



Rendlesham

Parish Newsletter

www.rendlesham.suffolk.gov.uk

Issue 108

March 2020



Photography by Darren Harbar

Swords of Kingdoms: The Staffordshire Hoard at Sutton Hoo



Some of the items from the Staffordshire Hoard and several of the objects pictured are coming on loan © Birmingham Museum and Art Gallery

This temporary exhibition will see a total of 65 objects, 62 of those being original Anglo-Saxon objects, coming to Sutton Hoo from Birmingham and the Potteries Museums and Art Galleries (representing the Staffordshire Hoard as one entity), Norwich Castle Museum and Art Gallery and the British Museum. This is the first time that objects from the Staffordshire Hoard will be going on display in the region and so should be a big pull for visitors not only locally, but also further afield in seeing such a collection brought together and on display at Sutton Hoo. Continued on page 11.

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April Deadline
10 March

admin@rendleshampc.org.uk
01394 420207



Movies and Musicals

Friday June 12th 5pm - 10pm

Saturday June 13th 11am - 7:30pm

Jubilee Park, Rendlesham IP12 2GT

Free Admission



www.rendleshamshow.co.uk



Rendlesham Parish Council



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Rendlesham Parish Newsletter

CONTACT

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Rendlesham Parish Newsletter

Advertising Rates for adverts placed from 1 April 2012

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"Alone, we can do so little;
together, we can do so much"

Helen Keller



RENDLESHAM CLIMATE EMERGENCY ACTION PLAN

HAVE YOUR SAY

**SATURDAY MARCH 21ST, 11AM – 4PM
RENDLESHAM COMMUNITY CENTRE**

The Rendlesham Climate Emergency Action Plan covers transport, housing, planning, finance and waste. To be meaningful, practical and successful, we need consultation and community feedback.

View the plan, comment and have your questions answered by members of the Climate Emergency Working Group.

www.rendlesham.suffolk.gov.uk/



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
Dave Moore	Planning Committee
VACANCY	

By contacting Rendlesham Parish Council you agree your contact details may be held and processed for the purpose of correspondence and services we provide. We only keep information for as long as necessary. We do not share your information with third parties.

COMMUNITY COPY SHOP at the Parish Office

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

Next Parish Council Meetings
4 May 2020, 7.15pm
Rendlesham Community Centre
15 minute public session

2020 Parish Council Meetings

Full Council — 4 May 2020

Youth Group Charity Committee— 1 April 2020*

Jubilee Park Committee— 19 March*

Planning Committee—9 March*

Finance & Asset Committee—9 April*

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

Parish office

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

01394 420207 E: admin@rendleshampc.org.uk

Office opening hours:

Mondays 10am–2pm

Tuesdays 10am–2pm

Thursdays 10am–2pm

Minutes of meetings:

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

Parish Council News...

Annual Parish Meeting

Join us at the Annual Parish Meeting of **22 April 2020** to celebrate the 50th anniversary of 'Earth Day' by presenting the draft Rendlesham Climate Emergency Action Plan. The Plan outlines how Rendlesham Parish Council will '*put our climate at the heart of our decision making*'.

Our goal is to '*ensure that our climate and nature restoration goals are front and centre in all decision-making and investments, and inclusive engagement with residents ensures that the changes made are sustainable*'. This will be achieved through the following themes:

Raising money

Our goal is to have sufficient resource to invest in the changes needed to restore nature and meet our climate goals.

Protect the most vulnerable

Our goal is to ensure that those most vulnerable to the effects of climate change are properly supported and protected.

Buildings

Our goal is to ensure all homes are well insulated and to eradicate fuel poverty as fast as possible.

Transport

Our goal is to reduce air pollution to meet World Health Organisation levels, match European best

practice in the use of buses, cycling and walking, and promote and support zero emission vehicles.

Power

Our goal is to enable and support the growth and use of green energy and ensure energy is not wasted.

Waste

Our goal is to be a zero waste area where all waste is minimised, recycled or reused as.

Influencing others

Our goal is to encourage and support other entities with their contribution to the fight against the climate emergency.

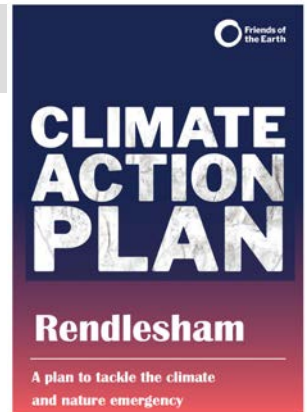
Land-use

Our goal is to restore nature to help drawdown carbon pollution from the atmosphere and to ensure everyone has access to nature in nearby green spaces.

Campaigning

Our goal is to make our voice heard by the UK government and secure increased devolution to local level and increase democratic control.

To view the Plan visit www.rendlesham.suffolk.gov.uk



Rendlesham Annual Parish Meeting A Climate Emergency in Rendlesham?



7.30pm
**Rendlesham
Community
Centre**

Celebrating the 50th anniversary of Earth Day

The Rendlesham Climate Emergency Group will be giving a presentation on their work, as well as ideas on how you, as an individual, family or local organisation, can make a difference in as little as 5 minutes a day.

EVERYONE WELCOME REFRESHMENTS

The nearest defibrillator location is:

REMEMBER THIS AND YOU COULD HELP SAVE A LIFE

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- A defibrillator is safe. It will not allow a shock to be given unless the heart rhythm requires it
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Rendlesham Church

Date	Time	Place	Service	Officiant
Sun 1 st March <i>Lent 1</i>	9.00am 11.00am 11.00am	All Saint's Eyke St Felix* St Edmund's	Holy Communion All Age Worship Family Service	Rev Mandy Malcolm Knapp Rev Mandy
Weds 4 th March	10.00am 7.30pm	St Felix St Felix	Holy Communion Deanery Lent Cse	Rev Mandy Speaker: Joe Hawes
Sunday 8 th March <i>Lent 2</i>	9.00am 9.00am 11.00am	St Edmund's St Gregory's St Felix	Morning Prayer Holy Communion Holy Communion	Stephen Nicholls Rev Mandy Rev Mandy
Weds 11 th March	2.15pm Time 7.30pm	Rendlesham Care Home St Felix	Songs of Praise Deanery Lent Cse	Rev Mandy/Stephen Nicholls Speaker: Joe Hawes
Sun 15 th March <i>Lent 3</i>	9.00am 9.00am 11.00am	All Saints St Edmunds St Felix*	Morning Prayer Holy Communion Holy Communion	Malcolm Knapp Rev Mandy Rev Mandy
Weds 18 th March	10.00am 7.30pm	Rendlesham Care Home St Felix	Mothers Union with Holy Communion Deanery Lent Cse	Rev Mandy Speaker: Joe Hawes
Sun 22 nd March <i>Lent 4</i> Mothering Sunday	9.00am 11.00am 11.00am 6.30pm	St Gregory's St Edmunds St Felix St Gregory's	Morning Prayer Holy Communion Prayer & Praise Taize	Stephen N Rev Mandy Robin Jordan Mrs J Bishop
Weds 25 th March	Time 7.30pm	St Felix	Deanery Lent Cse	Speaker: Joe Hawes
Sun 29 th March <i>Lent 5</i> <i>Wilford Benefice Service</i>	11.00am Farewell to Malcolm Knapp & Family	St Felix	Holy Communion Followed by refreshments	Rev Mandy & Guest Preacher

For Funerals:

Rev Judith Andrews, 01394 411642

Baptisms, Marriages and pastoral needs:

Rev Mandy Reynolds 01394 420129
revmandy.rendlesham@yahoo.com

General inquiries -

info@rendleshamchurch.org

St Gregory the Great

Ashe Road, Rendlesham, Woodbridge, IP12 2QY

Church Wardens:

Liz Morrison, 01394 460582

Caroline Bunbury, 01394 460235

St Felix of Dunwich

Walnut Tree Ave, Rendlesham,
Woodbridge, IP12 2GG

Church Wardens:

Nigel Harding, 01394 420419

Sue Potter, 01394 461443

Rendlesham Church



The Vicar's Voice

The daffodils are springing up through the last of the winter frosts, snowdrops and crocuses have been bursting out and the days are getting longer and hopefully brighter.



And Lent is upon us once again, 40 days when we remember and reflect on the temptation of Jesus in the wilderness following his baptism in the River Jordan,

As Jesus was tempted in the wilderness, are you denying yourself that "something" which is a real effort to do without? Chocolate? Wine? Those favourite biscuits which go so temptingly with the midmorning brew? Or have you simply given up "giving up"? Having perhaps feasted on delicious mounds of pancakes on Shrove Tuesday, and the solemnity of Ash Wednesday, in good Lenten tradition, what have you decided to do without?

40 days of abstinence can be a real testing time when we are used to having what we want, when we want it.

But Lent is also a time to reflect on how fortunate we are to have the choice to give something up, and to think on those who go without, not just for 40 days, but all the time. The homeless, the lonely, the marginalised, the oppressed and the persecuted.

Lent is a perfect time to reflect on what we can do to help those less fortunate. Giving up chocolate is one thing, but what do we do with the money we haven't spent? Do we do something useful with it or buy something else in place of the chocolate?

Lent is a time to reflect if we can help someone less fortunate than ourselves?

It might not seem much, but what about buying an extra tin or two of soup or packet of pasta to place in the trolley collection for the food bank? How about buying the latest edition of "The Big Issue"....a cracking good read! And the feeling it gives of knowing you have helped someone, a stranger, can give a longer lasting buzz than the momentary thrill of all the chocolate, wine crisps or biscuits in the world!!

As Teresa of Liseux wrote: Christ has no hands but ours, no eyes but ours, no feet but ours. Ours are the feet with which he walks this earth today, ours are the eyes he looks out onto the world with today, and ours are the hands through which he blesses others today.

With every blessing,
Rev Mandy

Why not come along and join us for our Lent Course, being held in St Felix Church over 4 weeks on Wednesday evenings, 4th, 11th, 18th and 25th March at 7.30pm, led by the Dean of St Edmundsbury Cathedral, Rev'd Joe Hawes

Sudbourne & Tunstall Baptist Church Services & Activities In March

Sun 1st March: 10:30am & 2pm - Both @ Sudbourne
Sun 8th March: 10:30am - Rendlesham School / 6:30pm - Tunstall
Sun 15th March: 10:30am - Sudbourne / 6:30pm - Tunstall
Sun 22nd March: 10:30am - Rendlesham School / 6:30pm - Tunstall
Sun 29th March: 10:30am - Rendlesham School / 6:30pm - Tunstall

TOTS & TODDLERS / COFFEE CRAFT & CHAT
at Tunstall Baptist Church
9:30 am - 11:30 am every Wednesday during term time

COFFEE, CRAFT & CHAT EVENING: Tunstall Baptist Church
7:30pm - 9:30pm on Thursday 19th March

FRIDAY CLUB (5-11yr olds) 6:15 pm - 7:15 pm
& **YOUTH GROUP (11 yrs +)** 7:30 pm - 9pm
At Sudbourne Baptist Church - Every Friday during term time

Minister: Pastor Dave Rushbrook
T: 01394 809691 / E: pastor@stbaptist.co.uk

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

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

www.stbaptist.co.uk



**SUDBOURNE & TUNSTALL
BAPTIST CHURCH**



Sadly, this month, we say farewell to Malcolm Knapp and his family as they move from Rendlesham to Lincolnshire. Malcolm has given many years of service to the Wilford Peninsula especially in the schools and churches, working and inspiring the young people through EvnU and EvnUth, Cafe Respect, Open the Book to have fun whilst learning about God and His Son Jesus!!

We will be holding a special farewell service for Malcolm, Lesley and Reece on Sunday 29th March at 11.00am in St Felix Church. Please come and join us as we wish them well, every happiness and manifold blessings.

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Anything considered e.g. gardening, driving, collecting, delivering, cutting down bushes, trimming trees, leaf gathering etc etc.

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Rendlesham Climate Emergency Action Plan Consultation Event—21 March 2020

Over the past few months the Climate Emergency Working Group have been working hard to produce a Plan specifically for Rendlesham that acts on the declaration of a Climate Emergency by the Parish Council. The plan covers transport, waste, energy, trees and more. Having been completed it's now time to have your say. Community feedback is absolutely crucial to the success of this project, it must truly reflect the needs and priorities of the community. Ultimately we want to make Rendlesham a BETTER place to live, this isn't about backward steps.

Join us in the Community Centre on 21st March between 11-4 to find out:

- What a Climate Emergency is
- Why Rendlesham needs a Plan
- The details of the Plan and how you can HAVE YOUR SAY.

We are so pleased to be sponsored by East Green Energy based here in Rendlesham! We will have a selection of refreshments available throughout the day thanks to their generosity.

Friends of the Earth will also be at the event with lots of information about what they do and advice on how you can make a difference too. They will also be bringing along bee and bug hotel making kits for children and adults to have a go at and take home!

Deben Community Farm are sponsoring Bean Growing Kits for children. These are perfect for entering into the Rendlesham Show Gardening Competition and engaging with the joy and importance of growing your own edibles!

That's not it for the freebies! Anglian Water are supplying Gunk Pots, Sink Strainers and more alongside information about water conservation in the home.

Also...

- GreenPrint Forum are sending a Plastic Action Ambassador to offer advice on reducing the use of single use plastic plus lots of other information
- Groundwork East will supply information and advice on recycling.
- Bud & Bee will be on hand to educate us all about sustainable floristry and the importance of native species

- 'Postcards From Beyond' are attending with a beautiful project inviting us all to imagine a future beyond the Oil Age.

So what will we do with your feedback?

The Working Group will analyse all contributions carefully, identify themes and trends and feed these into the Plan. The final version will be launched on 22nd April, Earth Day, and presented to the Parish Council and the attending public at the Annual Parish Council Meeting which is your chance to find out what the Council have been up to and have your voice heard about the future.

The Climate Emergency Working Group hope that the Parish Council, with the support of the Parishioners, will adopt the Plan into it's policies at the following Full Council Meeting. So you see, it really is the time to **HAVE YOUR SAY!**

See you on the 21st March!

"Alone, we can do so little;
together, we can do so much"
Helen Keller

RENDLESHAM CLIMATE EMERGENCY ACTION PLAN

HAVE YOUR SAY

SATURDAY MARCH 21ST, 11AM - 4PM RENDLESHAM COMMUNITY CENTRE

The Rendlesham Climate Emergency Action Plan covers transport, housing, planning, finance and waste. To be meaningful, practical and successful, we need consultation and community feedback.

View the plan, comment and have your questions answered by members of the Climate Emergency Working Group.

www.rendlesham.suffolk.gov.uk/

RENDLESHAM
CLIMATE ACTION
EMERGENCY GROUP



arp
the anglia revenues partnership

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RENDLESHAM SOCIAL CLUB

UPCOMING EVENTS IN 2020

25TH JANUARY

PRIVATE PARTY

08TH FEBRUARY

JEFFERSON COUNTRY BAND

07TH MARCH

RUDE & RECKLESS

11TH APRIL

ST4G

08TH MAY

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06TH JUNE

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Swords of Kingdoms: The Staffordshire Hoard at Sutton Hoo

Continued from front page

As a very brief introduction to the Staffordshire Hoard, it was discovered in a field near Lichfield in 2009 and is the largest Anglo-Saxon hoard of gold and silver metalwork ever found. When news broke in 2009, I would have just been starting university and I remember my Dad (who is a real history and Anglo-Saxon enthusiast, and also from Staffordshire) highlighting it to me as a notable find closer to home... and then as they say the rest is history! Whilst I can't say that it was this discovery alone that set me on an early medieval path it was certainly a contributing factor.

The assemblage is thought to have been placed in the ground between c.650-675, although collected together earlier c.600-650 so contemporary with Sutton Hoo. In fact due to shared signature details, many think objects from the Staffordshire Hoard could have been made in the same royal East Anglian workshops as some of the objects from Sutton Hoo. This will be explored in the exhibition, which is being guest curated by Chris Fern. Chris is an independent academic and familiar with both sites having edited the archaeological report on the 2000 excavation here at Sutton Hoo and is also one of the editors of new volume 'The Staffordshire Hoard: An Anglo-Saxon Treasure.'

The majority of the loaned objects will be coming from the Staffordshire Hoard, but also rather excitingly the objects from the British Museum are predominantly finds from Mound One. Even sat here writing this, a slight shiver is going up my spine in knowing that one of the shoulder clasps, the sword pyramids and several other objects will be returning back to the site where they were discovered nearly 81 years ago.

News of the exhibition is starting to be picked up by the press and shared wider, and please do speak about this exhibition with visitors in encouraging those repeat visits to come and experience this unique opportunity later on in the year. Here's the feature on our website which along with social media updates will be going live shortly: <https://www.nationaltrust.org.uk/sutton-hoo/features/swords-of-kingdoms-the-staffordshire-hoard-at-sutton-hoo>

Transition Woodbridge: Talk by Lucy Shepherd

Transition Woodbridge are hosting a talk by Lucy Shepherd on Sunday 15th March at Woodbridge Community Hall from 2pm.

Lucy is a local adventurer who has travelled to the Arctic and Greenland as well as the Amazon Rainforest. She is a Fellow of the Royal Geographical Society and is on the council for the Scientific Exploration Society. Lucy will be talking about her journeys in the context of climate change.

Join **LUCY SHEPHERD**
as she shares her passion for
adventure & this planet.



Woodbridge Community Hall

**Sunday 15th
March 2pm**



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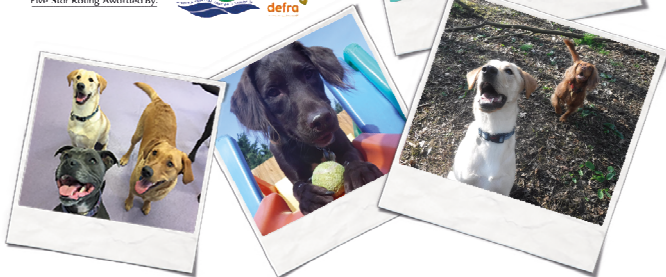
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nurtured, pain and stress free.

You will find yourself in a warm, comfortable relaxed atmosphere.

For more information on any of the treatments please call me to discuss or
to make an appointment with me today.

Christine Ringrose BTEC6, ACMT, ITEC

Telephone 01394 420913

Mobile 07766223527

Email info@christineringrose.co.uk

Registered member of Complementary Therapists Association (CTHA) and
Think Tree Association.

Consumer Corner: Advice from Trading Standards

Trading Standards say:

Criminals are once again targeting people with a TV licensing email scam that claims your direct debit has failed and you need update your details. If you receive the same or a similar email, do not click the link. This is a phishing scam designed to steal your personal information and bank details.

If you receive it, report the scam email to Scams Action by calling 0300 3303003 and then delete it. Criminals are once again targeting people with a TV licensing email scam that claims your direct debit has failed and you need update your details.

If you receive the same or a similar email, do not click the link. This is a phishing scam designed to steal your personal information and bank details.

If you receive it, report the scam email to Scams Action by calling 0300 3303003 and then delete it.

How to tell the 'TV Licence' email is fake

- Check for spelling and grammar.
- Check the sender's email address. Real emails from TV Licensing will only come from donotreply@tvlicensing.co.uk.
- TV Licensing will always address you by name as they'll have you on record. A good way to spot a scam is that scammers will often address you with a generic term like 'customer'.

The real website address is www.tvlicensing.co.uk. Scammers do their best to replicate the link but there will always be one detail different, perhaps an inserted dash or one change of letter.

If you're unsure, contact TV Licensing directly by looking up their details separately. Do not click on any links or call any numbers contained in a suspicious email.



We are sorry to let you know that the TV License could not be automatically renewed. Something's gone wrong with your payments.

Hi [redacted]

As we couldn't take the latest payment from your bank account, this amount will also need to be paid when you set up your new Direct Debit.



[Update your Direct Debit >>](#)

Remember, if you don't keep up with your payments, we may be forced to cancel your license or pass your details to a debt collection agency.

To change your payment method, have a look at all your options. So, all you need to do is make sure there's enough money in your account. Or, if you prefer to pay the missed amount now, you can sign in online and pay using your debit or credit card. While you're signed in, please make sure we have your correct bank details.

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**FREE
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From the Parish Council Office
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Rendlesham Parish Council
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Opt-in for school or Post-16 travel

Who needs to opt-in?
(You must opt-in each school year)

- ✓ New pupils
- ✓ Returning pupils
- ✓ Post-16 students

Opt-in deadline

! Applications must be received by 31 May 2020




Opt-in now at www.suffolkonboard.com/optin

suffolkonboard
suffolk passenger transport

Opting in for funded school travel

Is your child eligible for SCC funded school travel? If they are, you will need to opt-in by **31 May 2020** to receive travel for the start of the 2020/2021 school term.

If your child already receives SCC funded travel you still need to opt-in every year.

If your child is starting secondary school in September 2020 and they are eligible for SCC funded school travel you will be contacted by the 30 March 2020. You will need to opt-in if you would like your child to use this service.

If your child is starting primary school in September 2020 and they are eligible for SCC funded school travel you will be contacted by the 15 May. You will need to opt in if you would like your child to use this service.

For more information on the SCC school travel policy and getting your child to school please visit www.suffolkonboard.com/optin







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karaoke

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Local Talks







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- 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.



www.woodenroots.com | info@woodenroots.com | TEL: 07846 761145

STUDIO 1

MUSIC, LEARNING & WELLBEING

Bentwaters Parks, Rendlesham, IP12 2TW

- Free intro to our Drum Classes
- West African Drum Classes
- Weekend Workshops
- Monthly Facilitated Drum Circles
- Honour the Groove Socials
- Kora, Balafon & Sabar Workshops
- Team Building Events
- Celebration Drumming Events
- Community Events
- Request or host an event



Find us on
Facebook



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or go online for more details and to book up!



STUDIO 2 ARTS & CRAFTS

Bentwaters Parks, Rendlesham, IP 12 2TW

www.woodenroots.com | info@woodenroots.com | TEL: 07846 761145

2020 DATES RELEASED

- Crochet, Coffee & Chat Club
- Artistic Endeavours with Anne
- Arts & Crafts with Rainbow Lane
- Drawing for the Terrified
- A taster class in Lino Printing



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all classes & clubs run for 2 hours
some materials provided depending on the class
all levels welcomed
extended workshops throughout the year
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Transition Woodbridge helps local Greengrocers with Borrow Bags



Charlie Zakss of Transition Woodbridge and Chris Harrold of Woodbridge

"A typical single-use plastic bag is used for around 11 minutes, yet it's estimated to take over 450 years to break down."

Due to Woodbridge residents' aspirations to move away from plastic bags, Transition Woodbridge is helping Woodbridge Greengrocers remove single-use plastic bags for their customers and will be encouraging them instead to bring their own re-usable bag.

However, as customers, we all have times when we forget to bring our own bag. Sometimes we can manage with no bag at all, juggling all the way home, but if it's raining or we're not great jugglers, it can be difficult to refuse a single-use plastic bag.

Don't panic! In case of 'bag emergencies', Woodbridge Greengrocers and Transition Woodbridge have teamed up to ensure customers can borrow a Transition Woodbridge 'Borrow Bag', which they then return to the shop on their next visit "in the state you would wish to receive it in".

Borrow Bags are free to borrow. They have been made from unwanted, unusable cotton or polycotton material, therefore reducing waste to landfill and upcycling waste into a useful product. All bags are made by a group of fantastic volunteers, with inspiration from Fiona and her team at Fiona's Fabric, Gobbitt's Yard and the Felixstowe Borrow Bag scheme launched in 2018.

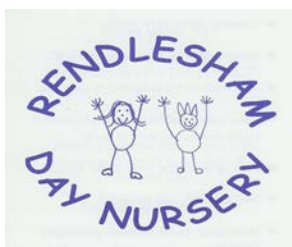
Charlie Zakss, of Transition Woodbridge, said "It's great to be able to help local Woodbridge businesses embrace the Transition Woodbridge ethos, it's been hard work making all the bags but it will be very satisfying to see our bags in local residents hands around Woodbridge and know we're all making a difference"

Chris Harrold, of Woodbridge Greengrocers, said "one of the best things about a local greengrocer is that customers can buy 90% of their fruit and vegetables unwrapped and plastic free. If we then put customer's produce in a plastic bag at the checkout, it goes against some of the environmental saving. With Transition Woodbridge's help we hope to get rid of all plastic carrier bags used in the greengrocers, and they have helped us think about our other plastic use – for example we've now moved to 'naked' cut flowers, which takes another chunk of single-use plastic out of circulation"

Would you like to join in making borrow bags? Do you have material or cotton reels surplus to requirement that you would like to donate?

Please go to our Transition Woodbridge web page <https://transitionwoodbridge.org.uk/> where you will find instructions or email us at hello@transition.woodbridge.org.uk

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Rendlesham Women (formerly, Rendlesham Independent Women)

Andy, a National Trust shepherd, based at Orford Ness, was our speaker in January. One of Andy's snippets was, that just like a lawnmower has movable blades for different cutting heights, different breeds of sheep graze at their own 'cutting height', too! The sheep breed living at Orford Ness has a graze height which is perfect for nesting birds! Who knew? Unfortunately, I was unable to attend, so don't which particular breed of sheep it is. It was, I've been told, a fascinating talk.

We charge £1 admission (a bargain, even if I say it myself!) for which you get a warm welcome, the talk, a cup of tea or coffee, a biscuit and a raffle ticket for a fruit basket prize

Present RW members - the annual £20 membership fee was due in January, so if you haven't yet paid, please bring it to our next meeting. This goes towards the speaker's expenses and a VERY generous sub towards the RW Christmas meal.

Meeting dates for your diary:

17th March
21st April
19th May 2020

We look forward to meeting more of our neighbours!

Race Night

Friday 3rd April

**Tunstall
Community Hall
Doors open at 7pm for
7.30pm start**

Tickets £6.50 includes
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Monday 23rd March
7.30pm - 9.30pm

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A must-see show, not to be missed!

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Over 18's only

Tickets can be purchased online.



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community cafe
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Hosted by St Johns Church and Transition Woodbridge

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Skulduggery in Stowmarket

Stowmarket library is pleased to announce that it will be running the third 'Skulduggery in Stowmarket' crime festival during the last weekend in April.

Last year's festival was hugely successful with more than 250 people attending the various events and this year's festival promises to be even bigger and better. We received great feedback from the event including "Brilliant – wish I had done both days", "lovely atmosphere", "exceptionally well run" and "sparkling!".

The weekend starts on Friday 24th April with a live music event by local band Skiffuffle playing a mixture of skiffle, Americana, novelty and other songs from the 20's to the 70's. There will be a licenced bar and the ticket price includes a pizza supper.

On Saturday 25th April and Sunday 26th April, we play host to five authors on each day giving talks and Q&A sessions about their books and styles of writing. The authors on Saturday are Rebecca Tope, Harry Brett, Louise Millar, Jim Kelly and Rory Clements. Sunday's authors are Michael Jecks, JM Hewitt, Ruth Dugdall, Laura Purcell and Simon

Brett. Tickets can be purchased to attend a single talk or all-day or weekend tickets are also available.

Tickets can be purchased now from Stowmarket Library or online by visiting www.skulduggeryinstowmarket.co.uk



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Greenprint Forum: Latest news and events

New Suffolk Refill Directory launched

A new Refill Directory has been collated listing shops and mobile vendors in Suffolk that are known to supply loose consumer goods to customers who bring their own refillable containers, helping to reduce the demand for single-use packaging and cater for the growing number of consumers who are aware of the need to wean ourselves off the use-once-and-chuck culture and the Directory aims to help those consumers to seek out vendors offering this option. The kinds of goods offered range from loose-leaf tea, rice, oats, chocolate and other dried foods through to household cleaning products. The Directory has been collated by the Suffolk Waste Partnership with input from Greenprint's Plastic Action Champion volunteers.

The Refill Directory can be viewed here: <https://suffolkrecycling.org.uk/reduce-your-waste/refill-directory> If you know of a shop or mobile vendor that offers refills of this type and isn't on the list please email waste.management@suffolk.gov.uk (Tip – if planning to purchase fluids from a refill vendor it's a good idea to ensure the container you bring has the capacity marked on it)

Love East Suffolk

Planning a voluntary litter pick in East Suffolk during March, April or May? In addition to the usual support from East Suffolk Norse in the form of equipment and removal of the bags of litter afterwards (support which is available all year round), Norse are sponsoring litter picks carried out during these three months by donating £20 to the group's chosen charity or cause and all events go into a draw for the chance to scoop £200 for their good cause. Register here: <https://www.eastsuffolk.gov.uk/waste/litter/love-east-suffolk/>

Also please note there are the following forthcoming events and bid application deadlines approaching before the next full Newsletter is due out at the end of March:

New free training sessions for Plastic Action Champions:

If you would like to attend a training session please let me know greenissues@eastsuffolk.gov.uk 01394 444747. Those interested but unable to attend can still register online to become a Plastic Action Champion and will be notified of forthcoming training sessions.

Rendlesham Climate Emergency Action Plan – 21 March, 11:00-16:00, Rendlesham Community Centre

An opportunity for the local community to find out how to make a difference and offer feedback on the Parish Council's Action Plan. As well as providing lots of information and advice there will be fun activities for children such as bee and bug hotel making with Friends of the Earth.

And finally for now – an opportunity to get on the telly!

The BBC 1 programme "Shop Well For Less" are seeking families to take part in the show which shows viewers how to rein in their spending without compromising their lifestyle. A key message from one of the speakers at our recent Greenprint Forum event on the 3rd February, Ian Rowlands from Incredible Oceans, was the need to reach people with whom we might not usually engage. As this is a mainstream-type TV show rather than one aimed at people who already "get" the environmental message there might be an opportunity for someone to communicate the possibilities of a low-consumption lifestyle to an audience that might not ordinarily be exposed to such a message, if anyone is tempted to try and get on the programme feel free to contact shopwell@rdftelevision.com

"Alone, we can do so little;
together, we can do so much"
Helen Keller

**RENDLESHAM
CLIMATE
EMERGENCY
ACTION PLAN**

HAVE YOUR SAY

SATURDAY MARCH 21ST, 11AM - 4PM
RENDLESHAM COMMUNITY CENTRE

The Rendlesham Climate Emergency Action Plan covers transport, housing, planning, finance and waste. To be meaningful, practical and successful, we need consultation and community feedback.

View the plan, comment and have your questions answered by members of the Climate Emergency Working Group.

www.rendlesham.suffolk.gov.uk/

RENDLESHAM
CLIMATE ACTION
EMERGENCY GROUP



In 2019 the strength of community and joy the Rendlesham Show brings us each year was felt by all. The Saturday morning was wet and miserable but my mid afternoon the rain had stopped and the show was in full swing culminating in a glorious evening of music and hazy summer sunshine. The Parish Council and Show planning team, as ever headed by the wonderful Carole and with the talents of our new Events Co-ordinator Leanda are determined to make the Rendlesham Show 2020 the best one yet. As a celebration of community spirit both in Rendlesham and our surrounding villages, it has become an annual event we can all be proud of and rely on to have a fantastic weekend of food, music, culture, history and fun.

To represent the institution the Rendlesham Show now is, it has it's own website and social media platforms you can follow to find out what to expect in 2020, more about the planning and the people behind it and the incredibly exciting theme for this year: 'Movies and Musicals'!

We want to celebrate all of the businesses and organisations that are involved, starting with our diverse and dedicated caterers!

Since 2014 Rachael and Nathan Suley have been attending the Show with their Tea N Toasties catering business. This year they join us again with an exciting rebrand..... they are now called **Feed**

Me. Catch them on the Friday night and all day Saturday.

Adam and Amanda of **Alexanders Ices** will also be with us on Friday and Saturday. They say "We love everything about the Rendlesham Show, we lived in Rendlesham for 10 years so to come back year on year is brilliant.....The atmosphere is always amazing, we just love it." Enjoying their "delicious ice cream and super friendly service" is always a highlight!

New to the Show and catering for a growing market is **Marigold Café** who serve delicious vegan and vegetarian savoury and sweet delights from their quirky stall! We can't wait for Dan and Meg to be part of the Show family!

Last year Rendlesham Show got to enjoy **Keo Street's** sausages and pulled pork baps, particularly the free samples and take home packs! We are really pleased to say they are back again this year! Another favourite returning for their 6th year is **Wok n Roll**. Nearly always a sell out on the Saturday with their authentic Chinese cuisine with top ethically sourced ingredients, expertly prepared. We can't wait to welcome Mei back to Rendlesham! If you look across Jubilee Park on Show weekend you will always see a big queue and crowd around **Gourmet Donuts**. Previous owner Sophi has been a popular visitor to the show since 2016, she was

joined last year by Hannah who now owns this business and will be continuing to serve up our favourite tasty treats!

Our Friday night frolics as we kick off the show with music and a funfair will be fuelled by **Pizzaipaella** as usual. If you don't catch them on the Friday never fear you'll be able to grab your grub from them all day Saturday! Hooray!

We musn't forget Pauline and the **Rendlesham and District Over 60's Club** who serve refreshments in the pavilion, always welcoming, having fun and often dressed in themed attire! Those cakes!

CoffeeLink have been part of the Show for a few years now keeping us going! We had a chat with Pat the owner to find out a little more:

What do you love about the Rendlesham Show?

We absolutely adore the community spirit during the Rendlesham show. Incredibly, looking back, we have now been attending and serving speciality coffee from our little red fire engine, since 2015 and always look forward to it. Always so lovely to witness the camaraderie between the stall holders and the attending public, not to mention always something fun going on for families to take part in. All in all, a very relaxing and fun day!

What's new for you in 2020 that visitors can look forward to?

We have always loved to serve our freshly roasted 100% Arabica coffee. However, in a joint effort with our wonderful friends from Partners for Change Ethiopia, we have secured exclusivity in the UK to supply a brand new Wild Forest coffee, called Zege. This is a wonderful earthy coffee, and tastes like no other. We are very proud to be able to roast and supply this incredible coffee...



Photo: Donated

What is your favourite memory or experience from previous years?

Of course, one of our most memorable experiences, is the usual smile upon your Festival goer faces, once they sip a cup of our delicious coffee. Also, a special memory for us, is that amongst all the interesting charity stalls, where we bought a couple of very cherished items, that still remain very special.

The countdown to the Rendlesham Show 2020 is really on and as you can see when you get hungry you'll be spoiled for choice!

The Rendlesham Show Team

The Annual Parish Meeting for 2020 is 22 April, Earth Day



To celebrate the 50th anniversary of Earth Day, the Parish Council are theming the Annual Parish Meeting on 22 April on Climate Change.

The Rendlesham Climate Emergency Group will be giving a presentation on their work and the Rendlesham Climate Emergency Action Plan.

Start Time: 19:30

Venue: Rendlesham Community Centre

Rendlesham Parish Council



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Health Walks

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

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



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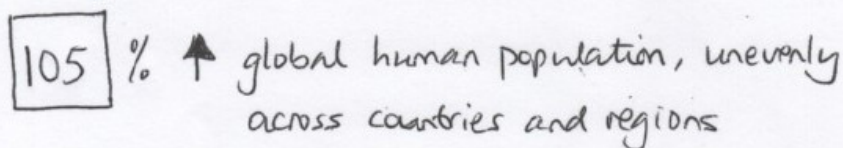
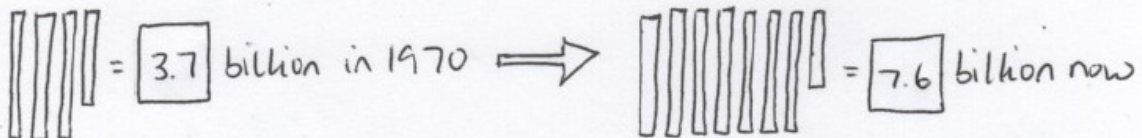
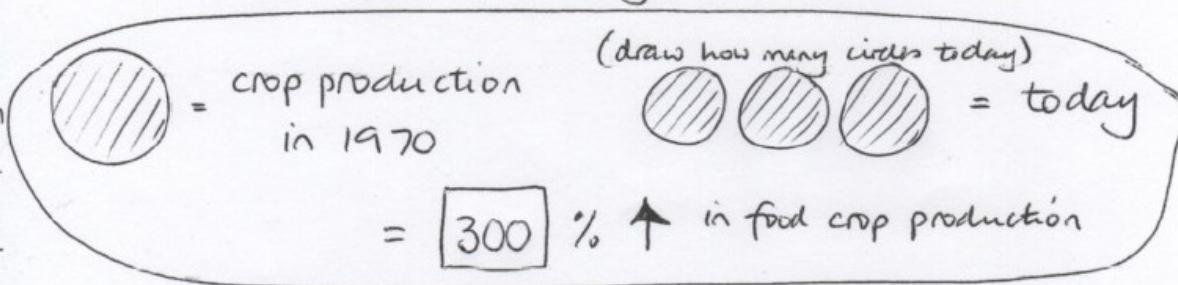
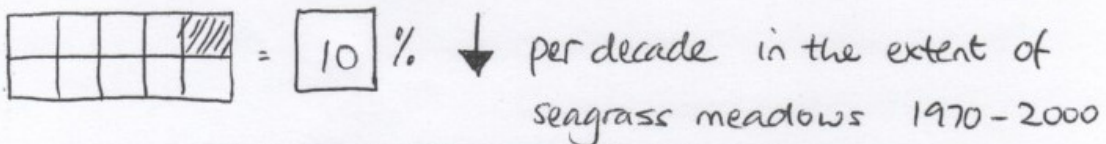
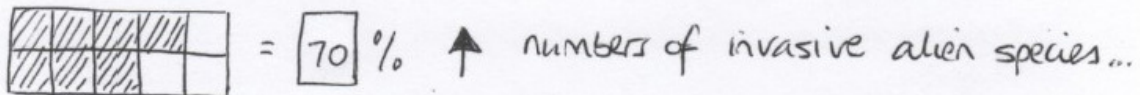
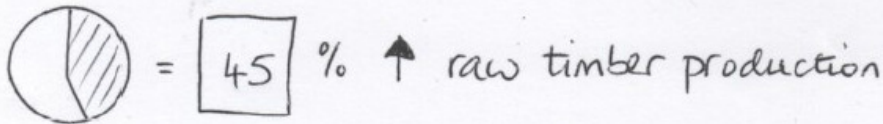
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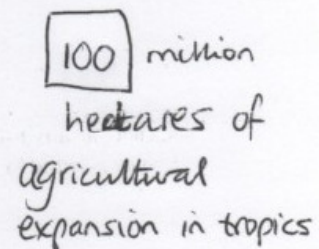
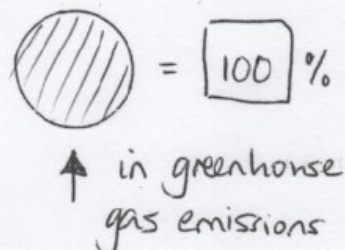
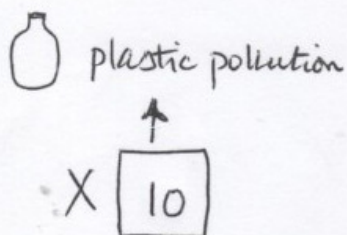
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www.meltonmowers.co.uk

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Since 1980 ...



Local farmers' markets

Snape Maltings Farmers' Market

(1st Saturday, monthly)

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

Jimmy's Farm - Wherstead, near Ipswich

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

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

Manning's Amusement Park, Sea Road, Felixstowe (2nd Saturday, monthly) Open from 10am, http://www.manningsamusements.co.uk/page_12.html

Halesworth Producers' Market

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

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

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

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

Wickham Market - Monthly afternoon (3rd Wednesday, monthly)

The Hill, Wickham Market (the Square)

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

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

Severe weather information

Is my school or nursery closed?

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

School Transport
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Monday 2nd, 9th & 16th March, 2.30-3.30pm – Learn the Art of Relaxation

Going through a tough time? Undergoing hospital treatment? Feeling worn out? Would just like to be able to relax? Why not come along and learn the art of relaxation? You will have the chance to learn some simple practical techniques in a relaxed atmosphere and be able to use these in your everyday life.

No booking necessary. £4 each session payable on the day.

Tuesday 3rd March, 10am-1pm – Sue Ryder Dementia Navigator

If you have memory worries, are living with dementia, caring for someone who has dementia or if you're a health professional this drop-in information session can help.

This is where you'll find answers to a lot of questions about living well with dementia and you'll also discover how to access information and support.

Thursdays 5th, 12th, 19th & 26th March, 9.30am-1.30pm – Suffolk Babies - Story Adventurers, Moving Upwards, Moving Onwards, Explores Sensory Baby Yoga, Munchkins Baby Massage
A 6 week term for each session costs £39.00. Book online at <https://suffolkbabies.co.uk/> phone 01473 612 972 or email info@suffolkbabies.co.uk.

Thursday 5th March, 6pm – Talk by Steve Kippax, Medical Herbalist & Practitioner of Traditional Chinese Medicine

Acupuncturist and herbal medicine practitioner Steve Kippax will talk about his work and his new book: 'Health in Theory and Practice: Circling the Square'. His book will be on sale. Entry is free of charge. Donations to the work of FOWL will be welcome.

Saturday 7th March, 10am-12 noon – Cycle marking

Come and get your bicycle permanently marked with your postcode - there is more chance of it being recovered if stolen.

Tuesday 10th March, 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 www.realisefutures.org

Wednesday 11th March, 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, www.matthewproject.org

Friday 13th March & Friday 20th March, 10.30am-12.30pm – Active Lives Singing Group

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

Saturday 14th March, 10.15-11.45am – Talk by Mia Philips (Well-being Coach)

Join our 'Community Conversations for Emotional Health and Well-being' on the second Saturday of every month throughout the year. The theme this month is "Happiness" and we will explore where and how to find it! Suggested donation of £7 or pay what feels right. www.facebook.com/ccEHWB

Saturday 21st March, 2-3pm - Peaceweavers and Shieldmaidens: exploring the lives of women in Anglo-Saxon England

Tea and coffee will be served afterwards and there will be time for questions and chatting. Tickets are £4.00 each or 2 for £7.00, please email: learninghistory@dustypages.org to book.

Saturday 21st March, 7.30-9pm - Oak, Ash & Thorn - Shamanic Drumming & Tribal Voice with Kate, David & Lorna

7.00pm for 7.30pm start until 9pm. No experience necessary. Donations invited. Refreshments. For more information contact kateheskethmoore@btinternet.com or David Aufenast on 07803794983.

Saturday 28th March, 12 noon-2pm – Mind Over Matter Project – Tackling Depression Together Open Talk

The staff at the Mind Over Matter Project are experienced in the mental health field and take mental health very seriously. They are assist trained (Applied suicide intervention skills trained) and understand and recognise the complications surrounding mental health. They offer one to one and group support and advice for those struggling and each person is assessed on an individual basis depending on their own personal needs and unhealthy coping methods.

To register your interest for this event call 07770601567, email info.mom.project@gmail.com or visit www.momproject.co.uk

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
call: 08081 688 000
email: SRYP.youngerdementiatogether.nhs.net

 palliative, neurological and bereavement support

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



Suffolk's Warm Homes Healthy People

WE WON'T LEAVE FAMILIES OUT IN THE COLD

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- A crisis fuel payment*
- Free home based energy surveys available in some cases*
- A first time central heating system up to 100% fully funded* – gas and oil systems
- Help with getting your home properly insulated and draught proofed
- Financial assistance towards the cost of boiler and heating repairs*
- Loan of temporary heaters in an emergency*
- Cheaper oil prices
- Access to interest free loans*

Call local rate telephone
03456 037 686
Email: whhp@eastsuffolk.gov.uk
www.suffolk.gov.uk/warmhomes

*Eligibility criteria apply.



'Give a child a camera'

January's Meeting at the Quay Church Hall.


We all had a great night with Julian Claxton and his presentation 'Give a Child a Camera'. 30 Members supported the evening and were spellbound with his talk and the images taken by him and the Children he has worked with. Julian left with a donation of over £100 towards the charity plus cameras, bags & a tripod ready for his next trip to Uganda & Rwanda.

Huge thanks to Julian and all the work he does.
julianclaxtonphotography.com/

March 17th 7:30pm at the Quay Church Hall.

A Beginners Guide to Image Editing – and Why we should use it.

A workshop style presentation by Alan Sarsby

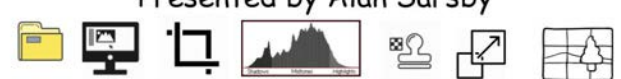
 **Woodbridge**
CAMERA CLUB

www.woodbridgecameraclub.co.uk
Visitors welcome admission £5


Tuesday 17th March 7:15 for 7:30 Start

A Beginners Guide to Image Editing And Why you should use it.

Presented by Alan Sarsby



New Members always welcome.
Contact us via our website or on Facebook

 "Like" us on Facebook



WICKHAM MARKET PLAYING FIELD BOWLS CLUB

Opportunities for YOU

Bowls (also known as Green Bowls) is a game with a long and vibrant past – you may have heard that Sir Francis Drake allegedly determined to finish a game of bowls before he went off to fight the Spanish Armada. But bowls also bang up to date – witness its championships featuring live on national TV. It offers **opportunity and activity for both sexes and for all both sexes and for age ranges from upper primary school through secondary school to Senior Citizen.**



From humble beginnings in the 13th century bowls has become a sport which is played today in over 50 countries. The world's oldest surviving bowls green (in Southampton) dates from 1299. (At the **Wickham Market Playing Field Bowls Club** we can only claim 68 years of activity). Bowls survived a royal ban during the reigns of Edward III, Richard II and other monarchs because people played it in preference to practising archery – which was then an important skill for battle. Conversely Henry VIII was a keen bowler. The game of bowls was codified (common rules published) after 1830 and modern rules were finally fixed in 1864.

We are a **friendly and welcoming** club playing home games on our outdoor green at Wickham Market playing field. We play in two local evening leagues and offer a monthly daytime pairs competition (with prizes). The outdoor season runs from late April through to September.

WHY NOT GIVE US A TRY?

We can lend you the necessary bowls to try this sport. All you need to provide are flat soled shoes (most trainer type footwear will comply).

Watch out for news of our pre-season friendly and informal “roll-up” (taster session) which will be held in late April.

Meantime why not contact Bruce Laws, Club Secretary on 01728 746715 or Barrie Cracknell, Club Chairman, on 01728 746300?

Hope to meet you on the green!

QUIZ NIGHT

A quiz night is to be held in Eyke Village Hall on Saturday 7th March 2020, 7.00pm – 7.30pm.

Teams of up to six and the cost will be £2.50 per head.

You will need to bring your own drink and glasses.

There will be prizes!!

Call Mike Fisher on 01394 460494 or email fishertwogates@gmail.com to book places.



Charity no 1125733

Would you like to advertise your business in Rendlesham Community Centre?

The Trustees have purchased multi-pocket display units for business cards, A5, A6 (postcard) and DL (trifold) leaflets. Each pocket holds approximately 50 single sheet cards/leaflets. The units provide the opportunity for local businesses to advertise in a tidy and, hopefully, effective way.

The Trustees are offering you the opportunity to rent a section for your business cards or leaflets

The charge for business card section is £5/year

The charge for all other size of section is £10/year

The rental period is 31st March - 1st April

You will be advised of the opportunity to renew on an annual basis

Once requested, a section will be labelled for your exclusive use. It is up to you how many leaflets you put in your section and how often you check whether more are needed.

If you have any questions or would like to book a section, please do get in touch giving your business name, email address, postal address and section size required.

You will be sent an invoice from Rendlesham Community Centre with payment details.

Your details will be stored safely and only used in connection with your request.

Carole Wilson on behalf of the Trustees of Rendlesham Community Centre: carole.brason@uwclub.net

Deben Community Farm

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



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

Placements for DofE welcome

07732 681125

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

T: 07732 681125 or Like us on Facebook



It's that time of year where we are preparing the beds in the polytunnel for planting.

After 'cooking' for the last 12 months in our compost bays, we've produced some excellent compost which we hope the veggies will thrive on.

So this week we've been busy planting our new rhubarb crowns, sowing the first of the leeks, parsnips, tomatoes, cabbages, beans and chitting the potatoes. We think it could be a bumper crop this year!



Pitstop



www.pitstop-oosc.co.uk

Established 2003

Your local community childcare provider

Ofsted Registered

Pre-School

FREE Forest School Sessions

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

Baby room for 6 months +

Large garden, pets, mud kitchen

Growing and nature area

All areas of the EYFS met through the ethos of play

Our sessions are

9am-12pm and

12pm-3pm term time



After School Club

Pick ups from all local schools

Craft, sport, gardening, cooking

Discounts for siblings

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



**ACTIVITIES
★ UNLIMITED**

Holiday Club

Based at the
Deben Community Farm, Melton

Woodland activities

Feed the animals, egg collecting

Crafts, trips, den building

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



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

Tunstall & District Bowls Club

Tunstall and District Bowls Club will be having their open day on Saturday 11th April from 1.30pm and welcomes everyone to have a go.

Bowls is for everyone and youngsters are positively encouraged, so put away your X Box and come along and see.

Bowls is not as easy as it looks and requires skill and practice.

We have sets of bowls for everyone to use on the day and coaching and tuition will be provided.

The Club is welcoming and friendly and we will be providing free light refreshments afterwards, while you chat about your efforts. If you decide to join the Club, membership fees are £30 for the year, so what else can you get these days for 60p a week!

The Club is centrally located behind the Community Hall, accessed from Ashe Road, with free parking.



Sudoku Challenge

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

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

Solution is on page 30

Rendlesham Youth Group

Tuesdays 6:00 - 8:00 pm
Y4—Y6

Wednesday 7:00 - 9:30 pm
Y7 +

Thursday 7:00 - 9:30 pm
Y7+

Community Centre, Walnut Tree Avenue

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

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

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



Bentwaters Heating & Plumbing Ltd

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Email: alex@bentwatersheating.com



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- All Plumbing Maintenance Undertaken
- Power Flushing
- Landlord Safety Checks



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

Local Home and Small Business IT Support and Repairs

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

Rendlesham

M: 07599 998974 COMMUNITY CENTRE



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

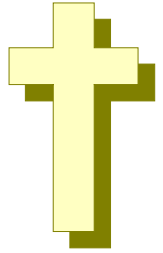
TEL KATE: 07825210252

slimmingworld.co.uk
0344 897 8000



Another Reminder

How often have you been embarrassed because you missed a very important appointment? Years ago, we had excuses for missing an appointment: "I didn't write it on the calendar" or "I was so busy that I couldn't get time off." Excuses, we all have them, don't we?



Thankfully, modern technology has come to our rescue. Most of us have a computer, mobile phone or tablet of some kind. These devices have a calendar that make it easy to schedule our many appointments.

Also, when we are given a doctors, dentist or hospital appointment, within minutes we receive a text message confirming our appointment. So, what are our excuses now? "I could not get a signal" or "My phone battery was dead." Isn't it interesting how those excuses return so quickly?

God has a unique method to remind us that He wants to talk, and it's called "Repetition." Have you ever noticed that every Sunday is always the first day of the week? What about Christmas? (Once every year) Palm Sunday, also once a year; Easter, your right, once a year. God wants to remind you that He loves you and wants you to know Him personally. All these appointments are opportunities to prepare you for your appointment to meet Him.

Rev. Frank Thompson – Faith Baptist Church - Bromeswell

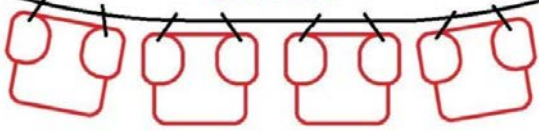
Foxhall Re-use Shop

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.

🐦 @suffolknappies

f www.facebook.com/suffolkclothnappies



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 foot.

• REMOVALS

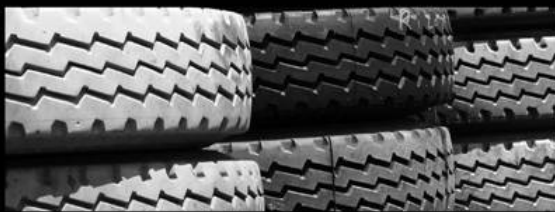
With a selection of different sized vehicles, no removal is too large or small for our team of experienced removal experts.

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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.

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SUFFOLK BAROQUE PLAYERS

SATURDAY **21ST MARCH 2020 - 7.30PM**

SNAPE MALTINGS **CONCERT HALL**

BACH
Sonata from the Cantata BWV 182
Easter Oratorio BWV 249

VIVALDI
Credo RV 591
Gloria RV 589

CONDUCTOR **EDMOND FIVET**

Zoë Brookshaw soprano
Ciara Hendrick mezzo soprano
Alastair Brookshaw tenor
Kieran Rayner baritone

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WWW.ALDEBURGHMUSIC.CLUB

JACOB BAILEY™ Aldeburgh Music Club Founded by Benjamin Britten in 1952 SUFFOLK SECRETS

Art for Cure



This year's **Art for Cure** at **Glemham Hall** will, for the first time, see art, sculpture, ceramics, photography, textiles and bespoke jewellery throughout many of the rooms of Glemham Hall - downstairs and up. Outside there will be a vast array from over 50 sculptors sited in the many formal gardens of the estate. **Friday 8th - Sunday 10th May**
PV Thurs 7th May.

More new artists than ever before join to form a cornucopia of art, carefully curated and drawn from the best across East Anglia and the nation.

Please see the website for all the details of those taking part.
www.artforcure.org.uk

Exercise and wellbeing classes in Rendlesham

(RCC) Community Centre (RPS) Primary School (JP) Jubilee Park (YWC) Yoga & Wellness Centre

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

EVENTS *Notices* EVENTS



Movies and Musicals

Friday June 12th 5pm - 10pm

Saturday June 13th 11am - 7:30pm

Jubilee Park, Rendlesham IP12 2GT

Free Admission



www.rendleshamshow.co.uk

EVENTS *Notices* EVENTS



Eliza's Litter Pick

Sunday 8 March 2020

10:00

Bawdsey Beach

Equipment provided

Eliza is 6 years old and is organising a litter pick at Bawdsey Beach. Can you spare a couple of hours to help? To register go to <https://www.facebook.com/events/593394624808643/>

HOLIDAY BIBLE CLUB

Get Me Out Of Here!

Games Stories Crafts

TUESDAY 14th - FRIDAY 17th APRIL

2:00 - 4:30 PM

RECEPTION TO YEAR 6 TUNSTALL BAPTIST CHAPEL

CONTACT DAVE FOR MORE INFO 01394 809691

www.stbaptist.co.uk



**SUDBOURNE & TUNSTALL
BAPTIST CHURCH**

Rendlesham & District Over 60s Club 2019 Meeting Dates:

New members always welcome

5 & 19 March 9 & 23 July
2 & 16 & 30 April No meeting in August
14 & 28 May September 10 & 24
11 & 25 June October 8 & 22

Rendlesham Community Centre,
10.30-12.30pm

Rendlesham 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.

Contact Sue 01394 421340

Mobile Library

Contact Suffolk County Council on

Email: help@suffolklibraries.co.uk

Telephone: 01473 584563

2020: 5 February, 4 March, 1 April, 28 April, 26 May, 24 June, 22 July, 19 August, 16 September, 14 October, 11 November, 9 December

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



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

Acer Road Pharmacy opening hours

01394 460548

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

FAITH BAPTIST CHURCH

Bromeswell, Woodbridge

www.fbcuk.org

Pastor Thompson (01394) 420181

SCHEDULE OF SERVICES:

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

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

The Roman Catholic Parish of Woodbridge and Framlingham

Parish Priest: Fr Edmund Eggleston

Churches:

St Thomas of Canterbury, Woodbridge
St Clare's, Framlingham

Mass times and contact details:

www.wfrcp.org.uk

**Solution
to the
Sudoku
challenge**

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

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 2020	17 July 2020
Summer Half Term Holidays	25 May 2020	29 May 2020

Diary Dates - March 2020

Tues	3	Bumps & Babies , Community Centre, 10-11.30am Stay & Play at the Boardwalk. 2-4pm Fun@St Felix (Kids in Church) 3.30-5pm Evnueth . St Felix. 6-7.30pm Junior Youth Club Community Centre, 6-8pm
Wed	4	Toddler Group , (term time only), Community Centre 10-11.30am Senior Youth Group . Community Centre, 7-9.30pm.
Thurs	5	Bingo . Rendlesham Social Club, at 7.30pm. Senior Youth Group . Community Centre, 7-9.30pm. Over 60s Club . 10.30-12.30pm. Community Centre
Tues	10	Bumps & Babies , Community Centre, 10-11.30am Stay & Play at the Boardwalk. 2-4pm Fun@St Felix (Kids in Church) 3.30-5pm Evnueth . St Felix. 6-7.30pm Junior Youth Club Community Centre, 6-8pm
Wed	11	Toddler Group , (term time only), Community Centre 10-11.30am Senior Youth Group . Community Centre, 7-9.30pm.
Thurs	12	Bingo . Rendlesham Social Club, at 7.30pm. Senior Youth Group . Community Centre, 7-9.30pm.
Tues	17	Bumps & Babies , Community Centre, 10-11.30am Stay & Play at the Boardwalk. 2-4pm Fun@St Felix (Kids in Church) 3.30-5pm Evnueth . St Felix. 6-7.30pm Rendlesham Women . Community Centre, 7.30pm
Wed	18	Toddler Group , (term time only), Community Centre 10-11.30am
Thurs	19	Over 60s Club . 10.30-12.30pm. Community Centre Bingo . Rendlesham Social Club, at 7.30pm.
Tues	24	Bumps & Babies , Community Centre, 10-11.30am Stay & Play at the Boardwalk. 2-4pm Fun@St Felix (Kids in Church) 3.30-5pm Evnueth . St Felix. 6-7.30pm
Wed	25	Toddler Group , (term time only), Community Centre 10-11.30am Senior Youth Group . Community Centre, 7-9.30pm.
Thurs	26	Over 60s Club . 10.30-12.30pm. Community Centre Bingo . Rendlesham Social Club, at 7.30pm. Senior Youth Group . Community Centre, 7-9.30pm.
Tues	31	Bumps & Babies , Community Centre, 10-11.30am Stay & Play at the Boardwalk. 2-4pm Fun@St Felix (Kids in Church) 3.30-5pm Evnueth . St Felix. 6-7.30pm Junior Youth Club Community Centre, 6-8pm

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	07922 586303
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: Mandy Reynolds	01394 420129
Farlingaye High School Head: Dr Sievwright	01394 385720
Woodbridge Library	01394 446510
Parish Council Mrs Heelis, Parish Clerk	01394 420207
Police (non-emergency)	101
Rendlesham Dental Practice	01394 421500
Rendlesham Day Nursery	01394 420581 07917 854086
Ryder-Davies & Partners Vets	01394 420964
Post Office (Cost Cutters)	01394 461221
Keep in Touch: Rev Mandy Reynolds	01394 420129
Sudbourne & Tunstall Baptist Church: Revd Dave Rushbrook	01394 809691
Rendlesham Children's Centre Leader: Carolyn LeMay	01394 462191
Rendlesham Community Centre	01394 460005
Rendlesham Care Home	01394 461 630
Maharishi Peace Palace	01394 421136
Over 60s Club: Kay Thomas	01394 460458



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