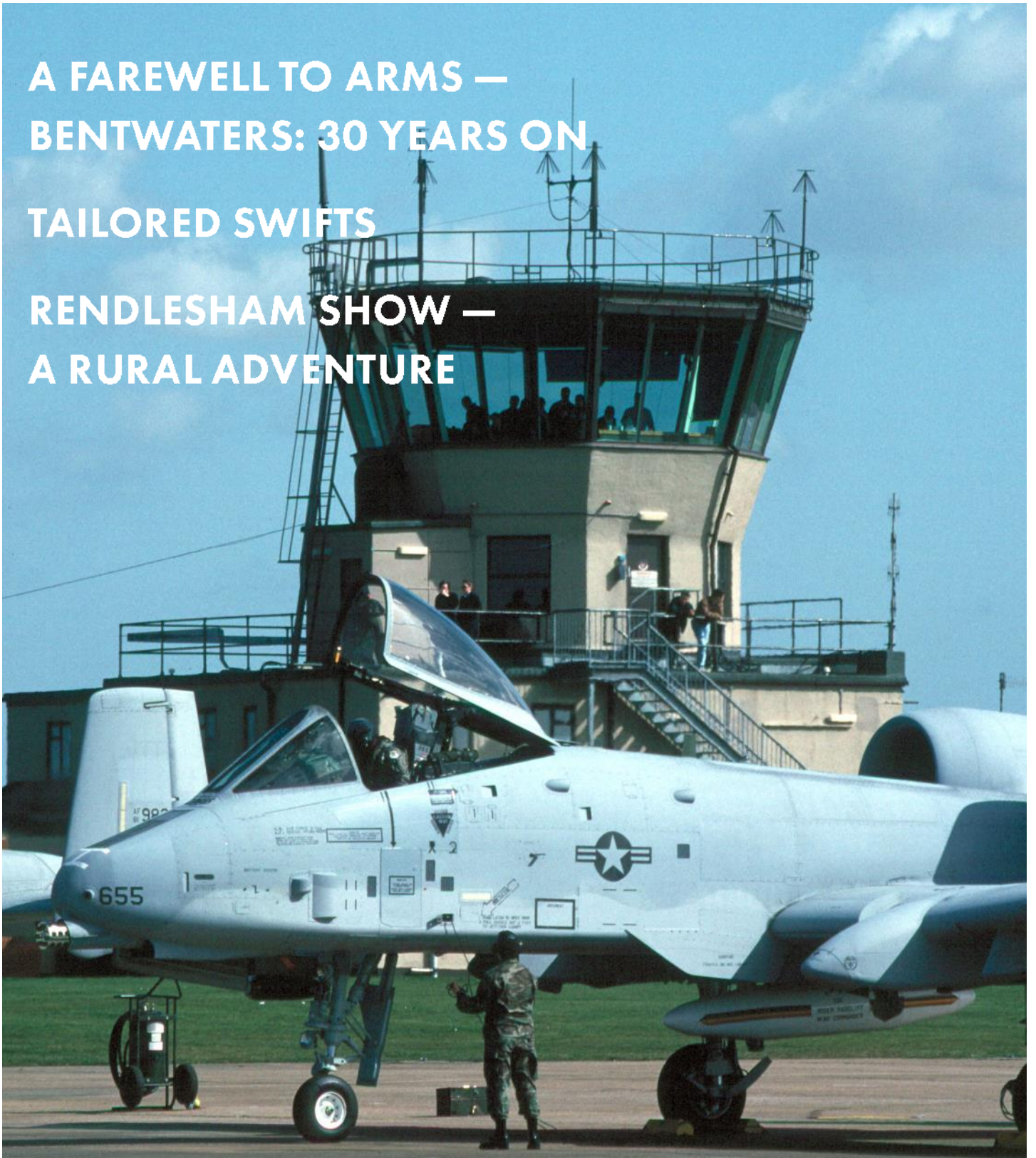


Rendlesham

A FAREWELL TO ARMS —
BENTWATERS: 30 YEARS ON
TAILORED SWIFTS
RENDLESHAM SHOW —
A RURAL ADVENTURE



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
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**July Deadline –
Sat 10th June**

**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



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Rounds where we'd love some help
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plus occasional cover for holidays

Contact the
Parish Council on
01394 420207

We ♥ Rendlesham

Community Litter Pick



LET'S SPRUCE UP JUBILEE PARK
after The Rendlesham Show

NEXT PICK
11 Jun

ANY RUBBISH BIN WILL DO

BAG THAT POO!



FREE DOG BAGS
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Collect from the Parish Council office
Mondays, Tuesdays & Thursdays, 10-2pm

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BRITAIN
TIDY

RENDLESHAM YOOF GROUP

SENIORS	JUNIORS	Term Dates
Years 7, 8	Years 4, 5, 6	17 April to 25 May
Year 9+		5 June to 21 July
Tues, 6.45-9.15pm	Weds, 6.30-8pm	PD Days: 26 May

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.

Parish Council News

The first meeting of the new Council



Committees, Anti-Social Behaviour and more...

Committees

At its May meeting, the new Parish Council reviewed and resolved to retain the existing committee structure. See page 5 for who's on what committee.

Committee Terms of Reference were reviewed and approved.

Anti-Social Behaviour

There have been several incidents over the past couple of weeks. The loss of the *Safer Neighbourhood Team meetings* had resulted in the loss of networking between councils and the police.

District Cllr Tim Wilson kindly offered to look into this on behalf of the Parish Council

Annual Accounts

The annual accounts were approved for the 2022-2023 financial year. They now go to the external auditor, *PKF Littlejohn* for examination.

Climate Action Strategy

Cllr Victoria Proctor reported that it was two years since the **Climate**

Action Strategy was adopted by the Parish Council.

Terms of Reference for Committees now include reference to the CAS.

(It was noted that *Wickham Market Parish Council* are using Rendlesham's CAS model as a template for their own strategy!)



Transition Streets – the final chapter in the series of articles is in the magazine this month (pages 8 & 9).

The Hedgehog

Conservation project was created with a *Nature First* grant for £1,000.

An event had been held about hedgehog awareness.

10 hedgehog houses have been built and highway notices have been produced. The hedgehog house plans have now been passed to the Scouts to construct more.

The **Community Centre Charity** are looking into installing solar panels on the building to provide renewable energy as well as saving money following the recent energy price hikes.

THERE ARE NO PARISH COUNCIL MEETINGS IN JUNE.

THE NEXT MEETINGS WILL BE:

**FULL PARISH COUNCIL ON
MON 10TH JULY AT THE
COMMUNITY CENTRE, 7.30PM**

**PLANNING COMMITTEE,
MON 17TH JULY**

**JUBILEE PARK COMMITTEE,
THURS 20TH JULY**

**FINANCE & ASSET COMMITTEE,
THURS 27TH JULY**

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.

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



Armed Forces Covenant

The Parish Council signed up to the **Armed Forces Covenant**.

The Covenant sets out the relationship between the nation, the government and our Armed Forces.

It recognises that the whole nation has an obligation to members of the Armed Forces and their families and it establishes how they should expect to be treated.

The principles are that:

- The Armed Forces should not face disadvantage compared to other citizens in the provision of public and commercial services.
- Special consideration is appropriate in some cases, especially for those who have given most, such as the injured or bereaved.
- The *Armed Forces Covenant* is a public pledge from businesses, charities and other organisations who wish to demonstrate their support for the Armed Forces community.

Congratulations to **TIM WILSON**, our new District Councillor



"I'm really excited to be the new councillor, and I'm looking forward to hearing about any news, good or bad, from Rendlesham — and excited to get to work alongside you all."

Tim Wilson



A heads-up for Mayhew Road residents

On **Monday 5th June**, from 10am onwards, the adult Funfair rides will be starting to arrive — the Cage, the Twister and the Paratrooper will be thundering towards Jubilee Park, ready to be hauled into position in time for the weekend.

If you live on either Mayhew or Knight Road, please be mindful of where you park after Sunday night so we avoid disruption, congestion or other complications.

Thank you!

Your Parish Councillors

Mike Stevenson: Chair

Ex-officio on all Committees

Personnel Committee

Finance & Asset Committee

Planning Committee

Community Centre Charity

SALC Rep

Dave Moore: Vice Chair

Finance & Asset Committee

Personnel Committee

Jubilee Park Committee

Youth Group Charity

Victoria Proctor:

Planning Committee

Personnel Committee

Jubilee Park Committee

Community Centre Charity

Mike Parry

Finance & Asset Committee

Planning Committee

Jubilee Park Committee

Community Centre Charity

SNT Representative

Gareth Moir

Youth Group Charity

Jubilee Park Committee

Nickie Delacamp

Personnel Committee

Finance & Assets Committee

Youth Group Charity

Jubilee Park Committee

Community Centre Charity

VACANCIES

COMMUNITY SPEEDWATCH CO-ORDINATOR

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

Contact the Clerk at
clerk@rendleshampc.org.uk

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

DISTRICT COUNCILLOR

Cllr Tim Wilson

tim.wilson@eastssuffolk.gov.uk

COUNTY COUNCILLOR

Cllr Alexander Nicoll

alexander.nicoll@suffolk.gov.uk



The Rendlesham Show 2023:

A Rural Adventure

Celebrating all things to do with living in the *Suffolk Countryside*, this year's adventure is one you really don't want to miss!

Our events schedule

- **Friday 9th June**
(5pm-9pm) – Fun Fair, Food, Live Music & Bar
- **Saturday 10th June**
(11am-8.30pm) – Stalls, Food, Fun Fair, Grand Draw, Entertainment, Dog Show, Garden Show, Tractors, Cars and fun for the whole family!

Raffle Tickets for the Grand Draw

Thank you to all those who have returned your *Grand Draw Raffle* tickets which were distributed with your May Rendlesham Mag.

If you would like **additional tickets** you can collect them from the Parish Council Offices, or from Rendlesham Primary School, Rendlesham Community Coffee Shop or The Tavern.

Tickets will be available to purchase at the **YELLOW** Parish Council Tent on Friday night and during the day on Saturday.

The Grand Draw will take place at 6pm on Saturday 10th June. You've got to be in it to win it! So if you are yet to enter please:

- Provide the correct amount of money into the envelope provided (50p



per ticket or £2.50 for a full 5-sheet booklet)

- Fill in each individual stub with your details (if your ticket is picked but there are no details on your stub we will redraw)

- Seal your correct payment and completed stubs into the envelope provided and return to the *Parish Office* or to the *Primary School* before midday on **Friday 9th June.**

- Keep your fingers crossed until **Saturday 10th June** when the Grand Draw will take place at 6pm.

And you'll want to buy them, because we have some really fab prizes this year.

- **1st Prize** – £100 Cash (Courtesy of *Acer Road Pharmacy*).
- **2nd Prize** – 3 Course Meal for two and a Bottle of Prosecco (courtesy of *The Parrot, Aldringham*).
- **3rd Prize** – Family Day Pass for Sutton Hoo (courtesy of *National Trust Sutton Hoo*)...

Our Sponsors

Massive gratitude to all our 2023 Show Sponsors:

Gold Sponsors

- Cornerstone Residential Estate Agents
- Thurlow Nunn Standen
- Autoplant Ltd

Silver Sponsors

- Naunton Hall Farm
- Dazzling Cleans
- Not Just Travel

Bronze Sponsors

- Ellie's Groom Room
- ((BOUNCE))
- Glens Cleanse
- Clark Valeting
- Woodbridge Books
- Suffolk Horse Transport
- CN Plumbing & Heating
- EJaRt Creative
- Rootz Hair Salon
- Beacon Day Nursery

Country Dog Show Sponsor

- The Woodbridge Vets

"A Rural Adventure"

A full list can be found on the Show website or in the Show programme (delivered with your June Edition of the *Rendlesham Magazine*).

A BIG Thank you to all the local businesses in providing such a high quality prize list this year. We appreciate your generosity!

Your **Show Programme** is bursting with information on what to expect at this year's Rendlesham Show with a full line up of live music, arena entertainment, stalls and food vendors.

NEW FOR 2023

We have some big exciting features available such as:

Country Dog Show

Ellie Euston, owner of *Ellie's Groom Room* in Rendlesham will be returning to run our ever popular *Dog Show* at this year's Show.

Located in the Main Arena (under the coned marquee) from 1.00pm – 3.00pm

It's just £2 per Class (with Entries and Payment taken on the day).

Naturally, spectators are more than welcome!

Garden Show

This year we're handing over the reins to **EJaRt Creative** and **The Fleur Girl** who will be injecting a new and creative look to this year's garden show.

EJaRt Creative and *The Fleur Girl* are running pre-bookable and drop-in workshops in the coned marquee.



There are a limited amount of spaces available on the pre-bookable workshops – so don't miss your chance to be a part of this new *Garden Show* feature... Make sure you book today!

BOOK VIA
www.ejartcreative.co.uk/rendleshamshow
 OR
www.thefleurgirl.com/product-page/rendlesham-show-flower-crown-making



Classic Car Show

Back by popular demand, **Christer Earrey** will be returning to run the *Classic Car Show* until 4.30pm on Saturday.

Circus Skills

Rendlesham's resident clown, **Chrisalis Clowning** (Chris) offers interactive workshops and community clowning. There is no charge so come and try your hand at anything on offer in the Show's circus ring.

Clay Pigeon Shoot

NEW FEATURE for 2023!

Fancy yourself as a bit of a good shot? Come along and see if you can get all 6 for a chance to win the *Rendlesham Clays Rosette*.

Located next to the Fun Fair (near the *Queen's Platinum Jubilee Beacon*), you sure-shots should aim to get your eyes in from 11.00am – 1.00pm

£6.00 for 6 Shots

With so much in store make sure you bring your friends and family along and support this year's *Rendlesham Show*.

For more information on all the new and exciting features we have planned please visit our show-dedicated website www.rendleshamshow.co.uk

And follow our updates on Facebook at www.facebook.com/rendleshamshow



Ellie Hutchinson
 Events Co-ordinator
events@rendleshampc.org.uk

Water, water everywhere but...

According to the UN, water is the primary medium through which we will feel the effects of climate change.

The UK has increasingly become water stressed, and experiences longer, more frequent droughts, putting us in danger of supply not being able to meet demand. The latest report from the *Intergovernmental Panel on Climate Change* states that water stress in Africa could displace 700 million people by 2030.

Each person in the UK uses about 150 litres of water a day, around a third of this water runs down the plug hole or toilet without being used. The key to water efficiency is reducing this waste, not necessarily restricting use.



Your WATER footprint

Most people have heard of a carbon footprint. But what is a water footprint? In the same way that producing any goods e.g. food, clothing, electrical goods, building materials etc, requires energy and produces carbon emissions, the same things also require water. If we take



into account our 'virtual' water use, or water footprint, it is more like 3,400 litres a day per person in the UK. By making small behavioural changes and choosing more water efficient products we can reduce our domestic use and our global impact.

Waterwise is a charity focused on reducing UK water consumption. They highlight the connection between water usage and energy, food, health and social justice and raise awareness of the link between water and multiple areas of our daily lives to show just how important saving water is. They have loads of great resource — see www.waterwise.org.uk

Baths and Showers:

If every home in the UK took one minute off their shower every day it would save £215 million on our energy bills every year. (Waterwise, 2021)

Around 70% of our home water use is in the bathroom. Baths use 80-100 litres of water, whereas an ordinary shower uses a third of that.

The average UK resident spends 7 mins in the shower and this length of time is increasing. Electric showers use very little water (around 4-7 litres); mixed showers connected to bath taps use on average around 10-12 litres; but power showers use more water than a bath (and watch your electricity meter

shoot up while this is on, it's about the same as boiling a kettle). Power showers can use as much as 20 litres of water a minute .

Toilets

About a third of all the drinkable water we use in our homes is flushed down the toilet! An old style single flush toilet can use up to 14 litres of water in one flush. New, more water-efficient dual-flush toilets use only 6 litres for a full flush, and 4 litres with a reduced flush.

- If your toilet is pre-2001 then consider installing a cistern displacement device, or CDD such as a "Save a Flush" bag or a "Hippo". These are available for free from most water companies. They are put in the cistern where they displace about 1 litre of water every time you flush. Fitting a CDD to a 7.5 litre cistern in a 2 person household would save around £23 per year. Fitting a *Hippo-9* would save around £58 per year!
- Check the water level in your cistern is set correctly to the mark (about 5mm below the overflow). If it is only just below the overflow, it will be flushing about 1 litre more than needed.
- Check the cistern mechanism are not faulty, this can cause water to trickle from the cistern into the toilet bowl.

- Many people flush a range of things down the toilet that end up blocking the sewers and polluting our beaches after storm overflows. There has been a big increase in so called flushable wipes ending up on our beaches, as well as sanitary products.

Only THREE things should be flushed down the loo — Pee, Poo and Paper!

Taps

Dripping taps often just need a new washer, which costs only pence. And if a hot water tap is dripping, you're also paying for the gas or electricity that's just going straight down the drain, also causing unnecessary CO2 emissions. About 20% of a typical gas-heated household heating bill is heating the water for showers, baths and hot water from the tap — on average around £135 a year.

- Make sure your water pipes and external taps are lagged for the cold winter months. Burst water pipes can cause serious damage as well as waste a lot of water. If you need to run a tap, turn it down to a trickle; it will usually work just a well and use up to 50% less water.
- Turn off the tap while brushing your teeth — a running tap wastes 6 litres per minute.
- Collect used water to put on your plants or garden.

Laundry

The average water consumption of washing machines is about 50 litres per wash, and clothes

washing accounts for about 15% of the water we use in our homes — so by reducing wastage in this area we can make big water savings.

Washing machines vary. Some use up to 20 litres per kilogram while others as little as 6 litres. Washing at a lower temperature will save on water heating costs, and many products now work at lower temperatures.

- Most washing can be done at 30C to save energy
- When replacing your old washing machine, make sure to buy a water efficient model. See rankings at www.which.co.uk.
- When using your washing machine, make sure to use a full load every time and get to know your washing machine cycle options. Some settings provide the

same cleaning power but with less water and energy.

- Avoid pre-washing. Most modern machines and powders are so effective that you don't have to pre-rinse.

Dishes

The kitchen tap and dishwasher account for about 8-14% of water used in the home so there's a big opportunity here to reduce water wastage. Kitchen taps vary tremendously in flow volume, from 2-25 litres per minute, and behaviours such as how much you twist the tap, and for how long you leave it on, influence how much water is used when you wash up.

Washing up or rinsing dishes under a running tap uses dozens of litres of water, but if you use a washing up bowl or plug you can reduce water

wastage by over 50%. A common misconception is that dishwashers use more water. In fact, they can be water savers if used wisely on a full load. Modern models use as little as 10 litres.

Outdoors

Outdoor water use accounts for around 7% of the total water use, but in summer this can rise significantly.

Many of us still use drinking quality, very expensive, cleaned and treated tap water on our lawns and gardens.

Instead of using tap water to water the garden, collect rainwater from your roofs in water butts and/or consider reusing dirty water, or grey water on the garden.

You can also consider what you plant (try looking out for more drought tolerant varieties).

The *Royal Horticultural Society* website has advice on minimising water use in the garden and plants to grow in a changing climate.

- If you must use a hose, try fitting it with a trigger gun to control the flow.
- Mulching not only keeps away water-loving weeds, but keeps the soil cool and decreases evaporation by up to 75%
- Giving your plants' roots a good soak once or twice a week in dry weather is much better than lightly watering them every day.
- Don't overwater plants — that can weaken them. Instead, direct the water underneath the foliage.

Cllr Victoria Proctor

Swift by name, Swift by Nature...



You may have been fortunate enough to see the first influx of migrating swifts back to the village. If so, perhaps like me, this is one of your favourite times of the year.

Therefore, I'm so pleased to announce that *Rendlesham Primary School* has received FIVE swift boxes and a "call system" to create space for a new colony which the children can enjoy! It might take a few years but what an exciting wait...

These sets for the community are funded by



Suffolk Coasts and Heaths AONB and this incredible man in the picture, **John Stimpson** handmakes them. A true local hero.

Also in the picture you can see a beautiful *Welcome Home*

flag, one of which is soon to be flying outside St. Felix Church on Walnut Tree Avenue to celebrate the occasion.

These flags are paid for by the *Nature First* small grants

fund provided by East Suffolk Council on behalf of the *East Suffolk Greenprint Forum*.

Time for a "Swift" Walk

If that wasn't enough swift news **Eddie Bathgate** from *Save Our Suffolk Swifts* is returning to host another Swift Walk.

If you want to find out what all the fuss is about, come and join us on **Sunday 11th June** (Rendlesham Show weekend) at 7pm outside the Community Centre.

Cllr Victoria Proctor

Bentwaters Cold War Museum

2023, a year of anniversaries for the local area



This year we celebrate the 80th anniversary of the opening of *RAF Woodbridge* in 1943 and the 30 year anniversary of the closure of both the *United States Air Force* bases of Bentwaters and Woodbridge in 1993.

Not only that, it's the 20th anniversary of the forming of the *Bentwaters Aviation Society*, the charity support group for Bentwaters Cold War Museum!

Bentwaters' beginnings

The construction of both Bentwaters and Woodbridge started in 1942, though it was Woodbridge that opened first in November 1943 as an *RAF Emergency Landing* ground for aircraft that were damaged or running out of fuel as they returned from missions.

Meanwhile, Bentwaters was originally meant to be an American bomber base, but there was a slowdown in requirement for new bases and it was eventually handed over to the RAF in 1944 — although only basic construction was completed and it lacked much of the infrastructure that a fully operational airfield needed.

So it wasn't until December 1944 that the first of six RAF squadrons, equipped with the formidable *Mustang* fighter aircraft, arrived. But by January 1945 there was a full complement of about 90 aircraft — a considerable number for a single base.

Birdie Bird-Wilson

The first commander was **Wing Commander H A C "Birdie" Bird-Wilson** — shown here in February 1945 standing by the tail of his North American Mustang Mark III, KH500 'HB-W' at Bentwaters.

The rudder bears the mailed gauntlet badge of *No. 17 Squadron RAF*, with whom Bird-Wilson began his operational service — fighting with them in France until the *Battle of Britain* when

bomber sweeps into mainland Europe.

After the war, Birdie came back to Bentwaters as *Officer Commanding, No. 1335 Jet Conversion Unit* and then *226 Operational Conversion Unit* — when both the last of the propeller fighter types and the new jets were used to train pilots.

Birdie began his career in the RAF in 1937 and amongst many other senior positions he was Station Commander at *RAF Coltishall*.



he was shot down on 24th September 1940 by famous Luftwaffe pilot, *Adolf Galland* ("Birdie" was his 40th victim and was seriously burnt).

When he recovered, Birdie led the Mustangs as they provided bomber escort for Lancaster and Halifax bombers and made fighter

He retired in 1974 as an Air Vice Marshall and passed away in 2000 aged 81.

Bentwaters' endings

Fast forward to 1993 and Bentwaters as a military airfield comes to an end following the end of the Cold War after the collapse of the Soviet Union.

The final operational mission flown by the 81st TFW was carried out on 19th February 1993 — when four A-10s performed their farewell flypasts over several East Anglian air bases.

Flight operations by the 81st finally came to an end on 23rd March 1993 when the last two A-10s departed for their new home at *Spangdahlem Air Base* in Germany.

They were flown by **Col Roger R. Radcliff**, the 81st TFW Commander (shown in the photos waving from the cockpit) and his Deputy Commander for Operations (DCO), **Col Wally Berg**.

The 81st TFW formal inactivation ceremony was held at Bentwaters on 21st May 1993, with actual deactivation on 1st July 1993.

End of an era

The history of the twin bases is a remarkable story of RAF and USAF units, both with many diverse aspects worthy of study.

It began with RAF Mustang fighters at Bentwaters, and an Emergency Landing Ground at Woodbridge — then 42 years involving both bases with USAF fighters providing first air defence, then nuclear strike and ending with ground attack.

This together with a rescue/special operations squadron at Woodbridge makes for a fascinating and absorbing subject.

Simon Gladas
Bentwaters Cold War Museum



Images: BCWM



MISSION COMPLETED: Saying *auf wiedersehen* on 23rd March 1993 when the last two A-10s departed for their new home at Spangdahlem AB in Germany. Flown by **Col Roger R. Radcliff**, the 81st TFW Commander and his Deputy Commander for Operations (DCO), **Col Wally Berg**, it was an emotional day for those who witnessed the end of an era.

Visit BCWM this Summer to learn more about the last 80 years of international history... on your doorstep!



Based in the United States Air Force hardened command post on the former Bentwaters airbase.

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

Consumer Corner

Trading Standards

Following a number of recent investigations, the **National Trading Standards' eCrime Team** has launched an advice campaign for consumers around 'copycat' websites.

The eCrime campaign urges consumers to:

- Use GOV.UK to find government services – it is the easiest and most secure place to find government services and information online.
- Go to GOV.UK and use its search function instead of searching for the services you need through a search engine. That way, you'll know you're on the official site.

- If you do use a search engine, look out for the differences between natural search results and paid-for search results.

- Report a misleading or 'copycat' site to the *Citizens Advice Scams Action Service* via www.citizensadvice.org.uk/consumer/scams/get-help-with-online-scams/

Additionally, **Friends Against Scams** is a new *National Trading Standards'*

Scams Team initiative, which aims to protect and prevent us all from becoming victims of scams by empowering us to take a stand against scams.

You can learn how to protect yourself and your loved ones from scams by completing the online *Friends Against Scams* awareness session and by helping to raise awareness throughout your community.

To access the training, visit: www.friendsagainstscams.org.uk/training/friends-elearning



www.getsafeonline.org

TICKET FRAUD

If you are planning on buying tickets to an event this summer, take time to read *Get Safe Online's* advice on purchasing your tickets online safely.

The link below provides the latest advice listed on the GSO website:

www.getsafeonline.org/ticketfraud/

Whether it's cricket, tennis or a concert, no matter how desperate you are, don't buy tickets from ANYONE apart from official vendors, the box office or reputable fan reseller sites.

REMOVALS

With a selection of different sized vehicles, no removal is too large or small for our team of experienced removal experts

STORAGE

Your goods will be securely stored in purpose built wooden storage containers within our warehouse, with a full inventory provided

SHIPPING

We maybe a local family run removal firm, but we do not stay local. Let us arrange your move whether it be in the UK, Europe or Worldwide



Pooley Removals
and Storage

Building 3B, Bentwaters Parks, Rendlesham,
Woodbridge, Suffolk IP12 2TW

Telephone 01394 460498

www.pooleyremovals.com – info@pooleyremovals.com

1st Rendlesham Scout Group

Annual Group Camp

1RSG held its annual Group camp at *Boxford Spinney Scout Camp* in April.

Group camp is a super opportunity for all our young people from Beavers, Cubs, Scouts and Explorers to mix with each other.

On arrival, it rained all of Friday evening and although scouts are a hardy bunch, it is never pleasant or easy putting up tents in the rain.

After this damp start, we had a fun-filled action packed day on the Saturday, with activities including rafting, archery and air rifle shooting. After all of this, the group still had time to celebrate *Swarm Explorer* Saul's 18th birthday with birthday cake and were still busy in the evening with a night hike and around the campfire.

Sunday was a warmer day, and whilst the young people enjoyed the grass sledges, we took down our tents and prepared, the now obligatory, BBQ at lunchtime. We left tired, grubby but happy.

A huge thank you to all the leaders and parents who gave up their weekend to help make this camp happen. It was nice to see some old faces there as Russell, who was the groups scout leader until recently, joined us to assist in the water activities.

Promises, promises...

Some members of the group also braved the cold wet weather of *St George's Day* which is an important date in the scouting calendar as scouts up and down the country renew their scouting



promise. The group decided that as Sutton Hoo is such an important part of the Rendlesham Anglo Saxon history we would renew our promise there. A big thank you to the staff who allowed us in at closing to renew our promise at the ship burial mound.

Explorers

The Explorers have been busy planting seeds and growing vegetable plants for *Rendlesham Community Garden*.

Last week they presented the gardeners with broad beans, runner beans, sweetcorn, pumpkin, calabrese and cabbage plants — these will be planted and hopefully enjoyed by the whole of the *Community Garden*.

They are planning an epic fundraiser to help fund the proposed sheltered meeting place at the field near Towerfields Road which has been mentioned in previous editions of the magazine. They are walking the length of the *Sandlings Walk* in June and are looking for sponsorship.

The new meeting space will benefit not only the Explorers but all sections — from Beavers to Scouts and future members.

Please contribute any amount so we can continue to provide quality activities and skills for life to the young people of Rendlesham and the surrounding area.

Warwick Atkinson
Cubs Leader



We need that Hut!

1RSG has helped and supported hundreds of children in our community over the last 10 years — with opportunities such as rock climbing, survival camps, raft building, navigating the Welsh hills, archery, tomahawk throwing, monopoly runs and much, much more. Scouts helps to teach our young people skills for life and how to be a part of a community.

1RSG is desperate for a Scout hut. We've been given land at *Rendlesham Community Garden* and this has been vital to keeping our group going. But, we need an inside, dry meeting area too. So we need your help to fundraise to build our Scout hut!

Best foot forward!

The *Swarm Explorers* are kickstarting fundraising with an epic sponsored walk.

Between 23-25 June, the Explorers will walk the full length of *Sandlings Walk*, from Ipswich to Southwold. The walk is approx 60 miles and will take 3 days. Other sections from 1RSG will join for parts of the walk.

Please consider donating to these inspiring young people, who are giving up their weekends to help provide better opportunities for the young people of our wonderful community.

So come fund US!

Donations will be very gratefully received at our *GoFundMe* account at: <https://gofund.me/8b0256fb>




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Rendlesham

PROPERTY MARKET UPDATE

Home sellers are testing the market with slightly higher prices this year.

While prices did go up in January, they're still lower than October's peak. It's a good sign for buyers looking for familiar trends in a stable market.

Sellers who priced their homes correctly will likely benefit from buyer activity, but those who overpriced may struggle as more homes hit the market. It's important for sellers to listen to their estate agent's advice and price their home correctly from the start to avoid having to lower the price later.



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Rendlesham Primary School

Years 5 & 6 dissect pigs' hearts!



Years 5 and 6 have been looking at the cardiovascular system this term in Science.

We started off learning the different parts of blood: red blood cells, white blood cells, platelets and plasma. The children were fascinated learning about their own blood, particularly how white blood cells engulf bacteria and viruses, and how platelets clot the blood.

Riley said: "Now every time I fall over, I check my cut to see my scab and know its platelets working!"

Smoothie operators

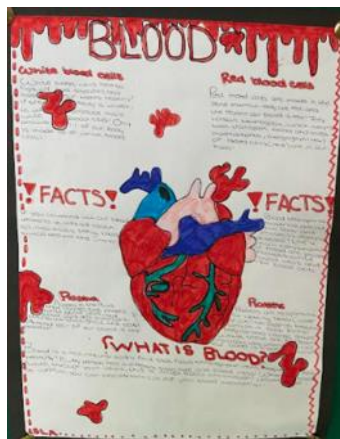
To help solidify our learning and know the ratios of each, we created our own **blood smoothies**. We used frozen raspberries as our red blood cells, marshmallows to represent white blood cells, sprinkles as platelets and pineapple juice as our plasma. They received mixed reviews for taste...

Holly said: "The smoothies helped the amount of each blood cell stick in my mind, but I wasn't a fan of drinking it as I found it quite lumpy!"

After we were happy with the components, we looked at what blood vessels exist in our body, namely veins, arteries and capillaries.

Fletcher couldn't believe that "if we unwound them all and laid them out they would be able to go more than twice round the world".

We then looked at the organ responsible for pumping the blood through these vessels: the heart. We learned that the average adult has 5 litres of blood in their body and the heart pumps this amount



of blood in a minute. We got the stopwatch out and tried to beat the clock, scooping 5 litres of make-shift blood from container into another.

Zac didn't manage to beat the heart: "It was harder than I thought ... the heart works harder than I thought!"

This gave us an appreciation of how much work the heart has to do, but we wanted to learn a little more about its



structure. So we contacted a local butcher and arranged to have pig hearts ready for dissection! Pig hearts are often used for dissection since anatomically and size-wise they are very similar to ours. Initially, the children were a little apprehensive, but when they realised that the heart is often discarded they were happy we were creating a purpose for them.

Heart surgeons

There was a lot of buzz and chatter before the day finally arrived. The children were given latex gloves, cutting implements and a sheet. We refreshed what we already knew about the structure of the heart and then it was time for each group of three to be given one!

We looked at the weight, and size of the heart. Generally, due to the importance of the heart, the children thought it was smaller than they had anticipated. We identified the *aorta*, *vena cava*, *pulmonary artery* and *pulmonary vein*.

It was then dissection time. We cut into the heart along the *coronary sulcus*, which separates the atriums and the ventricles. We located the four chambers of the heart and saw the left side is larger as it pumps blood all around the body, not just to the lungs. We also found the *chordae tendinae*, otherwise known as "heartstrings" — which pull the valves... A real example of the saying, 'pulling at my heartstrings'!

The children did really well! Ava said she was "nervous beforehand, but it was really great fun" and Hollie said that she found it all "very interesting and gave me a good understanding of how the heart worked".

A day we're sure won't be forgotten for a while!

We finish this Module with an experiment to see how exercise affects pulse rates, and to give a scientific reason for any changes found.

Church Services

Date	Time	Place	Service	Officiant
Sunday 4th June	9.30am	All Saints, Eyke	Holy Communion	Rev Kevan
	11.00am	Bromeswell	Morning Praise	Greg Gooch
	11.00am	St Felix	Holy Communion	Rev Robin Alderson
Wednesday 7th June	10.00am	St Felix	Holy Communion	Rev Kevan
Sunday 11th June	9.30am	Bromeswell	Morning Prayer	Stephen Nicholls
	9.30am	St Gregory	Holy Communion	Rev Mandy
	11.00am	St Felix	Holy Communion	Rev Mandy
Sunday 18th June	9.30am	Bromeswell	Holy Communion	Rev Kevan
	9.30am	All Saints, Eyke	Morning Prayer	Rev Mandy
	11.00am	St Felix	Morning Praise	Greg Gooch
Sunday 25th June	9.30am	St Gregory	Morning Prayer	Stephen Nicolls
	11.00am	Bromeswell	Holy Communion	Revd Mandy
	11.00am	St Felix	Holy Communion	Revd Kevan

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 to bring on each visit. Anyone wishing to donate items is welcome to drop them off at this time. Contact **07486 551007** for more information.

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



Information

Baptisms, marriages, funerals & pastoral needs:

Rev Mandy Reynolds

01394 420129

revmandy.rendlesham@

yahoo.com

General enquiries:

info@rendleshamchurch.org

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St Gregory the Great

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Church Wardens:

Liz Morrison 01394 460582

Caroline Bunbury 01394

460235



St Felix of Dunwich

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Woodbridge

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Church Wardens:

Nigel Harding 01394 420419

Matthew Reynolds 07716

728608

The Vicar's Voice

Image: Getty/Express



As I write, I'm preparing for my annual "pilgrimage" to Normandy to commemorate the D-Day landings.

Sadly, there are fewer veterans to make the pilgrimage to remember their comrades. From the picture above, only two remain — so we will do it for them.

It is an honour and privilege to stand on the beaches where brave young men gave their lives, or had their lives changed due to the wounds

sustained, or managed to advance in order to fight for freedom from oppression.

My father landed at *Sword Beach*. Advancing inland, he found himself at the liberation of Belsen. He didn't talk about what he experienced, but I know it affected him profoundly for the rest of his life.

World War I was meant to be the "war to end all wars" but this wasn't to be. We've seen conflict and suffering all

too often. WW2, the Falklands, the Gulf, and Ukraine and Sudan. It often feels as if the human race has learnt nothing from its long and often war-torn history.

But there is one word which typifies the desire for a particular thing to happen... and that word is **HOPE**.

We all hope for peace in the world, so that everyone lives in harmony, unity, mutual respect and tolerance of their beliefs, creeds or culture.



We hope that the earth's resources might be shared equally so no one will go hungry or thirsty.

The hope that all life will be seen as precious and sacred.

So let us all live in hope for an end to war — and that all past and present conflicts might be consigned to the pages of the history books, for ever!

With love and blessings...

Rev Mandy xx

Chris Mann

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Top-Up Shop has its 1st Birthday!



The Top-Up Shop based at St Felix' Church in Rendlesham opened to its first customers in May 2022.

Back then it was called the 'Pop-up Shop', but now we prefer to use the term 'Top-Up Shop', as it cannot provide a full shop for anyone, but helps to top-up essential supplies.

We're open every Tuesday, and as of February, we're also open on the third Saturday of the month too — to help cater for those working on Tuesdays.

And **Rendlesham Good Neighbour Scheme** will even deliver your bags if you contact them direct (just call 07486 551004).

"Lovely place to meet people, very friendly and helpful. A great help in these hard times."

How it works

The way it works is that our Top-Up Shop receives a delivery from the *BASIC Life Charity*, based in Felixstowe, who pay into the *FareShare scheme*, receiving deliveries from local supermarkets. Due to the founder and administrator's connections with the *Port of Felixstowe*, every now and again they also receive a container of goods which (for whatever reason) have not been made it to their original destination. It's always pot-luck as to what we have delivered, week by week.

"I come across things I've never heard of before!"

Over the past year, offers of financial donations have come in to help support the running of our shop; so we are now in a position to do some occasional shopping (mindful of how we spend the money) to 'top-up' with essentials that our deliveries from BASIC Life are sometimes lacking in.

"A very essential service that is used by many. The Top-Up Shop makes a difference to the welfare of the community."

We are not a food bank; there is no means-testing. No questions are asked; no-one is turned away. All are welcome, and we do not keep any contact details.

All are welcome

"I enjoy coming to the top up shop every week. Not only does the extra food really help me but it's a good social atmosphere which gets me out and helps with my mental health."

Customers pay £2 to receive a large re-useable bag the first time they shop with us, into which they select their items from what we have on offer that week.

Sometimes there is fresh produce including vegetables, fruit or bread. On occasion there have even been flowers.

At the "Welcome Desk", you will be given a coloured 'ticket'. There are four colours and they determine the order you access the shop once it opens at 11am. But it also gives the staff time to re-stock before the next group.

We serve Refreshments!

Alongside the shop, open between 10:30am and 12noon-ish, refreshments are served, most usually, by two of our lovely nonagenarians!

Home-made cakes and cheese scones are served with a hot or cold drink, and are available for all — donations go back into the *Top-Up Shop* fund. Through this, friendships are being forged and there is a most congenial atmosphere!

"I think it is a lovely place to come, have only just found out about it and wish I had known before. This is a blessing that people that need help are given it by lovely people."

"As a relative new-comer, I have found the top-up shop a blessing. A great help and a place to socialise too."

Additionally, once a quarter, the **Deben Primary Care Network** team, who have direct access to healthcare appointments and can offer signposting for further help, are making a real difference.

The remaining visits for 2023 will be on June 13th, September 12th and on December 12th.

To get in touch please email basiclifefelix@gmail.com or come along and speak with us on Tuesday morning, from 10am onward.

"Such a welcome asset to our community here in Rendlesham. It's an absolute pleasure and honour to volunteer here."

"It's excellent!"

How to get involved

There are several ways in which the *Top-Up Shop* needs support.

- Come along if you feel it would benefit you
- Tell others about it if it would benefit them
- If you are available and would like to offer some help as a volunteer, come and speak with us (safeguarding training is provided free of charge)
- If you would like to contribute donations of food, toiletries or household products, please bring them along on a Tuesday morning from 10am or email us
- If you are keen gardener or allotment owner and find yourself with a glut of produce sometimes, please consider donating it to us
- If you can contribute financially, either as a one-off gift, or regularly, please get in touch
- If you know of a local business who could regularly donate to us, please encourage them to get in touch

In whatever way you do, thank you for supporting our community through the *Top-Up Shop*.

What our customers say

"It tops up your life."

"It's a blessing."

"The people that run it are very friendly."

"You meet a lot of good people."

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Sudoku Challenge

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

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 it's a **DIFFICULT** grid to keep you puzzling longer.

Are you finding them too easy or too hard? Let us know!

Meanwhile, good luck!

Answers on Page 31

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What's on in Eyke & Woodbridge?

Saturday 17th June

Eyke Primary School Summer Fayre



An extraordinary summer adventure at **Eyke School's Summer Fayre!**

Experience thrilling games, and inflatable and nerf-gun fun, provided by *Schools Out*.

Meet the majestic *Suffolk Punch* horses — or indulge in a delicious BBQ and refreshments at our *Adult*

Bar while being amazed by the talented dancers from *Chloe Kinrade School of Dance*.

Bring your loved ones and friends to create cherished memories while supporting Eyke school.

And don't forget to join in the raffle for a chance to win exciting prizes like the *"Wheelbarrow of Cheer"* for adults, an Amazon voucher from *Rendlesham Parish Council*, a birthday party provided by *PGL Bawdsey Manor*, *Jimmy's Farm tickets*, and much more.

aces@eykecvcpriamary.org

Sunday 18th June

Woodbridge Regatta & Riverside Fair

The return of the Regatta after a few years absence is something to really look forward to — and so is the return of the now infamous 5WSS barbecue!

5WSS tell us: "This year, our BBQ will fully cater for vegetarians too, with an entire BBQ dedicated to veggie cuisine!"

Regatta 2023 will be a "Green Regatta". That means bring your family and friends but take your rubbish home!

So much to see and do, make sure you get there early!

www.woodbridge-regatta.com



DO YOU HAVE A LOCAL EVENT TO PUBLICISE? Send an email to SJ via projects@rendlesham.pc.org.uk and we'll promote it!



We're just batty about Woodbridge!
The TW Bat Project

From June to September 2022, more than 80 random households took part in a bat survey organised by *Transition Woodbridge* with Mark Bowler, a bat expert from the Univ. of Suffolk.

Each month 20 households hosted a post with a bat recorder in a suitable position for a fortnight.

At the end of the fortnight, TW volunteers collected up the recorders and passed them on to Mark.

Participants were taken from the Woodbridge and Melton areas. Woodbridge included the area from Sandy Lane to the Seckford roundabout on the A12; for Melton it covered from Wilford Bridge to Ufford Park.

Why count bats?

Bats feed on insects and roost in hedges and old buildings. Their numbers give a good indication of the health of other insect populations — as well as giving us an idea on the availability of the right habitat for them.

Mark has arranged for his students to analyse each recorder to identify what types of bats there are in each location, and how many.

The recorders only pick up bat activity, nothing else.

Mark is collating a debrief on **Weds 7th June** at *Woodbridge Community Hall* to explain the findings and talk about the implications for us. Starting at 7pm, admission is free.

We are now in the process of repeating the survey from May 2023 onwards to provide some comparison data for the 2022 set.



Charlotte and Ellen, conservationists of the future perhaps, standing by the bat recorder in their garden

transitionwoodbridge.org.uk/bat-project



Last month, WCC members enjoyed a quite superb presentation from Derick Howes on his latest trip photographing Artic Wildlife.

Attendance was a little down owing to competition from Ipswich Town being at home!

The *Granville Foulger Cup* was fiercely contested at East Ipswich Photographic Club. face to face for the first time since 2019. It was good to see visitors from the other five clubs attending.

We all battled with print and projected images. Judged by David Steel, it ended with a draw between East Ipswich and Manningtree for the cup.

Meanwhile, our Zoom meeting topic this month was *Intentional Camera*

Movement (ICM). Members used their creative side to experiment with this niche area and created some interesting abstract images.

In the future, we look forward to a couple of outdoor shoots and our *Annual Exhibition* at the Longshed will be in August.

WCC meetings are held on the third Tuesday of every month at Woodbridge Quay Church at 7.30pm; Zoom meetings are Zoom are held on first Tuesdays.

Membership and programme details are on our website.

Robin Garrod
Chair, WCC

www.woodbridgecameraclub.co.uk



Trees with ICM

Photography: Woodbridge Camera Club



Shaking for the Bus-ICM



Woodbridge Art Club

Coronation Collage

The painters, potters, photographers, and lace makers from *Woodbridge Art Club* joined forces to create a collage commemorating the Coronation of King Charles III and Queen Camilla.

The contributions of different club members have been combined into a beautiful floral arrangement reflecting the Royal Couple's love of horticulture.

Roses, daffodils, thistles, and shamrocks symbolise the four home nations of the United Kingdom — along with many other flowers, bees and insect... even a *Suffolk Green Man* (if you can find him!)

Club member Anne Ledgley said: "We wanted to celebrate the Coronation by showcasing the skills of all the elements of our Club".

The team of four who coordinated the work agreed it has been a great way for the Art Club to mark this special occasion.

You can see this impressive A1 size collage for yourself any weekend throughout the Summer from 10am until 5pm as part of the current exhibition at *Woodbridge Art Club* on Tide Mill Way, close to the Woodbridge Tide Mill.

Rosie Evans
Chair, WAC



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

ARTLIB for JUNE

Henry May exhibits his
landscape oil paintings.

MONDAYS

Citizens Advice – Mondays
10am-12pm

TUESDAYS

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

Woodbridge Writers' Workshop – Tues 13th June,
5.15pm-7.15pm

MUSIC at Lunchtime – Tues
20th June, 12.45pm-1.30pm

Gillian Barella (Piano) and
Romy Hills (Flute). Donations
to FOWL are welcome.

WEDNESDAYS

Open Space – Every Weds,
1.30pm-3.30pm

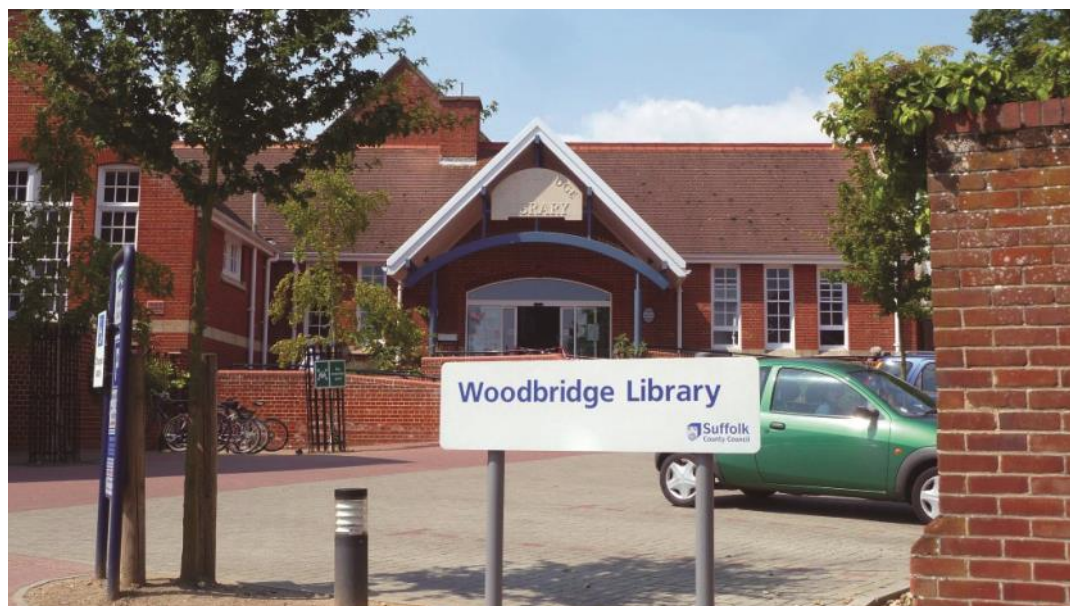
Woodbridge Writers Group –
Weds 7th & 21st June,
10am-12pm

THURSDAYS

Toddle Talk – Every Thurs,
10am-11am

Storytime – Every Thurs
during School Term Time,
3.45pm-4.05pm

Join us for stories with local
author **James Campbell**



Books, Banter & Biscuits' –
Thurs 8th June, 2pm-4pm

USA Reading Aloud – Thurs
15th June, 11.30am-1.30pm

Each member shares their
prose or poetry choice to by
reading aloud to the group.
£3 per meeting – contact Jill
on 01728 746156.

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

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

FRIDAYS

Knitting Group – Fridays,
2pm-4pm

An Evening with Cressida
McLaughlin – Fri 16th June,
7pm-8.30pm

Cressida discusses her books,
The House of Birds & Butterflies
and *From Cornwall with Love*.
Prebook your tickets via
www.woodbridgebooks.co.uk

SATURDAYS

Woodbridge Board Gamers –
Sat 10th June, 1pm-5pm

StorySlam Workshop –
Sat 17th June, 3pm-4pm

Join Jennie Fontana and
learn to craft your own short
stories and possibly perform
them on Sat 15th July at
2pm. *FREE to attend but*
donations are welcome.

SUNDAYS

"We begin at the End"
by Chris Whitaker

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: Stories & More

BOOK & DVD SALE

Adult Fiction:

30p each or 4 for £1

Non-Fiction:

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Junior Literature:

20p each

DVDs:

50p each or 3 for £1

(Box Sets £1 each)

SUFFOLK LIBRARIES

Buy a "Friends" bookmark
for £1 or "Borrower" tote
bags for £3.50 – or for £5
get the tote bag and as much
fiction as you can fit inside!

ROOM HIRE & DISPLAY

Community/Charity/Private
group hire – *£12 per hour*
(min. booking of 2 hours)

Commercial or Statutory
groups – *£18 per hour*
(min. booking of 2 hours)

Display board –
£10 per week

Staffed table display –
£10 per half day

FRIENDS OF WOODBRIDGE LIBRARY

If you enjoy organising
events and would like to
help with our fundraising
activities, ask a member of
staff for more details.

LUNCH, A TALK & GOOD COMPANY

The perfect way to spend a Lunchtime!

FIRST MONDAY of the month at Woodbridge Golf Club.

For more information visit: woodbridgeprobus.org.uk

Or call **Roger Brown (Treasurer)**, 07881 627591



Clang, clang, clang went the Trolley



All aboard!

Ipswich Transport Museum, our very own modern-day Aladdin's Cave, is parked up in the *Old Trolleybus Depot* on Cobham Road, Ipswich.

Normal opening hours are Sundays from 11am to 4pm but there are two extra Open Days in June — Thurs June

1st (1pm to 4pm) and on Sat June 27th (11am to 4pm).

Model Citizens

Additionally, on Saturday 17th June, we're operating a FREE bus service from ITM to *Ipswich Transport & Model Festival*, calling at *The Ipswich International Plastic Modellers Open Day*, *Ipswich Railway*

Modellers Open Day and *The Ipswich Model Railway Centre*.

At ITM, there are about 100 major exhibits, almost all of which were manufactured or operated in Ipswich, such as lorries, electric vehicles, fire engines, ambulances, bicycles, a wide selection of grass-cutting machines and horse drawn vehicles.

So just climb aboard our tram car, or one of our trolley- or motor buses. We'll ferry you back to the past...

Did you know?

We're also home to *Ipswich Engineering Collection* with Ransoms Simms & Jeffries' agricultural implements and combine harvesters; Ransome & Rapier excavators and

cranes; Compaire Reavell air compressors; Cranes valves; and Turner grain handlers.

We also have feature displays of a garage and motor cycle workshop, and a cycle repair shop, as well as a large selection of antique enamel signs on our walls.

Gifts & Refreshments

We have a well-stocked gift shop and the "Sunbeam" tea room will be open for tea, coffee and cakes

So call us on **01473 715666** for more details. The office is manned on Tuesdays, Wednesdays and Thursday, but feel free to leave us a message any time.

ipswichtransportmuseum.co.uk

Eat, sleep, dream of cricket (repeat)...



Despite the rather damp start to the cricket season, plenty has been happening at the club over the last month.

League cricket has begun. Sadly, a less than auspicious start to our *Division 7* campaign with defeats at home to both Woolpit and Yoxford as our batters struggled to come to terms with early season pitches and decent opposition bowling.

But pleased to say, we recently ran our first 'taster' sessions for youth cricket, aimed at 5-11 year olds (all ages are welcome.) The sessions are a pre-cursor to the official ECB-backed *Allstars and Dynamos* cricket programmes, starting early June. This is a brilliant initiative with all participants

receiving kit, T-shirts and bats. As mentioned before, we want to pay tribute to Peter Clift with our youth cricket to come under the umbrella of the *Peter Clift Academy*. We know he'd approve and we hope to make things a little more official later in the summer.

In addition to our *Allstars and Dynamos* programmes, we are planning a couple of Women's cricket sessions in July — just turn up and have a go with a social gathering afterwards. More details will be in the July update.

The plan is also to run some mixed social softball/hardball cricket when the weather improves and the days get longer towards the end of June. Open to all and

probably on Tuesday evening.

Early May also saw the launch of our Crowdfunder campaign to improve the infrastructure of the Club. Details can be found on the *Crowdfunder* website — search for "Project Clifty". We need funds for grounds upkeep, our youth programme and pavilion facilities, and to simply keep the Club ticking over and to be able to reach out to all in the community.

As I write, we have topped £1000, so well on our way to our £3,500 target.

Andy Halliday
andyhalliday1@me.com

For more details, visit
sudbournehallcc.com

Down on the Farm

Let the Challenge commence!

22 Sea Scouts + DIY Badge = One Awesome Bug Hotel



The 5th Woodbridge Sea Scouts were a team on a mission when they visited the *Deben Community Farm* recently.

The challenge was to create a bug hotel using a range of tools and methods of fixing together with the preparation and painting of a sign.

So (in amongst gathering the materials to fill the bug hotel and feeding the animals), 5WSS set about sawing and drilling, hammering, screwing, prepping and painting to

create a fantastic natural hotel for all types of wonderful little critters.

NEXT TIME: On 17th May we welcomed the *1st Rendlesham Cubs* for an evening of crafts, seed planting and animal encounters!

Pictures next month...

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

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Rendlesham Radio

Happy Tails from Rendlesham Radio



Look out all you dog walkers in Jubilee Park! Yet another great new show from rendleshamradio.com.

Happy Tails is a new show which will feature you and your dog. One of the team will be strolling around the park from time to time asking about your dog and any stories you have about them — how you got them, what they've been up to, any concerns about their health? Share all your *Happy Tails* with us to broadcast on the new show which has been supported by *Animals of The Earth*, an animal health and wellbeing service.

Wanted: Drama Queens and Kings

The new *Rendlesham Radio Drama group* will be starting soon; we've had a good response to this new group.



We will let you know when the first meeting will be, where we will decide what type of play to attempt first (be that detective thriller, comedy or everyday life in the Village).

All ideas gratefully received but mainly it's going to be lots of fun. Let us know if you

have any ideas and want to join us.

A problem shared.....

We are now into the third month of our weekly **Tough Talk with Tanya** on Radio Rendlesham when Tanya (a certified *Trauma-Informed Somatic Coach* and Breathwork facilitator) has answered a wide range of mental and emotional health questions.

Tanya is now extending her FREE support to include in-person opportunities for the community to get the help they need.

Thrive Thursdays on third Thursdays of the month, at 2.30pm in the Radio Shack, Jubilee Park.

TTs began in May and will continue until November from the Radio Shack (the portacabin next to the Pavilion on Jubilee Park) to talk with anyone needing confidentiality, about pretty much anything — from trauma responses to elder care, from problems at work to relentless teenager-related arguments and from people pleasing to relationships.

Dates for this year include: 15th June, 20th July, 17th August, 21st September, 19th October and 16th November 2023.

No Appointment Necessary
Call Tanya on 01394 421481

CanDu attitude?

With Rendlesham Radio CanDu Events, great things happen! If you're looking to hire a great DJ with a great sound, professional attitude, a great sense of fun and all your favourite songs... look no

further, you have found Rendlesham Radio CanDu Events!

We want you to enjoy your event every bit as much as you do yourself... So we have combined years of experience and raw talent to bring you the best that a Rendlesham-based events team can offer.

Get in touch fast so you don't miss out on what we can bring to your Big Day (or Night!) at an unbeatable cost which will go back into the radio station and the community. Contact the *Station Manager, Malcolm* on admin@rendleshamradio.com for more details.

Get with the Program.

All these great new projects have developed out of the radio station. There is so much we can do for our community, so we can always do with more volunteers.

So why not join us whenever you can, there are loads of roles to fill and new challenges to be taken on.

Give it a go! You never know where it may lead.



GREAT SHOWS DAILY
RENDLESHAMRADIO.COM

Your Parish Council Events for 2023

What can you look forward to from your Parish Council this year?

The Rendlesham Show

Friday 9th June (5-9pm) & Saturday 10th June (11am-8.30pm), Jubilee Park

A true "Rural Adventure" with a funfair, stalls, food, entertainment, a healing tent, a Dog Show, tractors, cars, live music and a bar — 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

Xmas Light Switch on, Grotto & Xmas Market in the Village Square

Sunday 3rd December 3pm-7pm

Santa's Grand Tour of Rendlesham

Sunday 17th December 4pm-8pm

Diary Dates

Events in June

Thurs	1	Over 60s Group, 10am-12.30pm Senior Youth Group, 6.45pm-9.15pm Bingo at Rendlesham Social Club, 7.45pm	Weds	14	Junior Youth Group, 6.30pm-8pm
Tues	6	Senior Youth Group, 6.45pm-9.15pm	Thurs	15	Senior Youth Group, 6.45pm-9.15pm
Weds	7	Junior Youth Group, 6.30pm-8pm	Tue	20	Senior Youth Group, 6.45pm-9.15pm
Thurs	8	Senior Youth Group, 6.45pm-9.15pm	Weds	21	Junior Youth Group, 6.30pm-8pm
Fri	9	The Rendlesham Show (Day 1)	Thurs	22	Over 60s Group, 10am-12.30pm Senior Youth Group, 6.45pm-9.15pm Bingo at Rendlesham Social Club, 7.45pm
Sat	10	The Rendlesham Show (Day 2)	Tues	27	Senior Youth Group, 6.45pm-9.15pm
Sun	11	The Jubilee Park Litter Pick, 10am <i>starting off from the Sports Pavilion</i>	Weds	28	Junior Youth Group, 6.30pm-8pm
Tues	13	Senior Youth Group, 6.45pm-9.15pm	Thurs	29	Senior Youth Group, 6.45pm-9.15pm

What's on in June?

BINGO Every Thursday from 7.30pm

Sat 3rd Colourblind Headhogs

Sun 25th Harry Isaac Presley & The Hip Operation

OPENING HOURS

Thurs 7-10.30pm, Fri 7-11pm,

Sat 7-11pm and Sun 1-5pm



RENDLESHAM SOCIAL CLUB



DON'T MISS NEWS ABOUT 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

DON'T MISS NEWS ABOUT RENDLESHAM

Join us on FACEBOOK at



RendleshamParishCouncil and



TheRendleshamShow

What is anti-social behaviour?

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

If it's affecting your quality of life, don't tolerate it, REPORT IT!

ONLINE www.suffolk.police.uk/contact-us/report-something
www.eastsuffolk.gov.uk/community/anti-social-behaviour

PHONE **Suffolk Police on 101** (or 999 in an Emergency)



Useful Information



Wickham Market Medical Centre

Tel: 01728 747101

Rendlesham Surgery opening hours

Monday	08.30 - 12.30
Tuesday	08.30 - 12.00
Wednesday	15.30 - 18.00
Thursday	08.30 - 12.00
Friday	14.30 - 17.30

For information on the *Out of Hours Service*, call the usual WMMC number, or 111

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

June Meetings:

Thursday 8th &
Thursday 22nd June
10.30-12.30

Sudoku Challenge answer

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



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 or
email supervisor@leistoncab.cabnet.org.uk

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
<i>District Councillor</i> Cllr Tim Wilson <i>via ESC Customer Services</i>	TBC 0333 016 2000
<i>County Councillor</i> Cllr Alexander Nicoll	07922 586303
Gas Emergency	0800 111 999
Woodbridge Safer Neighbourhood Team	01473 613500
Rendlesham Primary School <i>Head: Debbie Thomas</i>	01394 462190
Eyke CEVC Primary School <i>Head: Lucy Fairweather</i>	01394 460328
Rendlesham Parish Church <i>Rev. Mandy Reynolds</i>	01394 420129
Farlingaye High School <i>Head: Dr Sievenwright</i>	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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