



Rendlesham

Parish Newsletter

www.rendlesham.suffolk.gov.uk

Issue 99

May, 2019



Photography by Darren Harbar

Teamwork at its best



Photo: 1st Rendlesham Scouts

Read the full story on page 23

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June Deadline

10 May

admin@rendleshampc.org.uk

The Rendlesham Show 2019

Saturday 8 June

Jubilee Park

IP12 2GT

11:00am—7:30pm

www.rendlesham.suffolk.gov.uk

FREE ADMISSION

**All Creatures
Great & Small**



Inside this issue....

Grand Draw tickets

1st Prize £200

2nd Prize £100

3rd Prize £50

Plus lots of other fantastic prizes

And your Garden Show Entry Form
Vegetables, cooking, kids classes,
handicraft and more.... There's
something for everyone!



Rendlesham Parish Council



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Rendlesham Parish Newsletter

CONTACT

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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
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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14 The Square
Martlesham Heath
Ipswich IP5 3SL

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

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

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

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

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

You can contact us:

Phone: 01394 387070

Fax: 01394 387670

Email: advice@daseastsuffolk.org.uk

Website: www.daseastsuffolk.org.uk

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

Silver Surfer Training

ken.mckenzie1234@gmail.com

01379640580

Mobile 07446477054

1 Hall Farm

Wortham, Suffolk, IP22 1SL

Confused with computers, laptops, tablets, internetgive me a call



Get Community News—Faster

Facebook

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

Rendlesham Good Neighbour Scheme goes live!

By the time you are reading this the Rendlesham Good Neighbour Scheme will be live, ready to help you when you need it. For those not aware what a Good Neighbour Scheme is it is where a group of local volunteers try to help out with tasks and assistance when there is no obvious person to ask. If you need a lift to Wickham Surgery because there isn't a slot available at Rendlesham and have no transport then give us a call.

If you need someone to collect medication from the pharmacy because you are incapacitated then that's us.

If you are feeling isolated and just need a chat or to share a cup of tea we are here.

If you need a lift to the hospital for an appointment and can't use the bus or hospital transport then we can help.

Need to change a lightbulb and don't fancy balancing on a wobbly chair, we are ready to assist. Injured yourself and need someone to walk the Dog?

If your relative or friend normally relies on you for their shopping and you are away on holiday then we might be able to step in.

In fact anything that you would normally ask a friend or family member to help with but for whatever reason they cannot, we will try to help.

We have a few ground rules to make it fair to all. We make a small charge for transport of 30p per mile (rounded down to the nearest £) so the volunteer is not out of pocket. Neither are we trying to undercut or replace the local taxi companies – this is not a 'cheap lift to the pub' service!

Call or text us on our number and leave a message



including your name, phone number, and what you need help with and we will return your call with some suggestions or to make arrangements. This is not a manned phone but a message system as we are unable to staff an office but it does mean you can call anytime 24/7 as messages are read at least once daily. Consequently this is not for urgent situations.

All our volunteers are checked out by the Government DBS service and are fully insured as volunteers to help you.

We are also looking to increase the pool of volunteers so if you would like to help your community, meet likeminded people, increase your circle of friends and join us please get in touch through the same phone number. All skills are welcomed from car drivers to chatterboxes, coordinators to dog walkers (it's a great way to increase your daily steps!).

07486 551004 is our number for messages, texts, and enquiries and our email address is rendleshamgns@gmail.com if you need to send us anything or want to know more about volunteering.

Dave Moore
Co-Chair Rendlesham Good Neighbour Scheme.



Representatives of Greener Rendlesham had a conference call on Friday with our local MP, Dr Therese Coffey, and put it to her that we are now in an emergency situation regarding the climate, and

that more urgent action is needed, by Government and individuals.

We have arranged to meet with Dr Coffey at a local surgery on Friday 3rd May.

If anyone would like to be part of this, as Greener Rendlesham, please get in touch by replying to greener.rendlesham@uwclub.net. We will be basing next month's meeting on the two chapters, 'Economic Collapse' and 'Climate Conflict' from the book *The Uninhabitable Earth*. Greener Rendlesham has gifted a copy to Dr Therese Coffey.

Parish Councillor	Responsibilities on the Council To be confirmed at the first meeting of the new Council
Mike Stevenson	
Martyn Redfern	
James Carter	
Wendy McKee	
Casey Rose	
Peter Wyartt	
Douglas Burgess	
VACANCY	
VACANCY	
VACANCY	
VACANCY	

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

COMMUNITY COPY SHOP at the Parish Office

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

Next Parish Council Meetings
13 May 2019, 7.15pm
Rendlesham Community Centre
15 minute public session

2019 Parish Council Meetings

Full Council — 13 May 2019

Youth Group Charity Committee— tbc*
 Jubilee Park Committee— 23 May*
 Finance & Asset Committee— 13 June*
 Planning Committee— 20 May*

* 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

The incoming Council were elected uncontested on 2 May 2019. Two of the existing Councillors have stood for re-election. We welcome 5 new Councillors, however, there still remains 4 vacancies. Please contact the Parish Office for more information.

A huge vote of thanks is given to the outgoing Council, some of whom have served 8 years on the Council. A special thank you to Kay Nash who took on the role of Chairman for the past 6 years and took on organisation of the Christmas Lights in the Village Square, and has worked tirelessly in creating a forward thinking and proactive Council to bring the community together.

A special thank you also goes to Dave Rushbrook who led the Council through 3 years of meeting the challenge of putting Rendlesham on the map by producing the first Neighbourhood Plan in Suffolk, which then went on to win the RTPI Regional Planning Achievement Award in 2015.

The first meeting of the new Council will take place on Monday 13 May at 7.15pm in the Community Centre

Your Village Needs You!

Big Spring Clean

20 May 2019

7pm

At the Community Centre

Bags, gloves and litter pickers provided

Everyone welcome!

Rendlesham Bottle Banks

Please take your bags, boxes... and electric fires..... home

We are having a bit of a problem with rubbish being left at the bottle banks in Rendlesham Mews. The latest 'bottle' to appear came in the guise of an electric heater! An interesting turn of events but sadly it failed the 'glass' test, and wouldn't fit in the bottle bank.

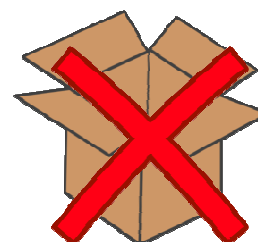
Thanks to everyone who uses the bottle banks to recycle their glass, this is great for the environment and means your glass is reused. Fact: Glass is 100% recyclable and can be recycled endlessly without loss in quality or purity.

However, to make sure we keep the recycling banks in the village we need to keep the site clean and tidy, and that means taking your boxes, bags And electric fires... home with you. Pop the cardboard boxes in your blue bin. Carrier bags can be recycled but if not, it's your grey bin please.

Useful fact: Domestic waste (grey bin) is incinerated in Suffolk and turned into electricity which is fed into the grid.

Litter has also been reported in the Forest at Friday Street Rendlesham. We've heard the litter fairy has gone on indefinite leave so please can we all pull together and pick up the litter around us or better still, let's not drop the litter at all.

Thank you.



Rendlesham Church

Date	Time	Place	Service	Officiant
Weds 1 st	10.00am	St Felix	Holy Communion	Rev Mandy
Sun 5 th May Easter 2	9.00am 11.00am 11.00am	All Saints Eyke St Felix St Edmund's	Holy Communion All Age Worship Holy Communion	Rev Mandy Malcolm Knapp Rev Mandy
Weds 8 th May	2.15pm	Rendlesham Care Home	Songs of Praise	Mr Stephen Nicholls
Sunday 12 th May Easter 3	9.00am 9.00am 11.00am	St Edmund's St Gregory's St Felix	Morning Prayer Holy Communion Holy Communion	Robin Jordan Rev Mandy Rev Mandy
Weds 15 th May	10.00am	Rendlesham Care Home	Mother's Union	Rev Mike Hatchett
Sun 19 th May Easter 4	9.00am 9.00am 11.00am 3pm-4pm 6pm-8pm	All Saints St Edmunds St Felix St Felix St Felix	Morning Prayer Holy Communion Holy Communion Fizzers God & Chips	Malcolm Knapp Rev Judith Rev Mandy EvnUth EvnUth
Sunday 26 th May Easter 5 (Rogation Sunday)	9.00am 11.00am 11.00am 7.30pm	St Gregory's St Edmunds St Felix St Gregory's	Morning Praise Morning Prayer Holy Communion Taize	Rev Mandy Robin Jordan Rev Mandy Mrs J Bishop
Thurs 30 th May Deanery Service for Ascension Day	7.30pm	St Gregory's	Holy Communion	Rev Mandy

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 Mandy Reynolds 01394 420129 revmandy.rendlesham@yahoo.com

General inquiries - info@rendleshamchurch.org

Rendlesham Church



The Vicar's Voice

MAY

You may be forgiven in thinking that Easter is all over now, although there may still be the odd uneaten chocolate egg left untouched...but most of the shops will have emptied their shelves from Easter Eggs, fluffy bunnies and chicks and given them over to gardening and barbeque equipment. Summer is coming....and with it the gardening centres and shops are full of growbags, tomato and strawberry plants and all kinds of fruit, vegetables and colourful seeds and plants to enhance the garden and cheer us after the drab grey winter.

As Sir Thomas Malory wrote:

"It was the month of May, the month when the foliage of herbs and trees is most freshly green, when buds ripened and blossoms appear in their fragrance and loveliness. And the month when lovers, subject to the same force which reawakens the plants, feel their hearts open again, recall past trysts and past vows, and moments of tenderness, and yearn for a renewal of the magical awareness which is love."

La Morte d'Arthur

Yet in the churches calendar, we are still in the Easter season, and having celebrated the most important religious festival in the Christian year, we now look towards the celebration of Pentecost next month.

Traditionally known as the day the institution of the "church" was born, Pentecost is the time when the Holy Spirit was sent, bringing peace and comfort, strength and encouragement to all who truly believe they have been given a new life through the Resurrection of Jesus. The images associated with Pentecost are those of a rushing wind, flames of fire and a gentle dove.

I hope May will be a good month for you and yours, and that as Spring moves on into summer, may you feel re-awakened with open hearts and a renewed awareness of that which is love.

With every blessing,
Rev Mandy

Sudbourne & Tunstall Baptist Church Services & Activities In May

Sun 5th May: 10:30am & 2pm - Both @ Sudbourne
Sun 12th May: 10:30am - Rendlesham School / 6:30pm - Tunstall
Sun 19th May: 10:30am Sudbourne / 6:30pm - Tunstall
Sun 26th May: 10:30am - Rendlesham School / 6:30pm - Tunstall

TOTS & TODDLERS / COFFEE CRAFT & CHAT

at Tunstall Baptist Church
9:30 am - 11:30 am every Wednesday **during term time**

COFFEE, CRAFT & CHAT EVENING: Tunstall Baptist Church
7:30pm - 9:30pm on Thursday 23rd May

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 Lane,
The Common, Tunstall, Suffolk, IP12 2JR

www.stbaptist.co.uk



SUDBOURNE AND TUNSTALL
BAPTIST CHURCH



invite the whole benefice to the
following **FREE** events.

Fun@St Felix – is a time for children after school on Tuesdays, in term time, 3.30 – 5 p.m. Mums and babes and toddlers stay if they want, have a cuppa and chat while the children play, do craft, learn about being Christian and our Bible.

This is followed by **EvnuTh** from 6 to 7.30 p.m. Each Tuesday in term. Christianity is the theme and it is open to all who are aged 11 to 18 plus.

Hollesley Children's Church Club. Thursdays after school 3.30 – 5 p.m. All Saints Church. **EvnuTh** follows from 6 – 7.30 please check before attending it is not always on.

St Felix Fizzers is Church for children aged 6-11. It is all new, great fun, run by the youth and full of energy, as well as 'thinky' bits!
3rd Sunday 3 – 4 p.m. and 4th Sundays 11- 12 as part of Communion Service.

EvnuTh: God 'n' Chips: Youth Church for 11- 18 somethings.
3rd Sundays 6 – 8 p.m. St Felix
Music and videos from main stream Christian Festivals and charts. Chill out time, get some prayer, make new friends.

Café Respect, St Felix. Drop in Youth Café, 13 – 19 years old. Opening again Friday, April 26th 7 – 10 p.m. Music, chat and a chance to chill.

Woodbridge Probus

The first of the two talks from Sarah Margittai about the history of Shingle St, a fascinating account of its beginnings. A bankrupt government at the end of the Napoleonic war, desperate for money. The accommodation huts, built to house the managers supervising the construction of the Martello Towers eagerly snapped up by the pilots taking cargos up to Aldeburgh and surplus bricks built the house on the hill at Hollesley. And now in Victorian times will the newly built German Ocean Palaces and the promise of a branch line from Melton be a basis to rival Felixstowe as a seaside resort. On to the second world war and did the Germans invade Shingle St?. Our meeting on Monday 13th May will reveal all. 12.15 at Woodbridge golf club for a pre-lunch drink and a chance to meet everyone, then a splendid lunch followed by our speaker.

Come and listen you won't be disappointed. woodbridgeprobus.org.uk will tell you all about us and you can call or text our secretary Ray Hooper at 07512792454.

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School Transport... Deadline 31 May

For those parents of children starting secondary school in September 2019, please be reminded you should be informed by Suffolk County Council if you are eligible for funded school transport by 30th April 2019, and for primary school funded transport, by 14th May 2019. If you do not hear, please contact Suffolk County Council Customer Services on 0345 606 6173.

Important changes to the Suffolk County Council School Transport Policy mean **all parents MUST opt-in by 31st May each year** for school travel to be provided in the following school year as school transport will no longer be provided automatically.

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

Can you help trace someone?

Request from the makers of Capel Green film

"Capel Green (www.capelgreen.co.uk) is a major new feature length documentary about the Rendlesham Forest incident that aims to provide more information to the public than ever released before. With over 50 interviews in both the UK and the USA, Capel Green will reveal new witnesses and new events that include a final confirmation from a direct military witness to a UFO shining a beam down into the nuclear Weapons Storage Area at RAF Bentwaters. The filmmakers are also looking to trace a civilian witness called Gary Collins who saw a strange object over the forest at the time of the incidents in late December 1980. We know he used to live in Capel St. Andrew. If anyone has information on him please contact Gary Heseltine, the lead researcher and co-writer of the documentary on 07970 364368 or by email at heseltinegary@hotmail.com. The film is set for a summer release."

they are also looking for Roy and Marina Webb (ex of the antique shop in Wickham Market) and Gerry Harris from Rendlesham area.

Rendlesham Village Recorder



Rendlesham Hall after the fire, 1898

For the past six years I have been acting as the Rendlesham Village Recorder, and I am looking for a replacement as I can no longer take part in Village events.

What does the Recorder do? Every December I submit a report on the village for the past year, along with similar Recorders for most villages in Suffolk. That is, I list our achievements, our problems and successes. The December 2018 report, for example, mentioned our wonderful new shop, and the first full year of the Boardwalk Café. I spoke of the housing applications, and our village events. I often add photos, like the scenes when the Theatre and Sports Centre were demolished in previous years. I mention village organisations, and churches, school and medical services. In short, I try to present picture of our growth as a village and all the groups that are adding to our village life.

Village Recorders have another function: they are also collectors of historical photographs and knowledge, and also as collectors of modern ephemera which will in a hundred

years tell future historians more about us. I have collected some of the handbills that come through my door, for example, or agendas for Meetings held by the Parish council. This material is deposited at the Suffolk Record Office for preservation.

Do you think you would like to become the new Recorder? Help is available, and study days are held organised by the Suffolk Local History Council at which you can see the work done by other Recorders. The minimum requirement is for you to write an annual report, which takes a few hours at the end of each year.

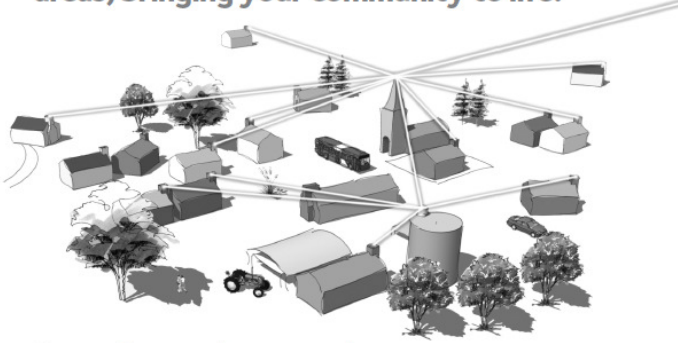
Ros Thomas
ros.thomas942@gmail.com

Below:
The Angel Theatre before it was demolished in 2016



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e: info@snapehire.co.uk

01728 688241

www.snapehire.co.uk

FREE Dementia Friends session. Find out how you can help make Rendlesham a Dementia Friendly village.

For all businesses, residents, carers, community groups and anyone who wants to make a difference.



Dementia Friends

A Dementia Friends session gives us a better understanding of Dementia and the small things we can do to make a difference.

This session is for anyone that **lives** or **works** in Rendlesham, we want to make our community a happier place for those living with Dementia and their carers.

4th June 7pm - 8.30pm
Rendlesham Community Centre
Free and refreshments provided

In partnership with Rendlesham Parish Council

No need to book - please just turn up!



Consumer Corner: Beware of the fraudster

If you're not sure if any letter, email or text you receive is genuine, it's better to do some checking or ask for advice than respond and give your details away to a fraudster...

Suffolk Trading Standards say: A Suffolk resident has received a **letter** from a company purporting to be a trading association for the solar panel industry, offering the homeowner a 'free solar health checks' or servicing. The letter also indicated that the homeowners' warranty is due to expire. The information contained is false. If you receive unsolicited letters from companies offering free services for your solar panels, we advise you to ignore the letter; if you are concerned contact your original installer or an MCS-accredited installer that is also a member of a consumer body such as Renewable Energy Consumer Code (RECC) or Home Insulation & Energy Systems Contractors Scheme (HIES) for advice. If you have received a similar letter, please report it by calling the **National Citizens Advice Consumer Service helpline on 03454 040506**.

+ Reports are being received across Suffolk of individuals receiving **texts** claiming to be from the Council and offering a council tax refund, they are asked to provide bank details under the pretence of receiving a council tax refund. These details may then be used to gain access to an individual's bank account.

+ An ongoing TV Licensing **email** phishing campaign, first identified by the National Fraud Intelligence Bureau (NFIB) in September 2018, continues to be reported to Action Fraud in high numbers.

If you receive a similar email or text message please report it to Action Fraud: <https://www.actionfraud.police.uk> **0300 123 20 40**

If you're not sure if any letter, email or text you receive is genuine, it's better to do some checking or ask for advice than respond and give your details away to a fraudster...



**Woodbridge
CAMERA CLUB**

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



Tue 21st May 2019 7:30

Members PDI Competition

Monochrome

Judge Nigel Rea



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01394 420468



Christine Ringrose
BTEC6, ACMT, ITEC

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Pregnancy Massage
Myofascial Face Lift, utilising Tropic Skincare products
Hot Stone Massage
Indian Head Massage
Ear Candling

To book an appointment or discuss treatments, please contact me on
Mobile: 07766 223527
Home: 01394 420913
Website: info@christineringrose.co.uk
Facebook: Christine Ringrose
Address 11 Pine Close, Rendlesham, IP12 2GD



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The Rendlesham Show 2019

**From 5:00 p.m. Friday 7th
& 11:00 a.m. Saturday June 8th**

The Rendlesham Show at Jubilee Park

'All Creatures Great and Small'

We do hope you're busy working on your creature for the Rendlesham Safari and will have your entry ready and your form in, by 24th May; our Rangers are raring to set off and capture them all on camera for display at the show!

As well as you being busy, Rendlesham businesses have been helping us get ready for the show too and we just wanted to share some great news with you as we focus on the ways they have offered to help the show this year:

First of all, we've already received generous draw prizes from: **Rendlesham Costcutter** (£200 + case of Prosecco), **Acer Road Pharmacy** (£100), **Bentwaters Heating & Plumbing** (£50), **The Diner**, **Stokes Sauces**, **Rendlesham Day Nursery**, **Buckland's Coaches**, **Kidz Kupboard**, **Bentwaters Hair Studio** and **Maharishi Ayurveda Health Centre**.

The Rendlesham businesses who have so far booked pitches are **Kidz Kupboard**, **Crystal Encounters**, **Rendlesham Dental Practice**, **Ryder-Davies Vets**, **Maharishi Ayurveda Health Centre**, **Rootz and Stokes Sauces**. Richard of **Tempest Fire** has once again agreed to bring a fire engine to the show.

Then there are all the businesses who have agreed to loan us equipment for the show: the generator and picnic benches will come from **Bentwaters Parks**, cones and stakes from **Bentwaters Cold War Museum** and benches from **Happi Days** – we really couldn't manage without all these generous loans, nor could we manage without the generous help of **Pooley Removals** who help transport the cones, stakes and benches...

Rendlesham resident, Steve Calver, has his own local **Epic Sound and Lighting** business. Not only has he organised the music performances for Friday evening, he is also our volunteer sound and lighting technician throughout the whole show. Another Rendlesham resident, whose business is **Cornerstone Estate Agents**, has offered to use some of his boards to advertise the show and has

generously offered us £300 in sponsorship. Tony of **The Boardwalk** has once again agreed to provide the bar and (Sticky) Steph, whose business is **Triple F**, has volunteered to be our First Aider...

We're sure you'll agree that all of the above are great but, there's even more news: As the show has been super-successful and our visitor numbers have grown from a few hundred to several thousand, we know that car parking has been an issue. This year, as well as asking folks to walk to the show if they can and directing drivers to the car parks at the school and surgery etc, thanks to the generosity of two local businesses, we will have our very own Park and Ride.

We are delighted that **Rockford** have given us permission to use their car park. We are also very grateful to Tony of **Buckland's Coaches** for charging us a minimum rate to provide a shuttle bus. This means that the Park and Ride can be offered free to users. The even better news is that Tony has offered one of his heritage vehicles, **Florence**, to provide this service for us.

Florence will operate from 10: 15 a.m. – 7:45 p.m. completing the route from Rockford to the Suffolk Drive entrance to Jubilee Park on a continuous basis except between 2:30 – 3:30 p.m. when the driver is taking a break while parked at the Jubilee Park stop. This Park and Ride is also available for the folks who live at the Rockford end of Rendlesham if the walk is too much for you - or you just can't resist the treat!



+



= FREE PARK & RIDE!

Please do help us say thank you to all the above for their generosity when you see them out and about or use their business.

If your business would like to be involved/offer support, please do get in touch through the parish office or by emailing carole.brason@uwclub.net

Remember, the above focusses on Rendlesham businesses, we also have many other draw prizes, pitches and attractions from local organisations and charities as well as from businesses further afield; they'll all be included in the show programme which will be inside your June newsletter.

Photo:

TUNSTALL & DISTRICT BOWLS CLUB HAS OPENED ITS GREEN

The Club is just down the road and has been in existence since 1918!

Our Open Day was on Saturday April 13th and the season runs until Saturday September 14th.

Come and join us for a new experience and to meet new friends. Coaching and tuition is available if required.

Light refreshments will be available during the afternoon.

For more information contact:

Eric Burman (Chairman) 01728 688212

Di Pickard (Secretary) 01728 689181

Spring Plant Sale and Family-Friendly Dog Show at The Suffolk Punch Trust

The Suffolk Punch Trust's first events of the season will be a Spring Plant Sale and Family Friendly Dog Show on Sunday 28 April.

Get your garden looking fantastic at our Spring Plant Sale. We will have loads of plants available for you to get inspiration for your garden. All funds raised will help us to secure the future of The Suffolk Horse. The plant sale will be open from 10.30am until 4pm.

And on the same day, Zoe, one of our young volunteers, is holding a Family Friendly Dog Show. With a mix of fun classes everyone is welcome, just come along and register on the day. Entry will be £1 per class. Rosettes will be awarded to fifth place.

Classes begin at 12noon. The dog show will be raising funds for Zoe to volunteer with an animal conservation charity in South Africa.

Free entry to the Dog Show, Plant Sale, gift shop and café. Normal admission applies to farm visits. Plenty of free parking available.

For further details about these events call 01394 411327 or email info@suffolkpunchtrust.org for details. Trade stands and plant stalls welcome - please contact us for details.



**Family-Friendly
Dog Show**

Sunday 28th April
2019
At the Suffolk
Punch Trust

Classes start at 12:00pm
£1.00 per class entry
Enter on the day
Rosettes to 5th place

If you want to have a day of family-friendly fun and help to raise money to fund an expedition to a world-renowned animal reserve in South Africa, where they work with endangered animals and fund community projects, then this is the day for you

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Woodbridge, IP12 3JR

 GAP
AFRICA
PROJECTS

 **THE SUFFOLK PUNCH TRUST**
We breed Suffolk Horses

Spring Plant Sale

Get your garden ready for spring!

Sunday 28 April 2019, 10.30am - 4pm

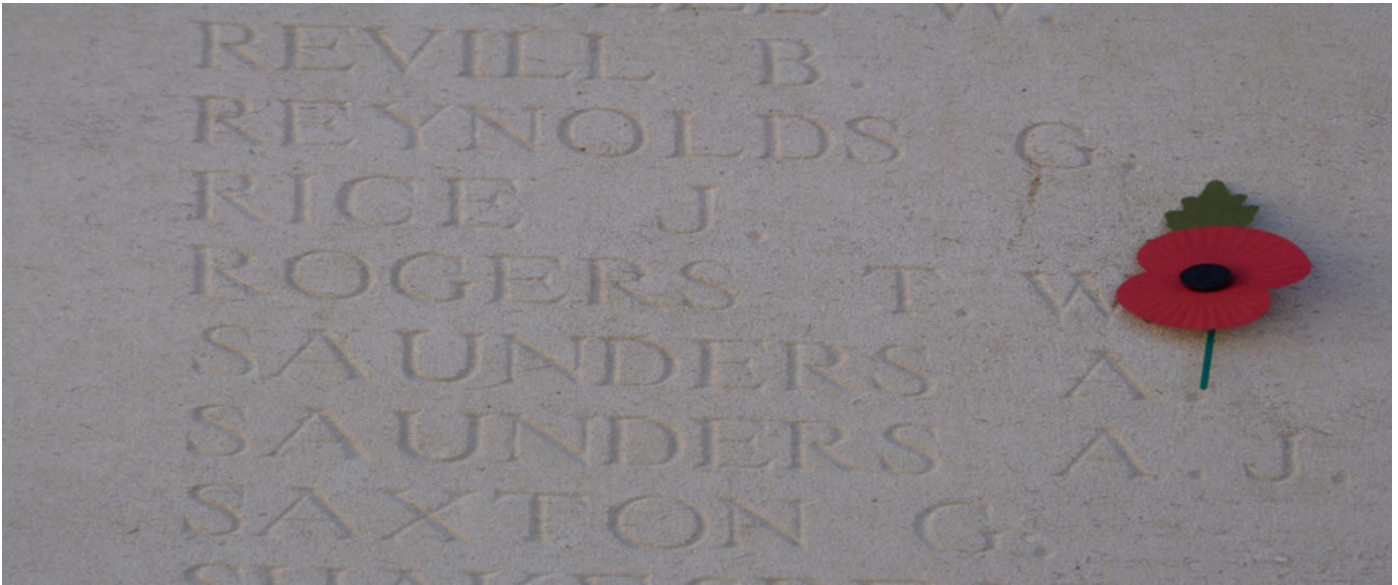


Plus don't miss
Zoe's Fundraising
Dog Show -
starts 12noon

Free admission to Spring Plant Sale, gift shop and café.
Normal admission applies to farm visits. Plenty of parking available.

The Suffolk Punch Trust, St David's Lane, Hollesley, Woodbridge. IP12 3JR
www.suffolkpunchtrust.org info@suffolkpunchtrust.org 01394 411327
Registered Charity Number 1100594

A RENDLESHAM FORESTER



Drive south or east from Calais in northern France and you cannot fail to see the cemeteries of the Great War. Many by the roadside, some in the middle of fields or farmland sited on the battlefields where the soldiers fell. All beautifully maintained with neatly clipped lawns and bright Portland head stones marking each grave. The Commonwealth War Graves Commission employs local gardeners and landscapers to tend the cemetery's so they remain beautiful and peaceful places to visit, pay respects and to remember. Many visitors cross the channel each year to do just this. Some for the first time, some making a regular pilgrimage to a distant relative or family friend. It was on such a visit that I found myself at the Vis-En-Artois cemetery near Harcourt, Pas-Des-Calais. A friend was looking for the name of a Great Uncle who is commemorated here on one of the stone panels. As a former Rendlesham resident I have researched some of the names on the First World War memorial on the wall of the beautiful parish church of St. Gregory the Great. Thomas William Rogers was of particular interest to me. He was a gardener at Rendlesham Hall at the outbreak of war, the son of Henry and Jane Rogers of Rendlesham Park. The war was well under way by the time Thomas answered the call to the colours and as was usual at that time, soldiers were posted to regiments that needed them and not necessarily to their own county regiments. Thomas was posted to my own county regiment, the Sherwood Foresters (Notts&Derbys) and served with their 9th Battalion (one of Kitchener's New Army

battalions) in the 11th (Northern) Division. This battalion was heavily involved in the battles of the Hindenburg Line which were some of the actions of the last 100 days of the war in September and October 1918. Thomas was killed in action on 11.10.18. He was 30 years of age and his body was never recovered.

Rest in Peace Private 90792 TW Rogers. Sherwood Foresters Regiment



Andy Theakstone
Orford, Suffolk
04/03/2019

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New Kitchen—New Menu....Now serving Breakfast and Lunch at The Boardwalk

Boardwalk News

BREAKFAST

Available from 8am to 12 noon

THE BOARDWALK £9.50

2 eggs (fried, poached or scrambled), 2 thick slices of dried cured bacon, 2 Cumberland sausages, hash browns, grilled tomatoes, mushrooms, baked beans and toasted malted bloomer bread. Includes orange juice tea or coffee

SPITFIRE BREAKFAST £7.50

1 egg (fried, poached or scrambled), 1 thick slice of dried cured bacon, 1 Cumberland sausage, grilled hash brown, grilled tomato, mushrooms, baked beans and toasted malted bloomer bread. Includes orange juice tea or coffee

OMELETTES £5.50

Choice of fillings:

- Cheddar cheese & Wiltshire ham
- Cheese, mushroom & red pepper
- Cheese & tomato

EGGS BENEDICT £6.95

2 poached eggs with ham on a toasted muffin topped with hollandaise sauce

EGGS ROYALE £7.95

2 poached eggs with Scottish smoked salmon and wilted spinach on a toasted muffin with hollandaise sauce

Our food is freshly prepared on site. Allergen information is available upon request, please speak to a member of staff. If you have any special requests please speak to a member of staff.

BACON BAP £3.60

Grilled thick slices of dried cured bacon in a soft white or wholemeal bap

BREAKFAST BAP £4.20

Cumberland sausage, dried cured bacon and fried egg in a soft white or wholemeal bap

CUMBERLAND SAUSAGE BAP £3.60

2 Cumberland sausages in a white or wholemeal bap

SOMETHING ON TOAST £3.25

Choice of one of the breakfast menu

TWO SLICES OF MALT BLOOMER TOAST £1.80

2 Slices of malted bloomer toast with butter and marmalade/jam

TOASTED BREAKFAST MUFFIN £2.50



All our foods are locally sourced, our suppliers include the following...
Cake shop & E.W. Revett & sons

LUNCH

SOUP OF THE DAY £3.50

Freshly made today served with bread

JACKET POTATOES £4.00

Jacket Potatoes with assorted fillings served with salad garnish

- Tuna mayo & red onion
- Cheese & bacon
- Baked beans & cheese

BAGUETTES

- Tuna Melt £3.50
- Brie, bacon & cranberry £4.00

CHICKEN CAESAR SALAD £7.60

Chicken Caesar salad with garlic croûton

TOMATO & MOZZARELLA SALAD £6.50

Vine tomato and mozzarella salad with fresh basil and balsamic vinegar

BEEF CHILLI £4.50

Classic beef chilli with rice or chips

KIDS BREAKFAST

KIDS LUNCH

THE BOARDWALK £4.75

1 sausage, bacon, baked beans and a slice of toast

BACON SANDWICH £1.75

Served as a single slice of bread

SAUSAGE SANDWICH £1.75

Served as a single slice of bread

All min sandwiches served as single slice.

CHICKEN NUGGETS £4.00

Chicken nuggets with French fries and baked beans

PASTA PENNE £4.00

Pasta penne with tomato sauce

CHEESY FRIES £2.00

SWEET POTATO FRIES £2.50

All our foods are locally sourced, our suppliers include the following...
Cake shop & E.W. Revett & sons



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Boardwalk-Rendlesham 01394 460602

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Local Talks



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Bentwaters Cold War Museum

The Bentwaters Cold War Museum will be opening its doors for 2019 on Sunday 7th April and has become a popular attraction for visitors to the Suffolk coastal area and for those interested in aviation and military installations previously denied access to the public.

The museum is based in the United States Air Force (USAF) hardened command post on the former Bentwaters airbase which closed after the withdrawal of the USAF in 1993 and is believed to be the only such building open to the public in the UK and Europe.

Run by volunteers from the Bentwaters Aviation Society, the building is a large bunker made available to the public to view following 3 years of work to renovate and refurbish and opened in 2007. Further information on the society can be found at www.bentwaters-as.org.uk and for the museum at www.bcwm.org.uk

The main "War Operations Room" and "Battle Cabin" have been restored to original condition including the original decontamination showers and airlocks allowing members of the public to see these once top secret, high security military installations in detail in an eerie atmosphere evoking the Cold War period. Other parts of the building have been turned into exhibition rooms, covering the history of RAF Bentwaters from W.W.II until the base closed in 1993. Included in this are histories of the units that operated from the airfield, particularly the 81st Fighter Wing. Also included is the other airfield which was part of the "twin base" complex - RAF Woodbridge, again covering the period from W.W.II until the present day. Of particular interest to families is a detailed timeline display of the Cold War which has proven of great help to those studying this period at school.

Further exhibition rooms feature information on the "Special Operations/Rescue Squadrons" that were based at RAF Woodbridge, and also the "Aggressor" Squadron based at Bentwaters.

Outside are the aircraft exhibits where the RAF Harrier and Hunter can be seen, and are joined by the USAF A-10 Warthog which was a familiar sight in the skies over Suffolk when this iconic type operated from Bentwaters and Woodbridge.

There is plenty of car parking space and the museum is suitable for all ages and has the added benefit of being an ideal all weather visitor attraction. Plans for 2019 will see airframes continue to undergo work to bring them up to museum standard and it is expected some will be completed by the end of the

year. The café and shop continues to be a great success offering light refreshments and souvenirs and card payment facilities.

Following on from the success of previous years, the open dates for 2019 have now been finalised and the museum will continue to open on the 1st and 3rd Sundays of each month and Bank Holiday Sundays & Mondays, from April until October.

Simon Gladas

Bentwaters Aviation Society Liaison & Publicity Officer
simon.gladas@bentwaters-as.org.uk

Full details of the 2019 dates are as follows:-

April	Sunday 7th, Sunday 21 st , Monday 22nd
May	Sunday 5th, Monday 6th, Sunday 19th, Sunday 26th, Monday 27th
June	Sunday 2nd, Sunday 16th
July	Sunday 7th, Sunday 21st
August	Sunday 4th, Sunday 18th, Sunday 25th, Monday 26th
September	Sunday 1st, Sunday 15th
October	Sunday 6th, Sunday 20th

Opening times 10.00 - 16.00

Admission Prices	
Adult	£5.00
Child (14 & under)	Free
Concessions	£4.00

Further information for the museum can be found at www.bcwm.org.uk

Building 134, Bentwaters Parks, Rendlesham, Woodbridge, Suffolk IP12 2TW

Tel: 07588877020

info@bcwm.org.uk

<http://www.bcwm.org.uk/>



ALDEBURGH MUSIC CLUB PRESENTS 'A NIGHT WITH THE CHOIR'

Aldeburgh Music Club Choir, founded by Benjamin Britten, is holding its spring concert in Orford Church on Saturday 18 May at 7.30 pm with a diverse programme of sacred and secular music.

The choir, conducted by its music director Edmond Fivet, will perform Edward Elgar's 'Sea Pictures' (arranged for choir and piano by Christopher Phelps), and a choral medley of songs from West Side Story: music by Leonard Bernstein, lyrics by Stephen Sondheim.

The programme is completed by John Tavener's 'The Lamb', Gabriel Fauré's 'Cantique de Jean Racine', and 'Ecce, quomodo moritur' by the 16th-century Cistercian monk Jacob Handl Gallus.

Tickets at £18 from Snape Maltings Box Office on **01728 687110** or via the club's website www.aldeburghmusic.club

ALDEBURGH MUSIC CLUB CHOIR
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SONATA FOR CELLO & PIANO BY JONATHAN RUTHERFORD
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PIANO: JONATHAN RUTHERFORD
A NIGHT WITH THE CHOIR
CONDUCTOR EDMOND FIVET
FAURÉ: CANTIQUE DE JEAN RACINE
TAVENER: THE LAMB
HANDL: ECCE, QUOMODO MORITUR
BERNSTEIN: WEST SIDE STORY - A CHORAL MEDLEY
ELGAR: SEA PICTURES - FOR CHOIR AND PIANO

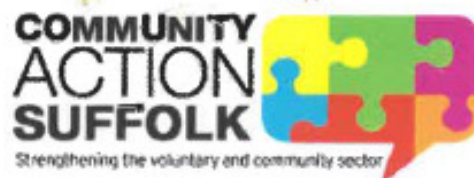
**7.30PM SATURDAY
18TH MAY 2019**

St Bartholomew's Church, Orford

Tickets available, priced £18
from Snape Maltings
Box Office on **01728 687110**
and www.aldeburghmusic.club

 **Aldeburgh Music Club**
founded by Benjamin Britten in 1952
Aldeburgh Music Club is a Registered Charity no 1002990

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Just let us know as soon as possible when you're likely to need this service, and one of our volunteers will contact or visit you at home to see how we could help you. This is mainly aimed at those who live alone but also those who particularly need extra help in times of need.

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Please contact Ipswich/Suffolk based consultant Sophie – Email: Sophie.barrett@headlineuk.com / 07387262373


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Deben Community Farm

A huge thank you to the Suffolk County Council Road Safety Team who came to the farm to volunteer for a day. We achieved an amazing amount of work including painting the barn, hen house and fencing, sexing the piglets (ie chasing piglets around their pens with a can of purple spray to ID the females), planting seeds, strawberries and laying about a ton of bark inbetween the raised beds. We also managed to sand the picnic benches ready for painting and have a lot of fun whilst being distracted by baby lambs, piglets and goats!



Photo: Deben Community Farm

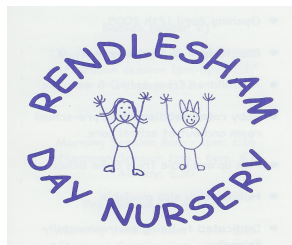
We run volunteer days for any businesses who would like to give back to the community. It's all free and we provide tea, coffee and hot chocolate!

We are a not-for-profit organisation and can offer a unique experience, lots of fresh air and exercise plus huge job satisfaction at the end of day.

Interested? Get in touch through our website www.debencommunityfarm.co.uk or Facebook DebenCommunityFarm

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

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May Bank Holiday Monday

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

Monday 27th May

12 noon - 3:30pm

£9.95

for 2 items from the BBQ & salad

Children under 12 years old; £4.95 for 1 item from the BBQ & salad

FOOD | FRIENDS | ENTERTAINMENT

Whatever the weather, join us for a delicious BBQ with family and friends. Pop down, have a drink, a bite to eat and enjoy the Bank Holiday with us!

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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1st Rendlesham Scout Group



Photos: 1st Rendlesham Scouts

Group Camp 2019

One of the great joys of being a Scout Leader is that not only can you teach **#skillsforlife** to your section but also get to see them both use these skills and more importantly pass them on to younger children, there is no better example of this than at our annual group camp. For the first time in the history of 1st Rendlesham we had Beavers, Cubs, Scouts and Explorers all camping together at Hallowtree Scout Activity Centre in Ipswich. A weekend of games, campfires, climbing, crate stacking, pioneering, hiking, crafts, baking and fun for young people aged from six to sixteen! We also had a visit from Pete Gibbs, Assistant District Commissioner for Scouts & Explorers to present a Chief Scouts Gold Award, the highest award in the Scouts section to Saul Clark one of our Patrol Leaders.



Monopoly Run 2019

Monopoly based mayhem returned to Scout Park, London as Rendlesham Scouts, the Suffolk World Scout Jamboree Contingent and over 70 other teams took part in the Alternative Monopoly Run 2019. The highlight of this weekend camp is on Saturday where between 7am & 7pm and armed only with a 1 day London travelcard the aim is to get your team round all the real-life locations found on

the Monopoly board & take a photo to prove it in the fastest possible time whilst collecting bonus points by taking on a list of challenges along the way. This year included challenges as wide ranging as visiting 221B Baker Street, finding fire, sitting next to Paddington Bear, meeting at St Pauls Cathedral for a group selfie & crossing the iconic Beatles Abbey Road Zebra Crossing. Out of all the teams taking part "Rendlesham UFO Incident" came second in their category visiting 42 of a possible 46 locations but losing out on winning by just 10 minutes! All of our Scouts, Explorers & Leaders had a great weekend and a special thank you goes to our two parent helpers, Trevor Nash & Andy Howell without whom we could not have taken part.


Membership

Swarm ESU currently has spaces for young people (both boys & girls) aged 14-18 to join the section, they are currently training for an expedition to take on the Yorkshire Three Peaks Challenge as part of their DofE Bronze Award, if you would like to join them please contact Clare Barstow - Explorer Scout Leader via explorers@rendleshamscouts.org.uk for details.



All other sections currently have a waiting list but we are always happy to hear from any young person wishing to join any section, Beavers, Cubs, Scouts & Explorers or any adult willing to volunteer to help in any way, please contact Keith Gleen (Acting GSL) info@rendleshamscouts.org.uk for more information.

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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:

Rendlesham Primary School

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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Email: chloe.kinrade@hotmail.co.uk

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

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Upgraded and replacement fuse boards supplied

Garden lighting, sockets or power point for water features ect

House extensions or complete refurbishment work undertaken

Replacement cookers/ovens installed

Minor works welcome. Quality assured professional service.

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Mobile 07773247905

24 hour call out available



Thoughtless dog owners

We're watching you!

9 out of 10 dog owners
clean up after their dog.
Are you the one who doesn't?

Bag that poo, any rubbish bin will do



Have you seen a Yellow Fish ?



Did you know that road gullies and surface water drains are usually not connected to sewage treatment systems (unlike the drains from our kitchens and bathrooms), but connect straight to our natural water-courses? This means that any rubbish, litter, or waste liquids washed into the surface water drainage system are at risk of polluting streams, rivers, beaches and the ocean, with serious consequences for aquatic ecosystems and wildlife. “Yellow Fish” is an initiative of the Environment Agency designed to remind people of these facts and encourage greater care when disposing of wastes that commonly end up polluting freshwater and marine habitats, through a clear message of **“Only Rain Down the Drain”** together with stencilling Yellow Fish symbols by surface water drains to remind people of the link with natural watercourses.



This January, February and March, Groundwork Suffolk have, on behalf of the Greenprint Forum, been trialling a [Yellow Fish campaign](#) in Felixstowe, Woodbridge and Lowestoft, engaging with businesses, community groups and residents to raise awareness of the issues and offer advice available via the [Suffolk A-Z of recycling](#) about sustainable disposal routes for waste that often end up washed or chucked into gullies, making cigarette end “pocket ashtrays” available to smokers for free at supporting shops and restaurants—and inspiring a big joint litter pick between Groundwork and Kirkley People’s Forum in Lowestoft !

At the end of the trial, we will use the findings to determine the feasibility of expanding and/or extending the campaign—so watch this space—and a big “thank you” to all the businesses and community groups who have supported this well-received project.



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

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

What an honor!



info@aboutfram.com

You are warmly invited to the
honor Surie Exhibition
Snape Maltings | 6th April - 2nd May
The Maltings Gallery

Suffolk-based artist honor Surie is well known for her ceramic work, but has always had a love for painting. Using acrylics in subtle muted colours, she depicts the Suffolk landscape with much authority and sensitivity.

Following a residency at Snape Maltings in late 2018, this solo exhibition will showcase works inspired by our beautiful location.

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WOODBRIDGE

Greenprint Forum

Spring has sprung—have your frogs sung?



A wildlife pond big or small can be one of the single best features for attracting new wildlife to, and supporting existing wildlife in, your garden not only including the dragonflies, damselflies, and amphibians that depend on ponds for their complex lifecycles, but can also be important feeding grounds for birds, hedgehogs and bats, and can even be important watering stations for bees.

The Wildlife Trusts and the Royal Horticultural Society have just launched a handy booklet full of advice about how to make a wildlife friendly garden pond as well as ideas of how to help wildlife if a pond isn't going to work for your own garden:

<https://www.wildaboutgardens.org.uk/sites/default/files/2019-03/Big%20or%20small%2C%20ponds%20for%20all%20Wild%20About%20Gardens%20booklet.pdf>

As the photo above shows a pond doesn't need to be big to help wildlife—our pond is about a metre across and half a metre deep and has had frogs breeding every spring since we dug it in 2015. I counted 32 when took this photo earlier this month!



Nature Summit



Join Suffolk Wildlife Trust for a wide-ranging discussion on the state of the county's wildlife and wild places.

This nature summit, the first of its kind in Suffolk and featuring speakers from the worlds of environmental campaigning and politics, is a chance to discuss a united vision of a wilder future.

Friday 7 June 5pm-10.30pm, Dance East, Ipswich Waterfront

Book your free place online:

<https://www.suffolkwildlifetrust.org/nature-summit>



in partnership



NATURE
SUMMIT

Pot-holes and Cyclists

Once upon a time we used to hear about pot-hole in the winter, the highway contractor repaired them in the spring and summer and as a consequence there were fewer of them and they were smaller.

Unfortunately this regular cycle of events has stalled, (forgive the pun!) and the consequences are bad for the motorist, and catastrophically dangerous for cyclists. Over the last 10 years at least 22 people have died and a further 368 have been seriously injured by potholes related accidents. Pot-holes are now much more prolific, bigger and to be found in our roads all year round so it is very likely these figures will increase exponentially.

The consequences for the motorist of course are vehicle damage and we hear in the news of the sometimes very expensive repair bills. Cyclists on the other hand are much more vulnerable. While cycles suffer damage in the same way as cars, the riders are much more likely to be injured or even hospitalised.

While drivers drive and damage is covered by insurance albeit inconvenient, cyclists need to adjust their actions in order to protect themselves and their bicycles.

We believe that by sharing and explaining some of the problems from a cyclist's point of view, it will create a greater understanding and make our roads

safer for all users.

This article deal with Pot-holes but many of the actions of cyclists relative to pot-holes are common to other dangers cyclists encounter. For example, longitudinal cracking, drop-off's, visibility, verge erosion, agricultural traffic, close passing and dangerous driving.

If a driver comes up behind a cyclist riding in the centre of the vehicle lane, it seems in many cases to incense them. Often what follows is "close passing" regardless of the road conditions or visibility.

The reason cycle riders ride out in the centre of the vehicle lane is not to get in the way of motorists and hold them up, but just simply to avoid the pot-holes. Longitudinal cracking, drop-off's and debris spread on the road by vehicle erosion are also avoided by adopting this tactic. This action also increases the cyclist's visibility. Riding out is particularly important on stretches of roads where hedges have not been cut back and the road is winding.

I do hope that by explaining some of the reasoning behind cyclist's actions a greater understanding and tolerance might emerge.

Maurie Parish, pro.ctcsuffolk@gmail.com

CTCsuffolk
A member group of Cycling UK



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We provide the following key services,

- ✓ Residential care
- ✓ Dementia care
- ✓ Respite care



FOWL WINS THE POTTER CUP

The Friends of Woodbridge Library have recently been informed that the organisation has won The Potter Cup for 2019. The Cup (plus a cheque for £50) is awarded annually by the Woodbridge Town Council. It is awarded to an individual or organisation that has made an outstanding contribution to the life and name of Woodbridge in the preceding 12 months.

First awarded in 1992, the Cup has been won by many individuals but previous organisational winners include the 5th Woodbridge Sea Scouts, the Company of Four, Woodbridge Community Council and The New Horizons Club.

This award is a tribute to all the Friends who have volunteered at the Library in so many different ways in the years since FOWL was formed. Thank you very much for all your contributions!

INDONESIA CELEBRATES THE VALUE OF LIBRARIES

A recent newspaper article told the following story. "With 17,000 islands and a geography that almost spans the distance from London to Tehran, Indonesia has struggled to promote reading across the country. For every 100 students, just one quarter leave school meeting the minimum standards of literacy and numeracy. Only 30% of villages have a library; some only stock copies of the Quran..... People argue that lack of interest isn't the problem, it's the lack of infrastructure. In

response, thousands of Indonesians have opened their own library in their own communities. Estimates suggest that there are thousands of such libraries in Indonesia, started by ordinary people with great initiative to address the lack of books in their area and funded by occasional donations. There is the library boat that sails around West Sulawesi. There are libraries on the back of vegetable carts, shelves lugged around by horses in Serang and in West Papua. Across Banten a 200-strong motorbike gang called the Komunitas Motor Literasi (Moli) brings books to homes from a box attached to their vehicles, delivered with the ease of a takeaway.

All of them are run by inventive, ambitious, ordinary people." (Courtesy of The Guardian)

Thank goodness in Suffolk we have a library infrastructure AND a mobile library service AND a home library service, which depends on volunteers to take books to housebound members of the community. If you know of anyone who would like to join the home library service, please contact the Library staff. And if you haven't visited the Library for a while, drop in next time you are in town and borrow a book by an author you have never read before. You may get a very pleasant surprise!

CONTACT POINTS

Library: 01394 330855

E: woodbridge.library@suffolklibraries.co.uk

Friends email:

friendsofwoodbridgelibrary@gmail.com

Websites: www.suffolklibraries.co.uk/branches/woodbridge-library

www.suffolklibraries.co.uk/about/member-organisations/friends-of-woodbridge-library-fowl



Add: 14 Hill View Business Park,
Claydon, Suffolk, IP6 0AJ
Tel: 01449 703949
Email: info@healthwatchesuffolk.co.uk
Web: www.healthwatchesuffolk.co.uk
Follow Healthwatch Suffolk
on Twitter, Instagram or Facebook

Thomas Mills High School's children will potentially benefit from changes in how their mental health and emotional wellbeing is supported, after taking part in a county-wide report focusing on the challenges young people face in and out of school.

Healthwatch Suffolk's "My Health, Our Future" project highlights troubling statistics surrounding body image, self-harm, exam stress, cyberbullying, and social media use, including the shocking revelation that a quarter of female students aged 16 say they have self-harmed.

Released this month, the full report – which over two years has gathered almost 14,000 responses

from people aged 11 to 19 – can be downloaded directly from the Healthwatch Suffolk website at www.healthwatchesuffolk.co.uk.

With every participating school having received a tailored report detailing their student's responses, it is hoped that the findings will continue to drive vital changes in curriculum and policy.

If your child or family feel that they need support, you can get in touch with the Children and Young People's Emotional Wellbeing Hub on 0345 600 2090, or find further contact details for information and advice for young people in Suffolk by visiting The Source at <http://www.thesource.me.uk>.

Pitstop ... Summer Programme of Fun!

Open throughout the Summer Holidays

(excl weekends and bank holidays)

8am—6pm

At the Deben Community Farm
Saddlemakers Lane, Melton

Trips (see the Summer Trip Programme)
Willow Workshops making giant butterflies,
flowers and more

Farm Activity Sessions with the animals
Lots of Crafts

Woodland Activities in our private woodland,
Den Building
and lots and lots of fun!

Limited Spaces!

Pitstop Summer Trip Programme 2019

Wednesday 24 July
Hollowtrees Farm

Meet and feed the animals, experience a trip on the tractor and trailer ride, explore Pogo's Pit to discover rope swings and climbing poles and lose all that energy in the play area!



Wednesday 31 July
Crabbing at Walberswick & picnic on the beach

Competition to catch the most crabs and the biggest crab at the place which hosts the National Crabbing Competition. Bring buckets and spades for the beach!

Wednesday 7 August
Forest Adventure
Rendlesham Forest

A huge forest of fun and adventure - orienteering, den building, forest games and jungle survival!



Wednesday 14 August
A Day of Summer Fun!



Lots of exciting activities including a trip to Kingston park, smoothie making, water and bubble play and a yummy BBQ!

PLUS... New for 2019... held at the farm

Willow workshops on 25, 30 July & 6 August
Make a giant butterfly, flower or streamer

Animal Sessions on 15, 20 & 29 August

Get up close with the farm animals.... Try your hand at being a farmer!

All trips are strictly on a first come first served basis and all bookings must be made through
Sasha Heelis: Text/phone: 07725 520595
Email: pitstop.enquiries@gmail.com



Pitstop



www.pitstop-oosc.co.uk

Established 2003

Your local community childcare provider

Ofsted Registered

Pre-School

FREE Forest School Sessions

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

Baby room for 6 months +

Large garden, pets, mud kitchen

Growing and nature area

All areas of the EYFS met through the ethos of play

Our sessions are

9am-12pm and

12pm-3pm term time



After School Club

Pick ups from all local schools

Craft, sport, gardening, cooking

Discounts for siblings

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



ACTIVITIES
★ ★ UNLIMITED

Holiday Club

Based at the

Deben Community Farm, Melton

Woodland activities

Feed the animals, egg collecting

Crafts, trips, den building

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



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

Raising the roof!



Join us for the **Framlingham College Summer Concert.**

Friday 3rd May | 7.30pm - 9.30pm
St Michael's Church, Framlingham

Enjoy an evening of musical brilliance as College Ensembles and Soloists fill the church with a varied and entertaining programme.

Listen as our young musicians rise to the challenge of playing technically demanding pieces and help the choir raise the roof with their uplifting singing. This musical delight is a **free event** so all are welcome.

www.framcollege.co.uk

info@aboutfram.com

Rendlesham Youth Group

Tuesdays 6:00 - 8:00 pm

Y4—Y6

Wednesday 7:00 - 9:30 pm

Y7 +

Thursday 7:00 - 9:30 pm

Y7+

Community Centre, Walnut Tree Avenue

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

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

Sudoku Challenge

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

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

Solution is on page 30

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



Bentwaters Heating & Plumbing Ltd
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You can now access the newsletter on our website
www.rendlesham.suffolk.gov.uk

Local Home and Small Business
IT Support and Repairs

dbarber@dbitsupport.co.uk 0793 2756 191 www.dbitsupport.co.uk
PC's, Laptops, Servers, Network, Wi-Fi and Routers
- Setup/Support/Repairs
Mobile/Tablet repairs and screen replacement

DAVID BARBER

Remote support(via Internet), Home visit , and or Local collection/Return
Free Assessment, Estimates on request, Contract options available

PC/Laptop Security/Health check
Introductory Offer £25 per device

Rendlesham Children's Centre

Sycamore Drive,
Rendlesham IP12 2GF



Opening Hours:

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

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

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

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

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

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



Need a local venue?



Job done!

CALL US NOW to discuss your meeting or event booking on 01394 46 00 05, or email rendlesham.commcentre@gmail.com

Rendlesham
M: 07599 998974 COMMUNITY CENTRE

Local family business celebrates 60 years

Peter Hall Flooring is celebrating its 60th Anniversary this year.

Based in Wickham Market, this well-known family business has been fitting and laying floors since **1959**, and their team of expert fitters are always on hand to offer guidance and advice.

Their well stocked showroom allows you to browse a wide selection of flooring, including well-known brands such as Karndean, Westex and Tarkett, and they fit a diverse range of carpets, vinyl floors, wood and laminate flooring.

So if you fancy a change this spring, please call **Peter Hall Flooring** today on 01728 441474.

www.peterhallflooring.com

info@aboutfram.com



Resurrection Witnesses

Can you imagine, that after the horror of the crucifixion of Jesus Christ, on the following Monday morning you read this headline in the Jerusalem Gazette, **“Women Frightened after Finding Empty Tomb?”**



Yet, what an amazing privilege they had to be the first witnesses of Jesus' resurrection. Luke 24:10 gives us the identity of these women and that their unbelievable message they told the apostles fell on ears of unbelief.

The second witnesses of Jesus' resurrection were Peter and John who told the other disciples. Because of Thomas absence and doubts, Jesus personally appeared to the disciples twice to confirm His resurrection.

Other witnesses of Jesus' resurrection were a crowd of 500 believers and then the Apostle Paul who had a personal encounter with Jesus on the Damascus Road.

One might ask a very important question today, “Were there any other witnesses of Jesus' resurrection other than the Bible?” The answer is **YES!** When Peter preached on the Day of Pentecost 3000 people got saved. Later Peter preached again and 5000 people believed on Christ. For the past 2019 years, wherever Jesus' resurrection has been preached, people have become believer's in Christ.

The visible proof of Christ's resurrection is seen in the lives of those who have repented of their sins and believed on Jesus Christ.

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



MONDAYS 7.30PM




Wickham Market School

WEDNESDAYS

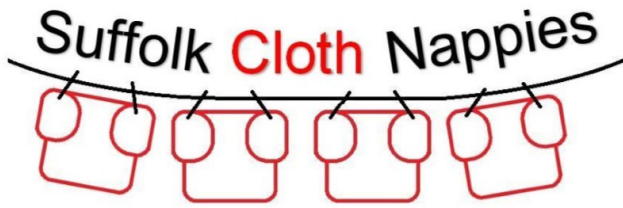
5.30PM + 7.30PM

Rendlesham Community Centre

TEL KATE: 07825210252

slimmingworld.co.uk
0344 897 8000   





Cloth nappies are cheaper, greener and cuter than disposables!

Suffolk Cloth Nappies, your local real nappy library, have nappy kits for hire. We can advise on different types of nappies and what you will need to get started. Get in touch with us to find out more.

🐦 @suffolknappies

f www.facebook.com/suffolkclothnappies

AN INTRODUCTION TO 105

And How You Can Support Its Launch

**POWER CUT?
CALL 105**

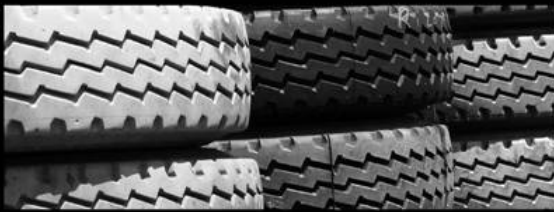


Advertising Contact:

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

**01394 420207 or
e-mail**

admin@rendleshampc.org.uk



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If it's good reliable service you want at reasonable prices, we are the people to contact

01728 688462 info@caulfieldsgarage.com

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

Tennis

Jubilee Park



£5 per hour



To book: 01394 420207

Email: admin@rendleshampc.org.uk

Woodbridge & District Lions – Latest News

Woodbridge Lions Club will be running two exciting fund-raising events during May.

Our Electric Pig Race Night being held at the Hacheston Village hall on Saturday 11th May from 7.00pm. There is a licensed bar and tickets are £8 which includes a ploughman's. Tickets are on sale from Garnett's Gardens in Hacheston or by contacting Lion Margot Wobey on 01728 746421. All profits from this event are going to the East Anglian Children's Hospice (EACH).

If the Pig Race Night is not your thing then why not come along and support our efforts the following week at our Art Show and Sale on Saturday 18th May. The venue is the Salvation Army Hall, just off the Thoroughfare in Woodbridge, doors open at 9.30 and entry is free. Works of art are generously donated by the art clubs of Rushmere and Kesgrave will be on show and for sale. Every painting is framed and nothing costs more than £30, with many prices well below that. Tea, coffee and home-made cakes will be on sale.

Table Tennis

Rendlesham Community Centre



£7 per hour

To book: 01394 460005

Email: rendlesham.commcentre@gmail.com

- Garden Planning •
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- Planting / Pruning •
- Weed Control •
- Digger / Tractor Hire •
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- General Groundwork •
- Decking •



11 Suffolk Drive
Rendlesham
Woodbridge
Tel: 01394 420700
Mobile: 07788 722144

Exercise and wellbeing classes in Rendlesham

(RCC) Community Centre (RPS) Primary School (JP) Jubilee Park (RM) Unit 1, Rendlesham Mews

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

EVENTS *Notices* EVENTS

The Rendlesham Show

2019

Saturday 8 June

Jubilee Park

IP12 2GT

11:00am—7:30pm

www.rendlesham.suffolk.gov.uk

FREE ADMISSION

All Creatures Great & Small



Pitstop Pre-School
& Out of School Club



Family Fun Day

Sunday 30 June



12-4pm



At the Deben Community Farm

Saddlemakers Lane, Melton, IP12 1PP

FREE ADMISSION

Tractor Rides, Raffle, BBQ, Den Building, Tombola
'Meet the Animals' Sessions, Treasure Hunt, Stalls
Scavenger Hunt, FREE Craft Activities, Refreshments

Meet the animals:
piglets, lambs, Highland
cows, goats, hens, ducks
plus our new pets corner!



Limited on site parking—5 minute walk from McColls Newsagents

Rendlesham social club

6th April .. Michaela

Amy Winehouse / Adele Tribute !

20th April .. St Elizabeth hospice

Charity Event with Remedy band !

4th May .. Sophie Hanson singer !

1st June .. Shattered !

6th July .. Family Disco !

25th August .. Summer Barbecue / Disco

7th September .. Wages for sin

5th October .. Roquefort !

26th October .. Halloween Disco !

9th November .. Cookies Karaoke !

Bingo every Thursday night

Rendlesham social club

Opening hours :

Thurs : 7.30 pm - 11.00 pm

Fri : 7.30 pm - 11.30 pm

Sat : 7.30 pm - 11.30 pm

Sun : 12.00 pm - 3 / 4 pm

**To see our latest events
Like our Facebook page ..
Search Rendlesham social club !**

Bingo every Thursday night

EVENTS *Notices* EVENTS

Your Village Needs You!

Big Spring Clean

20 May 2019

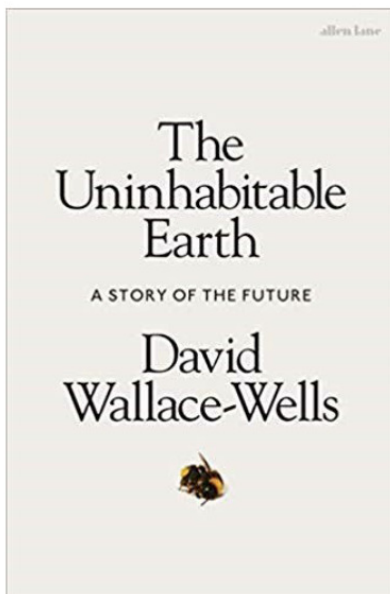
7pm

At the Community Centre

**Bags, gloves and litter pickers provided
Everyone welcome!**



Transition Woodbridge And Greener Rendlesham



****SUNDAY TIMES AND THE NEW YORK
TIMES BESTSELLER****

*'If you read just one work of non-fiction this
year, it should probably be this ... what this
book forces you to face is more important
than any other subject'*

David Sexton, Evening Standard

**short presentations on the major
themes from this book followed by
discussion**

***accessible for all, having read the book
or not***

**Woodbridge Library
Friday 10th May
7:00pm for 7:15pm
Admission Free—Refreshments**

Deben Community Farm

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



Free entry

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

07732 681125

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

Rendlesham & District Over 60s Club 2019 Meeting Dates:

New members always welcome

9, 23 May 10, 24 October
6, 20 June 7, 21 November
4, 18 July 5 December
12, 26 September

Rendlesham Community Centre,
10.30-12.30pm

Rendlesham Independent Women

Rendlesham Community Centre

2019 meetings coming soon

Mobile Library

Contact Suffolk County Council on

Email: help@suffolklibraries.co.uk

Telephone: 01473 584563

2019: 3 April, 1 May, 29 May, 26 June, 24 July, 21 August, 18 September, 16 October, 13 November, 11 December

Community Centre 9.35am - 10.35am

Friday Street 10.40am - 10.55am



The Roman Catholic Parish of Woodbridge and Framlingham

Parish Priest: Fr Edmund Eggleston

Churches:

St Thomas of Canterbury, Woodbridge

St Clare's, Framlingham

Mass times and contact details:

www.wfrcp.org.uk

**Solution
to the
Sudoku
challenge**

6	7	2	3	8	1	4	5	9
9	3	4	7	2	5	1	6	8
5	1	8	4	6	9	2	3	7
8	2	6	5	9	3	7	1	4
7	9	3	1	4	8	5	2	6
1	4	5	6	7	2	8	9	3
2	6	9	8	1	7	3	4	5
4	5	7	2	3	6	9	8	1
3	8	1	9	5	4	6	7	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
Tuesday 08:40 - 12:00
Wednesday 15:30 - 18:30
Thursday 08:40 - 12:00
Friday 14:45 - 17:30

**Wickham
Market
Medical
Centre
01728
747101**

Acer Road Pharmacy opening hours

01394 460548

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

FAITH BAPTIST CHURCH

Bromeswell, Woodbridge

www.fbcuk.org

Pastor Thompson (01394) 420181

SCHEDULE OF SERVICES:

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

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

2018/2019 Suffolk School Term Dates

Spring Term	7 Jan 2019	5 April 2019
Spring Half Term Holidays	18 Feb 2019 (Mon)	22 Feb 2019 (Fri)
Spring Holidays	8 Apr 2019 (Mon)	22 Apr 2019 (Mon)
Summer Term	23 April 2019	19 July 2019
Summer Half Term Holidays	27 May 2019 (Mon)	31 May 2019 (Fri)
Summer Holidays	25 Jul 2019 (Thu)	

Diary Dates - May 2019

Wed	1	Senior Youth Group. 7-9.30pm. Community Centre. Mobile Library. Community Centre 9.35-10.35am and Friday Street 10.40-10.55am
Thurs	2	Bingo. Rendlesham Social Club, at 7.30pm. Senior Youth Group. 7-9.30pm. Community Centre.
Fri	3	Café Respect (13-18s). St Felix Church.
Mon	6	BANK HOLIDAY
Tues	7	Bumps & Babies, Community Centre, 10-11.30am Fun@St Felix (Kids in Church) 3.30-5pm Evnuth. St Felix. 6-7.30pm Junior Youth Group, 6-8pm. Community Centre
Wed	22	Senior Youth Group. 7-9.30pm. Community Centre.
Thurs	9	Over 60s Club. 10.30-12.30pm. Community Centre Bingo. Rendlesham Social Club, at 7.30pm. Senior Youth Group. 7-9.30pm. Community Centre.
Mon	13	Bumps & Babies, Community Centre, 10-11.30am Parish Council meeting. 7.15pm, Community Centre
Tues	14	Fun@St Felix (Kids in Church) 3.30-5pm Evnuth. St Felix. 6-7.30pm Junior Youth Group, 6-8pm. Community Centre
Wed	22	Senior Youth Group. 7-9.30pm. Community Centre.
Thurs	16	Bingo. Rendlesham Social Club, at 7.30pm.
Fri	17	Café Respect (13-18s). St Felix Church.
Mon	20	Bumps & Babies, Community Centre, 10-11.30am
Tues	21	Fun@St Felix (Kids in Church) 3.30-5pm Evnuth. St Felix. 6-7.30pm Junior Youth Group, 6-8pm. Community Centre
Wed	22	Senior Youth Group. 7-9.30pm. Community Centre.
Thurs	23	Over 60s Club. 10.30-12.30pm. Community Centre Bingo. Rendlesham Social Club, at 7.30pm. Senior Youth Group. 7-9.30pm. Community Centre.
Fri	24	Café Respect (13-18s). St Felix Church.
Mon	27	BANK HOLIDAY & HALF TERM
Tues	28	Fun@St Felix (Kids in Church) 3.30-5pm Evnuth. St Felix. 6-7.30pm
Wed	1	Senior Youth Group. 7-9.30pm. Community Centre. Mobile Library. Community Centre 9.35-10.35am and Friday Street 10.40-10.55am
Thurs	30	Bingo. Rendlesham Social Club, at 7.30pm.
June		
Mon	3	Bumps & Babies, Community Centre, 10-11.30am
Tues	4	Fun@St Felix (Kids in Church) 3.30-5pm Evnuth. St Felix. 6-7.30pm
Wed	5	Senior Youth Group. 7-9.30pm. Community Centre.
Thurs	6	Bingo. Rendlesham Social Club, at 7.30pm. Senior Youth Group. 7-9.30pm. Community Centre.
Fri	7	Café Respect (13-18s). St Felix Church.
Sat	8	THE RENDLESHAM SHOW

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 Sievwright	01394 385720
Woodbridge Library	01394 446510
Parish Council Mrs Heelis, Parish Clerk	01394 420207
Police (non-emergency)	101
Rendlesham Dental Practice	01394 421500
Rendlesham Day Nursery	01394 420581 07917 854086
Ryder-Davies & Partners Vets	01394 420964
Post Office (Cost Cutters)	01394 461221
Keep in Touch: Rev Mandy Reynolds	01394 420129
Sudbourne & Tunstall Baptist Church: Revd Dave Rushbrook	01394 809691
Rendlesham Children's Centre Leader: Carolyn LeMay	01394 462191
Rendlesham Community Centre	01394 460005
Rendlesham Care Home	01394 461 630
Maharishi Peace Palace	01394 421136
Over 60s Pauline Harrow	01394 421470



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