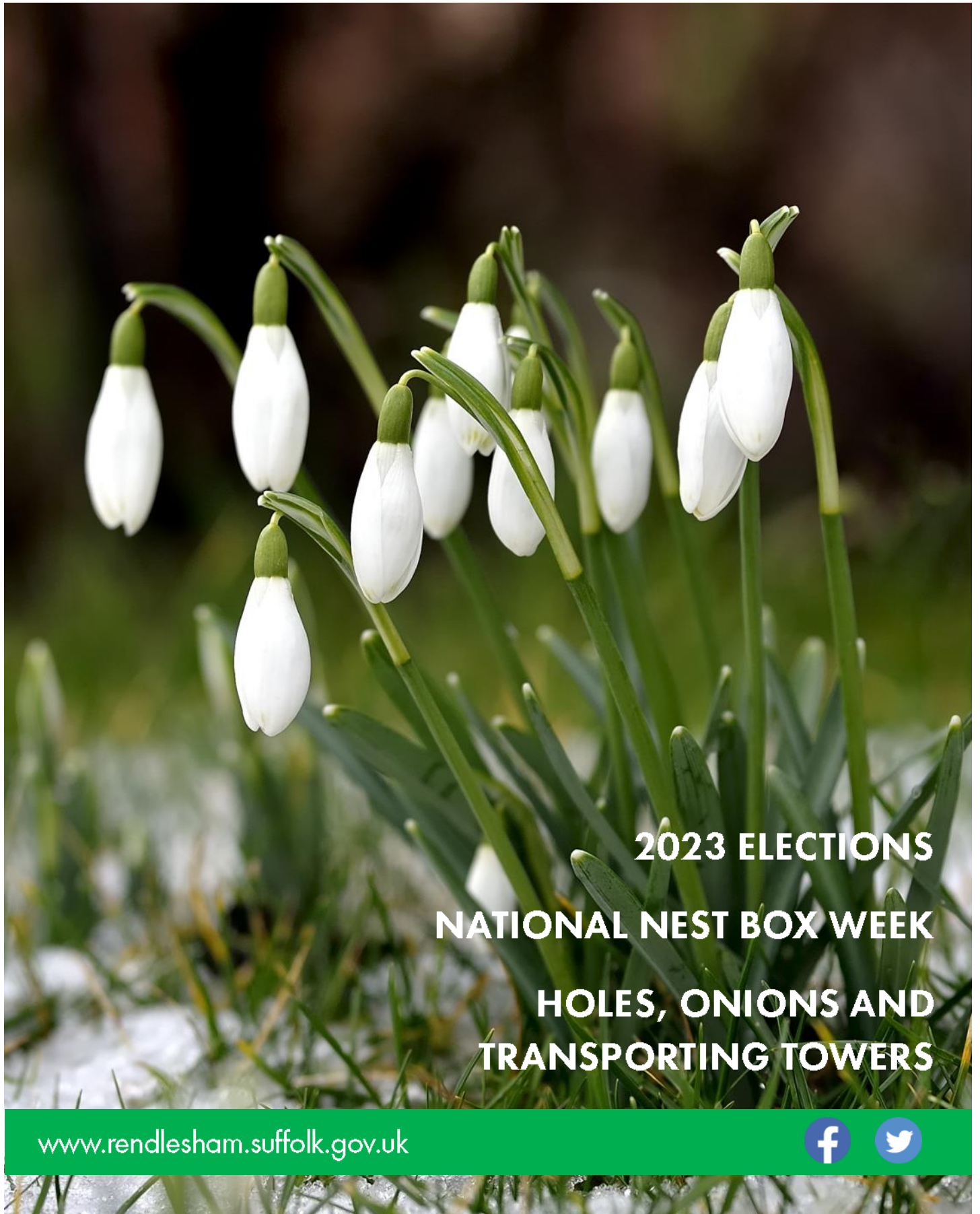




Rendlesham



2023 ELECTIONS

NATIONAL NEST BOX WEEK

**HOLES, ONIONS AND
TRANSPORTING TOWERS**

www.rendlesham.suffolk.gov.uk



Rendlesham Magazine advertising rates

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 need to be booked under a 12-month volume discount agreement			

Magazine Contacts**Editor**

Parish Clerk:
Heather Heelis

T: 01394 420207

E: clerk@rendleshampc.org.uk

Artwork & Advertising

Projects Officer:
Sarah-Jane Quick

T: 01394 420207

E: projects@rendleshampc.org.uk

**February Deadline –
Fri 10th February**

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

Rendlesham Magazine is available online and in hard copy format.

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



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
7 The Square,
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



COME AND BE PART OF THE SHOW'S PLANNING TEAM

Join us at our Planning Meeting on
WEDNESDAY 22nd FEBRUARY, 7.30pm
in Room 16, Community Centre

Rendlesham

MAGAZINE



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Views expressed in the Rendlesham Parish Magazine are not necessarily those of the Parish Council or of other contributing groups. The publication of content in the Rendlesham Parish Magazine is at the sole discretion of the Parish Council. The Rendlesham Parish Magazine does not endorse the accuracy or reliability of any article or advertising within this publication.

ANY RUBBISH BIN WILL DO

BAG THAT POO!

FREE DOG BAGS

from Rendlesham PC

KEEP
BRITAIN
TIDY



Collect from the Parish Council office

Mondays, Tuesdays & Thursdays, 10-2pm

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

Sign up to E-NEWS Now!

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

Join us on Facebook at

facebook.com/RendleshamParishCouncil

RENDLESHAM

YOOF GROUP

SENIORS

Years 7, 8
Tues, 6.45-9.15pm

JUNIORS

Year 9+
Thurs, 6.45-9.15pm

2023 Term Dates

Years 4, 5, 6
Weds, 6.30-8pm

4 Jan to 10 Feb | 21 Feb to 31 Mar
17 Apr to 25 May | 5 Jun to 21 Jul
PD Days: 20 Feb | 26 May

Parish Council News

Make a change, become a Councillor

Making a difference in your community

Parish Council Elections 4 May 2023

Are you passionate about your community?

Do you want to help make a long-lasting change?

Do you have innovative ideas for the council?

Do you have concerns about a specific issue and want to do something about it?

If this is you, then we need you.

We need people from all backgrounds and experiences who reflect their community to put themselves forward for election.

Make a difference, become a councillor.

At the link below, you will find everything you need to know. It explains what local councils and councillors do, how you can become a councillor, details of the role and what to expect.

Local (parish and town) councils and councillors make a massive difference to local people's quality of life. They are passionate about their communities and seek to make a change to help improve their residents' lives.

Rendlesham Parish Council runs numerous services, including community events. Many you will see day-to-day, but some are less known. These include helping local organisations, climate action, bringing

allotments to the village, creating a neighbourhood plan, establishing a youth strategy, managing Jubilee Park, public seating and litter bins, and production of the monthly magazine delivered to all households and businesses in Rendlesham.

Councillors are elected to represent the local community, so you must either live or work in the council area. Becoming a councillor is a rewarding experience as you will be able to make a change in your community to help improve residents' lives. A councillor's role can include developing strategies and plans for the area, helping with problems and ideas, representing the community, working with other local community groups, decision making and

reviewing decisions and talking to the community about their needs and what the council is doing.

Local councils can only be as helpful, connected and energetic as the people elected to run them, so we need councillors capable, enthusiastic and engaged to reflect their communities.

Find out more about becoming a councillor on

www.eastsuffolk.gov.uk/assets/Your-Council/Town-and-Parish-Councils/Be-a-town-or-parish-councillor.pdf.

Alternatively contact the Parish Council on:

01394 420207

admin@rendleshampc.org.uk

**NEXT MEETING OF THE
PARISH COUNCIL WILL BE ON
MON 6TH MARCH 2023 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

**Could you help deliver the
Rendlesham Magazine?**



Rounds where we'd love some help

Redwald Road, Outer Rendlesham, plus some occasional cover for holidays

Contact the Parish Council on **01394 420207** or via projects@rendleshampc.org.uk



Changes for the 2023 elections

The Electoral Commission Voter ID

The UK Government has introduced a requirement for voters to show photo ID when voting at a polling station at some elections.

This new requirement will apply for the first time in England at the local elections on Thursday 4 May 2023.

Which forms of ID can I use to vote?

You may already have a form of photo ID that is acceptable. You can use any of the following:

- Passport
- Driving Licence (incl. Provisional License)
- Blue Badge
- Certain Concessionary Travel Cards

- Identity Card with PASS mark (Proof of Age Standards Scheme)
- Biometric Immigration Document
- Defence Identity Card
- Certain National Identity cards

For more information on which forms of photo ID will be accepted, visit electoralcommission.org.uk/voterID or call their helpline on 0800 328 0280.

If you don't have an accepted form photo ID

If you don't already have an accepted form of photo ID, or you're not sure whether your photo ID still looks like you, you can apply for a free voter ID document, known as a **Voter Authority Certificate**. You can apply for this at voter-authority-certificate.service.gov.uk.

Alternatively, you can complete a paper application

form and send this to the electoral services team at your local council.

If you need any help with applying for a *Voter Authority Certificate* or want to request an application form, contact your local council. (To find their contact details visit electoralcommission.org.uk/voter).

Find out more

If you have any questions or would like to find out more, go to electoralcommission.org.uk/voterID, or call their helpline on 0800 328 0280.



Voter ID

*Driving Licence
(incl. provisional license)*

Blue Badge

*Certain
Concessionary
travel cards*

*Identity Card
with PASS mark
(Proof of Age
Standards Scheme)*

*Biometric
Immigration
Document*

Defence Identity Card

*Certain National
Identity Cards*

Your Parish Councillors

Mike Stevenson: Chair

Ex-officio on all Committees
Personnel Committee
Youth Group Charity
Community Centre Charity
SALC Rep

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

Dave Moore

Finance & Asset Committee
Personnel Committee
Jubilee Park Committee

Mark Stones

Planning Committee
Jubilee Park Committee
Community Centre Charity

Martyn Redfern

Planning Committee
Finance & Asset Committee

Mike Parry

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

VACANCIES

OFFICE HOURS

Monday,
Tuesday & Thursday,
10am-2pm

COMMUNITY SPEEDWATCH CO-ORDINATOR

Help manage our
local Speedwatch
initiative, in association
with Suffolk Police.

Contact the Clerk at
clerk@rendleshampc.org.uk

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.

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

Transition Streets Rendlesham

recycling STUFF



S-T-U-F-F

We are surrounded by it!
Some of us have so much we even pay to store it!

This month we look at how we buy, use and dispose of resources. Is it possible to change our relationship with them so that we share more, create connections with community, regain lost skills, save money and reduce our impact on the planet.

The *Linear Economy* results in a lot of natural resources being wasted in our 'Take, Make, Use, Dispose, Waste' lifestyle.

In the UK we live as if there were three planets at our disposal, with each person disposing of half a tonne of waste each year.

Only 12% comes from our homes with business and industry making up the rest... those businesses and industries we buy from.

We could learn a lot from nature where there is no waste. It is possible to create ways of living like this, a *Circular Economy*.

Forget the 3Rs

To move towards this, we need to expand our knowledge of the 3Rs to more like 8Rs!

- It starts with RETHINK and REFUSE; and changing our thinking



about what we buy and consume.

- We can REDUCE what we have habitually wasted on things like energy and material goods.
- RE-USE our old objects and sharing with others is not only planet saving but fashionable and fun.
- Can you find a way to REPAIR things that are broken or find someone that can do this for you?
- Unwanted or unloved stuff can be REGIFTED! There is no shame in giving something you will store or throw away to someone that will enjoy it.
- RECOVERING energy and materials to use and upcycle is extremely efficient.
-and if you can't do these things, RECYCLE!

Electronics

Every year an estimated 2 million tonnes of waste electronic items are discarded including 160,000 in our bins. This wastes very valuable resources.

According to WRAP (*Waste Resources Action Programme*) about a quarter of the electrical items taken to recycling centres can be used or repaired.

Why not take these items to one of the local Repair Cafes?



Or why not pay a visit to suffolkrepairshed.org

Clothing

Clothing is a massively planet-damaging industry with fast-fashion being the biggest culprit. Every year an estimated 336,000 tonnes of

clothing goes to landfill or incineration. This is a huge waste of the water, chemicals and pollution involved in clothing manufacture. Sharing, swapping or selling on, vital to breaking this worrying trend.

Make sure you are up to date with what can be recycled kerbside and what you can take to other places. These do change sometimes so it's worth checking a couple of times a year.

Home Composting

Home composting is the most environmentally friendly way of disposing of your garden and food waste.

You can find all the information you need including how to make your own compost area or get a bin for only £10 at: www.suffolkrecycling.org.uk/reduce-your-waste/home-composting

If you can't make your own avoiding buying peat based compost as this is essential in preserving habitats and carbon sequestration.

In the village we have held lots of swapping and sharing events, to get involved or if you have an idea email me.

Cllr Victoria Proctor

vproctor.rpccllr@gmail.com

Community events for Rendlesham in 2023

Christmas 2022 Roundup

Light Up Rendlesham

Thank you to everyone who attended and supported our Christmas lights switch on event on Sunday 4th December. Your community spirit, support and generosity came in abundance and we love to see so many happy faces at our community events. We raised a massive **£184.30** in donations. Thank you for your ongoing support! As always any donations are massively appreciated by the Parish Council and ensure the sustainability of our community events.

A massive thank you to:

Costcutter Walnut Tree Avenue for sponsoring the mince pies once again. **Rendlesham Radio** for providing the sound system and equipment for our festive performances. **The Barista's Shed UK** for the unbeatable flavoured hot chocolate, hot drinks and churros van. **Sarah Holmes** for being the Queen behind the camera. **Rendlesham Social Club** for hosting some of our market inside and providing the alcoholic beverages. **Chloe Kinrade School of Dance** for a sensational performance and all the supportive family and friends who came to watch the little dancers in action! **Rendlesham Primary School, Mrs Scurrall and Miss Howard** for fine tuning the beautiful festive voices of the Primary School choir. Members of **Suffolk Singers & Aldeburgh Voices** who gave a flawless performance on a few Christmas classics.



Image: Sarah Holmes

Our wonderful pitch holders at Rendlesham's first ever Christmas Market (watch this space) **The Fleur Girl, Lois Sefton-Etheridge, Kat's Creations, The Guilt Free Soapery, Simply Cakes, Sarah Dumbill, The Essential Soap Bar, Joanna Jennings, Paul Stevenson and Jenny Brice.**

As always a massive thank you to Councillors James Carter, Vic Proctor, Dave Moore, and the Parish Council Team..

Santa's Grand Tour

It was a very soggy send off for Santa this year, the rain was exceptionally persistent. It was a good job Santa and his helpers were able to focus on the job at hand... operation festive spirit! Wrapped up warm in his big red coat Santa made his merry way around Rendlesham, spreading smiles, festive spirit and making sure the naughty elves shared chocolate coins with the littlest folk of Rendlesham.

Thank you as always to Dave Moore (RPC Councillor), Mike Stevenson (RPC Chairman), Sarah Holmes (Photographer), Sophie Alderson (a Willing Elf) and the Parish Council Team.

Ellie Hutchinson
Events Co-ordinator

Our Events line-up for 2023

Community Easter Egg Hunt & Farmers Market at Jubilee Park

Thursday 6th April – Easter Bonnet Comp, Easter Themed Crafts, Local Produce Market, Garden Games & Special Guest (Edwin Bunny), Hot Choc & Hot Crossed buns at the Rendlesham's Pop up community coffee shop AND Easter eggs, sponsored by *Costcutter*.

The Rendlesham Show at Jubilee Park

Friday 9th June (5pm-9pm) – Fun Fair, Food, Live Music & Bar

Saturday 10th June (11am-8.30pm) – Stalls, Food, Fun Fair, Entertainment, Dog Show, Tractors, Cars & fun for the whole family!

Rendo Fest at Jubilee Park

Saturday 19th August (2pm-9pm)
An afternoon of music, bar, food and chilled summer vibes.

Fireworks Night at Jubilee Park

Friday 3rd November (4.30pm-7.30pm)

Christmas Light Switch on, Grotto & Christmas Market in Village Square

Sunday 3rd December (3pm-7pm)

Santa's Grand Tour

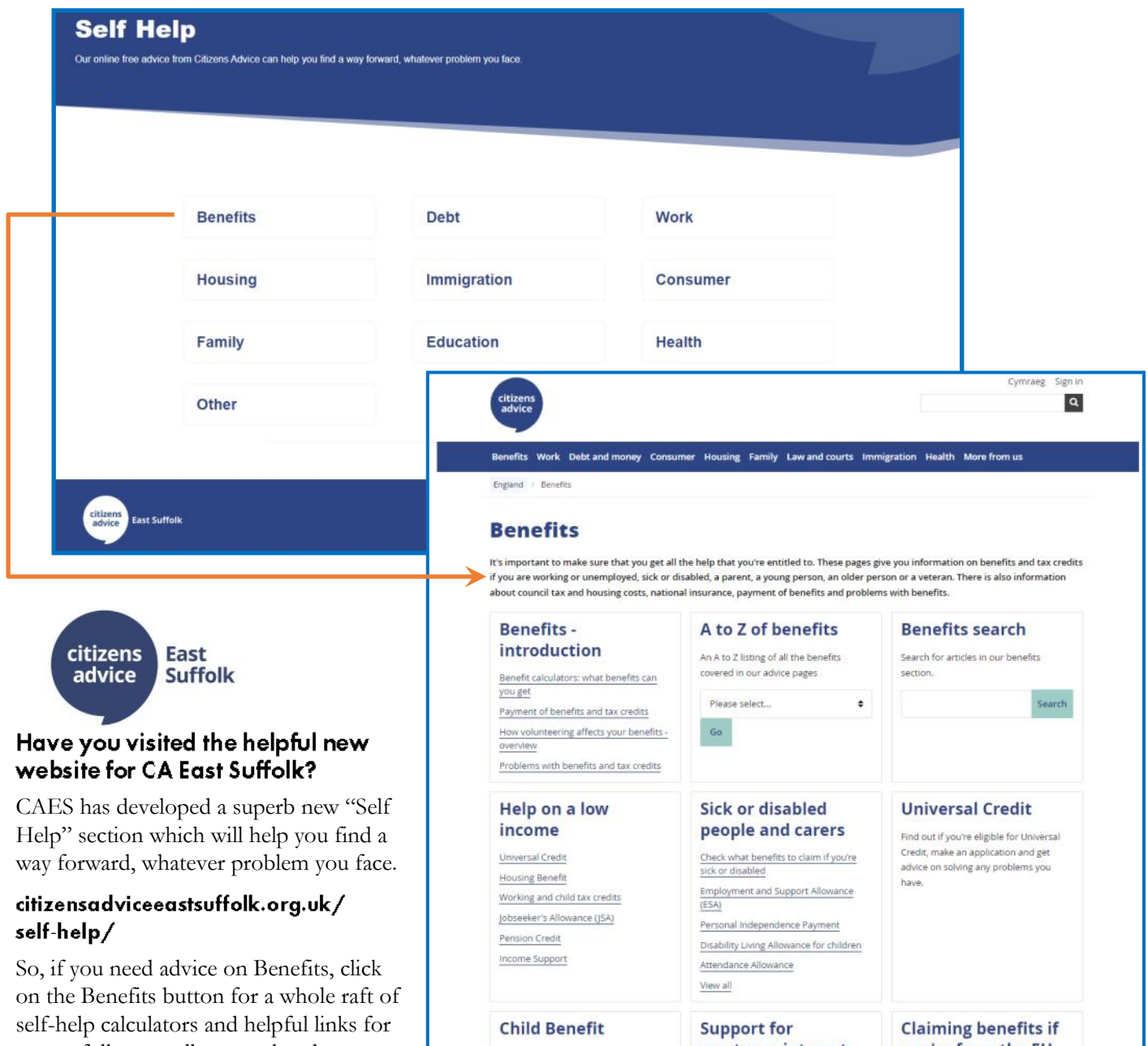
Sunday 17th December (4pm-8pm)

**Does your Business
have an Event planned we
should know about?**

**Is your Business going places
and doing things the
Community would be
interested to hear about?**

Let us know on
projects@rendleshampc.org.uk

Self help is part of the new Citizen's Advice



Have you visited the helpful new website for CA East Suffolk?

CAES has developed a superb new “Self Help” section which will help you find a way forward, whatever problem you face.

**[citizensadviceeastsoffolk.org.uk/
self-help/](http://citizensadviceeastsoffolk.org.uk/self-help/)**

So, if you need advice on Benefits, click on the Benefits button for a whole raft of self-help calculators and helpful links for you to follow — all on one handy page.

Citizen's Advice UK

Of course, there are also the excellent advice pages on the main **Citizen's Advice** website. They offer advice regarding many subjects — from how to check if something might be a scam to what to do if you have problems with a used car you've just bought...

**www.citizensadvice.org.uk/
consumer/**

DROP-IN ADVICE SESSIONS AT LOCAL LIBRARIES

WOODBIDGE

Woodbridge Library: Mondays 10am-12pm

WICKHAM MARKET

WM Resource Centre: Tuesdays 1.30pm-3.30pm

SAXMUNDHAM

Saxmundham Library: Wednesdays 10am-12pm

FRAMLINGHAM

Framlingham Library: Fridays 10am-12pm

Disability Advice Service (East Suffolk)

DAS offers free, confidential and impartial advice to disabled children and adults, and their carers/families, in East Suffolk. They share some timely advice with us.

Fuel Poverty

1 million of the 4.8 million households on prepayment meters receive disability benefits and magistrates are granting warrants for forced installations of them, enabling debt collectors to force entry into people's homes on behalf of energy firms. *The All-Party Parliamentary Group for Fuel Poverty and Energy Efficiency* is putting pressure on the Government to halt these forced installations.

DAS tells us they're here to help if you're struggling with your energy bills. They also advise "Don't leave it too late, bury your head in the sand or feel embarrassed. We have energy experts and a crisis team — we also have a welfare fund to help people in dire situations."

So give DAS a call as soon as you begin to struggle.

Accessible Homes

A decision has been approved by East Suffolk Council's Cabinet to merge three grants for changes to the homes of disabled people into one non-means-tested grant of up to £15,000.

ESC's *Independent Living Team* has been working on this change for 2.5 years and, although it needs to gain full council approval, the unanimous Cabinet vote has certainly been a positive step.

If you need help with making changes to your home, DAS can help you find out what



you're entitled to claim, and on the process involved.

PIP, ESA and Universal Credit Claims

The Department for Work and Pensions (DWP) is looking

into the way that PIP, ESA and Universal Credit claims are decided. It means that some people won't need to fill in lengthy paperwork or attend health assessments.



The DWP has said it plans to try out a more streamlined system by testing it with people with disabilities and life changing conditions.

Currently, the average wait for a PIP claim is 18 weeks. Whatever help you need with benefit entitlement or appealing benefit decisions, get in touch — DAS has a 100% success rate with benefits appeals.

Becoming "Disability Confident"

A shout out to local employers that it's time to become disability confident.

DAS suggests you take a look at the Government's "Disability Confident" scheme that allows you to learn and earn accreditations that help you employ people from a huge pool that you weren't dipping into before.

Of course, if you're an employee, ask your boss if they've heard of the Scheme...

**disabilityconfident.
campaign.gov.uk**

Get in touch with DAS

01394 387070

**Leave a message if DAS
don't answer —
they will always come
back to you!**

**advice@daseastsuffolk.org
www.daseastsuffolk.org**

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)



Chris Mann

PAINTER & PAPER HANGER

For a free quote, please ring

01728 687438

07941 262663

27 years experience



Disability Advice Service – East Suffolk

14 The Square, Martlesham Heath, IP5 3SL

www.daseastsuffolk.org.uk

advice@daseastsuffolk.org.uk

FREE independent advice or support for disabled people and carers in East Suffolk — including welfare benefits, Job Centre or medical appointments, housing rights and adaptations, accessible transport and leisure, education and employment, care and support.

Open for phone or email advice, drop-ins, appointments and home visits. (We can also sometimes accompany people to Job Centre interviews and medical assessments.)

Ring us on **01394 387070** | Monday to Thursday, 10am to 3pm

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Veggie, keto, low-carb & Valentine's Day



If you're eating keto-style, cutting out the carbs and giving up the meat, you'd think sexy lurve food on Valentine's Day would be impossible. We beg to differ. Try this menu from DietDoctor.com (and save space for pudding!)

STARTERS —

Goat's Cheese Salad with Balsamico Butter

Ingredients

280g goat cheese
60ml (33g) pumpkin seeds
55g butter
1 tbsp balsamic vinegar
85g (650ml) baby spinach

Instructions

- Preheat the oven to 400°F (200°C).
- Put slices of goat cheese in a greased baking dish and bake for 10 mins.
- Toast the pumpkin seeds in a dry frying pan over fairly high heat until they colour and start to pop.
- Lower the heat, add butter and simmer until it turns golden brown and has a pleasant nutty scent. Add balsamic vinegar; let it boil for a few minutes. Turn off the heat.
- Spread the baby spinach on a plate. Place the cheese on top and add the balsamico butter.



55g Parmesan cheese
1 tbsp olive oil

Instructions

- Rinse/trim the cauli and shred with the coarse side of a grater, or divide into florets and pulse in a food processor until rice-sized.
- Add cream, half of the butter, onion powder, and lemon juice in a large pan and bring to a simmer.
- Add the cauliflower and simmer on medium heat, for 15-20 minutes or until it is as tender as you like it.
- Add coarsely grated parmesan cheese and let it melt while you mix it in. Season to taste.
- While the cauli risotto is simmering, fry the sliced mushrooms and garlic in the rest of the butter until golden. Season with salt and pepper.
- Heat a small, dry pan over medium heat. Add the pine nuts. Stir constantly to prevent burning. Toast until they get some colour.
- Add the mushrooms to the "risotto" and stir to combine. You can also add the mushrooms on top.

MAIN COURSE —

Creamy Low Carb Cauliflower Mushroom Risotto

Ingredients

750g cauliflower
425ml double cream
85g butter, divided
1 tbsp onion powder
3 tbsp lemon juice
85g Parmesan cheese
salt & ground black pepper
280g (950ml) mushrooms
2 garlic cloves

To serve:

2 tbsp pine nuts
3 tbsp fresh thyme or fresh parsley

- Serve the "risotto" with freshly chopped herbs and some extra parmesan. Top with toasted pine nuts and sprinkle with olive oil.

PUDDING — Low Carb Chocolate Mess with Berries and Cream

Ingredients

For the Chocolate Cake:

260g 80% dark chocolate
140g butter
5 eggs
1 pinch salt
1 tsp vanilla extract

To serve:

230g (450 ml) fresh raspberries or blueberries
1 tsp vanilla extract
6 tbsp lime juice
110g pecans, chopped
45g (130ml) roasted unsweetened coconut chips
475ml whipping cream or crème fraîche

Instructions

- Preheat the oven to 320°C (160°C). Use a spring form, maximum 20-22cm in diameter. Grease it with some butter or coconut oil and line with parchment.

- Break the chocolate into pieces, dice the butter. Melt together in a double boiler or the microwave. (Chocolate can burn so stir often). Let it cool a little when melted.
- Separate the eggs and put the yolks and whites in separate bowls. Add the salt to the egg whites and whisk until stiff peaks form. Set aside.
- Add the vanilla to the yolks; whisk until smooth.
- Pour the melted chocolate and butter into the egg yolks and mix well.
- Fold in the egg whites. Keep folding until you can't see any white streaks from the egg whites (but no longer).
- Pour the batter into the form and bake for 15-20 minutes. Probe with a knife to see when it's ready. (It should be moist, but not runny.)
- **To serve**, mix berries, lime juice and vanilla in a small bowl. Let them sit for a few minutes.
- Pour the cream into a large bowl and whip it until soft peaks form.
- Divide the dark chocolate cake into bite sizes with your fingers. Add to your serving plates.
- Top with the berries and sprinkle coconut flakes and nuts.
- Serve immediately with a generous amount of whipped heavy cream or crème fraîche.

Let us know if there's a sparkly ring hiding at the bottom of the pud!




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Esmé Bonnett MHAO 07909 694607



THE AGENCY UK
www.theagencyuk.com

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
Helping you move home ...

Rendlesham Primary School

Holes, Onions and Transporting Towers!

Year 5 & 6 Autumn Learning at Rendlesham Primary School

Holes, Onions and Transporting Towers

This past term we have been reading the book *Holes* by Louis Sachar.

As a result of the story, we embarked upon a project to

from table height to the floor; creating card cities using self-created 3D nets to building towers (with no glue or tape) that could hold 100g weights made from scrap paper.

Throughout the process the children were curious and imaginative – constantly reflecting on their designs, always failing more times than they succeeded until they were able to produce a

trophy that may (or may not) just have been constructed from a wooden Christmas bauble!

The Final Frontier – The STEM Space Mobile

In science, we were looking at the planets of the solar system and consequently the classes had to create a solar system model that could demonstrate the heliocentric model of the planets and their relation to the Sun.

This presented many construction problems that the students had to independently and collaboratively overcome – from joining wood with no glue or nails to creating 3D planets from flat card.

Mathematical measuring skills were also utilised in this project to ensure a semblance of scaling.

During our science study, we discovered that no scale model is really able to do justice to and demonstrate the vast sizes and distances between planets – but we gave it a go nonetheless!



help our fictional **Yelnats Zeroni Onion Company** (based on an endeavour undertaken by two of the characters in the story) to complete an onion transportation task.

We combined this with the *Design & Technology* question for the term: How can we use mechanics to simplify manual labour?

Consequently, the challenge for the classes was to create a structure and machine that could transport onions from the top of a mountain (God's Thumb in the book) to the bottom, using a pulley system that made the job easier.

The students undertook a series of mini challenges – from transporting figures

prototype that fulfilled the onion-transporting brief.

The results were creative and ingenious across all classes.

Finally, a winner was chosen from each class who solved the problem most effectively, thus becoming the proud owner of a **Golden Onion**





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National Nest Box Week



Image: Suffolk Wildlife Trust

BUILD A NEST BOX Week — at Foxburrow Farm

Sat 11 Feb to Sun 19 Feb 2023
10:00-14:00 GMT

As part of **National Nest Box Week**, come and make a nestbox to encourage more birds to live in your garden and help us make a wilder Suffolk.

We'll have everything you need to make your nestbox and we'll help guide you through the process.

This event is suitable for everyone; families and adults welcome. **No booking necessary.**

If you prefer, you can collect a nestbox kit and take it away to make at home. We will supply details of how to make, site and maintain your nest box – as well as other information to help you make your outdoor space more wildlife friendly.

These boxes will be made using local, sustainable wood from **Bridge Wood**, part of *Orwell Country Park* in Ipswich. The non-native pine trees in Bridge Wood are gradually being removed in order to replant with native species. This will also open up other areas, allowing more light through, benefitting a wealth of different species.

The trees have been felled and processed by the *Greenways Countryside Project* together with volunteers from Ipswich Wildlife Group.

- Price: £10 per nest box kit
- Suitable for Families, Adults
- Contact number: 01473 890089
- Contact email: info@suffolkwildlifetrust.org

There's nothing quite so wonderful as hearing bird song and watching them in flight. Unfortunately, recently the ability of birds to find proper nesting areas have decreased due to the increase in human activity and population centres.

National Nest Box Week gives people the chance to contribute to the conservation effort while also allowing the opportunity at some calm and peaceful bird watching.

History of National Nest Box Week

National Nest Box Week launched in 1997 by the *British Trust for Ornithology* — a research institute that tracks the changes in bird populations to inform the public and help form environmental policies.

With over 40,000 volunteer bird-watchers, *National Nest Box Week* encourages people to pay attention to the local nesting birds in the area and encourages people to put up nest boxes to support the conservation of breeding birds.

According to BTO, the increase in landscaping and property restoration has cause many birds to speed up their breeding season, laying up to 30 days earlier than usual since the 1960s. Because of *National Nest Box Week*, over 6 million boxes have been placed in gardens in the United Kingdom alone.

National Nest Box Week gives people a first look into the world of birds by helping them pay attention to the world around them and giving people a chance to give back to the natural environment.

How to Celebrate National Nest Box Week

National Nest Box Week is all about the birds, and the best way that the *British Trust for Ornithology* has helped make the celebration of this holiday easier is by creating a nest box guide so people can easily install the right kind of bird box for their local birds.

#NESTBOXWEEK to let your friends know this week is all about the birds.



Suffolk
Wildlife Trust

Church Services

Date	Time	Place	Service	Officiant
Wednesday 1st February	10.00am	St Felix	Holy Communion	Rev Mandy
Sunday 5th February	9.30am	All Saints, Eyke	Holy Communion	Rev Mandy
3RD BEFORE LENT	11.00am	Bromeswell	Family Worship	Greg & Charlotte
	11.00am	St Felix	Holy Communion with Prayer Ministry	Rev Mandy
Sunday 12th February	9.30am	Bromeswell	Morning Prayer	Stephen Nicolls
2ND BEFORE LENT	9.30am	St Gregory	Holy Communion	Rev Mandy
	11.00am	St Felix	Holy Communion	Rev Mandy
Sunday 19th February	9.30am	Bromeswell	Holy Communion	Rev Mandy
SUNDAY BEFORE LENT	9.30am	All Saints, Eyke	Morning Prayer	Greg Gooch (TBC)
	11.00am	St Felix	Prayer & Praise	Greg Gooch
Wednesday 22nd February	10am	St Felix	Holy Communion with Imposition of Ashes	Revd Mandy
ASH WEDNESDAY	7pm	Bromeswell	Holy Communion with Imposition of Ashes	Revd Mandy
Sunday 26th February	9.30am	St Gregory	Morning Prayer	Stephen N
LENT 1	11.00am	Bromeswell	Holy Communion	Rev Mandy
	11.00am	St Felix	Holy Communion	Rev Judith (TBC)

Warming the cockles of your Heart

The heat is on this Winter — courtesy of St Felix Church, Walnut Tree Avenue (IP12 2GG)

Warm Places, Warm Welcome

Over the last few weeks we have all noticed the cold weather set in and the need for heating our homes increase.

For some, the increase in the cost-of-living is a definite worry.

So we are pleased to offer a "warm space" at St Felix Church, Rendlesham every Tuesday afternoon from 1-4pm.

You can come along, meet with friends and have a cuppa, a slice of cake and a catch up while saving a few ££ by not having to have the heating on at home. All are welcome!



Rendlesham Pop-up Shop Tuesdays, 11-11.45am

For £2.00, fill a hessian bag with food, toiletries and household items — the team will issue you a bag for you to bring on each visit. Anyone wishing to donate items is welcome to drop them off during this time.

Contact **07486 551007** for more information.

ALSO, if you are unable to attend the Shop, Rendlesham Good Neighbour Scheme can deliver a bag of shopping to you.

Warm Lunches Tuesdays 12-1pm

We are pleased to offer a warm lunch of homemade soup and fresh bread, for a small donation of whatever you can afford.

There will also be cake and refreshments available.



The Vicar's Voice

It only feels like 5 minutes ago that we were putting the Christmas decorations and nativity figures back in the loft or under the stairs – and now we find ourselves welcoming the season of **Lent** which begins with **Ash Wednesday** on the 22nd of this month.



In church on **Ash Wednesday** we will be holding our *Service of Ashing*, (when the priest makes the sign of the cross on peoples foreheads with ash, made from burning the previous year's palm crosses), marking the start of the penitential 40 days of Lent as we remember Christ's 40 days in the desert. In the 4th and 5th centuries, *The Desert Fathers* (men who went into the desert for silence, solitude and

communion with God), found hardship, hunger and temptation (just as Jesus did) but out of their experiences grew the monastic tradition which has shaped Eastern and Western Christianity.

The services of morning and evening prayer that priests and ministers still say, the use of the psalms and the way the priest lifts up both hands for the Eucharistic prayer may all be traced back at least as far as the practices of the desert fathers and mothers.

Thankfully, we will not be spending Lent in the desert, but we can find silence and solitude in our lives and the simplest way to do that is through saying our prayers.

And there are no right or wrong ways to say prayers, it only matters most that we say them!

However, even the best intentions can fail when faced with practical difficulties, mainly the hustle and bustle of daily lives

which overtakes the best laid plans we might make.

With a busy and hectic family and or working life, it can be difficult to find somewhere where can you be alone, undisturbed and unobtrusive? And how long do we pray for, 5 minutes, 20 minutes, or longer?

Rabbi Lionel Blue reckoned that it took him about 20 minutes to relax into prayer and then sometimes just one line of a psalm or prayer spoke to him.

For many people it's much less than that. We each find our own rhythm, and prayers can actually be said anywhere and in any place, whilst walking the dog, weeding or pruning in the garden, preparing the dinner or even washing the dishes or loading the dishwasher!

In the end it doesn't matter where or when you pray – just do it.

And we have already been given a prayer which we can say when our own words

seem to fail us, because Jesus already gave them to us.

The Carmelite nun, **St Teresa of Lisieux**, known as the "*Little Flower of God*" once wrote that if we say the Lord's Prayer once a day, from the heart, we don't need other words, they are all we need.

So this Lent, it doesn't matter where or when you say it, why not just say it!

The Lord's Prayer

Our Father,
Who art in Heaven
Hallowed by thy name
Thy Kingdom come
Thy will be done
On Earth as it is in Heaven.
Give us this day our daily bread
And forgive our trespasses
As we forgive those who
trespass against us
And lead us not into temptation
But deliver us from evil
For thine is the Kingdom
The Power and the Glory
Forever and ever
AMEN

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

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Woodbridge
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Church Wardens:

Liz Morrison 01394 460582
Caroline Bunbury 01394 460235



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

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, just solve it with reason 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 month we chose a DIFFICULT grid to keep you puzzled for longer over the Festive period.

Good luck!

Answers on Page 31

RENDLESHAM
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Fri: 9am - 7pm
Sat: 9am - 5pm
Sun: 10am - 4pm

MONDAYS

Citizens Advice - Mondays **10am-12pm**

Free, confidential, impartial advice. No booking needed.

TUESDAYS

Write Now Writing Group - **Tues 14th February, 2pm-4pm**

Looking to share your work and get peer support? Join our friendly, informal group! All abilities are welcome. Bring your work or listen to others share their words. For more info, email jeannie@butterwicks.com.

Woodbridge Writers' Workshop - Tues 14th February, 5.15pm-7.15pm

Share your ideas and gain support from fellow writers at this workshop. All are welcome, contact hurleytrish@hotmail.com

WEDNESDAYS

Open Space - Every Weds, **1.30pm-3.30pm**

An informal drop-in for anybody interested in their mental health and wellbeing, as well as families and carers. Discussions and activities are built from your suggestions. For further information



contact Woodbridge Library on **01394 330855**.

Woodbridge Writers Group - **Weds 1st & 15th February,** **10am-12pm**

Join us for feedback, and support on anything you're writing or have written. For more info, email jane@bakwon.com

THURSDAYS

Books, Banter and Biscuits' Book Group - Thurs 9th February, 2pm-4pm

A book group open to all. They will be discussing *Here We Are* by Graham Swift.

Top Time Play Reading - **Thurs 16th February,** **2pm-4.30pm**

A play reading group that reads all varieties and genres of plays in a shared format.

Top Time Games Club - Thurs **23rd February, 2pm-4pm**

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

Music Duo Claudia Myatt & Julia Dancy - Thurs 23rd February, 7.30pm-9pm

An evening of folk music, poems and songs led by

Claudia and Julia. A varied and entertaining evening. Tickets are £8.00, payable in cash at Woodbridge Library. For more information, call **01394 330855**

FRIDAYS

Knitting Group - Every Friday, 2pm-4pm

For all types of knitters from expert to beginners, sewing to crochet, share your knowledge or pick up tips.

SATURDAYS

Woodbridge Board Gamers - Sat 4th February, 1pm-5pm

Play modern strategy board games, simple and complex, suitable for all age groups. All are welcome

MUSIC AT LUNCHTIME - Tues 28th February, 12.45pm-1.30pm

We welcome back Woodbridge's favourite busker, saxophonist **Tim Sadler** for a relaxing lunchtime. FREE admission

but donations to FOWL are welcomed. *Numbers subject to room capacity.*

FOR YOUNG FAMILIES

WEDNESDAYS, 10.30-10.50AM

Baby Bounce

WEDNESDAYS, 11.15-11.45AM

Tot Rock Rhyme & Rhythm

FRIDAYS, 9.30AM-10.15AM

Me, Myself and Baby (Stay & Play)

FRIDAYS, 10.30-11.00AM

Story Time



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New Dementia Suite Open at Rendlesham Care Centre

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

We have recently opened a second dementia suite at Rendlesham, incorporating our approach to providing high quality care, our training, care home design as well as advice and support for individuals and their families.

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.

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 5388 or search for Rendlesham Care Centre on Google.



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Rendlesham

HALF-TERM

The Suffolk Coast's Winter Bucket List

www.thesuffolkcoast.co.uk

A visit to *The Suffolk Coast* in winter is a truly unique experience; as the crowds seeking sunny days by the sea have headed home, it becomes a place to get away from it all, experience something new, and recharge the batteries.

THE ORWELL ESTUARY



One of East Anglia's finest wildlife spectacles; see thousands of birds flying over the Orwell estuary on the **Sailing Barge Victor**. The half day excursion is hosted by an on-board expert who provides a continuous informative commentary to help you get the most out of the bird-watching and environment. For more information, visit www.sbvictor.co.uk

SNAPE MALTINGS

The world-famous concert hall at **Snape Maltings** plays host to a range of concerts this Winter; with everything from classical and choral to percussion and jazz. The Winter programme includes *The Nutcracker* and *I, Gifts of Winter: Christmas with Aldeburgh Voices*, *Pelléas Ensemble*, *Cara Dillon: Upon a Winter's Night* and *The Snowman* with live orchestra. For more information, visit snapemaltings.co.uk

ALDEBURGH BEACH

After a bracing walk along the beach, stopping en route



to admire Maggi Hambling's sculpture *The Scallop*, head into the town to peruse the independent shops, boutiques and cafes before paying a visit to **Aldeburgh Fish & Chip Shop**.

Choose your steaming hot cod and chips to go, and walk through the historic buildings onto the beach, where you can find a spot to listen to the waves crash, watch the boats go by, and tuck in to the "world's best fish and chips".

THE DEBEN ESTUARY

One of the most picturesque walks on *The Suffolk Coast* starts in **Woodbridge**. Follow the River Wall, past the boats and out along the banks of the estuary. Pack the binoculars and look out for Redshanks, Curlews and Oyster Catchers... Then, head into the town and pay a visit to one of the many cafes and bakeries (such as **The Tea Hut** and **Deben Cafe Bar on HMS Vale**).

SOUTHWOLD PIER



Home to a café, restaurant and Tim Hunkin's *Under the*

Pier Show; collection of hand-built, utterly silly machinery, the *Wacky Walk of Mirrors*, the *Waterclock* and *The Quantum Tunnelling Telescope*; demonstrating the latest advances in particle physics and quantum dynamics focusing on time and space to bring you everything that could possibly happen in the North Sea... including nuclear explosions and singing mermaids!

After a stroll along the pier and out to sea, enjoy locally caught fish and chips or a hearty roast dinner in **The Boardwalk Restaurant**, pastries, cakes and coffee in **The Clockhouse Cafe** or a full English breakfast in the **Beach Cafe**. For more information, visit www.southwoldpier.co.uk

RENDLESHAM FOREST



Young explorers will love hunting for UFOs in Rendlesham Forest; the setting for the well-known UFO incident of December 1980. Servicemen stationed at RAF Woodbridge saw lights in the trees and a conical object the size of a car floating in a clearing.

After completing the UFO trail, head to the giant play area complete with tube slide, obstacle course, zip line and swings. If you prefer to travel at a faster pace, then hop on your bike and whip

along the **Rendlesham to Shingle Street Explorer cycle route**.

THE OLD GLORY MOLLY MEN

Molly dancing traditionally only appeared during the depths of winter as a means of earning some money when the land was frozen or waterlogged and could not be worked. East Anglia's Morris Dancers, the *Molly Dancers of Old Glory* are men, whilst the musicians are all women playing a variety of instruments (at least one four-stop melodeon, concertina, recorder, drums, trombone, "tea-chest" bass and rommelpot. Find out more at old-glory.org.uk/programme.html

FRAM CASTLE

Boasting a spectacular view of the surrounding mere and Suffolk countryside beyond, a visit to Fram Castle in winter is a great day out. Be sure to head up the steep staircase to enjoy the castle walls' walk.

BECCLES LIDO

The warm, balmy days of summer may be long gone, but that won't stop the hardy outdoor swimmers making the most of the panoramic views of the Waveney Valley. The heaters may be switched off, but **Beccles Lido** is open for winter lane swimming on Thursdays, Fridays and Saturdays until March. Kept at 12-15°C, enjoying a dip in this beautiful outdoor pool is a must this winter!

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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

Supporting the Eastern Region
when and where it matters

Reg Charity No. 1160703

It's all change at Foxhall Recycling Centre

Temporary changes during the next phase of redevelopment at Foxhall Recycling Centre



Users of **Foxhall Recycling Centre** near Ipswich are being advised of major works that will temporarily mean fewer parking spaces and reduced access to the facility, as part of a £7.8 million redevelopment programme.

Starting on January 26 this phase of work is scheduled to last until the Summer and will raise the site level to allow for the removal of steps when using containers for recycling — making it

easier for users and improving access from Foxhall Road.

It is the largest part of the construction work taking place and will temporarily limit the amount of space available for public use.

During this time, cars and car-derived vans, plus those with small trailers, can continue to use the site as usual through the online booking system.

However, vans, vans with trailers, cars with large trailers and trade waste must use an alternative site.

The nearest alternative sites are in Carr Road, Felixstowe, or Portman's Walk (off Sir Alf Ramsey Way, in Ipswich).

There will also be no collection bins for textiles, glass, or paper recycling at Foxhall during this time.

Alternative banks for glass and textiles can be found all over the county by using the Suffolk recycling bank locator, while paper can be disposed of thorough household recycling bins.

The redevelopment of Foxhall began last October and, once complete, will provide increased capacity for vehicles on site, reduced queuing, improved access from Foxhall Road, and greater capacity to meet future growth.

This phase also sees the recycling centre's charity **Re-use Shop** temporarily re-locate to *The Ancient House* in Ipswich. It is anticipated the Re-use Shop will move back to the site in Spring.

The move will allow it to continue to sell items such as sports equipment, kitchen supplies, books, and toys collected at the 11 recycling centres across Suffolk and which would otherwise have been disposed of as waste.

Proceeds from sales go to *The Benjamin Foundation*, which has been supporting young people in Suffolk and Norfolk for more than 25 years.



Woodbridge & District Lions Club

Christmas Parcels

Woodbridge Lions Club gave 100 bags of special festive food treats at Christmas to the *Salvation Army Food Bank* in Woodbridge.

These were then distributed to regular visitors of their food bank to provide a little bit of added Christmas cheer at what is such a difficult time financially for so many.

Our thanks to Lions **Stella Benton** and **John Wood** who were the lead Lions on this project.

Special thanks to **Chris Matthews**, the manager of the *East of England Co-op*, who helped significantly and **Major Alan Hill** and his team at the *Woodbridge Salvation Army Food Bank*.

Last, and by no means least, thanks to all members of the public for making donations and supporting us at events throughout the year.

Roy Benton
W&D Lions Club

Foxhall Recycling Centre Redevelopment

Phase 2: from 26 January – Summer 2023

Booking required

Cars/car derived vans	
Cars/car derived vans with small trailers	
Vans/vans with trailers	
Cars with large trailers	
Trade waste	

All usual recycling streams accepted apart from

textiles

mixed glass bottles & jars

paper

Use a glass or textile bank and recycle paper in your home recycling bin

Re-use Shop closing from 23 Jan – Spring 2023

Pop-up shop from 30 Jan at The Ancient House, Buttermarket, Ipswich, IP1 1BT

Donations for re-use still accepted at recycling centre.

Apologies for any inconvenience caused – nearest alternative recycling centres are Felixstowe and Ipswich.

KIDS CORNER

Starry Starry Nights



How many stars will you count?

Nothing beats looking upwards to see velvety blackness, with twinkling constellations as far as the eye can see.

Star-filled skies are one of the most magical sights our countryside has to offer.

CPRE, the countryside charity, wants to reconnect people across the country with the wonder of a truly dark sky.

Their research shows that light pollution is leaving fewer stars than ever visible to the naked eye, and they

need your help to track how light levels are changing.

Last year, thousands of you took part and they hope you'll join them again this year too!

Your counts help the CPRE make a map of where star-spotters are enjoying deep, dark skies. By mapping where light pollution is most serious, the CPRE can work with local councils and to decide what to do about it.

So they're asking you to choose a clear night between 17-24 February 2023 and look to the skies to see how many stars you can spot within Orion.

Don't worry, they'll give lots of guidance so you know where to look! It's a great, easy piece of stargazing for



Photography: Ryan Klaus

kids and adults – no telescopes required – and can be done safely from your garden, balcony or even bedroom window.

www.cpre.org.uk/what-we-care-about/nature-and-landscapes/dark-skies/star-count-2023/

KIDS' Recipe Corner

Ingredients

50g butter
450g potatoes, peeled and cut into 1cm pieces
1 small onion, cut the same size as the potatoes
450g white parts of leeks, sliced (save the green tops for another soup or stock)
850ml-1.2litres/1.5-2pts chicken or vegetable stock
142ml carton whipping cream
125ml full-fat milk

To finish

A small knob of butter, Finely chopped chives



Method

1. Melt 50g butter in a heavy saucepan. Add 450g potatoes, cut into 1cm cubes, 1 small onion, cut the same as the potatoes, and 450g white parts of leeks, sliced and toss them in the butter until they are well coated.
2. Season well with salt and freshly ground pepper and toss again. then cover the pan with its lid.
3. Cook over a gentle heat for 10 mins, or until the vegetables are soft but not coloured.
4. Pour in 850ml of chicken or vegetable stock, bring to the boil and simmer until the vegetables are just cooked – about 5 minutes.
5. Purée in a blender until silky smooth, in batches if necessary, then taste and adjust the seasoning. Return the soup to a clean pan and stir in three quarters of a 142ml carton of whipping cream and 125ml full-fat milk.

Leek & Potato Soup



It's time to explore

Come on down to the Farm

It's Adam from Pitstop Forest Explorers!

I run the **Forest Explorer sessions** at the *Deben Community Farm* in Melton and just wanted to thank everyone who attended our sessions last term.

We had a fantastic time and I hope you all did too.

Here are a few highlights from our activities, from saws and hammers to art and crafts.

Did you know that *Pitstop Forest Explorers* is a learner-centred approach based on the *Playwork Principles* and the *Curiosity 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.

Intellectual, physical and emotional growth are an essential part of growing up. It is the foundation for your child to build the skills needed throughout life.

"An engaged child creates a positive atmosphere, which encourages feelings of positive well-being."

At *Forest Explorers* we have the best environment to create opportunities for everything your child needs.

Based at the *Deben Community Farm* in Melton, we have a dedicated area with direct access to a private woodland, a purpose built hut, hens, guinea pigs, story telling circle, mud kitchen and access to all the natural resources your child could possibly need.

We currently have availability on Monday and Wednesday mornings, 8.30-11.30am. The cost is £10 per child per session.

If you would like to find out more or book in with us, you can contact us at pitstop.enquiries@gmail.com or visit our website www.pitstop-oosc.co.uk.



ACTIVITIES, LEFT > RIGHT

Potion mixing
Marshmallows on the campfire
Sawing
Tree climbing



Photos: Pitstop Explorers

Pitstop Forest Explorers

For all 3 – 8 year olds

Pre-schoolers and home eds

Funded 3's welcome

Based at the Deben Community Farm

www.pitstop-oosc.co.uk

AND THE
Adventure
BEGINS



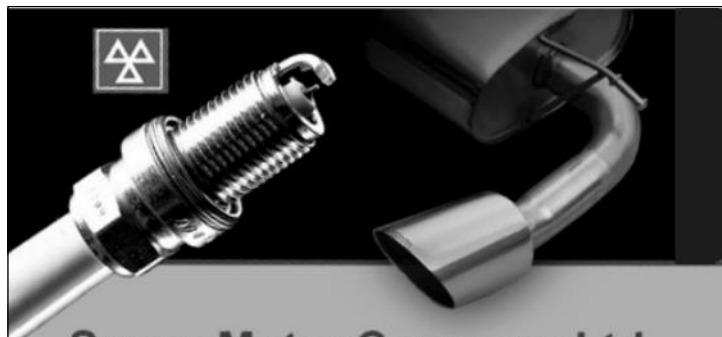
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Rendlesham Radio keeps on topping the Charts!

Rendlesham Radio celebrates two years of great shows to suit all tastes. We have been improving over this time and now get international accolades from one of the most used music distribution providers, *MixCloud* – who have more than 25 million contributors worldwide. Since Christmas shows from our studios at Jubilee Park and Bentwaters have been constantly in the top 100 of their music genres.

MixCloud monitor all the shows and artists using their platform to see what's trending around the world. Every week the charts are refreshed to showcase hundreds of shows.

Our presenters produce a wide range of quality shows which ensures our shows reach these charts and this is a great way to raise our visibility on *MixCloud* as a radio station and a village. Our ranking in their charts plays a huge factor in our content's discoverability on the platform and in building a radio community. Now we'd like to get find out the what YOU want to hear on your radio station, to make sure we serve our home community too.

How MixCloud works

There are 391 categories with dedicated charts on *MixCloud*. So, every time a show is uploaded it is in competition with all the other shows and artists in that category and is in the running to be included in that chart for that week.

To keep the charts fair and constantly refreshing, shows can only be ranked in their first week (since upload).

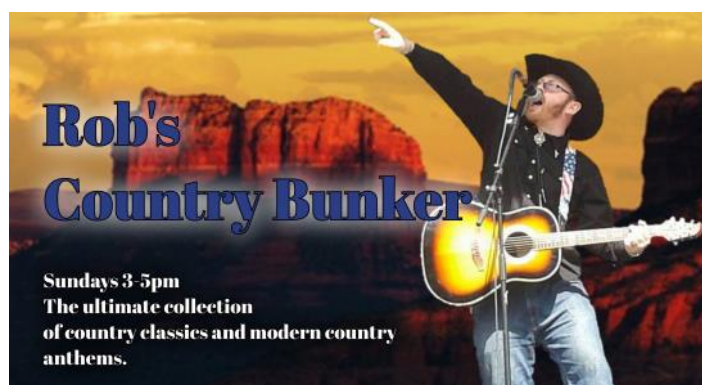
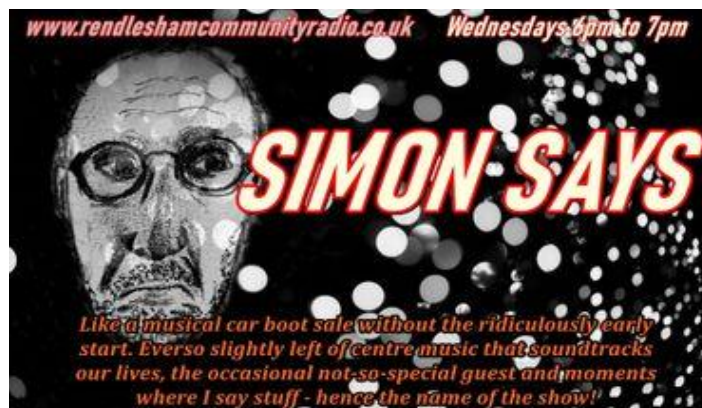


Chart rankings fluctuate based on engagement ie. how many favourites shares, and listens the shows generate.

How long people stay listening to your show (and how many of them share it externally off the platform) has the biggest influence on each show's chart position. *MixCloud* takes the greatest care to priority authentic engagement vs shallow plays (ie. fans genuinely wanting to listen all the way through).

As soon as a show has been broadcast we upload the

recording to *MixCloud*, stating which genre of music or subject (if it's a talk show) it is. This ensures that we are more discoverable and thus more likely to land on one of our genre chart pages.

We're ramping up our social media to tell our fans that longer listens have the most impact and ask them to share ideas on how they can help us rank higher (ie. promoting shows as having the perfect workout playlist!)

If you listen to us on-demand, please favourite us, leave comments and share our

shows (especially in the vital first week) – to help us rank higher in the charts.

Of course, other factors contribute to our show's success and discoverability, from your show artwork and title – to the quality of the show itself! But, perhaps most crucial to success is our consistency. If we keep putting ourselves out there with regular content and we'll start to build a fanbase of listeners who repeatedly see us on their feed and know to come back and check out our latest shows.

Mixing it up at MixCloud

Here are just a few shows that have made it into *MixCloud*'s global top 100.

- **Rob's Country Bunker** – Country Music at its best, Sunday afternoons at 3pm
- **The Show of all Shows** – music and reviews from the Musicals, Monday evenings at 7pm
- **Between a Rock and a Runway** – music and live phone-in, Tuesdays at 4pm
- **Relax with Rendlesham Classical music** – Saturdays at 1pm
- **Coming up Shortley** – tops the Comedy Charts live on Saturdays at 5pm
- And **Simon Says** tops the Comedy Charts, live on Wednesdays at 6pm

FACT: we have over 20 new shows every week – so check out our website and join us every day, as we broadcast 24 hours a day – and at any time on-demand.



rendleshamradio.com

Diary Dates

Events in February

Weds 1	Junior Youth Group, 6.30pm-8pm	Weds 15	Junior Youth Group, 6.30pm-8pm
Thurs 2	Senior Youth Group, 6.45pm-9.15pm Bingo at Rendlesham Social Club, 7.45pm	Thurs 16	Over 60s Group, 10-12.30pm Senior Youth Group, 6.45pm-9.15pm Bingo at Rendlesham Social Club, 7.45pm
Tues 7	Senior Youth Group, 6.45pm-9.15pm	Tues 21	Senior Youth Group, 6.45pm-9.15pm
Weds 8	Junior Youth Group, 6.30pm-8pm	Weds 22	Junior Youth Group, 6.30pm-8pm
Thurs 9	Over 60s Group, 10-12.30pm Senior Youth Group, 6.45pm-9.15pm Bingo at Rendlesham Social Club, 7.45pm	Thurs 23	Over 60s Group, 10-12.30pm Senior Youth Group, 6.45pm-9.15pm Bingo at Rendlesham Social Club, 7.45pm
Sun 12	Litter Pick Sunday, 10-2pm, from Village Square	Tues 28	Senior Youth Group, 6.45pm-9.15pm
Tues 14	Senior Youth Group, 6.45pm-9.15pm		

What's on in February?

BINGO Every Thursday from 7.30pm

Fri 3rd Free Pool Friday

**Sat 25th Live Band –
Three Eyed Fiish**

OPENING HOURS

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

 **RENDLESHAM SOCIAL CLUB**

Rendlesham Social Club

Community Centre, Walnut Tree Avenue

Pitstop Nursery

Quality care for under 3's
Funded 2 year olds welcome
Dedicated baby area

www.pitstop-oosc.co.uk

*'Promoting
Awe & Wonder
In Early Years'*



Useful Information



Wickham Market Medical Centre

Tel: 01728 747101

Rendlesham Surgery opening hours

Monday	15.30 - 18.00
Tuesday	08.30 - 12.00
Wednesday	15.30 - 18.00
Thursday	08.30 - 12.00
Friday	14.30 - 17.30

Acer Road Pharmacy opening hours

Tel: 01394 460548

Monday	08.30 - 18.00
Tuesday	08.30 - 17.30
Wednesday	08.30 - 18.00
Thursday	08.30 - 17.30
Friday	08.30 - 17.30

Rendlesham & District Over 60's

January Meetings:

Thursday 12th &
Thursday 26th January
10.30-12.30



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
Sunday mornings, 11am
Rev Frank 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.

Sudoku Challenge answer

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

Rendlesham Directory

Wickham Market Medical Centre & Rendlesham Surgery	01728 747101
Acer Road Pharmacy 6 Acer Road, IP12 2GA	01394 460548
<i>District Councillor</i> Cllr Ray Herring	01728 746337 07885 249218
<i>County Councillor</i> Cllr 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
Rendlesham Good Neighbour Scheme	07486 551004
Ryder-Davies & Partners Vets	01394 420964
Post Office (Costcutter)	01394 461221
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



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Garden Offices



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Conservatories



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