



Rendlesham

Parish Newsletter

www.rendlesham.suffolk.gov.uk

Issue 90

August, 2018



Photography by Darren Harbar

New Rendlesham website launched



Welcome

Our Mission Statement

We are committed to actively engage with the people of Rendlesham to build a safe, vibrant and thriving community of which everyone can be proud.

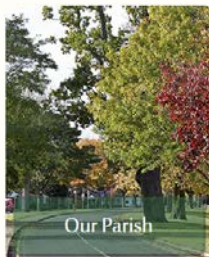
We are a forward-looking, professional council who will always seek to provide a framework to support improved facilities, communications and well-being of the Parish whilst delivering value for money.



Committees



Grants



Our Parish



News & Events

The new Rendlesham website was launched by Rendlesham Parish Council on 16 July. The new website provides a more user friendly experience, easy to navigate pages and a clearer layout. Just some of the improvements include a contact form to get in touch with the Parish Council, links to Parish Council meeting dates, minutes, grants available and news & events.

We are currently trialling the parish newsletter on the site and if all goes well we hope that will be a regular feature. You will also find links to local organisations, reporting highway problems and dog fouling as well as bus timetables.

We hope you find the new and improved site useful and welcome suggestions for additions. Any local group who would like a presence on the website should get in touch using the contact form on the website www.rendlesham.suffolk.gov.uk

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**PLUS your 2018 Rendlesham
Show Colour insert**

**September
Deadline
10 August**

admin@rendleshampc.org.uk
01394 420207

Wanted...

Newletter Distributors

Can you spare an hour or two a month to deliver the Rendlesham Newsletter?

We need people to help the newsletter, If you can spare an hour or two a month please get in touch.

Contact the Clerk on 01394 420207 or email:
admin@rendleshampc.org.uk

Thank you



Rendlesham Parish Council



Follow us on
Twitter

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Rendlesham Parish Newsletter

CONTACT

EDITOR - Parish Clerk
Heather Heelis
01394 420207

E: admin@rendleshampc.org.uk

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Rendlesham Parish Newsletter

Advertising Rates for adverts placed from 1 April 2012

Advertisement Size	For One Month	For 3 months	For 6 months	For one full Year
Business Card	£8.00	£21.00	£32.00	£48.00
1/8(eighth) Page	£13.00	£32.50	£52.00	£78.00
¼ (quarter) Page	£23.00	£57.50	£92.00	£138.00
½ (half) Page	£42.50	£106.25	£170.00	£255.00
Whole Page	£78.50	£196.25	£314.00	£470.00



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- 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

Website: www.daseastsuffolk.org.uk

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Council/150504946309
7442](https://www.facebook.com/pages/Rendlesham-Parish-Council/1505049463097442)

BE AWARE OF THE SHAVE

MACMILLAN CANCER SUPPORT



Cancer effects us all, the stories of tragedy and struggles are all too common.

The effects of diagnosis and treatment are devastating for so many, and the ripples travel far and wide. Macmillan Cancer Support do an amazing job at helping support the whole family when they need it the most. However, providing enough support comes at a high price.

I have decided to 'Brave the Shave' to help raise much needed funds for those caught in cancer's path. I will be having my head

shaved in August with the final length decided on how much is raised, so the more sponsors I get, the shorter the shave will be!

My siblings are also taking part in this with all four of us 'Braving the Shave' if we raise enough funds between us!!! Every penny helps provide more support to families going through a tough time, so thank you for anything you feel able to donate.

<https://bravetheshave.macmillan.org.uk/shavers/qill-allin>

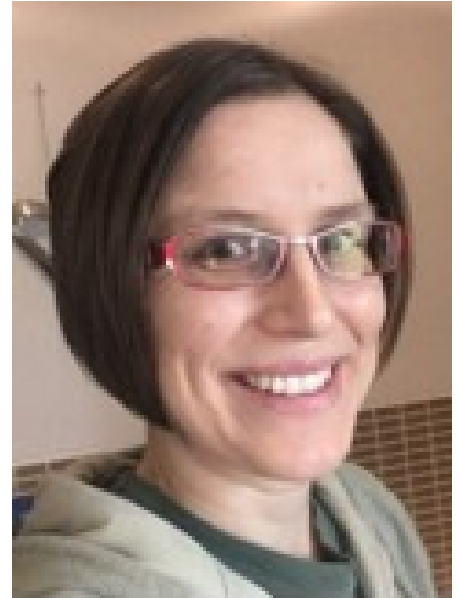


Photo: Donated

RUNWAY SUNDAY

RIDE • SCOOT • SKATE

Runway Sunday – A charity event for families – Cycling, Scootering and Skating

Sunday August 19th on the old Bentwaters Runway at Bentwaters Park in Rendlesham near Woodbridge. Imagine riding your bicycle down the length of a runway, or taking the challenge on a scooter, inline skates or a skateboard. On Sunday 19th August families will be able to enjoy a unique experience thanks to the owners of the old Bentwaters air base, Bentwaters Parks and key sponsor Colourchange UPVC.

The owner of Colourchange UPVC, Daryl Collins sponsored the St Elizabeth Hospice London to Paris charity ride last year. This year he has set the wheels in motion for a new fundraising event for the St Elizabeth Hospice, called Runway Sunday. Starting at 9.30 am on Sunday 19th August there are a series of activities planned for families to enjoy activity on 2 wheels, 4 wheels or 8 wheels in a safe and traffic free environment. Riders will have a circuit that uses the full length of the runway, whether people are looking for an endurance event on the 2.3 mile circuit or just want to experience the vast open space on the middle of the runway the choice will be theirs.

The organisers have been working with British Cycling and tickets, tickets starting at just £10 for a family can be pre-booked via the event website www.runwaysunday.co.uk.



Parish Councillor	Responsibilities on the Council From May 2017
Kay Nash	Chairman , SALC Rep, Finance & Asset Committee, Jubilee Park Committee, Personnel Committee
Mike Stevenson	Vice Chairman , Planning Committee, Finance & Asset Committee, SALC Rep, Newsletter Working Party, Emergency Plan Working Party
Steph Thrush	Planning Committee, Personnel Committee,
David Rushbrook	Planning Committee, Personnel Committee
Martyn Redfern	Planning Committee, Finance & Asset Committee, Youth Group Committee
Sue MacGregor	Planning Committee, Personnel Committee, Youth Group Committee
	VACANCY
	VACANCY
Andy Ferguson	Emergency Plan Working Party, Youth Group Committee, Jubilee Park Committee
Mike Parry	Finance & Asset Committee, Planning Committee, Jubilee Park Committee
Nigel Harding	Finance & Asset Committee, Jubilee Park Committee, Youth Group Committee, Newsletter Working Party

COPY SHOP

The Parish Council are now offering a community Copy Shop at the Parish Office.

Service	Charges
A4 B/W	5p
A3 B/W	10p
A4 Colour	10p
A3 Colour	20p
A4 Card B/W	10p
A4 Card Colour	20p
Binding	
Plastic spiral with cover & back	50p £1.50
Wire spiral with cover & back	50p £1.50
Laminating	
A4	35p
A3	70p

Next Parish Council Meetings

3 September 2018, 7.15pm
Rendlesham Community Centre
15 minute public session

2018 Parish Council Meetings

Full Council — 3 September 2018

Youth Group Charity Committee— tbc*
 Jubilee Park Committee— 20 September*
 Finance & Asset Committee— 11 October*
 Planning Committee— 10 September*

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

Parish office

Rendlesham Community Centre, Walnut Tree Avenue, Rendlesham, IP12 2GG.
01394 420207 E: admin@rendleshampc.org.uk

Office opening hours:

Mondays 10.00am–2pm
 Wednesdays 10.00am–2pm
 Thursdays 10.00am–2pm

Minutes of meetings:

If you would like a copy of the approved minutes please contact the Parish Clerk. SAE required for posting. Please note there is a 5p per A4 sheet copying charge.

Advertising Contact:

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

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

Parish Council News

Jubilee Park Committee

We are always looking to improve facilities at Jubilee Park so over the next couple of months we will be:

- Redecorating inside and out
- Installing acoustic panels
- Looking at installing a water drinking fountain to help reduce single-use plastics
- Redesigning the 2 shrub beds at the front of the pavilion
- Looking at installing additional CCTV cameras
- Replacing the remaining old timbers at the play area

Suffolk Coastal Local Boundary Review

See page 28 for further details.

The Parish Council do not support the new boundary proposals. Their response to the consultation can be found on the Rendlesham website



Rendlesham Parish Council

Two Councillor Vacancies

Are you interested in improving the quality of life for the people of Rendlesham?

Rendlesham Parish Council are committed to actively engage with the people of Rendlesham to build a safe, vibrant and thriving community of which everyone can be proud.

We are a forward-looking, professional council who will always seek to provide a framework to support improved facilities, communications and well-being of the Parish whilst delivering value for money.

If you are interested in becoming a councillor or would like more information please contact the Parish Council on 01394 420207 or email: admin@rendleshampc.org.uk

The position will be until May next year when the next Parish Council elections take place.

Photos: H Heelis

Report dog fouling to the Parish Council

If you see dog mess on a pavement call the Parish Council on 01394 420207 or email us at admin@rendleshampc.org.uk giving us the exact location (eg nearest house number and road) of where the fouling has occurred and we will ensure that the incident is reported to Suffolk Coastal District Council.

Reporting anti-social behaviour

If you are experiencing anti-social behaviour in the village please report it in the first instance to the police by phoning 101, ideally as it's occurring or as soon as possible afterwards.

The Parish Council would also welcome feedback on incidents of anti-social behaviour. Please send us Date, Time and as much Detail of the incident as possible. Email admin@rendleshampc.org.uk

Noise nuisance

Noise is a fact of everyday life; however, we are all entitled to expect that the activities of others do not interfere unreasonably with our private lives. This includes freedom from the intrusion of other people's noise from BBQs, parties and playing loud music with the windows open. Please be considerate of neighbours when undertaking activities outdoors this summer.

Out of Hours Service

During the summer season the District Council provide an Out of Hours Service which enables you to report a problem to the Officers on duty so they can attend if possible and witness it. This service is available at weekends only from the beginning of May to the end of September on Friday and Saturday nights.

You can download a leaflet on how the District Council manages noise nuisance from www.eastsuffolk.gov.uk/assets/Environment/Environmental-Protection/Noise-Nuisance-2016.pdf

Rendlesham Church

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

For Funerals: Rev Judith Andrews, 01394 411642

Baptisms, Marriages and pastoral needs:

Rev David Murdoch, 01394 450336 revdave@timicomail.co.uk

General inquiries - info@rendleshamchurch.org

Sudbourne & Tunstall Baptist Church Services & Activities In August

Sun 5th Aug: 10:30am Sudbourne / 6:30pm - Tunstall
Sun 12th Aug: 10:30am Tunstall / 6:30pm - Sudbourne
Sun 19th Aug: 10:30am Sudbourne / 6:30pm - Tunstall
Sun 26th Aug: 10:30am & 1:30pm - Both @ Tunstall

COFFEE, CRAFT & CHAT:

No more meetings until term time in September

TOTS & TODDLERS:

No more meetings until term time in September

FRIDAY CLUB & YOUTH GROUP:

No more meetings until term time in September

Minister: Pastor Dave Rushbrook

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

Sudbourne Baptist Church:

School Road, Sudbourne, Suffolk, IP12 2BE

Tunstall Baptist Church:

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

www.stbaptist.co.uk



A Prayer to say during the vacancy as we await a new Team Vicar:

Almighty God,

We ask you to bless our communities of Rendlesham, Eyke, Bromeswell and Wantisden during this time of waiting as we seek the appointment of a new Team vicar.

Give us the resources that we need to continue with the work of your church, uniting us in love and service.

Help the Parochial Church Councils to work together to provide the necessary and truthful facts of our church life, so that when a priest sees our Benefice profile, he or she will gain a real insight into the work of the new Team vicar here.

We pray for the person who will fulfil that role, that he or she will be filled with your blessing to guide us as we seek to further your work here in our communities.

We ask this in the Name of Jesus Christ, your Son, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and forever. **Amen.**

Rendlesham Church



My dear friends,

The silence of eternity, interpreted by love

Those lines are from one of the nation's favourite hymns, 'Dear Lord and Father of mankind', written by John Whittier, a nineteenth century American Quaker, who started as a shoe boy and farm hand, going on to become a journalist, editor and poet. He was prominent in the anti-slavery movement and was physically attacked more than once because of his views.

Perhaps this hymn's prayer for quietness, peace and calm, for relief from strain and stress, appeals to us in our contemporary frantic, pressured and unceasingly noisy society? I am inspired by its depiction of Jesus calling us, like his first disciples, to follow him; and of Jesus kneeling in silent prayer in the calm of the Galilean hills.

I especially like that phrase 'the silence of eternity, interpreted by love'. For several decades I have tried to begin at least some days with silent prayer, as hard as it is not to be distracted by ceaseless thoughts. It is an attempt to be still, quiet and focussed and to attend to the God who is deep within me, within you, within each and every one of us. I believe that is not only valuable in itself but hope it will help me to attend to the God I go on to meet in other people and, for instance, in the beauty of nature and music, as the day goes on.

Western Christianity has, I think emphasised words about God at the expense of a relationship of prayer with God. It has neglected its tradition of silent meditation and contemplation, which are for everyone, not just nuns and monks. There is a tradition of such silent prayer in all major world faiths, reminding us of how God is beyond words or description.

I recently hear of someone with faith, who had to give a tribute at a humanist Funeral, where he was forbidden from using the word 'God'. Instead he substituted the word 'love'. How inspiring! For 'God is love, and those who live in love live in God and God lives in them.'

1 John 4, 16

May we all find times and places to (re)discover
'the silence of eternity, interpreted by love.'

Your friend and Team Rector, David

DATE AUGUST 2018	Rendlesham St Felix	Rendlesham St Gregory	Bromeswell	Eyke	Wantisden
5th Aug Trinity 10	11.00 Family Service – Mr M Knapp		11.00 Holy Eucharist – Rev J Andrews	9.00 Holy Eucharist – Rev J Andrews	
12th Aug Trinity 11	11.00 Holy Eucharist - Rev S Affleck	9.00 Holy Eucharist – Rev J Andrews	9.00 Morning Praise – Mr S Nicholls		
19th Aug Trinity 12	11@church - Mr R Jordan		9.00 Holy Eucharist – Rev J Andrews	9.00 Morning Praise -Mr M Knapp	
26th Aug Trinity 13	11.00 Holy Eucharist – Rev Dr J Hare	9.00 Morning Praise -Mr M Knapp 7.00pm Taize - Mrs J Bishop	11.00 Morning Praise – Mr R Jordan		
2nd Sept Trinity 14	11.00 Family Service – Mr M Knapp		11.00 Holy Eucharist – priest tbc	9.00 Holy Eucharist – priest tbc	
	NB Canon Pauline Stentiford will conduct the Wednesday 10.00am Eucharist at St Felix Rendlesham on the first Wednesday of each month, except August.				

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NHS—Tips for coping in hot weather

- Shut windows and pull down the shades when it is hotter outside. You can open the windows for ventilation when it is cooler.
 - Avoid the heat: stay out of the sun and don't go out between 11am and 3pm (the hottest part of the day) if you're vulnerable to the effects of heat.
 - Keep rooms cool by using shades or reflective material outside the windows. If this isn't possible, use light-coloured curtains and keep them closed (metallic blinds and dark curtains can make the room hotter).
 - Have cool baths or showers, and splash yourself with cool water.
 - Drink cold drinks regularly, such as water and diluted fruit juice. Avoid excess alcohol, caffeine (tea, coffee and cola) or drinks high in sugar.
 - Listen to alerts on the radio, TV and social media about keeping cool.
 - Plan ahead to make sure you have enough supplies, such as food, water and any medications you need.
 - Identify the coolest room in the house so you know where to go to keep cool.
 - Wear loose, cool clothing, and a hat and sunglasses if you go outdoors.
- Check up on friends, relatives and neighbours who may be less able to look after themselves.
- Heat exhaustion is not serious and usually gets better when you cool down. If it turns into heat stroke it needs to be treated as an emergency.**

Check for signs of heat exhaustion

The signs of heat exhaustion include:

- headache
- dizziness and confusion
- loss of appetite and feeling sick
- excessive sweating and pale, clammy skin
- cramps in the arms, legs and stomach
- fast breathing or pulse
- temperature of 38C or above
- intense thirst

The symptoms are often the same in adults and children, although children may become floppy and sleepy.

If someone is showing signs of heat exhaustion they need to be cooled down.

Things you can do to cool someone down

Follow these 4 steps:

1. Move them to a cool place.
2. Get them to lie down and raise their feet slightly.
3. Get them to drink plenty of water. Sports or rehydration drinks are OK.
4. Cool their skin – spray or sponge them with cool water and fan them. Cold packs around the armpits or neck are good too.

Stay with them until they are better.

They should start to cool down and feel better within 30 minutes.

Call 999 if the person:

- is no better after 30 minutes
- feels hot and dry
- is not sweating even though they are too hot
- has a temperature that's risen to 40C or above
- has rapid or shortness of breath
- is confused
- has a fit (seizure)
- loses consciousness
- is unresponsive

These can be signs of heat stroke.

While you wait for help, keep giving first aid and put them in the recovery position if they lose consciousness.

<https://www.nhs.uk/live-well/healthy-body/heatwave-how-to-cope-in-hot-weather/>

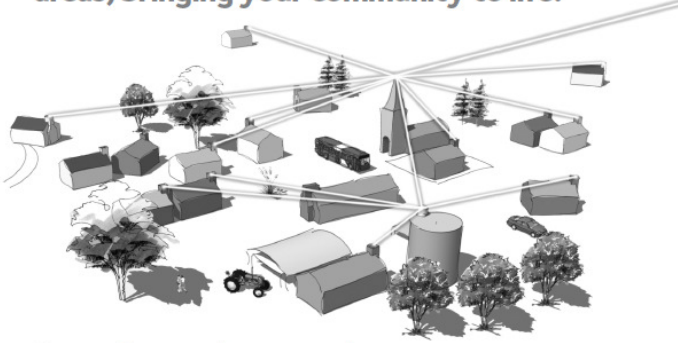


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Have Your Say



Greener Rendlesham is planning to visit our MP Thérèse Coffey, who is coincidentally Parliamentary Under Secretary of State for the Environment, to discuss environmental issues. We would very much like to inform her of and ask her to respond to **the top environmental issues which the people of Rendlesham and surrounding area have.**

Here are some possibilities; but you might well have others which we have not listed:

- single use plastic
- Sizewell C nuclear power station
- sea level rise
- air pollution
- local public transport
- climate change

The more people who respond the greater authority we will have when we see Thérèse Coffey, so why not carry out your own mini surveys and let us have the results (everybody's views should be included).

You could:

- chat about it at meal times, including with children
- engage with friends to find out their views
- ask your class, workmates or those who belong to other organisations you are involved with
- use social media

Please let us have responses to greener.rendlesham@uwclub.net



17th 18th 19th August 2018
Glemham Hall, Suffolk

<http://folkeast.co.uk/>



"A FAIRFIELD FULL OF FOLK"

For general enquiries please email:

info@folkeast.co.uk

Art & Photography on Woodbridge Riverside

Woodbridge Camera Club is holding its Annual Exhibition in the newly completed 'Longshed' on Tide Mill Way which is part of the 'Woodbridge Riverside' Regeneration Project. We are proud to be the first organisation to use their Mezzanine Display Area to display our members work on Friday 10th - Sunday 12th August 10.00 am - 4.30 pm.

Woodbridge Art Club are also staging an Exhibition outside recreating their first exhibition from 50 years ago by displaying their work on fencing panels to emulate hanging pictures on the Station Railings at their first exhibition. It will be an interesting weekend of Art & Photography on the Riverside.



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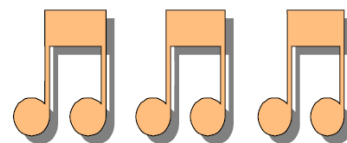
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Consumer Corner:

One of the biggest causes of blockages in sewer pipes are wipes along with fats, oils and grease.

Blockages are not rare, water companies in the UK report nearly 400,000 sewer blockages/year! 80 per cent of these are described as avoidable. Avoidable means these blockages, which cost some £80million annually across the UK to sort out, are caused by human behaviour i.e. flushing wipes and other sanitary products down the toilet, or fats, oils and grease down the sink. Wipes mixed with food scraps, congealed fat and oil, can combine to cause a blockage.

Wipes should always be placed in a bin – the manufacturers may call them flushable but, they will **not** break down in the sewer in the same way as toilet paper. Sanitary products and wipes - baby wipes, cleaning and make-up wipes - should all be placed in the bin, not down the toilet. Fat, oils and grease should be collected and put in the bin or recycled, not poured down the sink.

The average call out cost to unblock pipes is £90; the Parish Council recently experienced this problem and had to call in the experts to get the wipes removed from round the pump in the tank at Jubilee Park... save yourself the inconvenience and cost of having blocked pipes, avoid the problems of having a blocked toilet or, worse still, polluted flooding in your home and keep our beaches clean – yes, if it hasn't blocked your pipes, that's where such waste can end up...

For all our sakes, please bin your wipes. For more information go to www.keep-it-clear.co.uk

Deben Community Farm
Saddlemakers Lane, Melton

Open every Sunday
12pm—4pm
Free entry

Piglets, lambs, horses
Highland cows, goats, fresh eggs

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

Ways to support the farm:

Follow us on Facebook

Raise money—sign up to www.easyfundraising.org.uk and choose 'Deben Community Farm' as your chosen cause and every time you shop online you could raise a donation, it couldn't be easier!



Photo: H Heelis

BEFORE **AFTER**

happi days
DOG DAY CARE

Dog grooming available at Rendlesham. Appointments available whilst your dog is at creche, on holiday, or grooming only. Please get in touch to ask about availability and price.

Happi Days Dog Day Care
Base Business Park
Unit 11 America House
01394 420468

Pooley Removals and Storage

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- COMMERCIAL STORAGE**

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- REMOVALS**

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- SHIPPING**

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www.pooleyremovals.com
Tel: 01394 460498

Auctions

Clarke &
Simpson

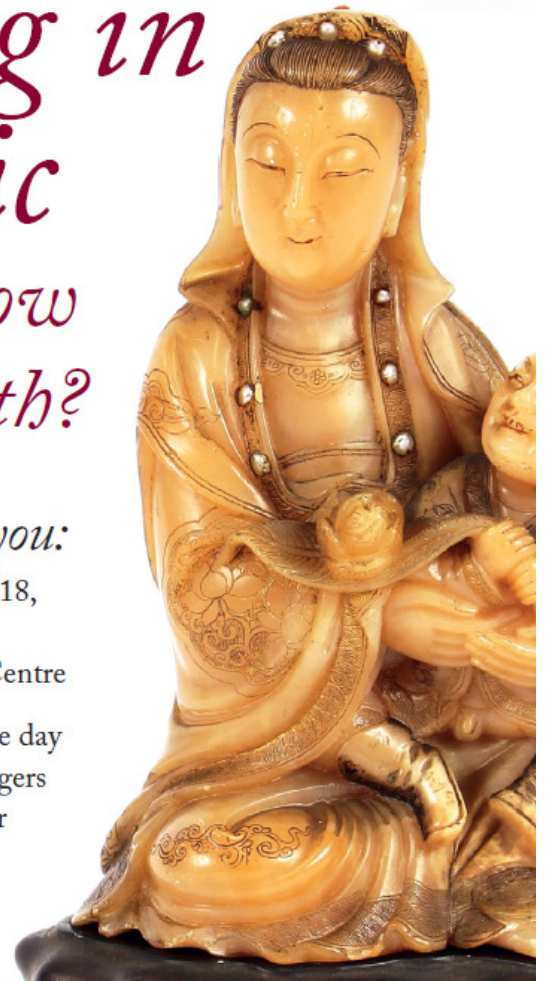


*Something
interesting in
the attic
- want to know
what it's worth?*

Valuation day near you:

Wednesday 12th September 2018,
10am - 1pm
at the Rendlesham Community Centre

You are welcome to drop in on the day
alternatively please call Belle Rogers
to book an appointment prior
to avoid disappointment
on 01728 746323



Clarke & Simpson Auction Centre, Campsea Ashe, Nr Wickham Market, Suffolk IP13 0PS T: 01728 746323
www.clarkeandsimpson.co.uk  CandSAuctions  @CandSAuctions

Antiques and Collectable Valuation Day

On Wednesday 12th September our Antiques and Collectable valuation day will take place at the Rendlesham Community Centre . When valuers from Clarke and Simpson Auctions will be present from 10am – 1pm. They will be pleased to value and offer advice on the sale of all types of Antiques and Collectables ranging from silver, jewellery, paintings, ceramics to all collector's items including toys, post-cards, rural and domestic bygones and anything old or interesting.

For those who are unable to bring in large items such as furniture the valuers will be pleased to make an appointment to do house visits.

The Auctioneers hope that Valuation Days such as this will be tremendously beneficial to clients who are unable to bring items to the Auction Centre at Campsea Ashe where staff are always available to give valuations and appraisals six days a week.

So if you have an item that you've always wondered about, its history or its worth, why not pop along to Rendlesham on the 12th and have a free, no obligations meeting with one of the specialists.

For further information contact: 01728 746323,
www.clarkeandsimpson.co.uk Email: auctions
 @clarkeandsimpson.co.uk



Photos: Donated



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CARPET BOWLS

Carpet Bowls is a game almost anybody can play and is very similar to the outdoor game with which most people will be familiar. It is an indoor game of course, played on a mat about 10 metres long by 2 metres wide with a circular disc placed in the centre of the mat. Ideally it is played with 2 teams of 4 players having 2 woods each who bowl their woods alternately towards the jack which is positioned at the opposite end to where the bowler is standing. The bowls are biased and when bowled have to go around the circular disc to reach the jack. As in normal bowls the wood nearest the jack is the winner of each end.

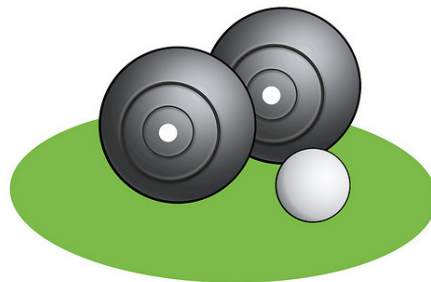
The game has been played in this area for about 30 years with a club meeting in Orford Town Hall on Tuesday evenings at 7.00pm from September to early April and another club meeting in Sudbourne Village Hall on Wednesday evenings also at 7.00pm from September to the end of July with a break in August. All the equipment is provided, with both clubs charging a Green Fee of £2.00 per person for each evening and both clubs have a policy of providing the first three evenings free of charge to new players. Although they are separate clubs, there are some people who play at both venues each week.

Orford play competitively in the Heritage Coast Carpet Bowls League and this coming season will

be in the First Division after being promoted from the Second Division as champions last season. Sudbourne do not play competitively, only the occasional friendly match.

Both clubs would welcome anyone interested in playing this enjoyable game, so when the new season commences on Tuesday September 4th at Orford and Wednesday September 5th at Sudbourne, why not come and give it a try. No experience is necessary as it is an easy game to learn and can be played by both young and those not so young.

For further details, the contact for Orford is David Emeny on 01394 450687 and Sudbourne is Terry Bugg on 01394 450543 (email gwenandterry@btinternet.com)
David Emeny and Terry Bugg



August/September Events at the Boardwalk

- Every monday we have the Worry Tree cafe from 4.30-6.30pm. pop in simply for a conversation and a free cup of tea. We also have a therapist on site for free any free counselling.
- Every Tuesday/Thursday - Go Play Under 5's play session 11am-1pm. 2 pound per person.
- Every Friday - Free mini milkshakes for the children after school.
- Tuesday 14th Aug 6pm- 9pm - Pamper Evening.
- Sunday 26th Aug 10am -2pm - Country Market.
- Tuesday 11th Sept 7.30pm - POP CHORUS will be performing for us on the stage to raise money for St Elizabeth Hospital.

Call us on: 01394 460602

Find us at: Cafe Unit 3, Village Centre, Rendlesham, IP12 2GG

Or visit our Website: <https://www.boardwalkcafebar.co.uk>



Brainy Dogs

Brainy Dogs is a project that gives Headway Suffolk's clients the opportunity of having a close and regular connection with a dog.

Headway, who support adults with an acquired brain injury or a neurological condition, take suitable dogs from local rescue centres, who are then trained by prisoners at HMP Hollesley Bay, and they are either kept by the charity as centre dogs to help as a rehabilitation tool or rehomed with a client.

The dogs boost clients' confidence and motivation and help with their recovery, such as improving dexterity through grooming and helping with fitness by taking the dog for a walk.

The project's co-ordinator also helps to train clients' existing dogs if they are struggling with behaviour problems to prevent them from being rehomed.

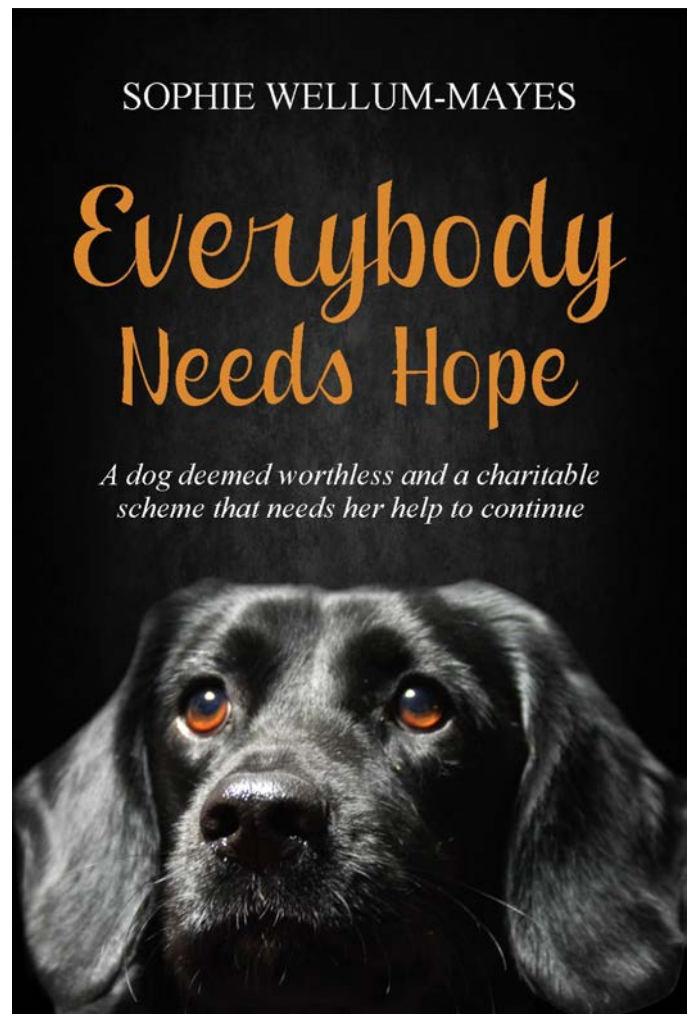
Brainy Dogs offer visits to caring establishments as well to help residents therapeutically.

Unfortunately, the project's future is under threat when funding expires in October, and in a bid to help it survive, a new book about Hope, one of the centre dogs, has been released.

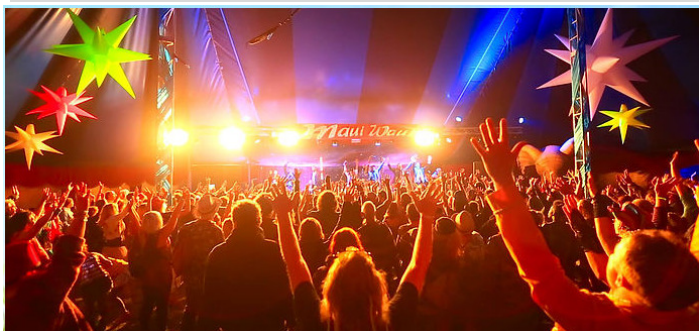
Everybody Needs Hope charts the life of five-year-old Hope, a black Labrador crossed with a Cocker Spaniel, through her own eyes from an unwanted puppy to the project's flagship pooch.

You can buy the book on kindle or in paperback through Amazon at: www.amazon.co.uk/Everybody-needs-HOPE-worthless-charitable/dp/1721676309.

To find out more about Brainy Dogs, call 01473 712225 or visit: www.headwaysuffolk.org.uk/brainydogs.



MAUI WAUI FESTIVAL



This year's Maui Festival takes place from 24th - 26th August at Peakhill Farm, Theberton in the Suffolk countryside.

Maui Waui is a 3 day international festival of music, performance and arts.

Now in its 6th year, it is fast becoming one of the area most exciting festivals, pulling in accomplished and undiscovered bands and performers from all around the globe.

Maui Waui focuses on an all welcoming family feel with loads to do for Kids and Adults, from watching world-class bands, full circus shows in a dedicated circus tent, big bass dance tents, small upbeat bands and acoustic acts, cabaret and comedy.

STOP THE PLASTIC TIDE EXHIBITION



Photo: thesuffolkcoast.co.uk

SAT 21ST JUL - SUN 02ND SEP 2018

Seaview Gallery in Walberswick is bringing together eight acclaimed coastal artists from East Anglia in a special fundraising exhibition for marine conservation.

An alarming 91 per cent of plastic ever created has not been recycled, meaning it will haunt our natural environment for over 400 years until it biodegrades. In doing so, micro-plastics enter our food chain and if current trends continue, plastic will outweigh fish in our oceans by 2050.*

To raise awareness and promote change Seaview Gallery in Walberswick is bringing together eight acclaimed coastal artists from East Anglia in a special fundraising exhibition for marine conservation.

Alongside works for sale by James Dodds, Laurence Edwards, Kate Giles, Tim Fargher, Andrew Pringle, Helen Napper, Fiona Petheram and Karen Downing, visitors are invited to silently bid on selected artworks kindly donated by a number of the artists.

Proceeds from the auction and sales from plastic free merchandising, including bespoke tote bags and reusable beeswax cling film, will be donated to The Marine Conservation Society, the UK's leading charity for the protection of our seas, shores and wildlife.

FREE ENTRY

Email: info@seaviewgallerywalberswick.com,
phone: 07813 695437

Seaview Gallery Walberswick, The Street,
Walberswick, Suffolk IP18 6UB

*Statistics published in National Geographic and the journal Science Advances 2017

Join us this
August Bank Holiday Monday

Bank Holiday BBQ with
Mr Tim and Mr Bean
Saxophonist Children's entertainer

Monday 27th August

12 noon - 3:30 pm

£9.95

for 2 items from the BBQ & salad

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

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w www.uffordpark.co.uk

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

[page 12.html](http://www.manningsamusements.co.uk/page_12.html)

Halesworth Producers' Market

(2nd Saturday, monthly) From 9am to 1pm, The

Old Print Works, Halesworth IP19 8AP.

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

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

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

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

The Hill, Wickham Market (the Square)

Contact: Teapot Tearoom (Margaret) tel.

748079 or see www.wickham-market.org.uk



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EAST ANGLIAN DRAGON BOAT FESTIVAL

Make a splash and enter the East Anglian Dragon Boat Festival

SATURDAY 11 AUGUST 2018!

Dragon Boat racing is an ancient Chinese tradition and the fastest growing water activity in Britain today- as well as the most fun!

Up to 10 people paddle each 30' boat with a drummer at the front beating in time and our helm at the tail steering a straight course.

No previous experience required, just plenty of team spirit!

Gable Events is proud to bring you the 12th East Anglian Charity Dragon Boat Festival, sponsored by Warner Leisure Hotels. The Festival is open to everyone and up to 40 crews are expected to battle it out over the 200m race course, watched by several thousand spectators. Nicholas Everitt Park, Oulton Broad offers a superb venue for racing and a



fabulous day is guaranteed with plenty of bank-side family entertainment and food stalls.

dragon-boat-festivals/east-anglian-dragon-boat-festival/

Team entry fee applies.

Entry FREE to spectators!

Email: info@gableevents.co.uk,
phone: [01780 470718](tel:01780470718)

[Nicholas Everitt Park, Bridge Rd,
Oulton Broad NR32 3LN](http://NicholasEverittPark,BridgeRd,OultonBroadNR323LN)

<http://dragonboatfestivals.co.uk/>



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- Home support • Specialist care • Care homes • Useful contacts

For **FREE** copies of the new Suffolk Care Services Directory or for assistance with finding care and support, call Care Choices on **01223 207770**

The e-book will be available online at www.carechoices.co.uk



NEW
FOR 2018



Need a room with a view?

Jubilee Park Pavilion is now available for hire

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admin@rendleshampc.org.uk or
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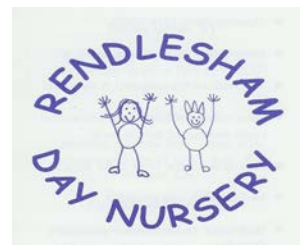
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SCIENCE IN THE PARK: AIR ROCKETS AT HOLYWELLS PARK



Join Kinetic Science to make and launch rockets. Watch your rockets soar huge distances across the park, challenge your family to see whose rocket can fly the furthest distance across the field. Other activities included.

Launch time: 10.45am, 12.30pm & 2.15pm No need to book. Drop in anytime between 10am and 3pm. All activities cost £3.50 per child (cash only on the day). Parent supervision required & cost includes all materials.

Suitable for ages 4+. Meeting point: Conservatory 10am - 3pm

Visitors are advised to use public transport or use the car park at Athena Hall off Duke Street, which is only a few minutes' walk from the Myrtle Road. This car park charges 70p per hour, £2 after 2pm.

Email: science@kineticsscience.co.uk, phone: 01284 277122

Please note: this event may have to be cancelled at short notice if there are any circumstances beyond our control

WAVENEY VALLEY SCULPTURE TRAIL



The fifth Waveney Valley Sculpture Trail will host the work of more than 30 artists on a three-acre site of hidden paths, romantic groves and secretive corners in a little-known site on the edge of the Waveney Valley.

Organised by Waveney & Blyth Arts the event will take place at the Raveningham Centre, ten miles south of Norwich. Many established artists such as Simon Griffiths, Rob Harries, Gordon Senior, Jim Racine, Patrick Elder and Mike Challis will be joined by up and coming artists taking part for the first time.

The trail is open from Friday, 17th August until Sunday, 16th September 2018 and is open every day from 10am until 5pm. Admission is £5 for adults, £4 for members of Waveney and Blyth Arts, under 18s go free. Pay on entry only

Some of the trail is wheelchair accessible.

Well behaved dogs are allowed on a lead. For more information about events and access please visit www.waveneyandblytharts.com

Email: bookings@waveneyandblytharts.com, phone: 07415 168806

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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>



Dog fouling incidents

Latest dog fouling incidents reported:

Acer Road to Cedar Road walkway

Knight Road

Pine Close

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



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FRIDAY: Rendlesham Community Centre

*ISTD

2.15-2.45pm: Pre-School Ballet (2.5-4yrs)

3.45-4.30pm: Ballet/Modern (Rec-Yr 2)

4.30-5.15pm: Ballet/Modern (Yr 3+)

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Steampunking Felixstowe

This October, the seaside town of Felixstowe in Suffolk will be gearing itself up ready to host a new major event. The Felixstowe Steampunk Halloween Festival will be held at Landguard Fort and Felixstowe Museum on Saturday 27 and Sunday 28 October 2018.

Imagine a world where the Victorians were far more technologically advanced than they were in reality... from steam driven airships to mechanical time machines. The Victorians loved their seaside holidays too... so Felixstowe is the perfect place for a Steampunk extravaganza!

This new family-friendly festival is packed with Steampunk curiosities and eccentricities with a spooky Halloween twist or two. Great music and entertainment, Steampunk performers, magic shows, Meccano and wacky Steampunk games, including tea dueling and 'High Noon' shoot-outs with Nerf guns.

There will also be a Steampunk Marketplace with traders from across the UK. Visitors are encouraged to attend in their Steampunk finery... its up to you as anything goes as long as it's a little steampunked!

For braver souls, there is also a special evening

event at Landguard Fort on Saturday 27 October - the 'Night of the Macabre' featuring a weird and wonderful cabaret show of live Steampunk acts, alongside scarers, special effects and plenty of shocks and surprises.

The Festival will be officially launched at this weekend's (27 to 29 July) Felixstowe Carnival, where the Burlesque Bombshells group from Essex, together with costumed Steampunk characters from the Fort and Museum will be part of the procession through the town.

Tickets for the Festival go on sale next Wednesday 1 August.

Stephen Rampley, Landguard Marketing and Events Co-ordinator, said "We are very excited to bring this big new event to Felixstowe and Landguard. It promises to be a real spectacle and something the town has never seen before. So, start digging out those top hats, flying goggles and corsets for a weekend to remember".

For further information, please contact the Landguard Partnership on 01394 675283, email landguardenquiries@eastsuffolk.gov.uk or go to www.discoverlandguard.org.uk

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Rendlesham Care Centre, Suffolk Drive, Rendlesham, Suffolk IP12 2TP



Find out more about affordable homes in Saxmundham

Residents interested in renting a new affordable home in Saxmundham are invited to attend an information event next month.

The construction of new affordable homes at Beech Road in Saxmundham is approaching completion and the homes will then be available to rent through the Council's Gateway to Homechoice scheme. The new homes - which comprise 1 and 2 bedrooms houses - will be let to those with a strong connection to Saxmundham and the surrounding area.

Gateway to Homechoice is the scheme for letting social housing across parts of Suffolk and Essex and gives residents the opportunity to bid for council and housing association housing. Available housing is advertised on www.gatewaytohomechoice.org.uk/

Once registered, applicants can search for suitable properties.

An information event, organised by Gateway to Homechoice, Suffolk Coastal District Council, Anglia Revenues Partnership and Flagship Homes, will take place on Tuesday 7 August from 2pm to 6.30pm, at the Market Hall, 29 High Street, Saxmundham, IP17 1AF.

The event will give people more information about the new homes as well as the Gateway to Homechoice scheme.

Applications for the new homes can be made at the event – if anyone wishing to make a new application could also bring along ID, proof of Child Benefit, your National Insurance number, a 6 year Housing History, details of your income and information on any medical issues, this will help to speed up processing of your application.

Those attending the event will also be able to receive advice on Universal Credit.

To register for Gateway to Homechoice, and for more information about the scheme, please visit www.gatewaytohomechoice.org.uk

Suffolk Coastal District Council



East Suffolk
Suffolk Coastal and Waveney Councils
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The independent Local Government Boundary Commission for England is asking people to comment on proposed ward boundaries for the new east Suffolk council.

In May, the government confirmed that a new local authority would be created in east Suffolk, formed of a merger between Suffolk Coastal and Waveney District Councils.

The Commission is now asking for local views on the proposals before it finalises them in October.

The consultations run until 27 August 2018 and is open to anyone who is interested how the council areas will be represented.

In East Suffolk, the Commission proposes that the council should have 55 councillors in total. The draft recommendations are for eight one-councillor wards, thirteen two-councillor wards and seven three-councillor wards.

The boundaries will come into effect at the first elections for each authority in May 2019.

Links to the full consultation and the Parish Council response to the consultation can be found at www.rendlesham.suffolk.gov.uk



The
Local Government
Boundary Commission
for England

East Suffolk Council Electoral Review



Tell us what you think

The independent Local Government Boundary Commission for England is asking for your views on proposed new electoral arrangements for East Suffolk District Council.

Our draft recommendations propose new council wards, ward boundaries and ward names across the council area.

- Do the proposed wards reflect local communities?
- How do you think the proposals can be improved?
- Are the names of the proposed wards right?

Consultation closes:
27 August 2018

Your opinion matters

For more information and interactive maps, visit:
consultation.lgbce.org.uk and www.lgbce.org.uk.

Write to: Review Officer (East Suffolk), LGBCE, 1st Floor,
Windsor House, 50 Victoria Street, London, SW1H 0TL
Email: reviews@lgbce.org.uk
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contactstowmarket@marksandmann.co.uk

Mental health services – Have your say!

People living in east and west Suffolk are being urged to have their say about local mental health services as part of a unique engagement opportunity.

The NHS Ipswich & East Suffolk and NHS West Suffolk clinical commissioning groups (CCGs) want to transform the way mental health provision is delivered across the county. In order to do that, they first need to find out how effective the people who deliver and receive the current services think they are.

Commissioners want to hear from people who currently use or have previously used mental health services, those who care for them and the staff who deliver those services. All three groups are being asked to input their feedback via three surveys (please see below).

The surveys are part of a much larger engagement exercise that aims to help create a new model for east and west Suffolk that will bring mental and physical health services much closer together.

In a break from usual practice, the CCGs have commissioned four local voluntary sector organisations to engage with local people under the banner "The future of mental health – a very different conversation".

Suffolk Family Carers, Suffolk User Forum and Suffolk Parent Carer Network will co-ordinate a whole host of mental health workshops and events to gather feedback on the current services.

Healthwatch Suffolk will then gather and analyse the feedback before preparing a report making a case for change for the CCGs' governing body meetings in November.

To respond to one of the surveys please use one of the links below:

People who use, or have previously used mental health services, should respond https://www.surveymonkey.co.uk/r/MHTransform_Plan_Service_Users_Public



Carers of people who use, or have previously used mental health services, should respond https://www.surveymonkey.co.uk/r/MHTransform_Plan_Carers

Professionals who work in mental health services or support people with mental health needs should respond https://www.surveymonkey.co.uk/r/MHTransform_Plan_Professionals_Staff



Suffolk County Council Archaeological Service wins National Lottery support to unearth Suffolk's Anglo-Saxon past

Volunteers excavating an Anglo-Saxon house at Rendlesham



Photo: Suffolk County Council

Further investigation into the internationally important archaeology of Suffolk's Deben valley will be possible thanks to initial National Lottery support.

Suffolk County Council Archaeological Service (SCCAS) has received development funding of £41,600 from the Heritage Lottery Fund to progress their plans for a community archaeological project 'Rendlesham Revealed: Anglo-Saxon Life in South-East Suffolk'. A second -round application will then be made for a £517,300 National Lottery grant.

The irreplaceable archaeology of the Deben valley is in the heart of the Anglo-Saxon kingdom of East Anglia. The valley is home to the princely burials of Sutton Hoo and the site of the royal palace recorded by Bede, recently discovered at Rendlesham.

'Rendlesham Revealed' will work with local and national partners to explore this archaeologically-rich landscape. Local communities will be engaged to reveal, explore, celebrate and conserve the below ground archaeology of the Deben valley. Together, partners will connect the unique stories of these royal sites, putting them in the context of the wider Anglo-Saxon communities of which they were part.

This first round of funding will deliver a one-year development stage, which will begin later this summer, enabling SCCAS to apply for a further, full National Lottery grant.



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You can report potholes in Suffolk quickly and easily online. Find out how to report a problem using our Highways Reporting Tool.

Our Highways Reporting Tool allows you to **report a new defect** and **monitor the status** of existing reports.

Do not report a pothole online if:

- it poses an [immediate danger to public safety](#) - call **0345 606 6171**
- it's on a [trunk road](#) in Suffolk - call the Highways England Information Line on **0300 123 5000**
- it's on a [private road](#)

Reporting a problem takes about **2 minutes**.



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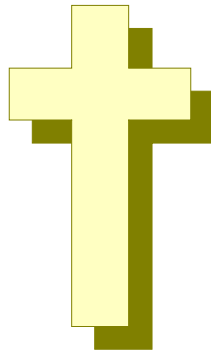
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That Poor Violin

The story is told of a great concert violinist who wanted to prove a point, so he rented a music hall and announced that he would play a concert on a £20,000 violin. On concert night, the music hall was filled to capacity with music lovers anxious to hear such an expensive instrument played. The violinist stepped onto the stage, gave an amazing performance, and received a thunderous standing ovation.



When the applause subsided, he suddenly threw the violin to the ground, stomped it to pieces, and walked off the stage. The audience gasped, and then sat in stunned silence. Within seconds the stage manager approached the microphone and said, "Ladies and gentlemen, to put you at ease, the violin that was just destroyed was a £20 violin. The master will now return to play the remainder of his concert on the £20,000 instrument."

At the conclusion of his concert, he received another standing ovation. Few people could tell the difference between the two violins. His point was obvious: it isn't the violin that makes the music; it's the violinist.

The disciples were like £20 violins that Jesus transformed into priceless instruments for His glory. They were ordinary people doing extraordinary things for God. That transformation is available to you and I if we will believe on Him.

Rev. Frank Thompson – **Faith Baptist Church** - Bromeswell

Rendlesham Youth Group

Tuesdays 6:00 - 8:00 pm
Y4—Y6
Wednesday 7:00 - 9:30 pm
Y7 +
Thursday 7:00 - 9:30 pm
Y7+

Community Centre, Walnut Tree Avenue

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

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

Sudoku Challenge

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

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

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



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Rendlesham Children's Centre

**Sycamore Drive,
Rendlesham IP12 2GF**

Opening Hours:

Monday- 9:00am - 4:30pm
Tuesday- 9:00am - 4:30pm
Wednesday- 9:00am - 4:30pm
Thursday- 9:00am - 4:30pm
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**



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First Draft Local Plan Consultation

20th July to 14th September 2018



Suffolk Coastal District Council is producing a new Local Plan, setting out a strategy for growth and development across the District to 2036

Public Drop-in Sessions

Please come along and find out more about the First Draft Local Plan

Venue	Date and Time
Kirton Recreation Ground (The Pavilion) Back Road, Kirton, Ipswich IP10 0PW	Tuesday 24th July 16.00 - 19.30
Saxmundham Market Hall 29 High Street, Saxmundham, IP17 1AF	Tuesday 31st July 16.00 - 19.30
Felixstowe Town Hall (Council Chamber) Undercliff Road West, Felixstowe, IP11 2AG	Thursday 2nd August 16.00 - 19.30
Suffolk Coastal District Council (Deben Room) East Suffolk House, Station Road, Melton, IP12 1RT	Monday 6th August 16.00 - 19.30
Wenhaston Village Hall Narrow Way, Wenhaston, Halesworth, IP19 9DP	Wednesday 8th August 16.00 - 19.30
Rushmere St Andrew Village Hall Humber Doucy Lane, Rushmere St Andrew, Ipswich, IP4 3PD	Thursday 16th August 16.00 - 19.30
Yoxford Village Hall (Main Hall) Old High Road, Yoxford, IP17 3HN	Thursday 23rd August 16.00 - 19.30

Write to us

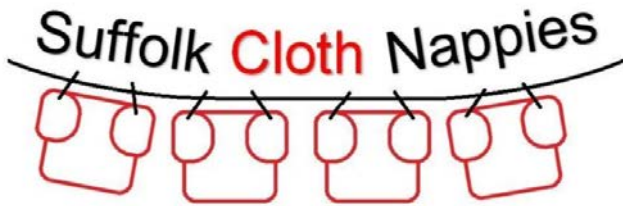
Suffolk Coastal District Council Planning
Policy and Delivery Team, East Suffolk
House, Station Road, Melton, Woodbridge,
IP12 1RT

Call us

Planning Policy and Delivery Team
01394 444557
01394 444567
01394 444558

Email us

Planning Policy and Delivery Team
suffolkcoastalllocalplan@eastssuffolk.gov.uk



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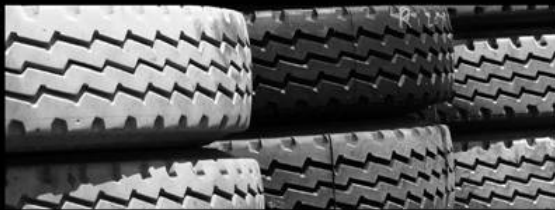
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What's on at Woodbridge Library...

THE LIBRARY WILL BE CLOSED ON BANK HOLIDAY MONDAY 27TH AUGUST.

This year's theme for the Summer Reading Challenge is "Mischievous Makers" to tie in with Beano's 80th anniversary year.

The Summer Reading Challenge takes place every year during the summer holidays. You can sign up at your local library, then read at least six library books of your choice to collect special stickers and other incentives along the way – all for FREE. There's a website to add to the fun too! You can explore a map of Beanotown to find the mysterious buried treasure and become ultimate mischief makers! Dennis, Gnasher and friends will help you solve clues and collect stickers, having lots of fun and adventures along the way!

Tuesday 7th August, 1pm – Browsers Bookshop presents a visit by author Peter Robinson

One of the true masters of British crime fiction, Peter Robinson will be in town to talk about the 25th novel in his best-selling DCI Banks series. Played by Stephen Tompkinson on TV, these books have been described as "undercutting the genre's familiarity...unsettling the reader".

Called 'Careless Love' his latest book recounts how Banks is caught between two cases. At first they seem unrelated - an apparent suicide of a university student in an abandoned car on the Yorkshire moors and a walker fallen to his death, discovered in a gully. As Banks and his team piece together the evidence, he also has to deal with the return of an old enemy.

If you came along to our lunchtime event with Jeffery Deaver last month, you won't want to miss this opportunity to meet Peter. Indeed Jeffery has

commended Peter's writing as "top-notch police procedure". This is a marvellous opportunity to learn more about the fascinating art of crime writing. Tickets are £20 each and include a copy of 'Careless Love' (RRP £20). Call Browsers on 01394 388890 to book your ticket.

Wednesday 1st – Friday 31st August – ArtLib – Waldringfield Art Group

The Waldringfield Art Group is a well-established group of twenty artists who paint in various mediums. Their classes are held at Waldringfield Village Hall but in July and August the group paints outdoors. It always has home-made cakes for its tea break!

Thursday 2nd August, 3-5pm - Do you need help with computers?

As part of his Duke of Edinburgh volunteering section, student Will D'Arcy will be available to help in Woodbridge Library with computer and tablet skills, e.g. email, documents, forms, printing, scanning, etc. There is no charge for this assistance and it's available on a drop-in basis.

More help with Information Technology is available on Monday and Thursday mornings

Learn how to use a library computer or your own laptop, tablet or smartphone. Free one-on-one hour long tuition. Book your session at the desk or call Woodbridge Library on 01394 446510.

Friday 3rd August, Friday 17th August & Friday 31st August, 10.30am- 12.30pm – Active Lives Singing Group

Come along and enjoy singing with others in this choir for older people.

Exercise and wellbeing classes in Rendlesham

(RCC) Community Centre (RPS) Primary School (JP) Jubilee Park (RM) Unit 1, Rendlesham Mews		
Tuesday	7pm	ZUMBA with Julie Chevous www.lemonfizzdance.co.uk T: 07917 145 300 £4 (RPS)
	7.30pm – 9.30pm	SELF DEFENCE with Paul Yates (RCC)
Thursday	1.30pm – 3pm	YOGA (RCC) RIW members only
	6.30pm – 8pm	GLOW , Diet & Fitness classes with Dawn Quantrill (RPS) T: 07836 539508 E: dawnquantrill@hotmail.com W: glow-fit.co.uk £27 for 4 weeks (includes free membership and member's pack)
Friday	10.30am—11.30am	Stroller Fit. Every Friday (RCC) Contact: leannethurston5678@gmail.com
	2pm—3pm 4pm—5pm	Chloe Kinrade Children's Dace Group every Friday. Starts 8 September (RCC) Contact: 07940469026

EVENTS *Notices* EVENTS

Harmonix
Entertainment



Presents



Harmonix
Entertainment



Presents

Loran Sheppard



Saturday 1st September - 8pm
Rendlesham Social Club

Rendlesham social club

7th July .. 80s / 90s Disco
4th August .. Kirk Ambassador
26th August .. Barbecue / Disco
1st September .. Loran Sheppard
6th October .. Harriet Snook
3rd November .. Laura Climpson
17th November .. Midnight Road
1st December .. Hayley kay
15th December .. Mat Barden / Christmas Draw

Bingo every Thursday night

imikimi.com

Rendlesham Independent Women

We are a group of friendly ladies who meet monthly to socialise and enjoy a variety of activities.

Meetings are held at Rendlesham Community Centre on the 3rd Tuesday of each month @ 7.30pm.

We have an active committee who welcome ideas from members.

The Beehive Nature, Norfolk

Our chosen charity for 2018.

Our plans for 2018 include:

- ❖ Jars of Clay
- ❖ Crafts
- ❖ Garden party
- ❖ Charity evening
- ❖ Talks on history, gardening and folk art

Plus lots more!

For more information, come along to one of our meetings, visit our Facebook page or contact Rachel on 07757259381.

EVENTS *Notices* EVENTS



Havergate Adventure

Saturday 18 to Monday 20 August 2018

Join the **RSPB Woodbridge Local Group** & bring your family to see what birds and other wildlife you can find on our guided tour taking you through saltmarsh, shingle and lagoons on Suffolk's only island.

Free binocular hire.

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Steve Everett

Tickets:

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Orford Quay hourly from 9.30am to 1.30pm. Tours last 2 hours & 40 minutes

Places are strictly limited to 12 per boat

To book please take a look at our website on

www.rspb.org.uk/havergateisland

For more information call 01394 450732

Visit www.rspb.org.uk/havergateisland
The Royal Society for the Protection of Birds (RSPB) is a registered charity.
England and Wales no. 207076, Scotland no. SC037654

Helping to give nature a home

Rendlesham Primary School is hosting an Schools Conference on **Tuesday 4th September 2018.**

Whilst we have advised all attendees to share cars, use minibuses and park considerately where possible - just to make you aware that there will be a lot of cars around the school area on that day.

Apologies for any inconvenience caused.

Thank you for your understanding

Rendlesham Primary School

GARDEN WASTE SCHEME

SIGN UP NOW

Garden waste collection in Suffolk Coastal is changing from

1 May 2018

You can sign up to the scheme at any time to receive collections for a whole year. It costs £43 for one bin for one year. You can also opt to receive a free bin upgrade (bigger bins, for those who want them, will be delivered in the autumn).

Sign up now:

- * Online at my.eastsuffolk.gov.uk/MyServices
- * By calling Customer Services on 01394 383789
- * In person at Woodbridge or Felixstowe Library



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Blue Badge issue?

www.suffolk.gov.uk/bluebadge

Social care?

www.suffolk.gov.uk/helpforadults

Contact me



alexander.nicoll@suffolk.gov.uk



07922 586303

facebook.com/AlexanderNicoll4Wickham

Rendlesham & District Over 60s Club 2018 Meeting Dates:

New members always welcome

13, 27 September
11, 25 October
8, 22 November
6 December

Rendlesham Community Centre,
10.30-12.30pm

Rendlesham Independent Women

No meeting in August
Rendlesham Community Centre

18 September—Charity Evening in aid of
The Beehive Charity

Mobile Library

Contact Suffolk County Council on

Email: help@suffolklibraries.co.uk

Telephone: 01473 584563

25 July, 22 August, 19 September
17 October, 14 November, 12 December

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



The Roman Catholic Parish of Woodbridge and Framlingham

Parish Priest: Fr Edmund Eggleston
Churches:

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

Mass times and contact details:

www.wfrcp.org.uk

**Solution
to the
Sudoku
challenge**

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

Post Office (Costcutters) opening hours

Monday to Friday 09:00-17:30
Saturday 09:00-12:30

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

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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

2018/2019 Suffolk School Term Dates

School Holidays	Starts	
Autumn Half Term Holidays	22 Oct 2018 (Mon)	26 Oct 2018 (Fri)
Christmas Holidays	20 Dec 2018 (Thu)	1 Jan 2019 (Tue)
Spring Half Term Holidays	18 Feb 2019 (Mon)	22 Feb 2019 (Fri)
Spring Holidays	8 Apr 2019 (Mon)	22 Apr 2019 (Mon)
Summer Half Term Holidays	27 May 2019 (Mon)	31 May 2019 (Fri)
Summer Holidays	25 Jul 2019 (Thu)	

Diary Dates - August 2018

Thurs	2	Bingo. Rendlesham Social Club, at 7.30pm.
Sat	4	Rendlesham Social Club Ambassador of Rock n Roll
Mon	6	Bumps & Babies, Community Centre, 10-11.30am
Thurs	9	Bingo. Rendlesham Social Club, at 7.30pm.
Mon	13	Bumps & Babies, Community Centre, 10-11.30am
Thurs	16	Bingo. Rendlesham Social Club, at 7.30pm.
Mon	20	Bumps & Babies, Community Centre, 10-11.30am
Wed	22	Mobile Library. Community Centre 9.50-10.45am and Friday Street 10.50-11am
Thurs	23	Bingo. Rendlesham Social Club, at 7.30pm.
Mon	27	BANK HOLIDAY
Thurs	30	Bingo. Rendlesham Social Club, at 7.30pm.

September 2018

Sat	1	Rendlesham Social Club Loren Sheppard
Mon	3	Bumps & Babies, Community Centre, 10-11.30am
Thurs	6	Bingo. Rendlesham Social Club, at 7.30pm. Senior Youth Group. 7-9.30pm. Community Centre.
Mon	10	Bumps & Babies, Community Centre, 10-11.30am
Tues	11	Junior Youth Group, 6-8pm. Community Centre
Wed	12	Senior Youth Group. 7-9.30pm. Community Centre.
Thurs	13	Over 60s Club. Community Centre. 10.30-12.30pm Bingo. Rendlesham Social Club, at 7.30pm. Senior Youth Group. 7-9.30pm. Community Centre.
Mon	17	Bumps & Babies, Community Centre, 10-11.30am
Tues	18	Junior Youth Group, 6-8pm. Community Centre Rendlesham Independent Women (RIW) Charity Evening in aid of The Beehive Charity
Wed	19	Senior Youth Group. 7-9.30pm. Community Centre. Mobile Library. Community Centre 9.50-10.45am and Friday Street 10.50-11am
Thurs	20	Bingo. Rendlesham Social Club, at 7.30pm. Senior Youth Group. 7-9.30pm. Community Centre.
Mon	24	Bumps & Babies, Community Centre, 10-11.30am

Table Tennis

Rendlesham Community Centre



£7 per hour

To book:
01394 460005

Email:
rendlesham.commcentre@gmail.com

Tennis

Jubilee Park



£5 per hour

To book:
01394 420207

Email:
rendlesham.commcentre@gmail.com

Rendlesham Directory

Wickham Market Doctors Surgery	01728 747101
Acer Road Pharmacy 6 Acer Road, IP12 2GA	01394 460548
District Councillor Michael Bond	01394 388611
County Councillor Alexander Nicoll	07747 698787
Gas Emergency	(0800)111 999
Woodbridge Safer Neighbourhood Team	01473 613500
Rendlesham Primary School Head: Debbie Thomas	01394 462190
Eyke CEVC Primary School Head: Lucy Fairweather	01394 460328
Rendlesham Parish Church Revd: Janice Leaver	01394 460547
Farlingaye High School Head: Dr Sievwright	01394 385720
Woodbridge Library	01394 446510
Parish Council Mrs Heelis, Parish Clerk	01394 420207
Police (non-emergency)	101
RIW: Sue Miller	01394 421340
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:	
Sudbourne & Tunstall Baptist Church: Revd Dave Rushbrook	01394 809691
Rendlesham Children's Centre Leader: Carolyn LeMay	01394 462191
Rendlesham Community Centre	01394 460005
Rendlesham Care Home	01394 461 630
Maharishi Peace Palace	01394 421136
Over 60s Pauline Harrow	01394 421470

Tues 25 Junior Youth Group, 6-8pm. Community Centre

CREATING ROOMS FROM CONSERVATORIES



A large number of people who have fitted the insulated warm roof systems have originally come to see us to change their deteriorating polycarbonate roof for glass. They then find out about warm roof systems and upgrade to these instead, it was not a roof they gained it was a room!

“it’s not a roof you’re getting – it’s a room”

This is a highly insulated roof system that fits on top of your existing conservatory. With a solid, tiled roof on the exterior, plastered with lighting on the interior you are transforming the conservatory into a room. A very bright room, one that you can use all year round.

Although the investment is considerably less than an extension you are effectively creating an additional reception room in your house. If you enjoy your conservatory sitting back looking up at the sky or seeing the stars at night there is always an options of adding a lantern roof. Our show room has a number of examples, please feel free to come and have a look. Our customers welcome the fact that they are not sold to, we are happy to explain the different options and show you what they look like.

For more details you can visit Colourchange UPVC's website www.colourchangeupvc.co.uk or contact Daryl on **01394 420774**



Business owner
Daryl Collins



Base Business Park, Unit D4, Rendlesham, Suffolk IP12 2TZ

01394 420 774 | enquiries@colourchangeupvc.co.uk | www.colourchangeupvc.co.uk



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.

