

Rendlesham

Parish Newsletter

Issue 104

www.rendlesham.suffolk.gov.uk



November, 2019

Post Office Re-Opens



One year on since its closure the Post Office has re-opened at Costcutters, Rendlesham Village Store. A huge thank you to Zee who fought hard to bring the Post Office back to Rendlesham.

The return of the Post Office is a great relief to small businesses and residents who have missed this valuable local service.

Post Office Opening Hours: Monday—Friday 9am—5.30pm Saturday 9am—12.30pm Sunday Closed

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December **Deadline** 10 November





Rendlesham Parish Newsletter CONTACT

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Rendlesham Parish Newsletter

Advertising Rates for adverts placed from 1 April 2012

Advertisement	For One	For 3	For 6	For one
Size	Month	months	months	full Year
OIZC	WOTHIT	1110111113	1110111113	Iuli I cai
Business Card	£8.00	£21.00	£32.00	£48.00
Dusiness Card	20.00	£21.00	£32.00	240.00
1/8(eighth) Page	£13.00	£32.50	£52.00	£78.00
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l ⅓ (quarter) Page	£23.00	£57.50	£92.00	£138.00
½ (half) Page	£42.50	£106.25	£170.00	£255.00
/2 (Hall) Fage	242.50	£100.25	£170.00	£233.00
Whole Page	£78.50	£196.25	£314.00	£470.00
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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

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www.facebook.com/pages/ Rendlesham-Parish-Council/1505049463097442

Can You Help a Child In Need this Christmas?



Rendlesham Parish Council are once again taking part in Operation Christmas Child, the world's largest children's Christmas project, run by organisation Samaritan's Purse.

Operation Christmas Child works by filling an empty shoebox (available at the Parish Council office) with gifts for children in need around the world and then wrapping it and taking it to your local drop off point (St Felix Church, Rendlesham, Rendlesham Primary School or Eyke Primary School). It is then collected and hand delivered to a child in need by the Samaritan's Purse, asking nothing from them in return.

All shoeboxes are given to children in need, with no regard to their background or beliefs. The Samaritan's Purse work with local partners on the ground to ensure that your gift-filled shoebox is delivered with integrity and with respect to the local

culture.

Where culturally appropriate, booklet of Bible stories will be made available, which gives a message of the Christian relief and development hope and an explanation of the true meaning of Christmas.

> We would really love the community of Rendlesham to get involved by joining the Operation Christmas Child campaign this year and bring a smile to the face of a child through a shoebox bursting with joy. Getting involved is as easy as 1-2-3 – everything you need to know is on the attached leaflet and once your shoebox is ready you can drop it off at St Felix Church, Walnut Tree Avenue or either Rendlesham or Eyke Primary School reception.

The closing date for boxes to be dropped off is Sunday, 17th November 2019

Should you have any queries or require any further information, please do not hesitate to contact us at the Parish Office admin@rendleshampc.org.uk



Gates open 14:30 pm. Display 18:30pm. Happy Hour 3-4pm (Reduced ride prices). Wrap up warm and come and enjoy a family friendly event with our fabulous Fireworks, Funfair and Feast of Food.

Food will be provided by Rendlesham firm favourites T 'n' Toasties and First Rendlesham Scouts providing a feast of hot and cold food, tea/ coffee/hot chocolate and a selection of sweet and savoury treats. All at reasonable prices.

The fireworks display by Fully Fused Fireworks will take place at 6.30pm.

Free Admission (donations welcome). Free parking. N.B. Drop off and limited disabled parking only at Jubilee Park. Other sign-posted car parking available nearby.

Please note that due to the number of people attending on the night we have a NO SPARKLER policy in Jubilee Park, so please

enjoy your sparklers at home before or after the event to help us to keep the crowd safe!

Arrival and departure of the fun fair at this year's Firework Event

Please can we keep Acer Road, Knights Road and Mayhew Road free of parked cars for easy access into the car park at Jubilee Park.

Friday Morning, 1 November

8.30hrs - 10:00 hrs arrival

Monday Morning 5th November

10:00 hrs - 11.30 hrs departure

Parking for the event is available adjacent to the Community Centre/shops, at the school and at the doctor's surgery. Disabled parking only will be available at Jubilee Park. Thank you.

Rendlesham Parish Council

Parish Councillor	Responsibilities on the Council To be confirmed at the first meeting of the new Council
Mike Stevenson	Chairman Personnel Committee, Finance & Asset Committee Ex-officio on all other Committees
Martyn Redfern	Vice Chairman Planning Committee, Finance & Asset Committee
James Carter	Planning Committee, Personnel Committee, Jubilee Park Committee, Finance & Asset Committee
Wendy McKee	Planning Committee, Youth Group Chairty, Finance & Asset Committee
Casey Rose	Personnel Committee, Youth Group Charity, SNT Rep, Finance & Asset Committee
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, Finance & Asset
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 4 November 2019, 7.15pm Rendlesham Community Centre

15 minute public session

2019 Parish Council Meetings

Full Council — 4 November 2019 6 January 2020

Youth Group Charity Committee— 1 April 2020* Jubilee Park Committee— 21 November* Planning Committee— 11 November* Finance & Asset Committee—12 December*

* 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...

Period Poverty

The Parish Council and the Rendlesham Youth Group are taking part in the Period Poverty Scheme. The aim is to support young women



throughout their periods by providing boxes filled with free sanitary products. It comes after national investigations showed some girls were forced to miss school because they can not afford sanitary protection.

Free sanitary products are available from the Youth Group on Tuesday, Wednesday and Thursday nights and will also be available in the disabled toilet in the Community Centre, just look for the heart symbol..

The Pitstop Out of School Club in Hall Farm Road, Melton are also taking part in the scheme.

The scheme has been funded by Cllr Ray Herring and other councillors at East Suffolk Council.

For more details or if you know of a suitable venue for a Period Poverty box please contact the Parish Clerk for more details.



Climate Emergency Working Group

A very successful first meeting was held in October with some very positive outcomes. With representatives from Wickham Market, Melton and Rendlesham it proved to be an excellent opportunity for sharing ideas on how to tackle climate change.

There were several topics coming forward:

Transport—the loss of the bus service to Rendlesham. The Parish Council will be working with Martlesham and Woodbridge Town Council on this matter and will be meeting with First Buses at the end of the month.

Tree Planting—It was agreed to actively seek locations for tree planting within the village.

Energy—the use of energy from renewable sources would be investigated along with the potential of having a local energy producing scheme.

Environmentally friendly businesses—the group will work with local businesses to see if there were possibilities of better ways of working.

Recycling—To increase recycling facilities in Rendlesham, particularly focussing on items which cannot be taken in the roadside colleciton.

Air Quality—in particular by the school where parents dropping off/picking up leave engines running. Monitoring equipment has been sourced to create a baseline. The group will be working with the school to raise awareness with parents.

The next meeting of the group will be on Wednesday November 6th, 7.30pm at the Pavilion, Jubilee Park.

Everyone welcome. Tea, coffee and biscuits provided .

Rendlesham Church—September

Date	Time	Place	Service	Officiant
Sun 3 rd Nov 4 th before Advent	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 6 th Nov	10.00am	St Felix	Holy Communion	Rev Mandy
Sunday 10 th Nov 3 rd before Advent Remembrance Sunday	8.30am 10.45am	St Felix St Edmund's, Bromeswell	Said Holy Communion Service of Remembrance	Rev Mandy Rev Mandy
Weds 13 th Nov	2.30pm	Rendlesham Care Home	Songs of Praise	Rev Mandy/Stephen Nicholls
Sun 17 th Nov 2 nd before Advent	9.00am 9.00am 11.00am	All Saints St Edmunds St Felix	Morning Prayer Holy Communion Holy Communion	Malcolm Knapp Rev Mandy Rev Mandy
Weds 20 th Nov	10.00am	Rendlesham Care Home	Mothers Union with Holy Communion	Rev Michael Hatchett
Sun 24 th Nov Next before Advent	9.00am 11.00am 11.00am	St Gregory's St Edmunds St Felix	Morning Prayer Morning Prayer Holy Communion	Rev Mandy Robin Jordan Rev Mandy
	6.30pm	St Gregory's	Taize	Mrs J Bishop

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 <u>FREE</u>

EvnU

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,



The Vicar's Voice

Archbishop William Temple (1882-19440) once wrote that "The church is the only institution which exists wholly for the benefit of it's non members" In todays society, never could a truer word be spoken, with the declining numbers of church attendees, especially in rural and semi rural areas, the church is in a period of serious transition. The question of how we can continue to provide services as usual for the "old faithful's of the parish" whilst endeavouring to inspire and encourage young families with fresh expressions of "doing" church, is challenging to say the least. Especially with clergy being expected to look after anything up to 8 parishes each, with the help of retired clergy, lay readers and elders.

And of course it all comes back to one important issue....money!!



"But the church has plenty of money" I hear you all cry...."look at the land and property they own,

the silverware they use on Sundays, the elaborate robes the priests wear...

"I could only give such a small amount, it wouldn't make a difference"

"I went to church once....they didn't make me very welcome, why should I give them my hard earned money!!?" "Why should I give money for the vicar when she lives in that big house"

As a cluster of churches, we, along with the rest of the Wilford Peninsula Benefice, and all the other benefices and churches within Diocese up and down the land, have to pay a proportion of their weekly offerings and fund raising efforts to the Diocese to which they belong. This money is then used in various ways, including Clergy stipends (clergy are given an allowance, not a salary) and housing,

Training for new and future priests and ministers, Mission and outreach initiatives: eg - food banks, community welfare projects et al Diocesan administration costs, Maintenance of church buildings

All this before we start to pay our organists, the electric and heating bills, insurances and basically the general upkeep of our individual church buildings. AND the Church of England doesn't get any help from the Government!!!

So....can you help? Donations are vitally important to

ensuring the continuing ministry and mission of our churches. And although you may consider yourself one of those "non-members" Archbishop Temple was talking off, perhaps only attending at Christmas and Easter, or perhaps for a Wedding, Christening or Funeral, the church is there for you, and we want to continue to be there when you need it.

Your donation could make such a difference. No amount is too small or too big!! Whatever the gift you give, it will be greatly appreciated, perhaps more than you can imagine. If you feel you could help, please contact Rev Mandy to ask about the Parish Giving Scheme.

Thank you, and God bless you!

Rev Mandy x



Sudbourne & Tunstall Baptist Church Services & Activities In November

Sun 3rd Nov: 10:30am & 2pm - Both @ Sudbourne

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

Sun 17th Nov: 10:30am Sudbourne / 6:30pm - Tunstall

Sun 24th Nov: 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 28th Nov

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 during term time

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

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Newsletter

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Climate Emergency in Rendlesham!

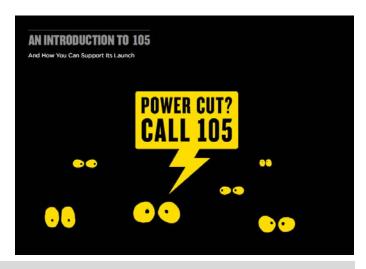
At the recent Rendlesham Parish Council meeting they declared a climate emergency. This is very much in keeping with the mood of the country with our national parliament, Suffolk County Council, East Suffolk District Council and Woodbridge Town Council all having done so in the last few months. We at Greener Rendlesham give our thanks to the Parish Council for taking this issue so seriously, and offer our full support regarding this declaration. The Parish Council is setting up a working group to develop this initiative. Greener Rendlesham are offering to have representatives on this group and it would be very good if other organizations and individuals would also participate. A diverse representation of our community would be ideal:

- Local organizations from scouts to churches and P.T.A.s
- Older people concerned for their children and grandchildren.
- Younger people, including those at school, who want a worthwhile future.
- Any age in between who wants to safeguard

our world.

This group will be about practical actions that we as individuals and as a community can implement.

For further information or to apply please email: vproctor.rpccllr@gmail.com
Greener Rendlesham:
greener.rendlesham@uwclub.net



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Pupils inspire district-wide period poverty scheme

Pupils at Felixstowe Academy have launched a campaign to end period poverty - inspiring Suffolk Coastal councillors to call for a similar roll-out across the District.

The Felixstowe Academy campaign, titled 'Proud, Period!' aim to support young women throughout their periods by providing boxes filled with free sanitary products. It comes after national investigations showed some girls were forced to miss school because they can not afford sanitary protection.

The idea for the campaign came from pupils Chloe Mills, Kat Walker, Katie Bridges-Burns, Megan Hobby and Jasmine Smith. With support from their Subject Leader for Health and Social Care, Mrs Couto and supply of sanitary products from Basic Life Charity, they made it a reality.

Speaking on behalf of the girls, Katie Bridges-Burns said: "Sanitary products aren't a luxury, they are a necessity, and every girl and woman should have access to them. Through 'Proud, Period!' we've helped achieve that for the girls at Felixstowe Academy. We now aim to take it further and help people in the wider community."

"I am so proud of the 6th Form Health and Social Care students who have championed 'Proud, Period! such an important initiative. Their energy and passion to destigmatise 'that time of the month' is something that will be remembered in years to come," said Mrs Couto.

Felixstowe Academy now has six boxes with sanitary products at the school - two on every floor. The boxes include sanitary towels, tampons, wipes, tissues and information pamphlets. Toilets containing the boxes are marked with a red glitter heart on the door.

Inspired by the 'Proud, Period!' campaign, Suffolk Coastal councillors have joined together to start a scheme, titled 'Period Poverty'.

Suffolk Coastal councillors joined together and donated a total of £18,237.16 from their Enabling Communities Budget for the scheme and are challenging local businesses and organisations to get involved to help end period poverty in east Suffolk.

Speaking on behalf of the cllrs, Cllr TJ Haworth-Culf, Suffolk Coastal Cabinet Member with responsibility for Customers, Communities and Leisure, said: "We very much wanted to support the 'Proud, Period!' campaign because no girl should ever have to feel embarrassed or miss school because they can't afford sanitary products.

"The girls at Felixstowe Academy can be very proud of what they have achieved and it has really inspired us to try and tackle this issue across the District.

"Therefore, we have set up the 'Period Poverty' scheme so we can work towards ending period poverty in east Suffolk once and for all. Our goal is to see it rolled out in places such as libraries, schools, food banks and community centres.

"However, in order to make it a success, we need the support of local businesses and organisations. Not only do we need to raise awareness of the scheme, we need locations where people can donate sanitary products and also locations where we can place boxes for those who need it.

"We know that some businesses and organisations are already supporting period poverty through various national schemes and we would like to urge them to get in touch to discuss how we can work together to achieve our goals."

If you are a local business or organisation and would like to get involved in the 'Period Poverty' scheme, please contact Chloe Winlow on chloe-winlow@eastsuffolk.gov.uk

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

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How YOU can reduce the chances of fireworks frightening and injuring pets, livestock and wildlife

- Owners can prepare their animals ahead of the event and attending these organised events also reduces the overall number of fireworks that disturb animals.

 IF YOU WANT TO HAVE YOUR OWN FIREWORK CELEBRATION....
- PLEASE ONLY LET FIREWORKS OFF ON TRADITIONAL CELEBRATION DATES

 Diwali, Bonfire Night, New Year's Eve and Chinese

 New Year are occasions when most people expect
 fireworks and plan ahead to protect their animals.

 PLEASE USE LOW NOISE FIREWORKS

These may reduce the likely fear and resulting stress caused to animals.

LET YOUR NEIGHBOURS KNOW WELL IN ADVANCE

- That way, they can prepare any animals they look after including horses and livestock which may be kept nearby in fields or buildings.
- NEVER SET OFF FIREWORKS NEAR LIVESTOCK

 Frightened animals, especially horses, can injure

 themselves it's not unusual for horses to run

 through fences when frightened by fireworks. Horses
 can't be moved easily so it is very difficult for
 owners to protect horses from firework noise.
- FIREWORKS DISTURB WILDLIFE

 Don't let fireworks off near areas known to be wildlife habitats such as lakes with waterfowl, trees and buildings with roosting birds or bats.
- BUILD ANY BONFIRE AS CLOSE AS POSSIBLE TO THE TIME OF LIGHTING

 Bonfires can kill wild animals like hedgehogs so make sure hedgehogs and other wildlife are not sleeping in the pile when it is lit.
- PICK UP FIREWORK DEBRIS AND LITTER AFTER IT HAS COOLED DOWN
 Dispose of it safely as it can harm animals and avoid
 aiming fireworks over fields or other countryside
 where it will not be possible to retrieve fallen litter.

Consumer Corner:

Trading Standards' give the following firework advice:

Did you know you can only buy fireworks (including sparklers) from registered sellers for private use on these dates: 15 October to 10 November, 26 to 31 December, 3 days before Diwali and the Chinese New Year

Trading Standards always advise that you purchase fireworks from reputable sellers. Under NO circumstances can fireworks marked as **BS7114** be sold. Only fireworks that are CE marked are now legal.

You can be fined up to £5,000 and/or imprisoned for up to 6 months for selling or using fireworks illegally. Fireworks are not allowed to be sold to under 18's, you can report places selling to underage sellers to us via 03454 040506

Fireworks are particularly dangerous to store, so if

you are purchasing for a home event, delay purchasing right up until they are needed. If you store them at home, it is crucial that they are in closed, fire-resistant storage, used solely for fireworks and labelled accordingly; locked away if you have pets or children that may be able to access them.

If you buy them from a shop, the retailer must be licenced to sell fireworks; they should never be purchased from vehicles, market stalls, car boot sales or Facebook sellers.

If you suspect someone of selling fireworks without a licence, you can report it to Trading Standards via the Citizens Advice consumer helpline on 03454 04 05 06.

Dog fouling

Clearing up after pets

Responsible dog owners understand the importance of clearing up after their pets, and so they take their dog for a walk armed with a poop scoop or bag. They will dispose of the waste when they return home or use one of the Council's dog waste bins or litter bins found across the district.

There is an inconsiderate minority who fail to clean up after their dogs. The lack of a nearby bin to dispose of dog waste is not a reasonable excuse for **Dog fouling and the law** failing to clean up dog faeces. If there is no convenient bin, you must TAKE IT HOME for proper disposal.

Dog waste in public areas is dealt with through the normal process of street cleansing and is usually removed during scheduled street cleaning. However, the Council understands that residents

are concerned about dog fouling, which is why reported incidents of dog mess will be removed from roads, parks, play areas or the beach within 24 hours of receipt.

Reporting offenders

If you see a dog owner who allows his or her dog to foul our streets then you can report it to the **Environmental Protection Team.**

Where there is a persistent problem, East Suffolk Council Officers will try to identify irresponsible dog owners, and use their Public Space Protection Order powers wherever possible East Suffolk Council has a helpful Contact us Team to report an incident.



FREE DOG BAGS

From the Parish Council Office Please report fouling to:

Suffolk Coastal District Council 01394 383789 and/or

Rendlesham Parish Council 01394 420207 E: admin@rendleshampc.org.uk





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A new chapter for Rendlesham Primary School

Rendlesham Primary school is about to embark on a that your new Academy Head Kevin Speirs will new chapter. After 6 exciting years as the school's head teacher I am saying goodbye to Rendlesham and taking up a two year secondment with Consortium Academy Trust in a school improvement role across our trust schools. It will be extremely difficult to say goodbye to the children of Rendlesham as over the last 6 years I have supported over 500 children and very many families.

I have seen the school through substantial growth with the lovely new extension; a newly developed playground; the extension of the Nursery to full day provision; the opening of before and after school clubs as well as a recently developed mental health/ well-being area in the school plus lots more exciting resources and a newly developed curriculum for our children. It has been a privilege to work with so many incredible staff and I am confident that I am leaving a strong and passionate team who have shared my vision and will continue to support the community and its children going forward.

I would like to thank all of you in the community for your contributions to school life and for the support you give the school so regularly. It has been a challenging and enjoyable role and I am confident

enjoy the post as much as I have.

My thanks again for all your support.

Debbie Thomas

Advertising Contact:

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

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











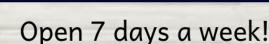
Cakes and **Pastries**

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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













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.



Kooth

Free online counselling and emotional wellbeing support for young people

A new free online counselling and emotional wellbeing support service for young people in east and west Suffolk aged 11 – 18 has launched.

Called Kooth, young people will now be able to access online counselling through their mobile device, 365 days a year. Experienced counsellors will be available for virtual drop-in or bookable chat sessions from 12 noon until 10pm on weekdays and from 6pm until 10pm on weekends.

As well as online counselling, Kooth offers peer-to-peer support, moderated forums with other young members of the 'Kooth community' and a wide range of self-help materials.

Young people who use the service will be able to seek support or advice on any topic they wish, from coping with exam stress or bullying, seeking help for an eating disorder, dealing with suicidal thoughts or handling sexual abuse. There are no thresholds or barriers for young people on receiving help from Kooth.

Kooth has been commissioned by NHS Ipswich and East Suffolk and NHS West Suffolk clinical commissioning groups, as part of their ongoing commitment to improving local mental health services and the county's Children & Young People's Emotional Wellbeing Plan.

Visit kooth.com to find out more.











Compassionate Communities

Chris Draude and I are local residents and volunteers in this area for Compassionate Communities.

Compassionate Communities is a community project, managed and supervised by the Peninsula GP Practice (Alderton Health Centre).

A compassionate community includes families, neighbours, local organisations, spiritual support and other health and social care professionals such as doctors, nurses and integrated neighbourhood teams.

People within a compassionate community work together to support an individual, their family and carers to identify and respond to their needs, wishes and choices at the end of life.

Our Compassionate Community will support people experiencing life shortening illness to live as full a life as possible until they die by offering a Compassionate Companion.

It will also enable people to discuss and make informed decisions about their own end of life, whenever that might happen and however far away that might be.

Chris and I have undertaken the volunteer training to become a Compassionate Companion to support individuals, their families and carers.

However as we are also trained dramatists/artists

working in many capacities therapeutically in hospices, day centres & schools, as well as theatre forums, we are particularly interested in ways that we can assist people to have important discussions about end of life, and increase people's knowledge about the choices available to them.

We write now with a view to spreading information and gathering thoughts of readers of Villages Voices as to whether they may be interested in meeting as a group say once a month to discuss/explore creatively matters around this subject of living and dying well.

The group would be held in a central space similar in style to the 'Dying matters' and 'Planning Ahead' Cafes which are becoming more and more successful and popular.

I attach a leaflet but more information about the Compassionate Communities Project is available from the Project Manager Email: rachael.metson@nhs.net

Tel: 07433 020291

However – anyone wanting to discuss the idea of a Café Talk can email Chris or myself directly at:sarahjeannecraze@gmail.com or chrisalisclowning@btinternet.com

Many thanks. Sarah Craze (Hollesley)

FREE NHS Health Checks 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 will be delivering the NHS Health 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 to book your appointment simply 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 Checks from 9:30 - 4pm to residents at the Rendlesham Community Centre on: Monday 4th November

call OneLife Suffolk's Client Services Team on 01473 718193.



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 HEALTH CENTRE

MILL HOO, ALDERTON, WOODBRIDGE, IP12 3DA

FRIDAY 11TH OCTOBER 2019 10.00 – 12.00 FRIDAY 8TH NOVEMBER 2019 10.00–12.00

FRIDAY 13TH December 2019 10.00–12.00

Drop in to speak to an advisor

Or contact the health centre for an appointment 01394 411641

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

Or call our national Adviceline phone service 0300 330 1151

Rendlesham Day Nursery



- Open 8am-6pm all year round
- Baby, Toddler and Pre-school Room
- Qualified, friendly and professional staff
- 'Rated Outstanding by Ofsted 2015'
- Secure Web Cams watch your children play!
- Nursery grant funding for 2-5 year olds and flexible sessions

Call 01394 420581 or go to www.rendleshamdaynursery.co.uk Breakfast and After School Clubs and pick-ups at Rendlesham School



Examples of repairs:

-A toaster that no longer works -Hem that's come down -A lamp with a broken switch















First Monday of every month (from Sept 2019) 10 am-12 Midday St Johns Church Woodbridge, IP12 1HS

Hosted by St Johns Church and Transition Woodbridge

Clothes - Furniture - Electric & Domestic Appliances - Toys etc



A Heavenly Gift

An evening of beautiful songs with acclaimed Classical Chart topper Christina Johnston

Classical Chart topper Christina Johnston 23rd November at St Augustine's Church, Bucklesham Rd, Ipswich IP3 8TJ 7.30pm - doors open at 6.45pm

On Saturday 23rd November at 7.30pm, at St Augustine's Church, Ipswich, internationally acclaimed Classical Chart topper **Christina Johnston**, who has graced opera stages all over the world, will be bringing the sound of heaven to you, accompanied by the very talented pianist, **Jade Hey**.

On numerous occasions **Christina** has sung for various Heads of State, most notably regularly singing for the President of the Czech Republic, President of the People's Republic of China and various Presidents of EU Countries.

Jade is an accomplished pianist playing for events, rehearsals and concerts and is also a Musical Director. She teaches music and drama at Northgate High School as well as musical theatre and singing for the new full-time foundation course at the Children's Theatre Company. Recent accolades include Les Misérables and Seven Brides for Seven Brothers with the Children's Theatre Company and Grease with Northgate High School. This purpose of the evening is to raise vital funds for The Beehive charity, a home dedicated to the

rehabilitation, education and loving support of vulnerable child-mothers and their babies in Nakuru, Kenya; set up by Jane and Alan Hutt from Rendlesham in Sept 2013. Jane and Alan saw a need that wasn't being met to help girls, sometimes as young as nine, finding themselves pregnant and having to face choices they should never have to face

The Beehive receives no government funding and relies 100% on donations. All the money raised from the event will be used for the running of the two Beehive homes: rent, utility bills, food, wages for staff, medical & health care, education fees and living costs for the girls and babies.

Ticket price: £12 – no specified seat allocation 7.30pm - doors open at 6.45pm

Wine, Beer and Soft Drinks will be available for purchase in the interval

To purchase tickets, contact Ruth Leigh: T 07961 025352 E thepaellalady@gmail.com Julia Johnson: T 07879 990237 E juliajohnson27@yahoo.com

Sarah Clarke : T 0777 367 9527 E sarahaboutmedia@icloud.com



How The Beehive Transforms Lives

The Beehive is constantly expanding and we need all the funds we can muster in order to meet our growing needs and to transform the lives of these vunerable girls. Here is one of their stories:

When Ruth came to us, aged only 16, she was 7 months pregnant. She had been raped.

Ruth is also profoundly deaf which had already made her life very difficult. Once she gave birth to her son, Ben, we started to look into her education.

Miraculously, Ruth won a scholarship to a local boarding school and she now has a generous UK sponsor. She is top of all her classes and wants to become a doctor. Little Ben is thriving.

This is a remarkable transformation and just one of the stories we could tell.





How The Beehive Works

The Beehive isn't an orphanage or an institution. It's a family home Some girls stay with us until they are adults as they either have no family to return home to or it's dangerous or inappropriate for them to do so. Others are only short-term while their court case is heard or while they need protection.

FACT: Every girl who comes to the Beehive is supported through their pregnancy, birth and recovery and when the time is right, they resume their education or go on to vocational training.

How You Can Help

The Beehive is completely reliant on the generosity of its supporters. With two homes and a growing number of staff, The Beehive has significant overheads, so your donation enables us to meet all the day-to-day expenses.

Donate

We are very happy to receive one-off, regular monthly or quarterly payments. If you'd like to make a one-off or monthly payment, please visit The Beehive website at: www.beehiveafrica.org and hit the 'Donate' button.

If you'd like to set up a regular monthly or quarterly payment, please email us at partingseas 2013@gmail.com

Sponsor

A **personal sponsorship** costs from £25 per month and helps to meet one girl's medical, educational and individual needs.

Education, books and uniform in Kenya aren't free. An **educational sponsorship** gives our girls the keys to a successful future. Sponsorship is tailored to each girl individually.

Fill a Blessings Jar

Our Blessings Jars are a lovely reminder of The Beehive and its work in your own home. Fill the jam jar with coins and return it to one of us or ring to arrange collection. Even just filled with 1 p coins, you could raise up to £5 for The Beehive. If it's a mixture of 2p and 5p coins, it could be as much as £15! if you would like a Blessings Jar, please contact Pam Jenkins T: 01728 748367 E: pam@jenkins-net.co.uk

For sponsorship enquiries, please email Sarah at: sarah@sarahscarers.com







Rendlesham Climate Emergency Group

Sustainable living is something we hear about all the your own containers to bulk bins or refill stores! time at the moment, across all forms of media, from a variety of people - and for good reason! Who hasn't watched David Attenborough's Blue Planet 2 and felt some level of sadness at the damage humans are causing to this planet? Well I'm here to tell you a few simple steps you can incorporate into your life, to do your bit at living more sustainably for the planet!

Reusables - water bottles, coffee cups, straws, bags, cutlery you name it, the disposable option will have a reusable one. The majority of water bottles and coffee cups cannot and do not end up being recycled. They end up in



landfills, as litter and on our beaches and in the ocean - contributing massively to the ongoing problem of plastic pollution. These are such an easy and simple swap, that is not only good for the planet, but good for your wallet too. Did you know, many places discount your coffee if you bring your own cup?!

Eat less meat and dairy - animal agriculture is the biggest contributor to our global carbon footprint and therefore climate change. This doesn't have to be a scary change of becoming vegetarian or plant based overnight - but even



any leaks!

what's to lose?

aiming for one veggie meal a week can make a huge difference, especially if everyone did it! There are so many food alternatives out there now, it really couldn't be easier to try one in your weekly shop!

Conscious food shopping - we all know to take our own bags to the supermarket, but have you ever thought about the products you're buying and what they come in? Consider opting for loose fruit and veg, or oil and peanut butter in a glass jar



rather than a plastic one! You can even buy reusable mesh bags for your fruit and veg, or take in

Additionally, food waste that ends up on landfill creates powerful greenhouse gasses that are harmful to our planet - try only buying food that you will use, or keeping those leftovers for tomorrow's

Travel responsibly - whilst electric cars and giving up flights entirely aren't realistic for a lot of us, there are definitely simple swaps to improve our carbon footprint when it comes to travel. Opt for public transport where possible. Consider car/lift shares to work or school. Could you walk or cycle instead of drive to the corner shop, the gym or work? Can you offset your flight, or get the train/ferry?

Use less water - we've been talking about this for years now but it's still a goodie! Some great examples include: showers over baths, turn the tap off when you're cleaning your teeth or shaving, only fill the kettle with what you need, wait for a full load of laundry before doing the washing and fixing

Eco-energy - energy saving light bulbs have been around for a long time now, but why stop there? Did you know you can swap to an eco friendly energy supplier, who only source their energy from renewable supplies? These are often cheaper and more user friendly too! Your energy is the same, just sourced responsibly -

Go paper-free - Reduce waste, declutter and save some trees! Nearly all bills, statements and letters we need to view and process can be viewed online. This leads to easy and efficient viewing, processing and filing of all our life-admin. Contact your service providers and go paperless; less clutter for you and saving the trees at the same time! Trees

10 Simple Steps to Sustainable Living

play such a vital role in absorbing the carbon we emit into the atmosphere, and so this is such a simple way to reduce the paper we use and the trees we harvest to make it. This can easily be done online or over the phone - hassle free!

Reduce,
reuse! - We hear
a lot about recycling,
however recycling
can be very resource
intensive, and often things
aren't sorted correctly and
so unfortunately don't end

up being recycled. Before



we recycle, there are a couple of other options to consider: can you reduce your consumption, or reuse items that would otherwise go to waste? We live in a society where we are constantly consuming new things, and this high turnover leads to a high level of waste. Can you reuse or repurpose things that would otherwise go to waste? Can you donate things you no longer need to a good cause? Can you buy second-hand? All of these options can reduce the demand for new items (when there are so many amazing things already in circulation), and in turn have a positive effect on our planet! Charity shops, upcycling and selling apps are all a great way to get involved with this.

Slow-fashion Our consumer
obsessed society
leads us to wanting
new clothes for every
occasion. However, while
high street brands are
cheap and convenient, the
cost of this is in its
unethical and



unsustainable manufacturing processes. Consider buying less, and choosing to buy from high quality brands using ethical processes. These items will stand the test of time, giving you more for your money in the long run and being considerably better for the planet.



Influence and inspire! - One of the

best things you can do to have a positive impact is to spread awareness. Campaign



and sign petitions if you can, but also never underestimate the power of leading by example and talking to friends, family and colleagues and the positive changes you are making in your life - slightly too long of a sentence. You will inspire and encourage others to do the same, and the more people on board with these simple steps towards sustainable living, the larger the impact! We all vote with the choices we make every day - when we choose to make positive and sustainable choices, over time these things will become the norm.

Sometimes the fight on climate change and the effort to live more sustainably can seem overwhelming. However, I truly believe in grassroots change, and want to challenge this notion that you have to be living perfectly or its not worth trying; if everyone made even a few changes, together this would have a huge impact. Every choice and change made makes a difference, and no matter how big or small it's always worth it - so I hope these examples have given you some ideas of areas you can make some simple changes in! If you're interested in greener-living and want to know more then there are a wealth of resources and information available online to sink your teeth into!

Hannah Archer

01394 420207

Rendlesham Climate Emergency Group

To find out more contact the Parish Council

E: clerk@rendleshampc.org.uk

Join us at our next meeting on Wednesday 6 November 2019 The Pavilion Jubilee Park IP12 2GT

FRIENDS OF WOODBRIDGE LIBRARY

Friday 1st November – Saturday 30th November – ArtLib – Art by Chinwe Chukwuogo-Roy

Chinwe Chukwuogo-Roy MBE (1952 – 2012 was best known for painting the official Golden Jubilee portrait of H.M. Queen Elizabeth II and many other portraits, from famous stars on the one hand to people living on the streets of London, Maputo or New York on the other. Yet her main body of work, completed during the 25 years she lived in Suffolk, covered an exceptionally wide range of landscape, historic, spiritual, emotional and impressionistic work in oils, pastels, etchings, stone-based lithography and sculpture. working with professionals on productions of the highest possible quality and standard.

Friday 1st November, 8pm – In Conversation With Filmmaker Lindsay McCrae

Award-winning wildlife cameraman Lindsay McCrae has written an extraordinary account of the time he spent alongside emperor penguins in Antarctica. Filming for the BBC 'Dynasties' series was the fulfilment of a childhood dream but meant spending an entire year 15,000km from home. Winter lasted eight months when no one could get in or out of their station on the ice.

Tickets are £20 to include a copy of 'My Penguin Year' (RRP £20). One additional ticket may be purchased without the book for £10. Available from Browsers Bookshop, 60 Thoroughfare, Woodbridge. Tel: 01394 388890.

Saturday 9 November WORDPLAY: Poems, Parodies and Literary Laughs

An entertainment devised specially by Sylvia Fairley and performed by herself, actor Clare Dawes and poet Terry Sheppey. The evening will begin at 7.30pm and bookings (£7 per person) will be taken from early October.

Friday 6 December A Christmas Carol James Hornsby

Actor James Hornsby returns to the Library to reenact Charles Dickens' *A Christmas Carol*. His previous performances have left our audiences spell -bound. Tickets available from early November.

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/memberorganisations/friends-of-woodbridge-library-fowl

The Hollesley Players Amateur Dramatic Society



Hollesley Players Panto 2019 Treasure Island

Fun for all the family, from Thursday 5th December until Sunday 8th December 2019:

Join us for this year's Hollesley Players swash buckling family pantomime adventure to Treasure Island.

- Watch Jim Hawkins and his mum Suzy from the Admiral Bembow, Capt. Smollett, Long John Silver and his parrot as they face many adventures at sea, on their way to find buried treasure.
- They become shipwrecked, meet pirates, islanders, mermaids and sea creatures.
- Do they survive the shipwreck? Will they find the buried treasure?
- Will they all live happily ever after?

Come along to Hollesley Village Hall to find out, Come along and join us in December to see if they manage to return home safely.

Tickets are available from McColls Village Store Hollesley or the Box Office on 01394 411079. The Box Office will also be open at the beginning of rehearsals on a Friday night between $7-7.30\,\mathrm{pm}$ and Sunday afternoons $2-2.30\,\mathrm{pm}$ at Hollesley Village Hall throughout October and November. Tickets cost: Adults £8.00, Pensioners £7.00 and Under 16s £5.00 Ticket prices will be reduced by £1.00 if paid for and collected in advance. All tickets on the door will be at full price.

We look forward to welcoming you.

Hollesley Players Committee

Tinned mea

inned fish • Tinned veg



Tesco Food Collection

Volunteer at the UK's largest food drive to help feed people in need

When?

Thursday 21 November Friday 22 November Saturday 23 November

Where?

Tesco stores across the UK

What will you be doing?

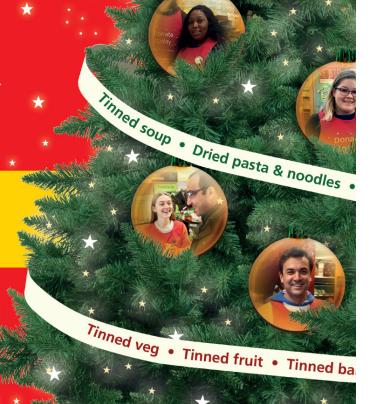
We need volunteers to help collect food donations from customers in their local Tesco Store. In just 3 hours, you could collect enough food to make 600 meals!

Sign up now! fareshare.org.uk

tescofoodcollection@fareshare.org.uk

- ☑ @FareShareUK
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- @ @ FareShareUK

Registered charity number 1100051





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

http:// www.walkingforheal th.org.uk/walkfinder/ east-england/suffolk -stepping-outsuffolk#walks



Woodbridge Probus

A fabulous talk at our October meeting from Bryan Knibbs chair of the Woodbridge Riverside Trust, about what surely must be the most exciting archaeological project in England; the building of a full sized replica of the Saxon ship excavated at Sutton Hoo. Brian reported on a ship built at Nydam in Denmark which relates somewhat to the Sutton Hoo replica and provides important construction details.

Over the next two years a team of expert volunteers will build the ship, using authentic methods, in the long shed at Tide Mill Way followed by sea trials on the Deben. There is a huge publicity project about this with interest from all the major TV channels.

At our next meeting on Monday 4th November at Woodbridge Golf Club will be Roy Dowding on Vehicle manufacturers of East Anglia. It has been home to one of Europe's largest vehicle plants, Innovators who built cars that have won Indianapolis and the 24 hour Le Mans and a lot of other facts that I am sure we have never heard of.

Do visit our website at woodbridgeprobus.org.uk you are most welcome to join us for lunch and there is no obligation to join Probus.



Dance classes at Rendlesham Community Centre

Telephone: 07940469026

Email:chloe.kinrade@hotmail.co.uk Facebook:chloekinradeschoolofdance

Classes also held at Wickham Market

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Events at the Suffolk Punch Trust

Car Boot Sale at The Suffolk Punch Trust

Clear your clutter at the Suffolk Punch Trust's fundraising car boot sale on Sunday 24th November 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.

Plenty of parking available.

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

CAR BOOT SALE SUNDAY 24 NOVEMBER General and equine stalls welcome No need to book. Sellers - £5 per car, £10 for van/trader Buyers - free entry Set up from gam - stalls open from 10 am www.thesuffolkpunchtrust.co.uk 01394 411327 IP12 3JR

Volunteers Open Morning at the Suffolk Punch Trust Wednesday 6th November 2019

Come and spend a 'taster' morning volunteering at The Suffolk Punch Trust on Wednesday6th November. Based in Hollesley the trust is a working stud farm and visitor centre dedicated to saving the critically endangered Suffolk Punch Horse.

Volunteers make up an essential part of the team, Janet and Eileen, are regulars "We come every week to play our part in saving the Suffolk Horse... and we've met some lovely people along the way." If you have a few hours to spare each week The Suffolk Punch Trust can help you fill it!

There will be tea/coffee on arrival and a short introduction to the Trust's work and the role of volunteers. This will be followed by a selection of typical jobs to get stuck into. After your morning's work a simple lunch will be provided to say thank you.

Everyone is welcome – this event is for anyone over 16 who would like to try volunteering and support the Suffolk Punch Trust.

So that the trust can cater and plan the activities **booking is essential** - just call Jo on 01394 411327 or email jo.kelleway@suffolkpunchtrust.org



info@suffolkpunchtrust.org

Registered Charity Number 1100596

01394 411327

www.suffolkpunchtrust.org

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://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

Orford Country Market, Orford Town Hall, Every Saturday 9.30 until 1.00 For more details annemacro@btinternet.com

RAF BAWDSEY REUNION ASSOCIATION

The annual reunion lunch will be held on

Saturday 6th June 2020

Bawdsey Manor

Anyone who has served or worked at RAF Bawdsey is invited to join our Association and attend the Reunion Lunch.

For full details please contact doreen.bawdseyreunion @btinternet.com

or Tel: 0751 3301 723.

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Rendlesham Revealed

The recent *Anglo-Saxon Rendlesham* talk given by Faye Minter of Suffolk County Council Archaeological Service brought around 100 people to Rendlesham Primary School to learn more about the Anglo-Saxon archaeological finds of the past few years. Faye gave an overview of the finds and their importance – along with the methods used to both locate the finds and to analyse the findings. Faye showed many slides of the finds, pointing out how they provided evidence for long-term settlement Carole Wilson of a full range of trades people and workers as well as people of elite status in Rendlesham from 5th -11th Centuries. Many of Anglo-Saxon Rendlesham's finds and features give rise to the conclusion that the site is very special and worthy of further investigation.

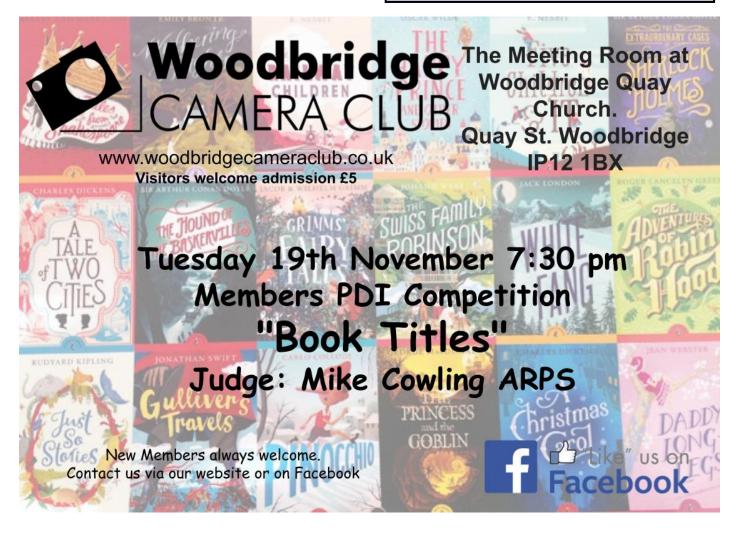
Faye's colleague, Alice Saunders, the Rendlesham Revealed Project Delivery Officer, gave an overview of the Lottery bid application that is currently in place. As part of the preparation of that bid, the field walking project that involved the Y5 class of Rendlesham Primary School, reported in a previous Rendlesham newsletter, took place. SCC will know if the bid is declared successful in January 2020, if it is the Primary School will be further involved and there will be the opportunity for members of the

public to be involved too – watch this space!

If you missed the talk but would like to catch up on findings, you can access the Historic Environment Record, Suffolk County Council's comprehensive record of archaeology in Suffolk: http:// heritage.suffolk.gov.uk/. The link to Rendlesham Revealed is on the front page of this site.

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



JOB VACANCY

MIDDAY SUPERVISOR Rendlesham Primary School

8.75 Hours Per week
38 Weeks per year
Permanent post subject to 26 weeks probation
£ 8.55 /hr

Start Date as soon as possible subject to relevant safeguarding checks

We are looking for a midday supervisor to help with our busy lunchtimes. You will be caring, flexible, and enthusiastic. You will need energy, commitment and a sense of humour and be able to work as part of a team and also able to use your own initiative.

The role involves supervising the children in the hall, on the playground or field or in the classrooms if raining. You will need to be able to move chairs and tables so physical health is important. You must have a good understanding of how to praise and encourage

children and be able to communicate well. You do not need to have previous experience as you will receive support from the experienced team in post already.

You must be committed to safeguarding children and understand the importance of confidentiality.

The hours of work will be 11.30am to 1.15pm Monday to Friday - Term time only.

Completed applications should be sent to Mr K Speirs via email on admin@rendlesham.org
Or posted to Rendlesham Primary School, Sycamore Drive Rendlesham IP12 2GF

Closing Date for Applications 9am on Wednesday 30th October 2019



Aldeburgh Music Club Choir presents....

VERDI - REQUIEM

Aldeburgh Music Club Choir performs Giuseppe Verdi's **Requiem** at Snape Maltings Concert Hall on Saturday 23 November.

A musical setting of the Catholic funeral Mass, one of the major choral works in the repertoire and composed for four soloists, double choir and orchestra, the Choir performs with the Prometheus Orchestra and Singers under the baton of Edmond Fivet, the Club's Music Director.

Soloists Marlena Devoe (soprano), Samantha Price (mezzo-soprano), Mark Wilde (tenor) and Stephen Gadd (baritone) complete the line-up of performers.

This concert marks Edmond Fivet's penultimate performance at Snape Maltings as Aldeburgh Music Club's Music Director and his fourteenth year in that role before he steps down at the end of the 2019-20 season.

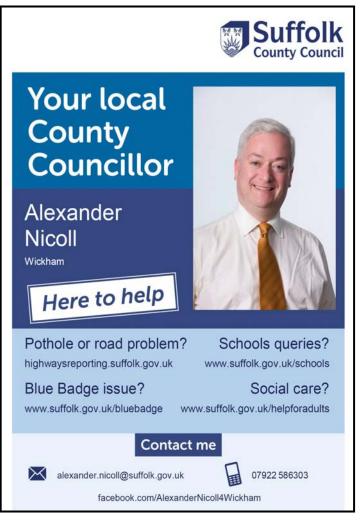
Tickets priced £22, £27 and £30 (students half price) are available now from Snape Maltings Box Office on **01728 687110** or via the club's website www.aldeburghmusic.club

Date: 23 November 2019

Time: 7.30 pm

Venue: Snape Maltings Concert Hall





Pitstop Pre-School

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

Stay & Play sessions on Mondays 10-11am for under 2s

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

WANTED

This autumn we are revamping the outside area and are in need of

- Planks of wood (any size)
- Pallets
- Tyres
- Guttering (any length)
- Sandpaper
- Drainpipe (any offcuts wil be fine)

Happy to collect!

E:pitstop.enquiries@gmail.com



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





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

Deben Community Farm



Meet Honie and Harvey, our laest additions to the farm. The twins were born to mum, Millie, and they are both doing really well.

The new orchard fencing is due to go up in the next few weeks creating the winter paddock for the

sheep. Flower, one of our sows should be producing piglets in the new year and we've managed to sell all our baby rabbits!

The farm is open every Sunday 12-4pm. FREE entry DofE placements welcome Contact Heather@heelis.eu



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.

Sudoko 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.

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

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- All Boiler Servicing and Repairs (oil, gas and LPG)
- Gas Safe and OFTEC Registered
- All Plumbing Maintenance Undertaken
- · Power Flushing
- Landlord Safety Checks





You can now access the newsletter on our website www.rendlesham.suffolk.gov.uk

Local Home and Small Business IT Support and Repairs

dbarber@dbitsupport.co.uk 0793 2756 191 www.dbitsupport.co.uk

PC's, Laptops, Servers, Network, Wi-Fi and Routers

Mobile/Tablet repairs and screen replacement

DAVID BARBER

Remote support(via Internet), Home visit, and or Local collection/Return 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



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

Facebook – please like our page and search as: Kesgrave, Caterpillar and Rendlesham Children's Centres





Donise Nightingale

PROFESSIONAL SPORTS & LIFESTYLE COACH

PILATES CLASSES - ALL LEVELS WELCOME

your body
is your
most priceless
possession.
Take care
of it!

- Thursday 9-10am
- East Suffolk Yoga Studio, Bentwaters
- Classes for all levels
- £10 pay as you go
- 07775776039

Pilates - Sports & Therapeutic Massage - Personal Training Wellbeing & Health - Reiki Healing

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 **F**



REMEMBRANCE AND PEACE

"Since 1919, the nations of Europe have signed more than 200 treaties of peace. Each treaty, simply another scrap of paper, was broken more easily than consummated.

"From the year 1500 B.C. to A.D. 1860 more than 8,000 treaties of peace, meant to remain in force forever, were concluded. The average time they remained in force was two years."

—Ministers' Research

Service

The Armistice was signed on November 11, 1918, and since then for every year of war there have been two minutes of peace. We gladly remember the thousands of men and women who went off to war in the hope that their fighting and sacrifice would bring world peace. Yet today we are still living with the real threat of more wars and rumors of wars. Sadly, it's become painfully obvious that peace will never be attained through man's courageous and sacrificial efforts.

So you quickly might ask, "Is personal peace possible for man today?" The answer is YES! When you place your faith in Jesus Christ He gives you His Peace, John 14:27 and is able to give you the peace that passes all understanding, Philippian's 4:7. Jesus also justifies us by our faith so that we have peace with God, Romans 5:1.

Man's treaties for peace may fail, but God's peace will never fail.

Rev. Frank Thompson, Faith Baptist Church, Bromeswell.

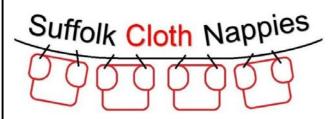
Foxhall Re-use Shop

Ipswich Re-use Shop sells items which have been donated for re-use across Suffolk's Recycling Centres.

This includes furniture, toys, bicycles, books, electrical items and more! We check and test all items will be in order to re-sell.

Why not pop in, and grab yourself a bargain?

https://benjaminfoundation.co.uk/store/ipswich-re-use-shop/



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.

@suffolkcnappieswww.facebook.com/suffolkclothnappies



STORAGE

Our wooden containerised storage warehouse at Bentwaters Park is the perfect way to store, whether it be short term or long term. All items are packed away by us with a full inventory of effects and condition.



COMMERCIAL STORAGE

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.

REMOVALS

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

SHIPPING

We may be a local family run removal firm, but we cover the world. Let us arrange your move, whether it be to Europe, the USA or Australia.

www.pooleyremovals.com Tel: 01394 460498



Stephen Caulfield & Son Ltd Tunstall, IP12 2JB

Your local garage, family run for 40yrs with friendly service by competent staff

- MOT test centre
- Computer diagnosis
 - Free courtesy car
- Servicing and all types of mechanical repairs including welding for all vehicles
 - Exhausts, tyres and car parts supplied
 - Jet wash open 7days/24hrs a day
 - We sell calor gas, coal, logs, kindling and paraffin plus other assorted accessories.

If it's good reliable service you want at reasonable prices, we are the people to contact

01728 688462 info@caulfieldsgarage.com

Member of the Federation of Small Businesses

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



Base Business Park, Rendlesham, IP12 2TZ

Vinyasa flow Yoga | Pilates

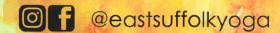
Meditation | Restorative Yoga

Relaxation with Sound

Studio available for hire

Check our Facebook page for Special events and further details.

07877 358163 www.eastsuffolkyoga.com





A COMEDY MUSICAL ALTERNATIVE TO THE PANTOMIME AT SIR JOHN MILLS THEATRE IN IPSWICH, SUFFOLK.

WED 04TH DEC 2019 - SAT 04TH JAN 2020

Once again Eastern Angles' annual "alternative to panto" hits the wacky heights and spoofs the kids whose adventures we all learnt to read by. - "The only show my teenagers will come to!" 2018 Audience Member.

On their hols, Rupert, Nick, Jan, Phil(omena) and Dimmy the dog, do battle with a shady figure who has stolen their Aunt's time machine.

A crazy chase visits a future Thetford by the Sea, some hipster Neolithics at their local derby, and a certain Home Guard rehearsal.

To book wheelchair seats, please call Box Office directly on 01473 211498 (Mon-Fri, 10am-2pm) to secure the correct seats.

Exercise and wellbeing classes in Rendlesham

(RCC) Community Centre (RPS) Primary School (JP) Jubilee Park (YWC) Yoga & Wellness Centre					
Tuesday	10-11am	YOGA with lan Suitable for beginners, eqiupment provided. Contact lan to book on 07877 358163 or E: ian@yogawithian.com www.yodawithian.com			
	7.30pm – 9.30pm	SELF DEFENCE with Paul Yates (RCC)			
	9am—10am	PILATES with Louise (YWC)			
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



RENDLESHAM SOCIAL CLUB

26TH OCTOBER

09TH NOVEMBER

23RD NOVEMBER

O1ST DECEMBER

07TH DECEMBER

08TH DECEMBER

14TH DECEMBER

15TH DECEMBER

UPCOMING EVENTS IN 2019

HALLOWEEN DISCO*

COOKIE'S KARAOKE

80'S DISCO BY MIRAGE*

XMAS LIGHTS SWITCH ON

BOUNCING OFF CONCRETE

KIDS XMAS PARTY*

FAMILY XMAS DISCO

COUNTRY ROAD

BINGO EVERY THURSDAY NIGHT *FANCY DRESS ENCOURAGED

EVENTS Notices EVENTS



Rendlesham Christmas lights switch on event

Sunday 1 December

4pm Village Square

> Special Guest: Father Christmas

Hot fruit punch, Mince pies & BBQ Craft Stalls in the Community Centre

To book a stall (£5 each) contact the Parish Office 01394 420207 or admin@rendleshampc.org.uk

Everyone welcome

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

Rendlesham & District Over 60s Club 2019 Meeting Dates:

New members always welcome

7, 21 November 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:** 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

Solution to the Sudoko challenge

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

Post Office (Costcutters) opening hours

Moday—Friday 9am—5.30pm Saturday 9am—12.30pm Sunday Closed

Rendlesham Surgery opening hours

Tuesday 08:40 - 12:00 Mar Wednesday 15:30 - 18:30 Med Cen Thursday 08:40 - 12:00 017:	ickham arket edical entre 728 7101
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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

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 - November 2019

Tues	5	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	6	Junior Youth Club Community Centre, 6-8pm Toddler Group, (term time only), Community Centre 10-11.30am
		Senior Youth Group. Community Centre, 7-9.30pm.
Thurs	7	Bingo . Rendlesham Social Club, at 7.30pm. Senior Youth Group . Community Centre, 7-9.30pm.
		Over 60s Club. 10.30-12.30pm. Community Centre
Tues	12	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	13	Junior Youth Club Community Centre, 6-8pm Toddler Group, (term time only), Community
		Centre 10-11.30am Mobile Library. Community Centre 9.35- 10.35am and Friday Street 10.40-10.55am
		Senior Youth Group. Community Centre, 7-9.30pm.
Thurs	14	Bingo . Rendlesham Social Club, at 7.30pm. Senior Youth Group . Community Centre, 7-9.30pm.
Tues	19	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	20	Junior Youth Club Community Centre, 6-8pm Toddler Group, (term time only), Community Centre 10-11.30am
		Senior Youth Group. Community Centre, 7-9.30pm.
Thurs	21	Over 60s Club. 10.30-12.30pm. Community Centre
		Bingo . Rendlesham Social Club, at 7.30pm. Senior Youth Group . Community Centre, 7-9.30pm.
Tues	26	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	27	Toddler Group, (term time only), Community Centre 10-11.30am
Thurs	28	Bingo . Rendlesham Social Club, at 7.30pm.
DECEMBE	R	

CHRISTMAS LIGHTS SWITCH ON

Sun

Rendlesham Directory

	,
Wickham Market Doctors Surgery	01728 747101
Acer Road Pharmacy 6 Acer Road, IP12 2GA	01394 460548
District Councillor Ray Herring	01728 746337 07885 249218
County Councillor Alexander Nicoll	07747 698787
Gas Emergency	(0800)111 999
Woodbridge Safer Neighbourhood Team	01473 613500
Rendlesham Primary School Head: Mr Kevin Speirs	01394 462190
Eyke CEVC Primary School Head: Lucy Fairweather	01394 460328
Rendlesham Parish Church Revd: David Murdock	01394 450336
Farlingaye High School Head: Dr Sievewright	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 Club: Linda	01394 461094
	07956 890132



Classic Design For Your Home

Are you looking for a classic addition to your home? A way to create more space and add value with timeless design?

At **Colourchange UPVC** we are conservatory specialists with our roots in the building industry. We offer you over 30 years of experience, we will work with you to help create a conservatory that suits your home and your needs.

We are also the area's leading insulated conservatory roofing company.

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



Colourchange UPVC Conservatory Design & Installation Specialists

DarylCollins -Owner ColourchangeUPVC



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Available in 30,000 colours, double glazed or triple glazed. Many styles. Different colours inside and out.

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Composite, aluminium & UPVC doors. Front doors, sliding doors, French doors and bi-folds. All styles, prices and colours.

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Conservatories

Specialists in building conservatories for every day use.

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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.

