



# Rendlesham

Parish Newsletter

[www.rendlesham.suffolk.gov.uk](http://www.rendlesham.suffolk.gov.uk)

Issue 100

June, 2019



Photography by Darren Harbar

## Celebrating 100 issues of the Parish Newsletter!



See page 5

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**July Deadline**  
**10 June**

[admin@rendleshampc.org.uk](mailto:admin@rendleshampc.org.uk)

## The Rendlesham Show 2019

Saturday 8 June

Jubilee Park

IP12 2GT

11:00am—7:30pm

[www.rendlesham.suffolk.gov.uk](http://www.rendlesham.suffolk.gov.uk)

FREE ADMISSION

**All Creatures Great & Small**



## Inside this issue....

**Your copy of The 2019 Rendlesham Show Programme**

**Download the Show Safari map from**  
**[www.rendlesham.suffolk.gov.uk](http://www.rendlesham.suffolk.gov.uk)**

**The fun starts on Friday 7 June from 5pm with live music, funfair, food and bar**

**Last chance to enter the Garden Show**  
**download the form from the website**



Rendlesham Parish Council



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# Rendlesham Parish Newsletter

## CONTACT

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# Rendlesham Parish Newsletter

## Advertising Rates for adverts placed from 1 April 2012

Advertisement Size	For One Month	For 3 months	For 6 months	For one full Year
Business Card	£8.00	£21.00	£32.00	£48.00
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¼ (quarter) Page	£23.00	£57.50	£92.00	£138.00
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01394 460127 [www.swannsnursery.co.uk](http://www.swannsnursery.co.uk)

For all your gardening needs - shrubs, trees, conifers, hedging & fruit trees

### ALSO ON SITE:

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Visit us on the A1152 between Eyke and Bromeswell



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**We give free, independent advice to disabled people and carers living in the Suffolk Coastal area, which includes:**

- Welfare benefits and appeals representation
- Appointments with Job Centres and medicals
- Housing rights and adaptations
- Accessible transport and leisure
- Education and employment
- Care and support

**We are open Monday to Thursday from 10am to 3pm**

We offer telephone and email advice, drop-ins, appointments and home visits, and we can sometimes accompany people attending Job Centre interviews and medical assessments.

We also run advice surgeries in other parts of Suffolk Coastal. So if you can't come to us, we'll come to you!

### You can contact us:

Phone: 01394 387070  
Fax: 01394 387670  
Email: [advice@daseastsuffolk.org.uk](mailto:advice@daseastsuffolk.org.uk)  
Website: [www.daseastsuffolk.org.uk](http://www.daseastsuffolk.org.uk)

Technology is moving at a fast pace its hard to keep up with everything.  
Do you need help with.....  
Purchasing laptops, Tablets, 2 in 1, WiFi setup, Internet, Training, Printing

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[ken.mckenzie1234@gmail.com](mailto:ken.mckenzie1234@gmail.com)

01379640580

Mobile 07446477054

1 Hall Farm

Wortham, Suffolk, IP22 1SL

Confused with computers, laptops, tablets, internet .....give me a call



## Get Community News—Faster

Facebook

[www.facebook.com/pages/Rendlesham-Parish-Council/1505049463097442](http://www.facebook.com/pages/Rendlesham-Parish-Council/1505049463097442)





# The Rendlesham Show 2019

From 5:00 p.m. Friday 7<sup>th</sup>

& 11:00 a.m. Saturday June 8<sup>th</sup>

## The Rendlesham Show at Jubilee Park

*'All Creatures Great and Small'*

This year's show is shaping up to be the biggest and best ever – you will see from your enclosed programme that we have some amazing entertainment lined up and have a record number of stalls. These include an amazing variety of things to do, buy or learn about but, of particular interest to foodies is the high quality selection of food stalls. Many of you will know Rendlesham's own *Stokes Sauces*, Leiston's *Munchy Seeds* and Bury St Edmund's *Yum Yum Tree Fudge* as they have all been to the show before and all have award winning products that are sold widely but, we are delighted to be joined by *Keo Street* and *Fine Food Land* this year.

*Fine Food Land*, coming all the way from Hertfordshire, are bringing their amazing array of Mediterranean food such as olives, Turkish Delight, baklava & nuts – the photo says it all really! Plan to get in the queue!

*Keo Street* are based in Woodbridge, they will have a pitch to sell their fresh sausages from and a catering van to sell their pulled pork rolls. Michael and Fiona are passionate foodies and hope you'll come and try their handmade sausages as they would like to start a weekly delivery to Rendlesham after the show. Their green ethics are also worthy of note: all their products are wrapped in paper, plastic being avoided wherever possible; their meat is locally sourced; animal welfare and carbon footprint are very important to them – every part of the pork shoulder is made into something with any waste generated being turned into bio fuels.

Amongst our other stalls we have everything from fashion to make up, perfume and jewellery and a stunning array of goods made from materials as diverse as crystal, fabric and

wood. We are also delighted that we have many charity and local groups' stalls whose games or goodies will all be helping to raise money for their various causes.

The stage and arena entertainment will give your bank balance the chance to recover as it is all free to watch! The centre pages of the programme will help you keep track of what's happening/when.

Entertainers coming to the show for the first time this year include the *Vikki Anne School of Performing Arts*, *Rabble Chorus* and the *Poloz Majorettes*. Vikki-Anne runs classes in Musical Theatre and Dance for children and adults at Campsea Ashe Village Hall on Monday and Tuesday evenings; her young performers hope you'll enjoy their 'act' - they've enjoyed receiving professional training in dancing, singing and acting and are confident you'll enjoy their performance!

With over 300 singers, the Rabble Chorus are one of the country's biggest community choirs with rehearsal groups at Easton, Woodbridge, Saxmundham and Needham Market. They sing purely for pleasure and raise thousands of pounds for local and national charities each year. They have performed at numerous music festivals and venues including the Royal Albert Hall and are appearing at the First Light Festival later this year so, do come and listen to them at the show – you might be tempted to join them!

Tracy now lives in Rendlesham while her majorettes are still based in Felixstowe; as well as performing, the majorettes will have a fundraising stall so you'll get the chance to talk to her there if you're interested in joining this ambitious troupe.



The Rabble Chorus



<b>Parish Councillor</b>	<b>Responsibilities on the Council To be confirmed at the first meeting of the new Council</b>
Mike Stevenson	Chairman Personnel Committee Ex-officio on all other Committees
Martyn Redfern	Vice Chairman Planning Committee, Personnel Committee, Youth Group Charity
James Carter	Planning Committee, Personnel Committee, Jubilee Park Committee
Wendy McKee	Planning Committee, Youth Group Chairty, Jubilee Park Committee
Casey Rose	Planning Committee, Personnel Committee, Youth Group Charity
Peter Wyartt	Jubilee Park Committee
Douglas Burness	
VACANCY	
VACANCY	
VACANCY	
VACANCY	

*By contacting Rendlesham Parish Council you agree your contact details may be held and processed for the purpose of correspondence and 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

<b>Service</b>	<b>Charges</b>
A4 B/W	10p
A3 B/W	20p
A4 Colour	20p
A3 Colour	35p
A4 Card B/W	10p
A4 Card Colour	20p
<b>Binding</b>	
A4 plastic/wire spiral with cover & back	£2.50
No cover & back	£1.50
A3 plastic/wire spiral (no cover & back)	£1.50p
<b>Laminating</b>	
A4	35p
A3	70p

**Next Parish Council Meetings**  
**13 May 2019, 7.15pm**  
**Rendlesham Community Centre**  
**15 minute public session**

### **2019 Parish Council Meetings**

**Full Council — 1 July 2019**

Youth Group Charity Committee— 3 July\*

Jubilee Park Committee— 20 June\*

Planning Committee— 10 June\*

\* NB these meetings will be held at the Pavilion, Jubilee Park

#### **Parish office**

**Rendlesham Community Centre, Walnut Tree Avenue, Rendlesham, IP12 2GG.**

**01394 420207 E: [admin@rendleshampc.org.uk](mailto:admin@rendleshampc.org.uk)**

#### **Office opening hours:**

Mondays 10am–2pm

Tuesdays 10am–2pm

Thursdays 10am–2pm

#### **Minutes of meetings:**

Approved minutes of meeting are available on the Parish Council website  
[www.rendlesham.suffolk.gov.uk](http://www.rendlesham.suffolk.gov.uk)



## Parish Council News

### Parish Council object to proposed 75 homes

Rendlesham Parish Council discussed the above application on 13 May. As part of their consideration of the application the Parish Council also considered feedback from a public consultation held on 8 May 2019.

The reasoning for objecting was that whilst the application met some of the criteria and the policies and objectives within the Rendlesham Neighbourhood Plan, this was outweighed by the number of matters that were not met.

The Parish Council considered a number of matters when considering their response including:

- Design, quantity and type of housing
- Street scene
- Flooding
- Traffic
- Infrastructure
- Provision of allotments (NP policy RNPP3)
- Adoption of roads

The full response can be found on the website [www.rendlesham.suffolk.gov.uk](http://www.rendlesham.suffolk.gov.uk)

The decision whether to give permission for the development, or not, now lies with East Suffolk Council.

## Celebrating 100 issues of the Parish Newsletter



The first Rendlesham Parish Newsletter was produced in 2011 and has gone from strength to strength, even voted the most important means of communication in the village during the Neighbourhood Plan. The newsletter isn't just for monthly reading though, it provides a valuable historical record of Rendlesham; the events that take place, the people and achievements we celebrate.

A copy of every issue is sent to the Suffolk Records Office who add it to their collection of village newsletters from all over the county.

And new for this year, with the launch of the new village website, the newsletter is now available online.

An enormous THANK YOU goes to team of volunteers who distribute the newsletter every month come rain or shine, they are real community heroes!

### The Big Spring Clean

There was a good turnout on 20 May for the Big Spring Clean. Armed with litterpickers and bags they went forth into the streets of Rendlesham to rid the village of litter. In just one hour they had collected 3 bags of recycling and 5 bags of rubbish!

A huge thank you to Martyn Redfern for co-ordinating the event and also to those who turned up to do their bit for the village.



### Welcome to the new Council

The new Council met for the first time on 13 May, where Mike Stevenson was duly elected Chairman and Martyn Redfern as Vice Chairman.

The Council still have 4 vacancies which they hope to fill at their next meeting on 1 July. If you are interested in becoming a Councillor and would like more information please get in touch with the Parish Office on 01394 420207 or email [admin@rendleshampc.org.uk](mailto:admin@rendleshampc.org.uk)

# Rendlesham Church

Date	Time	Place	Service	Officiant
Sun 2 <sup>nd</sup> June <b>Sunday after Ascension</b>	9.00am 11.00am 11.00am	All Saints Eyke St Felix St Edmund's	Holy Communion All Age Worship Holy Communion	Rev Mandy Malcolm Knapp Rev Mandy
	2.00pm	Wantisden	Rogationtide Tractor Ride	Rev Mandy
	3.00pm	Wantisden	"Praise for Creation" service	
Weds 5 <sup>th</sup> June	10.00am	St Felix	Holy Communion	Rev Pauline
Sunday 9 <sup>th</sup> June <b>PENTECOST</b>	9.00am 9.00am	St Edmund's St Gregory's	Morning Prayer Holy Communion	Stephen Nicolls Rev Judith
	11.00am	Rendlesham Show	Combined Service	St Felix/Dave Rushbrook
Weds 12 <sup>th</sup> June	2.15pm	Rendlesham Care Home	Songs of Praise	Rev Mandy/Stephen Nicolls
Sun 16 <sup>th</sup> June <b>TRINITY SUNDAY</b>	9.00am 9.00am 11.00am	All Saints St Edmunds St Felix	Morning Prayer Holy Communion Holy Communion	Malcolm Knapp Rev Mandy Rev Mandy
	3pm-4pm	St Felix	Fizzers	EvnUth
Weds 19 <sup>th</sup> June	10.00am	Rendlesham Care Home	Mother's Union	Rev Mike Hatchett
Sunday 23 <sup>rd</sup> June	9.00am 11.00am 11.00am	St Gregory's St Edmunds St Felix	Morning Prayer Morning Praise Holy Communion	Rev Mandy Robin Jordan Rev Mandy
	6.30pm	St Gregory's	Taize	Mrs J Bishop
Sunday 30 <sup>th</sup> June	11.00am	Bromeswell	Combined Cluster Service	Rev Mandy

St Gregory the Great  
Ashe Road, Rendlesham, Woodbridge, IP12 2QY  
**Church Wardens:**  
Liz Morrison, 01394 460582  
Caroline Bunbury, 01394 460235

St Felix of Dunwich  
Walnut Tree Ave, Rendlesham, Woodbridge, IP12 2GG  
**Church Wardens:**  
Nigel Harding, 01394 420419  
Sue Potter, 01394 461443

**For Funerals:** Rev Judith Andrews, 01394 411642

**Baptisms, Marriages and pastoral needs:**

Rev Mandy Reynolds 01394 420129 [revmandy.rendlesham@yahoo.com](mailto:revmandy.rendlesham@yahoo.com)

**General inquiries** - [info@rendleshamchurch.org](mailto:info@rendleshamchurch.org)



# Rendlesham Church



## The Vicar's Voice

This month, in the church's calendar, we welcome the Holy Spirit through the celebration of Pentecost. The Holy Spirit is given to us as an ever-present, unconditional gift of love through the grace of God and completes the mystery of God, as Father, Son and Holy Spirit. The Blessed Trinity.

I wonder how often we take for granted the unconditional love we receive? In life's everyday hustle and bustle, it's easily done. I'd like to share with you two examples of unconditional love for which I count my blessings.



As some of you are becoming familiar with, I can often be seen walking my dog, Buttons, (yes...he's named after a certain variety of chocolate!) in the park. He is 4 years old, comes to church with me most mornings and is so very cute – but of course I am completely biased!!! He has made such a difference to mine and my family's life, and he spends as much time as he can by my side or curled up on my lap, as he is now whilst I write this!! When I come home having been out and about at church or visiting parishioners, he welcomes me enthusiastically with a wagging tail and a greeting which is loving and unconditional. For this I am so very blessed.

My blessings also extends to the fact that this month, I will once again be officiating at various commemoration services in Normandy, France, with my beloved Normandy Veterans as, those who are able, come together on the beaches where they landed 75 years ago this month, and will also gather in the cemeteries, to pay tribute to their mates, who weren't so fortunate as to come home. These men, now well into their late 90s, wearing their medals with pride and yet often with such humility, always have a smile and a laugh to hand, a twinkle in their eyes for the ladies, and, when no one is looking, a tear in their eyes as they remember their comrades who made the ultimate sacrifice. Their proud salutes to those mates who lay *"in a corner of a foreign field that will be forever England"* is a poignant sight to witness. These are the men who fought for our freedom, that we might enjoy lives with our families, including our animal companions. Their youth was given in faithful and unconditional service to their Sovereign and country, through love and loyalty to both.



And so, as we celebrate Pentecost, the "birthday" of the church, our blessings are made all the more blessed because of the unconditional love of God through Jesus Christ, in the continual loving and faithful presence of the Holy Spirit.

May you, and all those whom you love, receive an abundance of blessings through the Holy Spirit, today and always. Amen

**Rev Mandy x**

*\*from Rupert Brookes poem "The Soldier"*

## Sudbourne & Tunstall Baptist Church

### Services & Activities In June

Sun 2nd June: 10:30am & 2pm - Both @ Sudbourne

Sun 9th June: **11am** - Rendlesham Jubilee Park

6:30pm - Tunstall

Sun 16th June: 10:30am Sudbourne / 6:30pm - Tunstall

Sun 23rd June: 10:30am - Rendlesham School / 6:30pm - Tunstall

Sun 30th June: 10:30am - Rendlesham School / 6:30pm - Tunstall

### TOTS & TODDLERS / COFFEE CRAFT & CHAT

at Tunstall Baptist Church

9:30 am - 11:30 am every Wednesday **during term time**

### COFFEE, CRAFT & CHAT EVENING: Tunstall Baptist Church

7:30pm - 9:30pm on Thursday 27<sup>th</sup> June

**FRIDAY CLUB (5-11yr olds)** 6:15 pm - 7:15 pm

**& YOUTH GROUP (11 yrs +)** 8 pm - 9:30 pm

At Sudbourne Baptist Church - every Friday **till 14<sup>th</sup> JUNE ONLY**

**Minister:** Pastor Dave Rushbrook

T: 01394 809691 / E: pastor@stbaptist.co.uk

**Sudbourne Baptist Church:** School Road, Sudbourne, Suffolk, IP12 2BE

**Tunstall Baptist Church:** Mill Lane, The Common, Tunstall, Suffolk, IP12 2JR

**www.stbaptist.co.uk**



SUDBOURNE AND TUNSTALL  
BAPTIST CHURCH



**invite the whole benefice to the following FREE events.**

**Fun@St Felix** – is a time for children after school on Tuesdays, in term time, 3.30 – 5 p.m. Mums and babes and toddlers stay if they want, have a cuppa and chat while the children play, do craft, learn about being Christian and our Bible.

This is followed by **Evnu** from 6 to 7.30 p.m. Each Tuesday in term. Christianity is the theme and it is open to all who are aged 11 to 18 plus.

**Hollesley Children's Church Club.** Thursdays after school 3.30 – 5 p.m. All Saints Church. **Evnu** follows from 6 – 7.30 please check before attending it is not always on.

**St Felix Fizzers** is Church for children aged 6-11. It is all new, great fun, run by the youth and full of energy, as well as 'thinky' bits! 3<sup>rd</sup> Sunday 3 – 4 p.m. and 4<sup>th</sup> Sundays 11- 12 as part of Communion Service.

**Evnu: God 'n' Chips:** Youth Church for 11- 18 somethings.

3<sup>rd</sup> Sundays 6 – 8 p.m. St Felix

Music and videos from main stream Christian Festivals and charts. Chill out time, get some prayer, make new friends.

**Café Respect,** St Felix. Drop in Youth Café, 13 – 19 years old. Opening again Friday, April 26<sup>th</sup> 7 – 10 p.m. Music, chat and a chance to chill.

## HALESWORTH COMMUNITY CHOIR CONCERT FOR WATERAID

Halesworth Community Choir concert for WaterAid, 7.30pm at The Cut, Halesworth. Proceeds will support WaterAid's campaign to bring clean water & sanitation to Malawi.

Halesworth Community Choir is supporting this year's "Sing for Water" project in aid of WaterAid. Money raised from this project will be used to bring clean water and sanitation to people in Malawi. "Sing for Water" involves performances of water-themed songs by massed choirs around the country; these have raised over £1 million for WaterAid's work since 2002.

Halesworth Community Choir will be performing at the event in London in



Halesworth Community Choir and Friends  
present  
**A CONCERT FOR WATER AID**  
*Singing wonderful songs from many different places around the world.*

**Saturday June 8th**  
**7.30pm TICKETS £10**

**The Cut Arts Centre Halesworth**  
Tel: 03003033211    boxoffice@newcut.org

September, but residents of Halesworth and surrounding areas can get a preview of the "Sing for Water" songs at Halesworth Community Choir's "Concert for WaterAid" at The Cut in Halesworth on 8th June. The concert will feature songs from across the globe, including one inspired by Sioux Indians in North Dakota and one from Lesotho. In addition to the "Sing for Water" songs, the choir will perform locally composed songs with a watery theme.

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THE SALON EXPERIENCE WITHOUT THE PRICE



## TIDE MILL MILLING DEMONSTRATION, WOODBRIDGE

Go along and see massive wooden wheels harness the power of the tide to produce flour the old way. You can see, hear and smell the process.

Woodbridge Tide Mill is an icon. The Mill produces flour which it sells with all proceeds going to maintaining this very old building and machinery. Given that this is a regular occurrence, Head Miller Dan and his team have made flour production a spectator sport so that visitors can come and see, hear, smell and taste it.

The Mill's friendly wardens will guide you around a host of interactive activities, unique computer generated imagery and children's activities to help you discover how the grain and ultimately the flour move around the Mill.

**Please check the website for exact dates and times of the demonstrations as these vary**



Photo: Suffolkcoast.co.uk

**depending on the tide times.**

**<https://woodbridgetidemill.org.uk/turning-milling-times/>**

Adult (16s+) £5.00 Child (5-15yrs) £2.00 Family (of four) £12.00 Family ticket – two Adults & two Children. Tickets can be purchased at the Mill

## SUFFOLK OPEN STUDIOS RETURNS IN JUNE



Photo: Suffolkcoast.co.uk

June 2019 sees the welcome return to Suffolk of the popular Suffolk Open Studios visual arts programme. Every weekend, artists across the county will be opening their studios to the public to allow visitors a unique opportunity to watch them at work and quiz them about their creative process.

This year's programme runs over all five weekends in June, commencing Saturday 1st, with over 100 artists taking part as well as eight galleries. All studios are open 11am-5pm and entry is free.

Participating artists come from every corner of the art world and will be showing pieces across a wide

choice of media covering every aspect of the visual arts. With work ranging from the strictly traditional to the highly abstract, there's something for every art lover.

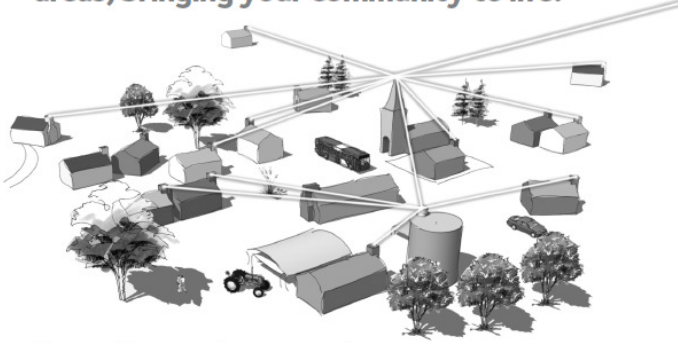
Full details appear on the Suffolk Open Studios website and in the 2019 directory.

Visitors can learn about participating artists, check opening times and plan your route by visiting the Suffolk Open Studios website at

**<https://www.suffolkopenstudios.org/>**

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You can report your changes over the telephone or online

Its quick and easy - Tell us now!



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- a change of employer
- an increase in hours worked
- a change to childcare payments
- an increase in private pension
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e: [info@snapehire.co.uk](mailto:info@snapehire.co.uk)

**01728 688241**

[www.snapehire.co.uk](http://www.snapehire.co.uk)



## THE MAVERICK FESTIVAL 2019 AMERICANA MUSIC FESTIVAL

**Friday 5 July—Sunday 7 July 2019**

The UK's first and finest Americana music festival - a celebration of American roots music presenting top talent from both sides of the Atlantic in the idyllic setting of Easton Farm Park!

Now in its 12th year, The Maverick Festival presents music, film and workshops featuring over forty international artists across five stages in and around the restored Victorian buildings of Easton Farm Park. On offer will be bespoke camping options, including Bell tents and teepees, as well as a general campsite set in rolling pastures adjacent to the showgrounds.

This award winning event is a family friendly affair with fine music, carefully selected local ales, and a wide range of delicious, quality food to cater for every taste, from vegan to carnivore!

Make sure you get your tickets in good time! See website for prices and all further details.

Email: [info@maverick.co.uk](mailto:info@maverick.co.uk)  
<https://maverickfestival.co.uk/>



Photo: Easton Farm Park

Event name:	The Maverick Festival 2019
Price:	Multiple prices - see website for further details.
Contact:	Email: <a href="mailto:info@maverick.co.uk">info@maverick.co.uk</a>
Address:	Easton Farm Park, Easton, Woodbridge, Suffolk IP13 0EQ
Opening Hours:	One off

## Anger Management Strategies

Taught to you on a 1:1 basis  
in 1 or 2 sessions

Tel Simone 07984099136

## Consumer Corner:

### Avoiding fake Facebook competitions:

### Evaluate the source and look for the blue tick

Perhaps one of the best ways to avoid fake Facebook competitions and giveaways is to evaluate where the posts or links come from before you do anything else. This means determining who is behind the promotion. Is it the actual brand or company, or someone anonymous or someone masquerading as a brand or company?

This is generally quite simple to do. If you see a Facebook post promoting a competition or giveaway, check if it was published by the *official* Facebook page for the company in question. Well-known companies are blue ticked, meaning they have a tick after their name to show they've been verified by Facebook. That way you know the post is legitimate.

When entering a competition or promotion via Facebook, don't

- allow yourself to be forced to share a link on your Facebook timeline to enter
- provide your Facebook login credentials
- install a Facebook app you don't trust
- pay anyone to receive a prize
- give away your sensitive banking information
- give away your contact details on a website you don't trust
- sign up for 'affiliate' offers, rewards programs or any type of subscription

All of the above was taken from the website: <https://www.thatnonsense.com/your-ultimate-guide-to-identifying-fake-facebook-competitions/>

There's a lot more good advice on this site on how to keep yourself safe on Facebook; make sure the whole family know...



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## Air Quality Workshops

20 June is Clean Air Day! To help raise awareness of the importance of improved air quality and the small steps we can all take to reduce air pollution, we are inviting schools from across East Suffolk to get involved.

We're looking for KS2 children to become School Air Quality Ambassadors and are holding two Air Quality Workshops:

- Tuesday 11 June - East Suffolk House, Melton (10am-12pm)
  - Tuesday 18 June - Riverside, Lowestoft (10.30am-12.30pm)
- During these workshops, children will collect and explore data on the sources of pollution in and around schools, as well as design their own Clean Air Superhero!

If your school would like to get involved, please email [environment@eastsuffolk.gov.uk](mailto:environment@eastsuffolk.gov.uk) to secure your spot

## Suffolk Day Community Marketplace



### Friday 21st June 2019

As part of the Suffolk Day celebrations, The Long Shop Museum will be showcasing a wide range of fantastic local charities, projects and community groups, together with information sources from in and around Leiston. Go along and discover what is on offer in Leiston and the surrounding area, we are sure you will be amazed at just what is available to everyone. Leiston WI will be joining in by serving homemade cakes and light refreshments in the pop-up café. Their unique 'Suffolk Punch' steam tractor will be in steam and join in for what will be a truly memorable celebration of our proud county of Suffolk.

## Dementia Friends FREE Session on 4 June

FREE Dementia Friends session. Find out how you can help make Rendlesham a Dementia Friendly village.

For all businesses, residents, carers, community groups and anyone who wants to make a difference.



## Dementia Friends

A Dementia Friends session gives us a better understanding of Dementia and the small things we can do to make a difference.

This session is for anyone that **lives** or **works** in Rendlesham, we want to make our community a happier place for those living with Dementia and their carers.



4th June 7pm - 8.30pm

**Rendlesham Community Centre**  
Free and refreshments provided

In partnership with Rendlesham Parish Council

No need to book - please just turn up!

## Chelsworth Open Gardens

### Sunday 30 June



Chelsworth is a picturesque village situated in the beautiful Brett Valley, just a few miles from Lavenham and is regarded as one of the prettiest villages in the country. This will be the 52nd year that residents in the village have opened their wonderful private gardens to the public on the last Sunday in June. This year's event will include cakes, teas and savoury refreshments, live music, plant and produce stalls, food, craft and other commercial stands. Proceeds from the event will be for All Saints Church, Chelsworth.



# Rendlesham Primary School Children Learn What it is like to be an Archaeologist for a Day

Rendlesham Primary School is involved in the community archaeology project run by Suffolk County Council Archaeological Service (SCCAS) called *Rendlesham Revealed: Anglo-Saxon Life in South East Suffolk* funded by the National Lottery Heritage Fund.

The project is working with local people to explore the irreplaceable archaeology of the Deben valley in the heart of the Anglo-Saxon kingdom of East Anglia; home to the princely burials of Sutton Hoo and the site of the royal palace recently discovered at Rendlesham. Together we will connect the unique stories of these internationally significant royal sites, putting them into the context of the wider Anglo-Saxon communities of which they were part.



In April, the Year 5 children at Rendlesham Primary School were asked to help SCCAS with their archaeological investigations by taking part in a Fieldwalking training session. Professor Tom Williamson from University of East Anglia led the training and taught the children how to Fieldwalk. Fieldwalking is a non-intrusive method of archaeological survey whereby artefacts are systematically recovered from the surface of a ploughed field and recorded, which can help to indicate what buried archaeological evidence might be hiding underneath the soil.

After an introduction about Anglo-Saxon life in the area and a chance to handle some real archaeological objects, the children took a short bus ride to a field nearby to have a go. The field had been marked out in grids and labelled so we knew where each object came from. The children were brilliant at searching for possible artefacts on the field's surface but had to be very thorough in their search as the field was very stoney.



They all placed their finds in corresponding labelled bags before heading back to the classroom to look at what they found. The children sorted, cleaned and identified the objects by discussing the appearance and age of each one, so they could begin to understand how archaeologists tend to find out about past human activity. They found a range of artefacts including post-medieval glazed pottery, a lot of ceramic building material (brick and tile), some fragments of slate and glass, and evidence of prehistoric worked flint.





"We were very fortunate that our Year 5 children were chosen to take part in this fieldwalking activity.



This has been a fantastic experience for our pupils. They were all so enthusiastic about finding objects and working with archaeologists to identify their finds. We are hoping that this will be the first of many opportunities that the children will have to work with the team from SCCAS to find out more about life in the past in our area" – Karen Howard, Teacher, Rendlesham Primary School.

"A big thank you to the children, teachers and parents who volunteered to take part on the day,



and to the landowner for his permission and support, to help us at SCCAS and UEA survey this new area. The results of the fieldwalking will be useful to combine with the past survey results from other areas of Rendlesham to help us build a better picture of how the landscape was used by humans through time." Alice Saunders, Project Delivery Officer, SCCAS

*Rendlesham Revealed* is in its 1-year planning phase thanks to National Lottery funding and SCCAS are seeking a second grant from the National Lottery Heritage Fund to continue the project for a further 4 years which, if successful, will start in 2020.



Find out more about the archaeology at Rendlesham and the upcoming project on the Suffolk Heritage Explorer website: <https://heritage.suffolk.gov.uk/rendleshamrevealed>

You can also follow on Twitter: [@SCCArchaeology](https://twitter.com/SCCArchaeology)  
Like on Facebook: [@SCCArchaeologicalService](https://www.facebook.com/SCCArchaeologicalService)  
Follow on Instagram: [@SCCArchaeology](https://www.instagram.com/SCCArchaeology)

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## Boardwalk News

### Toddler & Baby Group

Starting up in June on Monday mornings we have Toddler and baby group 10.30-12.30 with toys and crafts. £2.00 per child.

Chef's days off are Monday and Tuesday but we can do a light lunch ...sandwiches, 'something on a boat' etc

Full menu Wednesday 'til Sunday

### Other events to look forward to:

#### Friday 14<sup>th</sup> June

Bruce Aldridge  
Swing Jazz Singer  
7.30pm free entry

#### Saturday 22<sup>nd</sup> June

Gin evening  
Come and try out a variety of gins and different mixers – special offers

#### Tuesday 25<sup>th</sup> June

Pamper Evening 7pm  
Gel nails  
Massage  
Body Shop  
Scentsy  
Among other treatments

#### Friday 28<sup>th</sup> June

Karaoke  
"Cookie" Karaoke

#### Monday 1<sup>st</sup> July

Pixie Jo  
Decoupage class  
Make a bottle or demi-john

#### Thursday 4<sup>th</sup> July

American Independence Day  
Burgers and hotdogs

#### Saturday 6<sup>th</sup> July Disco

#### Saturday 27<sup>th</sup> July

Country and Western  
Fancy dress optional

## THE PIGLET, JUNIOR HOG - OBSTACLE COURSE

Join East Anglia's Children's Hospices (EACH) for a BRAND NEW route from the team that brought you The Whole Hog and The Boss Hog.

The Piglet, Junior Hog is the entry level version open to those who wish to run with children (8+years) and their family around an obstacle course, or those looking for a shorter route than the usual Whole Hog.

There are two routes you can choose to take part in:

2km (8+yrs) 10+ obstacles. 8 to 11 year old children must be accompanied by an adult aged 18+. One adult per child.

4km (12+yrs) 20+ obstacles

You also have the option to choose from 5 wave times:

9.30am, 10.00am, 10.30am, 11.00am, 11.30am

The event opens at 9am and we kindly ask all participants to register 30 mins before their selected wave start time. For both we guarantee a family fun-filled day complete with obstacles, water and lots of mud!

[treehouseappeal@each.org.uk](mailto:treehouseappeal@each.org.uk)



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Soft Drinks

Spirits

Ales, Lager & Cider on Draught

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Sun 10am-10.30pm

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The Village Centre  
Rendlesham  
IP12 2GG

 Boardwalk-Rendlesham 01394 460602

Events:

Disco's

Birthdays

Country Market  
karaoke

Pamper Evening

Local Talks



# Greener Rendlesham

## JOIN THE LOCAL PLASTIC ACTION CHAMPION!

**A chance to “Do your bit” at the Rendlesham Show on 8th June**

So many people come to our wonderful Rendlesham Show every Summer, and the numbers are growing. What happens – the more visitors we have, the more drinks are enjoyed on the day. That means we have a growing number of plastic bottles and drinks cans to be collected, sorted and sent for recycling!

The good news is, Greener Rendlesham has a new “Plastic Action Champion” – one of only 10 in the County (so far). This has inspired us to provide a mobile “Bottle and Can Collection” service at the Rendlesham Show this year. There will be two or three volunteers walking up and down between the stalls, collecting your empty plastic drinks bottles and cans – So look out for your friendly “Bottle and Can Collector” and be sure to do your bit for recycling in Rendlesham.

### **WEAR THE CROWN**

Each Bottle and Can Collector will be wearing a green “crown” and carrying a collection bag. You too could be wearing a Champion Collector Crown – just volunteer to be a Champion Collector for an hour or half-an-hour on the day. Just send your name and age to ‘greener.rendlesham@uwclub.net’. Everyone is welcome to help, but if you are under 16, you need an adult to accompany you please. Or you can phone Bryan on 01394 460074.

By the way, if it’s rainy (!), look out for the GREEN UMBRELLAS.

\*\*\* SEE YOU THERE! \*\*\*

To find out more about Plastic Action Champions, and whether you might like to become one yourself, visit <http://www.eastsuffolkpartnership.org.uk/news/view/81>

## Greener Rendlesham



present

# JUST



## ENVIRONMENT?

AN ILLUSTRATED TALK by Chris Bennett FOR THE  
CARING – THE CURIOUS – THE CONFUSED

ON THIS STUNNINGLY COMPLEX ISSUE

with plenty of time for your questions, opinions,  
conversation and, hopefully, some useful thoughts!

## WHY CARE?

Rendlesham Community Centre

Friday 14<sup>th</sup> June, 7:30pm

## Wanted... Newsetter Distributors

Can you spare an hour or two a month to  
deliver the Rendlesham Newsletter?

We need people to help the newsletter in

**Redwald Road**

If you can spare an hour or two a month please  
get in touch.

Contact the Clerk on 01394 420207 or email:  
admin@rendleshampc.org.uk Thank you



## Rendlesham Care Centre Summer Party

Donations for Raffle Prizes which can be dropped off to our Reception between now and the week of the event.




## FATHER'S DAY MODEL RAILWAY SHOW



A new event from last year which proved to be a success so its back for another. This is a celebration of model railways and the displays that railway modellers produce. Fun for all the family and plenty of things to do to suit everyone. A spectacular celebration of Model railways on Father's Day, Sunday the 16th June. The Model Show is our new event from last year, with full size and miniature steam engines being demonstrated in all their working glory, complete with railway layouts in many different gauges for all ages to enjoy.

It runs from 10am to 4pm and highlights the skills of the railway modeller, there will be our popular Barbeque offering local burgers and sausages, plus our pop-up café will be serving homemade cakes & savouries.

Ticket prices are £8 adults / £5 Children; annual passes will not be valid for entrance on event days. For details of this and other events at the Long Shop, go to [www.longshopmuseum.co.uk](http://www.longshopmuseum.co.uk).



Citizens Advice provides free, confidential, impartial and independent advice to help people overcome their problems and find a way forward whatever difficulties they face. You may be facing a crisis, or just considering your options, or would like advice on debt, budgeting, benefit, housing or employment problems.

Advice session taking place in

**ALDERTON SURGERY**

**7<sup>th</sup> JUNE, 5<sup>th</sup> JULY, 2<sup>nd</sup> AUGUST 2019**

**10.00 – 12.00**

Drop in to speak to an advisor

For further information on Citizens Advice please contact Leiston Citizens Advice 01728 832193.

Or call our national Adviceline phone service 0300 330 1151

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)



A family fun day at Suffolk Food Hall in our front paddocks, enjoy lots of activities, entertainment, food & drink on the day after Suffolk Day.

A Suffolk Family Fun Day for all of the family, enjoy Free Entry and Free Parking to our early summer fun day. With lots of activities, entertainment, food and drink to enjoy on the day from 10:30am until 3:30pm.

We are also on the look out for extra entertainment providers and vendors, please contact [events@suffolkfoodhall.co.uk](mailto:events@suffolkfoodhall.co.uk)



**GREEN  
PRINT**



### Open Forum on Active & Sustainable Travel

**5th June—World Environment Day**

**6.30pm to 9.30pm**

**East Suffolk House, Melton IP12 1RT**

Join us for a forward looking conversation on how we can move towards a more sustainable way of getting about in East Suffolk and help us explore themes such as:

- What are the needs and aspirations of communities?
  - What are the obstacles to change?
  - What role do electric vehicles have?
  - What about community car clubs?
  - How can businesses do their bit?
  - What help does your project need?

This event is being organised on behalf of the East Suffolk Greenprint Forum and is open to anyone with an interest in sustainable and active travel.

You may be a Parish or Town councillor keen to serve your community, the representative of an organisation with an innovative project, or a business owner who wants to help their employees to commute smart— or simply an individual interested in the issues.

Booking is essential to assist us in planning the event effectively.

This is YOUR event. In order to help us to make this event as useful and relevant to you as possible, please let me know at the time of registration if there are any particular questions, issues, or ideas that you would like the event to explore.

Please book by 24 May to reserve your place:

[greenissues@eastsuffolk.gov.uk](mailto:greenissues@eastsuffolk.gov.uk)

01394 444747



## Rendlesham Good Neighbour Scheme

If you need help, advice, or are temporarily in need

Leave a message or request with your details

[RendleshamGNS@gmail.com](mailto:RendleshamGNS@gmail.com)

Could we help  
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Phone line open Mon - Fri, 9am-5pm

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We can help you get back on your feet after a stay in hospital. We can help with:- Shopping, Hospital runs, befriending, advice, gardening, cleaning, repairs etc. to help you if you are temporarily disadvantaged. Picking up prescriptions, Non-medical help, or just being there to help when needed!

Just let us know as soon as possible when you're likely to need this service, and one of our volunteers will contact or visit you at home to see how we could help you. This is mainly aimed at those who live alone but also those who particularly need extra help in times of need.

**We all need friendly help at one time or another!**

**Good Neighbours often make good and helpful friends who are there when the need is great**





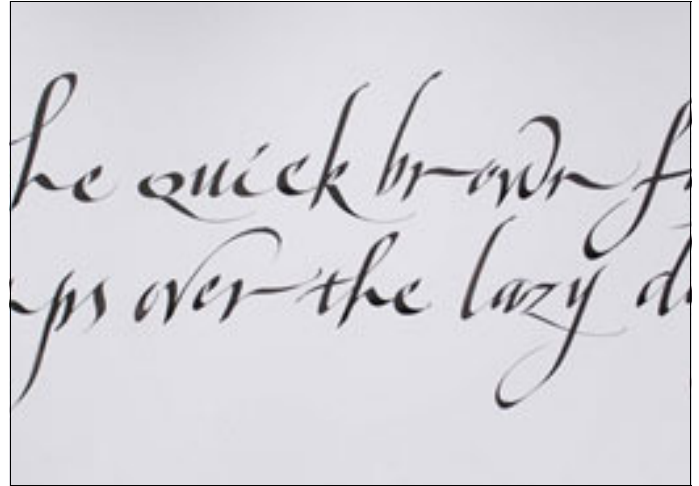
**First Light Festival** is a brand new, FREE 24-hour festival for the UK.

Join us in Lowestoft to celebrate the first light of midsummer's weekend at Britain's most easterly point.

The festival will run continuously across the summer solstice weekend, **22nd-23rd June** with music, dance, film, talks, walks, sports and workshops as well as the best local and regional food, drinks and produce.

There is something for everyone - check out the What's On page, sign-up to the newsletter or follow on Facebook.

[www.firstlightlowestoft.com](http://www.firstlightlowestoft.com)




### Art of Calligraphy

Renowned calligrapher **Gaynor Goffe** will be teaching a one-day workshop for beginners and improvers alike at **The Lettering Arts Trust**, Snape Maltings.

**Weds 12th June | 10am - 4pm**

Come and be inspired by the range of lettering in our shop and gallery while perfecting your calligraphy techniques. Max of eight students and we provide all the materials you will need.


To book your place, £75 per person, buy a gift voucher, or to find out more about this and other training programmes, call 01728 688393 or <https://www.letteringartstrust.org.uk/course-calendar/june2018-calligraphy-workshop-eez2c>



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# Deben Community Farm

## See you at The Rendlesham Show on 8 June

We'll be there with some of the farm animals including hens, ducks, lambs and goats, and maybe a rabbit or two! We'll be near the classic cars.

Plus we'll have a super local produce hamper for a lucky person to win!

In the meantime the polytunnel is in full production with cabbages, beans, strawberries, spinach, tomatoes, potatoes, carrots and salad leaves.... It's going to be a bumper harvest!

Interested? Get in touch through our website [www.debencommunityfarm.co.uk](http://www.debencommunityfarm.co.uk) or Facebook DebenCommunityFarm



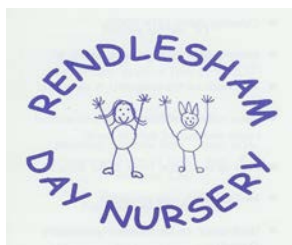
Photo: Deben Community Farm

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Call 01394 420581 or go to [www.rendleshamdaynursery.co.uk](http://www.rendleshamdaynursery.co.uk)

Breakfast and After School Clubs and pick-ups at Rendlesham School



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Monday 24th June  
7.30pm - 9.30pm

Ryan Gooding is quickly becoming one of the most talked about psychic mediums in the UK. After a successful few years branching out as a professional psychic, Ryan has already made quite an impact, being shortlisted in the Top 5 'Best Loved Psychic Mediums' in the UK.

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## Southwold Arts Festival

**Saturday 22nd June - Saturday 29th June 2019**

The Southwold Arts Festival returns to showcase talent in and around the iconic seaside town. The programme will feature music, theatre, poetry, visual arts, family events, talks, discussions, literature and more. The street fair is always a favourite, where the town joins in with the annual fancy dress and window display theme, and line the streets with stalls whilst a stage showcases local acts. A full programme of events is available on the Southwold Arts Festival website.



## Runway Dress Agency

### Recycling Fashion Opening on the 1st June

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01394 460762 to book in your  
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## TUNSTALL NETBALL CLUB

**We are very pleased to announce that Tunstall Netball Club is starting netball sessions for the U11's and Adult's looking to get Back into Netball! All sessions are coach-led and back to basics so all ability, shape, size and fitness level welcome!**

**Under 11's (boys and girls)**  
**When: Friday's 5-6pm (starting Friday 7th June 2019)**  
**Where: Tunstall Community Centre, Tunstall (behind the pub)**  
**Cost: £2.50 per session**

**Adults**  
**When: Friday's 6:30-7:30pm (starting Friday 7th June 2019)**  
**Where: Tunstall Community Centre, Tunstall (behind the pub)**  
**Cost: £4 per session**

**Contact: [tunstallnetballclub@gmail.com](mailto:tunstallnetballclub@gmail.com) to register your interest but no requirement to pre-book. All coaches are DBS checked and hold the relevant Safeguarding and First Aid qualifications**




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[www.suffolk.gov.uk/schools](http://www.suffolk.gov.uk/schools)

Blue Badge issue?

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[www.suffolk.gov.uk/helpforadults](http://www.suffolk.gov.uk/helpforadults)

**Contact me**




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## Health Walks

**Details of all these walks can be found on the Health walks website;**

<http://www.walkingforhealth.org.uk/walkfinder/east-england/suffolk-stepping-out-suffolk#walks>



## Dog fouling incidents

Latest dog fouling incidents reported:

## Rendlesham Primary School

Please report fouling to:  
Suffolk Coastal District Council  
01394 383789 and/or  
Rendlesham Parish Council  
01394 420207  
E: [admin@rendleshampc.org.uk](mailto:admin@rendleshampc.org.uk)



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### Dance classes at Rendlesham Community Centre

Telephone: 07940469026

Email: [chloe.kinrade@hotmail.co.uk](mailto:chloe.kinrade@hotmail.co.uk)

Facebook: [chloekinradeschoolofdance](https://www.facebook.com/chloekinradeschoolofdance)

**\*\*\*Classes also held at Wickham Market\*\*\***

## ELECTRICIAN

### PAT Testing-Inspections-Fault finding

Extra sockets, lighting circuits installed  
Showers and storage heaters fitted

Upgraded and replacement fuse boards supplied

Garden lighting, sockets or power point for water features ect

House extensions or complete refurbishment work undertaken

Replacement cookers/ovens installed

Minor works welcome. Quality assured professional service.

### T W Electrical Services.

Telephone 01394 421702

Mobile 07773247905

24 hour call out available



Thoughtless dog owners

**We're watching you!**

9 out of 10 dog owners  
clean up after their dog.  
Are you the one who doesn't?

Bag that poo, any rubbish bin will do





## Woodbridge Camera Club



Last month's 'Practical Evening' – Still Life & Macro was a great success with 29 keen photographers buzzing round the workshop event. Feedback was very good and we look forward to further events on new subjects. In June we have a member's outdoor shoot and on the 16<sup>th</sup> July we have a Print Competition "Up Close" Judged by Peter Norris AFIPA DAPG BPE4\*.



## Heveningham Hall Country Fair

**Saturday 22nd June - Sunday 23rd June 2019**

Head to the Heveningham Hall Country Fair for a fantastic day out of attractions, animals, entertainment, food & drink and shopping. The event is most famous for its amazing display of classic vehicles which sit outside the front of the grand hall on the pristine gardens, quite the spectacle. From bungee jumps to nature corners to pigmy goats, there is something for everyone at this country fair. The event will be open from 10 am - 5 pm each day. Visit the country fair website to book tickets and avoid disappointment.

## 2019 Annual General Meeting of the Friends of Woodbridge Library (FOWL)

This will be the first General Meeting of The Friends of Woodbridge in its new status as a Charitable Incorporated Organisation (CIO). Its prior status was as an unregistered small charity. This change was agreed by the members at the 5<sup>th</sup> AGM of the Friends of Woodbridge Library (FOWL) held a year ago, and ratified by the members at the 1<sup>st</sup> General Meeting held immediately following.

This AGM will be held at 5pm on Friday, June 14<sup>th</sup> at the Woodbridge Library, New Street, Woodbridge IP12 1DT.

All Members of FOWL are invited to attend.

The meeting will be brief as the written materials will be circulated in advance. Attached to this email please find minutes of the 2018 AGM, and the Agenda for the 2019 AGM. The Trustees Report and Accounts will be circulated in another email prior to the meeting.

The meeting will include the election of up to 4 trustees. (Members of the Committee which manage FOWL). All FOWL members are welcome to stand for these positions.

While all members are urged to attend, and admission to our AGMs is free to all, it would be helpful if those planning to attend would let us know by emailing [friendsofwoodbridgelibrary@gmail.com](mailto:friendsofwoodbridgelibrary@gmail.com). This is only to aid in the setting up of the meeting. Members without email are being sent this by post.

Following the meeting there will be a social hour. This is an opportunity for members to enjoy a glass of wine, to meet other members as well as the Trustees, and to raise any matters of interest in an informal setting.

Kay Yule  
Chair of FOWL



## Local farmers' markets

### Snap Maltings Farmers' Market

(1st Saturday, monthly)

9.30am - 1pm. <http://www.snapemaltings.co.uk/>

### Jimmy's Farm - Wherstead, near Ipswich

(1st Saturday, monthly) 10am - 2pm.

<http://www.essexpigcompany.com/>

### Manning's Amusement Park, Sea Road, Felixstowe

(2nd Saturday, monthly) Open from 10am, [http://](http://www.manningsamusements.co.uk/page_12.html)

[www.manningsamusements.co.uk/page\\_12.html](http://www.manningsamusements.co.uk/page_12.html)

### Halesworth Producers' Market

(2nd Saturday, monthly) From 9am to 1pm, The Old Print Works, Halesworth IP19 8AP.

### Woodbridge Farmers' Market (2nd Saturday, monthly)

From 9am to 1pm at Woodbridge Community Centre.

<http://www.woodbridgefarmersmarket.co.uk/>

### Aldeburgh Farmers' Market (3rd Saturday, monthly)

9am- 2.30pm, Aldeburgh Parish Church Hall

### Wickham Market - Monthly afternoon (3rd

Wednesday, monthly)

The Hill, Wickham Market (the Square)

Contact: Teapot Tearoom (Margaret) tel. 748079 or see [www.wickham-market.org.uk](http://www.wickham-market.org.uk)

## Tunstall & District Bowls Club

Following a well attended working party when buildings, seating and practically anything else that didn't move received refurbishment and the Club House was spring cleaned by Di and Maureen. The long awaited opening of the outdoor season took place on Saturday 13 April in cool and breezy conditions with a good turnout of members. Following a welcome from the Chairman, the members 'paired' up and enjoyed keenly fought but very friendly games. The green played well considering the drenching it received beforehand.

Even more members turned up the following Saturday (Easter) in completely different weather, very warm and still conditions - ideal for bowls. Two new members were present.

We are still hoping to recruit new members. If you are looking for new friendships, gentle exercise and competition, look no further. Come along and help this long established Club to continue and flourish. How about it? Come along and give it a try. You won't regret it.

Eric Burman, Chairman 01728 688212

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## BIRTHDAY CELEBRATION WEEKEND 1<sup>ST</sup> – 2<sup>ND</sup> JUNE



The Station House celebrates its 2<sup>nd</sup> birthday since reopening and the 160<sup>th</sup> anniversary of the original East Suffolk Railway

Join us for all or part of the weekend - old friends and new are all very welcome

### OUTLINE PROGRAMME

#### **SATURDAY 1<sup>st</sup>**

8.45am

Walk to Launch from Melton Station to Campsea Ashe

12.00noon-6pm Birthday party, talks, exhibition, open house and refreshments

#### **SUNDAY 2<sup>nd</sup>**

9.30am

Campsea Dash 5k Fun Run

11.00am-4.00pm

Talks, exhibitions, open house and refreshments

#### **Walk to Launch, Saturday 8.45am**

Station-to-station 6-mile walk, led by trained walk-leader Maggie Singleton. Meet at the Station House 8.45am for 9.07am train with free passage to Melton station and walk back through Bromeswell, Ufford and Loudham. No stiles. Dogs on leads welcome. Further information and to book, phone 07856 810828 or email

[rosamund@stationhousecampseaashe.co.uk](mailto:rosamund@stationhousecampseaashe.co.uk).

#### **Birthday party, Saturday 12.00noon**

Food, cake and refreshments, that popular refrain plus a few other surprises!

#### **Talks, Saturday 2.00 & 4.00pm & Sunday 12.00noon & 2.00pm**

- Portrait of international railway architect, Francis Thompson
- Son of Woodbridge, who designed the Station House and others along the East Suffolk Line and beyond. Illustrated talk by Bob Webb
- The station in Campsea Ashe during the 1950s and its contribution to local railway history
- Illustrated conversation with Norman Lloyd and Bob Webb

Digital Display, Saturday & Sunday

Local engines on the East Suffolk Line through time - selected photographs and video footage

Campsea Dash 5k Fun Run, Sunday 9.30am

Circular fun run for all ages, starting and finishing at the Station House, led by Todd Strehlow and Danielle Wilson. Meet at the Station House at 9.30am. Further information and to book, phone 07856 81082 or email [rosamund@stationhousecampseaashe.co.uk](mailto:rosamund@stationhousecampseaashe.co.uk)

Disclaimer: Whilst we endeavour to make the walk and fun run as safe as possible, please note that everyone participates at their own risk. Station House Community Connections is unable to accept responsibility for loss, accident or injury caused to any person.

## **Eyke Fete**

The Fete in Eyke this year will be held:

**In the garden of The Old Rectory**

**on Sunday 21<sup>st</sup> July commencing at 1.00pm**

There will be all the usual stalls and entertainment including live music, barbecue and teas. Something for all the family.

Mike Fisher, Churchwarden,  
All Saints, Eyke

## **Woodbridge Art Club Summer Exhibition**

The exhibition is on every weekend and bank holiday, 10am-5pm, until the end of September. Entrance is free.

There are paintings, pottery and lace made by club members - many of these are for sale.

Membership is very reasonable at £55 per year.

Recent events on Wednesday evenings have included talks, and displays by local artists.

Further details can be found on Facebook (Woodbridge Art Club).

## Woodbridge Probus

A wonderful second episode completing the history of Shingle St by Sarah Margittai for our May 13th meeting.

Our member Peter Youngs takes up the baton for our next meeting on Monday June 3rd.

During the dry weather you have all seen the machines watering the crops in the Suffolk countryside and Peter has extensive knowledge of this from his original job managing the vegetable crops on the Broxstead estate at Sutton and his retirement job managing the East Suffolk Water abstractors group, looking after the interests of irrigators. H

e will explain why irrigation is so important, how it is done and where the water comes from; cover the legislation affecting abstraction before looking at future supply challenges and potential new sources of water in East Suffolk. A fascinating insight into problems that most of us know little about.

Probus is a club for retired business and professional men which meets at Woodbridge Golf Club on the first Monday of each month. A delicious lunch in good company followed by a fascinating talk. A wide range of subjects is covered each year.



Photo: donated

There are outings and a ladies summer and Christmas lunch annually. Have a look on our website.

[woodbridgeprobus.org.uk](http://woodbridgeprobus.org.uk) or you can call or text Ray Hooper our secretary on 0751122454



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### **Saturday 1<sup>st</sup> June – Friday 28<sup>th</sup> June - ArtLib – Photography by Brian Beaney, FRPS**

Brian is renowned for his work based on images captured on the east coast of England. He was awarded a fellowship distinction with the Royal Photographic Society in 2005 for a panel of images of coastal scenes, upon which he worked for over three hundred hours during a period of twelve months. He painted digitally with light, to create mood and atmosphere, and using imagination to epitomise the peace and tranquillity of the scenes. Brian approaches his photography from an artist's point of view - the photograph being the source of inspiration. The image is altered to improve the composition, with some elements subject to movement or enlargement. Foregrounds can be added or expanded. Retouching and atmosphere are painted in layers. All of this is achieved in Photoshop.

Exhibited, and awarded a medal, by the London Salon and as far afield as Australia and the U.S.A, Brian has been featured in several photographic publications and his work was used in Russia by the RPS as an example of quality required for distinctions. Recently he had a retrospective exhibition at Wingfield Barns.

Brian also now creates abstract art using a variety of mediums although mainly working with acrylics. His painting 'Organic Abstract' was accepted by Ipswich Art Society and formed part of the exhibition housed in the Ipswich Art Gallery during 2018.

### **From 3<sup>rd</sup> June until Monday 24<sup>th</sup> June – Woodbridge Regatta & Riverside Display**

The 2019 Woodbridge Regatta & Riverside Fair is confirmed for Sunday 23<sup>rd</sup> June from 12 noon. This year it will be celebrating 181 years of regattas on the River Deben in Woodbridge and forms part of the Suffolk Day celebrations. Where better to bring the whole family for a great day out?

### **Tuesday 4<sup>th</sup> June, 12.45-1.30pm – Lunchtime Music with guitarist Ian Kelleher**

Paying a return visit to Woodbridge Library, Ian is a classical guitarist who teaches in schools in Essex and Hertfordshire, runs a guitar club and performs widely in East Anglia. He has also toured India widely where his playing received rave reviews. The concert is free of charge but donations to the work of the Friends of Woodbridge Library are very welcome.

### **Friday 7<sup>th</sup> June & Friday 21<sup>st</sup> June, 10.30am-12.30pm – Active Lives Singing Group**

Feel your spirits lift and find a new confidence in

singing. Learn some new songs and learn harmonies to songs you know. Improve your breathing, your circulation and have some fun! Take some time out to relax and make music with others. £5 per session. For more information call Gina Silburn or Julie Stokes on 01473 345350 or visit the Active Lives website [www.activlives.org.uk](http://www.activlives.org.uk)

### **Saturday 8<sup>th</sup> June, 10.15-11.45am - Talk by Mia Philips (Well-being Coach & Three Principles Practitioner)**

Please join us for an informal talk by Mia Philips, (Life Coach), on parenting from a fresh perspective. Mia will share the work of Sydney Banks and other non-dual teachers whose work uncovers a radical approach to mental and emotional wellbeing and resilience. We will look at the foundations behind our human experience and how to access our innate mental health, which is never lost but can be over looked. There are no techniques and nothing to learn, but with an understanding of this paradigm you will have effortless access to more peace of mind; freedom from stress, anxiety and destructive habits and behaviour; and more compassion and forgiveness - all of which make for a more graceful and grounded parenting style! Please come along and join our informal conversation from 10.15 - 11.45am. £7 on the door.

For more information please visit [www.facebook.com/SC3PC](http://www.facebook.com/SC3PC)

### **Tuesday 11<sup>th</sup> June, 10am-12 noon – Realise Futures Walk-In Advice & Guidance Session for People with a Learning Disability and/or Autism**

Come along to a Realise Futures walk-in advice and guidance sessions. They can provide support, advice or information on housing, employment, benefits, training, money, travel, safety, health, bills/ letters, social. There is no need to book an appointment.

Contact Realise Futures to find out more about this service and what's happening in your local area.

07753 447607 [info@realisefutures.org](mailto:info@realisefutures.org)

[www.realisefutures.org](http://www.realisefutures.org)

### **Tuesday 11<sup>th</sup> June, 2-5pm – Healthy Heart Drop-In Event**

Come and meet the professionals. Organised by the Patient Participation Group on behalf of Little St John's Street Surgery. Free tea and coffee.

### **Saturday 22<sup>nd</sup> June, 7-9pm - Diabetes UK Fundraising Event**

Hosted by Woodbridge Library, this evening will have a Caribbean flavour with guest speakers, storytelling, and music from Guter Jose Narciso. Tickets are £10.00 and can be reserved by contacting Woodbridge Library on 01394 330855.

### **Citizens Advice Bureau**

Someone from the CAB is available for help and advice every Monday between 10am and noon.

# Pitstop ... Summer Programme of Fun!

Open throughout the Summer Holidays

(excl weekends and bank holidays)

8am—6pm

At the Deben Community Farm  
Saddlemakers Lane, Melton

**Trips (see the Summer Trip Programme)**

**Willow Workshops making giant butterflies, flowers and more**

**Farm Activity Sessions with the animals**

**Lots of Crafts**

**Woodland Activities in our private woodland, Den Building and lots and lots of fun!**



Limited Spaces!

## Pitstop Summer Trip Programme 2019

Wednesday 24 July  
Hollowtrees Farm

Meet and feed the animals, experience a trip on the tractor and trailer ride, explore Pogo's Pit to discover rope swings and climbing poles and lose all that energy in the play area!



Wednesday 31 July  
Crabbing at Walberswick & picnic on the beach

Competition to catch the most crabs and the biggest crab at the place which hosts the National Crabbing Competition. Bring buckets and spades for the beach!

Wednesday 7 August  
Forest Adventure  
Rendlesham Forest

A huge forest of fun and adventure - orienteering, den building, forest games and jungle survival!



Wednesday 14 August  
A Day of Summer Fun!



Lots of exciting activities including a trip to Kingston park, smoothie making, water and bubble play and a yummy BBQ!

**PLUS... New for 2019... held at the farm**

**Willow workshops** on 25, 30 July & 6 August  
Make a giant butterfly, flower or streamer

**Animal Sessions** on 15, 20 & 29 August

Get up close with the farm animals.... Try your hand at being a farmer!

All trips are strictly on a first come first served basis and all bookings must be made through  
Sasha Heelis: Text/phone: 07725 520595  
Email: pitstop.enquiries@gmail.com



# Pitstop



www.pitstop-oosc.co.uk

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Our sessions are

9am-12pm and

12pm-3pm term time



## After School Club

Pick ups from all local schools

Craft, sport, gardening, cooking

Discounts for siblings

Open Monday to Friday during term time (excl Bank Holidays) from 3.15pm to 6pm



**ACTIVITIES**  
★ ★ UNLIMITED

## Holiday Club

Based at the

Deben Community Farm, Melton

Woodland activities

Feed the animals, egg collecting

Crafts, trips, den building

Open 8am—6pm for 2 years +  
(excl Bank Holidays)



Contact us on 01394 388033 or 07732 681125 or E: enquiries@pitstop-oosc.co.uk



## Hollesley Fete and Fun Dog Show Saturday 29<sup>th</sup> June 12:30

Hollesley Village Fete has established itself as a "must visit" event in recent years.

**The kid's zone has lots of new games for everyone to enjoy. There will be music from an old fashioned Wurlitzer and entertainment from Hollesley School.**

Along with the usual stalls, and side shows, the Fete on Saturday June 29<sup>th</sup> will include a display of model boats from the Gipping Valley Model Boat Club, Coconut Shy and Smash the Plate.

A delicious BBQ will be available from 12.30 and of course there will be Beer, Tea, coffee, squash, icecream and cakes available all afternoon.

Don't forget to purchase your Grand Draw tickets for the chance to win a massive £200 first prize and many other fantastic prizes.

The Dog Show starts at 12.45pm with six fun classes and the Best in Show.

The proceeds from the day will be divided between various Village Groups and Projects.

## Rendlesham Youth Group

**Tuesdays** 6:00 - 8:00 pm  
Y4—Y6

**Wednesday** 7:00 - 9:30 pm  
Y7 +

**Thursday** 7:00 - 9:30 pm  
Y7+

**Community Centre, Walnut Tree Avenue**

**X Box, Minecraft, Lego, Board Games, Table Tennis, art & Craft, Books, Pool, snack and lots more every Tuesday from 6-8pm. Subs £1.**

**Every Wednesday and Thursday, Pool, Tablets, Xbox, Table Tennis, Tuck Shop and more.**

## Sudoku Challenge

In a Sudoku you fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. There is no math involved. The grid has numbers, but you don't have to perform any calculations. You just solve the Sudoku with reasoning and logic.

The Sudoku starts with a partially filled grid that you must solve following the rules above. If you complete the grid, you've solved the Sudoku. Depending on your skill and experience your solving time for a Sudoku will typically vary between 10 to 30 minutes.

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



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## Rendlesham Children's Centre

Sycamore Drive,  
Rendlesham IP12 2GF



### Opening Hours:

Monday- 8:30am - 4:00pm  
Tuesday- 8:30am - 4:00pm  
Wednesday- 8:30am - 4:00pm  
Thursday- 8:30am - 4:00pm  
Friday - CLOSED

Rendlesham Children's Centre is part of the Suffolk Health and Children's Centre Service.

We are a place where families with young children under 5 can go to access a range of activities and support services.

Pop in to pick up a copy of our latest timetable and see what we have to offer.

**Please call (01394) 462191 for more information**  
**Email: [rendlesham@suffolk.gov.uk](mailto:rendlesham@suffolk.gov.uk)**

**Facebook – please like our page and search as:**

**Kesgrave, Caterpillar and Rendlesham Children's Centres**



## Need a local venue?



CALL US NOW to discuss your meeting or event booking on 01394 46 00 05, or email [rendlesham.commcentre@gmail.com](mailto:rendlesham.commcentre@gmail.com)

**Rendlesham**  
M: 07599 998974 COMMUNITY CENTRE



## Woodbridge Art Club Summer Exhibition

The exhibition is on every weekend and bank holiday, 10am-5pm, until the end of September. Entrance is free.

There are paintings, pottery and lace made by club members - many of these are for sale.

Membership is very reasonable at £55 per year.

Recent events on Wednesday evenings have included talks, and displays by local artists.

Further details can be found on Facebook (Woodbridge Art Club).

If you use an advert please mention that you saw it in the Rendlesham Newsletter



**MONDAYS 7.30PM**

**Wickham Market School**

\*\*\*\*\*

**WEDNESDAYS**

**5.30PM + 7.30PM**

**Rendlesham Community Centre**

**TEL KATE: 07825210252**

**slimmingworld.co.uk**  
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Forest Bathing, is a unique experience and a beautiful way to immerse yourself in the therapeutic powers of the woodland. Learn about the latest medical research in to the health and well-being benefits of spending time under the canopy of trees, with our expert partner Holistic Healing Therapy. Forest bathing is the practise of bathing all of the senses whilst taking in the forest atmosphere, it's a slow practise, guiding you through a series of gentle exercises designed to restore you both mentally and physically.

Regular forest bathing has been shown to lower blood pressure, reduces stress, improves empathy and creativity and can help to boost your immune system!

[minsmere@rspb.org.uk](mailto:minsmere@rspb.org.uk), phone: [01728 648301](tel:01728648301)

## Who Are You Looking For?

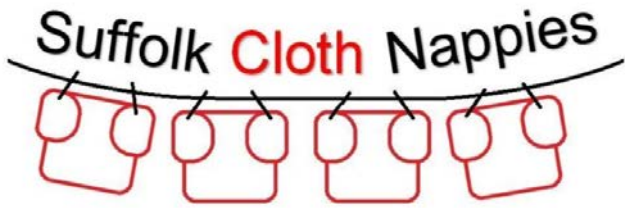
It's difficult to imagine a more stressful experience than what the disciples went through as they witnessed the suffering of Jesus their Lord. They were crushed emotionally, mentally and spiritually. The One who had been their Rock and Source of Comfort had been crucified and buried. Where would a glimmer of hope that would lift their broken spirits come from, now that Jesus was gone?



Mary Magdalene is a great example of how crushed the women and the disciples were. Jesus found her at the tomb and asked her, two questions: "Why are you weeping?" and "Who are you looking for?" Jesus revealed that He cares about us when we hurt and are crushed by the stresses of life. He continued to appear to his disciples and others to comfort them and let them know that He indeed had risen victorious over the grave.

There is a great old hymn that is one of my favourites, "It's Just Like His Great Love." The words in the chorus are: "It's just like Jesus to roll the clouds away. It's just like Jesus to keep me day by day. .... It's just like His great love." **Who are you looking for when you are weeping?**

**Rev. Frank Thompson**  
Faith Baptist Church, Bromeswell



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f [www.facebook.com/suffolkclothnappies](http://www.facebook.com/suffolkclothnappies)

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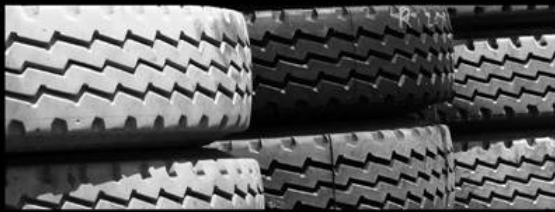


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Contact Rendlesham Parish Council to book  
admin@rendleshampc.org.uk or 01394 420207

## Table Tennis

Rendlesham Community Centre



£7 per hour

To book: 01394 460005  
Email: rendlesham.comcentre@gmail.com

## What a weekend

Here at **The Froize** we have three very special nights of entertainment planned for one weekend in June.

### Froize in June

#### Friday 28th - Sunday 30th June

We're hosting comedy, music and dance – all with a healthy dose of Froize food!

**Friday: Comedy Night with Stephen Bayfield, Wayne Burns & Andy Leach**

**Saturday: Folk/Rock Night with Merry Hell & Hannah Scott**

**Sunday - CEILIDH! with Archie Moss, Tom Moore, Dave Malkin & Nick Hart**

Each event costs £20pp – but you could come to all three and save £10.

<https://folkatthefroize.uk/special-events/> for full details and tickets.  
[www.folkatthefroize.uk](http://www.folkatthefroize.uk)

## Exercise and wellbeing classes in Rendlesham

(RCC) Community Centre (RPS) Primary School (JP) Jubilee Park (RM) Unit 1, Rendlesham Mews

Tuesday	10-11am	<b>YOGA</b> with Ian Suitable for beginners, equipment provided. Contact Ian to book on 07877 358163 or E: <a href="mailto:ian@yogawithian.com">ian@yogawithian.com</a> <a href="http://www.yodawithian.com">www.yodawithian.com</a>
	7.30pm – 9.30pm	<b>SELF DEFENCE</b> with Paul Yates (RCC)
Thursday	1.30pm – 3pm	<b>YOGA</b> (RCC) RIW members only
	6.30pm – 8pm	<b>GLOW</b> , Diet & Fitness classes with Dawn Quantrill (RPS) T: 07836 539508 E: <a href="mailto:dawnquantrill@hotmail.com">dawnquantrill@hotmail.com</a> W: <a href="http://glow-fit.co.uk">glow-fit.co.uk</a> First taster session free
Friday	10.30am— 11.30am	Stroller Fit. Every Friday (RCC) Contact: <a href="mailto:leannethurston5678@gmail.com">leannethurston5678@gmail.com</a>

# EVENTS *Notices* EVENTS

## Deben Community Farm

Join us down  
at the farm  
**Open every  
Sunday  
12pm—4pm  
Free entry**



*Piglets, lambs, horses  
Highland cows, goats, ducks, fresh eggs*

07732 681125

Whether you want to feed the animals, sit in the orchard, collect eggs from the hens, get involved with our new growing project or be a farmer for a day... come along and find out more!

T: 07732 681125 or Like us on Facebook

Pitstop Pre-School  
& Out of School Club



## Family Fun Day

Sunday 30 June



12-4pm



At the Deben Community Farm

Saddlemakers Lane, Melton, IP12 1PP

### FREE ADMISSION

Tractor Rides, Raffle, BBQ, Den Building, Tombola  
'Meet the Animals' Sessions, Treasure Hunt, Stalls  
Scavenger Hunt, FREE Craft Activities, Refreshments

Meet the animals:  
piglets, lambs, Highland  
cows, goats, hens, ducks  
plus our new pets corner!



Limited on site parking—5 minute walk from McColls Newsagents

## Rendlesham social club

**1st June .. Shattered !**

**6th July .. Family Disco !**

**25th August .. Summer -  
Barbecue / Disco !**

**7th September .. Wages for Sin !**

**21st September .. STYG !**

**Back by popular demand !**

**5th October .. Noisy  
Neighbour's !**

**26th October .. Halloween Disco !**

**9th November ..  
Cookies Karaoke !**

**7th December .. Bouncing off Concrete !**

Bingo every Thursday night

## Rendlesham social club

### Opening hours :

**Thurs : 7.30 pm - 11.00 pm**

**Fri : 7.30 pm - 11.30 pm**

**Sat : 7.30 pm - 11.30 pm**

**Sun : 12.00 pm - 3 / 4 pm**

**To see our latest events  
Like our Facebook page ..  
Search Rendlesham social club !**

Bingo every Thursday night



# EVENTS *Notices* EVENTS

# The Rendlesham Show 2019

## 7-9 June

Jubilee Park

IP12 2GT

[www.rendlesham.suffolk.gov.uk](http://www.rendlesham.suffolk.gov.uk)

## All Creatures Great & Small

### Friday 7 June FREE ADMISSION

**17:00 – 22:00** Fun Fair, Food **18:00 – 22:00** Live Music, Bar  
*Country Road, OK OJ, The Last Gunfighter, The Alibi Club, Soul Riot*

### Saturday 8 June FREE ADMISSION

**11:00 – 17:00** Arena entertainment, pitches, attractions

**11:00 – 18:00** Bouncy Castles, Rodeo Bull & Climbing Wall

**11:00 – 19:30** Fun Fair, Food, Bar, Grand Draw, Stage Entertainment

*Ducks & Sheepdog, Farm Animals, Suffolk Punch Mare, Minibeasts, Pony Rides  
Cheshire Cat & White Rabbit, Wild Cat & Ostrich, bouncing bunnies, heffi, ninja  
turtle, rodeo bull...*

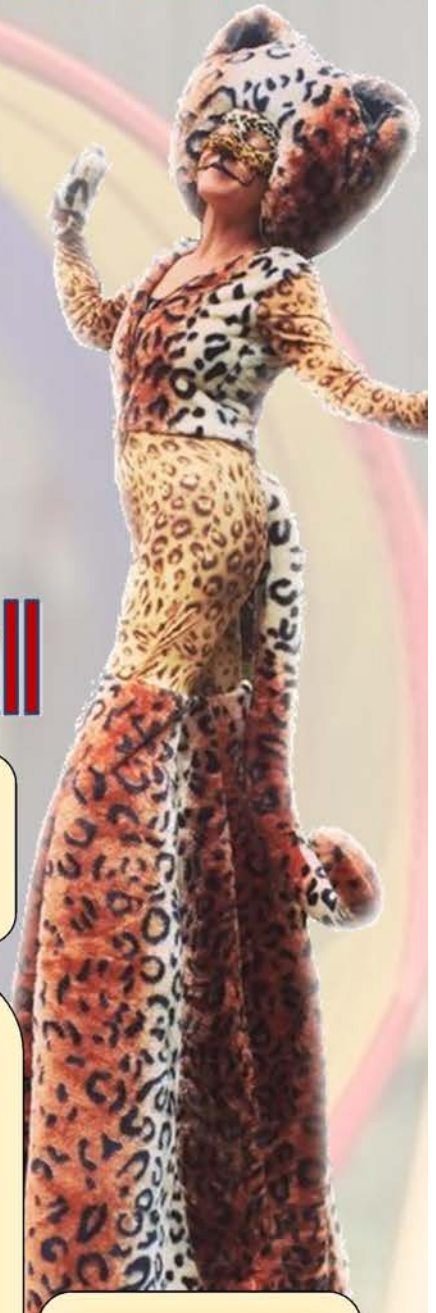
*+ Fun Fair, Classic Cars, Fire Engine, Anglo Saxon Ship, Circus Skills, U7 Football  
Tournament, Face Painting, Garden Show, Baby/Toddler Play...*

Primary School, School of Dance and Musical Theatre performances, Majorettes,  
Rabble Chorus, Raedwald Drummers, The Lockerbillies, 40+ pitches, Grand Draw

### Sunday 9 June

**09:00** Laughter Yoga

**11:00** Praise in the Park



## Rendlesham & District Over 60s Club 2019 Meeting Dates: New members always welcome

6, 20 June                      10, 24 October  
4, 18 July                      7, 21 November  
12, 26 September              5 December

Rendlesham Community Centre,  
10.30-12.30pm

## Rendlesham Independent Women

We are a friendly group who meet at 7.30 pm on the third Tuesday of every month (except August) in the Community Centre. Please come and join us and enjoy a variety of speakers and activities. You can be sure of a warm welcome.

## Mobile Library

Contact Suffolk County Council on

Email: [help@suffolklibraries.co.uk](mailto:help@suffolklibraries.co.uk)

Telephone: 01473 584563

2019: 26 June, 24 July, 21 August, 18 September, 16 October, 13 November, 11 December

**Community Centre 9.35am - 10.35am**  
**Friday Street 10.40am - 10.55am**



## 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 and contact details:

[www.wfrcp.org.uk](http://www.wfrcp.org.uk)

**Solution  
to the  
Sudoku  
challenge**

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

## Post Office (Costcutters) opening hours

TBC

## Rendlesham Surgery opening hours

Monday	15:30 - 18:30	<b>Wickham Market Medical Centre</b> <b>01728 747101</b>
Tuesday	08:40 - 12:00	
Wednesday	15:30 - 18:30	
Thursday	08:40 - 12:00	
Friday	14:45 - 17:30	

## Acer Road Pharmacy opening hours

01394 460548

Monday:	08.30 – 13.00 and 14.00 – 18.30
Tuesday:	08.30 – 13.00 and 14.00 – 17.30
Wednesday:	08.30 – 13.00 and 14.00 – 18.30
Thursday:	08.30 – 13.00 and 14.00 – 17.30
Friday:	08.30 – 13.00 and 14.00 – 17.30

## FAITH BAPTIST CHURCH

Bromeswell, Woodbridge

[www.fbcuk.org](http://www.fbcuk.org)

Pastor Thompson (01394) 420181

### SCHEDULE OF SERVICES:

Sunday Morning Worship and Sunday School	11:00 A.M.
Sunday Evening Praise and Fellowship	6:00 P.M.
Wednesday Prayer and Bible Study	7:00 P.M.
Thursday Night – "Extreme Teens"	7:00 P.M.
Friday AcapinGs Youth Club	7:00 P.M.

If you need transport or have a query about our services, please ring: Pastor Thompson (01394) 420181

## 2018/2019 Suffolk School Term Dates

Spring Term	7 Jan 2019	5 April 2019
Spring Half Term Holidays	18 Feb 2019 (Mon)	22 Feb 2019 (Fri)
Spring Holidays	8 Apr 2019 (Mon)	22 Apr 2019 (Mon)
Summer Term	23 April 2019	19 July 2019
Summer Half Term Holidays	27 May 2019 (Mon)	31 May 2019 (Fri)
Summer Holidays	25 Jul 2019 (Thu)	



## Diary Dates - June 2019

<b>Tues</b>	<b>4</b>	<b>Bumps &amp; Babies</b> , Community Centre, 10-11.30am <b>Fun@St Felix (Kids in Church)</b> 3.30-5pm <b>Evnuh.</b> St Felix. 6-7.30pm <b>Junior Youth Group</b> , 6-8pm. Community Centre
<b>Wed</b>	<b>5</b>	<b>Toddler Group</b> , (term time only), Community Centre 10-11.30am <b>Senior Youth Group</b> . 7-9.30pm. Community Centre. <b>Mobile Library</b> . Community Centre 9.35-10.35am and Friday Street 10.40-10.55am
<b>Thurs</b>	<b>6</b>	<b>Over 60s Club</b> . 10.30-12.30pm. Community Centre <b>Bingo</b> . Rendlesham Social Club, at 7.30pm. <b>Senior Youth Group</b> . 7-9.30pm. Community Centre.
<b>Fri</b>	<b>7</b>	<b>Café Respect</b> (13-18s). St Felix Church.
<b>Tues</b>	<b>11</b>	<b>Bumps &amp; Babies</b> , Community Centre, 10-11.30am <b>Fun@St Felix (Kids in Church)</b> 3.30-5pm <b>Evnuh.</b> St Felix. 6-7.30pm <b>Junior Youth Group</b> , 6-8pm. Community Centre
<b>Wed</b>	<b>12</b>	<b>Toddler Group</b> , (term time only), Community Centre 10-11.30am <b>Senior Youth Group</b> . 7-9.30pm. Community Centre.
<b>Thurs</b>	<b>13</b>	<b>Bingo</b> . Rendlesham Social Club, at 7.30pm. <b>Senior Youth Group</b> . 7-9.30pm. Community Centre.
<b>Fri</b>	<b>7</b>	<b>Café Respect</b> (13-18s). St Felix Church.
<b>Tues</b>	<b>18</b>	<b>Bumps &amp; Babies</b> , Community Centre, 10-11.30am <b>Fun@St Felix (Kids in Church)</b> 3.30-5pm <b>Evnuh.</b> St Felix. 6-7.30pm <b>Junior Youth Group</b> , 6-8pm. Community Centre
<b>Wed</b>	<b>19</b>	<b>Toddler Group</b> , (term time only), Community Centre 10-11.30am <b>Senior Youth Group</b> . 7-9.30pm. Community Centre.
<b>Thurs</b>	<b>20</b>	<b>Over 60s Club</b> . 10.30-12.30pm. Community Centre <b>Bingo</b> . Rendlesham Social Club, at 7.30pm.
<b>Fri</b>	<b>21</b>	<b>Café Respect</b> (13-18s). St Felix Church.
<b>Tues</b>	<b>25</b>	<b>Bumps &amp; Babies</b> , Community Centre, 10-11.30am <b>Fun@St Felix (Kids in Church)</b> 3.30-5pm <b>Evnuh.</b> St Felix. 6-7.30pm <b>Junior Youth Group</b> , 6-8pm. Community Centre
<b>Wed</b>	<b>26</b>	<b>Toddler Group</b> , (term time only), Community Centre 10-11.30am <b>Mobile Library</b> . Community Centre 9.35-10.35am and Friday Street 10.40-10.55am <b>Senior Youth Group</b> . 7-9.30pm. Community Centre.
<b>Thurs</b>	<b>27</b>	<b>Bingo</b> . Rendlesham Social Club, at 7.30pm. <b>Senior Youth Group</b> . 7-9.30pm. Community Centre.
<b>Fri</b>	<b>28</b>	<b>Café Respect</b> (13-18s). St Felix Church.
<b>July</b>		
<b>Tues</b>	<b>2</b>	<b>Fun@St Felix (Kids in Church)</b> 3.30-5pm <b>Evnuh.</b> St Felix. 6-7.30pm
<b>Wed</b>	<b>3</b>	<b>Bumps &amp; Babies</b> , Community Centre, 10-11.30am <b>Senior Youth Group</b> . 7-9.30pm. Community Centre.
<b>Thurs</b>	<b>4</b>	<b>Bingo</b> . Rendlesham Social Club, at 7.30pm.

## Rendlesham Directory

Wickham Market Doctors Surgery	01728 747101
Acer Road Pharmacy 6 Acer Road, IP12 2GA	01394 460548
District Councillor Michael Bond	01394 388611
County Councillor Alexander Nicoll	07747 698787
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 Revd: David Murdock	01394 450336
Farlingaye High School Head: Dr Sievwright	01394 385720
Woodbridge Library	01394 446510
Parish Council Mrs Heelis, Parish Clerk	01394 420207
Police (non-emergency)	101
Rendlesham Dental Practice	01394 421500
Rendlesham Day Nursery	01394 420581 07917 854086
Ryder-Davies & Partners Vets	01394 420964
Post Office (Cost Cutters)	01394 461221
Keep in Touch: Rev Mandy Reynolds	01394 420129
Sudbourne & Tunstall Baptist Church: Revd Dave Rushbrook	01394 809691
Rendlesham Children's Centre Leader: Carolyn LeMay	01394 462191
Rendlesham Community Centre	01394 460005
Rendlesham Care Home	01394 461 630
Maharishi Peace Palace	01394 421136
Over 60s Pauline Harrow	01394 421470

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Colourchange UPVC are a Consumer Protection Association approved company and are certified by Certass – authorised by the Department for Communities and Local Government. CPA and Certass registered companies undergo a rigorous selection process to ensure that they deliver your home improvements to the very highest standards. The Consumer Protection Association provide an independent 10 year insurance backed guarantee for work undertaken by Colourchange UPVC.

