



# Rendlesham

Parish Newsletter

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

Issue 109

April 2020



Photography by Darren Harbar

## Eliza gets the message across



It started with a question from my daughter Eliza: 'Mummy can I organise a litter pick?' And ended with around 40 adults and children spread out along Bawdsey Quay collecting over 10 bags of rubbish in the early Spring sunshine.

Read the full story on page 9

Photo: H Heelis

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### May Deadline **10 April**

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

All newsletters will be published online only until further notice. Hard copies available on request

## Rendlesham Egg Hunt

Beat the lockdown blues, add some fun to your daily exercise and win an egg delivered on Easter Sunday by the Easter Bunny!



Sunday 5 April  
To  
Friday 10 April

Find out how  
to enter  
on page 33



Rendlesham Parish Council



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**Twitter**

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# Rendlesham Parish Newsletter

## CONTACT

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**01394 420207**

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# Rendlesham Parish Newsletter

## Advertising Rates for adverts placed from 1 April 2012

Advertisement Size	For One Month	For 3 months	For 6 months	For one full Year
Business Card	£8.00	£21.00	£32.00	£48.00
1/8(eighth) Page	£13.00	£32.50	£52.00	£78.00
¼ (quarter) Page	£23.00	£57.50	£92.00	£138.00
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**

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)



Wholesale Flowers for Everyone!

Family-run flower wholesalers specialising in supplying fresh flowers, greenery and accessories at wholesale prices for weddings, special occasions, funerals, crafts and home decor. Trade and non-trade accounts welcome and no minimum order.

In-house floristry service available for local delivery including bouquets, weddings and funerals.

Unit 50, Martlesham Creek, IP12 4SD | 01394 385 832  
[www.trianglenursery.co.uk](http://www.trianglenursery.co.uk) | [info@trianglenursery.co.uk](mailto:info@trianglenursery.co.uk)



## Get Community News—Faster



**Facebook**

[www.facebook.com/  
pages/Rendlesham-  
Parish-](https://www.facebook.com/pages/Rendlesham-Parish-Council/1505049463097)

[Council/1505049463097](https://www.facebook.com/pages/Rendlesham-Parish-Council/1505049463097)

# Help and support during the Coronavirus outbreak

## Rendlesham Parish Council

For advice and support, the Parish Council phone is staffed Monday to Friday 9am—5pm and for emergencies only outside these hours.

**FREE** dog bags available. Just give us a ring and we'll deliver them to you.



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.



## Rendlesham Good Neighbour Scheme

Rendlesham Good Neighbour Scheme are currently working with our local Costcutters to provide a grocery delivery service for those that need it.

Call 07486 551 004 on a MONDAY or THURSDAY to place your order. Leave a message and someone will call you back.

Orders should be for food and essentials and total at least £20.

Your order will be delivered on a TUESDAY or FRIDAY afternoon (the day after you place your order) by a GNS volunteer wearing ID.

Attached to the order will be the telephone number for Costcutters, please call this and pay for your order over the phone by debit or credit card.

If Rendlesham Good Neighbour Scheme can help you in any way in this worrying and difficult time please don't hesitate to get in touch.



### CORONAVIRUS UPDATE

**Citizens Advice Leiston, Saxmundham and District remains open.**

Advice will continue to be given by

- Phone – 01728 823193  
(Leiston office – Monday, Tuesday, Thursday, Friday 10-2)
- Advice line – 03444 111 444  
(National number – Monday to Friday 9-5)
- Help to Claim – 0800 144 8 444  
(new Universal Claim applicants – Monday to Friday 8-6)
- Email – [supervisor@leistoncab.cabnet.org.uk](mailto:supervisor@leistoncab.cabnet.org.uk)
- Post – 14 Colonial House, Station Road, Leiston, IP16 4JD

**However, face-to-face advice is suspended.**

We are taking precautions for your health and the health of our staff and volunteers. However, we will still be able to help you if you ring, email or send us a letter and as soon as we are able, we will reopen our face-to-face advice service.

18th March 2020

Parish Councillor	Responsibilities on the Council To be confirmed at the first meeting of the new Council
Mike Stevenson	Chairman Personnel Committee, Finance & Asset Committee Ex-officio on all other Committees
Martyn Redfern	Vice Chairman Planning Committee, Finance & Asset Committee
James Carter	Planning Committee, Personnel Committee, Jubilee Park Committee, Finance & Asset Committee
Wendy McKee	Planning Committee, Youth Group Chairty, Finance & Asset Committee
Casey Rose	Personnel Committee, Youth Group Charity, SNT Rep, Finance & Asset Committee
Peter Wyartt	Jubilee Park Committee
Douglas Burness	Jubilee Park Committee, Speedwatch
Victoria Proctor	Jubilee Park Committee, Youth Group Charity
Mike Parry	Jubilee Park Committee, Planning Committee, SNT Rep, Finance & Asset
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
<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



## FREE DOG BAGS

From the Parish Council  
Delivery service during lockdown  
Phone 01394 420207 and we'll drop them off to you

## Parish Council News...

### Planning Appeal Inquiry - 3242636 Land To The North And West Of Garden Square And Gardenia Close, Rendlesham

East Suffolk Council have received confirmation that the above Planning Inquiry is to be postponed:

In light of current Government Advice relating to COVID-19 the Planning Inspectorate have decided to postpone the inquiry.

Further advice about future arrangements will be at the following link <https://www.gov.uk/guidance/coronavirus-covid-19-planning-inspectorate-guidance>.


We will let you know new arrangements as soon as we have news about the Inquiry from The Planning Inspectorate.

### Consultation on Rendlesham Climate Emergency Action Plan extended to 30 April.

The Action Plan is a plan to tackle the climate and nature emergency and will put climate and nature at the heart of decision making for the Parish Council. It will provide the remit to work towards achieving a carbon neutral status, green energy initiatives, sustainable transport, zero waste, protecting the most vulnerable and land use.

The Action Plan can be downloaded from [www.rendlesham.suffolk.gov.uk](http://www.rendlesham.suffolk.gov.uk)

Comments can be emailed to [clerk@rendleshampc.org.uk](mailto:clerk@rendleshampc.org.uk) or written on the plan and returned to the Community Centre, Walnut Tree Avenue, IP12 2GG



We need your feedback on the:

# CLIMATE ACTION PLAN

## Rendlesham

A plan to tackle the climate and nature emergency

What our council will do:

**Putting our climate at the heart of 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.

### COVID-19 Update

Due to the current outbreak all Parish Council meetings and events have been cancelled for the foreseeable future. Whilst the Council office may be closed to the public the Parish Council is still staffed if you need advice or need to bring something to our attention. Our contact details are [admin@rendleshampc.org.uk](mailto:admin@rendleshampc.org.uk) or 01394 420207.

Other updates - The Parish Newsletters will be published online until further notice. If you know of anyone needing a hard copy because they have no online access please contact us and we will provide one.

Dog Bags - We will still be providing dog bags (free), just email or ring us on 01394 420207 and we will drop a roll round to you.

## The nearest defibrillator location is:

REMEMBER THIS AND YOU COULD HELP SAVE A LIFE

**RENDLESHAM COMMUNITY CENTRE**  
**WALNUT TREE AVE, RENDLESHAM**  
**IP12 2GG**  
 and  
**THE PAVILION**  
**JUBILEE PARK**  
**MAYHEW ROAD**  
**IP12 2GT**



Please write clear location instructions here. Draw a map if it helps make things clearer.

- > Always start CPR immediately - then use the defibrillator
- > If a trained first aider is not available, please follow the voice commands given when you open the defibrillator lid (paediatric pads may be needed)
- > Can be used on any adult and on children aged one and over
- > A defibrillator is safe. It will not allow a shock to be given unless the heart rhythm requires it
- > We recommend first aiders take our 3-hour defibrillator training to build skills and familiarity. Visit [sja.org.uk/aed](http://sja.org.uk/aed) for more information.

**St John Ambulance**



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Get trained.  
 Help save lives.  
 Be the difference.  
[sja.org.uk](http://sja.org.uk)

Distributed courtesy of St John Ambulance

# Rendlesham Church

Dear Reader,

## Coronavirus and Church Services

Following the recent announcement from the Bishops of Canterbury and York, sadly there will be no church services for the foreseeable future.

It is going to be a huge adjustment to us not to gather together for public worship, not least because that is precisely what we want to do in a time of crisis. We must however observe this strictly, because of the risk of communicating infection. However, churches will be kept open where possible for people to come in and pray on their own, and there will be facilities to request a chat or prayer support. Hand Sanitiser will be available.

Morning Prayer is being livestreamed every morning at 8.30am, Monday to Saturday, on the Bishops' Facebook page [@BishopsCofEsuffolk](#) or on the App "Daily Prayer". Evening Prayer is being livestreamed from the Cathedral Monday to Saturday at 5.30pm on the Cathedral Facebook page [@Stedscathedral](#). Sunday morning eucharist will be celebrated livestreamed from 10.00am, again on the Cathedral Facebook page.

At such a time as this, we need to care for ourselves in these very strange times, but we must look after our neighbours, especially those who are most vulnerable, such as the housebound and the elderly. If you know of anyone in need of any pastoral or spiritual care, please contact Rev Mandy or the Church Wardens and we will ensure that care is given.

Please be assured of my prayers for you ,

With every blessing, Rev Mandy

## Sudbourne & Tunstall Baptist Church - Closure of Services

In response to the recent Government advice  
and in order to do what we can to restrict the spread of COVID19,  
we have decided that it is right to  
**cancel all physical services, meetings and gatherings**  
associated with Sudbourne & Tunstall Baptist Church until further notice.

We will be using our website and facebook pages to stream services on  
**Sunday mornings at 10:30am and we would love you to join us.**  
Details below. Please check them regularly for updates.

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

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

Pastor Dave Rushbrook will still be available for pastoral support:  
[pastor@stbaptist.co.uk](mailto:pastor@stbaptist.co.uk) / 01394 809691



SUDBOURNE & TUNSTALL  
BAPTIST CHURCH

# Rendlesham Church



## The Vicar's Voice

April, and Easter is upon us. Easter Eggs will be bought and consumed, and there are pictures of yellow fluffy chicks and floppy eared rabbits everywhere.



Easter, (the most important time in the churches calendar and, yes.....even more important than Christmas!) is a time to rejoice after the reflections and self-denial of Lent, the

solemnity of Holy Week, the darkness of Good Friday and the void of Holy Saturday.

Easter, the Day of Days when we celebrate the good news of life eternal for all faithful Christians and proclaim whole heartedly **"Alleluia, He is Risen"**.

It's the time when we give thanks for the dawn of a new day and a new life in the Risen Lord. The bible tells us what happened that first Easter, and in the days and weeks afterwards, but we can only really imagine what his disciples thought or felt. Maybe Peter's reflection on events might have been something like this....

*"He was back. Back in the land of the living, just when we'd given up hope.*

*Three days he'd been in that tomb. Three days of despair as the reality sunk in....did it all really happen....yes it did. Three days of despair for us left behind. We couldn't take it in. We kept expecting to wake up and find it had all been a horrible dream. A dreadful mistake. But the*

*reality was....it was true. He was gone. It was an end to everything....our plans, our dreams, our hopes. We gave up everything for Him...and now He was gone.*

*But....we were wrong!! We should never have doubted. Because He was back. Mary had met Him in the garden. And then, He appeared to friends on the road to Emmaus. And one day... suddenly, like a rush of wind - there He was, back in that upper room with us all. He was back in the land of the living. And so were we. Our human frailty in deserting Him forgiven. Our faith in Him re-born. Our hope renewed. Life was beginning again!!"*



And remember..... Easter isn't done once Bank Holiday Monday is over and people are back at work. Easter isn't finished when the chocolate eggs are eaten and the shiny foil

they came wrapped in is thrown away. The good news is that Easter lasts for an eternity. Because that's what Jesus promised, won for us through His very own agony and ecstasy, so that we can proclaim, with confidence....**He is Risen indeed!! Alleluia!! Alleluia!!**

I wish you all, a very Peaceful, Joyful and Blessed Easter.

Rev Mandy xx

### 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 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

## Woodbridge Art Club goes online

Spring has officially arrived but sadly Woodbridge Art Club won't be open to enhance your riverside walks just yet. Current restrictions mean that Art Club members are also missing the informative talks and demonstrations the club usually runs as well as working together in their lovely studio in Tide Mill Way.

In the meantime, members will have more time for creating art at home. You can still see Members' work online at:

[www.woodbridgeartclub.org.uk](http://www.woodbridgeartclub.org.uk) and  
[facebook.com/woodbridgeartclub](https://facebook.com/woodbridgeartclub)

## 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 

## Did you know....

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

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

## MOT Testing Centre Class 4 & 7

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

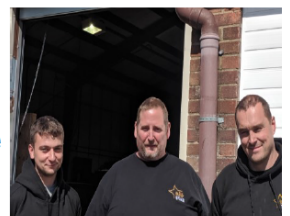
[www.dapstar.co.uk](http://www.dapstar.co.uk)

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

# Eliza's litter pick uncovers the truth about nurdles



It started with a question from my daughter Eliza: 'Mummy can I organise a litter pick?' And ended with around 40 adults and children spread out along Bawdsey Quay collecting over 10 bags of rubbish in the early Spring sunshine.

With thanks to Radio Suffolk's Mark Murphy Breakfast Show and the #PlanetSuffolk campaign who had Eliza on to speak about her event and why beach cleans are so important. We were also very grateful to the King of Litter Pick Jason Alexander of Rubbish Walks for his advice and encouragement. Also thanks to Rendlesham Parish Council for their support and to East Suffolk Council who provided the essential equipment and collected all the rubbish!

The pick was a real chance to analyse and understand the kinds of litter that find their way onto a beach. At a quick glance the Quay doesn't look like a particular grotty place, it's picturesque in fact. However, once you zoom in, the amount of tiny pieces of plastic is astounding. Nurdles are the tiny raw material plastics that find their way into our seas. They look like tiny stones or fish eggs, you wouldn't necessarily notice them but they are EVERYWHERE! So many you don't know where to begin. I would recommend the use of a sieve to anyone thinking of tackling the ubiquitous nurdle! What we initially thought were thin drink carton

straws turned out to be the plastic sticks of cotton buds, presumably flushed away by many many people. Again, they covered the beach in white and blue tiny plastics. It's hard to imagine the amount of cotton buds used and disposed of incorrectly for there to be such a vast amount of them washed up on a small beach in a corner of Suffolk.

The third small plastic which as much as we picked we barely made a dent in was fibres from ropes and fishing nets. It's really upsetting to think of all these tiny pieces floating in our seas and endangering our native marine life.

Of course we also collected bags and bags of the usual finds, bottles, packets, cans, menstrual products, disposable wipes, polystyrene. Some of the more interesting spots which the children found fascinating were Marmite jars, a rubber duck and a tiny toy horse!

The kind owners of the Boathouse Cafe gave all of us a free hot drink and we enjoyed a few moments to reflect on how fun the event had been and vowed to make it a regular thing. After every litter pick I've ever done everyone has remarked how beneficial it has been not just for the environment but for the individuals involved and strength of community. I couldn't recommend it enough!  
Victoria Proctor



**arp**  
the anglia revenues partnership

## 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)

# We love our street!

Please don't let your dog poop here



Let's keep our street poop-free

Report persistent problems with



**FixMyStreet.com**



**Snape Motor Company Ltd**

*"All Your Vehicle Needs"*



**Snape Car & Van Hire**

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

### Budget Car - Manual

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- Weekend £35 a day

### Ford Transit SWB

- Daily £65 a day
- Weekend £70 a day

### Ford C Max - Automatic

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- Weekend £45 a day

### Ford Transit LWB

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- Weekend £80 a day

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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)

## Independent guide to care and support in Suffolk - a crucial time for information

A new, updated, independent Care Services Directory has been published recently, it gives readers crucial information on how to access, and pay for, care services throughout Suffolk.

You may have seen there's a huge amount in the media at the moment about the crisis in social care. If you're growing concerned about your care options, or just want some more information on what your choices may be, this Directory can help. With information to help you understand your options, where to go for advice and how the paying for care system works, the Suffolk Care Services Directory can support you to make informed decisions.

The new edition of the independent publication and accompanying website give information on all aspects of arranging care and support in Suffolk. It includes how to stay independent for as long as possible, the different care and support options available and what to look for when choosing a care provider. It also offers guidance on important issues such as paying for care and what financial assistance may be available from the local authority. There are comprehensive listings of all registered care services throughout Suffolk, plus checklists to help you ask the right questions when visiting services.

For a free copy of the Suffolk Care Services Directory contact Care Choices on 01223 207770. The Directory will be available throughout the region from outlets including carers' centres, hospitals, GP surgeries, Age UK and the Alzheimer's Society. It can be downloaded from [www.carechoices.co.uk](http://www.carechoices.co.uk) and is also available in spoken word.

Robert Chamberlain, Managing Director of the Directory's publisher, Care Choices, commented: "This is an invaluable source of information for anyone considering short- or long-term care in Suffolk, and contains vital information to help people decide what type of care and support is best for them.

"With the current crisis in social care, finding a care service for yourself or a loved one that meets their needs and is affordable can be a daunting and unfamiliar task. This new independent Directory has been compiled to help people understand the process and offer them reassurance at every step of their journey."

Care Choices is the UK's largest independent publisher for social care and adults with additional needs. It is also the largest publisher of care directories for local authorities in England.

## Looking for **information** on **care** and **support** in your **local area**?

Contact us now to order **FREE** copies



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

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For a free quote phone:  
01728 687438 or 07941 262663



## Your local County Councillor

Alexander Nicoll

Wickham



Here to help

Pothole or road problem?

[highwaysreporting.suffolk.gov.uk](http://highwaysreporting.suffolk.gov.uk)

Schools queries?

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

Blue Badge issue?

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

Social care?

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

Contact me



[alexander.nicoll@suffolk.gov.uk](mailto:alexander.nicoll@suffolk.gov.uk)



07922 586303

[facebook.com/AlexanderNicoll4Wickham](https://facebook.com/AlexanderNicoll4Wickham)

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days  
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CANINE HOLIDAYS BASED IN RENDLESHAM

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Overnight hotel with beds,  
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Woodland Walks available in private, enclosed land everyday

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

Rendlesham: 01394 420468



Christine Ringrose

Advanced Clinical Massage Therapist

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Fully qualified, BTEC6, ACMT, ITEC, incorporating within your massage: - Clinical, Swedish, Myofascial Release, Trigger point, & stretching techniques, to aid relief from your Chronic Pain.

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Fully qualified Pregnancy & Post Pregnancy Therapist.

Hot & Cold Fusion Stone Massage Therapist.

Fully qualified Fascial Facial  
Treatment is a natural lift for the facial muscles.

The techniques I use are a blend of my ALL my qualifications. A full treatment plan will be tailored to Your Needs to make YOU feel cherished, 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](mailto:info@christineringrose.co.uk)

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

## Consumer Corner: Advice from Trading Standards

It's no joke:

The sign on the toilet said – *please don't put strange things down the toilet*. Now it may have been an error of translation but I suspect that other countries have the same problem there as we do in the UK – many folks simply don't realise that sinks and toilets are not designed for anything other than flushable, biodegradable waste... The end result of flushing wipes down the toilet or grease down the kitchen sink is predictable – you will end up with a blockage!

- One of the biggest causes of blockages in sewer pipes are wipes and fats, oils and grease. Wipes mixed with food scraps, congealed fat and oil, can combine to cause a blockage. These can cause with internal and external flooding, loss of toilet use, potential pollution and harm to the environment.
- The average cost of a call out to a contractor for jetting and unblocking pipes is £85.
- Water companies in the UK report around

400,000 sewer blockages each year; 70 per cent of which were avoidable.

- When a blockage occurs, this can have an adverse effect on our homes but also on our beaches, rivers and waterways.
- Unflushables make up nearly 10% of all beach litter, these are not only unsightly, they smell and often contain plastic which has been found to enter the food chain...

As well as any individual charge for a blockage in your home, the £80 billion cost to the water companies is passed on to you, their customers...

So, help keep our beaches clean, avoid the cost, smell and inconvenience of blocked sinks, toilets and drains – don't put strange things down them, put all your strange things in the bin!

For more information go to [www.keep-it-clear.co.uk](http://www.keep-it-clear.co.uk) & [www.wetwipesturnnasty.com](http://www.wetwipesturnnasty.com)

## The Rendlesham Show [www.rendleshamshow.co.uk](http://www.rendleshamshow.co.uk)

It was with much regret that Rendlesham Parish Council took the decision to cancel this June's show.

Planning began last October and the show was shaping up to be a really fantastic event with the exciting theme of *Movies & Musicals*. The planning team had all the infrastructure and refreshments as well as much of the entertainment, attractions and stalls organised. In February, to support the hardworking and dedicated team of volunteers, the Parish Council appointed an events co-ordinator. Her initial task was to coordinate the promotion of the show.

So, with the 2020 show cancelled, the events coordinator and planning team are now using the time to work towards delivering an even better *Movies & Musicals* show for June 2021!

It is testament to the success of the Show that despite the cancellation of this year's event, many of our wonderful supporters, caterers, stallholders, entertainers and attractions have also already committed to the 2021 show.

The Show promotional material has been given a vibrant and colourful new look which you can admire on the recently launched show website + social media channels. We hope it will give you a flavour of what is to come - and something to look forward to next year. There will be much more

added in the coming months as we emerge from the current situation and as more traders, caterers, entertainment and attractions are confirmed.

In time, the website will also be used to share the plans for the aspects of the show you can get involved with such as the Garden Show and The Rendlesham Oscars!

We also have over a year to promote the wonderful businesses who support us practically and financially – please do get in touch if you'd like to be included in that number.

We invite you to join in the conversation too: we have a blog on our website which will allow the planning team to keep you informed about exciting developments as they unfold in the coming months. Please also check in and like our social media pages on Facebook, Twitter and Instagram for dedicated Rendlesham Show news.

At the moment it may be difficult to see beyond the next few weeks or months but, as a community we have much to look forward to and feel excited about. The Rendlesham Show is a truly homegrown success that we are rightly proud of and that we can look forward to.

Carole, Rendlesham Show Coordinator & Leanda, Rendlesham Parish Council Events Coordinator

# Suffolk Tank Replacements

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Please contact 07901 001137 or email  
info@suffolktankreplacements.co.uk



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## Rendlesham Women

A warm welcome to those that have recently come to the meetings as, hopefully, new members.

February's meeting turned into an impromptu Geography Quiz due to a slight mix-up with the date. Thank you, Wendy, for stepping in; you certainly got our brains working!

Meetings are on hold for moment but when they resume we ask for a £1 fee which goes towards the speaker, a cup of tea or coffee and a biscuit: the welcome is free!

## Tina Scott – Mobile Hairdressing

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Set/Blowdry	£13
Cut and Set Blowdry:	£24
Perm:	£48 (inc cut)
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**E-mail: pjdecorating@aol.com**

# 1<sup>st</sup> Rendlesham Scout Group



## 1<sup>st</sup> Rendlesham Beavers

It has been 6 months since St Felix Beavers met for the first time and what an amazing adventure it has been for all of us! We started a second colony in Rendlesham simply because we had so many young people on the waiting list wanting to join that would have missed out on the **#skillsforlife** that Scouting has to offer.

So far in such a short period of time our 23 members (and Felix the Bear) have....been invested into Beavers, played many, many games,



Photos: Donated

perfected their paper planes, tried foods from other countries, made poppy plaques for the village display & attended Remembrance Day service, built models out of Lego & newspaper, enjoyed Christmas crafting. They also learned about healthy eating, first aid, space & campfire songs. We have visited Deben Community Farm, Bentwaters Cold War Museum, Jars of Clay, Martlesham Police Museum, Woodbridge Tide Mill and by the end of the current term will have been climbing at Clip N Climb and taken part in their first ever Scout camp. A huge thank you to everyone who has helped us along the way, Mandy, Nigel & everyone at St Felix Church, all of the wonderful volunteers who have helped us arrange such a fantastic range of visits, our Young Leaders, our parents helpers and finally (and most importantly) to all of our Beavers for making it fun!

## Membership

Despite starting two new sections in the last 18 months the demand for places within the group is so high that we currently have a waiting list for all of our sections. We are always looking at ways to offer more places to more young people in the local area but can only do this with more adult volunteers, you do not need to be Bear Grylls to help 1RSG you just need enthusiasm, whatever time or skills you have we have a role where you can help over 120 local young people learn **#skillsforlife** **#resilience** & get involved in your local community, interested? Contact Glenn Knights – Group Scout Leader

[info@rendleshamscouts.org.uk](mailto:info@rendleshamscouts.org.uk)



## COVID-19 for businesses

East Suffolk Council recognise the unprecedented disruption caused by Covid-19.

Following the Chancellor's announcement on the 17th March 2020 the Government has announced a package of measures to provide support for businesses to ensure the impact of COVID-19 is minimised. These are listed below:

- a statutory sick pay relief package for SMEs
- a 12-month business rates holiday for all retail, hospitality and leisure businesses in England
- small business grant funding of £10,000 for all business in receipt of small business rate relief or rural rate relief - further information will follow early April.
- grant funding of up to £25,000 for retail, hospitality and leisure businesses with property and a rateable value between £15,000 and £51,000 - more information will follow in the next few days.
- the Coronavirus Business Interruption Loan Scheme to support long-term viable businesses who may need to respond to cash-flow pressures by seeking additional finance
- the HMRC Time To Pay Scheme

The relevant links for each of these support packages can be found at the East Suffolk Means

Business Page below;

<https://eastsuffolkmeansbusiness.co.uk/business-support/resources/covid-19/>

A link to the government website which also includes details on these measures can be found below;

<https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/covid-19-support-for-businesses>

Due to the fast-moving nature of the announcements that are being released, all information is subject to change. East Suffolk Council Economic Development Team will update our website and our social media channels once more current information is available;

Website - <https://eastsuffolkmeansbusiness.co.uk/business-support/resources/covid-19/>

Twitter - [@ESMBiz](https://twitter.com/ESMBiz)

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

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



# Woodbridge Library

## Cancellations!

All Friends should have received an email informing them that FOWL events are cancelled until the end of May at least. We very much regret that this has been necessary but, in the light of the Covid-19 pandemic, it was the obvious and necessary course of action.

The FOWL Events Group had planned a really good programme of events through the Spring and we fully expect to be able to invite the various presenters and performers back at a later date.

As this newsletter was being written it was announced that all libraries would be closing. This does not mean that the entire library service is shutting down: the elibrary service will still function. If you have not used this before, go to [www.suffolklibraries.co.uk/elibrary](http://www.suffolklibraries.co.uk/elibrary) and you will find you have access to the latest eBooks, eAudio, eMagazines, eNewspapers, films, documentaries, courses and music. More about this in the next issue.

We plan to keep issuing this Newsletter. No doubt it will be rather briefer than normal but it will continue to be the main means of staying in contact with the membership.

## Comments from Library Users

Did you know that there is a comments book on one of the tables in the Library foyer? It is important to the staff that they receive feedback about users' experiences of using the Library. It is a way of registering which aspects of the service are valued and which ones might be improved. Users' comments are also passed to senior managers in the service together with numerical data about usage - this is a vital ingredient of good management.

Looking through comments written in the book in recent months there are many positives. Here are a few.

"The friendliest and most helpful place in Woodbridge."

"I've used the Library several times each week as I've searched for a new job. A wonderful environment with friendly, helpful staff, perfect IT and everything you need."

"Lots of choice for children."

"Very helpful lady told me how to get ebooks and audio books."

"What a fabulous session in the meeting room."

"I needed to copy an important document. The person behind the counter was very kind and helped me - in fact, did it for me!"

"The kids' programme is a lifeline."

"Of all the cards in my possession my library card is the most important."

Clearly they are not all like that: some people would prefer a quieter environment, some find it too hot, some would like more than water and coffee to be available BUT overall the quality of the facilities and services is valued. One person called the Library "a treasure for Woodbridge."

Please take the opportunity to leave your comments in the book when you visit.

**On behalf of the FOWL Management Committee we hope that you will all keep safe and well in the coming months.**

## CONTACT POINTS

Library: 01394 330855 E:  
[woodbridge.library@suffolklibraries.co.uk](mailto:woodbridge.library@suffolklibraries.co.uk)

Friends email:

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

Websites: [www.suffolklibraries.co.uk/branches/woodbridge-library](http://www.suffolklibraries.co.uk/branches/woodbridge-library)

[www.suffolklibraries.co.uk/about/member-organisations/friends-of-woodbridge-library-fowl](http://www.suffolklibraries.co.uk/about/member-organisations/friends-of-woodbridge-library-fowl)

**We have just learnt that Suffolk Libraries are cancelling all meetings, talks, group gatherings etc for the next few months - due to the corona virus situation. Unfortunately this means that the Stowmarket Library - 'Skulduggery in Stowmarket' event will no longer be going ahead this April. It has been rescheduled for the equivalent date next year - the last weekend of April 2021.**

## Rendlesham Day Nursery



### Where we learn through play

- Rated "Good" by Ofsted 2020
- Flexible sessions
- Secure Web Cams – Watch your children play
- Opening hours between 8am and 6pm, Monday to Friday
- Open 51 weeks a year (Closing between Christmas & New Year)
- Separate Baby, Toddler and Pre-school Rooms
- Qualified, friendly and professional staff
- Accepting 2 and 3-year-old government funding

For more information please Call 01394 420581

Or Email [info@rendleshamdaynursery.co.uk](mailto:info@rendleshamdaynursery.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](http://www.dementia-together.com)

call: 08081 688 000

email: [SRYP.youngerdementiattogether.nhs.net](mailto:SRYP.youngerdementiattogether.nhs.net)



palliative,  
neurological  
and bereavement  
support

Sue Ryder is a charity registered in England and Wales (11052076) and in Scotland (SC0339576). Ref. No. 06920 © Sue Ryder July 2019. Created in RightMarket - 10/10/2019 - 114227 AM

## Easter Sunday Lunch Sunday 12<sup>th</sup> April

Served from 12 noon

Celebrate Easter with a delicious 2 or 3 course meal in The Park Restaurant.

**£17.95**  
for 2 courses

**£19.95**  
for 3 courses

Children 5-12 years old half price  
Children under 5 years old FREE

Pre-booking is essential

† 01394 383555  
w [www.uffordpark.co.uk](http://www.uffordpark.co.uk)  
Yarmouth Road | Woodbridge | Suffolk | IP12 1QW

the park  
bar and restaurant  
UFFORD PARK WOODBRIDGE



## 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)



## Greening Rendlesham for our mental and physical health

Greener Rendlesham congratulate the Climate Emergency Action Group, and pledge to support the Rendlesham Climate Action Plan, focusing this year especially on the four points covered under the heading “Land Use”: to make Rendlesham greener.

42. Double tree cover on council-owned land...

43. Protect existing local green spaces...

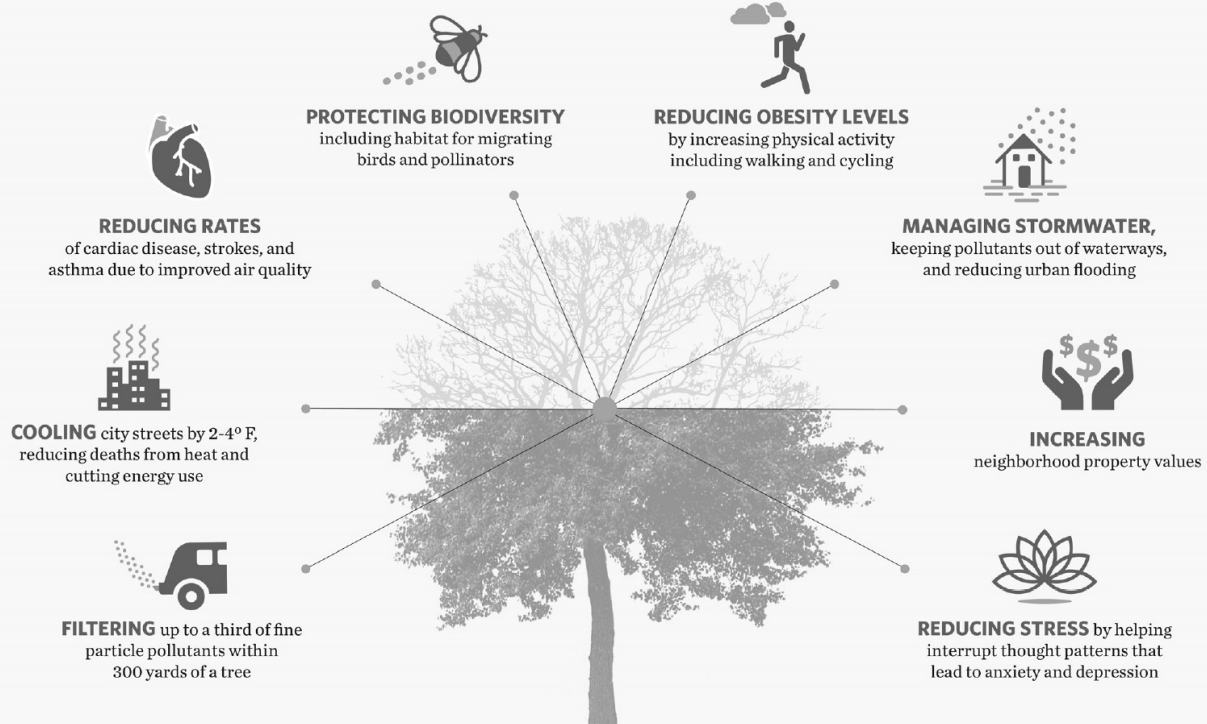
44. Manage council-owned land and road verges to increase biodiversity and draw down carbon pollution...

45. Develop new quality green spaces in areas where they don't exist.

### Benefits of Urban Trees

*Research has linked the presence of urban trees to...*

The Nature Conservancy 



# Keep Suffolk Moving

Prompted by people being required to isolate, gyms, leisure centres and swimming pools closed and classes and activities cancelled, there are growing concerns that physical activity levels will tumble causing a long-term impact on physical and mental health and wellbeing in the county.

Keep Moving Suffolk underpins Sport England's excellent 'Join the Movement' campaign by providing a local offer of support and encouragement to local people to get active and stay active during the Coronavirus outbreak. It will communicate how important it is to be active or to remain active at the current time. It will provide hints, tips and advice and a trusted one-stop-shop full of local and national information and resources that have been developed specifically to make it easy for people to become or remain active at home.

The website ([www.KeepMovingSuffolk.com](http://www.KeepMovingSuffolk.com)) and associated social media channels have gone live today and we expect the campaign to build and grow over the coming days and weeks.

In these extraordinary times, it is more important than ever that we work together to support our communities. Together we can help keep Suffolk moving.



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TEL: 07519 635 210 / 01394 549 501

## Health Walks

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



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



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

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

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## Businesses combine forces to bring one of the largest displays of conservatories and resin surfaces in East Anglia

Investment in a home Improvement centre near Woodbridge means that East Suffolk will soon be home to one of the largest displays of conservatories and resin surfaces across East Anglia.

Colourchange and Resin Master, situated on the Base Business Park in Rendlesham, have combined forces to improve what was already a significant show area. By Easter they will have a display of eight different conservatory roof styles, aluminium bifold doors, the latest large aluminium sliding doors, french doors and patio doors plus an array of aluminium and UPVC windows and composite doors.

Resin Master, who already had a claim to the largest resin display area in the region, are extending their footprint to provide paving and patio areas for the new conservatories.

Later in the year a second phase of development will see a further range of conservatories all with the lightweight, insulated replacement roofing systems.

Daryl Collins, owner of Colourchange said "This has been a significant investment and will provide Suffolk with one of the largest show areas for replacement conservatory roofs and single storey extensions" he added, "We are looking for local businesses that would like to display their products at the home improvement show area, there is no rental charge, we are looking to create a facility that attracts a wide base of customers, something that will benefit all businesses here"

If you have a local business and you wish to see if you can be a part of this exciting development please contact Daryl directly on [daryl.collins@colourchangeupvc.co.uk](mailto:daryl.collins@colourchangeupvc.co.uk).

Photos: Donated



# Pitstop ....From childcare to foodbank



Whilst the PreSchool, After School Club and Holiday Club are closed due to Coronavirus we are providing food parcels to people in need of a little extra support.

These are challenging times we are living in and a lot of what's to come is unknown so if you know someone who could needs a bit of extra support please get in touch on [enquiries@pitstop-oosc.co.uk](mailto:enquiries@pitstop-oosc.co.uk) or ring 07732 681125.

You call or email is treated with the strictest of confidence.

Thank you and keep safe.



## Pitstop



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

Established 2003

Your local community childcare provider

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### 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

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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)

# Deben Community Farm



Whilst we are closed to the public at the moment work continues down at the farm. The donkeys are enjoying the freedom of the farm, we have 3 new lambs (with more due anytime now!) and we've fenced the orchard to provide the lambs with their own little paddock.

Meanwhile in the polytunnel planting is underway with tomatoes, beans, cabbages, peppers and leeks all starting to sprout. The first early potatoes are in and we're testing out some new varieties this year including a purple climbing french bean, let's hope it tastes as good as it looks.



Photos: Deben Community Farm



There's a bit of experimenting going on with the strawberries to see how well they do in some home made strawberry towers. We'll let you know how this goes...

And finally, we wish you all a happy Easter in these difficult times.

Stay safe everyone.

Heather





## Bentwaters Heating & Plumbing Ltd

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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

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## Rendlesham Children's Centre

Sycamore Drive,  
Rendlesham IP12 2GF



### Opening Hours:

Monday- 8.30am – 4.00pm  
Tuesday- 8:30am - 4:00pm  
Wednesday- 8:30am - 4:00pm  
Thursday- 8:30am - 4:00pm  
Friday - CLOSED

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

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

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

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

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



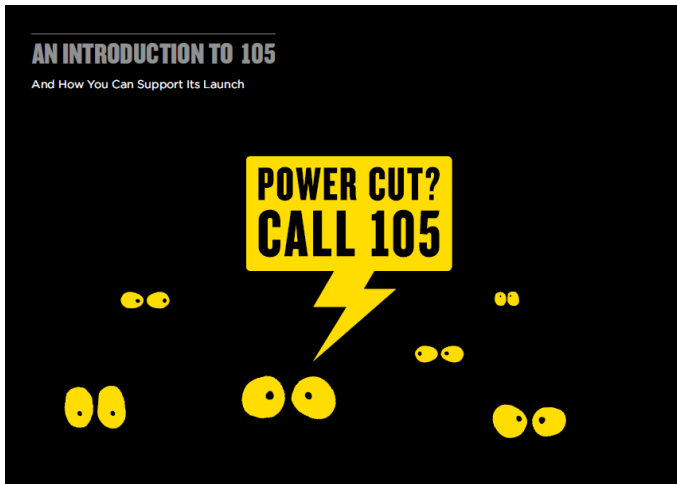
## Need a local venue?



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

# Rendlesham

M: 07599 998974 COMMUNITY CENTRE



If you use an advert  
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Rendlesham  
Newsletter

## 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/>

CORNERSTONERESIDENTIAL.CO.UK 01394547000 42 MARKET HILL, WOODBRIDGE



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

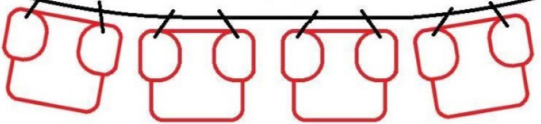
Call to arrange a free valuation and find out more about our award-winning service and innovative marketing.



CORNERSTONE  
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## 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

 [www.facebook.com/suffolknappies](https://www.facebook.com/suffolknappies)



## Suffolk's Warm Homes Healthy People

**WE WON'T LEAVE FAMILIES OUT IN THE COLD**

**Call us for Free Advice if you need help with:**

- 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\*

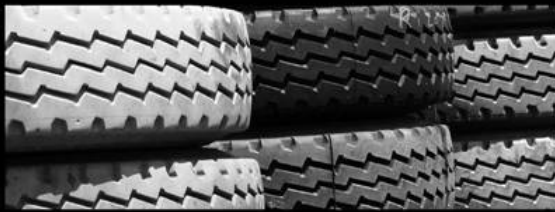
**Call local rate telephone**

**03456 037 686**

Email: [whhp@eastssuffolk.gov.uk](mailto:whhp@eastssuffolk.gov.uk)

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

\*Eligibility criteria apply.



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## Advertising Contact:

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

**01394 420207 or**  
**e-mail [admin@rendleshampc.org.uk](mailto:admin@rendleshampc.org.uk)**

## 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

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

## 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

As we head toward the third week of lockdown many parents are undoubtedly struggling with ideas of how to keep their children amused, exercised and challenged. The traditional Easter school holidays seem to have blended into this new 'normality' of parents working from home, children being educated at home and loss of real contact with friends.

We have been wracking our brains to come up with ideas for events that can safely be held within the lockdown rules and we are very excited to announce that we've come up with a couple of absolute corkers!

We are proud to present: Rendlesham Easter Egg Hunt.

It is an egg hunt with a difference but, we hope, will offer almost as much fun and excitement as the real thing to bored kids (and adults) in the village.

So, here's the deal: By Sunday morning, there will be eight eggs, each one featuring a letter, displayed in various locations in Rendlesham. Via the Parish Council Facebook Page we will publish two photo 'clues' each day, from Sunday - Wednesday inclusive so you have the opportunity to use your daily lockdown exercise to go and find the eggs. When you find the eggs, either make a note of the letter or take a photo of it. When you have visited all eight locations and noted eight letters, you then need to re-arrange the letters to form the mystery word. PLEASE follow the guidelines on the minimum two metres social distancing rule to keep us all safe!

We know that not everyone can go outside or has access to Facebook so for those people, on Thursday, April 9th, all the 'eggs' will be hidden somewhere within the Rendlesham Parish Council website which can be found at: [www.rendlesham.suffolk.gov.uk](http://www.rendlesham.suffolk.gov.uk).

When you have figured out what the mystery word is, simply email it direct to the Easter Bunny at: [events@rendleshampc.org.uk](mailto:events@rendleshampc.org.uk) also stating your name, address and how many children live at your address.

Now for the really exciting bit.... we know how important it is to stay safe and follow the lockdown rules (which of course also apply to the Easter Bunny) but we have made a special arrangement with him for Easter Sunday. So, for every household that submits the correct answer by 6pm on Friday April 10th, the Easter Bunny will be taking advantage of his lockdown exercise to deliver eggs to their doorstep. No doubt he will be getting up to some mischief while he's making those deliveries and if your children spot him in your garden, please take some photos and post them here. At this point, we cannot specify an approximate time for when he will appear in different areas of the village.

As well as having a very special arrangement with the Easter Bunny, we have to extend a huge thanks to Zee from Costcutter who has so generously offered to supply our bunny with chocolate eggs.

Happy hunting!

## Woodbridge Camera Club

Our Dusk till Dawn competition attracted 53 entries from members, these were Judged by Andy Wilson ARPS. Andy held back the seven best prints to select the winner but could not decide between two with a

top score of 20. Awarding joint first place to new member John Hughes with the classic image 'Uyuni Sunset' and Robin Garrod (Rendlesham resident) with his modernist image 'Henry Moore Enters the Twilight Zone' (left). Third place Richard Brown with Deben Sunset.

Members were appreciative of the Judge's direct, constructive comments and encouragements.



# EVENTS *Notices* EVENTS

# Rendlesham Egg Hunt

Beat the lockdown blues, add some fun to your daily exercise and win an egg delivered on Easter Sunday by the Easter Bunny!

On Sunday April 5th, eight eggs will appear in various locations around Rendlesham. Each egg will feature a prominent letter. Collect all eight letters and re-arrange them to discover a secret word. Starting on Sunday, we will publish photo clues to the locations of two eggs per day via the Rendlesham Parish Council Facebook page so the hunt for all eight can be spread over four days.

For those who cannot go outside, on Thursday, all eight 'eggs' will be hidden within the Parish Council website at: [www.rendlesham.suffolk.gov.uk](http://www.rendlesham.suffolk.gov.uk)

Each winning entrant will receive an egg delivered to their doorstep by the Easter Bunny taking his lockdown exercise!



## Important!

Send your answer, along with your name, address and number of children to the Easter Bunny at: [events@rendleshampc.org.uk](mailto:events@rendleshampc.org.uk)  
Closing date for entries is 6pm, Friday April 10th.

## Thanks!

With grateful thanks to Zee at Costcutter for generously sponsoring the eggs.

**Costcutter**

## Happy Hunting!

**PLEASE** help everyone stay safe by maintaining 2 metres social distance

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

NO MEETINGS UNTIL FURTHER  
NOTICE

## Rendlesham Women

NO MEETINGS UNTIL FURTHER  
NOTICE

Contact Sue 01394 421340

## Mobile Library

Contact Suffolk County Council on

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

Telephone: 01473 584563



LIBRARY CLOSED UNTIL FURTHER  
NOTICE

## 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**

8	5	2	3	1	9	7	4	6
6	4	1	7	8	2	5	9	3
7	9	3	6	5	4	8	2	1
9	7	4	1	6	3	2	5	8
3	6	8	2	7	5	9	1	4
1	2	5	4	9	8	3	6	7
4	8	7	5	2	6	1	3	9
2	3	9	8	4	1	6	7	5
5	1	6	9	3	7	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	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](http://www.fbcuk.org)

Pastor Thompson (01394) 420181

### SCHEDULE OF SERVICES:

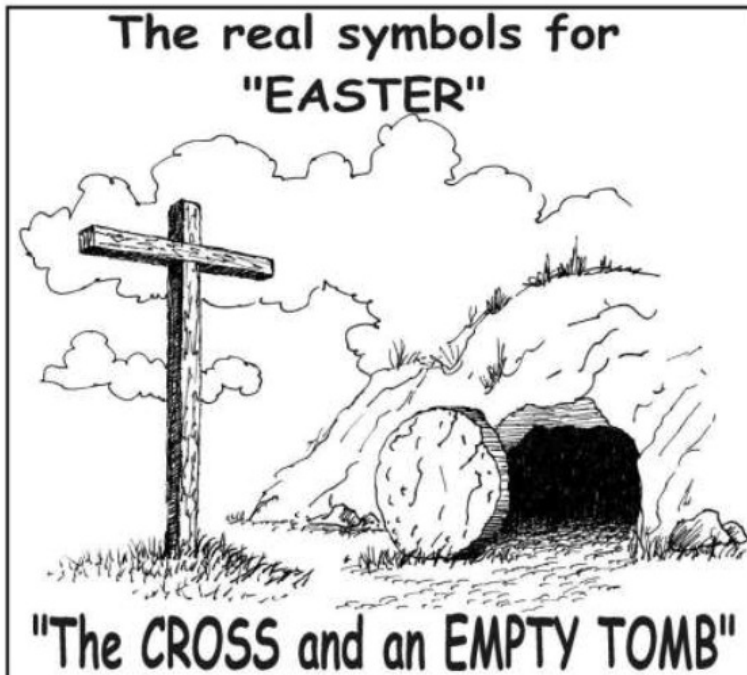
Sunday Morning Worship and Sunday School	11:00 A.M.
Sunday Evening Praise and Fellowship	6:00 P.M.
Wednesday Prayer and Bible Study	7:00 P.M.
Thursday Night – “Extreme Teens”	7:00 P.M.
Friday AcapinGs Youth Club	7:00 P.M.

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

## 2019/2020 Suffolk School Term Dates

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

**SCHOOLS CLOSED UNTIL  
FURTHER NOTICE**



The Empty Tomb had a message for the disciples as it has for us. It says to science and philosophy, "Explain this event." It says to history, "Repeat this event." It says to time, "Blot out this event." It says to faith, "Believe this event."

Rev. Frank Thompson – Faith Baptist Church - Bromeswell



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 31<sup>st</sup> March - 1<sup>st</sup> 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](mailto:carole.brason@uwclub.net)

## 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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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



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.

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