



Rendlesham

Parish Newsletter

www.rendlesham.suffolk.gov.uk

Issue 102

August, 2019



Photography by Darren Harbar

Rendlesham Rainbow Litter Heroes



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**September
Deadline
5 August**

On Monday 24th June 1st Rendlesham Rainbows did a litter pick around the square of the shop and also the Walnut Tree play area. The girls managed to collect three full bags of rubbish from these areas. Unfortunately our Rainbow group is closing its doors from September but it has been lovely being able to be in Rendlesham.

Gemma Williams and Alex Foulger
1st Rendlesham Rainbows Leaders

Photo: Rendlesham Rainbows



Rendlesham Community Litter Pick For the Kids!

Sunday 11th August
10:00am – 12:00pm

Meet in the village square
Equipment Provided
Come already in a team of up to 4 kids
or join a team on the day
Each team must be supervised by an adult
All ages welcome

A Great opportunity to get together for a good cause with the chance to win prizes!

Includes
A prize kindly donated by
The Boardwalk, Rendlesham

For any more info contact
Casey Rose or Victoria Proctor



Rendlesham Parish Council



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Rendlesham Parish Newsletter

CONTACT

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01394 420207

E: admin@rendleshampc.org.uk

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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
1/8(eighth) Page	£13.00	£32.50	£52.00	£78.00
¼ (quarter) Page	£23.00	£57.50	£92.00	£138.00
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Email: advice@daseastsuffolk.org.uk
Website: www.daseastsuffolk.org.uk

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TWO-TOED

SKATEBOARDS



FREE COUNCIL FUNDED SKATE LESSONS!

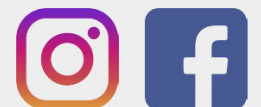


JUBILEE PARK
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IP12 2GT

SKATEBOARDS,
HELMETS & PADS
PROVIDED

SUNDAY 1PM-4PM
11TH, 18TH &
25TH AUGUST

TO BOOK A PLACE CONTACT US ON FACEBOOK, INSTAGRAM, EMAIL AT
CONTACT@TWO-TOEDSKATEBOARDING.CO.UK OR ON 07946 259 893.



WITHOUT BOOKING, PLACES CANNOT BE GUARANTEED. SESSIONS ARE WEATHER DEPENDANT.

Parish Councillor	Responsibilities on the Council To be confirmed at the first meeting of the new Council
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, SNT Rep
Peter Wyartt	Jubilee Park Committee
Douglas Burness	Jubilee Park Committee, Speedwatch
Victoria Proctor	Jubilee Park Committee, Youth Group Charity
Mike Parry	Jubilee Park Committee, Planning Committee, SNT Rep
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

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

Next Parish Council Meetings **2 September 2019, 7.15pm** **Rendlesham Community Centre** **15 minute public session**

2019 Parish Council Meetings

Full Council — 2 September 2019

Youth Group Charity Committee— 2 October*

Jubilee Park Committee— 19 September*

Planning Committee— 8 9 September*

* 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

Office opening hours:

Mondays 10am–2pm

Tuesdays 10am–2pm

Thursdays 10am–2pm

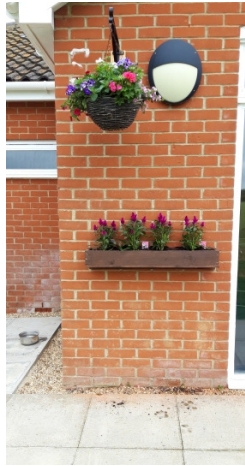
Minutes of meetings:

Approved minutes of meeting are available on the Parish Council website
www.rendlesham.suffolk.gov.uk

Parish Council News

Parish Up-cycling

The Park keeper has up-cycled a throw away sink and waste wood to create a beautiful flower planter for Jubilee Park and beneath the noticeboard at the front of the Community Centre. The sink has been re-utilised as a dog watering bowl at the Pavilion for these hot days and hot doggies!



Footpath to the Forest

We've acted upon reports that the footpath to the forest had become impassable due to overgrown vegetation.

We're pleased to say that the path has now been cut back and is in full use again. Thank you to the Sheepshanks family for undertaking the work.

Anti-Social Behaviour

Due to a recent spate of vandalism in the village including damage to the pavilion building and garage, a fire in a dog bin near the Pine Close play area and other ASB behaviour the Parish Council will be discussing several options to address this at their next full Council meeting on 2 September, 7.30pm.

New Councillors

The Parish Council welcomed Victoria Proctor and Mike Parry back on to the Council at their meeting on 1 July.

Both Mike and Victoria have joined the Jubilee Park Committee. Mike has also joined the Planning Committee and Victoria the Youth Group Charity.

Love Parks 2019

Everyone should have to have access to green space near where they live and work.

The national "LoveParks Week" campaign in July encouraged us all to celebrate parks and reminds us to get out and enjoy our local Parks and not take them for granted – here in Rendlesham we are very fortunate to enjoy Jubilee Park and Magnolia Park, with play spaces in the village green area and additional toddler play spaces at Woods Close, Abbey Close and Welburn Close.

Parks, great and small, offer us an outdoor sanctuary, a space to play with our children, somewhere to exercise, a place to walk our dogs and a meeting point for picnics with friends and family. A place to simply enjoy the peace and tranquillity of outdoor space. Parks play a central role in our communities and our wellbeing and using parks helps protect them for future generations. Whether you use them to get active, socialise, or unwind, show our parks some appreciation. Let us know what it is that you like about our local play areas parks and outdoor spaces – tear out the page attached and complete the poster to let us know what you love about our parks and play spaces here in Rendlesham - encourage your children to let us know what they think!

Posters can be scanned and emailed to the Parish Council or posted back through the letterbox at the Community Centre. Or simply drop us an email to admin@rendleshampc.org.uk. We would love to hear you sing the praises of our parks.



Rendlesham Church

Date	Time	Place	Service	Officiant
Sun 4 th August <i>7th after Trinity</i>	9.00am 11.00am 11.00am	All Saint's Eyke St Felix St Edmund's	Holy Communion All Age Worship Holy Communion	Rev Mandy Malcolm Knapp Rev Mandy
Weds 7 th August	10.00am	St Felix	Holy Communion	Rev Mandy
Sunday 11 th August <i>8th after Trinity</i>	9.00am 9.00am 11.00am	St Edmund's St Gregory's St Felix	Morning Prayer Holy Communion Holy Communion	Stephen Nicholls Rev Judith Rev Pauline
Weds 14 th August	2.15pm	Rendlesham Care Home	Songs of Praise	Rev Mandy/Stephen Nicholls
Sun 18 th August <i>9th after Trinity</i>	9.00am 9.00am 11.00am 5.00pm	All Saints, Eyke St Edmunds St Felix Orford	Morning Prayer Holy Communion Holy Communion Festal Evensong and last service of Revd David Murdoch	Robin Jordan Rev Mandy Rev Mandy Rev David & Rural Dean
Weds 21 st August	10.00am	Rendlesham Care Home	Mothers Union Holy Communion	Rev Mike Hatchett
Sunday 25 th August <i>10th after Trinity</i>	9.00am 11.00am 11.00am	St Gregory's St Edmund's St Felix	Morning Prayer Morning Prayer Holy Communion	Rev Mandy Robin Jordan Rev Mandy

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

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

For Funerals: Rev Judith Andrews, 01394 411642

Baptisms, Marriages and pastoral needs:
Rev Mandy Reynolds 01394 420129
revmandy.rendlesham@yahoo.com

General inquiries - info@rendleshamchurch.org



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 **EvnuTh** 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. **EvnuTh** 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!
3rd Sunday 3 – 4 p.m. and 4th Sundays 11- 12 as part of Communion Service.

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

3rd 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.

Rendlesham Church



The Vicar's Voice

A TIME FOR EVERY PURPOSE.

I enjoy watching old films, and have quite a collection at home now, ranging from classics such as "From Here to Eternity" with Robert Mitchum and Deborah Kerr, to "Casablanca", because anything with Humphrey Bogart in is priceless in my book! And if they happen to be in black and white, then that makes it seem all the more "classic".

One such film I enjoy is "The Time Machine", (the original version) based on the book by H.G. Wells. It is about a man who, obsessed with the idea of moving about in time, builds himself a time machine, and proceeds, to the bewilderment and disbelief of his friends, to move forward in time. He travels from the year 1900 through the horrors of two world wars, through the nuclear destruction of the planet onto a world where, whilst there is peace and harmony, knowledge is of no importance, no one looks out for anyone else, the days just pass in "nothingness" and survival is a matter of chance.

This film, whilst perhaps never considered a "classic", gives you a sense of wondering what will this earth and inhabitants be like in another thousand years by the time we have finished with it!

No doubt, there are times when we all wonder what is in store for us. Maybe not as far in the future as a thousand years from now, but most of us would like to know what will happen tomorrow, or next week, and how many have wondered as they sing "Old Lang Syne" at a New Years' Party what the coming year will bring?

Of course, there are always some constants, I often feel that birthdays seem to come round with increasing speed as I get older, Christmas and Easter come and go, and even with global warming and the greenhouse effect, there are still the seasons, crops are sown in the Spring, and the harvests gathered in the Autumn.

One thing is for certain though, we cannot see into the future, never mind speed through it. We can plan for it, and hope for things to turn out the way we want them. But we have to take each day as it comes, with all the joys, sorrows, challenges and opportunities that come our way. One of the most prolific sayings I often hear people quote is that "life is not a rehearsal", we only have one go at it. Today is only here for today. We have to make the most of those challenges and opportunities it offers.

We have to give ourselves time to work and time to play, time to laugh and time to weep, time to sow and time to reap, time to be speak and time to stay silent, time to embrace and time to hold back. (Ecclesiastes Chapter 3)

Time is such a precious commodity, the value of time is priceless, we can make the most of it or we can waste it.

Time is a God given gift. We will not get it back when it has passed. Let us embrace what has gone before, learn from it and look to the future with hope, love and patience.

After all, tomorrow is on its way.

With every blessing, Mandy

Treasure every moment you have.

To realise the value of one year, ask a student who has failed a grade

To realise the value of one month, ask the mother of a premature baby

To realise the value of one week, ask the editor of a weekly newspaper

To realise the value of one day, ask a daily wage earner with children to feed

To realise the value of one hour, ask someone going on a first date

To realise the value of minute, ask a person who has just missed a bus

To realise the value of one second, ask a person who has just avoided an accident

To realise the value of one millisecond, ask the person who silver at the Olympics

With every blessing, Mandy

Sudbourne & Tunstall Baptist Church Services & Activities In August

Sun 4th Aug: 10:30am & 2pm - Both @ Sudbourne

Sun 11th Aug: 10:30am Rendlesham School / 6:30pm - Tunstall

Sun 18th Aug: 10:30am Sudbourne / (NO evening service)

Sun 25th Aug: 10:30am Rendlesham School / 6:30pm - Tunstall

COFFEE, CRAFT & CHAT:

No more meetings until term time in September

TOTS & TODDLERS:

No more meetings until term time in September

FRIDAY CLUB & YOUTH GROUP:

No more meetings until term time in September

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 Road,
The Common, Tunstall, Suffolk, IP12 2JR

www.stbaptist.co.uk



SUDBOURNE AND TUNSTALL
BAPTIST CHURCH

CARPET BOWLS

It is August yet again and the two local carpet bowls clubs at Orford and Sudbourne are thinking of the new winter season ahead which commences in September.

Carpet bowls is a game most people can play and is a good way of meeting other people and having a good time together. The clubs provide all the equipment, so all that has to be done is turn up on club evenings and play. No one has to be an expert player, so if you have never played before then you will be more than welcome to come and give it a try, when you will be helped to learn the game.

The details of the clubs are as follows:-

ORFORD – Meet Tuesday evenings at 7.00pm in the Town Hall recommencing September 3rd with the season lasting until April. Matches are played on a regular basis throughout the season in the Heritage Coast League Division 1.

Contact: David Emeny Tel: 01394 450687

SUDBOURNE – Meet Wednesday evenings at 7.00pm in the Village Hall recommencing September 10th and playing through until the end of July. Only the occasional friendly matches are played.

Contact: Terry Bugg Tel: 01394 450543

Email: gwenandterry@btinternet.com

The Orford club recommences on Tuesday September 10th at 7.00pm in the Town Hall.

Contact: David Emeny Tel: 01394 450687

The Sudbourne club recommences on Wednesday September 4th at 7.00pm in the Village Hall.

Contact: Terry Bugg Tel: 01394 450543

Email: gwenandterry@btinternet.com

Anyone will be welcome to come and play no matter what age or ability at either or both of the local clubs. We look forward to seeing you there.

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Musings of a Bag Lady



You may have seen me patrolling the roads of Rendlesham, litter picker and bags-for-life in hand, peering under bushes, extricating stuff from hedges and ditches. I've lived here for nigh on a quarter of a century. I've watched the population increase and, along with it, the amount of litter. Why do people think it's OK to chuck empty cans and cartons about the place, especially when a rubbish bin is within staggering distance? It's not "cool". Stop it! Harrumph. Don't get me started.

While taking "health walks" round the estates, I'd tut to myself that "someone should do something" until I resolved to stop tutting and become that someone. For a long while I ploughed a lonely furrow, planning my litter picking routes via the public bins. Folk would congratulate me on doing a good job. "Like painting the Forth Bridge, though ... " they'd commiserate – well, even that activity has ceased, for the next 25 years at least, allegedly. Littering shows no sign of doing the same. Then a couple of months ago I bumped into a kindred spirit and we

agreed to meet once a fortnight to clean up various parts of Rendlesham, weather and other commitments permitting. We like to think we make a difference during the hour or so of our perambulations, chatting about this and that, putting the world to rights, though it saddens us to see such disrespect for our environment, especially as we are so fortunate to live in this lovely area. But then we think perhaps if we lead by example, others may be encouraged to follow, and not just once a year, laudable though that is. I'm sure there are other people who quietly do their bit as well – if that's you, good on you and many thanks.

I believe the Parish Council can provide equipment, but inexpensive grabbers can be bought on line, and good thick gloves are necessary, of course. Caution and common sense have to be exercised, and anything suspect should be reported, but if you can give some time to keeping Rendlesham tidy, we'd all be very grateful indeed. Of course, if litter wasn't dropped in the first place

NEW RECORDER FOR RENDLESHAM

Following the retirement of Ros Thomas, the Suffolk Local History Council has appointed a new Local History Recorder for Rendlesham.

David Edwards, a resident of the village since 2006, has taken up the voluntary position. A former Head of Operations at Aldeburgh Music, and the author of the official history of Snape Maltings Concert Hall, *The House that Britten Built*, he explained his role: "The main responsibility of the Recorder is to write an annual report for the Local History Council on everything that has happened over the past year in the village, which will become an invaluable resource for future historians." However, David is also interested in finding out more about the history of the village, particularly during the occupation of the Americans at the airbase, and the period following their departure from Suffolk. He asks that anyone who has memories of that time and would be interested in sharing their reminiscences get in touch with him by email at

rendleshamrecorder@gmail.com.

Tender Notice

Skatepark

Rendlesham Parish Council is seeking to appoint a single Contractor to Design & Build a skatepark facility for the Local Community.

All Weather 5-a-Side Football Pitch

Rendlesham Parish Council is seeking to appoint a single Contractor to Design & Build an all weather 5-a-side football facility for the Local Community.

The information submitted within the Applicant's Offer shall be used by the Authority as the means to make a Contract award decision.

Tender application documents are available to download:

<https://www.rendlesham.suffolk.gov.uk>

<https://www.contractsfinder.service.gov.uk/Search>

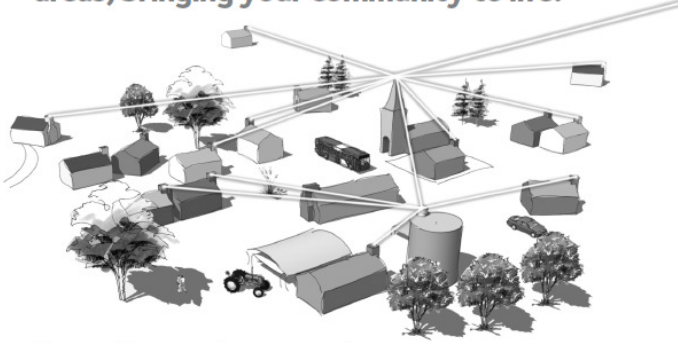
Contact: Parish Clerk

T: 01394 420207 E: clerk@rendleshampc.org.uk

Procurement Stage	Dates
Publication of advertisement	22 July 2019
Clarification questions to be submitted by	2 August 2019
Clarification responses to be issued by	9 August 2019
Bid Deadline	23 August 2019

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The Rendlesham Show 2020

At its next meeting on Monday 2 September 2019, the Parish Council will be discussing The Rendlesham Show 2020

The Rendlesham Show attracts around 3,000 visitors every year. It is the single biggest event for the village and helps nearly every community organisation raise funds for their individual club as well as bringing the village together for a weekend of fun, entertainment and free live music.

Planning the 2020 Show starts in October 2019 and as you can imagine, takes a lot of organising! We

have a small but dedicated team of people but we need a few more to help spread the load.

The planning meetings are monthly and last around 2 hours and usually include chocolate of some sort to help the creative flow.

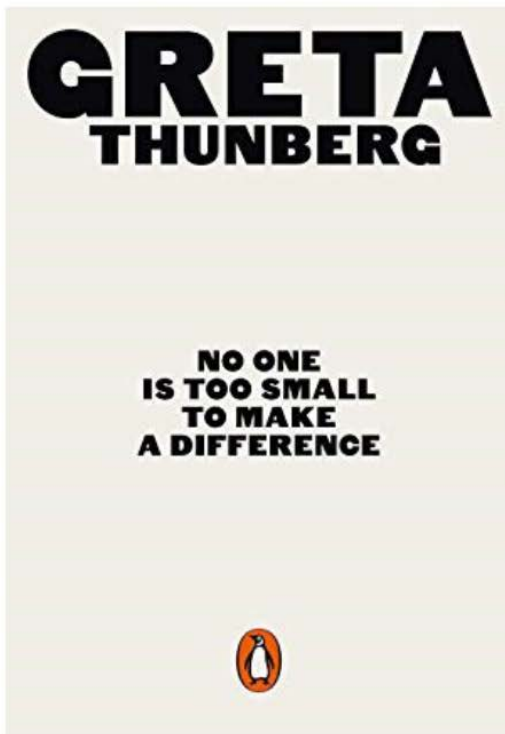
Be part of something special and come along on 2 September to lend a hand with the 2020 Show.

Contact the Parish Clerk on
clerk@rendleshampc.org.uk
01394 420207



'Everything needs to change. And it has to start today'

The history-making, ground-breaking speeches of Greta Thunberg, the young activist who has become the voice of a generation



If you want to know why Greta Thunberg has inspired students from around the world to walk out of their lessons in protest at the adult inaction to face up to our climate crisis then read short this book. In these speeches to the likes of the European Parliament, the World Economic Forum and the UN she speaks 'truth to power' in a remarkable manner which hits whom in an uncompromisingly direct manner.

In the UK Houses of Parliament in April Greta said:

"Around the year 2030 ... we will be in a position where we set off an irreversible chain reaction beyond human control, that will most likely lead to the end of our civilisation as we know it. That is unless in that time, permanent and unprecedented changes in all aspects of society have taken place, including a reduction of CO2 emissions by at least 50%. And please note that these calculations are depending on inventions that have not yet been invented at scale, inventions that are supposed to clear the atmosphere of astronomical amounts of carbon dioxide. Furthermore, these calculations do not include unforeseen tipping points and feedback loops like the extremely powerful methane gas escaping from rapidly thawing arctic permafrost.

Nor do these scientific calculations include already locked-in warming hidden by toxic air pollution. Nor the aspect of equity – or climate justice – clearly stated throughout the Paris agreement, which is absolutely necessary to make it work on a global scale.

We must also bear in mind that these are just calculations. Estimations. That means that these "points of no return" may occur a bit sooner or later than 2030. No one can know for sure. We can, however, be certain that they will occur approximately in these timeframes, because these calculations are not opinions or wild guesses. These projections are backed up by scientific facts, concluded by all nations through the IPCC...

The UK's active current support of new exploitation of fossil fuels – for example, the UK shale gas fracking industry, the expansion of its North Sea oil and gas fields, the expansion of airports ...– is beyond absurd."

Buy this book, read it and pass it on. Give it as presents. At £2.99 (£1.99 e-book) it packs an enormous necessary punch which will live with you and could change your life.

Don't miss out on the latest news and events happening in and around Rendlesham

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Our commercial storage can be in wooden containers or we also offer palletised storage for commercial goods, where we charge per pallet per week, it really is that simple. We have a large mobile container ramp allowing us to load and unload shipping containers at our warehouse, either by hand or by forklift. If you require a large area, we can charge per square feet.

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ART AT STATION HOUSE

Drawings and Paintings on show and sale
Coffee shop, access by train, full disabled accessibility, and parking

Station House, Campsea Ashe hosts the third annual exhibition of artworks by the Blaxhall Drawing Group. The show takes place over the weekend of the 10th and 11th August from 10am to 4pm each day.

The venue offers a range of different sized rooms and with clean space which should allow the range of work to be shown to best advantage. Station House is fully equipped for disabled access, with coffee shop and parking. You could even make your visit greener by coming by train!

The 10 artists will include drawings, prints and paintings in various mediums both framed and

unframed for sale. There will also be the opportunity to purchase greetings cards produced by the artists. Blaxhall Drawing Group meets weekly under the leadership of artist Pris Forrest members display a variety of styles and approaches, they are united by the challenge of drawing and its possibilities.

The Preview is on Friday 9th August (6pm - 8pm) when early evening drinks and canapés will be served. For further information contact: Jenny Knights Tel 01394 610020/
jenny@loomscottage.plus.com or Dick Dolan Tel 01394 387806/ dickdolan@gmail.



Consumer Corner:

Did you know that Police and Crime Commissioners (PCCs) are responsible for providing victim support services in their police force area and receive dedicated funding from the Ministry of Justice for that purpose?

The Norfolk and Suffolk Victim Care Service is run by Victim Support to provide practical help and emotional support to victims and witnesses of crime. The team offers a safe place for people to confidentially talk through their thoughts and feelings, as well as help with practical issues such as putting in place individual safety plans, providing victims with personal alarms, assisting them with writing a Victim Personal Statement and advocating on their behalf with other agencies.

Staff and volunteers can support victims in reporting the crime to the police or Trading Standards, should they wish, and will guide them through the criminal justice process, from first steps right through to the end of the trial.

If you've been a victim of crime and would like more information on the help and support available from the Norfolk and Suffolk Victim Care Service, please call 0300 303 3706 or email nsvictimcare@victimsupport.org.uk.

You can also find out more on the Norfolk and Suffolk Victim Care website <https://www.nsvictimcare.org/> or follow them on social media:

Twitter: [@nsvictimcare](https://twitter.com/nsvictimcare) Facebook: <https://www.facebook.com/nsvictimcare/>



Need to talk?

We're here to support anyone who has been affected by crime no matter when it happened or where.

It doesn't matter whether the crime has been reported to the police or whether you're a victim or witness – our free, confidential service is delivered by a friendly team who can offer emotional or practical support to help you move on. We'll also help explain your rights.

To access support from Victim Care:

- Call our dedicated number 0300 303 3706 between 8am and 5pm, Monday to Friday
- Out of hours support is available via [Victim Support](#); call: 0808 16 89 111





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Boardwalk Café in the Village Square

6th August

'Stay and Play' 2-4 pm
and every Tuesday in the school holidays

7th August

Line Dancing 7.30 pm

Sat 24th August

Jumble sale and table top sale £5.00 per table
10-1pm

Basic menu available at all times:

Bacon/ sausage baps
Chips/Cheesy chips
Nuggets and fish fingers
Jacket potatoes
Scampi

***Daily specials so please do ask what is on
the menu each day!***

Coming soon:

Decoupage classes
Quiz night and food evening £10 per head
And we have regular Sky Sports TV for all
sports matches
If you would like us to host something, please
do ask!

Exciting times ahead!

It's all change at the Boardwalk
We are launching a new coffee soon – our own
blend will be available. Milk shakes too!

NEW LOWER PRICES! New cakes... so please
do support us and the local community in
putting on events of interest and hobby
opportunities



				
Cakes and Pastries	Open 7 days a week! Mon-Sat 9am-late Sun 10am-10.30pm Find us: Cafe Unit, The Village Centre Rendlesham IP12 2GG  Boardwalk-Rendlesham 01394 460602			Events: Disco's Birthdays Country Market karaoke Pamper Evening Local Talks
Hot Drinks				
Soft Drinks				
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Ales, Lager & Cider on Draught				
				



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Our volunteers could help you with:

- Companionship
- Travel to GP / Clinic / Hospital appointments
- Form filling and administration
- Dog walking and pet care if you are unwell
- Practical help in the home if you are incapacitated
- Technical help with tablet, PC, etc.
- If your relative or friend normally relies on you for their shopping and you are away then we might be able to step in.
- Anything that you would normally ask a friend or family member to help with but for whatever reason they cannot, we will try to help.



Consultation launches on the county's Green Access Strategy

Communities are being invited to have their say on the Green Access Strategy - Rights of Way Improvement Plan as part of a ten-week consultation held by Suffolk County Council (SCC).

The county council, under the Countryside and Rights of Way Act (2000) is required to put together this plan which identifies changes that will improve rights of way provision for walkers, cyclists, horse riders and those with mobility problems.

The plan, which looks at rights of way access up until 2026, details why green access is so relevant to Suffolk's population and its visitors, and it focuses on how green access can benefit quality of life. SCC built the strategy on previous work, research and engagement with a range of consultees, such as the Suffolk Local Access Forum, parish councils, local businesses, landowners, users and non-user groups.

The public consultation opened on the 8th July 2019 and runs until Friday 20th September. The consultation will provide the council with final feedback before the plan is presented to cabinet later this year.

Councillor Mary Evans, Suffolk County Council's Cabinet Member for Highways, Transport and Rural Issues said;

"The Green Access Strategy represents our commitment as a council to make the very most of the rights of way network and to provide our residents, our business community and our visitors an array of different and innovative opportunities to use, enjoy and benefit from green access."

To find out more about the consultation and how you can have your say visit:

www.suffolk.gov.uk/rowip

A paper copy of the survey can be requested by calling, 0345 603 1842 or emailing discoversuffolk@suffolkhighways.org or you can take the survey over the phone by calling 0345 603 1842.

Help keep our beaches clean with Beach Watch 2019

Not only is litter horrible to look at, it is also dangerous for people and wildlife. Animals such as whales, turtles, fish and seabirds frequently become entangled in marine litter, and may die as a result. Beachwatch is the Marine Conservation Society's national beach cleaning and litter survey programme where people all around the UK can care for their coastline.

Get Involved

Throughout the year, there are a number of Beachwatch beach clean events running across the Suffolk coast. If you would like to take part in a Marine Conservation Society's Beachwatch event

As well as the regular Beachwatch events throughout the year, the Marine Conservation Society organise the Great British Beach Clean

which takes place in September each year. This year it will take place from the 20th to the 23rd September 2019. More information can be found on the MCS website <https://www.mcsuk.org/beachwatch/greatbritishbeachclean> then involvement couldn't be easier.

Visit the Marine Conservation Society website for a list of events. <https://www.mcsuk.org/beachwatch/events> and find an event near you

Working with the MCS, means that not only do we clean our beautiful beaches, but we survey the litter that we find. At every Beachwatch beach clean, volunteers survey the first 100m of beach. This information is passed onto the MCS who analyse the data and who can then identify and take action against the worst marine pollution offenders.

Set sail for an island adventure this Summer

Nature lovers young and old can discover more about Suffolk's only island this summer with the RSPB's annual Havergate Adventure event, being held from 10-12 August 2019.

Run by the RSPB Woodbridge Local Group, the Havergate Adventure offers an amazing opportunity for people to come and explore Havergate Island, its lagoons and salt marshes and encounter some of the wildlife that calls it home.

Now in its 31st year, the Adventure starts with an exhilarating 20-minute boat journey from Orford Quay to the Island. Once ashore, visitors explore the Island alongside an RSPB volunteer guide who will be on hand to help spot them some of the birds, animals and insects living on Havergate including the avocet – best known as the bird featured in the RSPB logo.

To make sure visitors don't miss any of the Island's hidden treasures, binoculars are available to hire for free on the day.

At the end of the Adventure, visitors can buy homemade cakes, snacks and refreshments to enjoy along with a well-earned sit down, before heading back over the water to Orford.

This fun and fascinating wildlife event will be taking place on Saturday 10 August, Sunday 11 August and Monday 12 August, with guided tours leaving every half hour from 9.30am until 1.30pm from Orford Quay. Advance bookings only and tickets are £15 adults and £5 for under 16s.

RSPB Woodbridge Local Group leader Paul Hetherington said: "Havergate Island is alive with wildlife and during August, it becomes home to hundreds of wading birds including avocets and spoonbills which is a real sight to see. As well as the birds there's also butterflies and insects and animals that also love island life – there's so

much to see and discover, it really is an unforgettable day out for the whole family."

To book your tickets visit www.rspb.org.uk/havergateisland or for more information search for RSPB Woodbridge Local Group on Facebook.



What's on at Havergate Island

Your Island Adventure Awaits!

Saturday 10, Sunday 11 & Monday 12 August

Come and explore Suffolk's only island and have a Havergate Adventure of your own this summer with the RSPB. From 10-12 August, visitors are invited to venture around Havergate Island and enjoy a guided tour of its lagoons and salt marshes and encounter some of the wildlife that calls it home.

Find out more at www.rspb.org.uk/havergateisland

The family-friendly guided tours leave every hour from 9.30am until 1.30pm from Orford Quay. Advance tickets only. To book your visit take a look at our website www.rspb.org.uk/havergateisland or find us on Facebook at RSPB Woodbridge Local Group.

Tickets are £15 for adults and £5 for under 16s.

Waldringfield's Scattered Orchard and other delights

On a cool damp day mid May four Rendlesham residents were guests of Greener Waldringfield, the object of our visit being to see their "Scattered Orchard" project with a view, perhaps, to setting up something similar in Rendlesham. After being welcomed with coffee and before beginning our guided walk round the village, we were given an introductory talk outlining how the scheme came into being, where it is going in the future, and what other projects are happening. More details can be obtained on the Greener Waldringfield website, but to summarise briefly, "Scattered Orchards" began in early 2012 with the planting of more than 40 trees, the target being to plant 60 mixed fruit trees to celebrate the Queen's Golden Jubilee, using as many traditional East Anglian varieties as possible. Groups of these trees have been established in various locations on land accessible to the public, and village residents and visitors are encouraged to pick the ripe fruit.

Waldringfield has a Wildlife Group which, since 2007, has been working with the parish council and local residents to make the roadside verges more attractive to humans and wildlife, and we were able to see some of the splendid results during our walk.

We were also taken to view Church Field which had once been used for growing potatoes and was

gifted to the village by Dr Tom Waller, for recreational use. The area covers 5.2 acres, with a beautiful view of the river, and has been largely left for Nature to colonise, apart from an open short-grass space which is maintained for ball games and kite flying.

We concluded our walk with a visit to the local school which has a well-stocked fruit and vegetable garden and its own woodland area, planted 20 years ago around the perimeter of the school grounds. The trees have now matured and the children are able to play there and learn about the natural world under the watchful eye of their Forest Teacher.

It was a really inspirational experience. So much has been achieved by teams of enthusiastic volunteers, with support from other agencies with links to conservation, and from private individuals too, and we are most grateful to the people from Greener Waldringfield who so generously gave up their Saturday morning.



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Call 01394 420581 or go to www.rendleshamdaynursery.co.uk

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

Join us this
August Bank Holiday Monday

Bank Holiday **BBQ** with

Mr Tim and Mr Bean

Saxophonist

12:00pm - 3:30pm

Children's entertainer

1:00pm - 3:00pm

Monday 26th August

12 noon - 3:30pm

£9.95

for 2 items from the BBQ & salad

Children under 12 years old; £4.95 for 1 item from the BBQ & salad

FOOD | FRIENDS | ENTERTAINMENT

Whatever the weather, join us for a delicious BBQ with family and friends. Pop down, have a drink, a bite to eat and enjoy the Bank Holiday with us!

PLUS enjoy the mellow sound of Jazz from Mr Tim our resident saxophonist AND Mr Bean, local children's entertainer will keep the kids entertained.

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The Rendlesham Show 2019

The Rendlesham Show was somewhat weather challenged but, thanks to the wonderful support of so many businesses, organisations and individuals it was still regarded as a great show by all who came. On the downside, our visitor numbers and number of pitches were down, because of the rain the Chloe Kinrade School of Dance and the Vikki Anne School of Performing Arts were unable to perform and because of the gusting wind, we couldn't have the bouncy castles. On the upside, all the other attractions and entertainments, especially the stage for all the musical performances and the funfair's paratrooper, were hailed as a great success. The variety of refreshments on offer was also much enjoyed and, despite the assumption that folks might not be in the mood to eat/drink out, all the caterers enjoyed their day, did much better business than they expected and were impressed at the "surprisingly good turn-out".

The balance sheet total is not yet known for sure as there are still some outstanding payments & invoices. The good news is that we did not make a loss as we expect the final balance to be around £1500. This will all go to the Skate Park Fund. Thank you again for your help and support.

The Over 60s Club were suitably attired for the theme and sold an amazing array of cakes in record time!



Look out for the Rendlesham Show insert in this month's newsletter.

Runway Dress Agency

Recycling Fashion Opening on the 1st June

Unit D2 Base Business Park
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We are now taking in Preloved
and Laundered ladies clothes and
accessories.

Please call Runway Dress Agency
01394 460762 to book in your
clothes and accessories.

SUMMER 2019 ROADSHOW CHOIR

No Commitment, No Fee, Just Great Singing, Fun and Friendship.

All Sessions Free Entry 7:30pm - 9:30pm

7th Aug - Darsham Village Hall

13th Aug - Tunstall Village Hall

4th Sept - Aldeburgh Church Hall

11th Sept - Saxmundham Market Hall

18th Sept - Leiston United Church Hall

This summer, Love to Sing Choir are hitting the road and bringing music to your doorstep. So, if you are looking for something to do while your clubs are on a break, or you need to escape the kids or grandkids, come along to our Roadshow and join in!

If you **LOVE TO SING** you won't be disappointed. From popular toe tapping, Jazz swinging numbers to light & easy Choral with everything in between there is something for everyone! A welcome drink awaits you....

PLUS come and see us in Concert, Aldeburgh Church October 12th.

Tel 01728 687923 www.lovetosing.onesuffolk.net

Buckland Omnibus Co. ALDEBURGH - THORPENESS Vintage bus service 250



Our service operates on **Wednesdays, Sundays and Bank Holidays**
from Wednesday 24th July to Sunday 1st September 2019

Ride 90 year-old Ermintrude, or Florence (1966) from Aldeburgh to Thorpeness!

TIMETABLE

Rendlesham Thompson Drive
Rendlesham Acer Road
Tunstall Green Man PH
Blaxhall Ship PH
Snape Maltings
Aldeburgh Fort Green (Arr.)

Departing

09.25
09.35
09.44
09.52
09.58
10.15

Aldeburgh Fort Green
Snape Maltings
Blaxhall Ship PH
Tunstall Green Man PH
Rendlesham Acer Road
Rendlesham Thompson Drive

Departing

15.52
16.11
16.16
16.19
16.25
16.32

***Our vintage buses are
also available for hire;
please call for a
quotation.***

Aldeburgh Fort Green	10.30	11.10	11.50	12.30	13.10	14.10	14.50	15.20
Aldeburgh High Street	10.33	11.13	11.53	12.33	13.13	14.13	14.53	15.23
Thorpeness Dolphin	10.42	11.22	12.02	12.42	13.22	14.22	15.02	15.32
Thorpeness Dolphin	10.47	11.27	12.07	12.47	13.27	14.27	15.07	15.37
Aldeburgh High Street	10.57	11.37	12.17	12.57	13.37	14.37	15.17	15.47
Aldeburgh Fort Green	11.00	11.40	12.20	13.00	13.40	14.40	15.20	15.50

Passengers are welcome to board or leave the bus at all recognised bus stops en-route (including Aldeburgh Moot Hall & Thorpeness Meare), and on demand in rural areas.

Tel. 01728 747093, find us on Facebook, or view our website; www.bucklandbuses.co.uk

5th Woodbridge Sea Scouts increase their community engagement and have successful Regatta

The past few months have been extremely busy for the group with 5 weeks on a reservoir practising sailing, kayaking, pulling and rafting with all sections taking part. We have supported another river clean with Transition Woodbridge and gone all out for the Regatta.

Volunteers turned out to help take part in a river clean organised by local group Transitions Woodbridge, a community-led group that aims to strengthen the local economy and prepare for a future with less oil and a changing climate. Together with the 5th Woodbridge Sea Scouts, supporters and organisers collected over 11 bags of rubbish containing among other things; a broom head, a length of carpet, pontoon polystyrene, fishing and nylon rope and cigarette butts.

Over 30 people attended and covered various areas across the town including the other side of the river bank thanks to the sea scouts rowing over to help. Organiser Jane Healey of Transition Woodbridge said of the days result: "There were 26 bags last year so there's been an improvement. I'm really absolutely thrilled, it's different every time. Thanks to everyone who came and also to Jason of Rubbish Walks for recording the event"

5WSS were chosen as the charity for the Regatta and were able to collect donations along the river wall. This along with our annual BBQ, refreshments, cakes, raffle and boat rides raised over £2000 which will go towards the running cost of the group and our building renovations project. This was the first year we supplied boat rides to the



Photo: Donated

general public which was very well supported by our Explorer section (14-17 year olds). The Explorers helmed the trips and helped manage the public. Jane Stone Explorer leader said: "The maturity and skills the Explorers have shown this weekend is amazing and makes us all so proud."

Barrie Hayter Group Scout Leader said: "The generosity of our local businesses donating Raffle prizes allowed us to raise £550 towards our renovation project. The event so successful due to the hard work of the leaders, parents, grandparents and children."

5th Woodbridge Sea Scouts operates from a building that was donated to us in the 1970's that is in need of major renovations to ensure the successful running of the group into the future.

The group has members from 5.5 years all the way to 18 years old.

Woodbridge Art Club

The club has had busy times recently, putting on an extra exhibition of Suffolk scenes to support Suffolk Day. This followed through to the Woodbridge Regatta, and the club organised two art activities to celebrate.

We now have two friezes of *Hands joined across Suffolk* and *Boats on the River*, which we hope we may be able to display in the Long Shed at a later date. The plan is to video the two friezes and add them to our website - www.woodbridgeartclub.org.uk. The club's exhibition is ongoing every weekend until the end of September, from 10am to 5pm. It is free and there are paintings, pottery and lace for sale. Part of

the profits go to supporting the club.

On the 3rd August the lace makers will be stewarding the exhibition and demonstrating lace making, so if interested in this craft come down and see them.

The following weekend, 11th August, the club will be having an *Art Jumble Sale* of art equipment, paints, frames, etc. This will be open over the weekend from 10am to mid-afternoon.

The club continues to have its Wednesday evening sessions. Recently, a fascinating demonstration of the use of pastels by Jenny Mackay Windle inspired us to have a go the following week.

Demonstrations and workshops will continue on Wednesdays through the summer. If you are interested in the club come and see us, or look us up on our website or [facebookwoodbridgeartclub](https://www.facebook.com/woodbridgeartclub).



Photo: Donated

Things to do this summer

WAVENEY VALLEY SCULPTURE TRAIL AT RAVENINGHAM



Three acres of lawns, orchard and intriguing outdoor spaces provide a magical setting for the annual Sculpture Trail, which this year explores the theme of The Woven Woodland

Three acres of lawns, orchard and intriguing outdoor spaces provide a magical setting for the annual Sculpture Trail, which this year explores the theme of The Woven Woodland. Curator Sarah Cannell has located site-specific installations, 3-D constructions and sculpture by over 30 artists from East Anglia and beyond, including Mark Goldsworthy, Andy Jarrett, Janette Lazell, Sarah Dyball, Tobias Ford, Bee Springwood, Mike Challis, and Rob Harries.

A pop-up gallery in the farmhouse shows prints, paintings, textiles and fragile pieces and there are large-scale textile works by Helen Howes in the Ravenous Cafe

A mobility scooter will be available on a first come first served basis for a small donation. Or to ensure one is available when you want to visit contact Shaun Green of Norfolk Mobility Scooters on 01603 784474 to book a suitable model. There is plentiful free parking and designated disabled parking. **DISABLED PARKING LOGO HERE** Toilets are wheelchair accessible and have nappy changing facilities.

Ravenous Café is open every day for light lunches, drinks, cakes, and home-made refreshments.

Friday 2 August – Sunday 8 September
Ravensingham Centre, Beccles Road, Ravensingham
NR14 6NU

Open 10am-5pm every day Tickets £6 (W&BA members £5). Under 18s free. Pay on entry only.

SUMMER THEATRE - THE WOMAN WHO COOKED HER HUSBAND



'The woman who cooked her husband' by Debbie Isitt will be at Southwold Arts Centre from 6th August – 17th August

Debbie Isitt is now as well known for her hit comedy films 'Nativity' and 'Confetti'. In this play from the 1990's she paints a hilarious and gruesome picture of a deserted wife's revenge on her ex-husband. When Hillary invites Keith to dinner, together with his new girlfriend Lauren, her guests are not prepared for what she will serve up as the main course!

angharad@prominentpr.co.uk,
phone: 01473 276126

YOUNG THEATRE ON THE COAST GET INTO SHAKESPEARE BY THE SEA WITH YOUNG THEATRE ON THE COAST



Two full days of magic, mystery, shipwrecks and fun.

Work with an actor from Shakespeare's Globe Theatre, with a musician and a costume and property maker. For ages 8 years to 18 years. Create your own performance inspired by travelling players and the historic Tudor Moot Hall in Aldeburgh.

Drop off and pick up at the Aldeburgh Music Room, Aldeburgh Primary School

Cost: £7 per child per day (£14 for both days). 2 siblings £12 per day or £24 for both days.

Contact Matthew Townshend Productions at mtproductions@btconnect.com in the first instance and we will send further information

1st Rendlesham Scouts

1st Rendlesham Scout Group

We already have 90 Beavers, Cubs, Scouts and Explorers enjoying the range of activities and learning the **Skills For Life** that Scouts has to offer them as members of 1RSG and with over 20 more young people on the waiting list to join a section we would love to hear from anyone who might be willing to fill any of our current volunteering vacancies -

Leader/Assistant Leader/Occasional Helper - Beavers

Due to overwhelming demand for places we are planning to start a new Beaver colony in September, Beavers are the youngest section in the Scout Group and generally meet for an hour a week, open to both Girls & Boys aged 6 - 8 years old they enjoy all that Scouting has to offer; being introduced to outdoor activities, having the opportunity to be creative, explore the local community and make new friends. As this is a new section the day/ time and meeting place are yet to be confirmed and therefore could be flexible to meet the availability of anyone who might be willing to take on these rewarding roles.

Assistant Leader/Occasional Helper - Explorers

Explorers is for young people aged between 14 and 18 years old. Explorer Scouts are encouraged to take part in a wide range of activities as part of their programme, they meet at Rendlesham School on a Wednesday evening 1930 - 2130 during school term, we currently have 1 leader but we are in need of an Assistant Leader or Occasional Helper to help this growing section.

Executive Committee Vacancies

The Group Executive Committee plays a vital role in the running of a Scout Group. They meet four to five times a year to make decisions and carry out administrative tasks to ensure that the best quality Scouting can be delivered to young people in the Group.

Chairperson - Scouting relies on strong leadership, if you can motivate others, keep a cool head and balance a variety of views then you would be an ideal chairperson. No previous experience of Scouting is necessary. What's more important is your own skills as well as empathy with our mission and values.

Group Fundraiser - We are looking for a group of volunteers to help plan & organise our fundraising activities. Raising extra funds means we can provide a wider range of exciting opportunities to our young people. No specific time commitment is required and the role is flexible enough to fit around you.

Committee Member - As well as a Chair, Secretary and Treasurer, we welcome any volunteer wishing to join the Executive Committee along with parent representatives of Beavers, Cubs, Scouts & Explorers to represent the views of our young people and ensure the smooth running of the Scout Group.

Interested?

Contact Keith Gleen on 07483 211922 or email keith.gleen@suffolkscouts.org.uk

Scouts - Wet Weekend 2019

Over 130 Scouts & Guides from across Suffolk yet again descended on Ramsholt for the annual Wet Weekend camp and as usual Scouts & Leaders from 1RSG were there to join in with the fun. Over the weekend the Scouts had the opportunity to try out a variety of water activities including kayaking, bell boating, sailing, pulling boats, yachting & canoeing and owing to the fine weather they didn't seem too bothered on the occasions they ended up in the river rather than on it.

Photos: 1st Rendlesham Scouts





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TEL: 07519 635 210 / 01394 549 501

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:

MAYHEW ROAD

Please report fouling to:

Suffolk Coastal District Council
01394 383789 and/or
Rendlesham Parish Council
01394 420207
E: admin@rendleshampc.org.uk



**FIRST CLASS
FREE
*Book your free trial
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Dance classes at Rendlesham Community Centre

Telephone: 07940469026

Email: chloe.kinrade@hotmail.co.uk

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

Classes also held at Wickham Market

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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



Capturing Suffolk

Pick up your camera and take a fresh look at the Suffolk Coast with a new book and series of photography workshops from landscape photographer **Gill Moon**. Discover hidden locations, as well as some of the more familiar destinations, with Gill's beautiful and comprehensive photography guide, available to buy online [here](#). Then join a workshop and learn how to take well composed images that capture the spirit of Suffolk - whether you have a DSLR or a phone camera. Gill's next workshop is on **3rd August** at Bawdsey, followed by new events at Orford, Southwold and Woodbridge.
www.landscapephotographytuition.co.uk

Orchestras and bands for talented young musicians!

Join a County Ensemble to take part in European concert tours, a residential course at Framlingham College, exciting performances in prestigious concert halls, and more! Run by the County Music Service, these orchestras and bands offer fantastic opportunities throughout the year. Suitable for children and young people aged up to 21-years-old, from Grade 4+ standard (or equivalent). For more information and to apply please visit their website <http://bit.ly/County19-20> Applications close on Wednesday 10 July.



Suffolk
Music Education
Hub



Apply by
Wednesday 10 July 2019
<http://bit.ly/County19-20>



COUNTY ENSEMBLES

Concert tours | Performances at Snape Maltings | Residential course | Rehearsal days

An exciting programme of musical activities for talented young musicians!
Suitable for all orchestral and band instruments.

For costs and this season's programme please contact Suffolk County Music Service:
<http://bit.ly/County19-20> E: county.musicservice@suffolk.gov.uk T: 01473 263400

Supported using public funding by
Department for Education
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Childrens Funeral Fund - Stakeholder Briefing

Earlier this year the Prime Minister announced the establishment of a Children's Funeral Fund for England (CFF). Under the scheme, bereaved parents, guardians or carers will no longer pay the fees charged for a cremation or burial of a child under the age of 18, or certain associated expenses.

Fees and expenses will be met instead by government funding with providers (burial/cremation authorities and funeral directors), in the main, claiming from the CFF the fees and expenses they would have otherwise charged to families.

The scheme is due to come into effect on 23rd July 2019

Connect for Health

A community connector is able to talk to you confidentially, give practical, helpful advice. They are able to help you decide what you would like to do, to improve your health and wellbeing. A community connector can discuss what issues you are facing, explore what matters to you in your life and explore what services and activities are available. They are able to give advice on healthy lifestyle, financial support, employment, training and volunteering, befriending, counselling and emotional support groups. As well as help you find activities within your area, to prevent social isolation and loneliness within the community.



This is a free confidential service for anyone over the age of 18 years.

Please contact the mobile number below, or email, in order to access this service.

We are also based at the following doctor surgery, within your area, where you can book an appointment through the surgery:

The Peninsular practice, Mill Hoo, Alderton, Woodridge, IP12 3DA

Framfield house surgery, Ipswich Road, Woodbridge, IP12 4FD

Little St Johns Sreet surgery, 7 Little St John's street, woodbridge, Ip12 1EE

Mobile: 07967395985 or 07790922228

Email: ConnectFor.HealthSuffolk@shaw-trust.org.uk

Web: <https://www.shaw-trust.org.uk/>

Follow us on:

Twitter - <https://twitter.com/shawtrust?lang=en-gb>

Facebook - <https://www.facebook.com/shawtrust/>

Local farmers' markets

Snape 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

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

FOLKEAST 2019

**FOLK MUSIC AND ART AT ITS BEST,
FROM NEAR AND FAR, WITH AN ADDED
SUFFOLK TWIST FROM 16TH - 18TH
AUGUST 2019**

Growing in stature every year, East Anglia's fast-rising FolkEast is back for the 7th time this August, proving why it is nothing like other music festivals.

The three day festival will return to the glorious 300-acre Suffolk estate of 16th-century Glemham Hall, the home of Major Philip Hope-Cobbold, between 16th-18th August 2019.

And it will be packing a punch with Richard Thompson, Cara Dillon and Karine Polwart headlining...



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FREE NHS Health Check's provided by OneLife Suffolk at Rendlesham Community Centre

Each year, NHS Health Checks can prevent **1600** heart attacks, prevent **4000** people from developing diabetes and saves **650** lives

The NHS Health Check is a national screening programme which is supported locally by the OneLife Suffolk team. The check calculates your risk of developing cardiovascular disease such as heart disease, stroke and diabetes. A range of tests, including a blood pressure and cholesterol check (Don't panic, it's just a prick blood test) form part of the check and the results provide a clearer picture of your health.

To be eligible for an NHS health check you need to be aged between 40 - 74 years old, living in Suffolk & Essex and must not have had an NHS Health Check in the last 5 years. You must also have no current diagnosis of or be taking medication for heart disease, high blood pressure, atrial fibrillation, high cholesterol, diabetes, stroke or mini Stroke, kidney disease or Dementia

The friendly OneLife Suffolk team will be delivering the NHS Health Checks from 9:30 – 4pm to residents at the Rendlesham Community Centre on:

Monday 12th August & Monday 4th November

to book your appointment simply call OneLife Suffolk's Client Services Team on **01473 718193**.



Have you had your NHS HEALTH CHECK?

If you are aged **40-74 YEARS OLD** OneLife Suffolk could offer you a **FREE** NHS Health Check, including a blood pressure and cholesterol check to assess your general health and risk of diseases such as stroke, diabetes and heart disease.

Rendlesham Community Centre

Coming Soon 12th August & 4th November 2019

9.30am – 4pm

To book your appointment please contact
OneLife Suffolk on 01473 718193 or
info@onlifesuffolk.co.uk

Access Criteria:

- 40 - 74 years old
- Not had an NHS Health Check in the last 5 years
- No current diagnosis of heart disease, high blood pressure, high cholesterol, diabetes, stroke, kidney disease or vascular dementia

 @OneLife Suffolk  OneLife Suffolk

Call: 01473 718193 Visit: www.onlifesuffolk.co.uk

Yoga & Wellness Studio Opening September 2019 at Bentwaters Parks



Regular sessions will include

Vinyasa Yoga | Meditation & Relaxation
Calming Yoga | Restorative Yoga
Sound & Cocoa

There will be a range of other workshops and events taking place, see Facebook page for further details

East Suffolk Yoga & Wellness Studio
Allied House
Bentwaters Park
Rendlesham
IP12 2TW

 @eastsuffolkyyoga
07877 358163

Price packages will range from drop-in
to monthly unlimited classes at a
discounted rate

Nursery Sessions From September 2019



Sessions available :
8.40– 11.40 12:30– 3.30
11:40 –12:30 Lunch
Lunch options available

*All sessions will be run by
qualified teacher
Contact the school or
Mrs. Reed in the Nursery for
more info.*

*Application forms available
from the school office and
on the school website.*

**Contact: 01394
462190**

Rendlesham School Nursery is working in association with local child minders and Rendlesham Day Nursery. Arrangements can be made for collection and delivery for any of these sessions through the Day Nursery or by contacting any of our local child minders directly.



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We provide the following key services,

✓ Residential care

✓ Dementia care

✓ Respite care

Woodbridge & District Lions Club News



Photograph shows presentation of the cheque by Club President Roy Benton to Louisa Smart from EACH

Woodbridge and District Lions Club have continued their busy schedule of fund-raising events.

The Club held a hugely successful Pig Race Night at Hacheston Village Hall at the end of May with all funds raised in aid of the East Anglia's Children's Hospice. The evening raised just over £800 and the Club decided to round this up to £1,000 and a presentation was made to EACH at our July meeting.

The Woodbridge Regatta is our main summer fund raiser and we are pleased to report that a total of just over £1,100 was made at this year's event which will be used for the benefit of local charities and good causes. We would like to thank all the members of the public who supported us by sponsoring ducks for our Duck Dive event, both from our sales in the Woodbridge Thoroughfare over the preceding two weeks and on the day. The lucky Duck Dive winning numbers were; first prize 928, second prize 1389, third prize 430. All prizes have been claimed and special thanks to the winners of the second prize who kindly decided to donate their winnings to charities.

Advertising Contact:

If you would like to advertise in the Rendlesham Parish Newsletter please contact:

01394 420207 or
e-mail admin@rendleshampc.org.uk



SUMMER READING CHALLENGE

Many readers will be familiar with the Summer Reading Challenge for primary school children. During every summer holiday libraries nationwide organise the Challenge: for children to borrow and read six books before going back to school in September.

The Library needs volunteers to help run the Challenge. Children have to sign up for the Challenge and, having read each book, have to bring it back to the Library and tell one of the volunteers a bit about the book. This is then recorded on the child's card. For each book read, the child receives a small prize. If all six books are read the child is invited to an awards ceremony in September. The theme for this year is Space in recognition of the 50th anniversary of the first moon landing.

If you have volunteered for this in previous years, please do so again. The Challenge is a very important way of helping children develop their reading and comprehension skills during the long summer break. If you would like to give it a go, please sign up. Volunteers sit at a table in the Library for two hours at a time and invite children to talk to them about the books they have read and are returning. The lead librarian for the Challenge is Victoria Savill and you can contact her by email at victoria.savill@suffolklibraries.co.uk or by phone on 01394 330855. She will be pleased to give you an induction.

LOOKING AHEAD TO FOWL EVENTS

In early September FOWL will put on its first poetry night for some time. We are very pleased to welcome back Kate Foley, local widely-published poet and president of the Suffolk Poetry Society, and her friend Pam Job. They will read their own poetry and there will be music performed by two great supporters of the work of the Friends: Sylvia Fairley (flute) and Val Seeley (piano). **Note the date: Thursday 5 September at 7.30pm.** Tickets are £5, which includes an interval drink, and are available in person from the Library or by phone on 01394 330855.

Another date for your diary is **Wednesday 2 October** when FOWL will put on its second **Woodbridge Fashion Show**. This was a sell-out event last year. Tickets will go on sale in early September. More about this in next month's newsletter.

CONTACT POINTS

Library: 01394 330855

E: woodbridge.library@suffolklibraries.co.uk

Friends email: friendsofwoodbridgelibrary@gmail.com

Websites: www.suffolklibraries.co.uk/branches/woodbridge-library

www.suffolklibraries.co.uk/about/member-organisations/friends-of-woodbridge-library-fowl

Pitstop ... Summer Programme of Fun!

Places for 6 months—4 years
available at our Pre-School

Based in Melton with Free Forest School
sessions at the Deben Community Farm

Rated 'Good' By Ofsted

Funded places eligible 2 year olds and
for all 3 & 4 year olds

Hot dinners, healthy snacks & lots of
outside play space

Breakfast Club & After School Club
Contact us for a visit & more information

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

Established 2003

Your local community childcare provider

Ofsted Registered

Pre-School

FREE Forest School Sessions

Funded Places for eligible 2 year
olds and all 3 & 4 year olds

Baby room for 6 months +

Large garden, pets, mud kitchen

Growing and nature area

All areas of the EYFS met
through the ethos of play

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

Car Boot Sale at The Suffolk Punch Trust



Car Boot Sale

Clear your clutter at our fundraising car boot!

Sunday 8 September 2019

Clear your clutter at the Suffolk Punch Trust's fundraising car boot sale on Sunday 8th September 2019. All pitch fees will go towards the Trust's work in securing the future of the critically endangered Suffolk Horse.

All stalls and general traders wanted, equine stalls particularly welcome. No need to book.

Special late start for those wanting a lie on or with jobs and animals to feed and water in the morning!

Sellers - £5 per car, £10 for van/trader

Buyers - free admission to Car Boot Sale, gift shop and café.

Set up from 9am - stalls open from 10am.

Normal admission applies to farm visits. Plenty of parking available.

For more information call 01394 411327, email info@suffolkpunchtrust.org or visit their website

<https://www.thesuffolkpunchtrust.co.uk/single-post/2019/07/04/Car-Boot-Sale>

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.

Solution is on page 30

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.**

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





Bentwaters Heating & Plumbing Ltd
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Email: alex@bentwatersheating.com

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www.rendlesham.suffolk.gov.uk

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Mobile/Tablet repairs and screen replacement

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Free Assessment, Estimates on request, Contract options available

PC/Laptop Security/Health check
Introductory Offer £25 per device

Rendlesham Children's Centre

Sycamore Drive,
Rendlesham IP12 2GF



New Opening Hours:

Monday- CLOSED

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

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

Rendlesham
M: 07599 998974 COMMUNITY CENTRE



<https://ipswichnorthernroute.org.uk/>

IPSWICH NORTHERN ROUTE Public Consultation

Friday 5 July to Friday 13 September 2019

Working together, Suffolk County Council, Babergh and Mid Suffolk District Councils, East Suffolk Council and Ipswich Borough Council with support from West Suffolk Council are exploring options to create a new road to the north of Ipswich that would enable better journeys across Suffolk as well as enable future growth. We are holding a series of public consultation events on the proposed Ipswich Northern Route.

This consultation is the first step in the process to assess opinions of residents, businesses and other organisations on the need for the scheme and the proposed route and junction options.

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
0344 897 8000   



Questioning God's Love

One of the most popular verses in the Bible is **John 3:16**, which begins with the words, "*For God so loved the world...*" Right away many people question the news that God loves us by asking: "If God loves us why is there so much hatred in the world?" Or "If God loves us why doesn't He remove all the pain and suffering in the world?" Maybe you have a few questions also.



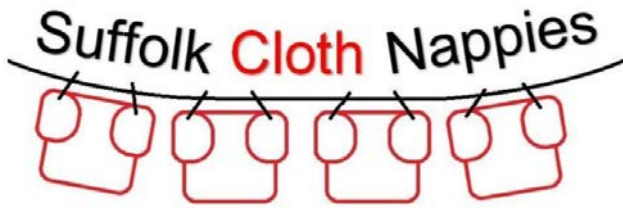
God **first** demonstrated His love for man when He created him with a free-will. Man can choose to love or hate; choose to believe or not believe in God. The consequences of mankind exercising his free-will has made our world a very sinful place to live, as attested by the daily news.

God's **second** demonstration of His love for man was when He gave His Son to die on the cross for all the sins of mankind. Now man could experience the love, mercy and forgiveness of God through exercising his free-will to believe on the Lord Jesus Christ. Yet, man can also exercise his own free-will and not believe in God at all.

God chose to Love you, **what** do you choose?

Rev. Frank Thompson
Church, Bromeswell

Faith Baptist



Cloth nappies are cheaper, greener and cuter than disposables!

Suffolk Cloth Nappies, your local real nappy library, have nappy kits for hire. We can advise on different types of nappies and what you will need to get started. Get in touch with us to find out more.

🐦 @suffolknappies

f www.facebook.com/suffolkclothnappies

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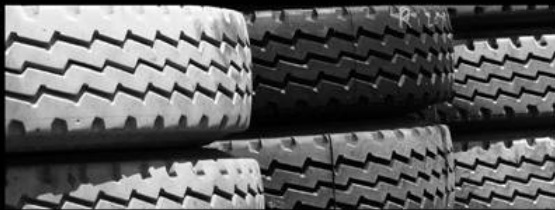
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Tennis

Jubilee Park



£5 per hour



To book: 01394 420207
Email: admin@rendleshampc.org.uk

Need a room with a view?

Jubilee Park Pavilion is now available for hire £15 for 2 hrs
Contact Rendlesham Parish Council to book
admin@rendleshampc.org.uk or 01394 420207

Table Tennis

Rendlesham Community Centre



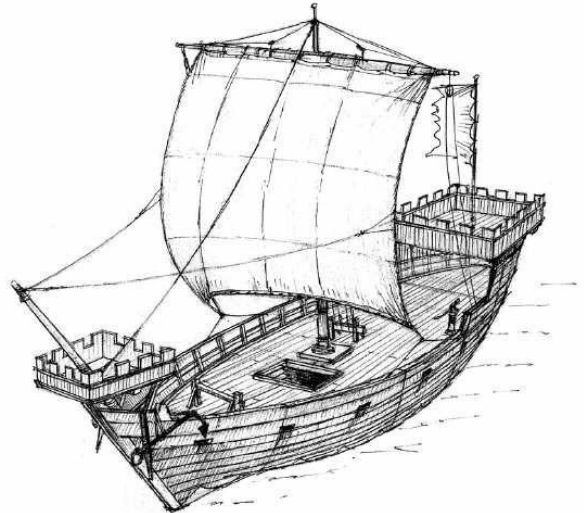
£7 per hour

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

Woodbridge Probus

Our ladies summer lunch on Monday 1st July can be simply summed up as a lovely occasion on a lovely day and we send our grateful thanks to the staff of Woodbridge Golf Club who helped to make it such a success.

Our illustration shows a Cog, a medieval cargo ship of the type that would have delivered our wine from the continent to the port of Goseford a lost medieval port on the Deben. At our August meeting on the 5th Peter Wain will be coming to talk about the ports origins, its disappearance and its importance. A fascinating subject indeed. What could be better for a Monday than a social get together, a lovely lunch and a speaker on this intriguing subject. Do have a look at our website woodbridgeprobus.org.uk it has all the information contacts and photographs. You are most welcome to join us for lunch and the talk and perhaps decide you would like to join the club.



Exercise and wellbeing classes in Rendlesham

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

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

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 & veg*

Placements for DofE welcome

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



THE SUFFOLK PUNCH TRUST
We breed Suffolk Horses

Car Boot Sale

Clear your clutter at our fundraising car boot!

Sunday 8 September 2019



All stalls and general traders wanted, equine stalls particularly welcome. No need to book.

Sellers - £5 per car, £10 for van/trader

Buyers - free admission to Car Boot Sale, gift shop and café.

Set up from 9am - stalls open from 10am.

Normal admission applies to farm visits. Plenty of parking available.

The Suffolk Punch Trust, St David's Lane, Hollesley, Woodbridge, IP12 3JR

www.suffolkpunchtrust.org

info@suffolkpunchtrust.org

01394 411327

Registered Charity Number 1100596

Rendlesham social club

New Opening hours

Thursday - 7pm .. 10.30pm

Friday - 7pm .. 11.30pm

Saturday - 2pm .. 11.30pm

Sunday - 12pm .. 3/5pm

**Saturday's
depending on
bookings made by
the community
centre ... We will be
given 2 weeks
notice if this occurs
and will then open
at 7pm. !**

Everyone welcome !

Bingo every Thursday night

Rendlesham social club

**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 !

23rd November .. 80s Disco by Mirage !

7th December .. Bouncing off Concrete !

**KEEP UP TO DATE !
LIKE OUR FACEBOOK PAGE
rendlesham social club**

Bingo every Thursday night

EVENTS *Notices* EVENTS



Rendlesham Community Litter Pick

'For the Kids!'

Sunday 11th August
10:00am – 12:00pm

Meet in the village square
Equipment Provided

Come already in a team of up to 4 kids
or join a team on the day
Each team must be supervised by an adult
All ages welcome

A Great opportunity to get together for a good
cause with the chance to win prizes!

Includes

A prize kindly donated by
The Boardwalk, Rendlesham

For any more info contact
Casey Rose or Victoria Proctor



Woodbridge
CAMERA CLUB

ANNUAL EXHIBITION

of member's photographs

The Longshed at Whisstocks
Tide Mill Way IP12 1FP

9th to 11th August 2019
10.00am - 4.30pm

Entry free

Rendlesham & District Over 60s Club 2019 Meeting Dates:

New members always welcome

12, 26 September 7, 21 November
10, 24 October 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

Telephone: 01473 584563

2019: 21 August, 18 September, 16 October, 13 November, 11 December

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



Post Office (Costcutters) opening hours

Re-opening 3 September 2019

Rendlesham Surgery opening hours

Monday	15:30 - 18:30	Wickham Market Medical Centre 01728 747101
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

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

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

**Solution
to the
Sudoku
challenge**

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

2019/2020 Suffolk School Term Dates

Autumn Term	4 September 2019	19 December 2019
Half Term Holidays	21 October 2019	25 October 2019
Spring Term	7 January 2020	3 April 2020
Half Term Holidays	17 February 2020	21 February 2020
Summer Term	20 April 2019	17 July 2020
Summer Half Term Holidays	25 May 2019	29 May 2019

Diary Dates - August 2019

Thurs	1	Bingo. Rendlesham Social Club, at 7.30pm.
Tues	6	Bumps & Babies , Community Centre, 10-11.30am Stay & Play at the Boardwalk. 2-4pm Fun@St Felix (Kids in Church) 3.30-5pm Evnuth. St Felix. 6-7.30pm
Wed	7	Toddler Group , (term time only), Community Centre 10-11.30am Line Dancing at The Boardwalk. 7.30pm
Thurs	8	Bingo. Rendlesham Social Club, at 7.30pm.
Tues	13	Bumps & Babies , Community Centre, 10-11.30am Stay & Play at the Boardwalk. 2-4pm Fun@St Felix (Kids in Church) 3.30-5pm Evnuth. St Felix. 6-7.30pm
Wed	14	Toddler Group , (term time only), Community Centre 10-11.30am
Thurs	15	Over 60s Club. 10.30-12.30pm. Community Centre Bingo. Rendlesham Social Club, at 7.30pm.
Tues	20	Bumps & Babies , Community Centre, 10-11.30am Stay & Play at the Boardwalk. 2-4pm Fun@St Felix (Kids in Church) 3.30-5pm Evnuth. St Felix. 6-7.30pm
Wed	21	Mobile Library. Community Centre 9.35-10.35am and Friday Street 10.40-10.55am
Thurs	22	Bingo. Rendlesham Social Club, at 7.30pm.
Sat	24	Jumble Sale at The Boardwalk. 10-1pm. £5 per table.
Sun	25	Rendlesham Social Club. Summer BBQ & Disco
Mon	26	BANK HOLIDAY
Tues	27	Bumps & Babies , Community Centre, 10-11.30am Stay & Play at the Boardwalk. 2-4pm Fun@St Felix (Kids in Church) 3.30-5pm Evnuth. St Felix. 6-7.30pm
Wed	28	Toddler Group , (term time only), Community Centre 10-11.30am
Thurs	29	Bingo. 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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For more details visit www.colourchangeupvc.co.uk see our showroom at **Base Business Park in Rendlesham, IP12 2TW** or contact Daryl Collins on **01394420774**



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ColourchangeUPVC



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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.

