



# Rendlesham

Parish Newsletter

www.rendlesham.suffolk.gov.uk

Issue 105



Photography by Darren Harbar

December, 2019

## Rendlesham Remembers



Photo: 1st Rendlesham Scouts

Immensely proud of the Remembrance Display that we installed next to the village sign. All of our sections, both Beaver colonies, Cubs, Scouts, Explorers and the residents of the Rendlesham Care Home have been involved in making this happen. Each cross bears the name of those from the parishes of Rendlesham, Eyke & Bromeswell that died in WW1 & WW2.

1st Rendlesham Scouts

### Inside this issue

- Participatory Budgeting— it's back! ..... Pg 3
- Parish Council news .... Pg 5
- Vicar's Voice ..... Pg 6-7
- Job Vacancies .....Pg 11
- Consumer Corner .....Pg 13
- 1st Rendlesham Scouts ..... Pg 17
- Live Nativity at Otley College ..... Pg 19
- Notices & Events ..Pg 36/37
- Diary dates ..... Pg 39

## Lighting up the sky



Photo: Donated

Continued on page 3

**December Deadline**  
**10 December**



Rendlesham Parish Council



@ RendleshamPC

# Rendlesham Parish Newsletter

## CONTACT

**EDITOR - Parish Clerk**  
**Heather Heelis**  
**01394 420207**

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

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

# 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
½ (half) Page	£42.50	£106.25	£170.00	£255.00
Whole Page	£78.50	£196.25	£314.00	£470.00



Swann's Nursery, Eyke Road, Bromeswell, Woodbridge  
01394 460127 [www.swannsnursery.co.uk](http://www.swannsnursery.co.uk)

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

### ALSO ON SITE:

- THE WILD BLACKBERRY CAFE
- NOW OPEN - THE WORLD OF PETS

Visit us on the A1152 between Eyke and Bromeswell



14 The Square  
Martlesham Heath  
Ipswich IP5 3SL

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

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

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

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

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

### You can contact us:

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

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

## Silver Surfer Training

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

01379640580

Mobile 07446477054

1 Hall Farm

Wortham, Suffolk, IP22 1SL

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



## Get Community News—Faster

Facebook

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

# Participatory Budgeting... what's it all about?

Every year the Parish Council set aside £2,500, and every 2 years (when the pot of money totals £5,000) the residents of Rendlesham have the opportunity to suggest ideas on what to spend the money. The top 5 suggestions are then put to the public vote. This is a vote, not just for adults but for children Key Stage 2 and upwards as well.

The vote on what to spend the £5,000 on this year will be held in March 2020.

Anyone can put forward suggestions by either:

Emailing their suggestions to [admin@rendlesham.org.uk](mailto:admin@rendlesham.org.uk)

Or writing to the Parish Council at:  
Community Centre, Walnut Tree Avenue, IP12 2GG

Or returning the slip below to the Parish Office by

## 31 December 2019

Some of the winners in the past include...

- Skatepark
- Outdoor Gym
- Landscaping



We had another amazing turnout for the Rendlesham Fireworks on 3 November at Jubilee Park. Over 2,000 people wrapped up and ventured out to enjoy the funfair, food from T'n'Toasties and the 1st Rendlesham Scouts.

A fantastic £1,700 was raised in donations in the yellow buckets so a huge thank you to everyone who gave so generously, all these funds will go towards the 2020 Fireworks.

We would just like to say thank you to William Stocks for the funfair, it was a challenge to get on and off the field this year due to amount of rain we had over the past couple of weeks. For those worried about the damage to the field we will be undertaking repairs and reseeding as soon as possible.

Thank you also to First Rendlesham Scouts who put on another spectacular range of cakes, soup and this year, burgers and hot dogs. And to T'n'Toasties who provided the gourmet burgers and hot dogs.

Thank you to Falcon Fire & Rescue for providing the first aid cover for the evening and to EACAT for providing the car park stewarding and the very efficient and their amazing support on the night.

Finally, thank you to Fully Fused Fireworks who did us proud and put on a spectacular display.

Same time next year!

Rendlesham Parish Council



## 2019-2020 Participatory Budgeting

Postcode \_\_\_\_\_

I would like to suggest that the money is spent on

\_\_\_\_\_

Please return this slip to: Rendlesham Parish Council, Parish Office, Walnut Tree Avenue, Rendlesham, IP12 2GG by **31 December 2019**

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 Charity, 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
<b>Binding</b>	
A4 plastic/wire spiral with cover & back	£2.50
No cover & back	£1.50
A3 plastic/wire spiral (no cover & back)	£1.50p
<b>Laminating</b>	
A4	35p
A3	70p

**Next Parish Council Meetings**  
**6 January 2020, 7.15pm**  
**Rendlesham Community Centre**  
**15 minute public session**

### 2020 Parish Council Meetings

**Full Council** — 4 November 2019  
6 January 2020

Youth Group Charity Committee— 1 April 2020\*  
 Jubilee Park Committee— 19 December\*  
 Planning Committee—\*  
 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](mailto:admin@rendleshampc.org.uk)**

#### Office opening hours:

Mondays 10am–2pm  
 Tuesdays 10am–2pm  
 Thursdays 10am–2pm

#### Minutes of meetings:

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

## Parish Council News...

Wishing everyone a very Merry Christmas  
from Rendlesham Parish Council



By Patricia

## News update

### Skatepark

The Parish Council have completed their tender for the Rendlesham Skatepark and are pleased to announce that the contract has been awarded to Maverick Industries Ltd.

Maverick have a proven track record in skatepark design and build, including the 'Concrete Waves' skatepark in Newquay.

We will be arranging a visit to the Maverick skatepark in Harwich in the new year. In the meantime the focus is going to be on raising the remainder of the £150,000 and finalising the design with the user group.

### Events Co-ordinator

Community development is an important part of the Parish Council's role within the village. Events are a proven way of bringing the community together as seen at the Rendlesham Show, Christmas Lights and the Fireworks display.

We would like to organise more events, however, the organisation and co-ordination of events does take time so the decision has been taken to recruit for an Events Co-ordinator (See the Jobs page in this month's issue).

Deadline for applications is 30 November 2019.

### Anti-Social Behaviour

On 28 October we invited residents to a meeting to discuss ASB in the village. There was a good turnout and lots of ideas put forward in how to reduce the ASB in the village.

At their meeting on 4 November, the Parish Council agreed that residents should be encouraged to report incidents to the police. There is now a link on the village website [www.rendlesham.suffolk.gov.uk](http://www.rendlesham.suffolk.gov.uk) which will take you to an online reporting form. It's quick, easy and the fastest way to make a report. We have also budgeted £5,000 towards youth initiatives.

# Rendlesham Church

Date	Time	Place	Service	Officiant
Sun 1 <sup>st</sup> December <i>Advent Sunday</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 4 <sup>th</sup> Dec	10.00am	St Felix	Holy Communion	Rev Mandy
Sunday 8 <sup>th</sup> Dec <i>Advent 2</i>	9.00am 9.00am 11.00am 3.00pm	St Edmund's St Gregory's St Felix Wantisden	Christingle Holy Communion Holy Communion Carols for Christmas	Stephen Nicholls Rev Mandy Rev Mandy Rev Mandy
Weds 11 <sup>th</sup> Dec	2.30pm	Rendlesham Care Home	Songs of Praise	Rev Mandy Stephen N
Sat 14 <sup>th</sup> Dec	TBC	Bromeswell Carol Singing	Around the Village	Everyone Welcome
Sun 15 <sup>th</sup> Dec <i>Advent 3</i>	9.00am 9.00am 11.00am 6.00pm	All Saints St Edmunds St Felix St Gregory's	Morning Prayer Holy Communion Holy Communion Carols by Candlelight Followed by Mince Pies & Mulled Wine!!	Malcolm Knapp Rev Mandy Rev Mandy Rev Mandy
Weds 20 <sup>th</sup> Dec	10.00am	Rendlesham Care Home	Mothers Union with Holy Communion	Rev Michael Hatchett
Sun 22 <sup>nd</sup> Dec <i>Advent 4</i>	9.00am 11.00am 11.00am 6.30pm	St Gregory's St Edmunds St Felix St Gregory's	Morning Prayer Morning Prayer Holy Communion Taize	Rev Mandy Robin Jordan Rev Mandy Mrs J Bishop
Tuesday 24 <sup>th</sup> Dec <i>Christmas Eve</i>	4.00pm 5.00pm 6.30pm 9.30pm	St Felix All Saint's Eyke St Edmunds St Gregory's	Childrens Nativity Crib Service Carols and Lessons Midnight in Bethlehem	Malcolm Knapp Stephen N Rev Mandy Rev Mandy
Weds 25 <sup>th</sup> Dec <i>Christmas Day</i>	10.00am	All Saints Eyke	Christmas Communion	Rev Mandy
Sunday 29 <sup>th</sup> Dec <i>Christmas 1</i>	11.00am	St Felix	Holy Communion	Rev Nigella

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

**Baptisms, Marriages and pastoral needs:**

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

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

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

# Rendlesham Church



## The Vicar's Voice

Can you believe we are heading full into Christmas, with Advent fast approaching as I write this, and the all the preparations to get into gear for the Big Day. Cards to buy and write, decisions on what gifts to get for the children/grandchildren/aunts and uncles, grandparents, neighbours and friends, making a list of shopping to have delivered and making sure you have booked the delivery slot in good time or else cope with the queues in the car parks and shops. The big decision of course is who goes to who or has who for Christmas, whose turn is it this year?

This will be my first Christmas as Vicar here in the Rendlesham cluster of churches, and I feel I have settled in very happily and love being here. Everyone in the Rendlesham Cluster of Churches (and throughout the Benefice) have made me very welcome. In the last 9 months I have met many people, church goers and non church goers alike, and people have been so friendly and supportive. However, I am aware there are a lot of people I haven't met yet, and would love to meet more of my "neighbours".

And Christmas is the perfect opportunity for getting to know people better.



So, at St Felix Church, we will be holding an "Open House" on Saturday 14<sup>th</sup> December, from 10.30am, for people to come in and have a look around, meet me and some of the other church members, have a glass of mulled wine and maybe a mince pie with us ....**our treat to**

**you**, and come and take advantage of our Christmas Craft Stall, Homemade Cakes and Goodies stall, and a Childrens Lucky Dip. And of course there will be a Raffle with a myriad of lovely prizes to win.

The church will be decorated in readiness to celebrate once again the Birth of Jesus and the promise of hope and peace for all, and the chance to begin a new year full of promise and anticipation of what 2020 will hold for all of us.



For the wider benefice, there will be some changes, hopefully we will welcome a new Team Rector in the Spring, and say farewell to Revd's Ruth and Michael, and wish them well for their retirement. We will be hoping to continue and build on the wonderful work that has been done with our young people through EvenU, and I am planning some new ventures that will reach out into the community, including a Saturday Breakfast club once a month with guest speakers covering a host of interesting subjects.

Of course change always brings concerns and uncertainty. But it also brings opportunity and challenges which can help us to grow and flourish. However, the church is a place and community that offers a constant because of it's prayers and though that promise of hope I mentioned earlier. Please be assured, that the church prays for you always, and wishes you all a blessed Christmas and peaceful and prosperous New Year.

With love, Rev Mandy



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!  
3<sup>rd</sup> Sunday 3 – 4 p.m. and 4<sup>th</sup> Sundays 11- 12 as part of Communion Service.

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

3<sup>rd</sup> Sundays 6 – 8 p.m. St Felix  
Music and videos from main stream Christian Festivals and charts. Chill out time, get some prayer, make new friends.

## Sudbourne & Tunstall Baptist Church Services & Activities In December

Sun 1st Dec: 10:30am - Sudbourne

Sun 8th Dec: 10:30am - Rendlesham School / 6:30pm - Tunstall

Sun 15th Dec: 10:30am - Sudbourne / 6:30pm - Tunstall

Sun 22nd Dec: 10:30am - Rendlesham School (Carol Service)

6:00pm - Tunstall Community Centre (Carol Service)

**Christmas Day Wednesday 25th Dec:** 10:30am - Sudbourne

Sun 29th Dec: 10:30am - Rendlesham School

### 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 Wednesday 11<sup>th</sup> December

### FRIDAY CLUB (5-11yr olds) 6:15pm - 7:15pm (till 13<sup>th</sup> Dec)

### & YOUTH GROUP (11 yrs +) 8pm - 9:30pm (till 8<sup>th</sup> Dec)

At Sudbourne Baptist Church

**Minister:** Pastor Dave Rushbrook

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

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

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

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



SUDBOURNE & TUNSTALL  
BAPTIST CHURCH

## MOT Testing Centre Class 4 & 7

- Traffic, Vivaro, Primastar Specialists
- Servicing, Diagnostics, Repairs & Maintenance of all vehicles
- Tyres & Exhausts

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

Tel: 01394 420322

[enquiries@dapstar.email](mailto:enquiries@dapstar.email)

## Dapstar inc. Rendlesham MOT & Service Centre

- Free courtesy car
- Local collection & drop off service



Over 20 years combined experience with a variety of vehicles

Base Business Park  
Unit F6, Rendlesham,  
Woodbridge. IP12 2TZ



Find us on Facebook

## MELTON MOWERS Ltd.

### LAWNMOWER & GARDEN MACHINERY

SALES

REPAIRS

SPARES

HIRE

2 Pear Tree Cottages, Station Road,  
Melton, Woodbridge, Suffolk IP12 1PY  
Tel: Woodbridge (01394) 382983

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

## Kidz Kupboard

Unit 8, Rendlesham Mews, Rendlesham, IP12 2SZ

New and nearly new baby and children's clothes (0-12 yrs), maternity wear, nursery equipment, toys, games and lots more

**Tues-Fri 10-3 and Sat 10-1**

Easy Parking - Children Welcome - Card Payments Accepted

Tel 01394 421190

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

Find us on

Hair & Beauty  
by Michelle at

*CreativeCutz*

*Free parking, free Wi-Fi, loyalty cards, gift vouchers, monthly offers*

### ACER ROAD HAIR & BEAUTY

OFFICIAL OLAPLEX & FABULOSO PRO SALON

Professional one to one bespoke friendly service

hair services for all the family, beauty, nails, spray tans, makeovers, wedding / prom hair.

01394 549501 | 07920 289462

[facebook.com/RendleshamCreativeCutz](https://facebook.com/RendleshamCreativeCutz)

THE SALON EXPERIENCE WITHOUT THE PRICE



# Winter ready: be healthy by Suffolk County Council

## Mental health and wellbeing

### Grow an indoor plant

It's important to consider mental health in winter, since the days are shorter and there is less natural daylight.

Bringing a little bit of green into your home over winter can help lighten your mood and keep you happier over winter.

### Go for a health walk

You can get active to help beat seasonal affective disorder (SAD). Thirty minutes of vigorous exercise, three times a week, is effective against depression.

<https://www.nhs.uk/conditions/seasonal-affective-disorder-sad/>

Visit the OneLife Suffolk website for local information about health walks in Suffolk.  
<https://onelifesuffolk.co.uk/health-walks/>

### Keep in touch with friends and relatives

Socialising is good for your mental health and helps ward off the winter blues.

Make an effort to keep in touch with people you care about and accept any invitations you get to social events, even if you only go for a little while.

### Check up on vulnerable or elderly neighbours

Check up on older neighbours and relatives, and those with heart or respiratory (breathing) problems, to make sure they:

- are safe and well
  - are warm enough, especially at night
- have stocks of food and medicines, so they don't need to go out during very cold weather

### Take care of people with dementia and their carers over Christmas

Christmas can be a challenging time for people affected by dementia, as the breaking of routines can be confusing or distressing.

There can be pressure to have a wonderful time, which can cause guilt and sadness for carers.

Alzheimer's Society gives advice on the four challenges people affected by dementia face at Christmas (and how to overcome them).

<https://www.alzheimers.org.uk/blog/4-challenges-people-affected-dementia-face-christmas-and-how-overcome-them>

## Physical health

### Get a flu jab

Getting a flu jab benefits more than just you. You should still protect yourself, and others, even if you're a healthy adult. The NHS has more

information about flu jabs.

<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

### Wash your hands to protect yourself from illness

Washing your hands is one of the easiest ways to protect yourself and others from illnesses such as food poisoning and flu.

Washing your hands properly should take about as long as singing "Happy Birthday" twice (around 20 seconds). Use the steps from the World Health Organization while you hum.

Washing your hands properly removes dirt, viruses and bacteria to stop them spreading to other people and objects, which can spread illnesses such as food poisoning, flu or diarrhoea.

Children are particularly at risk of picking up infections and spreading them to other people.

It's especially important to make sure that hands are washed when you're visiting someone in hospital or other healthcare setting, to help prevent the spread of infection. The NHS has more information on how to wash your hands.

### Increase your vitamin D over winter

Between October and early March, we often don't get enough vitamin D from sunlight.

You can increase your vitamin D with dietary supplements, or by eating:

- oily fish (such as salmon, sardines, herring and mackerel)
- red meat
- liver
- egg yolks
- fortified foods (including most fat spreads and some breakfast cereals)

### Make small changes to your drinking

Make sure your Christmas isn't too merry - more than one million people are admitted to hospital every year with alcohol-related problems.

This party season, find out how making small changes to your drinking can make a big difference, not only to your health but to your bank balance.

### Stay warm, stay healthy

Suffolk's Warm Homes Healthy People is a project designed to help vulnerable people and families make their homes cheaper to heat.

Find out more about the Warm Homes Healthy People project.

<https://www.suffolk.gov.uk/community-and-safety/warm-homes-healthy-people/>



**arp**  
theangliarevenuespartnership

## Report your changes

Are you claiming

Housing Benefit and/or Council Tax Support?

Have you or someone in your household had a change of circumstances?

You can report your changes over the telephone or online

Its quick and easy - Tell us now!



- Someone has moved in or out of your home
- a change of employer
- an increase in hours worked
- a change to childcare payments
- an increase in private pension
- an increase in savings

Telephone **01394 444838** to speak to our benefits team or report your change online - [www.suffolkcoastal.gov.uk](http://www.suffolkcoastal.gov.uk)

# CHRISTMAS MARKET 01 DECEMBER 2019

## BOOK YOUR TABLE RENDLESHAM COMMUNITY CENTRE

Special Guest:  
**Father Christmas**

Hot fruit punch & Mince pies  
BBQ

To book a stall (£5 each) contact  
the Parish Office

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



## Snape Motor Company Ltd

*"All Your Vehicle Needs"*

AIR CONDITIONING

DIAGNOSTICS

SERVICING

REPAIRS

MOT



Working Hours

**01728 688241**

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



## Snape Car & Van Hire

*"Keeping You on The Move"*

### Budget Car - Manual

- Daily £30 a day
- Weekend £35 a day

### Ford C Max - Automatic

- Daily £40 a day
- Weekend £45 a day

### Cheaper Rates For Long Term Hire!

### Ford Transit SWB

- Daily £65 a day
- Weekend £70 a day

### Ford Transit LWB

- Daily £70 a day
- Weekend £80 a day

### Box Van with Tail Lift

- Daily £80 a day
- Weekend £90 a day

Prices include insurance\*, breakdown cover and your first 200 miles.  
Additional miles charged at 7p per mile (Excludes fuel).  
\*Provided you meet our insurers requirements.

e: [info@snapehire.co.uk](mailto:info@snapehire.co.uk)

**01728 688241**

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

# JOB VACANCIES



## VACANCY

### Events Co-ordinator

20 hours per week

(SCP 18-22 £18,870—£21,074 per annum pro-rata)

Rendlesham Parish Council are looking for an enthusiastic and creative Events Co-ordinator to join their team. The successful candidate will have responsibility for co-ordinating existing and future Parish Council events which will include producing publicity and marketing material, working within a budget, liaising with businesses and other organisations as well as co-ordination of volunteers.

The Fireworks Display, Christmas Lights and summer activities are just some of the events that the postholder will have responsibility for. They will also assist in the planning and running of The Rendlesham Show which attracts around 3,000 visitors each year.

Application packs are available online at  
[www.rendlesham.suffolk.gov.uk/news](http://www.rendlesham.suffolk.gov.uk/news)

**The deadline for applications is 30 November 2019**

Interviews will take place w/c 9 December 2019

Applications should be submitted to [clerk@rendleshampc.org.uk](mailto:clerk@rendleshampc.org.uk) or posted to:  
Parish Clerk EVENTS001, Rendlesham Parish Council, Community Centre, Walnut Tree Avenue, Rendlesham, IP12 2GG

## Wanted:

### Cleaner

with some housekeeping duties

Approximately 20 hours per week (flexible), situated one mile from Eyke/Rendlesham

For more details, please telephone Kate on 01394 460271

## Pitstop



### VACANCY: Early Years Practitioner

We are currently looking for an enthusiastic person to join our Pre-School team. At Pitstop our primary focus is to provide opportunities for the individual child to achieve their potential in a fun, friendly and caring environment.

Monday 8:30am-12:30pm  
Tuesday 8:30am-3:45pm  
Wednesday 8:30am – 3:45pm  
Thursday 8:30am-12:30pm  
Friday 8:30am-3:45pm  
Term time only

#### Essential:

- Level 3 qualification in Childcare or above
- Extensive knowledge of safeguarding
- Robust knowledge of the EYFS
- Excellent organisation and communication skills

#### Desirable:

- Paediatric Level 2 first aid
- Food hygiene
- Current safeguarding training
- Current SENCO training
- This role may require driving children therefore a full driving licence and business insurance is desirable
- 2 years experience

### VACANCY: After School Club Playworker

We are currently looking for an enthusiastic person to join our After School Club team. At Pitstop we promote the principles of Play; that children's play is freely chosen and that through play children can explore – learning and developing as an individual.

Tuesdays and Thursdays (3:00 pm – 6:45 pm)  
Term time only

#### Essential:

- Extensive knowledge of safeguarding
- Excellent organisation and communication skills

#### Desirable:

- Paediatric Level 2 first aid
- Food hygiene
- Current safeguarding training

This role may require driving children therefore a full driving licence and business insurance is desirable  
There is also an opportunity to work at our Holiday Club.

**These posts require an Enhanced DBS check and two satisfactory references prior to commencement of employment. Salaries are dependent on qualifications and experience.**

**The closing date for applications is 30 November 2019. For more information or to apply please email Sasha Heelis on [pitstop.enquiries@gmail.com](mailto:pitstop.enquiries@gmail.com).**

## Did you know....

It's FREE to advertise your job vacancies in the newsletter

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

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

## Sign up to ENEWS NOW!

Just send an e-mail to: [admin@rendleshampc.org.uk](mailto:admin@rendleshampc.org.uk) and put ENEWS in the subject box

'Like' our Facebook page  
Rendlesham Parish Council

## Chris Mann

### Painter and Paperhanger

25+ years experience,  
15 in London's west end

For a free quote phone:  
01728 687438 or 07941 262663

## Little St Andrew's pantry

Little St Andrew's pantry, in the church porch of St Andrew's church Melton, launches a new community food project; the ethos of which is: TAKE WHAT YOU NEED AND LEAVE WHAT YOU CAN. The set of shelves are stocked with tinned goods, toiletries and produce in a way that is new to us; visibly opening our harvest thanks giving to the whole parish. We hope our neighbours will join in, it's a way we can all participate in the joy of Harvest whether we are giving or receiving, a year round sign of Gods love in a very practical daily bread way. We hope it will strengthen the sense of community in Melton, a further sign of welcome and the inclusive community we are seeking to build. As people are free to take and leave when they like, the stocks may be variable, but we will do our best to keep an eye on things and make sure the shelves are not empty. As Christmas approaches it is vital to remember our neighbours who may be in need and gives those who can afford to give, an opportunity to do so.

We have just heard that our project has been registered as part of the Little Free Pantry Movement and is the first one in the UK. You can see our pin on the map at [www.littlefreepantry.org](http://www.littlefreepantry.org) Do come along and have a look and join in.

We do hope this might encourage other churches to join in and foster a universal community spirit.

**happi days**  
DOG DAY CARE

Five Star Rating Awarded By: defra



BESPOKE DOG DAY CARE AND  
CANINE HOLIDAYS BASED IN RENDLESHAM

Suffolks Longest Running 5 Star Doggy Day Care



Overnight hotel with beds,  
underfloor heating  
and air-conditioned rooms



Woodland Walks available in private, enclosed land everyday

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

Rendlesham: 01394 420468

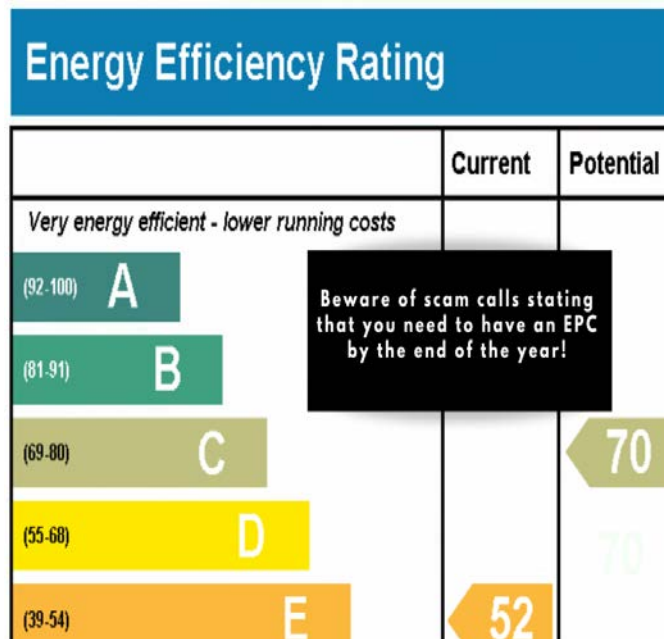
## Consumer Corner: Beware of scam calls stating you need to have an EPC by the end of the year!

Suffolk Trading Standards say they have received calls from residents reporting a company telephoning and stating that all houses need to have an EPC (Energy Performance Certificate) by the end of 2019.

The caller states that they are calling from an energy assessment body, and are completing energy assessments on houses in the area, as the government has said all houses need an EPC by end of 2019. The caller goes on to advise that a visit would take about 15 minutes. This information is false!

If you receive a similar call, HANG UP.

Please report such calls to Trading Standards via 03454 040506



## Dog owner fined for failing to clear up after pet

An East Suffolk resident who failed to clean up after his dog has been made to pay more than £1,000, following a court hearing last week.

East Suffolk Council brought a prosecution against Mr Anthony Mason for breaching a Public Space Protection Order, under section 67(1) of the Anti-Social Behaviour Crime and Policing Act 2014.

Mr Mason did not attend the hearing at Ipswich Magistrates' Court on Monday 14 October however the Court granted permission to proceed in his absence and found the offences proved.

On two separate occasions, Mr Mason was seen to allow his dog to foul in a public area without making any attempt to clean up afterwards. Both incidents took place earlier this year in Witnesham.

Cllr Mary Rudd, East Suffolk Council's Cabinet Member for Community Health said:

"East Suffolk is a dog-friendly district and we know most dog owners are responsible and clear up after their pets.

There are however a small number of inconsiderate people who feel the rules do not apply to them, but there is absolutely no excuse for failing to clean up after your dog.

We want to ensure that all public areas are safe for everyone to enjoy and will not hesitate to take action against anyone who is found responsible for despoiling our environment."

Considering these previous offences, the Court fined Mr Mason £550 for the two most recent offences, as well as £450 in costs and a £30 victim surcharge.

East Suffolk Council



## 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





For you, your family and  
your business

**gotelee**  
SOLICITORS

01394 388605

Offices in Woodbridge, Ipswich, Hadleigh  
and Felixstowe

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



PROFESSIONAL SERVICE WITH OVER  
35 YEARS EXPERIENCE

- Domestic & commercial glazing
- Plastic, wood & Aluminium repairs
- Lock Repairs • Misted Units

Telephone 07519 635210 / 01394 549501

**Tina Scott – Mobile Hairdressing**

*“Visiting you  
at home  
for a  
professional  
service”*



Cut:	£12
Childrens Cut:	From £5
Set/Blowdry	£13
Cut and Set Blowdry:	£24
Perm:	£48 (inc cut)
Colours:	From £35

Please call for more  
prices and availability

**01394 420039**

**Travel  
Quest**



Where everything we  
do is tailored to you...

Come and meet  
our established,  
well-travelled  
and experienced team.

Specialising in:  
Tailor-Made Holidays  
all over the World,  
Family Holidays,  
Adventure, Cruise,  
UK Breaks, Ski  
and so much more!



**TravelQuest**

18 Church Street  
Woodbridge IP12 1DH

☎01394 388 838



[TravelQuest.co.uk](http://TravelQuest.co.uk)

**P J Johnson**  
**Qualified Painter & Decorator**  
Over 25 years experience

**Interior & Exterior Painting**  
**Wallpaper Hanging**  
**Coving ~ Tiling ~ Carpentry**

*References supplied*  
*Highly recommended*

Tel: 01394 420972 Mobile: 07977 732344

E-mail: [pjdecorating@aol.com](mailto:pjdecorating@aol.com)

# Runners raise over £1,000 for charity

Runners, joggers and walkers of all ages and abilities took part in the 2019 Honour Run, which returned to Rendlesham Forest last week.

On Sunday 20 October, over 160 people took part in the 2019 Honour Run and raised a total of £1,010.73 for the Suffolk British Legion Poppy Appeal, which supports serving and ex-serving men and women in the armed forces.

Cllr Letitia Smith, East Suffolk Council's cabinet member for Communities, Tourism and Leisure said:

"It was great to see so many people taking part in the Honour Run, following up on the success of its launch last year. Over £1,000 was raised for the Suffolk British Legion Poppy Appeal, and we would like to thank everyone who took part in the run and to all the volunteers, without whom the event would not be possible."

The event was organised by East Suffolk Council and Suffolk British Legion, with support from the Forestry



Photo: East Suffolk Council

Commission and Rock Barracks. Thanks also to local businesses and organisations for their involvement and contributions to the goodie bags, given to every finisher. Participants also received an Honour Run medal, kindly supported by Poppy Nursing.

The run took place in Rendlesham Forest, which was established during the First World War when Britain had an increased demand for timber.



Cakes and Pastries

Hot Drinks

Soft Drinks

Spirits

Ales, Lager & Cider on Draught

**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









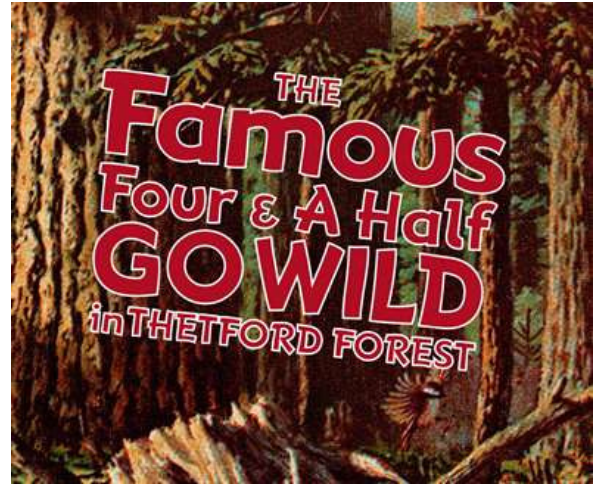


 **RENDLESHAM  
GOOD  
NEIGHBOUR  
SCHEME**

**07486 551 004**

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.



**Eastern Angles** returns to Seckford Theatre this winter with their latest festive spoof - '**The Famous Four and A Half Go Wild in Thetford Forest**'.

Joining the mayhem will be: Jason Patel, Charles Barnett, Lily Smith, Kandaka Moore - who appeared with Grammy award winners Clean Bandit in their music video A&E - and Edward Kaye, who recently worked with the Young Shakespeare Company in Twelfth Night.

**Seckford Theatre, Woodbridge**  
**8th – 18th January 2020**



Join us at **Folk at the Froize on New Year's Eve** to see in 2020 in the best way possible - with a big ol' **Ceilidh** dance!

This will be our fourth year of ceilidh dances and we are happy to report that this year, we are bringing it back home to the Froize, where it all began!

Your ticket includes a feast of spectacular Froize finger foods which will be served from the running buffet as soon as you arrive. No dance skills required – just the intention to have some fun!

[www.folkatthefroize.uk](http://www.folkatthefroize.uk)



# 1st Rendlesham Scout Group

## #rendleshamremembers

1RSG would like to take the opportunity to thank everyone that supported our Remembrance display that was installed next to the village sign. All of our sections, both Beaver Colonies, the Cubs, Scouts, Explorers and all our Leaders played their part in putting together this memorial but it would not have been such a success without the support of a number of people, the staff & residents of Rendlesham Care Home, Rendlesham Parish Council, BBC Radio Suffolk, the East Anglian Daily Times and every single person that viewed the display, commented on or liked the posts on it on social media. The reaction from the local community & the media was so much greater than what we had ever imagined and we are truly proud of what we managed to achieve so thank you all!



## Scouts - Scarefest 2019



Scarefest is an annual event held at Gilwell Park and this year 18 Scouts, 7 Explorers plus Leaders made the trip to Epping Forest to enjoy a weekend of camping, activities and Halloween themed fun. Activities on offer this year included, climbing, caving, dodgems, pumpkin carving, laser quest, scare mazes, backwoods cooking, escape room, axe throwing, inflatables, crate stacking, circus skills, funfair rides and much, much more. The Saturday night music, fireworks and laser display this year celebrated the 100th Anniversary of Gilwell Park as a Scouting centre and highlighted its use in WW2. Despite some challenging camping conditions weather wise all of the Leaders, Scouts and Explorers had a fantastic weekend and returned to Rendlesham on Sunday tired, happy and very, very muddy!

## Rendlesham (St Felix) Beavers

Having only been started in September the new Beaver colony meeting at St Felix Church now has a

full complement of 24 members. So far this term the Beavers have played games, learned some campfire songs, visited Deben Community Farm & Bentwaters Cold War Museum, started filling up their "Adventures of Felix the Bear" book and worked towards their Air Activities, Creative, Teamwork & International badges. They also were invested into 1st Rendlesham Scout Group and given their scarf, woggle, membership badges and Beaver log book. With further Cubs, Scouts & Explorers being invested this term takes our membership to over 120 young people enjoying the fun, adventure and friendship that Scouts has to offer and learning #skillsforlife with 1RSG.

## Membership

Despite starting two new sections in just over a year we still have over 20 young people on our waiting list to join Beavers, Cubs or Scouts, while we are always happy to hear from young people wishing to join we also need adult volunteers willing to help us meet the demand for Scouts in the local area. Interested in joining as a youth or adult member? Please contact 1RSG at [info@rendleshamscouts.org.uk](mailto:info@rendleshamscouts.org.uk), via our website [www.rendleshamscouts.org.uk](http://www.rendleshamscouts.org.uk) or find us on





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 11<sup>TH</sup> OCTOBER 2019 10.00 – 12.00

FRIDAY 8<sup>TH</sup> NOVEMBER 2019 10.00–12.00

FRIDAY 13<sup>TH</sup> 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

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

# Repair Café

Woodbridge Bin it? No way!

Examples of repairs:

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



The Repair Cafe is run by volunteers who assist in the repairing of broken items for a voluntary contribution.



Runs within The Hub community cafe  
Do join us!

Supported by:



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  
[Repaircafe.org](http://Repaircafe.org)

## 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](http://www.rendleshamdaynursery.co.uk)

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

UFFORD PARK WOODBRIDGE  
HOTEL | GOLF | SPA

## The Festive Season

at Ufford Park Woodbridge

Have the day off.  
All you need to do is book!

### Festive Lunch

available throughout December

£17.95 2 courses

£19.95 3 courses

### Christmas Day Lunch

£72.50 per adult

£29.50 (5-12 years old)

under 5's FREE

### Boxing Day Lunch

£35.00 per adult

£19.50 (5-12 years old)

under 5's FREE

T 01394 383555 ext. 325

W [www.uffordpark.co.uk](http://www.uffordpark.co.uk)

Yarmouth Road | Woodbridge  
Suffolk | IP12 1QW

# CHRISTMAS MARKET & EXHIBITION

Come and join us for our second Christmas Market !

## Preview : Fri 6th Dec 5pm - 8pm

Complimentary Mulled Wine & Apple Juice with  
Mince Pies

Carols around the fire at 7.00pm

## 10am - 6pm Sat 7th & Sun 8th Dec

Artisan Makers' Stalls  
Christmas Exhibition  
Pop Up Christmas Shop  
Hedge Quarters Tea Rooms  
Nativity and Santon Exhibition  
Mistletoe, Holly and Ivy for Sale

### Orders taken for :

Alde Valley Mutton Christmas Pies  
Truly Traceable Venison Pies  
Christmas Turkeys from Salter & King



Artisan Makers include : Vandertas, handmade chairs from the Suffolk Chair Collection by Otis Luxton and Jim Parsons, woodwork by Jon Warnes, Aspen Press, Sea Glass Jewellery by Buzz Mitchell, silver jewellery by Eilidh Allan, baskets by Peter Dibble, blankets and throws from Ilketshall Wensleydales, wool work from Sarah Butters .... and many more.

Christmas Exhibition : works by Harry Becker and Margaret Thomas; Becky Munting, Alice-Andrea Ewing, Richard Elliott, Robina Jack and others.  
Hedge Quarters Tea Rooms : cakes and pastries by Aga Baked Cakes / Rebecca Lissaman; our own Alde Valley Mutton Pies by Truly Traceable.



YOU'RE INVITED TO OUR

# live nativity

AT OTLEY COLLEGE

Charity Ln, Ipswich IP6 9EY

**Celebrate Christmas at Otley – experience the sights, sounds and story of Christmas complete with live nativity, music, refreshments and family-friendly fun.**

Dress-up warm and bring yourselves and your wellies for an outdoor celebration of Christmas – see the sheep and other animals and smell the straw of the stable as we re-tell the Christmas story with a difference.

Hot chocolate and marshmallows for all! Suitable for all ages – but limited seating and it may well be cold! Free entry, free parking and free refreshments.

**11th DECEMBER**  
**6PM for 6:30PM until 7:30PM**

FOR MORE INFORMATION VISIT-  
[WWW.LIGHT-WAVE.ORG/EVENTS](http://WWW.LIGHT-WAVE.ORG/EVENTS)

#FollowTheStar

for more information visit  
[light-wave.org/events](http://light-wave.org/events)

lightwave



# Rendlesham Climate Emergency Group

As part of the work Rendlesham's Climate Emergency Working Group are doing you will now find a growing collection of resources covering various angles associated with the Climate and Ecological Emergency.



In the first of a series of book and film reviews you can read an overview of just 3 of the 29 articles found in 'This Is Not A Drill'. 'Survival of the Richest' - Douglas Rushkoff

Rushkoff describes meeting hedge-fund big-wigs, the extremely rich, to advise them on 'the future of technology'. It transpires these men

ACTUALLY want his opinion on their plans for 'the event'. How can they use technology to maintain authority over their security? How can they pay or bribe them when money is worthless? .... Robots? Disciplinary collars?

The article discusses the transcendence from the human condition technology allows. How it allows the wealthy to believe there is another option but to face climate change, mass migration and resource depletion. Technology means escape. Technology means dehumanization to the point where the lives of others are obsolete.

Let's not pretend we are thinking of the slave labour involved in smart phone manufacture when we swipe away.

Rushkoff notes the more we ignore the social and environmental repercussions of our lifestyles, the more of a problem they become and the worse it gets the more we look to technology to save us. What does he advise those hedge-funders to do? Treat people well, now. Treat people well, treat the environment well, even in business, and the chance of 'the event' occurring reduces.

Whatever our future holds, we must stop trying to survive alone or escape, but work together.

- Victoria Proctor

## THIS IS NOT A DRILL

Brief review of chapter 5 by John Renwick 'Fighting The Wrong War' by JS Raphael with Neil Woods.

This chapter compares strategies for dealing with climate change to those used in the 'war on drugs'. The problems are similar; we are all addicts now. However treatment of drug abuse has shown that a strategy of total abstinence, focused on making the

user stop using whatever the cost, will never attract people and will only result in resentment and inequality.

An alternative approach is one of 'harm reduction'. This is not letting everyone off the hook while the world continues to heat up - clearly we still need to consume less. But the authors argue that harm reduction to tackle climate change will require "bold, pro-active and immediate steps to ensure that appropriate alternative structures are available ... whether it is through massive subsidies to renewable energy or other measures."

Perhaps there is a wider discussion here. Is climate change such a new problem that we can't apply some of the approaches already proven successful in solving systemic problems in other areas?

This book has 29 articles, by different authors, relating to Extinction Rebellion's non-violent direct action to tackle our climate and ecological crisis.

***(copies can be borrowed from Rendlesham Parish Council on free loan.)***

Extracts from -The Civil Resistance Model - Roger Hallam (Extinction Rebellion)

"We have to be clear. Conventional campaigning does not work. Sending emails, giving money to NGOs, going on A-to-B marches. Many wonderful people have dedicated years of their lives to all this, but it's time to be honest. Conventional campaigning has failed to bring about the necessary change. Emissions have increased by 60 per cent since 1990 and they are still going up, increasing by 2.7 per cent in 2018 alone.

Looking at the thirty years of appalling failure, the reason is clear. The rich and powerful are making too much money from our present suicidal course. You cannot overcome such entrenched power by persuasion and information. You can only do it by disruption....

- 1) First, you need the numbers....
- 2) You have got to go to the capital city....
- 3) You have to break the law....
- 4) It has to stay non-violent....
- 5) It has to go on day after day....
- 6) Last but not least, it has to be fun...."

Rendlesham Climate Emergency Group  
To find out more contact the Parish Council  
01394 420207  
E: [clerk@rendleshampc.org.uk](mailto:clerk@rendleshampc.org.uk)

# Let's get recycling!

## Reduce..Reuse... then Recycle...

So, the big minefield of what you can and can't recycle. It's confusing! And what about all those things that you wish could be recycled ... but just have nowhere to go apart from in your grey bin. Well, things are changing for the residents of Rendlesham...

### Can holders

How many times do we see pictures of wildlife caught up in plastic can holders? From 1 December 2019 the Parish Council will be taking them for recycling in the community centre.



### Toothbrushes, packaging and toothpaste tubes

And what about all those plastic toothbrushes that keep washing up on the beaches? Did you know these can be recycled as well as empty toothpaste tubes, toothpaste packaging and electric and battery toothbrush heads. Just pop them in the box at the Parish Council office and we can send them off to be recycled... never to see a beach or end up in the ocean.



### Writing instruments

Yes, that includes pens (of any description). Drop them into the community centre and we can recycle those as well. Believe it or not they can be recycled into new pens!



### Bread bags

The average person in the UK eats 60.3 loaves of bread per year... that's a lot of bread bags! But the good thing is that they don't have to go in the bin anymore... yes, from 1 December these can be recycled at the Parish Council office as well.



### Crisp packets

And now one for the kids... save those crisp packets! We can recycle them and they are then turned into plastic pellets which go on to make new products.

Any crisp packets accepted.



*Make one change today to make a difference*




## Rendlesham

# Climate Emergency Meeting

## Wednesday 11 December

### 7.30pm



Jubilee Park  
Pavilion  
IP12 2GT

*Everyone  
Welcome*

## FRIENDS OF WOODBRIDGE LIBRARY

**PLEASE NOTE THAT WOODBRIDGE LIBRARY WILL BE CLOSED ON TUESDAY 24<sup>TH</sup>, WEDNESDAY 25<sup>TH</sup> & THURSDAY 26<sup>TH</sup> DECEMBER.**

### **Sunday 1<sup>st</sup> December – Tuesday 31<sup>st</sup> December – ArtLib – Work by the Blaxhall Art Group**

The Blaxhall Art Group is a small friendly group of people who meet to paint/draw on a Thursday from 10.30am - 12.30pm at Blaxhall Village Hall. Occasionally a visiting artist is invited to conduct a workshop or demonstration for the group. These paintings are a sample of the group's work. For further information about the group contact Joyce Iszard 01728 688452.

### **Thursday 5<sup>th</sup> December, 10am-4pm – Meet local author Pauline Manders**

This is an opportunity to chat to the author of the Suffolk-based Utterly Crime series. Her latest, "Utterly Roasted" is the eighth in the series. It stands alone but we see the return of many characters met before.

It is August 2013 and Chrissie Jax and D.I. Clive Merry return to Suffolk from a short break in Amsterdam. Within a week, two bodies are delivered to the morgue and the international spotlight is on Clive and his investigation. Tension mounts as a tangled web of car paint re-spraying, a catering outfit, pike fishing and chocolate draws in long term friends Matt and Nick. Chrissie becomes part of the investigation in a way not one could have predicted. The action moves from Alton Water to Ipswich; Bury St Edmunds to Felixstowe; Hadleigh to Woolpit and Woodbridge.

Buy a copy of this or another of Pauline's books and get it signed. Wine or fruit juice and mince pies also available!

### **Book Group (Meets the first Thursday of the month at 2pm)**

On **5<sup>th</sup> December** we will be discussing "**Lethal White**" written by **Robert Galbraith**. Please come along if you have read this book and would like to join in the discussion.

### **Friday 6<sup>th</sup> December & Friday 13<sup>th</sup> December, 10.30am-12.30pm – Active Lives Singing Group**

Feel your spirits lift and find a new confidence in singing. Learn some new songs and learn harmonies to songs you know. Improve your breathing, your circulation and have some fun! Take some time out to relax and make music with others. £5 per session.

For more information call Gina Silburn or Julie Stokes on 01473 345350 or visit the Active Lives website [www.activlives.org.uk](http://www.activlives.org.uk)

### **Friday 6<sup>th</sup> December, 7.30pm - A Christmas Carol performed by James Hornsby**

James Hornsby is making his third visit to Woodbridge, this time for a one-man performance of Charles Dickens' *A Christmas Carol*. This well-known story of Ebenezer Scrooge, the Cratchit family and of course the ghosts, never fails to delight and James - dressed as Dickens - will bring to life the whole array of different characters. Tickets cost £10 including an interval drink and mince pie and are available from Woodbridge Library or by phoning 01394 330855.

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

Come along to a Realise Futures walk-in advice and guidance session. They can provide support, advice or information on housing, employment, benefits, training, money, travel, safety, health, bills/letters, social. There is no need to book an appointment. Contact Realise Futures to find out more about this service and what's happening in your local area. 07753 447607 [info@realisefutures.org](mailto:info@realisefutures.org) [www.realisefutures.org](http://www.realisefutures.org)

### **Wednesday 11<sup>th</sup> December, 10am-12 noon – Veterans' Coffee Morning**

Open to veterans, serving personnel and families. Come along and meet like-minded people for tea, coffee and a chat. Organised by The Matthew Project – Outside the Wire. For more details contact: 01603 626123, [otw@matthewproject.org](mailto:otw@matthewproject.org), [www.matthewproject.org](http://www.matthewproject.org)

### **Saturday 14<sup>th</sup> December, 10.15am-11.45am – Talk by Mia Philips (Well-being Coach & Three Principles Practitioner)**

Join us for December's Community Conversation for Emotional Health and Well-being which explores our true nature and specifically this month looks at 'Loving Relationships'. We explore the non-dual understanding that initiates the rediscovering of ourselves as pure awareness. As this exploration unfolds we come to know that peace, happiness and freedom are not things to strive for, but the very essence of who we are and from this position we notice the ease and grace with which it is possible to know and Love ourselves and one another. Come along and see what it's all about!

Suggested donation of £7 or pay what you can afford. Please visit [www.facebook.com/ccEHWB](http://www.facebook.com/ccEHWB) for more information.



## Woodbridge Camera Club

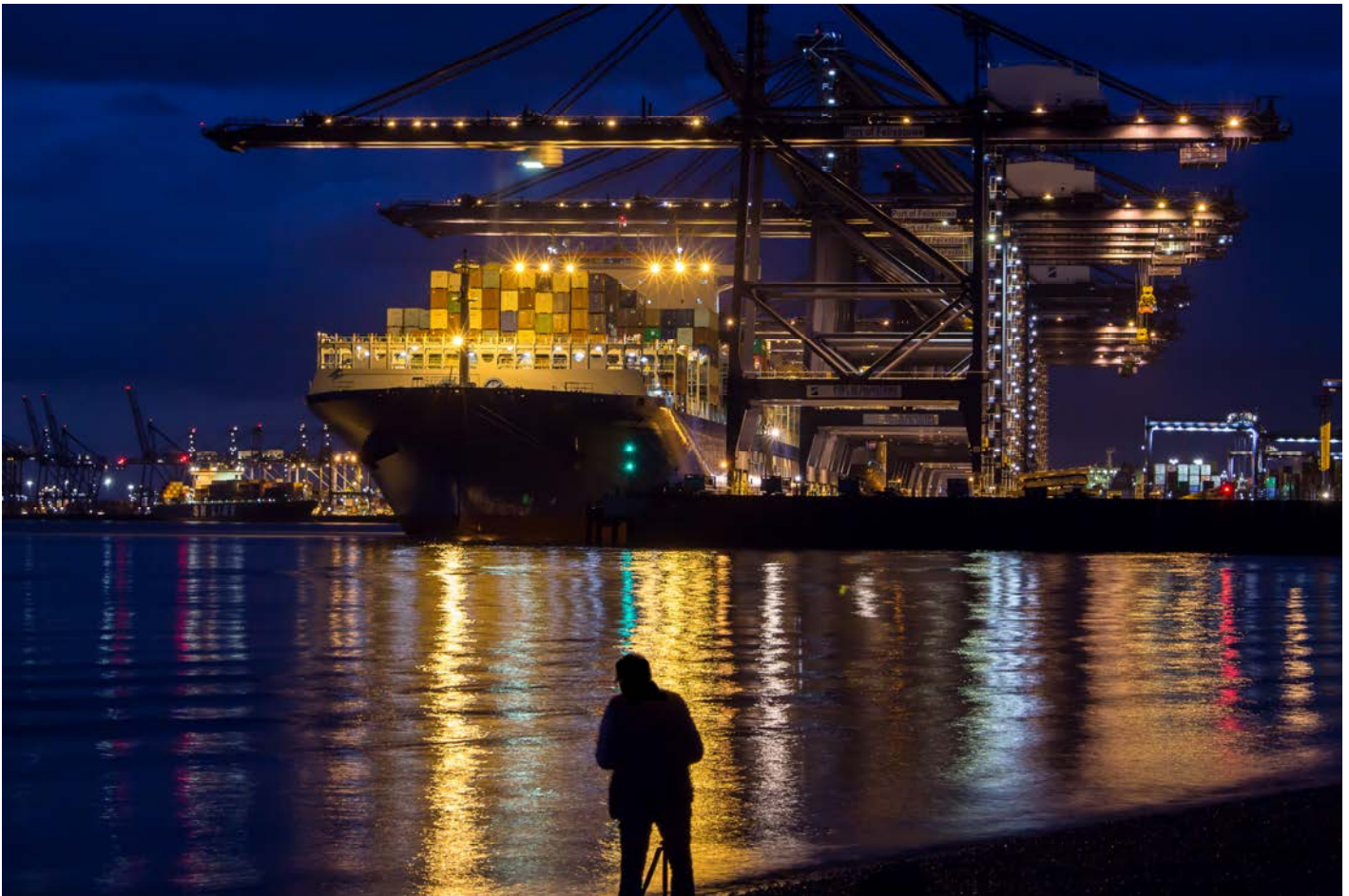


Photo: Donated

Felixstowe by night was the location for our 'Night Shoot' in October.

Twenty-two Members enjoyed a fine dry night capturing the dock lights and night views from the John Bradfield Viewpoint.

November brought disappointment coming second in a local 'Tripod Shield' competition, Framlingham retaining the Shield for another year and thanks to Wickham Market for hosting the event.

[Colour photo available in the online version of the newsletter]

[http://www.rendlesham.suffolk.gov.uk/Newsletter\\_21223.aspx](http://www.rendlesham.suffolk.gov.uk/Newsletter_21223.aspx)

## A Christmas Carol performed by James Hornsby

Friday 6<sup>th</sup> December, 7.30pm at Woodbridge Library

James Hornsby is making his third visit to Woodbridge, this time for a one-man performance of Charles Dickens' *A Christmas Carol*. This well-known story of Ebenezer Scrooge, the Cratchit family and of course the ghosts, never fails to delight and James – dressed as Dickens – will bring to life the whole array of different characters.

Tickets cost £10 including an interval drink and mince pie and are available from Woodbridge Library or by phoning 01394 330855.

## Next Door Rendlesham

**Nextdoor** is the private social network for your **neighbourhood**. **Nextdoor** is the best way to stay in the know about what's going on in your **neighbourhood**—whether it's finding a last-minute babysitter, learning about an upcoming block party, or hearing about a rash of car break-ins.

Anyone in Rendlesham can sign up. There are 2 ways of joining, either by being invited (every member has 10 invites or you can ask for a code which will be sent to your house on a postcard, just to make sure you live in Rendlesham.

More information can be found at [www.nextdoor.co.uk](http://www.nextdoor.co.uk)

**ACER**  
GLASS & GLAZING  
WINDOW & LOCK REPAIRS

35 YEARS PROFESSIONAL SERVICE

- GLAZING
  - ✓ COMMERCIAL
  - ✓ DOMESTIC
- LOCK REPAIRS
- MISTED UNITS
- REPAIRS
  - ✓ PLASTIC
  - ✓ WOOD
  - ✓ ALUMINIUM

TEL: 07519 635 210 / 01394 549 501

CALL NOW FOR A FREE QUOTE  
EMERGENCY GLAZIER  
FULLY INSURED

NO JOB TOO SMALL  
BOARD UPS & MAKE SAFE  
DBS CHECKED

GLASS & COMMERCIAL GLAZING

- Traditional glazier
- Misted (clearly) glass replacement
- Sealed units
- Broken glass
- Leaded lights
- Mirrors

WINDOW & DOOR REPAIRS

- Specialising in wood & PVC repairs
- Handles
- Adjustments
- Window locks
- Leaks & draughts
- Restricted hinges
- Gaskets
- Multi-point locking mechanism
- Door hinges

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>

**Chloe Kinrade**  
School of Dance

**FIRST CLASS FREE**  
\*Book your free trial now

**Dance classes at Rendlesham Community Centre**  
Telephone: 07940469026  
Email: [chloe.kinrade@hotmail.co.uk](mailto:chloe.kinrade@hotmail.co.uk)  
Facebook: [chloekinradeschoolofdance](https://www.facebook.com/chloekinradeschoolofdance)

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

## The Christmas Spirit

**STATION 1-1-9 CHRISTMAS PARTY**

NOMADI WOOD FIRE PIZZA TRUCK  
CRAFT GIN - MINCED PIES - WINE  
NON-ALCOHOLIC DRINKS

HAPPY HOUR ALL NIGHT  
TAPROOM OPEN FROM 12:00

ACROUSTIC SET BY ELLEN FAIREY

**FRIDAY 20TH DECEMBER**

Join us for our **Christmas Party** here at **Station 1-1-9** on **Friday 20th Dec.**

'Tis The Season To Be Jolly' so do come along to our last **Brewery Tap Room** opening of 2019 - the **Nomadi Wood Fire Pizza** truck returns, along with an acoustic set by **Ellen Fairey**.

Free entry and happy hour pricing all night to get you into the Christmas spirit! Beers, gins, wines, a selection of soft drinks and mince pies for all! No bah humbugs but please dress appropriately for a chilly December evening.

T:01379 882230 (Mon-Fri 9am – 5pm)  
[www.station119.co.uk/events](http://www.station119.co.uk/events)

# ELECTRICIAN

**PAT Testing-Inspections-Fault finding**

*Extra sockets, lighting circuits installed  
Showers and storage heaters fitted  
Upgraded and replacement fuse boards supplied  
Garden lighting, sockets or power point for water features ect  
House extensions or complete refurbishment work undertaken  
Replacement cookers/ovens installed  
Minor works welcome. Quality assured professional service.*

**T W Electrical Services.**

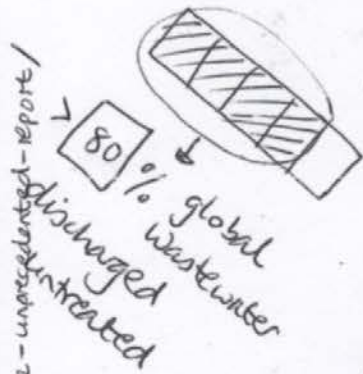
Telephone 01394 421702  
Mobile 07773247905  
24 hour call out available



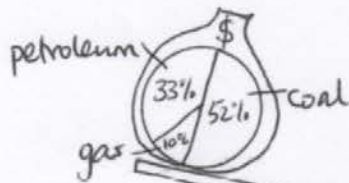
# Greener Rendlesham



Emissions, waste, harm to the environment/all



US\$ 345 billion global subsidies

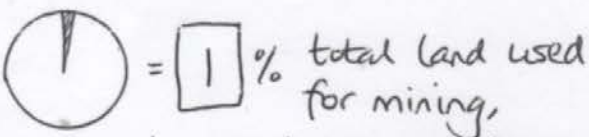
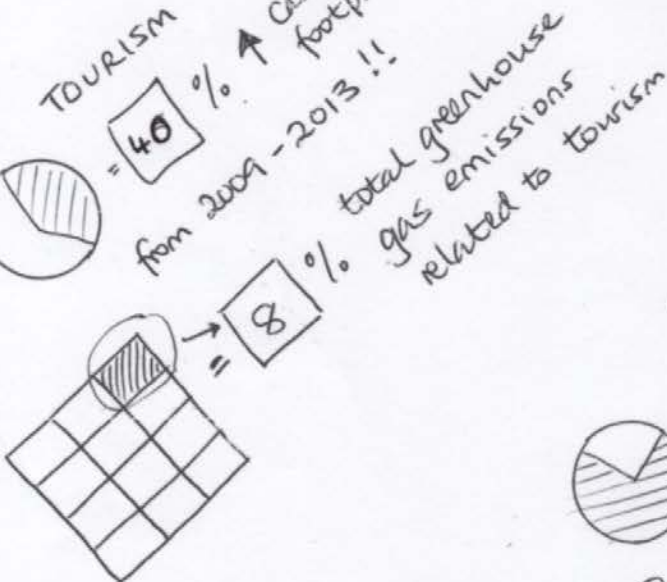


US\$ 5 trillion overall costs

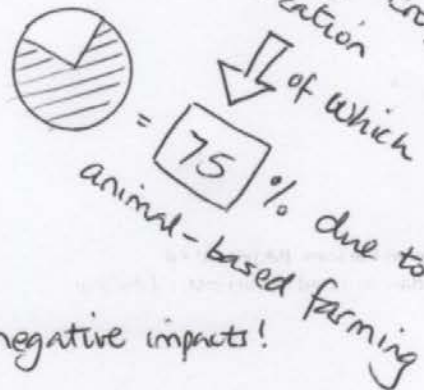
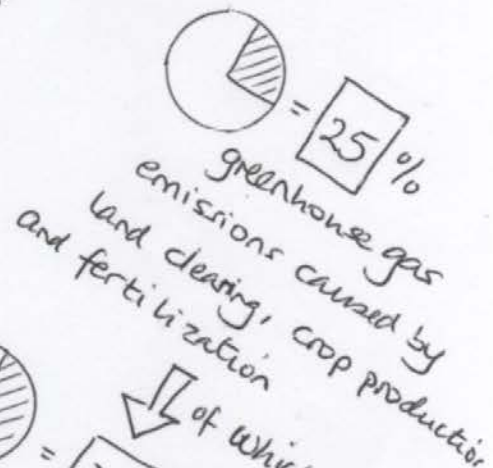
including native deterioration externalities



Source: <https://www.un.org/sustainabledevelopment/blog/2019/05/nature-decline-unprecedented-report/>



but oh! with significant negative impacts!



## 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](http://www.manningsamusements.co.uk/page_12.html)

### Halesworth Producers' Market

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

**Woodbridge Farmers' Market** (2nd Saturday, monthly) From 9am to 1pm at Woodbridge Community Centre.

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

**Aldeburgh Farmers' Market** (3rd Saturday, monthly) 9am-2.30pm, Aldeburgh Parish Church Hall

### Wickham Market - Monthly afternoon

(3rd Wednesday, monthly) The Hill, Wickham Market (the Square)

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

**Orford Country Market**, Orford Town Hall, Every Saturday 9.30 until 1.00 For more details [annemacro@btinternet.com](mailto:annemacro@btinternet.com)

## Severe weather information

Is my school or nursery closed?

<https://www.suffolk.gov.uk/about/severe-winter-weather-information-and-services/>

School Transport  
Public Transport  
Care Homes  
Recycling Centres

CORNERSTONERESIDENTIAL.CO.UK 01394547000 42 MARKET HILL, WOODBRIDGE



When you're moving home, we know what's most important.

Call to arrange a free valuation and find out more about our award-winning service and innovative marketing.



CORNERSTONE  
RESIDENTIAL ESTATE AGENTS



BRITISH  
PROPERTY  
AWARDS  
2018  
\*\*\*\*\*

GOLD WINNER

REAL ESTATE IN  
WOODBRIDGE

# Light up Woodbridge for Christmas

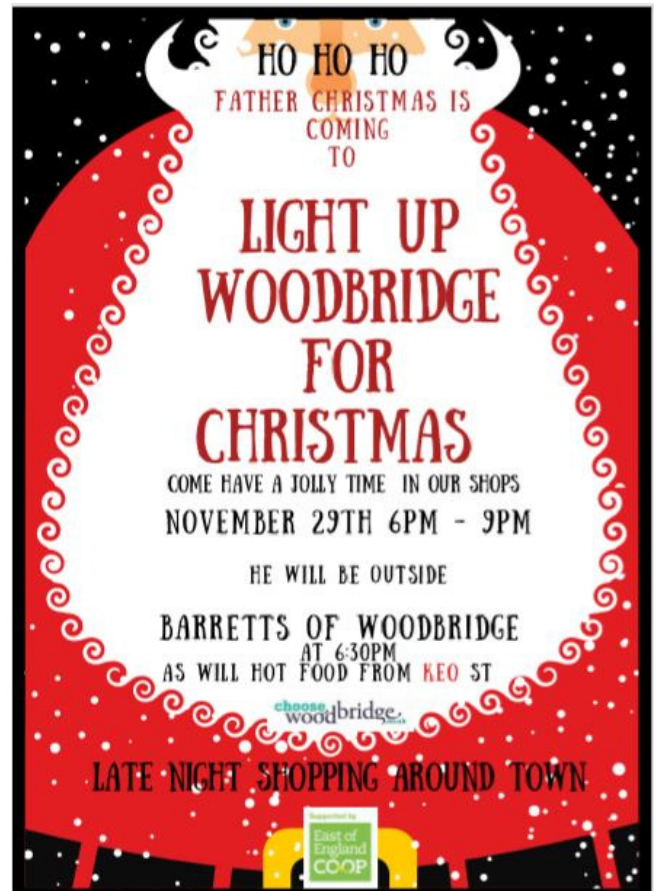
Father Christmas is coming to light up Woodbridge from 6-6:30pm on Friday, November 29th in the Thoroughfare, outside of Barretts of Woodbridge. He will be collecting any letters that have been written but not delivered and he will take them back to the North Pole to give to his elves in the Christmas workshop.

From 6pm to 9pm stores throughout Woodbridge will stay open for late night shopping.

Music will be provided by Phil Jackson.

Keo St will be selling sausages and mash, hot dogs and vegan food.

Woodbridge Creative Arts will have some stalls selling some Christmas goodies and cards.



## Introduction to Involving Volunteers Dealing with Challenging Volunteer Situations



### The course covers:

- Disruptive behaviours and common niggles
- Confronting the issue
- Implementing a structured volunteer programme
- Ending the relationship

To **book** or for more information please contact:

**Faye Smith**

01473 345413

faye.smith@communityactionsuffolk.org.uk



### Course Details:

21st November 2019  
10:00 AM - 1:00 PM  
Brightspace,  
Ipswich



Contact Warm Homes Healthy People on **03456 037 686** or email [whhp@eastsoffolk.gov.uk](mailto:whhp@eastsoffolk.gov.uk) if you have any questions.

Suffolk's Warm Homes Healthy People is a project designed to help vulnerable people and families make their homes cheaper to heat.

### Winter fuel payments

Someone who's under the age of 63 on 6 May 2017

Contact Warm Homes Healthy People on 03456 037 686 or email [whhp@eastsoffolk.gov.uk](mailto:whhp@eastsoffolk.gov.uk).

Someone who's over the age of 63 on 6 May 2017

Contact Citizens Advice Bureau on 01473 298634 or email [survivingwinter@ipswichcab.org.uk](mailto:survivingwinter@ipswichcab.org.uk).

Note: Age UK are **no longer** offering fuel payments.

## Transition Woodbridge



### Composting at Car Free Day

What a great time was had by all at today's car free day. Such a relaxed, chilled out atmosphere.

Transition Woodbridge had two pitches and I (Hilary) can only tell you about one: **'come and learn all about compost!'** We built a compost heap in the middle of the road to show how to layer the nitrogen and carbon rich layers.

We wanted to promote the use of spent, nitrogen rich coffee grounds in enriching your compost/soil. This is a resource we have plenty of along the Thoroughfare and all the cafes were generous in giving us their grounds today. We want to push the use of this brown 'gold dust' and hope you will go into the cafes with your container and ask them to fill it for you.

We also had a worm composting bin for folks to peek into and learn how you can turn your kitchen scraps into a valuable addition to your soil. A worm composter is clean and takes up very little space.

## Woodbridge Street Fair



The fair will be taking place on Sunday 1st December 2019 from 10am-4pm.

There will be more than 120 stalls, bands, carol singers with all shops being open on the day.

The Thoroughfare, top end of Cumberland Street, Quay Street, Church Street and the left side of Market Hill will be closed between 8am-5.30pm to all traffic except stall holder vehicles and emergency vehicles.



Allonsfield House



Ashfield Suites  
COME AND VIEW OUR  
NEW LUXURY FACILITIES

Country living can be tranquil...

...but life's never dull at Allonsfield House

Call us today on 01728-363561 or visit [allonsfieldhouse.care](http://allonsfieldhouse.care)

Church Farm, Campsea Ashe, Woodbridge, Suffolk, IP13 0PX

We provide the following key services,

✓ Residential care

✓ Dementia care

✓ Respite care

## Snape Maltings Tea Dance



### A Festive Community Celebration

Join us on 3rd December 2019 for a delightful afternoon of festivities, food, dancing and music taking place in the Britten Studio at Snape Maltings. This is a true community celebration with live music, afternoon tea and an opportunity to waltz, foxtrot and cha-cha-cha.

Suitable for all ages and abilities – groups welcome.

Email: [info@snapemaltings.co.uk](mailto:info@snapemaltings.co.uk), phone: 01728 688303

Britten Studio, Britten Studio, Hoffmann Building, Snape Maltings, Snape, Saxmundham, Suffolk, IP17 1SP

<https://snapemaltings.co.uk/whats-on/tea-dance/>

## Tennis

Jubilee Park



£5 per hour

To book: 01394 420207  
Email: [admin@rendleshampc.org.uk](mailto:admin@rendleshampc.org.uk)

## Table Tennis

Rendlesham Community Centre



£7 per hour

To book: 01394 460005  
Email: [rendlesham.commcentre@gmail.com](mailto:rendlesham.commcentre@gmail.com)

Sue Ryder  
Neurological Care Centre  
The Chantry

### Are you under 65 and concerned about your memory?

### Dementia Together Younger Person's Navigator is here to help you.

By providing practical information and support through your journey empowering you to make your own choices and decisions to live well. Self or professional referrals accepted via the Helpline or Email. Links with Suffolk Young Dementia Network too.



For more information:  
visit: [www.dementia-together.com](http://www.dementia-together.com)  
call: 08081 688 000  
email: [SRYC.youngerdementiatogether.nhs.net](mailto:SRYC.youngerdementiatogether.nhs.net)



Sue Ryder is a charity registered in England and Wales (1052076) and in Scotland (SC039578). Ref. No. 06920 © Sue Ryder July 2019. Created in RightMark - 10/10/2019 - 11:42:27 AM

## Maharishi AyurVeda Health Centre Rendlesham

### ONE-DAY AYURVEDA COOKERY COURSE

with Dr Rajvinder Kaur, BAMS

14 DECEMBER 2019



TIME: 11am - 4pm | COST: £75 including lunch

TO BOOK:

[enquiries@ayurveda-rendlesham.co.uk](mailto:enquiries@ayurveda-rendlesham.co.uk) or call 01394 548764

VENUE: Maharishi Peace Palace, Rendlesham

This one-day course has both theory and practice.

Learn to make delicious & healthy Ayurvedic meals:

- Basmati Rice • Preparing vegetables with 'Ghee' using a variety of herbs and spices • 'Mung Dal' a protein rich dish prepared with a mixture of herbs and spices • Chai - Indian tea
- Lassi - a great digestive aid, that can be taken with meals
- Golden milk immunity tonic and more...

[www.ayurveda-rendlesham.co.uk](http://www.ayurveda-rendlesham.co.uk)  
[www.facebook.com/ayurveda.rendlesham.uk](https://www.facebook.com/ayurveda.rendlesham.uk)

# 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

A huge thank you to everyone that donated wood, pallets and tyres and various other items, we'll be posting lots of photos as the transformation takes place, it's all very exciting!

We had an amazing half term Holiday Club at the farm this October, with the main event being the dismantling of the pirate ship and turning all those pallets and planks into a 2-tier fort! And what would halloween be without pumpkins... this year we grew our own!



# Pitstop



[www.pitstop-oosc.co.uk](http://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](mailto:enquiries@pitstop-oosc.co.uk)

## Connecting Communities

Do you find it difficult to get to college, to the shops, medical appointments or to visit your friends and family in the county?

Suffolk County Council is working in partnership with Suffolk Community Transport Operators to bring you Connecting Communities.

When you need to make a journey and there's no public transport available to you locally, we'll collect you and connect you to an appropriate bus route or train link for onward travel so you can reach your destination quickly and easily.

For journeys where connecting to other services is inappropriate, end to end journeys may be possible.

### So, how do you use it?

1. **Call** your local area operator up to a week before you'd like to travel – they'll be able to answer any questions you might have.
2. **Book** your journey (visit the '[my area](#)' page to request a journey via our online form)
3. **Travel** to your destination

### How much will it cost?

Connecting Communities fares are based on average bus fare costs for journeys of the same or equivalent distance.

If you are aged between 16-19 years old, with a cashless Endeavour Card you can also get **at least 25% discount off full price adult fares**. Apply for your FREE Endeavour Card at [www.endeavourcard.co.uk](http://www.endeavourcard.co.uk).

0345 606 6171  
[www.suffolkonboard.com/cc](http://www.suffolkonboard.com/cc)  
[connecting.communities@suffolk.gov.uk](mailto:connecting.communities@suffolk.gov.uk)

## Rendlesham Youth Group

**Tuesdays** 6:00 - 8:00 pm

Y4—Y6

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

Y7 +

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

Y7+

### Community Centre, Walnut Tree Avenue

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

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

## Sudoku Challenge

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

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

Solution is on page 30

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

**Bentwaters Heating & Plumbing Ltd**  
 10 Britannia House, Base Business Park,  
 Rendlesham, Suffolk IP12 2TZ  
 Tel: 01394 421381 Mobile: 07437 713747  
 Email: alex@bentwatersheating.com



Friendly local company for all your heating and plumbing requirements

- 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](http://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  
 - Setup/Support/Repairs  
 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



*Need a local venue?*



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

**Rendlesham**  
 M: 07599 998974 COMMUNITY CENTRE



*Louise 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   



## Suppose – (This Christmas)

Suppose it were your birthday and all your friends would come and gather 'round your fireplace there in your happy home.

They come with smiles and gladness and bring their presents, too.

But when they start to share them, there's not a one for you.

They give them to each other, a grand and costly lot. But for the guest of honor, they somehow just forgot.

You say such things don't happen, nor should it ever be;

It seems too crude and cruel, for folks like you and me.

But friend, have you considered just this is what men do?

Not, of course, to humans, but of our Lord, it's true.

We celebrate His birthday with all our pomp and style;

But give to one another and grieve Him all the while.

'Tis Christ we claim to honor at this glad Christmastime;

Don't spend on friends the money and give Him just a penny.

To give to one another indeed is very nice; But best of all to Jesus, for Him let's sacrifice.

His cause too long has suffered by thoughtless, selfish men.

Let's bring to Christ the first fruits and give our best to Him.

—Fred D. Jarvis

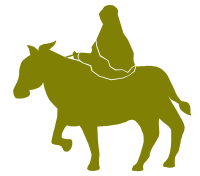
Rev. Frank Thompson, Faith Baptist Church, Bromeswell

## Foxhall Re-use Shop

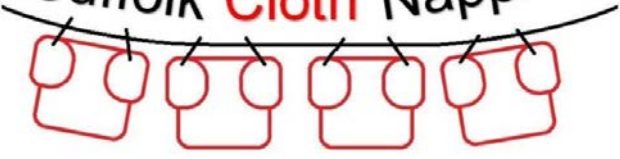
Ipswich Re-use Shop sells items which have been donated for re-use across Suffolk's Recycling Centres. This includes furniture, toys, bicycles, books, electrical items and more! We check and test all items will be in order to re-sell.

Why not pop in, and grab yourself a bargain?

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





# Suffolk Cloth Nappies



**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.

 @suffolkcnappies  
 [www.facebook.com/suffolklcnothnappies](http://www.facebook.com/suffolklcnothnappies)



## Pooley Removals and Storage

- 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](http://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](mailto: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

**CHRISTMAS SPECTACULAR! 2019 - 15TH ANNIVERSARY**



**THE CO-OP JUNIORS**

Join us as the Co-op Juniors Theatre company returns to Snape Maltings, celebrating 15 spectacular years! The award-winning cast of 100, complete with live orchestra and over 1,000 dazzling costumes present another magical Christmas song and dance variety treat for all the family.

Email: [info@coopjuniors.co.uk](mailto:info@coopjuniors.co.uk), phone: 01728 687110

Snape Maltings Concert Hall, Snape, Suffolk, IP17 1SP

<https://snapemaltings.co.uk/whats-on/christmas-spectacular-2019-15th-anniversary/>

**East Suffolk  
Yoga & Wellness  
Studio**

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.eastsuffolk yoga.com](http://www.eastsuffolk yoga.com)

  @eastsuffolk yoga

**Exercise and wellbeing classes in Rendlesham**

	(RCC) Community Centre	(RPS) Primary School	(JP) Jubilee Park	(YWC) Yoga & Wellness Centre
Tuesday	10-11am	<b>YOGA</b> with Ian Suitable for beginners, equipment provided. Contact Ian to book on 07877 358163 or E: <a href="mailto:ian@yogawithian.com">ian@yogawithian.com</a> <a href="http://www.yodawithian.com">www.yodawithian.com</a>		
	7.30pm – 9.30pm	<b>SELF DEFENCE</b> with Paul Yates (RCC)		
Thursday	9am—10am	<b>PILATES</b> with Louise (YWC)		
	1.30pm – 3pm	<b>YOGA</b> (RCC) RIW members only		
	6.30pm – 8pm	<b>GLOW</b> , Diet & Fitness classes with Dawn Quantrill (RPS) T: 07836 539508 E: <a href="mailto:dawnquantrill@hotmail.com">dawnquantrill@hotmail.com</a> W: <a href="http://glow-fit.co.uk">glow-fit.co.uk</a> First taster session free		
Friday	10.30am—11.30am	Stroller Fit. Every Friday (RCC) Contact: <a href="mailto:leannethurston5678@gmail.com">leannethurston5678@gmail.com</a>		

# EVENTS *Notices* EVENTS

## Deben Community Farm

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



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



### WEEKEND OF ART AND CHRISTMAS MUSIC AT WOODBRIDGE METHODIST CHURCH.

WHEN? SATURDAY 14<sup>TH</sup> - SUNDAY 15<sup>TH</sup> DECEMBER.

EXHIBITION SATURDAY 10AM - 6.30PM  
SUNDAY 12.30PM - 3PM

LIVE MUSIC ON SATURDAY

5.30ish - 6.30PM - GREG WALSH BLUES BAND  
6.30PM - 7.30ish - CHRISTMAS STORY IN CONCERT.

CHRISTMAS MUSIC RECORDED ON OUR NEW ORGAN  
THROUGHOUT THE WEEKEND.

COFFEE AND MINCE PIES AVAILABLE.



Thanks to: EXHIBITORS FROM WOODBRIDGE ART CLUB AND  
CHURCH FRIENDS

GREG WALSH BLUES BAND

CHURCH MUSICIANS AND PLAYERS.

REFRESHMENT PEOPLE



## RENDLESHAM SOCIAL CLUB

### UPCOMING EVENTS IN 2019

26TH OCTOBER	HALLOWEEN DISCO*
09TH NOVEMBER	COOKIE'S KARAOKE
23RD NOVEMBER	80'S DISCO BY MIRAGE*
01ST DECEMBER	XMAS LIGHTS SWITCH ON
07TH DECEMBER	BOUNCING OFF CONCRETE
08TH DECEMBER	KIDS XMAS PARTY*
14TH DECEMBER	FAMILY XMAS DISCO
15TH DECEMBER	COUNTRY ROAD

BINGO EVERY THURSDAY NIGHT  
\*FANCY DRESS ENCOURAGED



**GIPPESWYK SINGERS**

conducted by Geoff Lavery



**MARTLESHAM BRASS**

conducted by Adam Cable

Present

## LAST NIGHT of the PROMS

Sunday 5th January 2020 7:00pm

St Michael's Church, Martlesham, IP5 3PL

TICKETS £5

at the door

Advance tickets available  
from Michael Dawe, Flocky Cottage,  
Hacheston, IP13 0DB

Send a SAE with cheque payable to "Gippeswyk Singers"

Gippeswyk Singers are supporting the following charities with this season's concerts

Inspire Counselling (Ipswich) and Suffolk Wildlife Trust



www.gippeswysingers.co.uk



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

*Everyone welcome*

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

**5 December**

Rendlesham Community Centre,  
10.30-12.30pm

**Rendlesham Independent Women**

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

**Mobile Library**



Contact Suffolk County Council on

Email: [help@suffolklibraries.co.uk](mailto:help@suffolklibraries.co.uk)  
Telephone: 01473 584563

2019: 11 December

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

**The Roman Catholic Parish of Woodbridge and Framlingham**

Parish Priest: Fr Edmund Eggleston  
Churches:  
St Thomas of Canterbury, Woodbridge  
St Clare's, Framlingham

Mass times and contact details:

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

**Solution  
to the  
Sudoku  
challenge**

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

**Post Office (Costcutters) opening hours**

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

**Rendlesham Surgery opening hours**

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

**Acer Road Pharmacy opening hours**

01394 460548

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

**FAITH BAPTIST CHURCH**

Bromeswell, Woodbridge  
[www.fbcuk.org](http://www.fbcuk.org)

Pastor Thompson (01394) 420181

**SCHEDULE OF SERVICES:**

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

If you need transport or have a query about our services, please ring: [Pastor Thompson](mailto:PastorThompson@fbcuk.org) (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 - December 2019

<b>Sun</b>	<b>1</b>	<b>CHRISTMAS LIGHTS SWITCH ON</b>
<b>Tues</b>	<b>3</b>	<b>Bumps &amp; Babies</b> , Community Centre, 10-11.30am <b>Stay &amp; Play</b> at the Boardwalk. 2-4pm <b>Fun@St Felix (Kids in Church)</b> 3.30-5pm <b>Evnuth</b> . St Felix. 6-7.30pm <b>Junior Youth Club</b> Community Centre, 6-8pm
<b>Wed</b>	<b>4</b>	<b>Toddler Group</b> , (term time only), Community Centre 10-11.30am <b>Senior Youth Group</b> . Community Centre, 7-9.30pm.
<b>Thurs</b>	<b>5</b>	<b>Bingo</b> . Rendlesham Social Club, at 7.30pm. <b>Senior Youth Group</b> . Community Centre, 7-9.30pm. <b>Over 60s Club</b> . 10.30-12.30pm. Community Centre
<b>Tues</b>	<b>10</b>	<b>Bumps &amp; Babies</b> , Community Centre, 10-11.30am <b>Stay &amp; Play</b> at the Boardwalk. 2-4pm <b>Fun@St Felix (Kids in Church)</b> 3.30-5pm <b>Evnuth</b> . St Felix. 6-7.30pm <b>Junior Youth Club</b> Community Centre, 6-8pm
<b>Wed</b>	<b>11</b>	<b>Toddler Group</b> , (term time only), Community Centre 10-11.30am <b>Mobile Library</b> . Community Centre 9.35-10.35am and Friday Street 10.40-10.55am <b>Senior Youth Group</b> . Community Centre, 7-9.30pm.
<b>Thurs</b>	<b>12</b>	<b>Bingo</b> . Rendlesham Social Club, at 7.30pm. <b>Senior Youth Group</b> . Community Centre, 7-9.30pm.
<b>Tues</b>	<b>17</b>	<b>Bumps &amp; Babies</b> , Community Centre, 10-11.30am <b>Stay &amp; Play</b> at the Boardwalk. 2-4pm <b>Fun@St Felix (Kids in Church)</b> 3.30-5pm <b>Evnuth</b> . St Felix. 6-7.30pm <b>Junior Youth Club</b> Community Centre, 6-8pm
<b>Wed</b>	<b>18</b>	<b>Toddler Group</b> , (term time only), Community Centre 10-11.30am <b>Senior Youth Group</b> . Community Centre, 7-9.30pm.
<b>Thurs</b>	<b>19</b>	<b>Over 60s Club</b> . 10.30-12.30pm. Community Centre <b>Bingo</b> . Rendlesham Social Club, at 7.30pm. <b>Senior Youth Group</b> . Community Centre, 7-9.30pm.
<b>Tues</b>	<b>24</b>	<b>Bumps &amp; Babies</b> , Community Centre, 10-11.30am <b>Stay &amp; Play</b> at the Boardwalk. 2-4pm <b>Fun@St Felix (Kids in Church)</b> 3.30-5pm <b>Evnuth</b> . St Felix. 6-7.30pm
<b>Wed</b>	<b>25</b>	<b>HAPPY CHRISTMAS</b>
<b>Thurs</b>	<b>26</b>	<b>BOXING DAY</b>

## 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

COLOURCHANGE

UPVC



# 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](http://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

**Daryl Collins** - Owner  
ColourchangeUPVC



## Windows

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

Quality Windows at Competitive Prices



## Doors

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

Try our new online door designer



## Conservatories

Specialists in building conservatories for every day use.

Visit our showrooms and see all the different roofing options



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.

