



Rendlesham

MAGAZINE

RENDLESHAM FIREWORKS

BCWM REMEMBERS THE FALLEN

LIGHT UP RENDLESHAM!

**NEW ANGLO-SAXON FINDS
IN THE DEBEN VALLEY**

MEN'S HEALTH - MAN UP!

Rendlesham Magazine advertising rates

Size	1 month	3 months	6 months	Annual
Eighth Page	£13.00	£32.50	£52.00	£78.00
Quarter Page	£23.00	£57.50	£92.00	£138.00
Half Page	£42.50	£106.25	£170.00	£255.00
Whole Page	£78.50	£196.25	£314.00	£470.00

USEFUL DIARY DATES!

Check out where you need to be and when!
All you need to know on page 46



ADVERTISE YOUR BUSINESS TO OVER 1500 LOCAL HOMES!

If you would like to advertise in the Rendlesham Parish Magazine, please contact: 01394 420207 or email: admin@rendleshampc.org.uk

Magazine contacts

Editor
Parish Clerk: Heather Heelis
T: 01394 420207
E: clerk@rendleshampc.org.uk

Designer
Leanda Hoyland-Linch
T: 01394 420207
E: events@rendleshampc.org.uk

Advertising
Admin Officer:
Sarah-Jane Quick
T: 01394 420207
E: admin@rendleshampc.org.uk

December Magazine Deadline

Please send submissions to: admin@rendleshampc.org.uk by 10 November, 2021. Rendlesham Parish Magazine will be available online and in hard copy format.

Technical information is available at: www.rendleshampc.org.uk/magazine

Views expressed in the Rendlesham Parish Magazine are not necessarily those of the Parish Council or of other contributing groups. The publication of content in the Rendlesham Parish Magazine is at the sole discretion of the Parish Council. The Rendlesham Parish Magazine does not endorse the accuracy or reliability of any article or advertising within this publication.

DON'T MISS OUT ON THE LATEST NEWS AND EVENTS HAPPENING IN AND AROUND RENDLESHAM

Sign up to E-NEWS Now!
Just send an e-mail to: admin@rendleshampc.org.uk and put ENEWS in the subject box

Rendlesham

MAGAZINE



THIS MONTH...

- Parish Council News4
- Rendlesham Fireworks6
- Recipe of the Month8
- Explore Rendlesham9
- The Royal British Legion11
- Consumer Corner12
- Citizens Advice13
- Church Services.....14
- Vicar's Voice.....15
- Church News16
- Light up Rendlesham.....17
- Sudoku Challenge19
- Bentwaters Cold War Museum.....20
- Planes, Planes and Automobiles25
- Rendlesham Revealed.....26
- 1st Rendlesham Scouts31
- Woodbridge Art/Camera Club.....32
- Woodbridge Tide Mill33
- Woodbridge Library.....34
- Transition Woodbridge.....35
- News from the Wider Community.....37
- Men's Health38
- Kids' Page.....40
- Pitstop.....41
- Deben Community Farm.....42
- Rendlesham Care Centre.....45
- Rendlesham Community Radio45
- Diary Dates46
- Useful Information47



Page 6 Rendlesham Fireworks Returns! All the info you need.



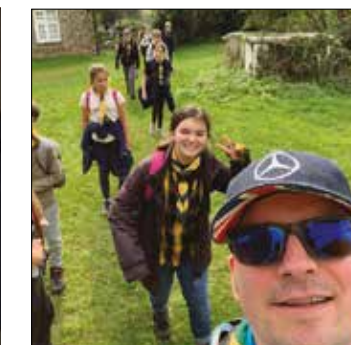
Page 9 Do you love an Autumnal walk under Suffolk skies? Join us!



Page 20 Bentwaters Cold War Museum honour those who have lost their lives in conflict.



Page 26 New discoveries of Suffolk's Anglo-Saxon past unearthed in the Deben Valley



Page 31 Rendlesham Scouts carry on camping



Page 38 Men's Health - man up! It's time to get checking!



Page 8 Pear, Apple and Cider Muffins - a delicious celebration of fruit in season.



Page 15 Rev Mandy's Vicar's Voice article talks about her recent retreat to Walsingham.



Page 25 The Morgan Sports Car Club of Great Britain descends on Bentwaters!



Page 40 New! Kids' Page - all about growing trees and a recycling challenge.

MARKS & MANN
estate agents

Dear Rendlesham Homeowner

with unrivalled market knowledge our clients achieve the very best market prices, if you are thinking of selling and would like a free market appraisal on your home call us now on 01394 470590

regards
Shane Marks



Marks & Mann Estate Agent
7 The Square,
Martlesham Heath,
Ipswich, IP5 3SL

01394 470590
shane@marksandmann.co.uk



FREE EPC
(Where required)

FORS We will give £100 to FORS on every house we sell on completion
Friends of Rendlesham School

Parish Council News

Rendlesham Youth Club

You know that that Rendlesham has a vibrant Youth Club don't you? With all the turmoil of the last 18 months it may have slipped your mind but we do!

The Youth club has now reopened with a refurbished and dedicated room in the

Community Centre and alongside the funding from the Parish Council, a donation from the Rendlesham Community Radio and their May Music Madness fundraising weekend has enabled us to refresh the furniture with new sofas and bean bags and a new pool table.

Our Youth Club is run on Tuesdays (years 7 and 8 - 6pm to 8pm), Wednesdays (years 4, 5 and 6 - 7pm to 9:30pm) and Thursdays (years 9+ - 7pm to 9:30pm) and is held in our dedicated youth club room in the Community Centre.

We also have professional youth workers who are fully trained and DBS checked to lead and structure the evenings and ensure everyone has a great time.

Currently we have four youth workers, two for each of the juniors and seniors but if numbers keep growing as they have done we may be looking for an additional worker in the junior section – keep an eye out in the newsletter and Parish Council web site for the job advert.

For some sessions there is a small charge to cover the activities, like cooking or crafting and for the older lads and lassies it is a safe place to hang out and just be.

The Youth Club is managed by our Parish Clerk under umbrella of the Rendlesham Youth Group Charity with input and guidance from the Youth Group Committee, for which the Parish Council is the trustee through the Youth Group Committee of Vic Proctor, Dave Moore, and Mike Stevenson.

We are also continuing to develop the Youth Strategy for our village though this committee which you may have come across in our 'food for thought' promotion where we swapped a burger for an idea in Jubilee Park recently.

If you have children who are stuck to the console all evening or fancy developing their crafting skills then why not encourage them to come along or pop in yourself at the start of the session to chat to Clare, Paul, or Mike to find out more.

Dave Moore
Chair, Youth Group Committee



RENDLESHAM YOOF GROUP

JUNIORS
Years 4, 5 & 6
Weds, 6-8pm
£1.00 subs for Juniors to cover craft materials

SENIORS
Years 7 & 8
Tues, 7-9.30pm
Years 9+
Thurs, 7-9.30pm

Rendlesham Community Centre

Community Copy Shop at the Parish Office		
Copying	B/W	Colour
A4	10p	20p
A3	20p	35p
A4 card	10p	20p
Binding		
A4 plastic/wire spiral, with cover and back		£2.50
A4 no cover/back		£1.50
A3 no cover/back		£1.50
Laminating		
A4		35p
A3		70p

2021 /22 Parish Council Meetings

Full Council	1 November
	10 January
Jubilee Park Committee	13 January
Planning Committee	17 January
Finance and Asset Committee	20 January
Youth Group Committee	5 January

Minutes of Meetings are available on the Parish Council web site: www.rendlesham.suffolk.gov.uk

NEXT PARISH COUNCIL MEETING
1 November at 7.30pm. 15 minute public session

Queen's Green Canopy

Jubilee Park was officially opened on 4th June 2012 to commemorate the Diamond Jubilee of HM The Queen. Since then it has been one of the cornerstones of Rendlesham life, constantly improving to benefit all.

As we approach Her Majesty's Platinum Jubilee year Rendlesham Parish Council are delighted to announce that we will be taking part in the Queen's Green Canopy initiative to "Plant a Tree for the Jubilee".

70 trees, one for each year of The Queen's reign, will be planted at Jubilee Park in early 2022. A range of species carefully chosen to suit the location will create shade and further improve the aesthetic with a range of colour and interest. The established trees, once in situ, will encourage more biodiversity at the Park and the additional tree cover adding to all-important carbon capture.

In the last decade Jubilee Park has witnessed children play, dog's run, people exercise, friends chat, teams win and lose and the full range of emotions that we experience. That's not

to mention the celebrations, music, fireworks and many and various spectacles The Rendlesham Show brings. With that in mind these 70 trees will belong to all of us.

Whether it is to remember a loved one, a gift from a business or individual to the community or to celebrate your family's love for Planet Earth, whatever the reason all of Rendlesham will have the opportunity to wholly or in part 'Sponsor a Tree'. This dedication will include an

engraved plaque and a lasting legacy not only in the Jubilee Year but far into the future. We will come together as a community for a special ceremony for the Platinum Jubilee and Rendlesham's own Queen's Green Canopy.

Look out for more information about how you can make your dedication in the coming weeks and what a wonderful Christmas present they would make!

Vic Proctor



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.

Parish Councillors

Mike Stevenson: Chairman
Ex-officio on all Committees
SALC Rep

Martyn Redfern: Vice Chairman
Personnel Committee
Planning Committee
Youth Group Charity

James Carter
Jubilee Park Committee
Personnel Committee
Planning Committee
SALC Rep

Dave Moore
Finance & Asset Committee
Personnel Committee
Planning Committee
Youth Group Charity
Jubilee Park Committee

Douglas Burness
Jubilee Park Committee

Victoria Proctor
Jubilee Park Committee
Planning Committee
Youth Group Charity

Mike Parry
Finance & Asset Committee
Jubilee Park Committee
Planning Committee
SNT Representative

Peter Wyartt
Finance & Asset Committee
Jubilee Park Committee
Tree Warden

Ali Gibbs

Parish Office

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

OFFICE OPENING HOURS
Monday and Tuesday
12pm - 4pm
Thursday
10am - 2pm

The Rendlesham Show

Be part of something amazing! Planning for the Rendlesham Show 2022 is underway!
Come to our next meeting on Tuesday, November 9 at 7.30pm in Room 16 at the Community Centre. All welcome.

Rendlesham Fireworks Return!

It's almost two years since the skies above Rendlesham were lit up in spectacular style and we heard the familiar crack, bang and fizz of fireworks.



It is with eager anticipation that we welcome back this annual event to the calendar, not least because it signifies a significant return to the normal life we all enjoyed pre-Coronavirus.

This year will see a return of some old favourites but also some exciting new additions to the line-up.

If you live in Knight Road or Mayhew Road, you will see the arrival of the funfair begin on Tuesday November 2nd. Please ensure that all vehicles are parked on driveways and not blocking access to Jubilee Park, allowing the funfair to arrive and set up safely.

The fun starts on Friday November 5th at 5pm when the funfair opens. Stocks are bringing their ever-popular Twister, Sea Storm, Toyset, Mini Trampolines, Octopus, Inflatable Slide, Helicopters and the Crazy Castle so there will be plenty to keep you amused and get the adrenalin flowing!

Rendlesham Scouts will be providing their legendary BBQ both Friday and Saturday and we will also have Thea's Coffi-Hut serving delicious hot drinks. Sweet treats will be available in the form of candyfloss, popcorn, donuts and sweets while the Scouts will also be selling glow sticks to aid their fundraising. So, make life easy, ditch the oven gloves and treat your family to all the fun of the fair and some delicious food!

On Saturday afternoon the funfair opens from 2.30pm and in addition to the Scouts BBQ, we will welcome 'Feed Me' who will have a tasty range of Cypriot Street food as well as burgers, salads and fish and chips on offer.

The highlight of the day, undoubtedly will be the fireworks which start at 6.30pm and will last around 15 minutes.

Getting there

Whilst you are encouraged to walk to the event, this is not always practical for some. If you need to drive, please note that there will be no parking available in Jubilee Park, unless you are a blue badge holder. Alternative parking can be found at Costcutter, Rendlesham Primary School and the Doctor's Surgery.

No Sparklers please!

For everybody's safety, please do not bring sparklers or fireworks to the event.

Advice for pet owners

Whilst we cannot prevent you from bringing your dog to the event, we strongly advise against it. Please read the advice opposite on how to keep your pets and pooches safe.

Chaperones needed!

Rendlesham Care Centre are appealing for chaperones to take residents to the Fireworks. Contact Cheryl Mellon-Kelly on 01394 461630.

And finally....

Rendlesham Fireworks is a free event, funded by the Parish Council. There will be a few people rattling buckets on the night if you do wish to make a donation - 100% of which will go towards the cost of next year's event.



**RENDLESHAM
FIREWORKS**

**FRIDAY NOVEMBER 5
FUNFAIR & BBQ 5 - 9PM**

**SATURDAY NOVEMBER 6
FUNFAIR & FOOD FROM 2.30PM
FIREWORKS 6.30PM**

JUBILEE PARK, RENDLESHAM

While fireworks are fun, they can be very frightening to animals. It's estimated that 45 percent of dogs in the UK show signs of fear when they hear fireworks. So how can you prepare your pet?

Dogs

Get your dog used to the sounds of fireworks early. Buy or download sounds that you can play in the background. Start at low volume when they are doing something positive, such as eating food. Gradually increase the volume and introduce it at other times of the day. Watch for signs that your dog is worried. If this happens, stop the sounds and encourage play or offer treats. Once the dog is happy, go back a step, reduce the volume and increase the positivity of the exercise.

Try an Adaptil diffuser a few days before the fireworks event. This releases a fine mist of chemicals that replicate the pheromones that a mother releases to settle her puppies. It helps to keep your dog in a more settled mood.

Make sure your dog has a safe space. Some dogs prefer it covered with a dark blanket to make it den-like and secure.

Walk them while in daytime and avoid going out in the evening. Feed them early and get them out to toilet before the fireworks start.

Shut the doors and curtains to reduce the noise and brightness of the flashes.

Distract from the outside noises by putting the television or the radio on louder than normal.

Stay calm. Your dog will pick up on any stressed or anxious behaviours.

Give them a new chew to keep them occupied. Other toys can also help and if your dog loves to learn, teach them a new trick!

Some dogs enjoy and benefit from firm pressure. The

Thundershirt is designed to apply pressure and comfort to the dog at times of high anxiety.

If your dog retreats, e.g. behind the sofa or under the bed, don't try and coax them out. They have gone there to feel safe.

Do not take your dog to a firework display even if you think they are happy. Tolerating them in the safety of their own home is very different to being outside with them all around.

Don't assume your garden is escape proof! Ensure their collar is always on and ID tag and microchip details are up to date. Keep them on a lead outside.

A frightened dog can show signs of aggression. Do not force anything on them and explain to children why they need to be left alone.

Do not punish them if they are anxious or frightened. This will only increase their anxieties.

Cats

Provide hiding places in your home.

Keep them inside during fireworks.

Microchip your cats in case they're startled and escape.

Small animals

Partly cover outside cages and pens with blankets so an area is soundproofed and hidden, but allow another area for the animals to look out.

Provide bedding small animals can burrow in.

Consider bringing them indoors.

Horses

Please follow the advice from the British Horse Society: www.bhs.org.uk



It's estimated that 45 percent of dogs in the UK show signs of fear when they hear fireworks. Visit: www.rspca.org for advice on how to prepare early.

RENDLESHAM FIREWORKS DISPLAY 2021

**Remember, Remember
this 6th of November!**

For everybody's safety — please don't bring your own Sparklers or Fireworks.

Enjoy them at home!

Thanks for making our annual Rendlesham Fireworks Display an accident-free zone.

Pear, Apple & Cider Muffins

These vegetarian pear and apple muffins are packed with fruit to give them an autumnal flavour, and a good dash of cider keeps them moist. From *'Delicious'* Magazine.



Ingredients

2 pears, chopped
 80g full-fat yogurt
 80ml vegetable oil
 200g golden caster sugar
 125g stewed apple (about what you'd get from a 160g cooking apple)
 2 medium free-range eggs
 100ml dry cider
 325g plain flour
 1½ tsp baking powder
 1 tsp ground ginger
 ½ tsp ground cinnamon
 2 tbsp runny Suffolk honey, if you can find it (optional)
 You'll also need a 12-hole muffin tin lined with muffin cases

Method

To make enough stewed apple, peel, halve, core and roughly chop a 160g cooking apple, then cook over a medium heat until smooth. (Or use 125g ready-stewed apples/pears instead.) Heat oven to 170°C/150°C fan/gas 3½. Quarter and core the pears, finely chop 1½ of them and finely slice the remaining ½ pear. Put the yogurt, oil, sugar, apples and eggs in a large mixing bowl and whisk until smooth. Pour over the cider and whisk again. Add flour, baking powder, spices and chopped pears, then fold together until just combined, being

careful not to overmix the batter as this can make the muffins dense and tough.

Divide the mixture evenly among the muffin cases, then top each with pear slices. Bake for 40-45 minutes until risen, golden and a skewer pushed into the middle of a muffin comes out clean.

Nutrition per muffin

Calories	261kcal
Fat	6.5g Fat (0.8g Saturated)
Protein	4.5g Protein
Carbohydrates	45g Carbs (24g Sugars)
Fibre	2.1g Fibre
Salt	0.2g Salt

What's on in November?

- Fri 12th England v Albania
- Sat 13th Charity Race Night – for St Elizabeth Hospice & Zest
- Sun 14th Through the Decades with Sharon
- Sat 27th Midnight Road

OPENING HOURS
 Fri 7-11pm, Sat 7-11pm
 Sun 1-5pm

RENDLESHAM SOCIAL CLUB
Rendlesham Social Club
 Community Centre, Walnut Tree Avenue

2ND SUNDAY OF THE MONTH

Community Litter Pick
 The family that picks together sticks together!
 NEXT PICK
14 Nov
 We ♥ Rendlesham

ELECTRICIAN
Inspections–Fault Finding–Installation
 House extensions or refurbishment work undertaken.
 Garden offices/cabins/workshops – supplies and circuits.
 Exterior lighting or power for water features, etc.
 Extra sockets, lighting circuits or cooker points installed.
 Upgraded and replacement fuse boards supplied.
 Showers and storage heaters fitted.
 Quality assured and professional service.
T W Electrical Services
 Telephone 01394 421702
 Mobile 07773 247905
 24 hour call out available

Do you love an autumnal walk under Suffolk skies?

Did you enjoy the Explore Rendlesham map? Join us on 14th November leaving the Community Centre at 10am

The Historic Rendlesham route takes a brief look back at our own slice of America down Suffolk Drive before passing the Village Sign and heading down Towerfield Road, past the Water Tower and Rendlesham Mews and into the oldest part of the village.

Discover the Old School House, stunning frontage of Naunton Hall and cottages along Ashe Road.

This is a very accessible part of the walk, on a very quiet road (so much so we hope it to become a designated 'Quiet Lane') with native hedgerows and glimpses into the Farming Year.

Turning right down a Bridleway the walk moves 'off road' for a time as it heads between fields for a sheltered and fantastic example of cleared and useable Right of Way.

Eventually the walk emerges onto Ivy Lodge Road for a study of the opposite side of the village, past the Lodge, down Broom Belt and returning to the Community Centre via Whitmore Copse.

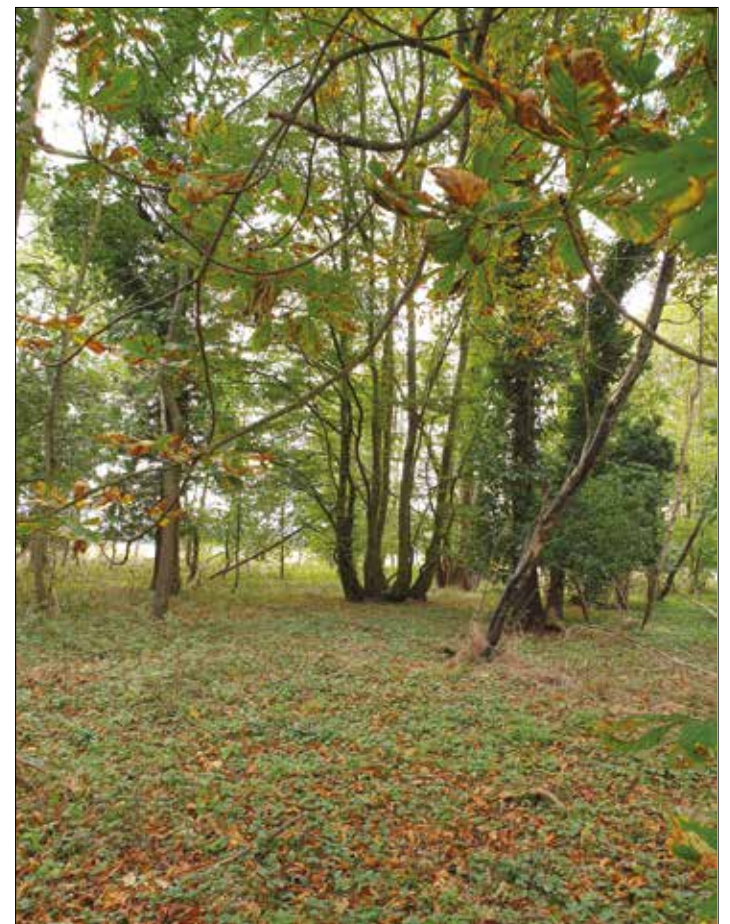
The entire walk takes about three hours at a moderate pace over roughly five miles. Due to the off road parts and mixed terrain it isn't pushchair or wheelchair friendly unfortunately.

There is no better way to appreciate how Rendlesham sits in the landscape than walking its boundary with friends and neighbours. We all have stories to tell and experiences to share as we put one foot in front of the other, adding more memories to the ancient ground.

On our return to the Community Centre we will be rewarded with warm soup and bread roll for a shared lunch, free of charge.

We hope that some local experts will join us on the walk and welcome as many people as possible to come along. Please make your intention to attend known by emailing admin@rendleshampc.org.uk or selecting GOING on the Facebook Event.

Vic Proctor





Allonsfield House

Tel: 01728 363 561



Now admitting residents for **Nursing Care**

Allonsfield House farm launch



Meet our farm manager Mason who is introducing the first arrivals at Allonsfield Farm to our residents. He is leading on our farm project to bring fresh air and activities for residents and the wider community – as well as providing tasty fruit, vegetables and eggs.

Come and view our new luxury suites



T: 01728 363 561 W: kingsleyhealthcare.co.uk/ah

Allonsfield House, Church Lane, Campsea Ashe, Woodbridge, Suffolk, IP13 0PX



The Royal British Legion

On 15th May 1921, four national organisations of servicemen came together to form the Royal British Legion.

These organisations were:

1. The National Association of Discharged Sailors and Soldiers
2. The British National Federation of Discharged and Demobilised Sailors and Soldiers
3. The Comrades of The Great War
4. The Officers' Association

It was in that year that the tradition of the two-minute silence and the Poppy Appeal began. In their first year, the appeal raised over £106,000. The money raised was used to help ex-servicemen with housing and employment.

The Poppy was chosen as the symbol because, despite all the horror, chaos and destruction of the Great War, the poppies flourished and grew in their thousands.

The Poppy represented those who had fallen and the money raised helped support ex-servicemen and women.

One hundred years on, The Poppy Appeal now raises around £50 million annually and this year, the Poppy Appeal runs from 24th October to Poppy Day, 11th November 2021— with Remembrance Sunday being 14th November this year.

The Royal British Legion helps members of the Royal Navy, British Army, Royal Air Force, veterans and their families. And their support starts after one day of service and continues throughout life, long after service is over.

By supporting the Poppy Appeal you ensure that those who have served are being looked after, no matter what



Join our Making'n'Natter group!

If you would you like to be involved in marking 100 Years of the British Legion, don't be put off if you can't knit or crochet. Local resident Jane Bultz has kindly offered to show you how, on Thurs 4th November in Room 16 at the Community Centre, at 1.30pm.

We'll supply the wool and Jane has a few crochet hooks and pairs of No. 4 knitting needles.

Just bring your fingers and let the magic happen!

CALL TO BOOK your "nattering" seat on 01394 420207 or email us at: admin@rendleshampc.org.

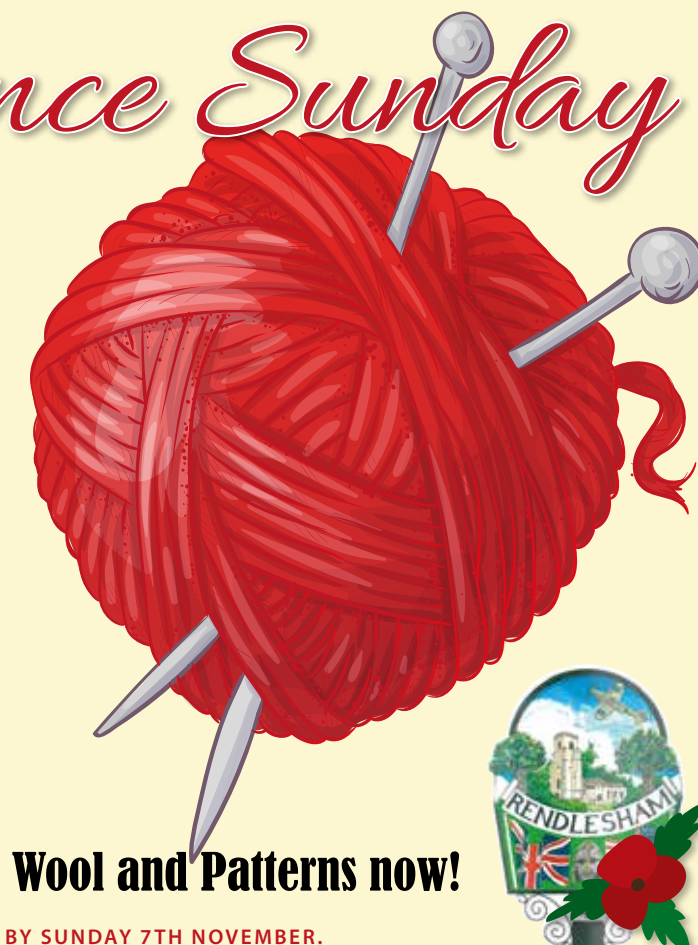
Knit 1, Purl 1 for Remembrance Sunday

Can you Knit or Crochet?

THE PARISH COUNCIL is recruiting an armchair-army of knitters or crocheters to create a river of poppies to commemorate **100 Years of the British Legion** and its vital work on Remembrance Sunday.

You supply the needles and the skills; we'll supply the wool and appropriate pattern.

A little time each night as you watch telly and we'll soon easily have enough woollen poppies to do justice to this milestone.



Ring 01394 420207 for your Wool and Patterns now!

PLEASE DROP YOUR POPPIES OFF AT THE PARISH COUNCIL BY SUNDAY 7TH NOVEMBER.



Consumer Corner

Criminals are experts at impersonating people, organisations and the police so it can be difficult to spot scam texts, emails and phone calls.

92% OF BRITS SAY 'YES' TO AVOID SEEMING RUDE BY SAYING 'NO'

If someone contacts you for your personal or financial info: **Stop, Challenge, Protect!**

STOP. CHALLENGE. PROTECT.

TAKE FIVE TO STOP FRAUD

However, there are things we can all do to protect ourselves.

As Brits we aren't renowned for being direct - new research from Take Five reveals 92% of Brits have said 'yes' because they don't want to appear rude saying 'no'. However, Take Five is warning that when it comes to fraudsters, being indirect could have serious financial and emotional consequences.

If someone contacts you asking for your personal or financial information it's important to say 'no'. It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

We encourage you to perfect the art of saying 'no' by making sure you Stop, Challenge, Protect.

Dealing with Gambling Debt

A guide for people affected by problem gambling and debt

GamCare offers information, advice and support to anyone affected by gambling. You can post messages on the GamCare Forum, chat online or talk to an Adviser who can let you know about local support and sources of advice about gambling-related issues, such as debt.

GamCare provides a range of treatment services face to face across England, Scotland and Wales, as well as online and over the phone. Its services are available to gamblers as well as family and friends who are affected.

To find out more, talk to one of our Advisers on the National Gambling Helpline. They'll listen to you. They won't judge you, and your conversation is completely confidential. All

GamCare services are free of charge.

The National Gambling Helpline is open 24 hours a day, seven days a week. Call FREE on 0808 8020 133, or try a live chat via www.gamcare.org.uk

If you ignore your debts, they won't go away. You might be making the situation worse, and making yourself more anxious.



So no matter what situation you are in, contact GamCare for help

It's so easy, and so very worth it.



Citizens Advice

Citizens Advice Leiston & Saxmundham resumed face-to-face appointments at their office in Leiston last July and are now offering outreach sessions at Woodbridge, Framlingham and Wickham Market.

- Monday 10am -12 noon - Woodbridge Library
 - Tuesday 1.30pm -3.30pm - Wickham Market Resource Centre
 - Wednesday 10am -12noon - Saxmundham New Fromus Centre
 - Friday 10am -12 noon - Framlingham Library
- CAB are also going to do sessions in Aldeburgh and Alderton, but strictly on an appointments basis and only if the client can't get help by another route on offer. These appointments must be pre-booked by phoning 01728 642960 – the lines are open 10am-4pm Mon-Fri.

To help us meet government guidelines, we do need to adapt the way we have traditionally worked, so will be asking clients coming to the office to:

- Wear a mask.
- Don't come if you have any Covid symptoms.
- Be happy to have your temperature checked.
- Come on your own (if you need to bring someone with you for support please discuss this when you make your appointment).

We are restricted on numbers of people allowed in at any one time so even with an appointment you may have to wait outside before you can enter.

We remain open for advice by email, phone and post on Mon, Tues, Thurs and Fri from 10 - 2pm alongside the new appointment service. Call 01728 832193 or Freephone 0808 278 7868. Email: supervisor@leistoncab.cabnet.org.uk

CAB Quarterly Report

Rendlesham Parish Council supports Citizens Advice Leiston, Saxmundham & District so it can continue to deliver service to you, when you need it.

To that end, this Summer, CAB-Leiston started offering face to face appointments again. These now account for 4% of its activity – the greatest demand being for help with the completing forms for Personal Independence Payments and Universal Credit.

They have also seen an increase in debt as creditors start chasing outstanding sums; in enquiries about health and community care as the impact of Covid affects people's wellbeing; and for advice on utilities and energy companies returned to taking meter readings and billing for arrears.

The combination of the removal of the £20 Universal Credit uplift and the hike in energy prices is likely to create

financial difficulties for people in our community, particularly if we have another cold winter.

Of course, last year Covid energy funds enabled them to help people in the community who were struggling with their utilities. But there is no promise of these funds being available this winter.

We expect there may be some difficult times ahead especially since, as a rural community, there is a reliance on oil and electricity for heating. So now's the time to talk to them if you think you're going to have difficulties staying warm this winter.

But that's not all they've been up to... CAB-Leiston has continued to develop services that meet the needs of the community, such as:

- Improving your Financial Capability and Budgeting: This Summer they worked with around 100 teenagers through Kids Inspire, talking about debt and how to avoid

financial problems. They are currently talking to the Family Hubs and Suffolk Mind to expand the project.

- Suffolk Law Centre: Provides an outreach service from CAB-Leiston offices once a month. Get advice on your problems and discuss the next course of action to take. This is an important service in our area given the lack of solicitors providing 30 minutes free advice.
- Turning Point: Turning Point run an outreach from CAB-Leiston offices once a week, providing opportunities for cross referrals and a strengthening of our contact with a fellow organisation.
- Housing: The CAB is developing a housing specialism in Leiston, as a number of advisers have a housing background and are working to develop contacts that can support complex housing cases, including support for people facing eviction.

How can we help you?

We are now able to resume face-to-face appointments. These must be pre-booked by phoning 01728 642960 the lines are open 10am-4pm Mon-Fri.

We remain open for advice by phone and email (Mon, Tues, Thurs and Fri – 10am-2pm). Call: 01728 832193 or Freephone 0808 278 7868. Or email: supervisor@leistoncab.cabnet.org.uk to make contact.

We're here to help. Whatever the problem. For free and independent advice.

citizens advice Leiston, Saxmundham & District
www.leistoncab.org

Church Services

Date	Time	Place	Service	Officiant
Wednesday 3rd November	10.00am	St Felix	Holy Communion	Rev Mandy
Sunday 7th November	9.30am	All Saints, Eyke	Holy Communion	Rev Mandy
	11am	Bromeswell	Family Service	Greg & Charlotte
	11am	St Felix	Holy Communion	Rev Mandy
	11am	Shottisham	Morning Praise	Helene Berry
Wednesday 10th November	10.00am	St Felix	Informal Worship	Rev Mandy
Sunday 14th November	10.50am	All Saints, Sutton	Remembrance	Rev Mandy
Remembrance Sunday	6pm	Shottisham	Evensong	Mel/Helen
Wednesday 17th November	10am	St Felix	Informal Worship	Rev Mandy
Sunday 21st November	9.30am	Bromeswell	Holy Communion	Rev Kevan
	9.30am	All Saints, Eyke	Morning Prayer	Rev Mandy
	11am	St Felix	Prayer and Praise	Greg Gooch
	11am	All Saints, Sutton	Holy Communion	Rev Mandy
Wednesday 24th November	10am	St Felix	Informal Worship	Rev Mandy
Sunday 28th November	9.30am	St Gregory	Morning Prayer	Stephen N
Advent Sunday	9.30am	Shottisham	Family Communion	Rev Mandy
	11am	Bromeswell	Holy Communion	Rev Kevan
	11am	St Felix	Holy Communion	Rev Mandy

Local Vocals
Simple Songs for Fun!
IN PERSON - FORTNIGHTLY

Thursdays, 2-3pm
Mondays, 7.30-8.30pm

at
St Felix Church, Rendlesham
Suggest £5.00 per session

Other Groups with Rachel

Solfa Singalong (on Zoom)

No experience necessary
Fortnightly, Mondays 7.20-8pm
All welcome | Suggest £3.00 per session

Song Time at St Felix Church

Rhymes, songs, movements, storytime for little ones and their responsible adult(s)
Fortnightly, Tuesdays
9-9.45am - Babes (from Bump to age 2)
10-10.45am - Pre-Schoolers (age 2-5)
All welcome | Suggest £2.50 per session

*For more information,
email Rachel on*

togetherwesing21@gmail.com

The Vicar's Voice

Dear friends,

Last month, I took some 'time out' for a little 'R&R' at one of my most favourite places in North Norfolk, the Shrine of Our Lady of Walsingham. It is an Anglican Shrine dedicated to Mary, the mother of Jesus in the small village of Little Walsingham, and set amongst a beautiful garden and grounds.

I was on a personal retreat, spending some time to refresh and reflect on my ministry here in Rendlesham and its surrounding churches. To take stock of what I want to try and achieve here in spreading the gospel and good news of Jesus, and how to go about it. It also gave me some breathing space to reflect on my family, spend some time on personal prayer, going on some long walks to "blow the cobwebs away", as my grandma used to say, and to read a good book. (I know.. a Jeffrey Archer novel might not be considered fine Spiritual reading but...!!)

The Shrine of our Lady of Walsingham was founded by the

Lady Richeldis in the year 1601, following a vision which appeared to her of Mary, holding a replica of the house in Nazareth.



The garden at the Shrine of Our Lady of Walsingham

Richeldis built the church in honour of Mary and it became known to pilgrims as 'Little Nazareth'. The Shrine was destroyed by Henry VIII in 1538 during the reformation of the church. In 1922, the Revd Hope Patten rebuilt the church and has since seen a steady stream of Pilgrims coming from all around the world to savour the peace and prayerfulness of this place.

King Solomon, who reigned around 970 BCE (before Christ) was a fabulously wealthy and wise king of Israel who succeeded his father, David. It was Solomon who wrote the book of Ecclesiastes in the Old Testament of the Bible, was a

seeker on a quest for the meaning and purpose of life. So he began to search for the meaning and purpose of life 'under the sun', apart from God.

Solomon wrote "There is a time for everything, and a season for every activity under the heavens: a time to plant, and a time to uproot, a time to build and a time to tear down, a time to weep and a time to laugh, a time to speak and a time to stay silent"

We all need time for special purposes, and one of the most valuable is to take time for oneself, some quality 'R&R', to reflect, to refresh, to treasure the moment we are in.

If you want to reflect on the value of time, I include an extract from an article I found in another church magazine.

My prayer this month is that you may find some time to take time. To realise the value of one year, ask a student who failed a grade.

To realise the value of one month, ask a mother who has given birth to a premature baby. To realise the value of one week, ask the editor of a weekly newspaper.

To realise the value of one day, ask a daily wage earner who has to feed his family.

To realise the value of one hour ask the lovers who are waiting to meet.

To realise the value of one minute ask a person who has missed a bus.

To realise the value of one second ask a person who has just avoided an accident.

To realise the value of a millisecond ask the person who won the silver medal in the Olympics.

Time is valuable, we don't get it back.

With my love and prayers as always,
Rev Mandy Xx



Information

Baptisms, marriages, funerals & pastoral needs:
Rev Mandy Reynolds
01394 420129
revmandy.rendlesham@yahoo.com
General enquiries:
info@rendleshamchurch.org

St Gregory the Great

Ashe Road,
Rendlesham
Woodbridge
IP12 2QY
Church Wardens:
Liz Morrison 01394 460582
Caroline Bunbury 01394 460235



St Felix of Dunwich

Walnut Tree Avenue
Rendlesham
Woodbridge
IP12 2GG
Church Wardens:
Nigel Harding 01394 420419
Matthew Reynolds 07716 728608



Church News



We have held our first Messy Church!

On Saturday, 2nd October we had our very first Messy Church at St Felix in Rendlesham and our theme was HARVEST.

We had various activities set up around the church (of varying

degrees of messiness!) which the children and their families engaged with. These included making bird feeders to support our wildlife, creating nature friends out of leaves, sowing cress seeds and making thankfulness pumpkins. We also had sensory tuff trays for our tiny tots to play in too. We really enjoyed getting to know lots of the local families and their children. The children had fantastic craft skills too!

After our free flow craft time, we then enjoyed Rachel doing some singing and dancing of some harvest themed songs with us before Greg and Charlotte told us the parable of the Sower. Everyone then shared in a buffet lunch which was a great chance for families to sit down, have a chat and get to know each other.

We were so pleased to see so many families come to join us, and we hope to see many more of you at our CHRISTMAS Messy Church on Saturday 4th December – pop it in your diary!

Greg and Charlotte, Rachel and Rev Mandy



Photography by Rev Mandy Reynolds



BESPOKE DOG DAY CARE AND HOLIDAYS BASED IN RENDELSHAM AND EYKE

- Suffolk's Longest Running 5 Star Doggy Day Care
- A great chance to socialise your puppy and give them skills to help them thrive
- Overnight hotel with beds, underfloor heating and air conditioning
- Woodland Walks available in private enclosed land everyday
- Grooming and pampering with qualified groomers

Booking Line: 07375 941 544 - happidayscentre.co.uk

Bright up Rendlesham

Join us on Sunday, December 5th from 3pm in the Village Square

Countdown to the tree lights switch-on
 Scouts' BBQ and hot drinks
 Children's Ride and Entertainment
 Meet Father Christmas in his grotto!
 Free mocktails and mince pies kindly sponsored by Costcutter
 More news to follow!



The Wendy House Clinic

Ear Syringing

£20:00 per ear

LIMITED AVAILABILITY – CALL NOW

07391 097523

FULLY INSURED REGISTERED NURSE

A FAMILY RUN BUSINESS ESTABLISHED OVER 40 YEARS

SWANN'S NURSERY

Eyeke Road, Bromeswell, Woodbridge, IP12 2PN
 01394 460127 | info@swannsnursery.co.uk

For all your gardening needs – shrubs, trees, conifers, hedging & fruit trees

ALSO
 The Wild Blackberry Cafe
 Visit us on the A1152 between Eyke & Bromeswell

Tina Scott – Mobile Hairdressing
 Visiting you at Home for a Professional Service

Ladies or Gents Cuts	£13.00
Children's Cuts	From £8.00
Cut & Blowdry/Set	£25.00
Blowdry	£14.00
Perms	£50.00 incl
Colours	From £40.00

Call for availability and more prices 01394 420039

Massage | Facials | Waxing | Dermaplaning | Microneedling | Chemical Peels

SKINFINITY UK

GIFT VOUCHERS MAKE FOR A BEAUTIFUL XMAS

Contact Nickie NOW
 nickie@skinfinity-uk.com | 07918 175879

PART-TIME CLEANING OPPORTUNITIES
DAYTIME CLEANERS REQUIRED FOR PRIVATE HOMES

- Mondays – Fridays.
- Days and times to suit.
- 6-20 hours per week.
- General housework duties.
- Good communication skills.
- Must be reliable and trustworthy.
- Own transport preferred.
- From **£10.00** per hour.

Maid 2 Clean CALL/TEXT **07769 700 258**
 www.maid2cleansuffolk.co.uk

Ethically Sourced Crystals & Minerals
 Gemstone Jewellery
 Incense & Resin
 Himalayan Salt Products
 Essential Oils
 Oracle Cards
 Crystal Therapy
 Workshops

Opening Times
 Tuesday - Saturday
 10am - 4pm

Crystal Encounters
 6, Rendlesham Mews, Rendlesham, IP12 2SZ
 Tel: 01394 547120 E-mail: crystalali@btinternet.com
 www.facebook.com/crystalencountersuk
 www.etsy.com/uk/shop/CrystalEncounters

BINGO

EYES DOWN for a Full House
 Thursdays, 7-10pm

Rendlesham Social Club
 Community Centre, Walnut Tree Avenue

Sudoku Challenge

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

In a Sudoku you fill in the grid so that every row, every column and every 3 x 3 box contains the digits 1 through 9. There is no maths 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.

Answers on Page 47

Stay connected!
 www.rendleshamcommunityradio.co.uk

DB IT LOCAL IT SUPPORT
 for homes and businesses in Rendlesham & local area

PC, Laptop, Server and iPhone
 Advice, setup, maintenance, cleaning, security, upgrades and repairs.

dbarber@dbitsupport.co.uk
 www.dbitsupport.co.uk
 facebook.com/dbitsupport **07932 756191**

FixMyStreet
 Report, view or discuss local problems

How can I report a local problem – like graffiti, fly tipping or broken paving slabs?

- (1) Enter a nearby UK postcode
- (2) Locate the problem on a map of the area
- (3) Enter details of the problem
- (4) FMS will notify the council on your behalf

www.fixmystreet.com

RENDELSHAM GOOD NEIGHBOUR SCHEME
 07486 551 004

Our volunteers could help you with:

- Companionship
- Travel to GP/Clinic/Hospital appointments
- Form filling and administration
- Dog walking and pet care if you are unwell
- Practical help in the home if you are incapacitated
- Technical help with tablet or pc
- If your relative or friend normally relies on you for the shopping and you are away, we might be able to step in
- Anything that you would normally ask a friend or family member to help with but for whatever reason they cannot, we will try to help.

HELP FOR LOCAL BUSINESSES.....

During these challenging times we want to support local businesses. Talk to us about how we can help promote you in the Parish Magazine with a page of editorial to accompany your advertisement

Contact Sarah-Jane: admin@rendleshampc.org.uk

Chloe Kinrade
 SCHOOL of DANCE

RENDELSHAM • WICKHAM MARKET • ALDEBURGH

Contact Miss Chloe to book your FREE TRIAL

Take part in ISTD Examinations, Shows, Summer Performances, Holiday Dance & Craft Workshops

07940 469026
 chloekinradeschoolofdance@gmail.com
 chloekinradeschoolofdance

We will remember them

At this time of year our thoughts turn to the act of remembrance to honour and remember those who lost their lives in the service of their country.



Above, left: Aged 23 from Eccles, Lancashire, Flying Officer James Quinn of 165 Squadron is buried in a cemetery in Bruges, Belgium. He was killed in a mid-air collision on his way to participate in a Ramrod mission in Germany.

Above, right: Aged 23 from Edinburgh, Flying Officer Scott is buried along with Flying Officer Quinn in Belgium where they lost their lives in the service of their country and for the benefit of all of us in fighting for peace.

For those based at RAF Bentwaters this will mean both British and American airmen that are remembered.

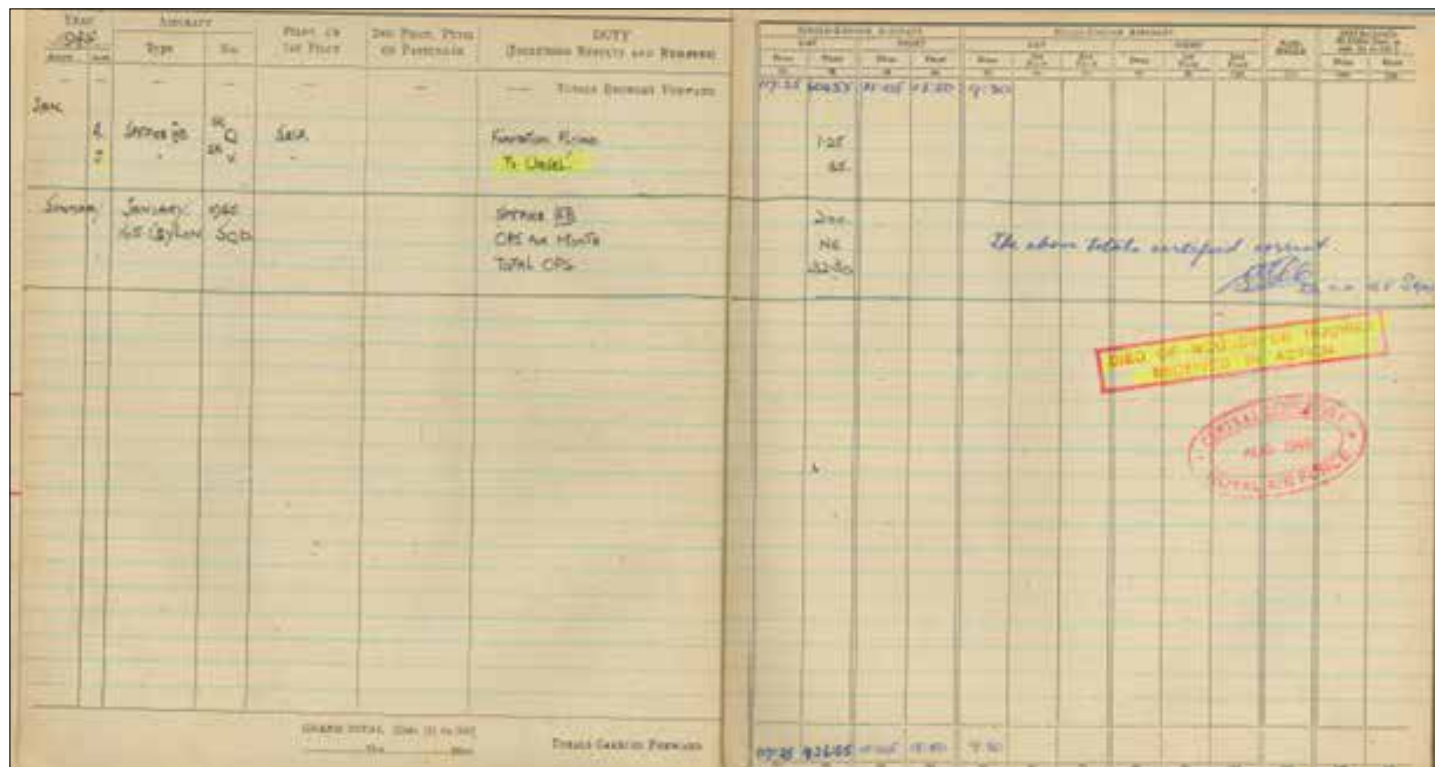
In World War II, the RAF operated fighters on long range escort missions and ground attack bombing, both fraught with danger, though by late 1944 and 1945 the German Luftwaffe were a much reduced force and aerial combat was rare. It was bad weather, mechanical failure and mid-air collisions that proved the most common cause of losses.

The first known loss at RAF Bentwaters was the mid-air collision of two Spitfires from 165 Squadron on January 5th, 1945.

Spitfire MK425, piloted by Flying Officer Andrew Scott collided with Spitfire MK437 flown by Flying Officer, James Quinn. Both crashed near Brugge, Belgium. Flying Officer Quinn died in the accident while Flying Officer Scott was taken to Brugge's hospital where he subsequently died the next day. Both pilots are buried in

Below: Flying Officer Andrew Scott was a member of 165 Squadron which had moved to RAF Bentwaters in December 1944. Along with his colleague, Flying Officer Quinn, he died when they collided over Belgium. The log book indicates he flew on the 4th January, 1945, practicing formation flying revealing the need to retain expertise in such skills. But on 5th January his luck ran out when his Spitfire lost its tail in the collision and he fell to the ground. Despite the efforts of the hospital in Bruges, he succumbed to his wounds as noted from the red oblong stamp on the right hand page of his log book. It is a sombre point to note that his log book required another member of the squadron to complete the details of his last mission to Ursel in Belgium. The original of this log book is on display in the Bentwaters Cold War Museum and we are thankful to his widow Mrs Eileen Scott for donating it to be held for others to see. We will not forget his sacrifice.

The first known loss at RAF Bentwaters was the mid-air collision of two Spitfires from 165 Squadron.



the municipal cemetery of Bruges-Steenbrugge.

They were flying what was known as a Ramrod mission - a short-range bomber attack to destroy ground targets by fighters such as Spitfires and Mustangs operating from RAF Bentwaters.

The squadron took off from Bentwaters after lunch on 5th January to Ursel in Belgium where they refuelled and resumed the operation to sweep the area in front of the 150 RAF Lancaster bombers that were attacking Ludwigshafen in Germany. Their objective was railway marshalling yards, a vital target to disrupt the German supply lines to the battle front where the Allies were advancing into Germany.

It was on the way to Ursel that the Spitfires collided and Flying Officer Scott's Spitfire lost its tailplane and it dived into the ground.

News of the loss of these young airmen was met with great sadness at Bentwaters. Jimmy Quinn, serving in the squadron for the second time had seen a great deal of action and was described in the squadron operations book as "probably the most popular man on the squadron, his vociferous high spirits and excellence as a pilot will be sadly missed and he was regarded with affection by all ranks".

Andrew Scott had been with the squadron since April, 1944 and had become "a very popular member and was renowned for his cheery good nature".

In 1951 the United States Air Force moved onto the base and it was not long before a devastating tragedy struck the 81st Fighter Interceptor Wing.

Bentwaters Cold War Museum were contacted in 2010 by the widow of Flying Officer Scott, Mrs Eileen Scott, who wished to donate her late husband's flying log book - the only example we have of an original document such as this. We were most grateful and it was clear that Mrs Scott's loss, though 65 years before, still grieved her.

A further twelve pilots died whilst flying from Bentwaters in WWII, operating against Germany and in the subsequent period when the six Mustang squadrons were training for further action expected in the war against Japan.

In 1946, Bentwaters received a training squadron, 226 Operational Conversion Unit, using both propeller and jet fighters. Four pilots lost their lives along with a ground crewman who was hit in one of the accidents.

In 1951 the United States Air Force moved onto the base and it was not long before a devastating tragedy struck the 81st Fighter Interceptor Wing.

The 81st was a fighter group deployed to Britain to provide front line air defence against the threat of Soviet Union attack by bombers. As the weather limited the availability of clear skies for training, the USAF would send squadrons to North Africa to use gunnery and bombing ranges. One of the most utilised was Wheelus near Tripoli in Libya.

The F-86A Sabre jet was operated by the 81st and would be flown out to Wheelus where

it was necessary to support the training with ground crew, supplies, spares and additional pilots, all requiring transportation from Britain. The aircraft of choice for such routes was the Douglas C-47, known as the Dakota in the UK - a twin engine transport type that had been used extensively in both WWII and Korea.

It was C-47A 42-100488, flying to Britain on the night of 6th December, 1951 that crashed in a storm at Cuges Les Pins, near Marseille, France, en-route back from Wheelus Air Base, Libya. The aircraft hit the Sainte-Baume ridge east of Marseille killing all ten people on board. Its wreckage was found two days later.

Along with the pilot, co-pilot and radio operator were a further six service personnel



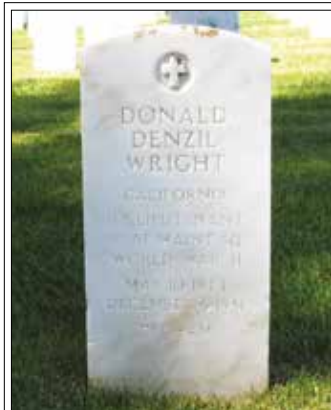
Above: A newspaper cutting from an American publication detailing some of those lost in the accident of 6th December 1951 in which ten died when their transport aircraft crashed into a mountain in southern France.



Based in the United States Air Force hardened command post on the former Bentwaters airbase. Displays of the history from 1943 to 1993. Cold war jets and vehicles on show.

Plenty of car parking space and suitable for all ages and ideal all weather visitor attraction with a café and shop offering light refreshments and souvenirs.
Opening times 10.00 - 16.00
Easter until end October.

Further information for the museum can be found at www.bcwm.org.uk
Building 134, Bentwaters Parks, Rendlesham, Woodbridge, Suffolk IP12 2TW



1st Lt Donald Wright also served in WWII and the headstone indicates that he was awarded the Distinguished Flying Cross and the Air Medal, both of which are awarded for acts of heroism or meritorious achievement while participating in aerial flight. Still only 27, 1st Lt Wright had already fought in one war and was then involved in a Cold War which proved as dangerous by way of the training accidents.

and a civilian. They included maintenance, medical, base operations and pilots, plus a civilian who might have been a representative from the aircraft manufacturer as they were often called upon to assist with maintenance problems.

Here are the names of those who perished in the service of their country, with the location of the grave if known:

- Captain Peter J Brylinski (pilot) - St Nicholas Ukrainian Catholic Cemetery Chicago
- Major Merton P Kilgore - Golden Gate cemetery, San Bruno, California
- 1st Lt Donald D Wright (maintenance) - San Francisco National Cemetery San

Several of those who perished had served in WWII and Korea, and some had been recalled from their civilian lives to answer the call up of military service.

- Francisco, San Francisco County, California
- 2nd Lt Bernard Shephard Strongren
- Technical Sergeant James R. Gallentine (medical)
- Technical Sergeant William I. Lawson
- Technical Sergeant Fred Richard Linn (base ops)
- Private Patrick Eugene O'Riley (radio operator)
- Captain Harold Edward Peterson
- Passenger: John P. Hawkins.

This accident, occurring only three months after their arrival in Britain and involving so many was a bitter blow to the 81st

Fighter Interceptor Wing. Several of those who perished had served in WWII and Korea, and some had been recalled from their civilian lives to answer the call up of military service in response to the increasing threat from the Soviet Union.

The Cold War was to last through to the 1990's and a further 70 fatalities are known from the units that operated from Bentwaters and Woodbridge. A sacrifice of lives so that we might live our lives in peace.

We will remember them.
Simon Gladas
Bentwaters Cold War Museum

Captain Peter Brylinski was piloting the C-47A and bringing his colleagues back to Bentwaters (and perhaps other bases in East Anglia) when the tragedy occurred. The newspaper cutting tells us he had served in WWII with the 8th Air Force, perhaps on bombers. He had already given service in operational theatres of war and ended his life at just 28 years old leaving a young widow and a baby daughter.

Below: The grave of Captain Peter Brylinsky in a Chicago cemetery.



CHICAGO CAPTAIN AMONG 10 TO DIE IN CRASH OF C-47
 Capt. Peter Brylinski Jr., 28, whose parents live at 2655 Thomas st., was identified by the air force yesterday as one of 10 men killed Dec. 6 in the crash of a C-47 transport plane. It struck a mountain while flying from Tripoli, North Africa, to Marseille, France.



Capt. Brylinski, who joined the old army air corps in 1943, was a graduate of Crane Technical High school. He served with the 8th air force, based in England, thruout World War II and remained in the flying service after the war when it became the air force. He went overseas again in December.

His widow, Dorothy, and his daughter, Marianne, 14 months, live in Trespiedras, N. M. Four sisters, Mary Ann, Lottie, Mrs. Estelle Banaszak, and Mrs. Anne Witt, also survive.

Attempts to find Captain Brylinsky's family and the others who lost their lives have been unsuccessful, but it is hoped they will be found and know that they are not forgotten.



KILLED IN FRANCE . . . Private Patrick O'Riley has been reported killed Dec. 6 in an aircraft accident in France, in a second message received by his parents, Mr. and Mrs. Joseph O'Riley, Maryville, Mo. The first message stated that Private O'Riley was reported missing in flight between Tripoli and Marseille, France.

Private Patrick O'Riley, along with the others in the C-47A, was initially reported missing until the wreck was found two days later. The anguish and devastation felt by his family must have been heart-breaking.

The headstone of Private O'Riley identifies him as a radio operator and therefore likely to have been a member of the crew of the C-47A. Just 22 years of age and too young to have served in WWII he none the less gave his life to the Cold War fight to maintain peace in the world.

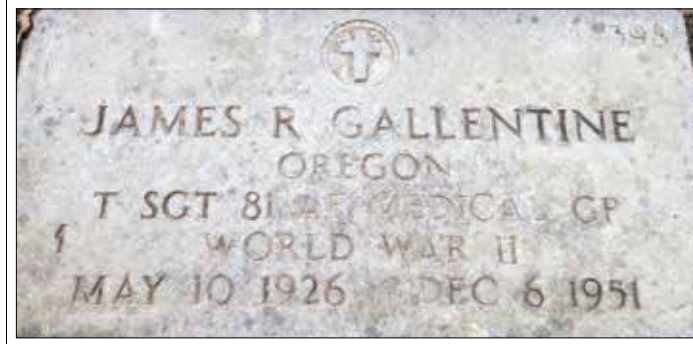


Technical Sergeant Fred Linn is described on his headstone as 81st Air Base GP which might mean he was involved in base operations and therefore vital to the provision of tasks to organise the training at the gunnery range in Libya where they had just flown from. His medals include the Air Medal and three "Oak Leaf Clusters" which signify that the medal award had been given more than once. We can only wonder at what acts of heroism



Technical Sergeant Linn had carried out to earn them.

Technical Sergeant James Gallentine grave is marked with his occupation as "medical group" with the 81st and that he had served in WWII.



Christmas Trip Halted by Word Of Mate's Death

OKMULGEE, Okla., Dec. 13 (AP)—Mrs. Audrey Lawson is back in Okmulgee—her dreams of a Merry Christmas in England with her husband blighted.

She and her daughter, Darla Kay, 3, were at Westover Field, Mass., ready to leave by plane for England when word was received Sunday of T-Sgt. William I. Lawson's death.

He was killed in the crash of an American C-47 on a flight between Tripoli and Marseilles.

Air Force officials sadly put the mother and daughter on an air force plane returning them to Tulsa. They were met there and brought here by the young widow's parents, Mr. and Mrs. Walter Forrest of Okmulgee.

Mrs. Lawson had shipped the family's Christmas presents to England so they would be there when she arrived. Sergeant Lawson had rented a home, bought a Christmas tree and decorated it awaiting his wife and daughter.

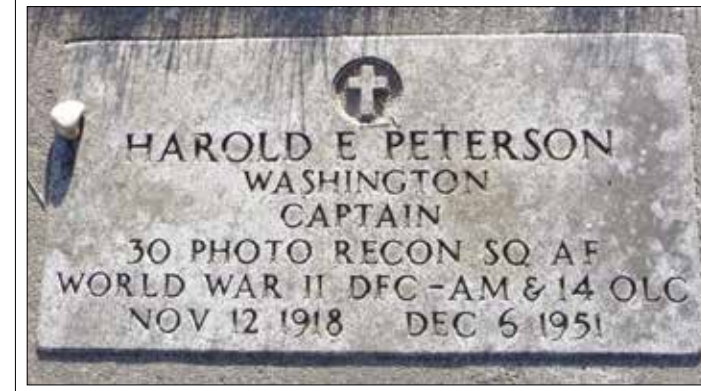
Sergeant Lawson, a veteran of 11 years service in the Air Force, had been stationed in England only three months. But all that time the couple had been unwinding the official red tape that would reunite them.

Lawson was the son of Mrs. Cora Lawson, Huntington Park, Cal.

Technical Sergeant William I. Lawson's family were on their way to join him in England when the tragic news of his death was received. His widow and three year old daughter were waiting to fly from the east coast of the USA and they were instead returned to Oklahoma in the mid-west to be with Mrs Lawson's parents.

Christmas presents had already been shipped to England ready for the family to enjoy in a new home he had rented and decorated with a Christmas tree. It was common practice for airmen to deploy overseas and set up home awaiting their family which Technical Sergeant Lawson had done for three months.

The grave of Captain Harold Peterson who, at 33 years old might have been the oldest on the C-47A, appears to have had a career in WWII with the 30th Photo Reconnaissance Squadron that operated in Europe and was involved in the D-Day landings. Awarded the Distinguished Flying Cross, Air Medal and fourteen Oak Leaf Clusters, Captain Peterson was clearly a hero and perhaps deserved better than to die on a mountain side in France on a stormy night in December 1951.




Final Rites for Major Kilgore

Final rites will be held tomorrow at 8 o'clock from the Comisky & Roche chapel, Sixteenth and Dolores streets, San Francisco, and at

He was only 32 years old so could well have still been in the cockpit of the F-86A Sabre jet.

According to the newspaper cutting, Major Merton Paul Kilgore was living in London with his wife and 12 year old son at the time of the accident. He, along with so many that served at Bentwaters in the 1950's was a reserve officer and had been recalled to duty after having served in WWII. His occupation was that of an instructor at the University of San Francisco. It is doubtful he expected to be living in the UK or flying to and from Libya and looked forward to a life with his family, tragically cut short.

Major Kilgore's role in the Air Force is unknown though as a major he would have had command of aircraft or departments with personnel. Perhaps maintenance, but with the award of the Air Medal and Oak Leaf Clusters it is likely he had been involved in combat and therefore flying.





Rendlesham
COMMUNITY CENTRE

RATED
★★★★★
ON GOOGLE
REVIEWS

EMAIL YOUR BOOKING ENQUIRIES TO
rendlesham.commcentre@gmail.com

GET TRAINED, HELP SAVE LIVES, BE THE DIFFERENCE

Your nearest defibrillators are:

Rendlesham Community Centre
Walnut Tree Avenue, IP12 2GG

or

Rendlesham Sports Pavilion
Jubilee Park, Mayhew Road, IP12 2GT



REMEMBER THIS,
YOU COULD
HELP SAVE A LIFE!

Always start CPR immediately — then use the defibrillator
If a trained first aider is not available, please follow the voice commands given when you turn on the defibrillator (paediatric pads may be needed)
Defibrillators can be used on any adult and on children over 1 year old
A defibrillator is safe. It will not allow a shock to be given unless the heart rhythm requires it
We recommend first aiders take our 3 hour defibrillator training to build skills and familiarity. Visit sja.org.uk/aed for more information
Your defibrillator automatically self-tests regularly to check it is ready for use. We recommend you inspect your device regularly to ensure the pads are in date and the battery hasn't expired. (If you need to replace your defibrillator pads or batteries, please visit sja.org.uk/shop)

Bayfields

Chris Bayfield
Proprietor

Digital TV, Aerials & Satellite - CCTV - WiFi



Rendlesham's local experts in TV aerials for Freeview & BT TV, and dishes for Freesat & Sky

We can also assist with catch-up/on-demand issues, and any general TV equipment set up problems.



Also, WiFi coverage improvements, building-building links and ethernet data cabling

CCTV video camera systems and wireless smart alarms for home and business

Call us on 01728 745745 or email chris@bayfieldsdigital.uk
Or try our live Chat support at www.bayfieldsdigital.com

Unit 9 Riverside View, Wickham Market, Woodbridge, Suffolk. IP13 0TA Established 1976

Planes, planes and automobiles...

Rendlesham has received many famous visitors over the years - the Anglo-Saxons made it their royal capital, the United States Airforce made it home to thousands of personnel during the Cold War years and, depending on your point of view, the area was visited by a UFO in 1980!

However, on Saturday, October 9th, the village witnessed an invasion of a very different kind when the Morgan Car Club of Great Britain descended upon Bentwaters.

The visit was organised by Bentwaters Cold War Museum who welcomed motorists from from the Norfolk, Suffolk and Essex Morgan Sports Car Clubs.

The motorists spent the morning looking around the museum followed by a presentation of the aircraft undergoing restoration in the Hardened Aircraft Shelter.

After taking lunch in the Diner, the visitors then enjoyed an extensive airfield tour.

The Morgan Sports Car Club is a UK-based club for enthusiasts of Morgan cars with around 4,500 members in the UK.

Their activities include motorsport and competition as well as touring activities both in the UK and overseas. Heritage is a very important part of their activities and nationally the club organises an annual gathering of Morgan cars

usually involving scenic runs, tourist attractions, a concours competition and competitive events.

The airfield provided a spectacular backdrop for the stunning line-up of Morgan Sports Cars and it seemed a fitting location for these examples of British heritage and engineering to sit cheek-by-jowl with the Museum's fine collection of historic aircraft.



Bentwaters Cold War Museum are able to offer private tours for groups so please get in touch to arrange to book.

Visit: www.bcw.org.uk



Photography by Graham Haynes



Rendlesham Revealed

New discoveries of Suffolk's Anglo-Saxon past unearthed in the Deben Valley

Below, from top: Young person from Suffolk Family Carers finding Anglo-Saxon pottery.

Children from Rendlesham Primary School excavating and finding artefacts.

Children from Rendlesham Primary School washing the artefacts excavated from the site.



Archaeological excavation near Rendlesham is adding to Suffolk's rich history, with archaeologists uncovering evidence of settlement and community 1,400 years ago at the time of the earliest East Anglian kings.

The discoveries have come as part of the community archaeology project Rendlesham Revealed: Anglo-Saxon Life in South-East Suffolk, run by Suffolk County Council Archaeological Service and funded by the National Lottery Heritage Fund, who awarded a grant of £517,300 for the four-year project.

Summer 2021 saw the first season of archaeological excavation, which uncovered the remains of buildings and pits over a wide area indicating an extensive settlement whose inhabitants were engaged in farming and craft working. Evidence that helps build up a picture of everyday life over 14

centuries ago includes:

- bones from butchered cattle, sheep and pigs, indicating the types of livestock that were kept and the meat that was eaten
- items associated with spinning and weaving, including spindle whorls and loomweights
- melted metal fragments and slag which indicate iron smithing and the manufacture of copper-alloy objects
- pottery vessels for cooking and storage
- items of dress, including a copper-alloy brooch and buckle

Soil samples were also taken which will give evidence of crop farming and the local environment of the past.

Discoveries of other periods of history were also made:

- field boundary ditches and pits pointing to agriculture and activity in the Bronze Age
- a settlement enclosure of the Iron Age
- a First World War training trench, probably dug by a battalion of the Territorial Force in 1914 or early 1915.

The excavation was undertaken by local volunteers under the guidance of a small expert team co-ordinated by Suffolk County Council Archaeological Service and staff from the Suffolk Office of Cotswold Archaeology. More than 150 volunteers from the local community contributed to the summer's fieldwork, including from Suffolk Family Carers,

1,400 years ago south-east Suffolk was the power centre of the East Anglian kingdom

Summer 2021 saw the first season of archaeological excavation, which uncovered the remains of buildings and pits over a wide area.

Suffolk Mind and the local Rendlesham and Eyke primary schools.

Professor Christopher Scull, the project's principal academic advisor (Honorary Visiting Professor at University College London and University of Cardiff), said:

"1,400 years ago south-east Suffolk was the power centre of the East Anglian kingdom, which covered modern day Suffolk and Norfolk. At Rendlesham, there was a royal settlement which flourished for 300 years from the 5th to the 8th centuries.

"Our first season of excavation has unravelled some of the complexities of this internationally-significant site, and given us important insights into the lives of the people whose farming and craft skills supported the early rulers of the East Anglian kingdom.

"We have had a terrific team

of volunteers and partners this year, and could not have hoped for better results. Together we have taken a big step towards a better understanding of this place and its landscape contexts, and we all look forward to continuing the journey of discovery next year when we will be investigating different areas and aspects of the settlement."

Not only is the project providing a better understanding of the significant role Suffolk played in the country's history, but is working with local charities to improve the mental health and wellbeing of their clients.

Jon Neal, CEO of Suffolk Mind said:

"Our clients have really benefitted from being involved with the archaeological fieldwork, getting hands on, being outdoors and learning something new. This has had a positive impact on their mental

health, helping our clients to see life from a different perspective and improving their self-awareness beyond their diagnosis.

"Being part of such an important archaeological project has been a wonderful and unique experience for our clients, and we look forward to continuing to work with the Rendlesham Revealed project."

Councillor Richard Rout, Deputy Leader and Cabinet Member for Finance and Environment at Suffolk County Council, said:

"The archaeology at Rendlesham is hugely significant and I'm so pleased that we have been able to work with local communities and charities. Not only are we understanding more about Suffolk's history, but we are able to support people by providing new experiences which are benefiting their mental health and wellbeing.

Below, from top: Finding a fragment of Anglo-Saxon glass.

Fragment of decorated Anglo-Saxon pottery excavated from an Anglo-Saxon hut.

Children from Rendlesham Primary School fieldwalking with Professor Tom Williamson.



THE BEACON DAY NURSERY AND PRESCHOOL

(was Rendlesham Day Nursery)

A bright, airy, open-plan nursery with a lovely, lively & nurturing atmosphere

Flexible sessions

Secure Web Cams – watch your children play

Open between 8am and 6pm, Monday to Friday

Open 51 weeks a year (closed Xmas to New Year)

Separate Baby, Toddler & Pre-School Rooms

Qualified, friendly & professional staff

FOR MORE INFORMATION

Call **01394 420581** or email thebeacon@goldenapples.co.uk



Nurturing great potential

MELTON MOWERS LTD



LAWNMOWER & GARDEN MACHINERY

SALES | REPAIRS | SPARES | HIRE

2 Peartree Cottages, Station Road, Melton, Woodbridge, Suffolk, IP12 1PY

01394 382983

www.meltonmowers.co.uk

Rendlesham Revealed continued...

“This wouldn’t have been possible without the co-operation of the landowners and the farmers who manage and work this historic landscape, so I thank them for supporting the project and generously allowing the fieldwork to take place. This has been a hugely successful first year for the project, I look forward to next summer and the new discoveries we’ll make!”

This season’s fieldwork at Rendlesham is now over and

the excavations have been backfilled. Work has begun on analysis of the finds with provisional results expected in Spring 2022.

The next season of archaeological fieldwork will take place in Summer 2022 and local people will again be able to sign up and volunteer

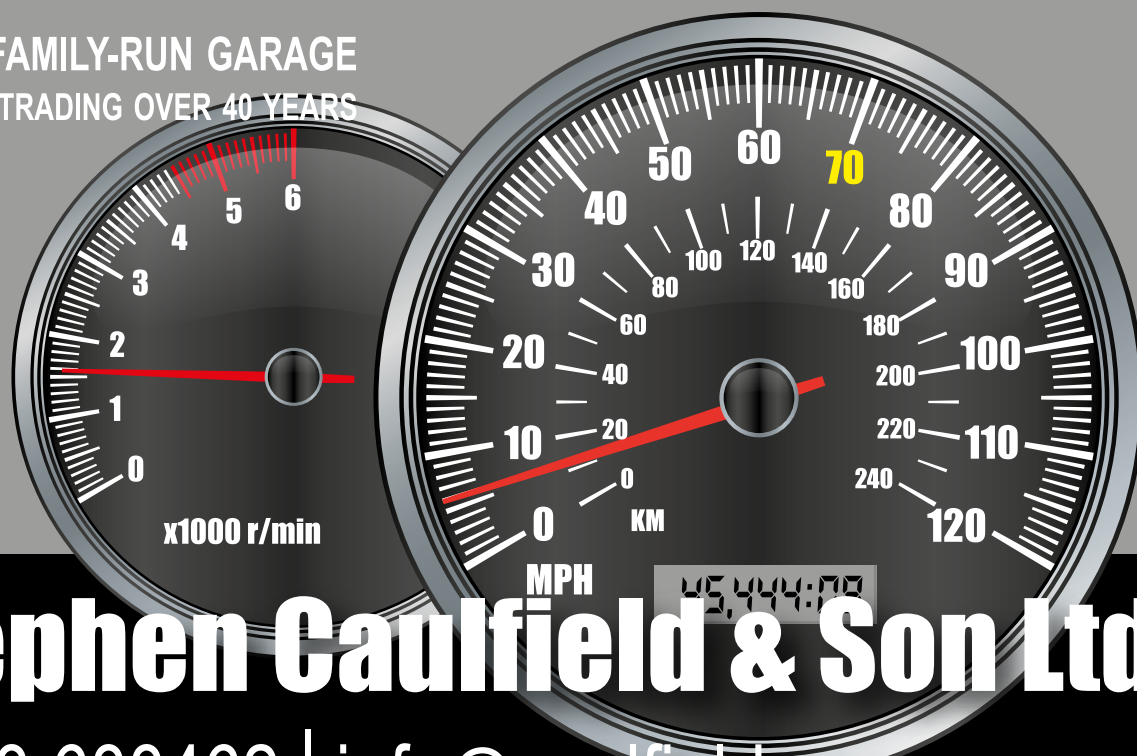
To find out more about the Rendlesham Revealed project visit heritage.suffolk.gov.uk/rendlesham

The next season of archaeological fieldwork in Rendlesham will take place in Summer 2022

*Anti-clockwise, from right: Children from Rendlesham Primary School excavating the cellar of an Anglo-Saxon hut
Volunteers from Suffolk Mind excavating the cellar of an Anglo-Saxon hut
Volunteer excavating the cellar of an Anglo-Saxon hut
Volunteers sorting, marking and bagging artefacts excavated from the site
Young people from Suffolk Family Carers excavating the cellar of an Anglo-Saxon hut*



LOCAL FAMILY-RUN GARAGE
PROUDLY TRADING OVER 40 YEARS



Stephen Caulfield & Son Ltd

01728 688462 | info@caulfieldsgarage.com

THE GARAGE, ASHE ROAD (B1078)
TUNSTALL, IP12 2JB

Vehicle Servicing & Repairs, MOT, New Exhausts, Tyres,
Petrol, Calorgas, Coal, Logs, Kindling, Paraffin

Councillor Vacancy

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

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

We are a forward-looking, professional council who always seek to provide a framework to support improved facilities, communications

and well-being of the Parish whilst delivering value for money.

If you are interested in becoming a Councillor or would like more information, please contact the Parish Council by calling **01394 420207** or send an email to **clerk@rendleshampc.org.uk**

The position will be until **MAY 2023** when the next Parish Council elections take place.



Rendlesham Parish Council
Committed to actively engage

EAST SUFFOLK YOGA & WELLNESS STUDIO

Join our Wellbeing Community



Yoga
Meditation
Gong & Soundbath

Sound Spa with Neals Yard Products
Resin art & Jesmonite workshop

Energy Therapy and Sound Therapy Practitioner Training
Located on Base Business Park, Rendlesham

www.eastsuffolk yoga.com | www.ukholistictraining.com | www.yogawithian.com



1st Rendlesham Scout Group

Carry on Camping!



When the group tents were stored away after WinterCamp in January 2019, no one thought that it would take until October 2021 for them to be seen again. However, despite the unexpected two-year gap, when the Scouts were asked if they wanted to go camping this term the answer was a resounding YES!

So at the start of October, Scouts and Explorers from 1RSG ended up at two different camps at the same time. Five of our older Scouts and 14 Swarm Explorers went to Phoenix Camp and spent the weekend with young people from across Deben District and took part in activities such as tomahawk throwing, archery,

pioneering, campfire sketches and orienteering.

Meanwhile 16 of the younger Scouts, many camping for the first time, headed to Bures Scout Campsite for their weekend of adventure. Activities included kayaking, hiking, cooking, campfires and successfully attempting to Captain our very own HMS Bathtub, (may God bless her and all who SINK in her).

A fantastic, if somewhat sleepless (for some), weekend was had by all and we thank our leaders, adult volunteers and parent helpers for giving up their time to make these activities happen.

Special thanks to David Peters at DAPSTAR Engineering (who, at short notice, volunteered to

help us with our trailer which needed urgent attention after sitting unused for two years).

Hopefully we won't have to wait quite as long until the Scouts go camping again!

Membership

We currently have over 20 young people on our waiting list to join Beavers (6-8 years), Cubs (8-10 years), Scouts (10-14 years) and Explorers (14-18

years). While we are always happy to hear from young people wishing to join, we also need adult volunteers willing to help us meet the demand for Scouting in the local area.

Interested in joining as a youth or adult member? Please contact 1RSG/Swarm ESU at info@rendleshamscouts.org.uk, via our website www.rendleshamscouts.org.uk or find us on facebook.



Woodbridge News

Photographs from Woodbridge Camera Club



Above: Pied Wagtail - Feeding Chick by Sue Garrod
Right: Playtime Lockdown by Robin Garrod



Camera Club Zooms through to another AGM

September saw another virtual AGM for WCC. Attendance by zoom was very good and the meeting went smoothly with the Steering Group selected for

another year and Chair reappointed. He thanked the Treasurer for keeping the finances in good shape after a year without any F2F meeting. All last years Steering Group members were thanked for their hard work keeping the Club running and members inspired throughout the past year. We are accepting new members and contact details are on our website.

Our first meeting of October was about AV Presentations and members shared their five minute videos followed by a brief introduction to downloading Royalty Free music. Members are Looking forward to our next meeting by speaker, Heather Burns "Through the mind's eye" featuring creative photography.

Find us at: www.woodbridgcameraclub.co.uk and also on FaceBook

Tide Mill, we got a problem...

Woodbridge Tide Mill had a full-blown problem with pondweed in its millpond. Weed was growing in an uncontrollable manner, blocking the exit point where water is released to power the millwheel and grind wheat.

These plants grow up from the bottom of the pond, detach and float to the surface. Underneath the floating (dead) weed there's half a metre of clear water, and then the weeds are starting to grow up from the bottom of the pond again. It grows vigorously in summer but eventually decomposes and starts to disappear in November, being completely gone by winter.

That's Nature doing what it does, successfully. Unfortunately, from the Tide Mill's point of view, this successful plant gets caught in the Mill's ancient machinery, recently bringing milling to a standstill.

The solution wasn't straight forward. Dredging is expensive, destructive to the pond fabric and to some wildlife. You can't harvest it as a resource, and you can't eat it – because water from the Deben isn't pleasant.

So Head Miller Dan Tarrant Willis had a cunning plan. The square shown in the photo is directly above the spot where



the Mill draws water to power the wheel. The square has a half metre net hanging from it and a chain hangs down to keep it in place. The weed can't get into this space. Weed still grows from the pond floor but detaches and gets skimmed off, just like a swimming pool.

The wooden square rises and falls with the tide or when Dan takes 50cm from the pond for milling, so there is still plenty of water for wildlife. But the weed no longer stops the Mill from milling.

A cunning initiative that could be adopted anywhere weeds block water intakes, be that for cooling or driving machinery, or running dynamos.

Man and Nature, living in balance – and proof that the Potomageton Crispus needn't grind you down...

Photographs from Woodbridge Art Club



Woodbridge Art Club

During the Covid lockdown the Art Club was closed and many of the potters were unable to continue their normal pottery activities at home, especially as many wives, husbands, partners do not tolerate bits of clay on the sofa, in their bed or garnishing their evening meal.

So the potters were given various small tasks to get them thinking and Andy Wright came up with the bright idea of making a Roman oil lamp. It didn't have to be very big but

potters could use a bit of lateral thinking in their designs. The lamps have now been fired, had wicks inserted, oil added and generally set on fire.

It was a bit of fun and the results were very pleasing with the added bonus that the Club now has emergency lighting and heating as long as we can find the matches.

Amongst the whacky designs were an Aga cooker, steam engine, gargoyle, fish, tortoise and a Roman figure.



Anticlockwise from below: Smiling Andy with the oil lamps; Train oil lamp; fishy oil lamp; classy oil lamp; Aga oil lamp and Roman Figure oil lamp





YOGA

Wednesdays Butley VH 6pm
Fridays Hollesley VH 6pm

£7 / Class Pass £18
On-line everyday 8.30am

07850 994707 yogajane21@gmail.com



LET US SPOIL YOU...

Let us take care of everything, so you can focus on what's really important - celebrating this special day in style with your loved ones.

Christmas Day
£74.50 per adult | £29.50 per child (3yrs - 12yrs)
Children under 3yrs FREE
Free gift delivered by Santa and his little helpers!

Boxing Day
£35.00 per adult | £19.50 per child (3yrs - 12yrs)
Children under 3yrs FREE

Local saxophonist, Mr Tim, will be playing between 1pm and 3pm.



 01394 383555 ext. 300
  www.uffordpark.co.uk
 Yarmouth Road, Melton, Woodbridge, Suffolk, IP12 1QW
 

Woodbridge News

Woodbridge Library

Mon: 10am - 4pm
 Tue: 9am - 7.30pm
 Weds: 9am - 5.30pm
 Thurs: 9am - 5.30pm
 Fri: 9am - 7pm
 Sat: 9am - 5pm
 Sun: 10am - 4pm

Writers Group

3rd & 17th November, 10am-12pm
 Are you writing a book, or have you written one? Join our group for friendly, reciprocal feedback, encouragement and support from like-minded people. Join us in the Library's Meeting Room. For more information, email. jane@bakwon.com

Woodbridge Area Gamers

6th November, 1pm-5pm
 Come along to play modern strategy board games, both simple and complex, with a range provided that's suitable for all age groups. This is an open doors group where all are welcome.

Sunday Book Group

7th November, 2pm-3.30pm
 The group meets to discuss their latest book in the Library's Meeting Room. Come along and get involved in our friendly and informal book group. All are welcome!

Creative Writing for all

9th November, 2pm-4pm
 Are you a budding author? Have you written a book, or are you writing one now? Join our group for friendly, reciprocal feedback, encouragement and support from like-minded people.

Top Time Book Group

11th November, 2pm-4pm
 A book group that's open to everyone, Top Time meet on the second Thursday of every month, and they will be discussing *Fallen Land* by Patrick Flanery.

Top Time Playreading

18th November, 2pm-4.30pm
 A playreading group that reads

all varieties of plays in a shared format, on the third Thursday of every month.

Slightly Sinister Stories for a Winter's Night

18th November, 7.30pm
 Peppy Barlow, Marti Lauret, Nicki Holt and musician Geraldine Taylor will take us into worlds where reality is hardly ever what it seems on a magical evening of storytelling and specially composed musical accompaniment.

Seats are £8 (£4 for students) and can be reserved in person at the Library or by phoning 01394 330855. An interval drink is included. Proceeds support Friends of Woodbridge Library.

Knitting Group

Every Friday, 2pm-4pm
 For all types of knitters, from expert to beginners. But also sewing to crochet. Come share your knowledge or pick up some tips.

Games Club

25th November, 2pm-4pm
 Improve your vocabulary and exercise your mind muscles with Scrabble or practice strategy and balance with Dominoes.

High Spirits

Mondays, 10.30am-12.30pm, starting 29th November
 Are you visually impaired and living in East Suffolk? Are you a fan of radio drama? Join our project to create a brand-new radio play inspired by Suffolk ghost stories. Sessions are free, guide dogs and companions welcome. To book your place or to find out more, email coherearts@gmail.com or text/call 07748 070647.

Calling All Crafters

Do you have a talent for making homemade crafts? If so, Woodbridge Library needs your help! We are asking people to donate a piece of handmade loveliness for a stall to raise much-needed money for the Library. All donations are

greatly appreciated and should be handed in to the Library by 30th November, addressed to Amy.

Realise Futures

1st Tuesday of every month (2nd November), 10am-12pm
 Peer support, walk-in advice and guidance service. Book your slot via 07753 447607.

Open Space

Every Wednesday, 1.30pm-3.30pm
 Open to all members of the public, Open Space aims to improve the wellbeing of those attending in two-hour weekly sessions. A partnership between Norfolk & Suffolk NHS Foundation Trust (NSFT), Julian Support (offering housing support for individuals with mental health difficulties), Suffolk Mind and Suffolk Libraries.

To guarantee a space, sign-up in person or on the phone. Our timetables of discussions and activities are built from suggestions from the group but there is always colouring, and word searches and games available, along with a hot drink and a biscuit.

Wordplay

Baby Bounce

Every Wednesday, 10.30-10.50am
 Soothing songs and gentle nursery rhymes for babies and their grown-ups

Tot Rock Rhyme and Rhythm

Every Wednesday, 11.15-11.45am
 Music, songs and action rhymes for toddlers with their parents and carers.

Story Time

Every Friday, 10.30-11.00am
 Stories and more for young children accompanied by an adult. (Booking is not currently necessary, but circumstances may change if numbers increase)

Me, Myself and Baby (Stay and Play)

Every Friday, 9.30am-10.15am
 A chance for new parents to meet and share experiences in a relaxed environment.

Book Sale

Have a browse of the books for sale which are all ex-stock. All proceeds to Suffolk Libraries. Adult Fiction, 30p each or 4 for £1. Non-Fiction, Individually Priced. Junior Literature, 20p each.

Meeting Room and Display Boards available for hire

Community/charity/private groups: £10 per hr (min. 2-hour booking)
 Commercial/statutory groups: £15 per hr (min. 2-hour booking)
 Display boards: £10 per week
 Staffed table display in the main library: £10 per half day

Suffolk Libraries & Friends charity goodies

Support your local library, carry a cotton shopping bag bearing the 'Friends' logo for £3. There is also a Friends bookmark for £1 which is magnetic, so you won't lose your page. Also available is a Suffolk Libraries 'I'm a Borrower' tote bags for £3.50, or for £5 you can have both the tote bag and as much fiction as you can fit inside!

The Friends of Woodbridge Library

If you're enthusiastic about libraries, would enjoy helping to organise library events and are willing to help with our fundraising activities, please ask a member of staff for more details.

Woodbridge Library
 New Street, Woodbridge, IP12 1DT
 01394 330855



An update about Transition Woodbridge

Sometimes, it might be more convenient for you to take your recycling to Woodbridge rather than popping into the Community Centre. If you've got things to recycle, here's where else you can go.

Woodbridge

Post Office (Co-op, Turban Centre) – on top of the post

box, there's a sweet jar for Used Pens (any type). Also, a red tub for Used Stamps.

Co-Op (facing as you come out of the main checkouts) – two grey waste bins for all sorts of Plastic Bags – they have pics of what you can drop off, including Crisp Packets.

Library – just inside the door on the right, another jar for Used Pens and a box for Used Batteries.

Refill Eco Shop (Thoroughfare) – just inside the door on the right, anything pertaining to tooth cleaning, such as Toothpaste Tubes, Toothbrushes (incl. electric heads), Tube Boxes. Also Medication Blister Packs.

Cupboard Love Mobile Van (Thursdays, 8.30am to 2.30pm

in Market Square) – will take in your Crisp Packets (please fold flat, Mel only has so much room inside the van!)

Melton

Poppy's Pantry – similar to the service we run at the Community Centre, Poppy's Pantry is a drop off point for anything collected for Terracycle.

You can drop off: Crisp Packets, Medication Blister Packs, Plastic Bags, Teeth Cleaning Items, Water Filters, Old Pens and Netting Bags (Onions, Lemons etc).

Repair Café

The Repair Café is back on the first Monday of the month at St John's Church. Our willing volunteers will be there from 10-12noon, ready to bring new life to those broken items.



If you've got things to recycle, here's where else you can go..

spirit of the rose
 November 7th
 The Bull Inn, 2pm-5pm

the fascinating story of the RUBAIYAT of OMAR KHAYYAM and woodbridge
www.spiritofwoodbridge.com

WOODBRIDGE PROBUS CLUB
A LUNCH, A TALK & GOOD COMPANY
The perfect way to spend a Lunchtime!
 Held on the FIRST Monday of each month at **Woodbridge Golf Club.**
 For more information, please visit woodbridgeprobus.org.uk
Roger Brown (Treasurer)
 07881 627591

Grahame Moore
 FOR ALL YOUR HOME IMPROVEMENTS
 Plastering, Rendering, Coving, Skimming over Artex, Tiling, Painting and Decorating

07789 042834 | 01473 272511

Travel Quest
 Where everything we do, is tailored to you...
 Come and meet our established, well-travelled and experienced team.
 Specialising in:
 Tailor-Made Holidays all over the World,
 Family Holidays, Adventure, Ocean & River Cruising, UK Breaks, Ski and so much more!

TravelQuest
 18 Church Street
 Woodbridge
 IP12 1DH
 01394 388838
TravelQuest.co.uk

Book with confidence
 ABTA CLUK
 Find us on

What is Anti-Social Behaviour?

Anti-Social Behaviour can be:

- any behaviour likely to cause harassment, alarm or distress.
- unruly or drunken behaviour
- threatening or abusive language
- graffiti, criminal damage and noise pollution
- drug and alcohol misuse and abuse
- neighbour intimidation
- vehicle annoyance and inconsiderate use of motor vehicles.

Reporting Anti-Social Behaviour?

Your local council and police work together with other services to stop anti-social behaviour in your area.

If Anti-Social Behaviour is affecting your quality of life - **REPORT IT!**

We need it reported if we are going to STOP IT!

How to report Anti-Social Behaviour

Online
www.suffolk.police.uk/contact-us/report-something
 OR
www.eastsuffolk.gov.uk/community/anti-social-behaviour
 Telephone
 Suffolk Police on: 101
 or in an Emergency: 999

Don't tolerate it! Report it!

Bentwaters Heating & Plumbing Ltd

REDUCED LABOUR RATE for Rendlesham customers

All Plumbing and Heating installation & maintenance work undertaken
 All Boiler Servicing & Repairs (Oil, Gas & LPG)
 Power Flushing
 Landlord Safety Checks

10 Britannia House, Base Business Park, Rendlesham
01394 421381 | 07437 713747
 alex@bentwatersheating.com

safe
 Registered Heating Ltd Ltd
 Gas Safe & OFTEC Registered

Chris Mann

PAINTER & PAPER HANGER

For a free quote, please ring
01728 687438
07941 262663

27 years experience

CORNERSTONE RESIDENTIAL ESTATE AGENTS

- THE most experienced property-sales team in Woodbridge, with over 85 years combined in the industry.
- No staff changes since 2018.
- Clear, honest and helpful advice.
- Fastest selling and Most accurate Valuers – Average of 98% of asking prices achieved - according to getagent.co.uk; the estate agent comparison website.

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

01394 547000

CORNERSTONERESIDENTIAL.CO.UK 42 MARKET HILL, WOODBRIDGE

BEST (The Best of the Best) WINNER 2021

News from the wider community

Getting fit is now a walk in the park...

Suffolk County Council's Most Active County Partnership has teamed-up with Suffolk FA to establish 10 new walking football centres across Suffolk.

Funding is being provided for equipment or venue hire to help get new centres up and running to add to the existing 25 Walking Football Centres in Suffolk.

Cllr Andrew Reid, who visited the Walking Football session at Whitton Sports Centre in Ipswich, said: "Suffolk County Council is pleased to be working with Suffolk FA to establish 10 new walking football groups across Suffolk as part of our ambition to become the most active county in England.

"Increasing physical activity levels has significant benefits for health and wellbeing and, because walking football is such an accessible way of helping people back into exercise, I'm

sure these new groups will have a really positive impact on all those who take part."

Kirsty Smith from Suffolk FA added: "The pandemic has hit society hard, and the impact on the over-50s has been significant – something we want to tackle head on.

"Therefore, in creating these 10 new centres, we will help reduce social isolation, provide opportunities for people to enjoy physical exercise and socialise with friends – all having a positive impact on people's mental health."

Alan Franklin, who is 70 and co-organiser of the sessions at Whitton Sports Centre has been playing Walking Football for about seven years now.

"When players first come along you can see they don't have the touch or fitness levels, but it soon comes back," he said.

And 67-year-old Glen Parker, who has been playing for four



Cllr Andrew Reid (centre half) and his flat back 8 at Whitton Sports Centre, Ipswich

years, said: "We have a great bunch of guys here who are really social. Once a month we do a walk around one of the local villages, and enjoy a pub lunch together."

To find out where there is a Walking Football Centre near you and for contact details go to: www.suffolkfa.com/players/ways-to-play/walking-football

Suffolk MOST ACTIVE COUNTY

The pandemic has hit society hard, and the impact on the over-50s has been significant

Glenn Knights Electrical Services

Domestic, Industrial & Commercial Installations and Maintenance

07903 708502

Based in Rendlesham, Suffolk

Is it a bird? Is it a plane? No, it's Incredible Rendo Man!

You don't need super powers to be a Superhero! Just help us deliver the PARISH MAG!

FLY TO OUR RESCUE, contact Admin today on **01394 420207** or admin@rendleshampc.org.uk

Men's Health

Anyone who loves Motorbiking often imagine they're too fast to live, too young to die.

'I decided to grab life by the handlebars and finally give motorcycle racing a go. I wasn't going to let cancer beat me'

That was certainly true of Matthew Finch who, in late 2017 (at the age of 29) was diagnosed with testicular cancer. He was one of the fortunate ones and was successfully treated by chemotherapy.

Nonetheless, Matt says: "It was a terrible shock. Life was beginning for me. I had just been offered my dream job, becoming a Police officer and I was a young father with two children under 10. I was fit and active so the news absolutely poleaxed me."

Motorbiking was in Matt's blood. He was a bike rider (he started racing bikes in his grandparent's garden aged 13); his father raced motorbikes while they were growing up and the rest of his family were either riding motorbikes, or once had been. Matt was also a fan of racing bikes too, going to circuits and watching live events.

He says: "Like the cancer, motorbiking was in my blood! But the cancer opened my eyes to how short life could be. So I decided to grab life by the handlebars and finally give

motorcycle racing a go. I wasn't going to let cancer beat me, and I wanted to achieve my goal of lining up with other riders on a grid, starting a race together, pushing man and machine as hard as I could."

Because of his first-hand experience of cancer, Matt decided to put it to good use. He says: "The demographic for motorcycle riders is heavily male oriented, with most bikers being between their teens and around 45 years of age – which coincidentally maps the "at risk" category for testicular cancer too.

"So I was inspired to do something to raise awareness and get men talking about this taboo area. That's when 445 One ball racing was created, to raise awareness of testicular cancer amongst both men and women in the motorcycle community. My idea was to promote self-examination and to give young males the confidence to see a healthcare professional if concerned.

"And I wanted to encourage people to openly discuss the

'C-word' and not be afraid to speak to those who have been affected by the disease."

Matt knows this works. Speaking about the disease helped his own recovery, so he's determined to encourage others to do the same – as well as show others that there is life after cancer.

Since creating 445 One ball racing he's entered three race weekends, completed 9 races and attended several trackdays – with his best finish being 15th position, and has walked away from two crashes! But because he's a man with a mission, he has also published over 20 YouTube videos and many social media posts.

His long-term goal is to raise money for Orchid, a male cancer charity, and he does this through selling 445 merchandise.

So Matt is very keen to keep raising awareness of 445 to the local community and grow his social media base.

Thus to be successful in getting his message out, and stop men

How to perform a self-examination

Soap yourself up in the shower

Gently roll one of your testicles between your fingers, checking for lumps or swelling

Repeat on the other testicle

Don't feel embarrassed, don't delay, don't ignore it. If you think something's not quite right, talk to your GP or go online to Cancer Research UK – where you can even chat online with one of their nurses.

from burying their heads in the sand, he is also reaching out to local business owners for their support in the 2022 season.

If you are a business owner and Matt's aims resonate with you, you might like to consider helping him get the message out to a wider audience with either financial or practical assistance. Matt is entirely self-funded so is looking for sponsorship, in exchange for advertising space on his motorbike, promotion via his social media pages – and through brand awareness in the race paddock.

If you are interested and would like to know more please reply, call him on 07880 656067 or visit his various social media pages.

Instagram - 445oneballracing
Facebook - OneBallRacing445
YouTube - 445 One Ball Racing

Stop being British!

For the rest of us, it's time to stop being all British about stuff and minding our own business all the time. After Lockdown, it's been a trying time for everyone, but this is Movember so this month it's about keeping an eye on our menfolk.

And helping a (male) friend is easy when you know how. Take a leaf out of Movember's book and be a smart ALEC instead.

ASK

Start by mentioning anything different you've noticed. Maybe he's spending more time at the bar, coming into work late, or missing social events.

"You've not quite seemed yourself recently. Are you okay?"

Trust your instinct. Remember, we often say "I'm fine" when we're not. So if you think something's wrong, don't be afraid to ask twice.

LISTEN

Try to give him your full attention, without interruptions. Don't feel you have to diagnose problems, offer solutions or give advice. Just let him know you're all ears, judgement-free.

Follow-up questions are good too. They'll help let him know you're listening:

"That can't be easy. How long have you felt that way?"

ENCOURAGE ACTION

Help him to focus on simple things that might improve his wellbeing: Is he getting enough sleep, exercising regularly, and eating properly? Maybe there's something that's helped before?

Suggest he tells other people he trusts how he's feeling. This will make things easier – for both

of you. And if he's felt low for more than two weeks, suggest he sees his doctor.

CHECK IN

Suggest you catch up soon – in person if possible. If you can't manage a meet-up, make time for a call, or drop him a message. This will show you care. Plus, you'll get a feel for whether he's feeling any better.

It's not too late to grow a tash for Movember...

uk.movember.com



Men die on average six years earlier than women

MOUSTACHE STYLE GUIDE



THE WISP



THE ABRAKADABRA



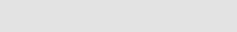
THE ROCK STAR



THE UNDERCOVER BROTHER



THE TRUCKER



THE REGENT



THE BUSINESS MAN



THE BOX CAR



THE CONNOISSEUR



THE AFTER EIGHT



Kids' page

Welcome to our new Kids' page. Each month we will feature some fun activities and challenges for you to try.



FIREWORK WORD SEARCH

q	w	e	t	s	k	y	r	o	c	k	e	t
b	y	s	u	i	p	l	k	j	h	g	a	s
l	a	p	s	f	d	f	f	l	a	r	e	s
a	g	a	h	l	i	b	s	k	o	l	f	e
c	o	r	k	r	l	a	n	m	b	v	o	z
k	l	k	f	e	s	n	e	h	l	j	u	t
s	s	l	k	w	h	g	d	q	w	e	n	r
n	g	e	r	o	t	s	k	l	p	s	t	w
a	d	r	a	r	i	c	p	o	f	s	a	d
k	q	s	u	k	l	l	g	h	t	s	l	g
e	b	a	n	s	a	l	h	k	p	e	n	z
s	f	a	d	i	s	p	l	a	y	e	s	a

- bangs
- black snakes
- fireworks
- display
- fountains
- skyrocket
- sparklers
- lights
- flares

Grow your own tree for free

Autumn is a great time to get out and about on the hunt for nature's harvest of seeds and the easiest ones to start with are oak and horse chestnut (or conker trees) because they don't need any special treatment, just collect, plant And wait.... And fingers crossed, next spring you'll see the beginnings of a new tree, or trees. It's always a good idea to plant more than one just to be on the safe side. A word of caution though... there are some hungry squirrels and mice out there who may fancy a mid winter treat so make sure you put your pots out of reach or in a safe place!

Oaks and conker trees grow quite slowly so just keep replanting them into bigger pots and you'll have years of watching these amazing trees grow.

November Challenge!

Find a box and every day put in it 1 thing to recycle. This could be a plastic bottle, cardboard box, toilet roll tube (these can be recycled in your blue bin), or you can even put in used pens, crisp packets or a toothbrush (these can be recycled at the Community Centre).

At the end of November send a photo of your box of recycling to Heather at the Parish Council and we'll publish it in the next newsletter. You can be in the photo too (make sure you get mum or dad's permission). WhatsApp your photos to 07732 681125.



RENDELSHAM PRIMARY SCHOOL

Open Evening for 2022 Reception Intake

Wednesday 17th November
4.00pm – 5.00pm

[Please see our Website for more details]

Pitstop Out of School Club

Pitstop After School Club Junior Bake Off

Rolling pins were at the ready as the pastry chefs prepared to unleash their talent on unsuspecting parents.

The menu for the day...Sausage rolls and cheese straws. The concentration was intense as pastry was rolled, cheese was layered then rolled again...And again. The precision cutting of the sausage rolls displayed creative talent as trays were loaded up and mouth watering aromas filled the After School Club. We have it on good authority that everyone enjoyed the delicious goodies... even the parents! And when it's not a baking day, it's time to make sand pies in the garden.



Photography by Heather Heelis



“a beautiful recipe book of wonderful ingredients carefully mixed together with experience, passion and a love of Early Childhood.

FREE Forest Schools sessions at Deben Community Farm

- All areas of the EYFS met through the ethos of Play
- Working towards the “Curiosity Approach” Accreditation
- Home-cooked healthy lunches

Ofsted Good Provider

OPEN from 8am-6pm (Term Time)
Spaces available now for ages from 6 months—4 years
Funded places for 2, 3 and 4 year olds

Pitstop Pre-School EST. 2015

Fun, play, adventure, discovery... and mud!

01394 388033 | pitstoppreschool@gmail.com | Rated **GOOD** by Ofsted



Down on the Farm

Photography by Heather Heelis



Duke of Edinburgh volunteering

This month we've had even more DofE volunteers from Rendlesham join us down on the farm on a Sunday afternoon to help with the weekly jobs of grooming the ponies, mucking out the cows and halter training the alpacas, amongst lots of other jobs.

A huge thank you to them all for giving up their time to help out! If you like the outdoor life and are looking for a placement then get in touch on 07732 681125 or email: heather@heelis.eu.

*Left: Giant pumpkins!
Below: Strawberry Runners*

Community Action Suffolk escape from the office

It was a chance to escape the office as we had the pleasure of CAS staff coming to the farm this month to help build the new goat enclosure. They worked tirelessly driving in posts, tensioning the wire mesh before finally adding the horizontal rails and having a well earned lunch of soup and bread.

It was a fantastic day's work and the new pen looked so amazing that the alpacas just had to try it out before the goats move back in.

Thank you CAS!

What's growing this month?

From giant pumpkins and leeks to potatoes, carrots and strawberries.... There's always something growing!

With autumn well on its way now and summer seeming like a distant memory with the beds clear of beans and other summer veg, it's time to focus on our winter crops. The leeks are growing well so they can be left to do their thing, we've planted a late crop of potatoes which may be ready just in time for a Christmas harvest and, making the most of this late warm weather our Friday group have been busy sowing carrots in the polytunnel. But planning ahead to next spring/summer, there was a call for all hands on



Above: Volunteers fro Community Action Suffolk hard at work.

deck to plant the strawberry runners which will hopefully produce a bumper crop next year... just in time for Wimbledon!

Fancy a day as a farmer or gardener?

Just come on down on a Sunday afternoon 12-4pm. It's all free and there's usually cake!

Facebook: [@debencommunityfarm](https://www.facebook.com/debencommunityfarm)
Instagram: [#debencommunityfarm](https://www.instagram.com/debencommunityfarm)
E: heather@heelis.eu
W: www.debencommunityfarm.co.uk

Clothes Repair and Alteration Services
Hand-made Curtain Making Service
Duvet Services

WE OFFER A PRICE PROMISE
Free Collection & Delivery
7 days a week

078 247 0 4271
www.fss-alliance.co.uk **FSS**



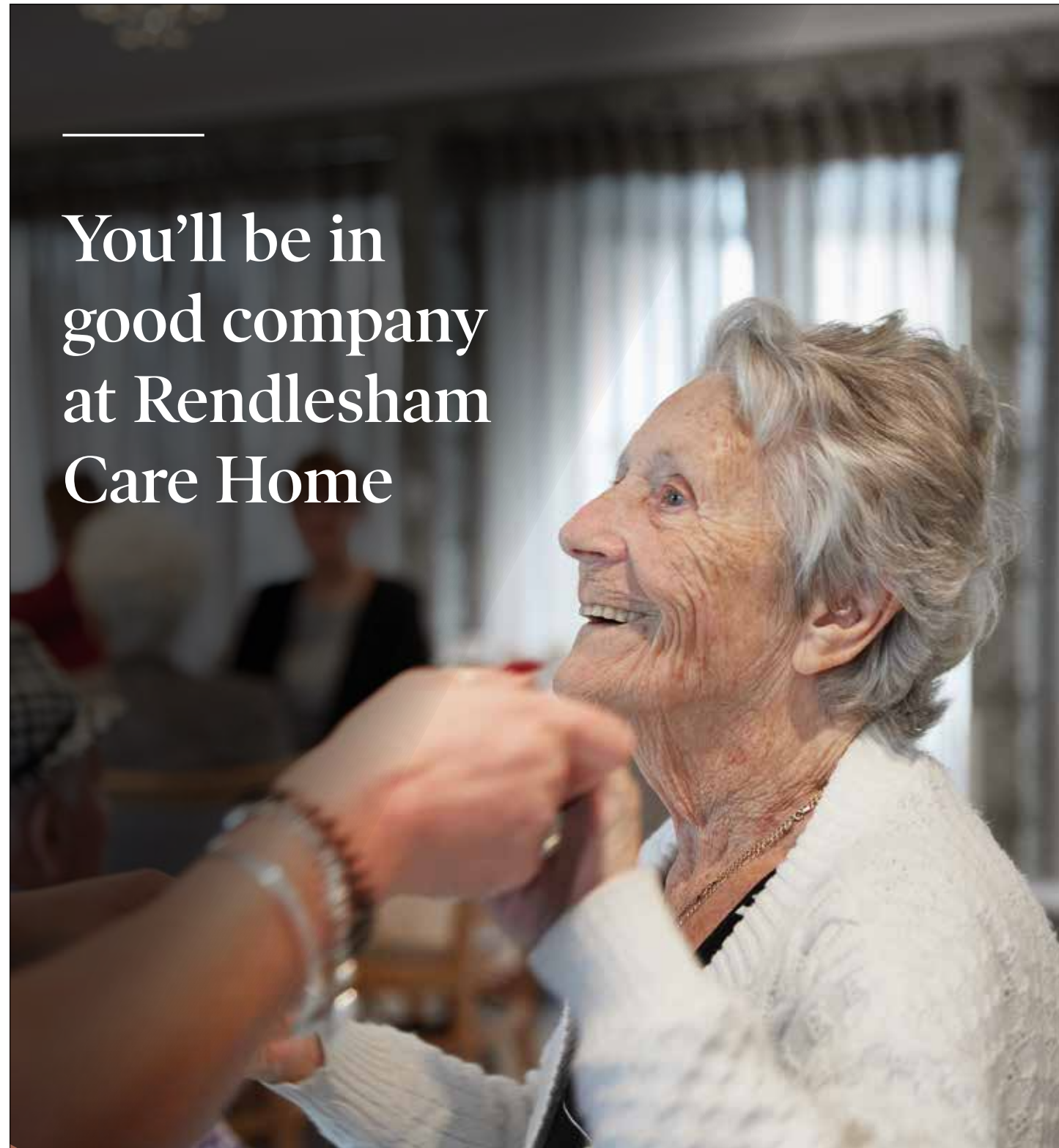
P J Johnson
Qualified Painter & Decorator
Over 25 years experience
Interior & Exterior Painting
Wallpaper Hanging
Coving ~ Tiling ~ Carpentry
References supplied
Highly recommended
Tel: 01394 420972 Mobile: 07977 732344
E-mail: pjdecorating@aol.com

KANSA VATKI
Ayurvedic Foot & Calf Massage

01394 421172

THE DOORS TO THE BODY'S INNER PHARMACY
ARE UNDER THE BOTTOMS OF YOUR FEET
- DR. VASANT LAD

With autumn well on its way now and summer seeming like a distant memory with the beds clear of beans and other summer veg, it's time to focus on our winter crops.



You'll be in good company at Rendlesham Care Home

Book a short stay this autumn at Rendlesham Care Home

Our all-inclusive autumn breaks offer something for everyone, in a place where you will always feel at home and cosy through the autumnal season. Enjoy time outside to experience the changing seasonal colours, a hot chocolate with all the extras or baking sweet treats, while making new friends. Plus you'll have the added reassurance of discreet help when you need it, always with the promise that you'll be in safe hands.

Our care home is open for viewings | Call us on freephone 0808 223 5401
Find us online caringhomes.org/rendlesham
Suffolk Drive, Rendlesham, Suffolk, IP12 2TP

Rendlesham
CARING HOMES

Rendlesham Care Home needs you!

Do you have amazing gardening or craft skills or could spare a few hours to act as a chaperone? If so, Rendlesham Care Home need you!

If anyone in Rendlesham has amazing gardening or craft skills Rendlesham Care Centre would love for you to come in and give talks to the residents.



The Care Home are also appealing to anyone who would be willing to act as a chaperone to take residents across to the Fireworks display this year.

Can you help?

Contact Cheryl Mellon-Kelly, RCC's Activities Coordinator on 01394 461630.

Clarke & Simpson

Auctions

Always open...

Valuation
Probate & other valuations
Call-in service 6 days a week

Special sales
Antiques & Fine Arts
Art Deco & Retro
Domestic & Rural Bygones
Agricultural Collective

General Monday sale
Bespoke sales
In 2020 our lots sold to 60 countries and registered buyers from over 70
Acting as agents for household clearances



Can't make it?
All auctions are available for online bidding via the-saleroom.com or i-bidder.com

RICS

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



RENDELSHAM
COMMUNITY RADIO

www.rendleshamcommunityradio.co.uk

- Monday**
9 - 10pm Ambient Music World from Mothership Radio
- Tuesday**
5 - 6pm Uptown Transmission with Gary James
9 - 4 am Ambient Music World from Mothership Radio
- Wednesday**
3 - 4pm Old Friends with Malcolm Clark
7 - 8pm Back to the 80's with Glenn and Karen
8 - 9pm Life of a Pig Skin with Darren Cook
9 - 4am Ambient Music World from Mothership Radio
- Thursday**
9 - 4am Ambient Music World from Mothership Radio
- Friday**
5 - 7pm Weekend Starter with Steve Calver & Tom Couchman
7 - 9pm Dance Sessions with Steve Calver
9 - 10pm House in Town with Carl Sparrow & Steve Aldous
10 - 11pm Tom Couchman DJ Sessions
11 - 1am Girl in a Gale with Clarissa Vincent
- Saturday**
8 - 10am Saturday Morning Breakfast with Glenn Knights
10-12.30pm Through the Decades with Karen
12.30pm Rendlesham Roundup with Heather Heelis
3 - 4pm Sporting Matters with Daniel Potter
4 - 5pm Pop in with Phil Jackson
5 - 6pm Coming Up Shortley with Victoria Shortley
7 - 8pm Beauclerk
8 - 9pm House in Town with Carl Sparrow and Steve Aldous
9 - 10pm Uptown Transmission with Gary James
10 - 11pm Vintage Club with Julian Marsh
11 - 4am Girl in a Gale with Clarissa Vincent
- Sunday**
3 - 4pm Baby Boomers with Malcolm Clark
6 - 8pm Chillout Collection with Tom Couchman
8 - 4am Ambient Music World from Mothership Radio

@rendleshamdj

@rendleshamdj

rendlesham_community_radio

Re-use Ipswich

FOXHALL RECYCLING CENTRE

Snap up a bargain from the many items donated for re-use at Suffolk's recycling centres. Furniture, toys, bicycles, books, electrical items and much more. ALL TESTED, all ready to re-sell.

Back in business from June 15th
Open Mon-Fri, 9am-5pm

PRE-BOOK | suffolk.gov.uk/recyclingcentres



das Disability Advice Service – East Suffolk
14 The Square, Martlesham Heath, IP5 3SL
www.daseastsuffolk.org.uk
advice@daseastsuffolk.org.uk

FREE independent advice or support for disabled people and carers in East Suffolk — including welfare benefits, Job Centre or medical appointments, housing rights and adaptations, accessible transport and leisure, education and employment, care and support.

Open for phone or email advice, drop-ins, appointments and home visits. (We can also sometimes accompany people to Job Centre interviews and medical assessments.)

Ring us on **01394 387070** | Monday to Thursday, 10am to 3pm

SUDBOURNE & TUNSTALL BAPTIST CHURCH

VENUE CHANGE

Sunday Services at Rendlesham Primary School

Every Sunday, 10.30am

Livestreamed on YouTube

Pastor Dave Rushbrook

pastor@stbaptist.co.uk
www.stbaptist.co.uk
01394 809691



facebook.com/sudbournetunstallbaptist

SUDBOURNE & TUNSTALL BAPTIST CHURCH

Diary Dates

November Diary Dates

Mon 1	Parish Council Meeting Community Centre.	7.30pm
Tues 2	Youth Group, Senior Session Community Centre.	7-9.30pm
Weds 3	Youth Group, Junior Session Community Centre. Climate Emergency Group Meeting Community Centre.	6-8pm 7.30pm
Thurs 4	Rendlesham & District Over 60s Community Centre. Making & Natter Group, come and knit poppies for the Remembrance Sunday Community Centre. Youth Group, Senior Session Community Centre.	10.30am-12.30 noon 1.30pm 7-9.30pm
Fri 5	Funfair & Food at Jubilee Park	From 5pm
Sat 6	Funfair, Food & Fun at Jubilee Park Fireworks lit at	From 2.30pm 6.30pm
Tues 9	Youth Group, Senior Session Community Centre. Rendlesham Show Planning Meeting All welcome at the Community Centre	7-9.30pm 7.30pm
Wed 10	Youth Group, Junior Session Community Centre.	6-8pm
Thurs 11	Youth Group, Senior Session Community Centre.	7-9.30pm
Sun 14	Rendlesham Explore Walk with soup & bread lunch. Meet in the village square. Litter Pick. Meet in the village Square.	10am 10am-3pm
Tues 16	Youth Group, Senior Session Community Centre.	7-9.30pm
Wed 17	Open Evening for 2022 Reception Intake Rendlesham Primary School. Youth Group, Junior Session. Community Centre. Climate Emergency Group Meeting. Contact the Parish Office for the Zoom link.	4-5pm 6-8pm 7.30pm
Thurs 18	Rendlesham & District Over 60s Community Centre. Youth Group, Senior Session Community Centre.	10.30am-12.30 noon 7-9.30pm
Tues 23	Youth Group, Senior Session Community Centre.	7-9.30pm
Wed 24	Youth Group, Junior Session Community Centre.	6-8pm
Thurs 25	Youth Group, Senior Session Community Centre.	7-9.30pm
Tues 30	Youth Group, Senior Session Community Centre.	7-9.30pm

Coming in December

Sun 5 Light Up Rendlesham in the village square from 3pm with special guest: Father Christmas.

Useful Information



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 - 17.00

Acer Road Pharmacy opening hours

Tel 01394 460548

Monday	08.30 - 13.00 14.00 - 18.30
Tuesday	08.30 - 13.00 14.00 - 17.30
Wednesday	08.30 - 13.00 14.00 - 18.30
Thursday	08.30 - 13.00 14.00 - 17.30
Friday:	08.30 - 13.00 14.00 - 17.30

Wickham Market Medical Centre

Tel 01728 747101

Sudoku Challenge answer

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

Rendlesham & District Over 60's

November Meetings:

Thurs 4th Nov
Thurs 18th Nov
10.30 - 12.30



Post Office, Costcutters opening hours

Monday - Friday	9am - 5.30pm
Saturday	9am - 12.30pm
Sunday	Closed



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

Faith Baptist Church

Bromeswell, Woodbridge
www.fbcuk.org

Pastor Thompson
01394 420181



Open for advice by email, phone and post on Mon, Tues, Thurs and Fri from 10-2pm. Call on 01728 832193 or Freephone 0800 278 7868. Email: supervisor@leistoncab.cabnet.org.uk to make contact.

Face-to-face appointments can be pre-booked by phoning 01728 642960 10am-4pm Mon-Fri.

We have funds available to help families affected by Covid who need support with energy bills or school uniforms for Secondary Schools.

Rendlesham Directory

Wickham Market Medical Centre & Rendlesham Surgery	01728 747101
Acer Road Pharmacy 6 Acer Road, IP12 2GA	01394 460548
District Councillor Ray Herring	01728 746337 07885 249218
County Councillor Alexander Nicoll	07922 586303
Gas Emergency	0800 111 999
Woodbridge Safer Neighbourhood Team	01473 613500
Rendlesham Primary School Head: Debbie Thomas	01394 462190
Eyke CEVC Primary School Head: Lucy Fairweather	01394 460328
Rendlesham Parish Church Rev. Mandy Reynolds	01394 420129
Farlingaye High School Head: Dr Sievwright	01394 385720
Woodbridge Library	01394 446510
Parish Council Heather 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 Rev. Dave Rushbrook	01394 809691
Rendlesham Children's Centre Leader: Carolyn LeMay	01394 462191
Rendlesham Community Centre	01394 460005 07599 998974
Rendlesham Care Home	01394 461630
Maharishi Peace Palace	01394 421136
Over 60s Club: Kay Thomas	01394 460458
Rendlesham Good Neighbour Scheme	07486 551004

COLOURCHANGE
UPVC



Windows

Available in 30,000 colours, double glazed or triple glazed. Many styles. Different colours inside and out.

Quality Windows at Competitive Prices



Doors

Composite, aluminium & UPVC doors. Front doors, sliding doors, French doors and bi-folds. All styles, prices and colours.

Try our new online door designer



Conservatories

Specialists in building conservatories for every day use.

Visit our showrooms and see all the different roofing options

Classic Design For Your Home

Are you looking for a classic addition to your home? A way to create more space and add value with timeless design?

At **Colourchange UPVC** we are conservatory specialists with our roots in the building industry. We offer you over 30 years of experience, we will work with you to help create a conservatory that suits your home and your needs.

We are also the area's leading insulated conservatory roofing company.

For more details visit www.colourchangeupvc.co.uk see our showroom at **Base Business Park in Rendlesham, IP12 2TW** or contact Daryl Collins on **01394420774**



Colourchange UPVC
Conservatory Design
& Installation Specialists

Daryl Collins - Owner
ColourchangeUPVC



Colourchange UPVC are a Consumer Protection Association approved company and are certified by Certass - authorised by the Department for Communities and Local Government. CPA and Certass registered companies undergo a rigorous selection process to ensure that they deliver your home improvements to the very highest standards. The Consumer Protection Association provide an independent 10 year insurance backed guarantee for work undertaken by Colourchange UPVC.

