



Rendlesham

Parish Newsletter

www.rendlesham.suffolk.gov.uk

Issue 92



Photography by Darren Harbar

October, 2018

Alien sightings confirmed in Rendlesham!

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Photos: Donated

We have just been reading with great interest your article on the front page of this month's parish newsletter and thought we would share some info. On the evening of 18th August 2018, there were several alien sightings...they came in peace, to communicate with the earthlings and to sample local food and drink. They decided they like planet Earth and even posed for some pictures!

More photos on Page 9

September Deadline 10 September

admin@rendleshampc.org.uk
01394 420207

Rendlesham Fireworks 2018

Sunday 4 November

Jubilee Park, IP12 2GT

www.rendlesham.suffolk.gov.uk

2.30—7.30pm Funfair & Food

Fireworks 6.30pm FREE ENTRY

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



@ RendleshamPC

Rendlesham Parish Newsletter

CONTACT

EDITOR - Parish Clerk
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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
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Whole Page	£78.50	£196.25	£314.00	£470.00



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 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
 Website: www.daseastsuffolk.org.uk

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

Bob Leaver 1951-2018

Thank you all so much, all of you who came to Bob's funeral on 16th August at St. Felix' Church in Rendlesham. He would be chuffed that so many people came to bid him farewell. Thank you to the Revds. David Murdoch and Ruth Hatchett for leading the service, and Rachel Parsons for musical direction. It was great to have band members, who have played and sung at St. Felix' in the past, reunited for the occasion.

Thank you, too, for the donations for St. Elizabeth Hospice, where Bob spent his last week. They amounted to nearly £600



Photo: Donated

towards providing excellent care for patients and their families at a very dark and difficult time.

Thank you to everyone who did so much to lift Bob's spirits – visits, cards, gifts – all that you did is so much appreciated by all Bob's family.

Every blessing, Janice Leaver

Remember, Remember Sunday 4th (not 5th!) of November

After the amazing success of last years' Rendlesham Fireworks Display and seeing how well it brought the community and families together, Rendlesham Parish Council are pleased to be hosting its second Rendlesham fireworks display!

Wrap up warm and head over to Jubilee Park from 3pm on Sunday 4th November to enjoy the fabulous funfair food and fireworks.

Food will be provided by The Wandering Grill, T'n'Toasties and Rendlesham Scouts, between them offering a variety of hot and cold food, beverages and a selection of sweet treats. All at reasonable prices.

Glowsticks will be on sale during the event ensuring we can all be seen in the dark.

Kimbolton Fireworks will be returning to deliver another spectacular fireworks display and the FunFair will be providing the Amusements.

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

Rendlesham Parish Council would like to thank the following organisations and local businesses for their help and support towards making this event a

great success.

Pooley Removals & Storage for kindly donating their time and resources to transport equipment and for their sponsorship.

- Congo Rapids Adventure Golf, Ufford Park, for kindly donating the volunteers' prize.
- Bentwaters Coldwater Museum for kindly donating the fencing.
- Bentwaters Parks and Sarah Brown for kindly donating the entrance lighting and generators.
- EA-CAT for providing man power, event experience and expertise in health and safety and marshalling.

Falcon Fire & Rescue for providing professional fire, safety and medial cover.

If you require further details on this event, please contact Rendlesham Parish Council.

01394 420207. E:

admin@rendleshampc.org.uk

Please note that due to Health and Safety requirements, on the night we must enforce a NO SPARKLER policy in Jubilee Park. So please enjoy your sparklers at home before or after the event to help us to keep the crowd safe!

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

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.

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
5 November 2018, 7.15pm
Rendlesham Community Centre
15 minute public session

2018 Parish Council Meetings

Full Council — 5 November 2018

Youth Group Charity Committee— tbc*
 Jubilee Park Committee— 18 October*
 Finance & Asset Committee— 11 October*
 Planning Committee— 8 October*

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

Parish office

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

Office opening hours:

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

Minutes of meetings:

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

Parish Council News

Can You Help a Child In Need this Christmas?



Once again this year, Rendlesham Parish Council are taking part in Operation Christmas Child, the world's largest children's Christmas project, run by the Christian relief and development organisation Samaritan's Purse.

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

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

We would really love the community of Rendlesham to get involved again this year by joining the Operation Christmas Child campaign and bringing a smile to the face of a child through a shoebox bursting with joy. Getting involved is as easy as 1-2-3 everything you need to know is on the leaflet inside this month's edition and once your shoebox is ready you can drop it off at St Felix Church, Walnut Tree Avenue, Rendlesham.

Thanks to the kindness and generosity of the people of Rendlesham we collected over 70 boxes last year,

Before the ink is dry on the final figure raised for the 2018 show, a date has already been set for the first planning meeting for the 2019 show...

The Rendlesham Show

8th June 2019

**First Planning Meeting
Tuesday 2nd October 7:30 p.m.
at the Jubilee Park pavilion**

Please do consider coming along. Bring your ideas and suggestions, let us know if you are willing to be part of the planning team.

We only have one meeting this year and one per month January – May to plan the greatest of shows.

VACANCY

For an

ADMINISTRATION ASSISTANT

4 hours per week
£8.52ph

The job involves general administration, dealing with enquiries from the public by phone, email and in person.

Deadline for applications

Wednesday 10 October 2018

Interviews will take place on Monday 15 October 2018

To request an application pack or for further information please contact the Parish Clerk on 01394 420207 or email admin@rendleshampc.org.uk

The Parish Council is an equal opportunities employer

which is absolutely fantastic, let's see if we can do just as well this year!

The closing date for boxes to be dropped off is **Sunday, 18 November 2018.**

Should you have any queries or require any further information or extra leaflets, please do not hesitate to contact us at the Parish Office

Between meetings someone has to organise the Grand Draw, book the attractions, pitches, refreshments, do the advertising etc. As the show gets bigger each year, it is essential to have more willing hands to help with both the planning and on the day.

You don't have to have any previous knowledge to help, we work together as a team – and have fun doing it!

We're proud to have set a very high standard for the show but need more public-spirited enthusiasts to join us – please!

If you'd like to know more before the meeting please contact the Parish Office or email carole.brason@uwclub.net

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 October

Sun 7th Oct: 10:30am - Sudbourne / 6:30pm - Tunstall

Sun 14th Oct: 10:30am - Tunstall / 6:30pm - Sudbourne

Sun 21st Oct: 10:30am - Sudbourne / 6:30pm - Tunstall

Sun 28th Oct: 10:30am & 1:30pm - Tunstall

COFFEE, CRAFT & CHAT at Tunstall Baptist Church:

Wednesday 10th & 24th Oct: 9:30 am - 11:30 am

Thursday 25th Oct: 7:30pm - 9:30pm

TOTS & TODDLERS at Tunstall Baptist Church:

9:30 am - 11:30 am every Wednesday (for pre-school children)

FRIDAY CLUB (5-11yr olds) 6:15 pm - 7:15 pm

& YOUTH GROUP (11 yrs +) 8 pm - 9:30 pm

At Sudbourne Baptist Church - Every Friday during term time

Minister: Pastor Dave Rushbrook

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

Sudbourne Baptist Church:

School Road, Sudbourne, Suffolk, IP12 2BE

Tunstall Baptist Church:

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

www.stbaptist.co.uk

Opening the BIBLE
Getting to know JESUS



**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,

Growing old (dis)gracefully?

By the time you read this I will have celebrated my 60th birthday. The years seem to have gone by quickly but I am thankful for a very happy and fulfilling family life, and for being able to live out the calling from God, which I felt from early childhood, for the last thirty-five years. Of course, like all of us, I also have regrets, things I wish I had done differently, as well as on-going concerns, but I am confident that God loves, forgives and guides us.

Life expectancy has increased in developed countries and most of us can hope for many years of retirement. In my calling, I am aware that death can come prematurely, sometimes tragically so, with all the pain that involves for the bereaved. We do well to remember that in many parts of the world life can be much more precarious.

I sometimes wonder if we have focused too much on quantity and not enough on quality of life. Our pressured NHS is a victim of its own success! Extreme old age can bring many pains and limitations and, in one of the richest countries in the

world, it concerns me that we seem to be unable or unwilling to provide the care which elderly people need in the community. I am personally aware of how difficult this can be, having 89-year-old father 300 miles away, who is now in residential care. Our culture seems to value youth and beauty. I understand that some other cultures show greater respect and care for the elderly, even if it was somewhat sobering when our son's Thai girlfriend told us that she shows so much care to Christine and me because we are old!

Two of my favourite older Biblical characters are Simeon and Anna – Luke 2, 25-38 – who had spent many years seeking God prayerfully and being guided by the Holy Spirit. Thus, they were able to recognise Jesus as the infant Messiah when he came to the Temple, and Simeon to utter what we call the Nunc Dimittis, said or sung at Evening Prayer and Compline, and having many beautiful musical settings.

May God help us grow in wisdom throughout our lives.

Your friend and Team Rector, David

DATE OCTOBER 2018	Rendlesham St Felix	Rendlesham St Gregory	Bromeswell	Eyke	Wantis- den
7th Oct Trinity 19	11.00 Family Service – Mr M Knapp		11.00 Holy Eucharist – Rev J Andrews	9.00 Harvest Holy Eucharist - Rev J Andrews	3.00pm Harvest Festival - Rev D Murdoch
14th Oct Trinity 20	11.00 Holy Eucharist – Canon D Parmenter	9.00 Holy Eucharist – Canon D Parmenter	9.00 Morning Praise – Mr S Nicholls		
21st Oct Trinity 21	11@church - Mr M Knapp		9.00 Holy Eucharist – Rev J Andrews	9.00 Morning Praise -Mr M Knapp	
28th Oct Last Sunday of Trinity or Saints Simon & Jude Apostles	11.00 Holy Eucharist – Rev J Andrews	9.00 Morning Praise – Mr M Knapp 6.30pm Taize Service- Mrs J Bishop	11.00 Morning Praise- Mr R Jordan		
4th Nov All Saints Sunday	11.00 Family Service- Mr M Knapp		11.00 Holy Eucharist – Rev J Andrews	9.00 Holy Eucharist – Rev J Andrews	

NB Canon Pauline Stentiford will conduct the Wednesday 10.00am Eucharist at St Felix Rendlesham on the first Wednesday of each month.

A Vicious Circle

Dear Readers

After a lovely long hot summer a new season brings new challenges and decisions along the way. Hopefully you'll have exciting and pleasant ones to share with your families. Thank you for your support

People often have "things" on their mind,
"Things" they don't talk about
And yet "things" that cause turmoil
And self-destruction!

Thoughts which are tossed and turned
Inside and outside,
This way and that,
The "wonders" and "what if's"?!!!

If people could express their inner selves
And be heard,
Others would say that it was shared,
And things will be better,
But are they?! What's it all worth?

What is the fear of the unknown?

The "Shall I?" or "should I?"

The "Can I?" or "could I?"

People just don't know!!!...

And so.....

They end up,
With "things"...
on their mind!

By Angela Robinson

Poemsforfun05@gmail.com



 **Woodbridge**
CAMERA CLUB

The Meeting Room at Woodbridge
Quay Church.
Quay St. Woodbridge
IP12 1BX

Tripod Competition
Tuesday October 16th
7:15 for 7:30 Start



The annual three way competition 'The Tripod Trophy' between Wickham Market, Woodbridge and Framlingham.
Judge Frank Blyth.
Refreshments and Raffle

Visitors Admission £3 www.woodbridgecameraclub.co.uk  "Like" us on Facebook

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

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THE SALON EXPERIENCE WITHOUT THE PRICE

Alien sightings confirmed in Rendlesham!

Continued from the front page



Photos: Donated

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FREEPHONE 0800 6446103

EMAIL: INFO@GFSTONEWORKS.CO.UK

WWW.GFSTONEWORKS.CO.UK

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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!



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e: info@snapehire.co.uk

01728 688241

www.snapehire.co.uk

Greener Rendlesham Needs You!



For over 5 years, Greener Rendlesham (previously known as Transition Rendlesham) have been putting on a wide variety of events. These include:

- building raised beds so that people can grow their own fruit and veg;

- “Grow Your Own” talks;
- visits to the Biodigester, Maple Farm and the Recycling Centre;
- “Picnics in the Park” with music;
- environmental films;
- campaigning against single use plastics;
- shared meals;
- celebrating “Earth Hour”;
- litter picks;
- book review and
- presentations on climate change.

However, due to a variety of changing circumstances, the numbers on the organising team has dropped. There is now a limit to what we can achieve unless there is an input of new blood. Can you give a bit of time and energy to further develop Greener Rendlesham? If so, please contact us, by Wednesday 17th October, using email or phone: greener.rendlesham@uwclub.net Bryan on 01394 460074

1st Rendlesham Rainbows

1st Rendlesham Rainbows, runs on a Monday evening from 6-7pm at St Felix Church in Rendlesham and currently has spaces available.

Rainbows is a part of GirlGuiding UK and is for girls aged 5-7 years old. Sessions vary each week, and cover various activities and occasional trips, but every week all of our girls have a splendid time! The GirlGuiding programme is changing, so Rainbows can now work towards various badges, including badges in First Aid, Animal Lover and Storytelling. They can then carry this on through their GirlGuiding journey.

If you are interested in having your daughter join, or would like more information please contact me on 07708 738358 or 01394 410254 or go to the GirlGuiding website and register your interest.

Alex Foulger
1st Rendlesham Rainbows Leader.

Silver Sunday

“Silver Sunday is an annual day of fun and free activities for older people across the UK. Led by The Sir Simon Milton Foundation, it celebrates the value and knowledge they contribute to our communities while combating loneliness and isolation. Everyone can get involved, whether that’s organising an event, spreading the word, or simply attending an activity”.

This year “Silver Sunday” is on Sunday 7th October and details about the day, organising events and advertising them via a map, posters etc. is available at:

<https://silversunday.org.uk/>

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ASTRONOMERS WEEK AT HAW WOOD FARM

4th—11th October 2018 Astronomers Week

This year will see a dedicated week for several local astronomical societies to enjoy the dark skies at Haw Wood Farm.

Haw Wood Farm has been named a 'Dark Sky Discovery Site' due to its unusual lack of light pollution.

They have naked eye visibility 5.73, averted 5.99 and a best SQM reading of 21.75.

Very few areas of the UK have this award which makes us the perfect place to combine a weekend break with some top quality star gazing.

Haw Wood Farm welcomes both visual astronomers and imagers but we will try to keep the two in different areas of the site to avoid any issues with light pollution .

The site will be bookable by phone or email only so we know everyone is aware and part of the event.

October 12th and 13th 2018 Outreach Star Party

This year at Haw Wood Farm we are hosting an exciting Outreach Star Party. This is aimed at all

budding astronomers and those who would like to spend a few nights learning about the night sky while enjoying a relaxed weekend camping. We will have astronomy based crafts, quizzes, talks, slide shows and an Introduction to the Night Sky led by David Murton of the Orwell Astronomical Society.

This is an ideal family adventure for young and older children to enjoy.

The Orwell astronomical society will be hosting our tour of the Night Sky and will also be available for guests without telescopes to view through their collection of magnificent scopes.

The Star Parties are a gathering of both expert astronomers, those with an interest in learning a little more and those who simply want to sit back and gaze at the beauty of the night sky.

Because of the nature of the event all lighting on the park will be down to a minimum level or off altogether. We ask anyone participating in this weekend to be aware that to observe the stars at their best ,bright lights and torches should be avoided around the observation area.

Pitches can be booked in the usual way online. See website for full details <http://www.hawwoodfarm.co.uk>

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

- **STORAGE**
Our wooden containerised storage warehouse at Bentwaters Park is the perfect way to store, whether it be short term or long term. All items are packed away by us with a full inventory of effects and condition.
- **COMMERCIAL STORAGE**
Our commercial storage can be in wooden containers or we also offer palletised storage for commercial goods, where we charge per pallet per week, it really is that simple. We have a large mobile container ramp allowing us to load and unload shipping containers at our warehouse, either by hand or by forklift. If you require a large area, we can charge per square feet.
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Launch of the Rendlesham 'Clean Sweep' campaign

NOBODY who watched David Attenborough's brilliant Blue Planet series can fail to have been moved by the plight of so much of the world's marine life at the hand of mankind - seabirds, dolphins, seals and whales with plastic attached to their extremities, fish that have digested plastic bags, which then finds its way back into the food chain. None of us know the long-term impact it will have on our health, but we all understand that it cannot be good for any of us to eat a fish that has digested plastic.

In the days after the series was screened many of us spoke about how horrified we were - most especially because what is being done to these magnificent creatures is entirely preventable. Thousands of tons of plastic rubbish is being thrown into the world's oceans. While vast quantities of the material is eaten by sea creatures, or causing them to die in agony, much of it is washed up on our beaches creating the most dreadful eyesores. And those of us who take our families to the beach are appalled by what we find there - bottles, bags, cigarette ends, cans, crisp packets, takeaway cartons.

Does any of this sound familiar?

We all live in Rendlesham, a beautiful rural community surrounded by gorgeous countryside. Jubilee Park is magnificent, a well-kept area where our children can play football or basketball or where so many of us can walk our dogs or exercise. There are plenty of litter and dog bins around the perimeter.

Or what about the shopping area? The general store, the hairdresser, the vet, the Chinese takeaway and The Boardwalk Cafe, where the owners are taking extraordinary steps to create something the community can be proud of. As householders we all take pride in our gardens, keeping the grass short, tending to plants and flowers.

And yet...nobody who lives in this community can fail to have been taken aback by the rubbish that is routinely discarded, most especially close to the general store and in the bushes nearby. Bottles, bags, cigarette ends, cans, crisp packets, takeaway cartons.

So what is the solution? Do we turn the other way and hope that somebody else will come along and pick it all up? When we see rubbish being discarded, do we challenge the culprits? We should do - dropping litter is a criminal offence. And just as bottles, bags, cigarette ends, cans, crisp packets and takeaway cartons do not degrade in the world's oceans, neither will they break down if left in a bush, on a path or in the gutter.

Dog owners now pick up after their animals without a second thought. So why is it that so many people still believe it is acceptable to throw a beer bottle into a hedge? Why do our children throw crisp and sweet packets on the ground? And why do so many smokers toss cigarette ends out of car windows or drop their discarded cigarettes on the pavement. Litter bins are located around Rendlesham for a reason and it is up to us to use them and to encourage others to do so too.

We believe that everybody who lives in Rendlesham has a responsibility to keep the area clean. Too many of us have turned a blind eye to the litter problem for too long and that is why we are launching "The Rendlesham Clean Sweep", a concerted campaign to get litter off our streets and into litter bins. As you walk around the village you will be aware of signs asking you to either take your litter home or to put it in the nearest bin. Please take note of these signs and act upon them.

We want to put the village on the map for the right reasons, and we hope that you will help us to do so.

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Just send an e-mail to: admin@rendleshampc.org.uk And put ENEWS in the subject box

'Like' our Facebook page Rendlesham Parish Council



1st Rendlesham Scouts

1st Rendlesham Scouts New Section – Explorers (14-18 Years)

The first activity for our newly formed Explorers section was to attend Theme Park Camp which took place at Polyapes Scout Campsite in Surrey. Arriving on Friday evening and having set up camp the entertainment began with a UV Disco, giant outdoor games and a campfire to start the weekend fun. On Saturday shuttle buses took all 480+ Explorers, Network Scouts & Leaders to Thorpe Park bright and early to get a full day on rides such as Derren Brown's Ghost Train, SWARM, SAW, Stealth (which goes 0-80mph in 2.3 seconds at heights of up to 60m), Tidal Wave, Nemesis: Inferno, Colossus (the UK's only 10 loop rollercoaster) while the leaders braved the dodgems!



After the shuttle bus back and their evening meal Saturday Night the campsite hosted a giant "Movies" themed disco, inflatable games, pop up caravan photo booth, BBQ & campfire before bed. Sunday morning was breakfast, strike camp & games before heading for home exhausted but having had a fantastic weekend of fun & laughter.

Membership

We are currently looking for young people (both boys & girls) aged 14-18 to join our new Explorers section, please contact Clare Barstow (Explorer Scout Leader) on 07790 036553 or explorers@rendleshamscouts.org.uk for details.



Photos: Donated

We are always happy to hear from any young person wishing to join 1st Rendlesham, Beavers, Cubs & Scouts all currently have a waiting list and we are particularly interested in hearing from any adults who might be willing to volunteer any amount of time to help with the running of any section to help us get more of these young people into a section & enjoying Scouts. Please contact Keith Gleen (Acting GSL) info@rendleshamscouts.org.uk for more information on young people joining the group or volunteering.



Film Feast Suffolk

Friday 5th to Sunday 7th October The Riverside Theatre, Woodbridge

Film Feast Suffolk will showcase feature films, documentaries and short films from around the world on the subject of food and drink.

Screenings will take place at The Riverside Theatre and various pop-up venues around Woodbridge including The Fire Station, Honey & Harvey and The Tea Hut. At the end of each day culinary delights from the evening screening will be recreated in the partner restaurants - The Riverside, The Table and The Galley.

The festival patrons are multi-award winning British film director, Mike Leigh, food writer and TV presenter, Ruth Watson, and local farmer and TV personality, Jimmy Doherty.

Film screenings include Big Night, Tampopo, Babette's Feast, Sour Grapes, Sideways, Jaws, Wasted! The Story of Food Waste, Coffee and Cigarettes, Pulp Fiction and Julie and Julia.

As well as film screenings throughout the weekend,

there will be a food-for thought panel discussion on tackling food waste in the region and a baking demonstration from award winning baker, David Wright, of The Cake Shop.

Film Feast Suffolk will bring the community together through a mutual love of food, film and drink while at the same time celebrating all the amazing local food and drink businesses in our area. Where possible, all ingredients used in the meals prepared for the film tie-ins will be sourced locally.

filmfeastsuffolk@gmail.com

tel:01394 382174



Photos: thesuffolkcoast.co.uk



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Suffolk Constabulary announces its blueprint for the future of community policing

Suffolk Constabulary is looking to increase the number of police constables in its Safer Neighbourhood Teams to 159 – an increase of 97 PCs compared to the current structure which has 62. There will also be an extra seven sergeants put into SNTs.

This would be part of a transition which would see 81 full-time equivalent Police Community Support Officer posts being put at risk of redundancy as we seek to reduce the number to 48 FTEs.

Although the current number of PCSOs is 81 FTEs the budgeted number is 107. However, to keep the number of PCSOs at risk of redundancy to a minimum, posts which have become vacant since 2017 have not been filled.

27 PCSOs will work in a new link officer role – they will work with partner agencies in problem-solving initiatives.

Three schools’ PCSOs will remain, as we are aiming to provide 18 match-funded and full-funded PCSOs (match funded allows an organisation or business association to split the cost of a PCSO with the constabulary).

The remaining police officers being moved to SNTs will come from a restructuring in other areas.

The increase of 97 PCs and seven sergeants will allow for better flexibility of workforce and increased capability to deal with peaks in demand (i.e. major incidents, events terrorism).

Police officers have warranted powers/ability to investigate crime/deal with disorder.

There will be improvements to investigative structure with more localised investigation.

Safer Neighbourhood Teams work closely with partner agencies to address the issues identified as priorities by the local community. The number of SNTs will remain the same at 18.

Three Neighbourhood Partnership Teams will conduct preventative work and forge close links with partners by being locally-focused.

A Serious Crime Disruption team will widen its focus to address high threat and harm issues including sexual violence, exploitation and the supply of controlled drugs.

Suffolk Constabulary www.suffolk.police.uk



October Events at the Boardwalk

Thursday 4th October

8.30pm Elvis Evening.
Tickets on sale now.

Thursday 11th October

8-11pm Mr Tim
Saxophone player + Gin Evening

Saturday 13th October

8.30pm Cookie's Karaoke

Tuesday 16th October

Quiz. Teams of 6 people.
£2 each + Cash Prizes

Friday 19th October

Karaoke

Half Term

Thursday 25th

'Slime' Making £4

Friday 26th

Arts, Crafts, Paintspinning etc
12-1pm £4

Saturday 27th

Halloween Disco/Party
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Wednesday 31st

6.30pm Halloween Magic Show
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Community

In last month's newsletter we talked about the benefits of composting and in particular whether a communal composting scheme could be viable for us here in Rendlesham. At the time of writing this, the Parish Council are awaiting to see if any volunteers come forward to assess the viability of such a scheme. However, that aside the option of composting is not limited to a communal scheme and is something that can be achieved in most homes. Whilst I considered putting together a useful guide it was clear that I would be unable to do justice on what guides already exists. Having spoken to the Royal Horticultural Society, they were happy that we include their own guide within our newsletter which I hope you all enjoy and maybe even become inspired to do in your home.

Composting

Home composting is the most environmentally-friendly way of dealing with kitchen and garden waste, plus it produces compost that can be used as an excellent soil improver.

Suitable for...

Composting is useful in all gardens. Only in the very smallest gardens will it be difficult to find space for a compost heap and material to fill it. Owners of such small plots could consider worm composting instead. Although councils offer green waste collections, the RHS encourages home composting because it does not involve heavy transport, with its associated environmental costs. When to compost Composting is done all year, as and when suitable materials are generated in the garden or home. However late summer to early winter is the peak time for making compost.

How to compost

The site and container

It is important that the site is not subjected to extremes of temperature and moisture, as the micro-organisms (bacteria and fungi) that convert the waste to compost work best in constant conditions. Position the bin in light shade or shade; it is often more convenient to use a shady area of the garden. An earth base allows drainage and access to soil organisms, but if you have to compost on a hard surface, then add a spadeful of soil to the compost bin.

Bins retain some warmth and moisture and make better compost more quickly, but even an open heap (not enclosed in a bin) will compost eventually. Any of the compost bins on the market should produce compost as long as they exclude rain, retain some warmth, allow drainage and let in air.

Bins less than 1 cubic m (1.3 cubic yd) in size are much less effective than larger ones.

Getting the right balance of composting materials

- Aim for between 25 and 50 percent soft green materials (e.g. grass clippings, annual weeds, vegetable kitchen waste, or manure) to feed the micro-organisms
- The remainder should be woody brown material (e.g. prunings, wood chippings, paper, cardboard, straw or dead leaves)

The bacteria and micro-organisms that produce the compost function best when the balance of green and brown materials is correct.

Avoid letting any one material dominate the heap - especially grass clippings, as these can become a slimy, smelly mess on their own.

The logo for Greenfuture ENERGY features the word "Greenfuture" in a large, bold, green sans-serif font. A small green leaf icon is positioned above the letter 'G'. Below "Greenfuture", the word "ENERGY" is written in a smaller, all-caps, green sans-serif font with wide letter spacing.

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Composting

Kitchen waste and grass clippings are best mixed with brown woody material, as they tend to be wet and easily compacted, excluding air.

Some common composting materials

- **Green:** Grass clippings; soft, leafy plants including annual weeds; fruit and vegetables, uncooked kitchen waste; selected pet waste/ bedding
- **Brown:** prunings and hedge trimmings (ideally shredded), woodchip, leaves, paper and card (torn up or shredded), straw, plant stems
- **Accelerators and activators:** Products such as 'Garotta' are sometimes added where green waste is in short supply. They contain high levels of nitrogen (a nutrient found in green waste), but should not be necessary if green waste is plentiful. It is also possible to purchase activators containing carbon (a nutrient found in brown woody waste); these are aimed at composting grass clippings or other green waste where there is insufficient brown waste
- **Lime:** People sometimes think you need to add lime to the compost heap, but there is no need to do so

Turning the heap

Turning the heap adds air; air is necessary for composting to occur. If the heap is too wet or becomes compacted, then the composting process is slower as less air is available.

Ideally, place a lot of composting materials on the heap in one go, and turn it periodically (perhaps every month) to introduce air. Failure to turn the heap is probably the main cause of poor results. Many gardeners are unable to fill the heap in one go, as they accumulate waste gradually. Because of this, home-made compost is seldom as perfect as municipal compost, but it is still effective. Remember to keep the heap moist in dry weather – turning will give you an opportunity to assess the moisture level.

When is the compost ready?

Garden compost can take between six months and two years to reach maturity. Mature compost will be dark brown, with a crumbly soil-like texture and a smell resembling damp woodland.

It is unlikely that all the material in the heap will be like this, but any remaining un-rotted material can be added to the next batch of composting materials.



Problems

Sometimes the results of composting are not as expected.

- **Wet, slimy and strong-smelling compost:** Too little air and too much water are often to blame. Cover the heap to protect against rain and add more brown waste, such as chopped woody material, shredded woodchip, straw or paper.
- **Dry and fibrous with little rotting:** Usually caused by too little moisture and too much brown material. Add more green waste, or try a commercial activator or accelerator such as 'Garotta'. Alternatively, add fresh manure at one bucket for every 15cm (6in) layer of compost, fish, blood and bone fertiliser at 270g (9oz) per 15cm (6in) layer of compost, or sulphate of ammonia fertiliser at 140g (5oz) per 15cm (6in) layer of compost.
- **Flies:** Well-run compost bins don't produce swarms of flies, but if you do see these, then make sure you cover kitchen waste with garden waste after adding it to the heap and check that moisture levels are not too high, causing insufficient air in the heap.

For more information please visit www.rhs.org.uk

You can also find on the site full information of the benefits in becoming an RHS member which includes, unlimited days in their garden, exclusion access to shows and expert advice and lest not forget helping to support a beautiful Britain.

Photo: RHS

Cornucopia 2018 15 September—7 October

Cornucopia is a three week seasonal celebration that brings together artisan crafts with seasonal foods, rural writing and the visual arts – all within a working farmed landscape

Cornucopia takes place at White House Farm, Great Glemham in the beautiful Upper Alde Valley. It is managed as an Open Farm event, with free parking at the farm and a series of Farm Nature Walks that provide information about wildlife and landscape conservation projects. These are managed with support and advice from Natural England, Suffolk Wildlife Trust, the Woodland Trust and the Environment Agency.

Families and children are welcome – but visitors are asked not to bring pet dogs, please. White House Farm is part of Great Glemham Farms partnership and also a working sheep farm with livestock in the fields.

The Cornucopia programme is a seasonal project managed by The Alde Valley Spring Festival and

White House Farm.

**Opening Times : Weekends 10am – 6pm;
Monday – Friday 10am – 6pm**

Main Events : Artisan Open Studios, Art Shows, Farm Suppers, Hedge Quarters Tea Rooms, Writing Residencies, Pop Up Shop

enquiries@aldevalleyspringfestival.co.uk
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<https://www.thesuffolkcoast.co.uk/things-to-do/events/cornucopia-2018>



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What's on at Woodbridge Library...



Tuesday 18 September @ 12.45pm **A reading of Edward FitzGerald's *The Rubaiyat of Omar Khayyam***

Most people know that a Woodbridge Society blue plaque on a house in Pyches Road bears the name of Edward FitzGerald and that the initials EFG are carved on a stone high up on a house on Market Hill. But why is FitzGerald one of Woodbridge's most historically famous residents?

The answer can be found at the Library on **Tuesday 18 September** when Charles Mugleston will introduce and then read FitzGerald's poem *The Rubaiyat of Omar Khayyam*. The reading will begin at **12.45pm** so come and spend a very different lunchtime in the presence of a piece of world-famous poetry. **Entry is free.**

FitzGerald was born in Bredfield in 1809. He studied at Trinity College, Cambridge and was then fortunate enough to inherit wealth sufficient to enable him to live a quiet life focused on literature. He was introduced to some ancient Persian poetry in the 1850s which he translated and published as *The Rubaiyat of Omar Khayyam*. Gradually the poem became famous, so much so that it is the one work by which FitzGerald is now known throughout the world.

Charles Mugleston was born in Ipswich in 1954. His interest in drama was kindled at school and through local dramatic and operatic societies. He has had a professional career on the stage giving re-creations of Charles Dickens' public readings. In 2009 he formed the Omar Khayyam Theatre Company.

Looking ahead.....

Wednesday 17 October @ 7pm **Fashion Show by Parkside Shops in the Library**

This will be FOWL's first Fashion Show and an unique opportunity to view autumn and winter fashions from several of the Thoroughfare's best-known names. Ladies fashions will be shown by Holly Blue Boutique, Laura Jane, Ninni Noo Boutique and Sweet Dreams. Male fashions will be presented by a new name to the shopping centre:

Carbon Male.

Book the date in your diary now: this is an important event in Woodbridge's retail calendar as well as being an important fundraiser for FOWL. Doors will open at 7pm. Your ticket - price £8 from the Library or any of the five participating shops - includes a welcome drink. You will have the opportunity to browse displays from other retailers before the show begins and during the interval there will be a raffle with some great prizes to be won.

Why libraries are about so much more than books

In a recent Guardian article the journalist Nikesh Shukla bemoaned the apparent necessity for the artist Banksy to come up with funding to save libraries in Bristol. He went on to say, "Libraries change lives. They are more than just big rooms with stacks of dusty books and a librarian shushing people. (I have never been shushed in a library. I have no idea where this stereotype came from.) Libraries provide so much to communities, from information and support, to free access to the internet, to entire worlds and universes contained in said dusty books. They are communal spaces and offer a basic level of support, community and knowledge that we should all have access to." Aren't we fortunate in Woodbridge that we have a library where the books aren't dusty and the librarians are so community-minded? Let's keep it that way! Please don't forget to write your comments about our Library in the book near the entrance or on a comments card at the service desk. These are important pieces of evidence of the value of our Library to the town.

CONTACT POINTS

Library: 01394 446510
E: woodbridge.library@suffolklibraries.co.uk
Friends email:
friendsofwoodbridgelibrary@gmail.com
Websites: www.suffolklibraries.co.uk/branches/
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The Gondoliers

Tue 23 - Sat 27 Oct 2018 19:30 to 22:00

Sat 27 Oct 2018 14:30 to 17:00

Seckford Theatre, Woodbridge

In Venice lived two brothers, Marco and Giuseppe. They are happy being Gondoliers, until one day an imposing stranger announces they are not in fact brothers, but that one of them is the only son and heir of the late King of Barataria. Precisely which is the King and the Gondolier is unfortunately an inconvenient mystery. It is doubly inconvenient when they discover that the King, whichever he is, was married in infancy to the daughter of a Spanish Duke as - only half an hour earlier - the brothers were both married to two local Venetian girls.

Forced to leave their new wives behind, the Gondoliers set off to Barataria, set up a republican government where all are equal, and they reign in a coalition government. Surely this can't go on forever?

Come and join us for an evening of love, fun and frolics – all in Gilbert and Sullivan's inimitable style!

Tickets are £13 for Tuesday and £16 for Wednesday-Saturday, with a limited number of £6 seats. Please ask for reduced rate for children on booking.

<http://www.wolseytheatre.co.uk/shows/the-gondoliers/>

Contact The New Wolesley Theatre 01473 295900

tickets@wolseytheatre.co.uk

Expect the Unexpected



Saturday 20 October

10:00—16:00

Wickham Market Village Hall

Experience the pleasure of drawing and be part of over 400,000 people participating each year in The Big Draw. Admission is free and includes all materials for the budding Picasso, everybody at any age can join in the fun.

Some of the best art talent in the area will be exhibiting their work in All Saints Church where inspirational paintings will be shown and most are for sale. Why not brighten up your home with an original from a local artist or commission one especially.

Drawing on history, the East Anglian Traditional Art Centre based on the Hill, are hosting an exhibition entitled Art on the Deben to include original works by Thomas Churchyard, George Rowe and other artists.

The event will be a wonderful opportunity for local people and visitors alike to participate and discover the wealth of artistic talent the area has to offer.

All activities run from 10am to 4pm on Saturday 20th October. Don't forget to put the date in your diary, it's free and promises fun and interest for all ages and no previous drawing experience is required!

[Www.wmartsproject.co.uk](http://www.wmartsproject.co.uk)

Contact George Hering on 07799 432255

info@wmartsproject.co.uk

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



Dog fouling incidents

Latest dog fouling incidents reported:

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Knight Road

Pine Close

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Decades of service and bravery recognised across Suffolk's fire service

Firefighters, staff and members of the public were honoured for their bravery and commitment at the annual Suffolk Fire and Rescue Service awards.

Firefighters, staff and members of the public were honoured for their bravery and commitment at the annual Suffolk Fire and Rescue Service awards, held at Ipswich East Fire Station this week.

41 certificates of merit and awards for good conduct and service were presented, including Special Certificates of Long Service to staff who have each given over 40 years of duty.

Peter Banthorpe, a member of the public, was recognised for his quick-thinking and life-saving actions during a kitchen fire in an Ipswich house. His selfless bravery not only saved the occupant but also significantly reduced fire damage to the property.

Peter said:

"I'd like to think I did what anyone else would do, in the situation. It's an honour to be at an event like this where there's so much loyalty and dedication to protecting and saving people's lives."

The Volunteer of the Year award was presented to John Sones, who is a Community Fire Volunteer. John has been supporting events, carrying out



community safety work across Suffolk, making homes visits to install smoke alarms and advising people how to keep their property safe.

Ruth Elliott and Charlotte Godfrey received Recruit of the Year awards, for achieving exceptionally high marks in courses and exams, and for inspiring others. The Alan Soards Award for Best Fire Station went to Wickhambrook, which celebrated its 50th anniversary this year, raising £1,200 for the Firefighters Charity and St Nicholas Hospice Care, and has continued to work closely with the local community.

The evening was hosted by Councillor Richard Rout and Chief Fire Officer, Mark Hardingham. Awards were presented by the High Sheriff for Suffolk, George Vestey, Deputy Lieutenant for the County of Suffolk, Terry Hunt and Chairman of Suffolk County Council.

Photo: Suffolk County Council

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Craft Weekend at Woolverstone Hall

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Sat 27 - Sun 28 Oct 2018 10:00 to 17:00

Free parking

Light refreshments available

Contact Bethany Couch 01473 201039

Woolverstone, Suffolk, IP9 1AZ



Photos: VisitSuffolk.com

Local farmers' markets

Snape Maltings Farmers' Market

(1st Saturday, monthly)

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

Jimmy's Farm - Wherstead, near Ipswich

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

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

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

[page 12.html](#)

Halesworth Producers' Market

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

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

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

Aldeburgh Farmers' Market (3rd Saturday,

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Consumer Corner: Food Allergies

Advice from the Food Standards Agency:

Food allergies happen when the immune system – the body's defence against infection – mistakenly treats proteins found in food as a threat. These proteins are known as allergens.

As a result, a number of chemicals are released by our bodies. It's these chemicals that cause the symptoms of an allergic reaction.

In the UK, food businesses must tell you if they use any of the 14 key allergens as ingredients in the food and drink they provide.

Food businesses include restaurants, cafés and takeaways, and businesses that produce, manufacture or pre-pack food.

The 14 allergens that they need to declare are:

- celery
- cereals containing gluten – including wheat, rye, barley and oats
- crustaceans – such as prawns, crabs and lobsters
- eggs
- fish
- lupin
- milk
- molluscs – such as mussels and oysters

- mustard
- tree nuts – including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts
- peanuts
- sesame seeds
- soybeans

sulphur dioxide and sulphites (if they are at a concentration of more than ten parts per million)

Almost any food can cause an allergic reaction but, there are certain foods that are responsible for most food allergies. The 14 allergens are on the regulatory list because they have been identified as the most common in the UK. If you ask for allergen information and the staff cannot provide it, speak to the manager of the food business or the chef. If you are still not given enough information to help you, you can report them: <https://www.food.gov.uk/contact/consumers/report-problem>.

If you are not confident in the information you have been provided, it is better not to eat at the premises.

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01449 867590

contactstowmarket@marksandmann.co.uk

Suffolk Coasts & Heaths Cycling Explorer Guides

Take a trip from the natural to the supernatural! Rendlesham Forest was the setting for the UK's most famous UFO incident, whilst the coast at Shingle Street is a great place for wildlife. If you have time, learn about Suffolk's very own breed of horse at the Suffolk Punch Trust.

Start: Rendlesham Forest car park or Felixstowe Station.

Time: 3 hours if started from Rendlesham Forest car park/5 hours if Bawdsey Quay diversion followed/6 hours if started from Felixstowe Station (allow more time to visit the Suffolk Punch Trust Visitor Centre).

Terrain: Route follows minor roads, village roads and B roads, some with 60mph speed limits. Some sections on forest tracks and bridleways with variable surfaces. Some short hills.

The Suffolk Coasts and Heaths Unit, in conjunction with Adnams have produced a series of five Cycle Explorer Leaflets

Scan the QR code to download the trail leaflet

Suffolk Coast & Heaths AONB



Rendlesham Forest & Shingle Street
Cycle Explorer Guide

In partnership with
ADNAM'S
SOUTHWOLD

This cycle route starts amongst the tall pines of Rendlesham Forest and visits peaceful Shingle Street. An optional diversion includes bustling Bawdsey Quay.

Suffolk Coast & Heaths
Area of Outstanding Natural Beauty

Take a trip from the natural to the supernatural! Rendlesham Forest was the setting for the UK's most famous UFO incident, whilst the coast at Shingle Street is a great place for wildlife. If you have time, learn about Suffolk's very own breed of horse at the Suffolk Punch Trust.



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Deben Community Farm

Saddlemakers Lane, Melton



What an amazing day we had at our Harvest Fun Day. The children got hands on with farm workshops with Gabriella, our new baby goat (above) ,making mini bug hotels (right), feeding lambs and learning all about keeping hens. Live music by Country Road was a hit as was the BBQ!

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!

Photos: H Heelis



Pitstop



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Our sessions are

9.15am-12.15pm and

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Pick ups from all local schools

Craft, sport, gardening, cooking

Discounts for siblings

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



Holiday Club

Based at the

Deben Community Farm, Melton

Woodland activities

Feed the animals, egg collecting

Crafts, trips, den building

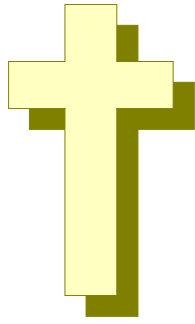
Open 8am—6pm for 2 years + (excl Bank Holidays)



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

Who Is Like Jesus?

John Selwyn, who became the Bishop of the South Pacific, was renowned for his boxing skill in his university days. On a certain occasion he had to utter grave words of rebuke and warning to a professed convert. The man, who had lived a barbarian lifestyle for many years, struck the Bishop a violent blow on the face with his clenched fist.



All Selwyn did in return was to fold his arms and look into his face. With his powerful arm and massive fist he could have easily knocked him down, but instead he waited calmly for another blow. It was too much for his assailant; he was ashamed and fled into the jungle.

Years afterward the Bishop came home seriously ill. One day the man who had struck him came to his successor to confess Christ in baptism. Convinced of the genuineness of his conversion, he was asked what new name he desired to take as a Christian. "Call me John Selwyn," he replied, "for it was he who taught me what Jesus Christ is like."

Sadly, the testimony of many Christians is not teaching their family, neighbours and others "*What Jesus is Like.*"

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.

Solution is on page 30

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



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Sat 8.00-5.00

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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Rendlesham

M: 07599 998974 COMMUNITY CENTRE

THE GREAT FRAMLINGHAM SAUSAGE FESTIVAL



Come and join the sausage trail and enjoy a great day out in Framlingham! Taste a range of sausages from local producers, then vote for your favourite one.

The Great Framlingham Sausage Festival is a celebration of the Great British Sausage, or to be more specific, the Great Sausages that are made right here in East Anglia using local ingredients and some mouth-watering recipes.

It all takes place on Sunday 14th October 2018 from 10am in Framlingham, Suffolk. Sausage makers take over the whole town of Framlingham and will be sizzling sausages for you to try. Not only do you get to taste lots of sausages, there's entertainment for all the family, free workshops and plenty of stalls to browse and activities to keep you busy all day. Framlingham is a pretty special town, with it's castle (on the hill), welcoming cafés, restaurants, coffee shops and beautiful historical architecture.

Disability Focus

The Disability Focus Planning Group, Avenues East and the Disability Forum for Suffolk would like to invite you to join us in a day of lively discussion and debate about disability in Suffolk

Tuesday, 23rd October, 2018
10am to 3pm at:

One
(Centre of Learning)
Scrivener Drive
Ipswich IP8 3SU



This is your chance to tell our local councils, the NHS, the Police and other statutory organisations about the issues that concern you or your organisation, so do come along and have your say. All individual disabled people, family carers and representatives of disability organisations are welcome.



Lunch and refreshments will be provided. There will be no charge to attend. There will also be a range of information stalls.

To book your place please email trish.hayward@avenuesgroup.org.uk by 12th October 2018 <http://disabilityforumsuffolk.onesuffolk.net>

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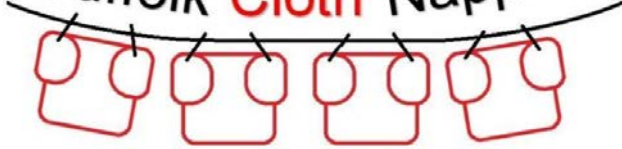
Rendlesham
Community Centre
5.30 & 7.30pm

For more information call/text
Kate 07825210252

 slimmingworld.co.uk



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f www.facebook.com/suffolknappies



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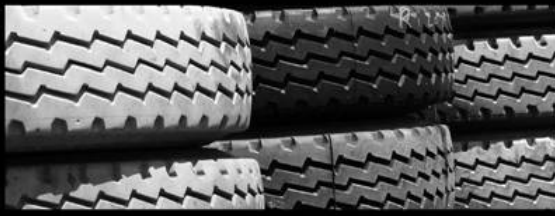
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Incredible music, incredible costumes, incredible performances... "A breathtaking show full of rock and pop anthems that blew me away!" Instead of the usual pre-theatre Menu, this show is available with the special Hallowe'en Treat 2 course Platter served to your table for just £12 per person advance reservation only.

Please call the box office on 01394 284962 for more details. Wednesday 31st October 2018 at 8.00pm.

Tickets: Adults £24 - Concessions (65+/-16) £21.50

The Ticket Prices above include booking fees and are the total price you will pay

Sophie.kennelly@felixstowespa.co.uk
tel:01394284962



Volunteering in the Suffolk Coast & Heaths Area of Outstanding Natural Beauty

Do you have some spare time to help care for the Suffolk Coast & Heaths AONB, or to help enable others to enjoy it?

If so, we would love to hear from you. Our Volunteer scheme has now been running for more than four years. Volunteers are an invaluable resource for the AONB, enabling us to carry out important work that we would otherwise be unable to achieve.

There are numerous areas of work where you can become involved, including:
Becoming a Coast and Estuary Warden

Taking part in local Beachwatch and Beachwatch Big Weekend events

Helping us to practically manage the land as part of one of our work parties - read about Michelle Hearn's experience here.

Full training and guidance will be given before undertaking any area of work.

To join our volunteer scheme, or request an information pack, please contact:

Neil Lister
Countryside Project Officer (joint AONBs team)
neil.lister@suffolk.gov.uk



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



Harriet Tomlinson - Snook



Saturday 6th October - 9pm
Rendlesham Social Club

Rendlesham social club

Opening hours

Thurs : 7.30pm - 11.00pm
Fri : 7.30pm - 11.30pm
Sat : 7.30pm - 11.30pm
Sun : 12.00pm - 3/4.00pm

Our next event for you !
Harriet Snook
An amazing female vocalist !
Back by popular demand
6th October 7.30

Bingo every Thursday night

Rendlesham social club

6th October .. Harriet Snook
27th October .. Halloween disco
3rd November .. Laura Climpson
17th November .. ~~Midnight Road~~ cancelled
1st December .. Hayley kay
9th December .. Children's Christmas party
15th December .. Mat Barden / Christmas Draw
New Members Welcome
Now taking card payment

Bingo every Thursday night

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.



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



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**Saturday 13th October
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Brought to you by Suffolk Market Events, the Suffolk Agricultural Association and The East of England Co-op.

FOOD & ARTISAN

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Contact me



alexander.nicoll@suffolk.gov.uk



07922 586303

facebook.com/AlexanderNicoll4Wickham

**Rendlesham & District Over 60s Club
2018 Meeting Dates:
New members always welcome**

**11, 25 October
8, 22 November
6 December**

Rendlesham Community Centre,
10.30-12.30pm

Rendlesham Independent Women

Rendlesham Community Centre

**16 October 2018
An evening of Magic!**

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

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

FAITH BAPTIST CHURCH

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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 - October 2018

October		
Mon	1	Bumps & Babies , Community Centre, 10-11.30am Rendlesham Social Club. Harriet Tomlinson.
Tues	2	Junior Youth Group , 6-8pm. Community Centre
Wed	3	Senior Youth Group . 7-9.30pm. Community Centre.
Thurs	4	Bingo . Rendlesham Social Club, at 7.30pm. Senior Youth Group . 7-9.30pm. Community Centre.
Sat	6	Rendlesham Social Club. Harriet.
Mon	8	Bumps & Babies , Community Centre, 10-11.30am
Tues	9	Junior Youth Group , 6-8pm. Community Centre
Wed	10	Senior Youth Group . 7-9.30pm. Community Centre.
Thurs	11	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	15	Bumps & Babies , Community Centre, 10-11.30am
Tues	16	Junior Youth Group , 6-8pm. Community Centre Rendlesham Independent Women (RIW) An evening of Magic!
Wed	17	Senior Youth Group . 7-9.30pm. Community Centre. Mobile Library . Community Centre 9.50-10.45am and Friday Street 10.50-11am
Thurs	18	Bingo . Rendlesham Social Club, at 7.30pm. Senior Youth Group . 7-9.30pm. Community Centre.
Mon	22	Bumps & Babies , Community Centre, 10-11.30am
Wed	24	Mobile Library . Community Centre 9.50-10.45am and Friday Street 10.50-11am
Thurs	25	Over 60s Club . Community Centre. 10.30-12.30pm Bingo . Rendlesham Social Club, at 7.30pm.
Mon	30	Bumps & Babies , Community Centre, 10-11.30am
Tues	31	Junior Youth Group , 6-8pm. Community Centre
November		
Thurs	1	Bingo . Rendlesham Social Club, at 7.30pm. Senior Youth Group . 7-9.30pm. Community Centre.
Sat	3	Rendlesham Social Club. Laura Climpson.

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: David Murdock	01394 450336
Farlingaye High School Head: Dr Sievewright	01394 385720
Woodbridge Library	01394 446510
Parish Council Mrs Heelis, Parish Clerk	01394 420207
Police (non-emergency)	101
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

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



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