, what we do

The SRS team comprises mostly (but not exclusively) retired people, with wide ranging skills, and SRS will try to repair anything you have.

Their skillsets are extensive and includes mechanical and electrical repairs, electronics, toys, sewing repairs, and Dave says they'll have a go at almost anything.

"In the past we've repaired TVs, record players, tape recorders, radios, pond yachts, sewing machines, vacuum cleaners, steam mops, clothing, a Japanese walking/talking cat toy, lamps, the list goes on. Our fix rate is about 70% which suggests we are well worth giving a go."

Both local *Repair Cafés* act as a feeder to **SRS**, a second tier of repair with dedicated workshops and tools for work that goes beyond the 2-hour *Repair Café* window.

Here it's not a 'bring'n'wait' but a 'leave it with us' system as we have the workshop space and time to undertake more complex repairs.

Dave says: "Obviously we cannot weld a broken chair



leg at a church hall, but we can at the *Repair Shed*! Our workshop is on Sandy Lane industrial estate with a large unit for hot work (welding, small casting etc), a sewing shop (sails, leather, industrial sewing), a woodworking shop, a metal machine shop and three electronics workstations with all the test equipment we could muster.

SRS opens for repairs on Thurs 1st September. As well as repairs, it also offers space to anyone who wants a workshop and facilities for their own projects. (If you don't have your own shed, you might consider this.)

What's it worth to you?

When you take your item along, you'll be asked one simple question. What's it worth to you? For instance, if they know the replacement part is £120 but can get a reconditioned one and install it for £60, they'll ask you "What's it worth to you?"

£60 and something else not going into landfill sounds cheap at half the price.

Dave gave us a recent example, where a carer who brought him a Roberts Radio to a *Repair Café* event. There was no way to fix it on the day, and she was really crestfallen. The radio had been gifted to her by one of her clients when they couldn't enjoy listening to music anymore as they were going profoundly deaf.

Dave had a look round on eBay and found an identical model for a fiver, which he would cannibalise for spare parts. Several hours and a little electronic jiggery-pokery later and this lady still has her precious radio. But just as important, she has a continuing link to someone who meant a lot to her.

That radio has no real monetary value, but a priceless emotional one. (Nice work Dave!)

Local Repair Cafés for on-the-spot fixes

WOODBIDGE REPAIR CAFE – St John's Church, Woodbridge, 1st Monday of the month (10 to 12 noon)
 ▶▶ transitionwoodbridge.org.uk/repair-cafe/

MARTLESHAM REPAIR HUB – St Michael's Church, Martlesham Heath, 2nd Saturday of the month (10 to 12 noon)
 ▶▶ www.martleshamclimateaction.onesuffolk.net/repair-hub/

You can bring more or less anything and get an opinion, advice, and often a repair as you sip a coffee. They ask for a donation after a successful repair (which goes towards the cost of hiring the space, etc).

Local projects win grants from Suffolk Coast and Heaths



More than £300,000 awarded to improve accessibility and inclusivity of the Coast & Heaths Area of Outstanding Natural Beauty

Some of Suffolk's most loved, historic landmarks as well as projects that will improve accessibility and inclusivity are among ten organisations to receive more than £15,000 in grant funding, bringing the total to more than £300,000.

The Amenity and Accessibility Fund aims to improve the environment and natural character of the area by awarding grants to projects that conserve habitats and species and improve sustainable access to the area.

For the 2022-23 funding year, a total of £15,251.15 from the Amenity and Accessibility Fund was awarded to ten projects.



Photo: Coast & Heaths

Butley Ferry was awarded £2,863.17 to renovate the 50+ year old ferry to increase its service life, improve buoyancy and its general appearance

And a new micro-generator for **Woodbridge Tide Mill** has been funded so that WTM can demonstrate



Photo: Woodbridge Tide Mill

electricity generation from hydropower.

But improving accessibility within the *Area of Outstanding Natural Beauty* is also a key ongoing priority.

RSPB Hollesley Marshes was awarded funding to replace the steps leading up the existing viewing platform



Photo: Gill Moon

at RSPB Hollesley Marshes with a ramp made from recycled plastic.

Other projects supported by the fund are a pond dipping project, accessible activities for **SEND students** (children with Special Educational Needs and Disabilities), art projects and workshops – including a project using photography and storytelling to explore the global environmental crisis from a Suffolk viewpoint.

And there were bursary places at **Suffolk Sketch Fest 2022**, a 3-day celebration of sketching the maritime heritage and wildlife of the river Deben.

Waveney Bird Club has received funding for Phase 1 of a project that will design and build a Swift Tower structure – to be designed by a renowned local sculptor

And the **Woodbridge Riverside Trust** has been awarded funding to improve lighting in the *John Gibbins Gallery*, which will be used for a range of community events.

Friends of Hollesley School were awarded a grant to create a forest school area within the school grounds for the children.

But it doesn't stop there. EDF is further supporting them with the *Sizewell Helping Hands Programme* – with 25 workers helping with the clearance work to ready the area for the forest school.

Funding for the *Amenity and Accessibility Fund* is provided by EDF, with an initial of £120,000 made when construction of a Dry Fuel Store for spent nuclear fuel at Sizewell B began, with further annual payments by EDF of £20,000.

The total awarded to local projects now exceeds £300,000.

You can find out more at suffolkcoastandheaths.org/managing.

What is anti-social behaviour?

ASB can be:

- Any behaviour likely to cause harassment
- Unruly or drunken behaviour
- Threatening or abusive language
- Graffiti, criminal damage and noise pollution
- Drug and alcohol misuse and abuse
- Neighbour intimidation
- Vehicle annoyance and inconsiderate behaviour

Don't tolerate it! Report it!

Your local council and police work with other services to stop ASB. If it's affecting your quality of life, REPORT IT!
www.suffolk.police.uk/contact-us/report-something
www.eastsuffolk.gov.uk/community/anti-social-behaviour
Suffolk Police on 101 (or 999 in an Emergency)



ANY RUBBISH BIN WILL DO

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FREE DOG BAGS
from Rendlesham PC

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Mondays & Tuesdays, 12-4pm

KEEP BRITAIN TIDY

Grants have been awarded locally to projects designed to introduce more people to nature.

More than £2,000 of funding has been awarded to four local projects that will help people in the area discover nature on their doorstep and understand why the landscape is so special.

The **Coast & Heaths Area of Outstanding Natural Beauty (AONB) Community & Conservation Fund** supports projects that cover heritage, media, conservation, health, learning, accessibility, and diversity through an annual small grants programme.

Successful applicants typically receive grants ranging from £500-700 and this year four fantastic projects have been funded that will introduce more people to nature and allow them to engage with the landscape in new ways.

Hollesley School was awarded £700 to create a new wildlife area for children in the school. The funds will be used to create a forest



school area within the school grounds, whilst also helping to develop the existing wildlife area.

The East Anglian Sailing Trust received £650 for *Discovering the River Orwell* trips — sailing adventures on The Orwell that will give

disadvantaged younger children the opportunity to appreciate, discover and learn about all aspects of the river.

The Shotley Heritage Charitable Community Benefit Society were awarded £700 to install the

noticeboard at Shotley Pier, which will showcase images of birdlife, so people can identify the birds they are seeing, with a chalkboard to record daily sightings.

Visitors to Shotley will be able to learn more about the diverse range of wildlife that frequents the River Stour thanks to this new birdwatching noticeboard.

Finally, **Transition Woodbridge** received £216 to create 5-minute *Litter Pick Stations* which can be used by anyone who would like to help pick up litter in the *Woodbridge and Melton* areas.

The litter picking equipment can be used by anyone passing by and will help engage with residents and visitors alike to raise awareness of the importance of keeping our rivers and landscapes litter-free to help nature and wildlife.

Learn more about the AONB grant programmes by visiting:
suffolkcoastandheaths.org/managing.

Photography by Gill Moon

2ND SUNDAY OF THE MONTH

Community Litter Pick

The family that picks together sticks together!

NEXT PICK
11 Sep

We ♥ Rendlesham

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Talk to an Adviser on the National Gambling Helpline. They'll listen, they won't judge – and your conversation is completely confidential.

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National Hedgerow Week

Saturday 17th – Sunday 25th September



Hedgerows are hidden heroes nestled across our towns, cities and countryside. They provide wildlife habitat and make us feel better with their lush greenery.

But they also trap carbon and hence why The Climate Change Committee (CCC) advocated increasing our hedgerows alongside other methods of carbon capture in May 2019 in its *Net Zero: The UK's contribution to stopping global warming*.

Sadly, we have lost 50% of our hedgerows since 1945. In 2007, in the UK's last hedgerow survey, it was noted that we have about 500,000km of hedgerow. Extending this by 40% would create 200,000km of new hedgerows across the land – which is equivalent to half the length of the UK's road network.

Ambitious, but also do-able. If every person in the UK planted or pledged 3 metres of hedgerow we would meet the CCC's recommendation to extend hedges by 40%.

The potential for carbon capture via hedgerows "is not assumed in scenarios that



Photo: Tree Council

achieve current targets", so it is timely that carbon capture via hedgerows has finally been recognised.

Hedgerows sequester carbon in their woody growth above ground as well as via their roots, leaf litter and other soil organic matter at and below ground. In addition, hedges on slopes capture eroding soil and can boost the soil's organic carbon for up to 60m uphill. Thus hedges are a low-risk way of capturing carbon but provide multiple benefits.

Hedges also regulate air and water quality by trapping pollutants. But they also maintain essential diversity, and are an important cultural landscape feature.

The creation of these new "climate hedges", will ensure biological diversity, and

include hedgerow trees (which will increase long-term carbon capture), and provide vital wildlife corridors in an increasingly hostile environment.

Hedgelinek (part of The Tree Council) embraces the proposal of 40% increase and welcomes further discussions on the issue.

Additionally, *Hedgelinek* is recommending that everyone with the capacity to promote, plant or seed hedges across both urban and rural landscapes should do so with the urgency that the climate change emergency requires.

If you can plant your own hedgerow, do it! *Hedgelinek* is encouraging you to plant a variety of native species (as they are great for wildlife) – such as hawthorn, beech, spindle, blackthorn, hazel,

hornbeam, holly, field maple, buckthorn, dogwood or guelder rose.

But worry not. If you can't plant hedgerows yourself, *Hedgelinek* will do it for you!

Simply donate £15.00 to The Tree Council's *Pledge a Hedge* campaign and you'll be helping to plant 1m of bio-diverse hedgerow. Go to:

www.justgiving.com/campaign/pledgeahedge

But best of all... If we look after the hedgerows, the hedgerows will look after us. That means crab apples, rosehips and blackberries...

Oooh! (See page 16)

Did you know...

Hedges are home to roughly 80% of our woodland birds. But many other creatures, including hibernating hedgehogs, dormice and other small mammals, as well as insects like beetles and butterflies, make hedgerows their homes.

For further details, visit: treecouncil.org.uk/seasonal-campaigns/national-hedgerow-week



"Inspired by Nature"

September 10th 2022
10am-4pm

Connecting • Holistic • Communities

at Woodbridge Community Hall

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RECIPE CORNER

Time for intrepid foragers to go foraging... and then get cooking!

Photo: "Rosa Rubiginosa" by MPF



All recipes from Hugh Fearnley-Whittingstall / River Cottage

Rosehip Syrup

A classic autumn hedgerow syrup with a lovely flavour: warm, floral and fruity.

Rosehips are a great source of A, C, D and E vitamins. They contain an anti-inflammatory and have been shown to help relieve the symptoms of arthritis. (It was also poured down children's throats by the gallon at the first sign of a cold...)

Ingredients

- 1kg rosehips, trimmed and washed
- About 500g granulated sugar

Method

Sterilise a couple of bottles and screw-tops or stoppers by washing in hot soapy water, rinsing well, then putting them on a tray in a low oven (at 120°C/Gas 1/2) to dry out and heat up.

Roughly chop the rosehips in a food processor in batches, then transfer to a large saucepan.

Add 1.25 litres water and bring to the boil, then turn the heat down and simmer for around 15 minutes.

Strain through a double layer of muslin, letting the pulp sit for a good half hour so that all the juice passes through.

Wash the muslin, or cut a fresh piece, fold to double it and pass the strained juice through again. (Double-straining removes those tiny, irritating 'hairs' from the hips.)

Measure the rosehip juice into a large saucepan. For every 500ml, add 325g sugar.

Heat slowly, stirring until the sugar has dissolved, then bring to the boil and boil for 3 minutes, skimming off any scum if necessary.

Makes c. 1 litre. Decant into the prepared bottles and seal immediately

Label when the bottles have cooled completely.

Use within 4 months and refrigerate once opened.

Try it for breakfast trickled over porridge, pancakes, drop scones or eggy bread; use it to sweeten plain yoghurt (with chopped apple if you like); or for a delicious pud, trickle it onto hot or cold rice pudding or good vanilla ice-cream.

Hedgerow Ketchup

You can have more than 57 varieties of saucy ketchup!

Ingredients

Makes 1 x 300ml bottle

- 500g hedgerow fruits (whatever you can forage blackberries, elderberries, crab apples, haws, sloes)
- 300ml white wine vinegar or cider vinegar
- 170g sugar
- Half a teaspoon salt
- a few juniper berries and a couple of cloves
- a good grind of black pepper to taste

Method

Rinse the berries and crab apples in cold water, picking out any stalks. Roughly chop the apples (no need to peel or core) and put them all in a pan.

Cover with the vinegar and 300 ml of water. Add the spices and simmer until all the fruits are soft (with haws, simmer until the skins soften/split revealing the yellow flesh). Take off the heat. Rub through a sieve to

remove stones, cloves and skins.

Return the fruity mixture to a clean pan. Add the sugar and heat gently, stirring until it dissolves. Bring to the boil and cook for 5 mins. Season with salt/pepper.

Pour into a sterilised bottle and seal with a vinegar-proof cap. Leave to settle for a couple of days.

Use within 12 months.

Blackberry Whisky

This is a mid-term project. After a year (two is better), the flavour mellows into something like Port.

Ingredients

- Blackberries and Sugar
- (Cheap) Whisky

Weights have been dispensed with as volumes guide this recipe.

Method

Two-thirds fill a Kilner jar with blackberries, then sprinkle sugar over them until it sifts down and covers the bottom half of the fruit. (The blackberries need to be dry, otherwise the sugar will not flow.)

Top up the jar with whisky, close and shake gently.

Store in a dark cupboard and shake once a day until the sugar has dissolved.

Decant the infused whisky into a bottle after 6 months and store for as long as you can to mature.

The soaked blackberries are delicious so don't throw them away! (Enjoy them with some more of that good vanilla ice-cream...)

Did you think that jammin' was a thing of the past?

Blackberries. So ubiquitous they're taken for granted and we just walk past them – there's a clutch growing by the railings of the Children's play park near *Costcutter*, and we're amazed no-one's scrumped them yet!

Because faith in the power of blackberries goes back to ancient times.

Modern day hedgewitches call this tenaciously fruitful plant "*King Blackberry*" and would tell you he is very much on the scene today. They'd urge you to make your connections to him, and welcome him in to your energy, for his energy is very powerful... and as he is the king of the wild plants, he also brings all the Elementals with him.

They'd also tell you he brings us the shiny black and if you need help or deep wisdom, then work with him, receive his fruits and fill yourself with the shiny black so as to be transformed.

Hmmm, possibly. But he also tastes pretty majestic too, and if you're going to be bringing his energy in, no better way than with a slice of thickly buttered soda bread, and slavered with homemade blackberry jam

And here's how!

Blackberry jam Ingredients

- 1.8kg blackberries
- 1.5kg jam sugar (the one with added pectin to make sure it sets properly)
- juice and pips of 1 lemon
- finger-tip size knob of butter (optional)



Photos: BBC Good Food Guide

Method

STEP 1 — The night before layer the blackberries and sugar in a large bowl, then cover and set aside at room temperature. This helps the sugar to start dissolving so you don't run the risk of over-cooking the fruit when you actually begin to make the jam. The next morning, give everything a quick stir, then set aside again until you are ready to start cooking.

STEP 2 — Before you start, put a small saucer in the freezer. Take a preserving pan or a large, wide-based pan (the wider and more open the pan, the faster the jam will be ready, so a preserving pan is ideal). Tip the berries in, scraping out all the juices and any undissolved sugar. Stir in the lemon juice, then collect all the pips and secure them inside a tea-strainer or piece of muslin before adding them to the pan (cooking the pips with the fruit extracts the pectin they contain, which helps the jam to set).

STEP 3 — Start the blackberries over a low heat until all the sugar is completely dissolved, then bring to the boil and simmer for 5 mins. Turn off the heat and spoon a little hot syrupy jam onto the chilled saucer.



Now check to see if you've **got wrinkles...** Once it's cool, push it with your finger. If it wrinkles a little, it's ready and has reached setting point. If it's too runny to wrinkle, return the pan to the heat and boil in 2 or 3-minute stages, taking the pan off the heat each time you do a "saucer check" until the jam wrinkles.

STEP 4 — Skim off any excess scum, then stir in the butter if you want – this will help dissolve any remaining scum. Leave the jam for 15 mins before ladling into sterilised jars – this allows the fruit to settle so it doesn't sink to the bottom. The jam will keep in a cool, dark place for at least 6 months. Refrigerate once opened.

Storing your Jam

For this recipe, you'll need 8 jam jars, 8 waxed discs and 8 jar lids or cellophane circles with rubber bands. Label each jar once filled, including the date, and cover with squares or circles of pretty fabric if you're giving them as gifts. You can buy all these from kitchen shops.

Sterilising your jars

Wash them in hot, soapy water, then dry in an oven heated to 170C/150C fan/gas 3 for at least 10 minutes.

Always ladle the jam into jars while the jars are still warm.

Irish Soda Bread

Ingredients

- 250g plain white flour
- 250g plain wholemeal flour
- 100g porridge oats
- 1 tsp bicarbonate of soda
- 1 tsp salt
- 25g butter, cut in pieces
- 500ml buttermilk

Method

STEP 1 — Preheat the oven to 200C/180C fan/gas 6 and dust a baking sheet with flour. Mix the dry ingredients in a large bowl, then rub in the butter. Pour in the buttermilk and mix it in quickly with a table knife. Bring the dough together with your fingertips (handle it very, very gently). Now shape it into a flat, round loaf of 20cm/8in diameter.

STEP 2 — Put the loaf on the baking sheet and score a deep cross in the top. (This lets the fairies out, and helps the bread to cook through.) Bake for 30-35 minutes until the bottom of the loaf sounds hollow when tapped. If it isn't ready after this time, turn it upside down on the baking sheet and bake for a few minutes more.

STEP 3 — Transfer to a wire rack, cover with a clean tea towel (to keep the crust nice and soft) and let it cool.

To serve, cut into quarters, then cut each quarter in half to make 8 wedges or slices – or simply slice across. Eat very fresh with lots of King Blackberry! Nice!

**Sarah-Jane
The Hedgerow Witch**

Church Services

Date	Time	Place	Service	Officiant
Sunday 4th September	9.30am	St Felix	Holy Communion	Rev Mandy
	11.00am	Bromeswell	Family Worship	Greg & Charlppte
	11.00am	All Saints, Eyke	Holy Communion	Rev Mandy
	11.00am	Shottisham	Morning Praise	Helene Berry
Sunday 11th September	9.30am	Bromeswell	Morning Praise	Greg Goodch
	9.30am	St Gregory	Holy Communion	Rev Mandy
	11.00am	St Felix	Holy Communion	Rev Mandy
	11.00am	All Saints, Sutton	Morning Praise	Helen Shand
Sunday 18th September	9.30am	Bromeswell	Holy Communion	Rev Kevan
	9.30am	All Saints, Eyke	Morning Prayer	Rev Mandy
	11.00am	St Felix	Prayer & Praise	Greg Goodh
	11.00am	All Saints, Sutton	Holy Communion	Rev Mandy
Sunday 25th September	9.30am	St Gregory	Morning Prayer	Stephen N
	9.30am	Shottisham	Family Communion	Rev Mandy
	11.00am	Bromeswell	Holy Communion	Rev Mandy
	11.00am	St Felix	Holy Communion	Rev Kevan



On Saturday 6th August, we held a BBQ in the St Felix garden. The weather was just right, the burgers and sausages sent out mouth watering aromas as they sizzled on the grill, and the variety of salads was outstanding.

A raffle was held with the winners choosing from a plethora of prizes ranging

from a large chocolate hamper, wine, a lockable diary, a coffee maker and a host of others beside.

Shingle Street Singers, rounded off the evening with a range of folk songs, sea shanties and many more.

A good time was had by all. Thank you to everyone who supported this event... we're planning more!!!

Could you help St Felix with their Garden?



- Do you like gardening?
- Cutting back?
- Pruning & Lopping?
- Weeding?
- Sowing and planting?

As I wrote in last months *Vicar's Voice*, we have many ideas for holding events in the church and of course outside the church (see my piece on the BBQ and concert we held last month), but our church garden needs some care and attention. For example some of the raised beds need clearing and starting again. Many of the trees and bushes need pruning. And there are plenty of weeds that we need rid of!!

So... we will be holding a garden working party on

Saturday 10th September

to begin getting our garden into shape.

If you have any tools and could spare an hour or two, please come along and help. Refreshments will be provided.

Thank You!

Rev Mandy
xx

The Vicar's Voice

September is upon us, and often it seems the beginning of a new year ahead.

It's back to school or work after the long hot summer holiday, and often there is a start of new events groups – such as Scouts and Guides, Mothers Unions, the WI, choirs and a number of other organisations begin again after a break during August.

The church of St Felix here in Rendlesham is no different. We have plans to begin some new initiatives, a monthly *"Friends of St Felix Coffee Morning"*, home made cakes, tea and coffee, and a



regular raffle draw. Watch out for the opening of this new event.

Also we are looking to start a monthly Wednesday morning when the church is open for prayer, or a chat.

A change to the Porch

As the Pop-Up shop has proved so popular, and since our collaboration with the *Good Neighbour Scheme* (where you can have a bag delivered to you if you can't make it to the shop) is working well, we have decided to end the Porch Pantry and make it into a prayerful space, where you can come and sit to pray and reflect, and just find a peaceful space.

There will also be a Prayer Tree where you can leave requests for inclusion in church prayers during a service. The power of prayer is immeasurable to many, and could work for you too!!

We will also be opening the church every Wednesday from September between 11am to 1pm, offering a space to come and pray, light a candle, have a confidential chat with me – whether it's a worry or concern you need to get off your chest, or someone to pray with, or to ask questions about faith and the church, and to explore

your own beliefs. The church is here for you!

This month we plan to start offering light lunches to all who come along to the *Pop-Up Shop*, and anyone else who would like to join us.

The campaign to Save St Felix church

As I mentioned last month, we are the beginning of a five year effort to save St Felix church, which means a lot of work to raise the money to maintain the building and pay insurance.

We have started our fundraising efforts with a smashing BBQ held in the church garden, but we have more events planned for the next 12 months. Please support us if you can.

How to help support us

One way of supporting us is to become a "Friend" of St Felix. We do understand that times are hard for everyone, and will no doubt get harder before it gets easier, but by giving £5 a month, it will help towards ensuring the

church will still be here beyond 2027, for the benefit of all, especially for those *"Rites of Passage"* moments, and everything in between.

We are currently in the process of opening a *Friends of St Felix* account, and will give details here of its account number when it is up and running.

giftaid it

If you are a tax payer, consider Gift Aid-ing. There is no extra cost to you, but gives us an extra 25% back from the taxman (and that can't be a bad thing!!) If you are not able to make a regular contribution, a one-off donation would be greatly appreciated too!

I pray that within these next five years, St Felix will continue to grow and be an integral part of the Rendlesham Community. For you and yours!

With love and blessings,

Rev Mandy xx



Information

Baptisms, marriages, funerals & pastoral needs:
 Rev Mandy Reynolds
 01394 420129
 revmandy.rendlesham@yahoo.com

General enquiries:
 info@rendleshamchurch.org

St Gregory the Great

Ashe Road
 Rendlesham
 Woodbridge
 IP12 2QY

Church Wardens:
 Liz Morrison 01394 460582
 Caroline Bunbury 01394 460235



St Felix of Dunwich

Walnut Tree Avenue
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 IP12 2GG

Church Wardens:
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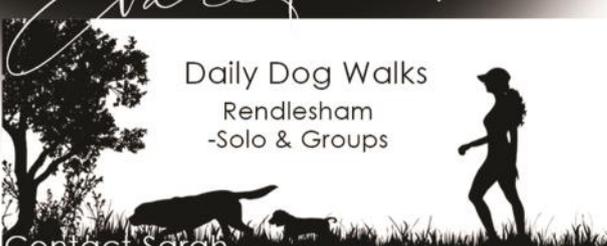
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Sudoku Challenge

						8	7	
						9	6	
9			1	6		3		
6			5				3	
	1	2		9		8	7	
	3				6			2
		9		5	4			3
	4	1						
8	7							

In a SUDOKU, you fill in the grid so that every row, column and 3 x 3 box contains the digits 1 to 9. No maths are involved, you just solve it with reasoning and logic.

A Sudoku starts with a partially filled grid that you must solve following the rules above.

Complete the grid, and you've solved the Sudoku.

Depending on your skill and experience, a Sudoku typically takes 10 to 30 minutes to solve.

This puzzle is of MODERATE difficulty. Good luck!

Answers on Page 47

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www.fixmystreet.com



Disability Advice Service – East Suffolk

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HELP FOR LOCAL BUSINESSES...

We've all been through challenging times – so we are keen to support local businesses.

Talk to us about how we can help promote you in the PARISH MAGAZINE with a page of editorial to accompany your advertisement

Contact Sarah-Jane via
projects@rendleshampc.org.uk



Go on, give an armful!

The reason to give blood is simple. It saves lives. Every two seconds, blood is needed somewhere, in some shape or form.

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Around two-thirds of the blood donated in England is used to treat conditions such as anaemia, cancer and blood disorders – and nearly a third of the blood donated is used in A&E, surgery or childbirth.

For more info on donating, call **0300 123 2323**

What's on in Woodbridge Library?



Woodbridge Library
01394 330855

Woodbridge Library
New Street, Woodbridge
IP12 1DT

Opening Hours

Mon: 10am - 4pm
Tue: 9am - 7.30pm
Wed: 9am - 5.30pm
Thu: 9am - 5.30pm
Fri: 9am - 7pm
Sat: 9am - 5pm
Sun: 10am - 4pm

ART IN THE LIBRARY

Throughout September, the Library will display artworks by **Dick Dolan**, local artist, keen cyclist and ex-teacher. His work will be available for all to view, and if you take a fancy to any piece, there will also be a price list nearby.

SUNDAYS

Book Group – Sun 4th September, 2pm-3.30pm

The group meets to discuss their latest book in the Meeting Room. Come along and get involved in our friendly and informal group. All are welcome!

MONDAYS

"Gentle" seated movement to music – Every Monday, 10.30am-11.30am

Last session is 19th September. Led by Imogen Hayward, participants will be led through a gentle movement to music class, all whilst seated on a chair. No special equipment or clothing necessary. FREE to join, no booking required.



For further details, email coherearts@gmail.com.

Citizens Advice – Mondays, 10am-12pm

Free, confidential and impartial advice to everybody regardless of race, gender, sexuality, or disability. No booking necessary

TUESDAYS

Realise Futures – Tuesday 6th September, 10am-12pm

First Tuesday of the month. Peer support, Walk-in Advice and Guidance Service. Book a slot via 07753 447607.

Music at Lunchtime, Zoe Anderton Harp Recital – Tues 20th September, 12.45pm-1.30pm

FOWL re-starts its much-loved FREE lunchtime music events with a recital by harpist **Zoe Anderton** in the Meeting Room. Zoe has played with the *National Youth Orchestra of Wales* and the *Halle Youth Orchestra*.

Write Now Writing Group – Tues 13th September, 2pm-4pm

Are you interested in writing short stories and poetry? Keen to share your work with others to get support, and exchange ideas? Join Write Now for its friendly,

informal monthly writing group! Bring your work, or listen to others share theirs. All abilities welcome. For more details, email jeannie@butterwicks.com.

Woodbridge Writers' Workshop – Tuesday 13th September, 5.15pm - 7.15pm

Creative poets and budding authors alike can meet up to share their ideas and gain support from fellow writers at this information workshop. All writing abilities are welcome, for more information contact hurleytrish@hotmail.com

The Stepping Stones of Shakespeare – Tues 6th, 20th, 27th September and 4th October, 5pm-7pm

Are you daunted by Shakespeare? Then join Katie Stoker for four talks on the corner stones of Shakespeare. You'll discover he's not nearly as scary or difficult as it seems! You will look at themes, characters, language and even have a little fun with Shakespeare too. £25 per person. Call 07804 473728 or email: stoker.katie.j@gmail.com. (Bring your own stationary to take notes.)

WEDNESDAYS

Woodbridge Writers – Weds 7th and 23rd September, 10am-12pm

Join our friendly group of like-minded writers for feedback, encouragement, and support in regard to anything you're writing or have written. For more information, email jane@bakwon.com

Open Space – Wednesdays, 1.30pm-3.30pm

Run in partnership with Norfolk and Suffolk NHS Foundation Trust, Julian Support, Suffolk Mind and Suffolk Libraries, we're all about improving wellbeing. Our discussions and activities are built from suggestions from the group. Open to the public. For more details, call the Library.

THURSDAYS

Books, Banter & Biscuits Book Group – Thurs 8th September, 2pm-4pm

A book group that's open to all, on the second Thursday of every month. They will be discussing "Fifty Fifty" by Steve Cavanagh.

Top Time Play Reading – Thurs 15th September, 2pm-4.30pm

A play reading group that reads all varieties and genres of plays in a shared format, taking place on the third Thursday of every month.

Top Time Games Club – Thurs 22nd September, 2pm-4pm

Improve your vocabulary and exercise your mind with Scrabble or practice strategy and balance with Dominoes.

The D# Jazz Quartet – Thurs 29th September, 7.30pm

The D# Jazz Quartet will perform a selection of classics by Dizzy Gillespie, Thelonious Monk, Sonny Rollins & Milt Jackson.

Tickets are £8.00 (students £4.00) including an interval drink. Book by calling 01394 330855 or visit the Library.

FRIDAYS

Knitting Group – Fridays, 2pm-4pm

From expert to beginners, sewing to crochet, come and share your knowledge or pick up some tips.

SATURDAYS

Woodbridge Area Gamers – Sat 3rd September, 1pm-5pm

Come along to play modern strategy board games, both simple and complex, with a range provided that's suitable for all age groups. All are welcome.

Spoken Word Poetry with Jimmy Livingstone – Sat 3rd September, 7.30pm

Jimmy Livingstone rhymes his way through the rocky landscape of ageing and cosmic bewilderment. It's dark, funny, a bit naughty and he doesn't pull any punches. Tickets are £10.00, available on the door or in advance at the Library.

FOR YOUNG FAMILIES

WEDNESDAYS, 10.30-10.50AM
Baby Bounce: Soothing songs, gentle nursery rhymes

WEDNESDAYS, 11.15-11.45AM
Tot Rock Rhyme & Rhythm: music, songs and action rhymes for toddlers with their parents and carers.

FRIDAYS, 9.30AM-10.15AM
Me, Myself & Baby (Stay and Play): A chance for new parents to meet and share experiences in a relaxed environment.

FRIDAYS, 10.30-11.00AM
Story Time: Stories for young children.

BOOK & DVD SALE

Proceeds to Suffolk Libraries

Adult Fiction:
30p each (or 4 for £1.00)

Non-Fiction:
Individually Priced

Junior Literature:
20p each

DVDs:
50p each (or 3 for £1.00)
Box Sets £1.00 each

ROOM & DISPLAY HIRE

Community, Charity or Private groups – £12 per hour (min 2-hour booking)

Commercial or Statutory Groups – £18 per hour (min 2-hour booking)

Display board – £10 per week

Staffed table display – £10 per half day

FRIENDS OF WOODBRIDGE LIBRARY

If you love libraries, enjoy organising events and want to help with our fundraising

activities, ask a member of staff for more details.

SUFFOLK LIBRARIES & FRIENDS GOODIES

Grab a cotton shopping bag bearing the *Friends* logo for £3.00 – or a magnetic bookmark for £1.00 do you don't lose your page.

I'M A BORROWR tote bags for £3.50 – or for £5.00 you can get the tote bag and as much fiction from the *Book & DVD* sale as you can fit inside!



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Roger Brown (Treasurer)
07881 627591

SUFFOLK LIBRARIES: Online Book Festival

Enjoy interviews with a range of different authors including Elly Griffiths, Jill Mansell, Chris Carter and more!

Suffolk Libraries, the charity which runs the county's library service, is hosting a full week of LIVE online author interviews taking place from 12-18 September.

Thousands of people have enjoyed their previous online event, with many interviews available to watch on their YouTube channel too.

This year's line-up includes a range of different authors including *Elly Griffiths, Jill Mansell, Jack Jordan* and more.

All events will take place online through Zoom and will include a live Q&A where the audience can ask

questions and contribute to the discussion.

Tickets are available to book online for FREE, but with an optional donation.

The full line-up is as follows:

- **Mon 12 September**
Thriller novelist Ruth Ware – 7pm
- **Tues 13 September**
Internationally bestselling author Jack Jordan – 7pm
- **Weds 14 September**
Crime writer Chris Carter – 7pm
- **Thurs 15 September**
Bestselling romance author Jill Mansell – 7pm

- **Fri 16 September** Murder -mystery author Janice Hallett – 7pm
- **Sat 17 September**
Suspense novelist Sarah Pearse – 7pm
- **Sun 18 September** Award -winning crime writer Elly Griffiths – 7pm

Lisa Brennan, Content & Reader Development Librarian at Suffolk Libraries, said: "We are delighted that so many extraordinary and bestselling authors will be joining us for our 2nd Autumn online book festival which starts on Monday 12 September.

"To ensure the Festival is accessible to everyone, tickets are FREE yet for those that would like to, there is an option to add a donation to support the work *Suffolk Libraries* does for our communities."

Ruth Ware and Elly Griffiths have recently both written short stories for the new *Miss Marple* book, which will be discussed in their interviews.

Last month, Janice Hallett won the CWA New Blood Dagger award for her debut novel, *The Appeal*.



Discover Rendlesham

Rendlesham Care Centre is a purpose-built care home located in the heart of Suffolk in the village of Rendlesham.

We all want to have a plan to help look after our loved ones when they need extra support, but don't always know what's best. So we take time to get to know you and understand your individual needs to help you put these plans in place.

At Rendlesham Care Centre our fully trained care and nursing teams, chefs, hospitality and wellbeing teams all ensure that the time residents spend here is as rewarding for them as it is for us.

Whether residents join us in good health, looking to connect with new friends, or with specific care and nursing needs, each day is always shaped by their lifestyle preferences.

Wellbeing

We help residents to keep doing the things that make them feel like themselves. We give as much independence as possible, letting them choose how to live their life. So, if they prefer dinner in front of the TV, or even making their own bed, we'll make it happen.

A variety of activities, events and entertainment are on offer and we encourage residents to maintain links with outside interests, too.

Meals of outstanding choice and quality are available at any hour, freshly prepared by our head chefs to tempt all appetites and cater for any diet.

A place to call home

Our interiors are designed to feel like a home, not a care home. The lounges are perfect for socialising, complete with kitchen areas for making drinks. Explore quiet nooks with comfy armchairs and books on the shelves. To keep the mind sharp you'll find board games, cards and puzzles too.

With multiple lounges, activities room, Wi-Fi, and hairdressing salon, there's plenty to keep residents engaged and looking their best.

The landscaped gardens include seating areas and seasonal planting – a lovely spot for quiet reading or enjoyment of the outdoors.

Choice and independence

When it comes to individual bedrooms, we help our residents to put their unique stamp on their room and keep things just how they like them. All bedrooms are en-suite and have delightful furniture and furnishings.



Providing residential, nursing and dementia care on a permanent and short stay basis.

Our unique dementia care

Good care home design can have a positive impact on people living with dementia, giving them a sense of security and confidence. At Rendlesham Care Centre we combine outstanding care and dementia friendly design to help maintain a person's physical, cognitive and emotional wellbeing. And, as the only care home group with its own accredited City and Guilds dementia training, you can trust that we go further.

Finding the right care

If you're a little unsure of what type of care is needed, we're happy to help with the details. Contact us to find out more about our home or to book a virtual or in person tour today, call freephone 0808 223 5401 or visit caringhomes.org.



You'll be in good company at Rendlesham Care Centre

Book a short stay this autumn at Rendlesham Care Centre

Freephone
0808 223 5401
Suffolk Drive, Rendlesham, Suffolk IP12 2TP

Online
caringhomes.org



Rendlesham
CARING HOMES

The serious business of FOWL play



Annual General Meeting

The FOWL AGM is being held on Friday 16th September at 5pm. It is in the Meeting Room at the Library and it will be an important occasion for you to hear how FOWL is beginning its work again after the pandemic.

We also hope to show a brief video about the work of FOWL. This is being made by *Suffolk Libraries* as part of the celebrations of its 10th anniversary of becoming a separate charity.

As you know, FOWL is entirely run by volunteers. Nowadays, the Library is a

more than a lender of books or DVDs. Woodbridge Library is the town's information centre, with FREE access to the internet. Its services are the gateway to a vitally useful range of help and information used by everyone from students to family history researchers to job seekers. It provides newspapers and periodicals to be read on site and these resources cannot be found anywhere else in the town.

Over the years we have organised some very enjoyable events – such as lunchtime concerts, quiz nights, poetry readings, children's events, dramas, talks and music evenings. Since our inception we have funded additions and improvements to Library

furniture, including the purchase of mobile book shelving.

We have bought a coffee machine and water cooler, for the benefit of all Library users, have had the meeting room re-decorated and purchased many smaller items to enhance the Library's services.

FOWL is a registered charity (No. 1176811) and its work is overseen by a Management Committee which works closely with the Library Manager to agree how our income is used.

The Friends help the Library's work flourish by volunteering to support Library staff, organising events and raising funds to enhance Library services, and

we make an important contribution to the Library.

We need more volunteers!

We need more volunteers to help organise and run our events and to help us manage FOWL's affairs.

Would you like to help? If so, please email us on friendsofwoodbridgelibrary@gmail.com

Just add a short sentence saying that you might be able to help and we will get in touch with you.

We look forward to seeing you on 16 September.

Tim Cornford
Chair of FOWL

WE'D LOVE YOU TO JOIN US

Maybe you have never been to church before?
Maybe you're new to the area?
If so, we would love to meet you...

We meet every Sunday, 10.30am at Rendlesham Primary School.

As well as our Sunday service, during the week we run groups for all ages, including youth clubs, womens groups, all age coffee mornings, and various social activities throughout the year.

If you would like to find out more please visit gracerendlesham.org





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RENDLESHAM SOCIAL CLUB

CHARITY RACE NIGHTS

Rendlesham Social Club is starting a series of CHARITY RACE NIGHTS this Autumn, where all proceeds are donated to one of our local Clubs, to support their fundraising efforts.

The first RACE MEETING of the SEASON is Saturday 17th 2022 – when dark horses, proper charleys and front runners will be lining up for Starter’s Orders at 8.00pm!

Question is, will you be in the running?



Proceeds from this first Race Night are being donated to 1st Rendlesham Scouts

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New Club member scoops 1st & 3rd places

Camera Club Members entered an interesting selection of prints for our *Urban Landscape and Street* Competition.

Judge Alan Sarsby, a great friend to the Club, spent time commenting and critiquing the images. Members went home feeling they had both learned much

and been entertained, thank you Alan.

And the winners were:

- 1st** "Scorn Illuminated" Chris Evans
- 2nd** "Just Browsing" Joan Moore
- 3rd** "Pillars of Time" Chris Evans

Highly Commended was awarded to "The Streets of Old Delhi" (Steve Stammers) and "Genoa Old Town" (Richard Brown).

The following meeting was a practical night of mounting prints for our August Exhibition, cutting matt boards to fit the print and mounting them, which was a

very interesting evening which afforded the chance for a good chat too.

Our Annual Exhibition was very well received, and our next event is the Club AGM in September.



Just because School's out doesn't mean things aren't going on...



Thanks to the wonderful fundraising efforts of the **Friends of Rendlesham School (FORS)** team, our Primary School is now the proud owner of a set of "Big Blue Blocks" from *Imagination Playground*.

These foam blocks inspire children to design their own inventions, environments and activities.

Products from *Imagination Playground* are child-directed and open-ended and thus because they don't have prescribed ways of use, they encourage self-expression through deep, joyful play.

A *Big Blue Blocks* set contains a wide variety of loose parts, including cubes, bricks, cogs, curves, and cylinders. But the parts are not simply loose.

BBB have holes and shapes that fit together in ways that allow for building, stacking, channelling and connecting.

They have all the benefits of block play but on a larger-than-life-size scale which encourages kids to play together in groups – and have more fun.

So pupils will be able to enjoy an endless variety of play-patterns including construction, pretend play, role-playing and inventing their own games.

Most importantly, they will be deeply engaged, active and have hours of fun.

Handy how close they are to the Staffroom though...

Shurely shome misthake?



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Push the pedal to the metal

Unless you prefer to stride and ride?



Saturday 10th September

Suffolk Churches' Ride & Stride and Pedal & Drive rallies are ready to power round Suffolk... and you can take part!

It's a great day out for all the family. You visit wonderful churches... whilst also raising money to preserve these unique buildings.

However you take part, Suffolk's churches and chapels need our help more than ever this year.

So join the SHCT sponsored bike ride and walk (or car rally) around the churches and chapels of Suffolk.

Plot your route, choose your mode of transport and get travelling!

At each church or chapel on your route, volunteers will be stationed to mark your scorecard. Half your sponsorship money goes to the Trust to distribute back out as grants for repairs, but half will go to the church of your choosing.

Ride & Stride

The Annual Sponsored *Ride & Stride* is a national event, held every second Saturday in September. Cyclists and walkers from all round the country put their best feet forward to raise money for their local Churches Trust.

Launched in Aldeburgh 40 years ago, Suffolk has repeatedly headed the league table of funds raised. The *Ride & Stride* is the main source of income to **Suffolk Historic Churches Trust** to enable it to make grants to churches and chapels (across



all denominations) towards repair and restoration costs.

The idea is that participants get themselves sponsored against how many places of worship they visit between 9am and 5pm on *Ride & Stride Day* - but you are also welcome to take part and simply make a donation, regardless of the number of churches you visit.

The money raised by each cyclist or walker is shared equally between the Suffolk Historic Churches Trust and the place of worship that the participant nominates.

But just as important as the participants are the many volunteers who give up the day to man the churches and chapels, and sign in the cyclists and walkers as they arrive. Hundreds of places of worship are manned during the day and that takes quite a team of volunteers! It is a real community effort that is the lifeblood of the Trust.

So if you have a bike, and access to Shank's pony, this challenge is for you. And the organisers will be delighted to accept whatever you can

raise or donate to this vital annual fundraising event.

VISIT shct.org.uk/ride-and-stride/

Pedal & Drive Car Rally

If you're the owner of a vintage or classic car, sign up for this year's rally with a difference – also being held on Sat 10th September.

The owners of five of Suffolk's most beautiful and important historic houses have kindly agreed to open their gates and act as the assembly/start points: homes like Euston Hall, Crowe Hall and Heveningham Hall.

From these points you will tour across Suffolk, taking in our lovely countryside and remarkable churches as you tackle a fiendish church quiz.

And finally end up for teas and prizes at the grand rally where all the cars will gather.

So if you are the owner of a well loved classic car (or you know someone who is) get your application in soon, as the number of places at some of these stately homes is strictly limited.

VISIT shct.org.uk/pedal-drive-car-rally/

Photography Competition

Many people walking or cycling around Suffolk on *Ride & Stride Day* like to take photos, so we are having a photo competition.

Entry is FREE, but please be sponsored, or fundraise via www.justgiving.com/suffolkhistoricchurches.

The prize is a £75 voucher for the best set of photos, and £25 voucher for the best individual photo.

The winner(s) will be contacted, announced on our website and named in *Ride & Stride* publicity.

The six photos to be taken on *Ride & Stride Day 2022* will be of:

- A church or chapel door
- A memorial plate, plaque or gravestone
- A non-conformist church (ie. Methodist, Baptist, Unitarian, etc)
- A church window.
- A free choice... whatever you wish to mark about your day.
- A selfie of you celebrating outside a church when you finish your journey.

The submitted photos may be used for publicity for the Trust to encourage others to support our work, and the photographer will be credited when any are used.

Please email your photos to shct@btconnect.com by Tuesday 20th September.

An independent judge will choose the winners.

Good luck!

Make sure you let us have your Name, Email address, Phone No. Postal Address and which Church you are raising funds for

Gardening with Thompson & Morgan

What to do in the garden this September

Photos: Thompson & Morgan

There's still plenty to be done while you're enjoying the last of the year's warmth...

There's plenty of work to do tidying and maintaining plants and equipment.



In the flower garden

Continue to feed and deadhead hanging-basket and container annuals – they will often keep going until the first frosts.

Keep deadheading annuals and perennials to extend their performance.

Deadhead your penstemons, dahlias and roses to keep flowers coming.

Divide herbaceous perennials as the weather cools. Plant and water in the new divisions well.

Prune climbing roses and rambling roses once they've finished flowering (unless they are repeat-flowering varieties, in which case leave them until later in the year).

Keep rhododendrons and camellias well watered to

ensure that next year's buds develop well.

In the vegetable garden

Keep harvesting crops. If you have a glut of fruit and veg try freezing, drying, pickling, and storing so that you can benefit from them later on. (Or why not contact *Transition Woodbridge* as per last month's advice.)

Pinch out the tips of outdoor cordon tomato plants to concentrate the energy into ripening fruits, and not producing further growth.

Pull or cut off the foliage of maincrop potatoes at ground level three weeks before lifting them to prevent blight spores infecting the tubers as you lift them, and to help to firm the potato skins.

Spread newly dug potatoes out to dry for a few hours

before storing them in a cool, dark place in paper or hessian sacks, this will allow the crop to breathe while it's in storage. (Only store undamaged, disease-free tubers – one rotten potato can ruin your whole crop!)

Help pumpkins ripen in time for Halloween by removing any leaves shading the fruits. Raise pumpkins and squashes off the ground to prevent rotting. Place them on a piece of slate or wood.

Keep feeding and watering French and runner beans to keep them producing. Keep harvesting little and often to prevent them setting seed.

Cut bean and pea plants away at ground level when cropping has finished. Leave the roots, as this will slowly release nitrogen back into the soil as they break down.

Start the autumn clean-up. Remove any old crops that have finished, and clear away weeds to leave your plot clean and tidy for the winter.

Pot up some mint and parsley for the kitchen windowsill for fresh herbs through the winter.

In the fruit garden

Tidy up your strawberry plants and clear away any

used straw, as this will harbour pests and diseases over winter.

Pot up strawberry runners to make extra plants for 2023.

Pick ripe apples. To test when they're ripe, gently lift them in the palm of your hand or give them a gentle pull – they should come away easily.

Pick off rotting fruits from pear, apple and stone fruit trees – they will spread disease if left on the tree.

Mow long grass under fruit trees to make it easier to spot windfall fruits.

Harvest plums. If you have more than you need, freeze them by washing, halving and stoning them, before laying them out on a tray in the freezer. Once frozen, pack them into freezer bags.

If you haven't already, cut back the fruited canes of your summer raspberries, leaving the new green canes for next year's crop. Tie in next year's raspberry canes to support wires or fencing.

Pick blackberries as they ripen and use straight away or freeze some for use later.

Take hardwood cuttings of currants, gooseberries and figs to increase your stock.


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Transition Woodbridge

Events in September



RIVER CLEAN

10th September

River Clean, Saturday 10th September, 10.30-1pm, meet at the Sea Scouts Hut (IP12 1BY)

Organised by *Transition Woodbridge* and *5th Woodbridge Sea Scouts*.

Refreshments will be provided, but please bring gloves to wear, and maybe come in wellies too...

Children are welcome, but they must be accompanied by an adult.

Saturday 24th September, 10-4pm, Whisstocks Place in Woodbridge

The perfect opportunity to meet inspiring green organisations in our area, as well as to support local food and drink producers.

We'll be joined by several environmental groups working to protect and enhance our natural spaces in the Woodbridge area – and this includes the Deben, for rivers have rights too...

Joining us will be *Suffolk Wildlife Trust, Woodbridge Town Council, Suffolk Master Composters* and *Churches Together Woodbridge*.

All of this against the backdrop of uplifting ambient music beside our beautiful river Deben.

We hope to see you there.

For more information, visit:
woodbridgeambientmusicfestival.com
transitionwoodbridge.org.uk
facebook.com/SavetheDeben



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How much is your
Rendlesham
home worth?

This year properties are selling for 6% more on average than they were this time last year.



Scan the QR code to see the value of your home!

I'm Tim Giles, and I have been helping people move home locally for the past two decades.

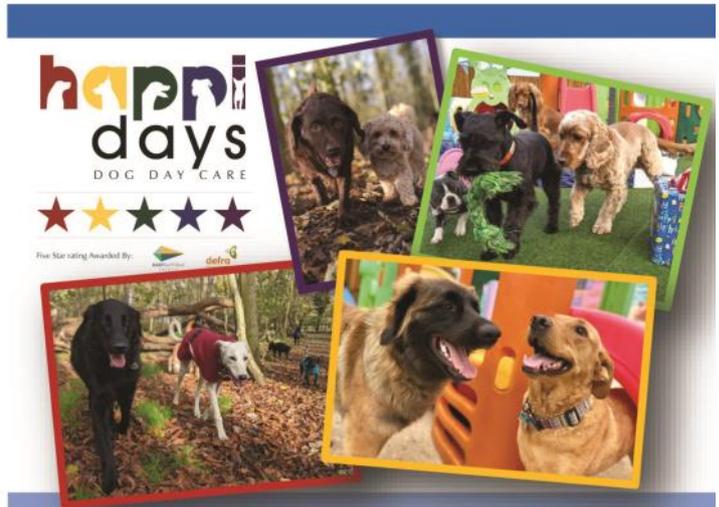
Although the market is boyant, many people are struggling to find their dream home, that's why I have recently launched my **'Home Finder Service'**.

So if you want to move home, but are struggling to find a home to move to, call me as I have the answer!

Tim Giles

Office: 01394 330 664
Mobile: 07977 218 786
tim.giles@theagencyuk.com

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Displays of the history from 1943 to 1993.
Cold war jets and vehicles on show.
Plenty of car parking space and suitable for all ages, an ideal all weather visitor attraction, with a café and shop offering light refreshments and souvenirs.

Opening times 10.00 - 16.00
Easter until end October

Further information for the museum can be found at www.bcwm.org.uk

Building 134, Bentwaters Parks, Rendlesham, Woodbridge, Suffolk IP12 2TW

Keep Britain Tidy

And let's avoid needless risk to life and limb



Nothing gets them more hot under the collar than environmental catastrophes that could have been avoided, which is why **Keep Britain Tidy** is calling for a ban on disposable BBQs.

The call comes as part of their summer campaign, **#BanTheFlamingThings**, to address three forms of litter that pose fire and safety risks to people and our natural environment.

KBT's Chief Executive, Allison Ogden-Newton OBE said: "Enough is enough! How many more fires started by abandoned barbecues or discarded glass bottles do we have to see before action is taken?"

Smouldering single-use BBQs, sky lanterns and littered glass are among the main causes of the thousands of grass and open land fires recorded this summer, harming the environment and putting pressure on our stretched emergency services.

A fire was started on *Saddleworth Moor* by a disposable BBQ recently, and *London Fire Brigade* has attended more than 1,000 grass and open land fires since the beginning of June, has also called for a temporary ban on them.

Several retailers have announced temporary bans on single-use BBQs, but KBT wants retailers to do the right thing by delisting them permanently.

With predictions of hotter, drier summers and more extreme weather incidents,



KBT argues we all need to reduce the risk of wildfires.

KBT adds: "Unless we outlaw the sale of disposable barbecues, ban sky lanterns and introduce a scheme that removes littered glass from our environment, these will remain a significant risk to our environment and a potential threat to life."

So why does KBT want a ban on single-use BBQs?

Disposable BBQs can reach 400 degrees Celsius and take around four hours to cool, making them impossible to move and posing danger to people and the environment.

There are countless reports of people being injured by single-use BBQs – and they could have been prevented.

Toby Tyler has been speaking about the horror his family endured when his son William stepped in sand where a disposable BBQ had

been alight and used only a few hours before.

"The injury he sustained was life-changing and after skin grafts, psychological support, wheelchairs and walking frames, he bears the physical and mental scars of the incident two years down the line. He will carry these into his adult life." That's why Tyler started a petition to ban single-use disposable BBQs for good, and asks everyone to join him.

You can sign this petition to ban on single-use BBQs at: petition.parliament.uk/petitions/618664

Sky Lantern Ban

In addition to calling for a ban on disposable BBQs, KBT has joined the *National Farmers' Union* to call for a ban on sky lanterns.

Every year up to 200,000 sky lanterns are released in the UK. These floating balls of

flame are highly dangerous, and damage to farm animals and property by sky lanterns is well documented.

Germany, Austria and Brazil have already implemented a ban on sky lanterns. If you think it's time the UK did too, their joint petition is at: www.campaigns.nfuonline.com/page/103411/petition/1

#PainInTheGlass

A catalyst for fire, littered glass in grass and woodlands poses a needless risk. That's why KBT is repeating its calls for glass to be included in the upcoming Deposit Return Scheme (DRS).

The UK government currently plans to exclude glass from the DRS on the grounds of health and safety because 'reverse vending machines... carry safety risks associated with handling broken glass. The weight of glass and the potential for breakages also poses consumer safety issues in transporting glass bottles to return points'.

KBT's view is that glass in the environment poses a far greater risk to the public and to wildlife than to retailers. And if we can take glass out of supermarkets then surely they are able to return it and should be incentivised to do so through a Deposit Return Scheme(DRS).

You can read more about their **#PainInTheGlass** campaign at: www.keepbritaintidy.org/painintheglass

Kids' Page: Talk Like a Pirate Day, 19th September

Are you ready, you scurvy Hornswagglers?

This started 20 years ago in the US to mark the Golden Age of Piracy. It's now held worldwide and even Barack Obama has tweeted about it! We've all got a favourite pirate, whether it's Captain Hook, Blackbeard or even Jack Sparrow!

The idea is that you and your friends get together to do something good for the community (like litterpicking round the children's play area perhaps?) and in return, you are allowed to "talk like a pirate" and go daft for a day!

BUT HOW? Well, here's a few handy phrases for you...

- Avast = stop right there
- Bilge rat = the lowest form of life
- Booty = stolen goods
- Brig = ship prison
- Buccaneer = pirate
- Cutlass = a curved sword
- Hearties = friends

- Hornswaggle = cheat
- Jolly Roger = pirate flag (skull and crossbones)
- Land ahoy = land spotted
- Landlubber = a land dweller
- Marooned = left alone on a deserted island
- Mutiny = when the crew rebels
- Pieces of eight = old silver coins from Spain
- Salt = a seasoned sailor
- Savvy = understand
- Scurvy = a disease from lack of vitamin C
- Scuttle = sink the ship
- Sea dog = experienced sailor
- Sea legs = sailing without being seasick
- Set sail = head out to sea
- Shanty = sea songs
- Shark bait = a dead sailor
- Shipshape = good condition
- Shiver me timbers = criekest!
- Six bells = 7pm
- Swashbuckler = pirate

Why are Pirates called Pirates?
Because they just Aaaaarrr!



COLOUR ME

- Walk the plank = a way to dispose of your enemies
- Weigh anchor = raise the anchor

FOR INSTANCE, you might say to your Mum or Dad:

"Avast, ye landlubber, Oi be weighing anchor and setting

sail to see me hearties, Oi'll be back at six bells."

If you don't end up as "shark bait" for being cheeky, what exactly do you mean?

to be with friends and I'll be back by 7pm
Stop here, Land Dweller, I'm heading off out

PIRATE-SPEAK TRANSLATED:

Recipe Corner

Ingredients

- A juicy bowl of blackberries you have scrumpted from a local Rendlesham hedgerow
- 75g unsalted butter
- 250g self-raising flour
- 1 tsp baking powder, ½ tsp bicarbonate of soda
- 75g caster sugar | 200ml milk | 1 egg

Method

- Preheat the oven to Gas Mark 6, 200°C, fan 180°C. Grease a muffin tray or line one with muffin cases and set aside.
- In one bowl, cream the caster sugar and butter. In another bowl, pour the milk and crack in the egg and whisk with a fork to combine. Slowly add into the creamed sugar and butter, stirring for a few minutes. Then add the flour, baking powder and bicarbonate soda, stirring until you get a mixture that is somewhat lumpy – do not whisk until smooth.
- Tip the blackberries into another bowl and lightly crush them with a fork so that some remain whole and some break down. Stir into the mixture, making a ripple effect. Pour into the muffin cases and bake in the oven for about 20 minutes.
- Remove to a wire rack and allow to cool a little before serving.

Blackberry Muffins

Recipe from that nice Mr Tesco



Rendlesham Radio tucks in at The Teddy Bears Picnic



Malcolm Clark
Music Maestro

Summer Radio Sunshine!

Once again, **Rendlesham Radio** was at the heart of *The Teddy Bears Picnic* this year. In the past, we have provided the big stage and sound system but this year the founder members of the station, **Mark Ibiston** and **Steve Calver**, were in great demand at events all around the country – making their time and equipment limited. Nonetheless, after an exhausting time working at *The Commonwealth Games*, Mark found the time to help us provide and manage the sound system at *The Teddy Bears Picnic* on Sunday.

Team Audio played a big part at the recent Commonwealth Games in Birmingham. Based locally on the Bentwaters Parks estate, Team Audio was commissioned by the Games' organisers to provide and manage the communications systems for both the opening and closing ceremonies – which you may have seen and enjoyed on your TV.

After an exhausting two weeks in Birmingham, Mark stepped up when we needed

him to set up the sound stage at *The Teddy Bears Picnic*. I expect he was hoping for a well-earned rest on Sunday enjoying the sun (and a long cool beer), but no... There he was all day building the sound stage and running the sound desk – and we have reason to be very grateful to him for this. At one point the equipment failed because of the soaring temperatures, but he was quickly on it and sorted the problem before the crowds even noticed.

Many, many thanks Mark – we couldn't do what we do without your help.

You would have also seen **Glenn Knights** helping Mark set up the sound stage and then comper the whole event. Glenn is one of our key presenters on the radio station and can be heard live on Saturday mornings and during the week.

Someone you would not have seen but who played a major "undercover" part in the event, despite the extreme heat, was **Karen Colbear** who "beared" all for your entertainment – being helped by one of the newest presenters **Sam Tye**.

You can hear Karen and Sam's country show live on Wednesday nights.

We were broadcasting live from the Picnic with the help of Mark and Team Audio who have generously provided the equipment and technical knowhow to get it all broadcasting to the village and across the Globe.

Yes, we have listeners in the USA, Dubai and many other places – who all find that the *Rendlesham Radio* mix of music and documentaries hits the spot for information and entertainment.

We welcome some new shows and presenters this month **Stephen Pennock** joined us with his quirky view of life and a massive collection of music. His show "Between a Rock and a Runway" is live on Tuesday afternoons and reflects the position of our studio on Bentwaters Airfield.

Are you ready to Joinavision?

This week we broadcast the first documentary show from a group called *Joinavision* which has a vision for a brighter, kinder, more unified world than the one we currently live in.

Joinavision is also keen to connect to local people and help them if they are feeling isolated. They would like to see a world where people are free to live their lives in a way that is in harmony with nature and themselves.

Joinavision is also interested in living a self-sufficient life or one that barter and trades with each other. Joining together to share information and skills that benefits and connects all generations.

Joinavision Suffolk is a place where like-minded people can share their opinions without fearing any vitriol. You'll find details and links to *Joinavision* on our website:

rendleshamradio.com

Radio Alpha

Our *Radio Alpha* series is designed for today's audience.

It was recorded all around the world and features interviews with world-famous leaders and inspiring stories. Two new hosts, **Toby Flint** and **Gemma Hunt** join **Nicky Gumbel** to unpack the basics of the Christian faith in an updated and engaging way.

You can tune in to *The Alpha Radio Show* every Sunday morning. If you have missed any of the series so far, don't worry, all the shows are available to replay or you can watch the original films on our website.

Danceathon, 3rd September

We are looking forward to September 3rd when we'll be supporting our very own **Victoria Shortley** (live on Saturdays at 5 pm), who in her own very crazy way is dancing herself into a frenzy with a danceathon at *Rendlesham Community Centre* all day and into the night.

Come down and support Victoria and her chum Nicola Phillips, who are raising money for *Macmillan Cancer Trust*.

We'll all be there with music and live shows all day.

If you can support them, at **JustGiving**, they'll be delighted to forward it to Macmillan Cancer Trust.



MONDAY

- 08.00 Bedrock Breakfast with Victoria Shortley and Malcolm Clark
- 10.00 Mid Morning Show with David Baker
- 12.00 Relax Rendlesham with Ann Kerney
- 13.00 Coming Up Shortley with Victoria Shortley
- 14.00 Simon Says with Simon Goldsmith
- 15.00 The Elvis Radio Show UK
- 17.00 UpTown Vinyl Transmission with Gary James
- 18.00 Between a Rock and a Runway with Stephen Pennock
- 19.00 The Show of all Shows with Darren & Hayley
- 21.00 The Elvis Radio Show UK

TUESDAY

- 07.00 The Alpha Radio Show
- 08.00 Glenn Knights' Breakfast Show
- 10.00 Relax Rendlesham with Ann Kerney
- 11.00 Decade of Hits "1985" with David Baker
- 12.00 The One Woman Show with Sophia Micheals
- 13.00 UpTown Transmission with Gary James
- 14.00 The Elvis Radio Show UK
- 16.00 Between a Rock and a Runway with Stephen Pennock
- 17.00 UpTown Transmission with Gary
- 18.00 2 Girls who like Willie... Nelson

- 19.00 The Show of all Shows with Darren and Hayley

WEDNESDAY

- 08.00 Bedrock Breakfast with Victoria Shortley and Malcolm Clark
- 10.00 Mid-Morning Show with David Baker
- 12.00 Relax Rendlesham with Ann Kerney
- 13.00 Joinavision Talk Show
- 14.00 The One Woman Show with Sophia Micheals
- 15.00 Old Friends Dementia Advice
- 16.00 Coming Up Shortley with Victoria Shortley
- 17.00 Decade of Hits 1985 David Baker
- 18.00 Simon Says with Simon Goldsmith
- 19.00 Back to the 80's with Karen and Sam
- 20.00 2 Girls who like Willie... Nelson

THURSDAY

- 07.00 The Alpha Show
- 08.00 Glenn Knights' Breakfast Show
- 10.00 Relax Rendlesham with Ann Kerney
- 11.00 Joinavision Talk Show
- 12.00 The One Woman Show with Sophia Micheals
- 13.00 Decade of Hits 1985 David Baker
- 14.00 The Show of all Shows with Darren and Hayley
- 16.00 Between a Rock and a Runway with Stephen Pennock

- 17.00 Simon Says with Simon Goldsmith
- 18.00 UpTown Vinyl Transmission with Gary
- 19.00 The Elvis Radio Show UK
- 20.00 Rob's Country Bunker with Rob Lewis
- 23.00 Simon Says with Simon Goldsmith

FRIDAY

- 08.00 Bedrock Breakfast with Victoria Shortley and Malcolm Clark
- 10.00 Mid-Morning Show with David Baker
- 12.00 Relax Rendlesham with Ann Kerney
- 13.00 2 Girls who like Willie... Nelson
- 14.00 Old Friends Dementia Advice
- 15.00 Rob's Country Bunker with Rob Lewis
- 17.00 The Show of all Shows with Darren and Hayley
- 19.00 Back to the 80's With Karen and Sam
- 20.00 UpTown Transmission with Gary
- 21.00 2 Girls who like Willie... Nelson
- 22.00 Rob's Country Bunker with Rob Lewis

SATURDAY

- 07.00 The Alpha Radio Show
- 08.00 Glenn Knights' Breakfast Show
- 10.00 Joe's Take Over
- 11.00 Decade of Hits "1985" David Baker

- 13.00 Relax Rendlesham with Ann Kerney
- 14.00 Rob's Country Bunker with Rob Lewis
- 16.00 Sporting Matters with Daniel Potter
- 17.00 Coming Up Shortley with Victoria Shortley
- 18.00 Between a Rock and a Runway with Stephen Pennock
- 19.00 The Elvis Radio Show UK
- 21.00 UpTown Vinyl Transmission with Gary
- 22.00 The Show of all Shows with Darren and Hayley

SUNDAY

- 08.00 Bedrock Breakfast with Victoria Shortley and Malcolm Clark
- 09.30 The Alpha Radio Show
- 10.00 The Sunday Morning Show with David Baker
- 12.00 Relax Rendlesham with Ann Kerney
- 13.00 The One Woman Show with Sophia Micheals
- 14.00 Sporting Matters with Daniel Potter
- 15.00 The Alpha Radio Show
- 16.00 Rob's Country Bunker with Rob Lewis
- 18.00 The Show of all Shows with Darren and Hayley
- 20.00 Joinavision
- 21.00 Through the Decades
- 23.00 2 Girls who like Willie... Nelson



**Rendlesham Radio broadcasts 24 hours a day, every day.
 You can hear us online or through your smart speaker.
 An "app" will soon be available to make contact even easier.
 All of our shows can be replayed at any time links
 are on the new website www.rendleshamradio.com.
 Rendlesham Radio. Where music goes to party!**

Eastern Community **EA-CAT** Assistance Team

EA-CAT does what it says on the tin!

A community assistance team based in East Anglia. We help a lot of local charities with their events, including many local hospices – and we also assist local Councils in spells of bad weather.

EA-CAT needs people like you!

Visit our website to find out more about what we do and how to get involved!



www.ea-cat.org.uk

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when and where it matters

Reg Charity No. 1160703



REPORT YOUR CHANGES

Are you claiming Housing Benefit and/or Council Tax Support?

Have you or someone in your household had a change of circumstances?

You can report your changes over the phone, or online. It's quick and easy. Tell us now:

- If someone has moved in/out of your home
- A change of employer
- An increase in hours worked
- A change to childcare payments
- An increase in private pension
- An increase in savings

Report your changes by phone on 0333 016 2000 or online at www.angliarevenues.gov.uk



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It's time to be wild!

Holiday Club takes over the farm for the summer

It's been five weeks of absolute FUN! We've been crabbing at Walberswick, den building and orienteering in Rendlesham Forest as well as having a Day of Summer Fun with water play, circus skills, giant bubbles and lots of laughter.

On top of this we've met the animals, made loads of crafts, climbed trees, swung on rope swings and discovered the wonderful world of nature in our woodland.

What an amazing summer holiday it's been!

Pitstop Holiday Club

pitstop.enquiries@gmail.com

Like us on Facebook: @pitstopoutofschoolclub



Photos

- Above Top Forest Adventurers in stealth mode!
- Middle Our forest den
- Bottom Briefing for orienteering
- Left (Clockwise) Guinea pig petting session
Amazing picture of the cows
Willow art

Pitstop Forest Explorers launches at the Deben Community Farm

The Forest Explorers was launched at our Open Day on 13 August

Forest Explorers is a learning-based approach. It embraces your child's freedom to explore, create and make choices, enabling them to learn at their own pace, letting them follow what inspires them.

Forest Explorers follows an outdoor learning ethos, where children can build the skills needed throughout life.

Pitstop Forest Explorers

pitstop.enquiries@gmail.com

Like us on Facebook
@pitstopoutofschoolclub

What do we do at Forest Explorers?

- Story telling**
- Forest exploration**
- Bug hunts**
- Mud faces**
- Natural art**
- Mud kitchen**
- Story trails**
- Bug hotels**
- Gardening**
- Animal encounters**
- Den building**
- Tree climbing**
- Tyre swings**

plus so much more...



PHOTOS:

LEFT: Upcycling old wellies

RIGHT: Our new Forest Explorer hut built by Beard Carpentry

TOP: Inside the new hut, specially designed to bring the outside inside, and to provide a cosy space when not outside exploring.

ABOVE: Our story space



Pitstop Nursery

Curiouser & curiouser...

As we get ready to submit our accreditation for the **Curiosity Approach** we are proud to show everyone our transformation, which includes our new baby room. We hope you like the changes!

Pitstop Nursery pitstop.enquiries@gmail.com
 Like us on Facebook @pitstopoutofschoolclub



HOLD THE DATES — AND BRING YOUR MATES!

What's happening in Rendlesham for the rest of the year?



Everyone is welcome to attend our Events. Don't let not being from Rendlesham put you off! Come and join us, the more the merrier!

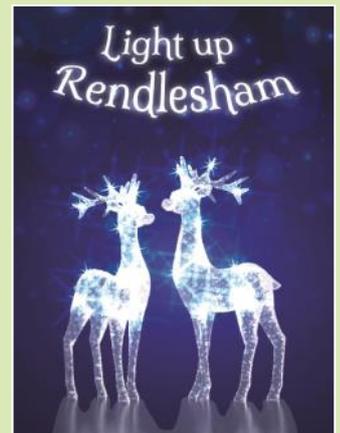
SEPTEMBER

Litter Pick Sunday & Local Produce Market
 Sunday 11th September
 Village Square



DECEMBER

Christmas Lights Switch On & Santa's Grotto
 Sunday 4th December
 Village Square & Community Centre



NOVEMBER

The Rendlesham Fireworks Display
 Sunday 6th November
 Jubilee Park



Santa's Grand Tour
 Sunday 18th December
 Gliding through a street near you in Rendlesham



Emmie R said about Purple Reign...

'Rendlesham is the best village around. Thank you!'

Hell yeah! You'd better believe it...

Diary Dates

Coming in September

Mon	5	RPC Full Parish Council Meeting, 7.30pm
Tues	6	Senior Youth Group, 6.45pm-9.15pm
Weds	7	Junior Youth Group, 6.30pm-8pm
Thurs	8	Over 60s Group, 10.30am-12.30pm Senior Youth Group, 6.45pm-9.15pm Bingo at Rendlesham Social Club, 7.45pm
Sun	11	Litter Pick Sunday & Local Produce Market, Village Square, 10-3pm
Tues	13	Senior Youth Group, 6.45pm-9.15pm
Weds	14	Junior Youth Group, 6.30pm-8pm
Thurs	15	Senior Youth Group, 6.45pm-9.15pm Bingo at Rendlesham Social Club, 7.45pm
Tues	20	Senior Youth Group, 6.45pm-9.15pm
Weds	21	Junior Youth Group, 6.30pm-8pm
Thurs	22	Over 60s Group, 10-12.30pm Senior Youth Group, 6.45pm-9.15pm Bingo at Rendlesham Social Club, 7.45pm
Tues	27	Senior Youth Group, 6.45pm-9.15pm
Weds	28	Junior Youth Group, 6.30pm-8pm
Thurs	29	Senior Youth Group, 6.45pm-9.15pm Bingo at Rendlesham Social Club, 7.45pm

Coming in October

Weds	5	RPC Youth Group Committee, 7.30pm
Mon	10	RPC Planning Committee, 7.30pm
Thurs	13	RPC Jubilee Park Committee, 7.30pm
Thurs	20	RPC Finance & Asset Committee, 7.30pm

DON'T MISS OUT ON THE LATEST NEWS AND EVENTS HAPPENING IN AND AROUND RENDELSHAM

Sign up to E-NEWS Now!

Just send an e-mail to: admin@rendleshampc.org.uk and put E-NEWS in the subject box

What's on in September?

BINGO Every Thursday from 7.30pm
FREE POOL FRIDAY 1st Friday of the Month

Sat 10th **BAND NIGHT -**
Handle with Care

Sat 17th **CHARITY RACE NIGHT -**
Raising Funds for
1st Rendlesham Scouts

Sat 28th **BAND NIGHT -**
Flashdance 80s Band

OPENING HOURS

Thurs 7-10.30pm, Fri 7-11pm
Sat 7-11pm, Sun 1-5pm



RENDELSHAM SOCIAL CLUB

Rendlesham Social Club

Community Centre, Walnut Tree Avenue



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If you would like to advertise in the Rendlesham Parish Magazine, ring **01394 420207** or email: projects@rendleshampc.org.uk

RENDELSHAM SOCIAL CLUB CHARITY RACE NIGHTS

All proceeds to one of our local Clubs to support their fundraising

The first Race is Saturday 17th 2022 – the starter's flag is 8.00pm!



Proceeds from this first Race Night are being donated to 1st Rendlesham Scouts

Useful Information



Rendlesham Surgery opening hours

Monday	15.30 - 18.30
Tuesday	08.30 - 12.00
Wednesday	15.30 - 18.30
Thursday	08.30 - 12.00
Friday	14.30 - 17.30

Acer Road Pharmacy opening hours

Tel: 01394 460548

Monday	08.30 - 13.00 14.00 - 18.30
Tuesday	08.30 - 13.00 14.00 - 17.30
Wednesday	08.30 - 13.00 14.00 - 18.30
Thursday	08.30 - 13.00 14.00 - 17.30
Friday:	08.30 - 13.00 14.00 - 17.30

Wickham Market Medical Centre

Tel: 01728 747101

Rendlesham & District Over 60's

September Meetings:

Thursday 8th &
Thursday 22nd September
10.30-12.30

Sudoku Challenge answer

1	2	6	9	3	5	4	8	7
7	5	3	2	4	8	9	6	1
9	8	4	1	6	7	3	2	5
6	9	7	5	8	2	1	3	4
5	1	2	4	9	3	8	7	6
4	3	8	7	1	6	5	9	2
2	6	9	8	5	4	7	1	3
3	4	1	6	7	9	2	5	8
8	7	5	3	2	1	6	4	9



Post Office, Costcutters opening hours

Monday/Friday	9am-5.30pm
Saturday	9am-12.30pm
Sunday	Closed



The Roman Catholic Parish of Woodbridge and Framlingham

Parish Priest:
Fr Edmund Eggleston

Churches:
St Thomas of Canterbury,
Woodbridge

St Clare's, Framlingham
Mass times & contact details:
www.wfrcp.org.uk

Faith Baptist Church

Bromeswell, Woodbridge
www.fbcuk.org
Pastor Thompson
01394 420181



Citizens Advice East Suffolk

Open for advice by email, phone or post on Mon, Tues, Thurs and Fri from 10-2pm. Call 01728 832193 or Freephone 0808 278 7868. supervisor@leistoncab.cabnet.org.uk to make contact.

Face-to-face appointments can be pre-booked on 01728 642960 between 10am-4pm, Mon-Fri.

Rendlesham Directory

Wickham Market Medical Centre & Rendlesham Surgery	01728 747101
Acer Road Pharmacy 6 Acer Road, IP12 2GA	01394 460548
District Councillor Ray Herring	01728 746337 07885 249218
County Councillor Alexander Nicoll	07922 586303
Gas Emergency	0800 111 999
Woodbridge Safer Neighbourhood Team	01473 613500
Rendlesham Primary School Head: Debbie Thomas	01394 462190
Eyke CEVC Primary School Head: Lucy Fairweather	01394 460328
Rendlesham Parish Church Rev. Mandy Reynolds	01394 420129
Farlingaye High School Head: Dr Sievwright	01394 385720
Woodbridge Library	01394 446510
Parish Council Heather Heelis, Parish Clerk	01394 420207
Police (non-emergency)	101
Rendlesham Dental Practice	01394 421500
Rendlesham Day Nursery	01394 420581 07917 854086
Ryder-Davies & Partners Vets	01394 420964
Post Office (Costcutter)	01394 461221
Keep in Touch Rev. Mandy Reynolds	01394 420129
Grace Church Rendlesham Pastor Dave Rushbrook	01394 809691
Kesgrave Children's Centre	01473 265833
Rendlesham Community Centre Make your bookings via: admin@rendleshampc.org.uk	01394 420207
Rendlesham Care Home	01394 461630
Maharishi Peace Palace	01394 421136
Over 60s Club: Linda Barber	01394 461094
Rendlesham Good Neighbour Scheme	07486 551004



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Conservatories



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