



Rendlesham

MAGAZINE

TEDDY BEARS' PICNIC

**FAST FASHION: A
FAUX PAS TOO FAR**

SECOND HAND ROSE

**SUFFOLK - MOST
ACTIVE COUNTY**

**BENTWATERS COLD
WAR MUSEUM**

SHHHH...QUIET LANES

Rendlesham Magazine advertising rates

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Eighth Page	£13.00	£32.50	£52.00	£78.00
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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

RENDLESHAM
Women

No meetings until
further notice

Contact SUE for
more information

01394 421340

RENDLESHAM
& DISTRICT

Over
60s

A big welcome back
to all our Members on
9th September

Contact KAY for
more information

01394 460458

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October Magazine Deadline

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

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

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AND EVENTS HAPPENING IN AND
AROUND RENDLESHAM**

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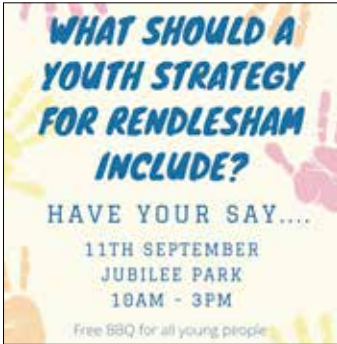
Rendlesham

MAGAZINE



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Out with the old
in with the
SOLD
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estate agents

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OF YOUR HOME

Dear Rendlesham Homeowner

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regards
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Marks & Mann Estate Agent
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shane@marksandmann.co.uk

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Parish Council News



Skatepark

The skatepark reached another milestone at the end of July when the planning application was submitted to East Suffolk Council. We had a fantastic response from the people of Rendlesham in support of the skatepark, so thank you everyone.

To reach this point the skatepark and its design has been through a thorough consultation process with residents and the young people in Rendlesham. The design has been created by Maverick with local riders, who have added their own unique elements into the layout to create a skatepark for beginners as well as the more experienced riders. The other great thing about this layout is that it's been designed for riders of all wheels.... Whether that's skateboarders, BMXers, skaters or scooter enthusiasts..... the design will work for everyone.

We would like to thank Russ from Maverick who has been fantastic in working with the young people.... turning their ideas into what will be a brilliant and much needed facility in the village.

As soon as we here the outcome of the planning application we'll let you know!

The Rendlesham Show

Be part of something amazing! Planning for the Rendlesham Show 2022 starts in earnest!

Come to our first planning meeting on Tuesday, September 7 at 7.30pm in Room 16 at the Community Centre to see how you can be involved!

The great thing about this layout is that it's been designed for riders of all wheels.... Whether that's skateboarders, BMXers, skaters or scooter enthusiasts

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 Parish Council Meetings

Full Council	6 September, 1 November
Planning Committee	11 October
Jubilee Park Committee	14 October
Finance and Asset Committee	21 October
Youth Group Committee	6 October

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

NEXT PARISH COUNCIL MEETING

6 September at 7.30pm. 15 minute public session

Rendlesham Youth Group returns!

After being closed due to Covid for the past 18 months the Youth Group is reopening bigger and better than before on 7 September. So what's new? Well, the room has had a makeover with new furniture, beanbags and a new pool table on the way. There's even a new microwave oven and cooking equipment so we can expand our young people's baking skills!

The newest member of the team joining the Youth Group is Jodie, who will be working with Clare at the Junior sessions, which will take place every Wednesday during term-time, 6-8pm in the Community Centre.

The Senior Group sessions will now be on a Tuesday and Thursday, 7-9.30pm with Paul and Mike. These are drop in sessions, very informal and as well as a chance to meet up with friends there's also useful advice and information on hand.

It's going to be an exciting start to the new term.

RENDLESHAM YOUTH GROUP

Reopens 7th September

TERM TIME

JUNIOR GROUP

Wednesdays
Years 4, 5 & 6
6-8pm, £1.00

SENIOR GROUP

Tuesdays
Years 7 & 8
7-9.30pm

Thursdays
Years 9+
7-9.30pm

Youth Strategy Consultation

Rendlesham Parish Council is currently preparing a youth strategy for Rendlesham, a document that will guide the Parish Council in their decision making and when it come to the young people. That's why it's really important for the young people in Rendlesham to come along and have their say at the consultation event on Saturday 11 September from 10am – 3pm at Jubilee Park. There's a FREE BBQ for under 18s!

WHAT SHOULD A YOUTH STRATEGY FOR RENDLESHAM INCLUDE?

HAVE YOUR SAY....

11TH SEPTEMBER

JUBILEE PARK

10AM - 3PM

Free BBQ for all young people

HELP FOR 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

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 Committee SALC Rep	Douglas Burness Jubilee Park Committee Personnel Committee	Peter Wyartt Finance & Asset Committee Jubilee Park Committee Tree Warden
Martyn Redfern: Vice Chairman Personnel Committee Planning Committee Youth Group Charity	James Carter Jubilee Park Committee Personnel Committee Planning Committee SALC Rep	Victoria Proctor Jubilee Park Committee Planning Committee Youth Group Charity
Dave Moore Finance & Asset Committee Personnel Committee Planning Committee Youth Group Charity	Mike Parry Finance & Asset Committee Jubilee Park Committee Planning Committee SNT Representative	Ali Gibbs

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OFFICE OPENING HOURS

Monday and Tuesday
12pm - 4pm
Thursday
10am - 2pm

The day the teddy bears had their picnic (and, what a day!)

The sun shone, the bands played, the ice cream flowed, the BBQ sizzled while the bubbles and balloons popped! Sunday, August 15th saw our favourite bears return to Jubilee Park for the 2021 ‘Teddy Bears’ Picnic’.

It was midday on Sunday August 15 and the gates opened for the 2021 Teddy Bears’ Picnic.

The sun obliged and shone brightly, the ice creams were ready, 1st Rendlesham Scouts had their legendary BBQ sizzling, the stage was set, the coffees brewing, the popcorn popping and the entertainment all in place. The tractor was ready for rides, the stalls were set up and Big Brown Bear and Little White Bear were ready.

The first families arrived, then more and more until Jubilee Park was full of some very happy and excited children who were entertained by Chris the Clown, Magic Olly and his balloons, tractor rides, bouncy castle and ride and, of course, the stars of the show - the bears, who also joined in the dancing competition.

Grown-ups enjoyed the chance to kick back and relax in the sunshine to the sounds of live music from the stage, provided

by Adelija Latakaite and Eclipse followed by the amazing Harry Isaac Presely and the Hip Operation.

The event was organised by the Rendlesham Parish Council Events Team after the success of last year’s Picnic which had to be organised under Covid-19 restrictions.

This year proved to be an even greater success and also raised over £500 for the Rendlesham Skate Park Fund.

Both pages: The trailer rides proved very popular with both bears and children alike!

A wait in the queue for a balloon model by Olly was definitely worth it!

Eclipse Band and Elvis kept the crowds entertained from the stage.

Photography by Mike Stevenson and Leanda Howland-Jane



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This year proved to be an even greater success than last and also raised over £500 for the Rendlesham Skate Park Fund.



Clockwise from top left:
The children's ride proved popular all afternoon with wristbands sold for just £1 to buy unlimited goes on the ride and bouncy castle.
Olly was kept very very busy!
Heather Heelis and Leanda Hoyland-Linch of Rendlesham Parish Council with Little White Bear.
Cutting some shapes in the dancing competition!
Chris the Clown provided lots of bubbles and entertainment in her circus arena.



Clockwise from top right:
Little White Bear dressed specially for the occasion, sporting a colourful tutu!
Big Brown Bear made the most of the tractor rides.
Little White Bear's cuddles were in demand all afternoon.
Elvis, showing us how it should be done...
The fantastic Adelija Latakaite and her band, Eclipse performing live from the stage.



Fast Fashion: A faux pas too far

The latest report from the IPCC (Intergovernmental Panel on Climate Change) couldn't be clearer. While we rely on government leaders to combine forces and avert the catastrophe, many of us are anxious and wondering what more we can do individually and collectively to help.

We all know that to stop the rise in global temperatures fossil fuel usage must effectively cease, but did you know that the clothing industry is the second biggest polluter after oil?

The production of clothing is responsible for 1.2 billion tonnes a year of greenhouse gas emissions, more than the entire aviation and maritime shipping industries combined. And that is just for starters. Pollution comes in the form

Below: Slow Fashion Designer ByKatyMac creates brand new garments from reclaimed clothing and fabrics.





A family run flower wholesalers offering a wide range of fresh, dried flowers & foliage, make your own kits & floral accessories. In-house floristry services available for collection or delivery inc. bouquets.

of insecticide and pesticide use in growing cotton, amounting to 22% and 10% of global use respectively. The chemically intensive dyeing processes, often with unregulated dyes, is responsible for 20% of freshwater pollution. It's widely known that growing cotton uses a lot of water, but the extent is shocking, between 10,000 and 20,000 litres of water are needed to produce just 1 kilogram of garments - the equivalent of a pair of jeans and a T Shirt. Apart from being a huge waste in it's own right, irrigating the crop has even caused the complete drying up of the world's fourth largest lake, The Aral Sea. While this is perhaps the most extreme case it exemplifies the way in which the intensive growing of cotton to meet our ever increasing demands to buy more and more new clothes is directly responsible for biodiversity loss, landscape devastation and damage to the communities that depend on it.

So far we have only mentioned the production of raw material, it's a whole other article to delve into the disparities between what we pay for clothes and how much the workers receive in payment and how appalling the health and safety can be for them.

We all wear clothes, usually many of them every day, so as consumers are perfectly poised to change this. It is our buying habits that have the power to hugely reduce this damage. In the past 15 years the clothing industry has doubled; meanwhile the amount of times we wear each item of clothing

has decreased by 36%, meaning that on average around 30% of our wardrobe contents go unworn with the large majority ending up in landfill or incineration. This figure in the UK last year totalled £140 million worth of clothes.

It is clear that the marketing of fast fashion, designed to be made cheaply, worn little and discarded for something new, especially with the rise of social media and 'influencers' is driving the industry to grow bigger and faster than ever. Can you willingly be a part of this?

Fortunately we have options! All of which can help to shift the attitude of fellow consumers and rebalance the production of clothing with the cost to the planet.

Shop new CONSCIOUSLY. There is no shame in being on a budget, neither is there shame in wanting to buy new for yourself or your children sometimes. There will always be a need for this end of the market, it's disingenuous to pretend otherwise. The key is to be aware that at lower prices you simply aren't paying the true cost each item. Awareness of this allows you to compensate in other areas or limit your spending in fast fashion stores to essentials only. Not only that as a paying customer you can engage with brands, ask them where and how the raw materials are grown, who made the outfit and how much did they get paid? Transparency is needed in the clothing industry so consumers can make proper choices and so brands are accountable for their activities.

We all know that to stop the rise in global temperatures fossil fuel usage must effectively cease, but did you know that the clothing industry is the second biggest polluter after oil?

Repair and upcycle. When I say you, it doesn't have to be YOU. We all know a handy seamstress who can repair a rip, they may even be able to make something new from your damaged item. Talented designers such as ByKatyMac can create occasion and everyday wear from recycled and reclaimed fabric! Quilts, cushion covers and bunting for parties are all attractive and useful items that can be made from clothing beyond wearing.

Buy PRELOVED! With the billions of garments already in existence and not being worn, selling and buying clothes with one (or two) previous careful owners mean that there are more than plenty garments going back into circulation. If their production already has a debt to the environment then it's our responsibility to ensure they are worn as many times as possible. The best way to do this (especially for those that enjoy a changing wardrobe) is to do so across several owners. Of course, we have high street charity shops but there are many online preloved shopping websites, in fact it is one of the fastest growing online activities with a 404% year on year increase in preloved sales since 2018.

Right: By making conscious choices about the clothing we buy and wear, everyone can do their bit to combat the damage the clothing industry does to the planet.

Below, right: The water in a ditch turns red as chemicals and waste are dumped into it from nearby tannery factories in Dhaka, Bangladesh, May 14, 2005.

Multi-coloured Swap Shop You could also SWAP! Also known as 'Swishing' exchanging clothing with no money changing hands ticks all the boxes. Whether that is among friends and family or as a community it is the perfect way to not only grab new items for your wardrobe completely guilt free but also offload the heaps of unworn clothes accumulating in bin liners or big blue Swedish bags.

The fantastic news is that a Clothes Swap is coming to Rendlesham! On Sunday 12th September 2021 alongside the litter pick come to the village square and join in, bring your good condition but unwanted clothes along and take away something new..... for free! No clothes to bring along? No worries, donations are very welcome! All donations will go towards trees for the Queen's Green Canopy planting in early 2022. There will also be a school uniform rail hosted by FORS (Friends of Rendlesham School) and refreshments available. Please feel free to contact vproctor.rpccllr@gmail.com with any questions about this event.

Vic Proctor



2ND SUNDAY OF THE MONTH



Community Litter Pick

The family that picks together sticks together!

NEXT PICK
12 Sept

We ♥ Rendlesham

Second hand Rose...

Elene Marsden, the Preloved Chica, is a personal stylist with a twist. She uses her style experience from all around the world to offer shopping experiences which focus on hunting down those fabulous clothes in second chance saloons!



How you can ensure you limit the damage to the environment

Wash your clothes at a lower temperature

Mend things

Cover holes or stains with brooches or

Find a local sewing class and learn how to upcycle

Run a Clothes swap party or buy from charity swaps

Sort out your clothes and donate them

We meet for a coffee and chat about style and sizing and what you might be looking for (but I do send a brief out beforehand). We then hit the shops. If we're in Ipswich, I usually start in Upper Brook Street and "Emmaus" at the top of Tower Ramparts.

How long are your trips?

We shop for two hours, and trust me, the time goes like that! To help you make the most of our time, you can treat me like your pack horse – I bring my little shopping trolley with us, which I've used for years, so you can be hands-on and hands-free with the clothes from one shop

whilst everything else you've bought sits in the trolley.

What are your best finds?

Actually, it was recently in Bali. I found an amazing children's charity shop, called "Smile". One of my favourite purchases was a pure silk dressing gown.

I also managed to find a clothes swap, a working cooperative, free for all, just bring yourself and your clothes. I got a fantastic black trouser suit and a top with thin straps, so comfortable on. For my part, I wore an amazing sparkling (preloved) top for the plane journey out there but when I



got to Bali I thought, I don't want this anymore, someone else can have it... and it went to a young girl, and it looked amazing on her!

Clothes swaps work well. We all have things we've fallen out of love with but if it's good quality with life left in it, someone will be enthralled by our cast offs!

I have to admit I did buy some new things out there to help the economy, for the Balinese are really struggling as they rely on tourists and there are none. Australians can't travel there until 2022, so I felt I had to do my bit. I bought a beautiful long white dress which I wore a couple of times but then wrapped it up for a friend here in Ipswich as I know she would

wear it. She was delighted, and that keeps it in circulation. Not in landfill.

That's one of the key drivers for me with Preloved Chica. The damage done to the environment by the clothing industry is extreme. So, once the damage has been done, we are almost duty bound to ensure we get every single bit of use out of our clothes.

Why do you love a charity shop rummage?

Because it's guilt free shopping and you are helping the charities that are struggling here in the UK. But it's also practical. I went to the Primadonna Festival in Stowmarket a few weeks ago and it was freezing, so I went to a charity shop and got myself a fur jacket. I wore it that weekend, loved it but now it's in a bag in the boot of my car ready to be passed back on to someone else.

Do charity shops cater well for all heights and sizes?

Many people would say it's OK if you are small, you'll always find something but I looked today and there were lots of larger sizes on the racks. If there is something you really love and it's not the right size why not buy it and take it to someone who can alter it! if you really like the print or a part of the item you can ask someone to make it into something you love! It's true that the choice isn't wide for men, but I do see wonderful shirts!

Your top tip?

Try things on if you can, even if there are no changing

rooms often you can just slip something on to get a feel for it.

What are your favourite charity shops?

I don't like being pinned down, but "The Salvation Army" had some really exotic clothes recently, almost fancy dress! But my favourite chain is "St Elizabeth's Hospice". You walk into their stores and they're like a boutique with amazing displays, all colour coordinated. The one on Heath Road, Ipswich also has a café and a shelf of books – a perfect place to be!

What does your clothing vision of the future hold?

Let's get rid of fast-fashion, including the awful conditions people work in in that industry. Young people need to be brought on board – perhaps Rendlesham could hold clothes swaps just for young people. They're always fun events. The amount of clothes in circulation is going to keep increasing, but the charity shops are full because people are having huge sort outs because of lock down, so there are now even waiting lists to donate. There are just so many clothes.

Please don't be tempted just to throw them out. The more we swap and buy preloved and move things around the country, the more likely it is that we find something we LOVE!

But through swapping and trading, we boost our connection to each other – something we've been deprived of recently. Wouldn't it be lovely to know the history of your

clothes, who wore them, when and where? For instance, a super glamorous lady in Ubud (Bali) sold me a vintage dress and showed me a picture of her in it on her 70th birthday. So yes, I have her dress, but it has so much else wrapped up in it, thus I have so much more.

I wore a beautiful dress to the Mayor's Ball in Ipswich once. I knew I wouldn't wear it again so sold it on eBay to a lady in Canada – and I included a photo and letter about where I had worn it and I hope she might do the same if she passes it on, like message in a bottle. Throw out all those rules you have about clothes. Open your style up to all sorts of influences.

How do we book a shopping trip with Preloved Chica?

Best way is via AirBNB Experiences at www.airbnb.co.uk/experiences/135139

If you can't find a suitable date on AirBNB Experiences get in touch with me via elene@prelovedchica.com



Whether you are looking to discover new styles, build your "preloved" shopping confidence or have a positive, uplifting and guilt-free shopping day out, Preloved Chica is the friend you never knew you needed! Here's how it works. And why...

What do you do?

I take you shopping in my favourite local charity shops to help you find gorgeous "preloved clothes" in styles and fabrics you might never have thought of trying.

Sure, you can go charity shopping alone. But if you come with me, I'll look at you with a fresh pair of eyes and choose things you might not have thought about. And we'll have lots of fun...

What are we doing when we buy second hand?

Supporting a charity

Keeping clothes out of landfill. Fast fashion doesn't last, items are specifically designed to be worn once. When the shops display the clothes they have been steamed and checked – but you can always wash them before you wear!

Educating people to shop in a different way) Thinking about clothes in a new way. There is no shame to wearing second-hand clothes – you see people from all walks of life, young and old in charity shops these days.

Your style will be unique, and you will stand out (if you want to), so find something that shows your personality.

Supporting traders in your town centres. Shopping is fun, we don't need to deprive ourselves of that, possessions are human nature but we can do it in an ethical and environmentally friendly way.

Decluttering. If your wardrobe is bulging, it's go through it and be ruthless. With preloved you can afford for your style to change as much as you like.

WHERE STYLE DOESN'T COST THE EARTH

Preloved Chica

Let Elene help you find preloved fashion gems in some of her favourite local charity shops – spot a bargain, identify vintage clothes, find the perfect fit for your lifestyle and shape.

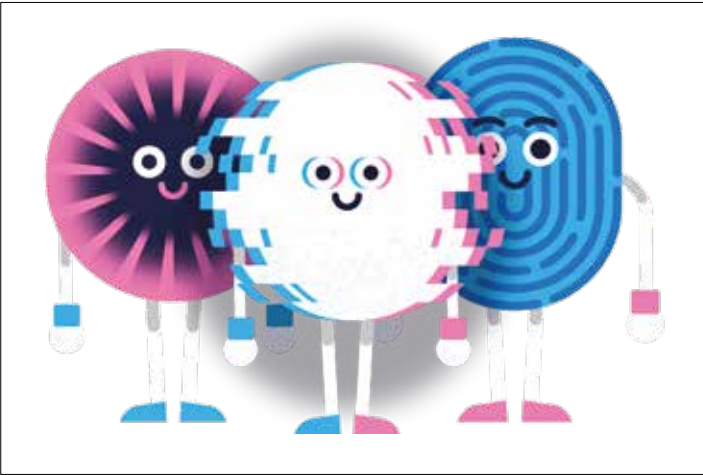
ELENE MARSDEN
Personal Stylist

07702 911223
www.prelovedchica.com



Consumer Corner

If you have questions like these, help from a trusted source is at hand...



From online banking and shopping, to email and social media, it's more important than ever to take steps that can prevent cyber criminals getting hold of our accounts, data, and devices.

- What makes a password secure?
- How do I make sure my online shopping is secure?
- I have been hacked. How do I recover my account?
- Should I pay a ransom to unlock my computer?
- Where can I report a scam website?
- What do I do if: my username and password appear to have been stolen?
- I might have malware on my device?
- I've received a suspicious email or text?
- I am worried that my banking details have been stolen?

The name National Cyber Security Centre may not inspire you to look at their website but, it is highly recommended that you do.

Cyber security is important because smartphones, computers and the internet are now such a fundamental part of modern life, it's difficult to imagine how we'd function without them. From online banking and shopping, to email and social media, it's more important than ever to take steps that can prevent cyber criminals getting hold of our accounts, data, and devices. The website provides advice for businesses and individuals and even includes activities for children – please do take a look. www.ncsc.gov.uk/

RENDLESHAM FIREWORKS

FRIDAY NOVEMBER 5

FUNFAIR AND FOOD

SATURDAY NOVEMBER 6

FUNFAIR, FOOD & FIREWORKS

JUBILEE PARK, RENDLESHAM

Citizens Advice

Are you ready for the expected increase in energy costs?

If you are concerned about the expected increase in energy costs that are regularly being reported in the press, and worried about how you will pay these bills, it is even more important to check you are on the best tariff for you.

Our website www.citizensadvice.org.uk/consumer/energy/ has a host of information and a price comparison tool. If you find this whole area daunting then do get in touch and we can guide you through the process.

We suggest first point of contact for advice by email, phone and post on Mon, Tues, Thurs and Fri from 10-2pm alongside the new appointment service. Call us on 01728 832193 or Freephone 0808 278 7868. Or email: supervisor@leistoncab.cabnet.org.uk to make contact.

enter. We thank you for your understanding while we reopen our offices and look forward to seeing our clients face-to-face once again.



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.

DEBT

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14

15

Church Services

Date	Time	Place	Service	Officiant
Wednesday 1st September	10.00am	St Felix	Holy Communion	Rev Mandy
Sunday 5th September	9.30am	All Saints, Eyke	Holy Communion	Rev Mandy
	11am	Bromeswell	Family Worship	Greg & Charlotte
	11am	St Felix	Holy Communion	Rev Mandy
	11am	Shottisham	Morning Praise	Helene Berry
Wednesday 8th September	10.00am	St Felix	Informal Worship	Rev Mandy
Sunday 12th September	9.30am	St Gregory	Holy Communion	Rev Mandy
	11am	Bromeswell	Harvest Thanksgiving	Rev Mandy
	11am	St Felix	Morning Prayer	Stephen N
	11am	Sutton	Morning Praise	Helen Shand
	3pm	Wantisden	Tractor Ride & Picnic	Rev Mandy
	6pm	Shottisham	Evensong	Mel/Helen
Wednesday 15th September	10am	St Felix	Informal Worship	Rev Mandy
Sunday 19th September	9.30am	All Saints, Eyke	Morning Prayer	Rev Mandy
	11am	Bromeswell	Holy Communion	Rev Kevan
	11am	St Felix	Prayer and Praise	Greg Gooch
	11am	All Saints, Sutton	Holy Communion	Rev Mandy
	3pm	Shottisham	Harvest Thanksgiving & Afternoon Tea	Rev Mandy
Wednesday 22nd September	10am	St Felix	Informal Worship	Rev Mandy
Sunday 26th September	9.30am	St Gregory	Morning Prayer	Stephen N
	9.30am	Shottisham	Family Communion	Rev Mandy
	11am	Bromeswell	Holy Communion	Rev Kevan
	11am	St Felix	Picnic & Praise in the Park	Rev Mandy
Wednesday 29th September	10am	St Felix	Informal Worship	Rev Mandy

ST FELIX
RENDLESHAM

ACTIVITIES
& CRAFTS

Messy Church

STORIES
& SONGS

SATURDAY
2nd October
11am-1pm

BUFFET
LUNCH!

FUN, FAITH & FOOD FOR FAMILIES!

Come and join us and enjoy making a craft, learning about God and sharing in our buffet lunch. To register attendance, please email our Organisers, GREG & CHARLOTTE on goochfamily54@gmail.com or just turn up on the day!

The Church of
ST JOHN THE BAPTIST, WANTISDEN

TRACTOR RIDE
& PICNIC

Sunday 12th September, 3pm

~ COME AND JOIN US ~

Tea, Coffee & Cake will be available

The Vicar’s Voice

Dear friends,

I can’t believe that I am writing a Vicars Voice for September already! This year seems to be flying by, especially in the light of what has gone on before.

September, a time of new beginnings, and certainly never more so than the start of the new school year.

There is so much potential for this new start. A new class and teacher, a new school, new friends to be made. New lessons to be learnt. A new academic year and a time for new hopes and dreams. And, no doubt, there will be new school shoes, pencil cases and lunchboxes to be bought.

I wonder what are your memories of the start of a school year?

For me, I remember putting together a new pencil case, wrapping up my text books in old wrapping paper to decorate them. It may be easy to look back in fondness at our school days, or maybe not! ‘They’



Harvest gives us a focus not only about the food on our plates, but those who sow, nurture and harvest in all weathers and conditions

say (whoever ‘they’ are!) that schooldays are the best days of your life. I’m afraid I have to confess, in my book, ‘they’ are wrong. I don’t look back on my school days in any shade of rose-tinted glasses. The joy of learning came for me at a somewhat advanced age.

This month, in some of our churches, especially in St Felix in Rendlesham and St Edmunds in Bromeswell, we are starting

some new initiatives for young people and families in ways which make an adventure of learning more about Jesus, but in a fun way. One of these ways is by starting ‘Messy Church’, a way of being church involving craft, sharing food, and celebrating faith, because having Jesus in your life should be fun, and exciting and a real adventure getting to know Him. I hope you will encourage the youngsters to

come along. Better still, come along with them!

This month also sees our churches beginning to celebrate Harvest, giving thanks for all that is gathered in from the crops in the field, the fruit of the vines and the fish in the sea. We take so much for granted, and Harvest gives us a focus not only about the food on our plates, but those who sow, nurture and harvest in all weathers and conditions, the fishermen who brave the wild seas, together with those whose crops have sadly failed, where no rains falls for months on end, and for those who rely on the handouts of others. Thank heavens for food banks and community pantries, even in this day and age!

As we read in the Old Testament Book of Ecclesiastes, “to everything there is a season, and a time for every purpose under heaven”

With love and blessings,
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



Bentwaters Cold War Museum

The Bentwaters Cold War Museum located on the old base across the road from Rendlesham village has re-opened following the lifting of lockdown restrictions.



Volunteer, Bob Hale gives talks throughout the day. Bob served at Bentwaters for several years and was part of the team to close the base in 1993. Bob was a Master Sergeant in the USAF and worked in the Command Post involved in logistics and supply. His talks are fascinating and bring the history alive.

Unable to open at all in 2020 and delayed until July in 2021, the volunteers at the museum worked on implementing a system of online booking and social distancing to make it as safe as possible for visitors to attend the public open days. Whilst the numbers are not at the usual level, the trustees of the museum have been very pleased to see most of the time slots filled and visitors expressing their approval of arrangements to accommodate them.

With the museum closing at the end of October, Rendlesham residents have a few more open days to pop over and see what there is on display and enjoy a cuppa and the ever popular cakes in the café!

The museum is located in the former Command Post of the 81st Tactical Fighter Wing and was used to control and command the six squadrons of A-10 attack jets stationed at Bentwaters and nearby Woodbridge (together they were known as the “twin bases”).

Below, top: Visitors can get close to the A-10 with its nose mounted gun. Bottom: Museum volunteer Eddie Harper shows visitors the police vehicles. Eddie and a number of volunteers dress in authentic uniforms to add atmosphere to the open days.



The building was built to withstand attack in time of war or by terrorists and has three foot thick blast walls and an air conditioning system to deal with nuclear, biological and chemical warfare, a highly probable scenario in the Cold War.

Heavy steel doors secure entry with only one way in and one way out, though two smaller emergency escape hatches allow for exit if necessary. Armed guards would have prevented entry to those without authorisation and only the

highest level of security clearance were allowed to pass.

A decontamination area is the first thing to see where in the event of war (and during exercises), service personnel would enter an airlock to remove contaminated clothing for disposal, then shower and dress in new clothes in a “clean” area before entering the next corridor. This can be seen in the museum and is fully functional though we have yet to receive a visitor willing to try it out!



Below, top: The Museum has an amazing variety of exhibits from the twin bases. Bottom: The museum is ideal for families. Accompanied children are free. The large painting by local artist, Geoff Pleasance was sent to Germany when the base closed but returned to Bentwaters with help from USAF Mildenhall.



Above: The museum’s jewel in the crown, the A-10 Thunderbolt affectionately known as the Warthog, dominates the aircraft display area. Below: There is plenty of room to enjoy the hot drinks and cake purchased from the café





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

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Above: Entrance to the museum which is located in the original Command Post, the nerve centre of the base. In the foreground is the RAF air defence missile system called Rapier which was deployed to Bentwaters and operated by RAF personnel to defend against Soviet air attacks. In the background is the outside of the Command Post with the blast walls. On the roof the intake vents for the air conditioning system, vital to maintain breathable air if the base was attacked by nuclear, biological and chemical weapons.

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Further along the corridor is more security with a caged door and another armed guard to make another check of your clearance to enter the Command Post. CCTV monitored the visitor as you faced a door with a one way mirror and further identity was required via a telephone. At this point failure to satisfy the security vetting meant you were trapped and arrest imminent! If the all clear was given, the mirror door would be released and finally you would find yourself at your destination, the “Battle Cab”.

In this room, senior staff received daily reports and directed the Wing in war time and during exercises. The room has been restored to original condition, as has the Operations Room known as the “Pit” which can be viewed through glass panels. This large area has the status boards and more consoles for the many functions such as Operations, Supply, Security, Food and Lodgings, Weather, Communications and Maintenance.

To the right is another room with similar glass windows to

overlook the Pit. This was known as the Emergency Action Cell (EA Cell) and the nerve centre of the Command Post. Manned 24/7, 365 days a year, this was where communications were received from European Headquarters and Washington USA, and the Top Secret plans stored ready to be accessed when demanded.

These three rooms represent the restored areas of the museum, where and other rooms are filled with memorabilia and information boards to tell the history of Bentwaters and Woodbridge.

The main Bentwaters room provides visitors with a timeline of the base history with model aircraft to illustrate the different eras from 1944 to 1993. Each squadron and the supporting units are described along with photos from the museum archives. Not just the flying units, but also all the many components that make up a base the size of Bentwaters. Fire fighters, ambulances, security police, maintenance, ground crew, control tower, radar and weapons specialists are all

Below: The museum has amassed a significant collection of uniforms, flight gear, patches and memorabilia reflecting the time the Americans were stationed at Bentwaters from 1951 to 1993. In this photo the A-10 Thunderbolt and 81st TFW patches can be seen on a flight jacket with a pilot's helmet and oxygen mask. The Pirates scarf is from the 509th TFS which flew the A-10 at Bentwaters from 1979 to 1988.



covered. The social and domestic side of the base will interest Rendlesham residents.

Woodbridge base is also represented and another room is dedicated to the Cold War including a timeline from WWII to the fall of the Berlin Wall and the closure of the bases. This has proved to be of great interest to children studying the subject at school.

The museum is open from 10am to 4pm on the first and third Sunday of the month. An online booking system is currently operating and can be found at: www.bcwm.org.uk

The café and shop are open and hot drinks and cake are available.

The volunteer staff are known for their friendly welcome and we hope to see you soon.

Below: A display of the 30mm shells used by the A-10 Thunderbolt with the link system that held them in place before firing. The weapon was a huge multi barrelled Gatling gun that the aircraft was literally designed around. Able to destroy tanks and armoured vehicles, the A-10 proved its capability in the Gulf Wars and remains in the USAF inventory following a significant upgrade. The museum includes an A-10 on display outside in the compound where the size of the gun can be appreciated.



Below: Entrance to the main exhibition room with the welcome mat recovered from the Commissary building. This was essentially the base supermarket, located somewhere near Magnolia Drive and one of the first buildings to be demolished. In the background is the flight suit of Major Bob Hanson who served at Bentwaters during the Cuban Missile Crisis and was ready to launch in his Voodoo fighter jet to attack an airfield in communist controlled Poland. Against the wall the runway landing assistance lights helped pilots line up on the runway. Known as PAPI (Precision Approach Path Indicator), there were four banks of these at the end and each side of the runway and set/adjusted to either a 2.5 or 3 degree glide path depending on aircraft type. The lights changed colour depending on if the pilot was flying above, on or below the glide path necessary to make a satisfactory landing. You can try it yourself when you walk into the room by crouching down or going on tip toes to see the red and white lights change.



Above: The Cold War display includes uniforms and clothing used in the event of Nuclear, Biological and Chemical (NBC) warfare. The NBC suit had to be worn to protect personnel from attack regardless of their duties. Regular exercises were conducted in these very uncomfortable and unpleasant suits!

Below: Fully functional security equipment is displayed just as it was when the Command Post was operational. At this point in the corridor you would have exited the decontamination showers and a guard would check your identity and use an intercom to speak to security at the front entrance and to instruct those changing in the shower area. Next is a caged door which was locked behind you. If you failed the final checks there would be no going back!



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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

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1st Rendlesham Scout Group

If you can't go to the Monopoly Run.....

Usually each March we take our Scouts to London for the weekend to take part in the Alternative Monopoly Run, the idea....simple, armed only with a one-day travel pass and a camera phone, visit as many of the locations on the standard UK Monopoly board as possible in 12 hours. With the event not happening this year we decided to bring the run a little closer to home.

So the first ever Woodbridge Monopoly Run came to be. The rules were broadly similar - the Scouts were issued with a game board giving them the locations they had to visit. Stations were replaced by schools, the value of each property was doubled

if they managed to complete a "set" of coloured properties and they could earn extra £'s with Chance & Community Chest locations and lose money by being photobombed by another team or by being late back to GO at Elmhurst Park.

After an evening of fun and competition, the team of Evie, April, Elsie & Imogen (ably assisted by Ollie, Charley and Simon) managed to visit 20 locations, complete six sets and acquire a total score of £7610, winning by just £10, from two other teams.

A huge thank you to all our adult volunteers that helped make this event happen.

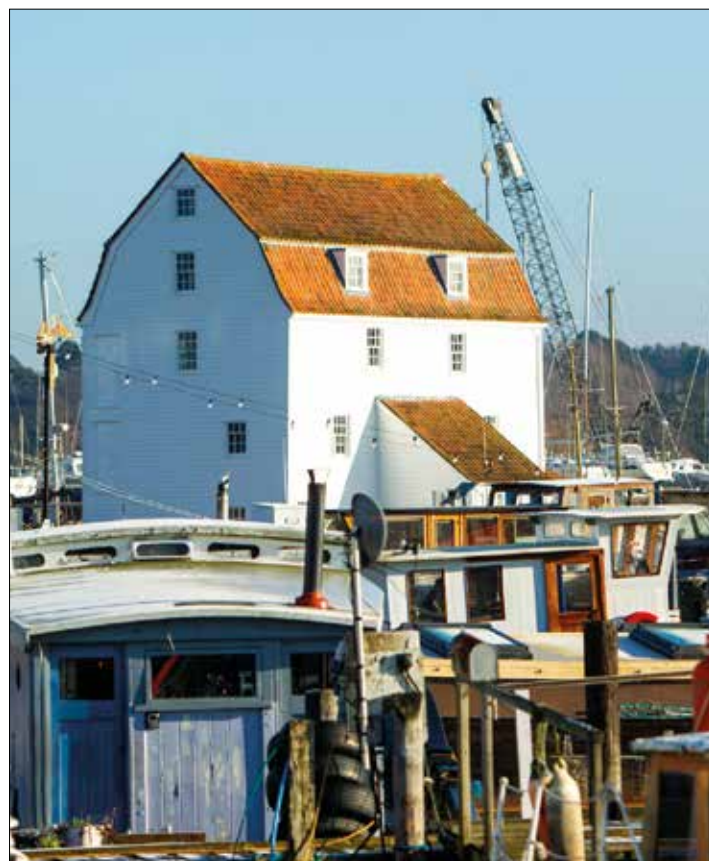


Right: The winners! Evie, April, Elsie and Imogen



Woodbridge News

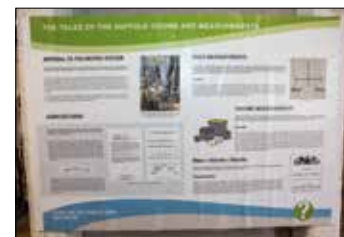
Photography by Simon Ballard



Woodbridge Tide Mill wins an East of England Co-op grant to help visitors with special educational needs and disabilities

Woodbridge Tide Mill (WTM) has been awarded a grant by the East of England Co-op Community Cares Fund. The Grant will enable WTM to improve accessibility for visitors with special educational needs and disabilities (SEND) to experience the Tide Mill.

Left, top to bottom: Pit wheel, Tide Mill millstone, Sign and the Tide Mill.



WTM Education Officer, Heather Sheehan explains: "the support of the East of England Co-op will help the Mill's Trustees allow the widest possible number of people to learn about the Mill, its history, what it does – and how it does it."

"This Grant will enable us to create an accessible website – including access statements and sensory maps. It will also allow us to develop and launch sensory support backpacks – to support young visitors with sensory needs with aids like ear defenders, a magnifying glass, fiddle toys, a museum trail, sunglasses, a torch, a feelings lanyard and a sensory museum map."

"We also intend to use the Grant to develop a new themed museum trail, enabling the experience of the museum to be holistic and much more relaxed for families with SEND children/young people."

WTM Chair, John Carrington adds: "We simply could not do this at this time without the support of East of England Co-op. This grant will help us to change the lives of many young visitors. It will help them to experience the Mill, its history and how bread, the staple of life, was and is made. It will help give them the support they need to learn and enjoy the process."

"The Board of Trustees is determined to make the Mill available to the widest possible audience and is very grateful to the East of England Co-op for its assistance with this Grant."

www.facebook.com/TheTideMillWoodbridge



Spirit of Place Lifting the spirit of Woodbridge 2021

A Festival of Sunday afternoon events celebrating the return of LIVE music and the arts to lift the spirits of Woodbridge and beyond. Just three events left!

Sunday September 5 - Spirit of the Moon

Celebrating the Harvest Moon with Mindfulness and Music from Martin Wilks; Songs and stories from Oktoba, Phil Jackson and Charlie Law. Poetry from Clare Perkins and Mothership Voyage - 2pm. The Angel, Theatre Street, Woodbridge, Suffolk.

Sunday October 3 - Spirit of Beowulf

The link between Suffolk and Britain's oldest poem with leading authority Sam Newton.

We revisit the music, poetry, art, and projections from the Beowulf Festivals 2018-2020, celebrating the Dig across the river with musical guests in the historic surroundings of the Bull Inn, Market Hill, Woodbridge, Suffolk at 2pm.

Sunday November 7 - Spirit of the Rose

Woodbridge's link to the Rubaiyat of Omar Khayyam as told by Edward FitzGerald aficionado Charles Mugleston. A special Persian Tea & Cake is included with art and poetry for a perfect Sunday afternoon soiree and music inspired by Old Fitz and his times. Another fascinating link to the Spirit of Woodbridge, 2pm. The Bull Inn, Market Hill, Woodbridge, Suffolk

The term 'Spirit of Place' refers to the unique, distinctive, and



cherished aspects of an area, celebrated by artists, musicians and poets with festivals and gatherings. Sadly, most events were cancelled in 2020 because of COVID-19 restrictions. This popular series of seven events has lifted the spirit of the

community with live celebrations of the arts, history, and music.

Produced by Jan Pulsford.
Email: janpulsford@icloud.com
<http://spiritofwoodbridge.com>

spirit of place 2021

www.spiritofwoodbridge.com

SEPTEMBER 5TH - THE LAST EVENT!

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MERLS PEARLS, MARTIN WILKS, JAN PULSFORD

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Afternoon Delight

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£20 per person

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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

1st & 15th September, 10am - 12pm. 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.

Knitting Group

Every Friday, 2pm - 4pm
For all knitters - expert to beginners, sewing to crochet, come and share your knowledge or pick up some tips.

Sunday Book Group

5th September, 2pm-3:30pm
This group meets to discuss their latest book in the Library meeting room. All welcome!

Top Time Book Group

9th September, 2pm - 4pm
A group open to all, Top Time meet on the second Thursday of the month, and will be discussing *A Year of Marvelous Ways* by Sarah Winman.

Top Time Playreading

16th September, 2pm - 4:30pm
A playreading group that reads all varieties of plays in a shared format, taking place on the third Thursday of every month.

Bring Back Retro

19th September, 11am - 3pm.
Bring Back Retro will come to Woodbridge Library on September 19th with gaming blasts from the past. If you want to relive those moments from the past or experience what gaming used to be like, come and play. Challenge your friends to Super Mario Kart, be the fastest to complete Sonic, shoot some bad guys on Time Crisis or choose from the large array of games on show. Playable titles also include:

Nintendo – Super Mario World, Smash Bros Melee, Mario Kart Wii
Sega – Lion King, Aladdin, Toe Jam and Earl, Micro Machines
PlayStation – Crash Bandicoot, Tony Hawks 2, Need For Speed

Games Club

23rd September, 2pm - 4pm
Improve your vocabulary and exercise your mind muscles with Scrabble or practice strategy and balance with Dominoes.

Jetsam Ukulele band

30th September, 7:30pm - 9pm
Musical Memories, Singalong tunes from the 30's to the 70s, performed by Jetsam Ukulele Band. Tickets on sale from 1st Sept: £8, students £5 (includes an interval drink). All proceeds to support the work of The Friends of Woodbridge Library.

Realise Futures

(Peer support, Walk-in Advice and Guidance Service). First Tuesday of every month (7th September), 10am - 12pm, at the Library. Book: 07753 447607.

Open Space

Wednesday 1:30pm - 3:30pm
Open Space aims to improve the wellbeing of attendees. Open to the public, it consists of two-hour weekly sessions at the library. Run in partnership between Norfolk and Suffolk NHS Foundation Trust, Julian Support (housing support for individuals with mental health difficulties), Suffolk Mind and Suffolk Libraries.

Guarantee your space by signing up in person or by phone. Attend as often or as little as you like and come and go during sessions. Timetables of discussions and activities come from group suggestions. Colouring, word searches and games always available, along with a hot drink and a biscuit.

Meet new people, find out about local events and resources to support your wellbeing!

Wordplay

Every Wednesday: 10.30 - 10.50am, Baby Bounce: Soothing songs and gentle nursery rhymes for babies and their grown-ups
11.15 - 11.45am, Tot Rock: Rhyme and rhythm, music, songs and action rhymes for toddlers with their parents and carers.
Friday 10.30 - 11.00am, Story Time: Stories and more for young children with an adult.

Stay & Play

Two sessions every Friday, 11.15am - 12 noon & 2.15pm - 3.00pm: A relaxed baby group where parents and carers can meet and chat.

NB: Booking is necessary for any Wordplay or Stay & Play event. Contact: 01394 330855

Book Sale

Ex-stock books for sale and proceeds to Suffolk Libraries. Adult Fiction: 30p each or four for £1. Non-Fiction: Individually priced
Junior literature: 20p each

Meeting room and display boards available for hire

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

Suffolk Libraries and Friends charity goodies

Support the library by carrying a cotton shopping bag bearing the Friends' logo for £3 or a Friends' magnetic bookmark for £1. I'm a Borrower' tote bags also available for £3.50. For £5 you can have 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 events and are willing to help with fundraising, please ask a member of staff for more details.

Contact

Library: 01394 330855

Library email: woodbridge.library@suffolklibraries.co.uk

Library web: www.suffolklibraries.co.uk/branches/woodbridge-library

Henry Settle & Kate Fawcus Library & Information Advisors Woodbridge Library

Friends of Woodbridge Library (FOWL)

2021 Annual General Meeting

The AGM will be held at 5pm on Thursday September 16th at the Woodbridge Library, New Street, Woodbridge IP12 1DT.

The meeting is free and all members are encouraged to attend.

The AGM will include the election of up to FOUR trustees (members of the Committee which manage FOWL). All members are encouraged to consider standing as a trustee. Anyone interested in learning more about the role please contact Tracy Rogers (tracymuthrogers@hotmail.com)

To aid in the setting up of the meeting, it would be helpful if those planning to attend would confirm by emailing friendswoodbridgelibrary@gmail.com.

There will be a brief meeting of trustees after the AGM for the election of officers.

Members without email are being sent this by post.

*Kay Yule
Chair of FOWL*



Woodbridge Art Club - Focus on Roy Eaton

Woodbridge Art Club has over 100 members but they don't all use paint and brushes! This month we will highlight the work of WAC member Roy Eaton, who creates with coloured pencils.

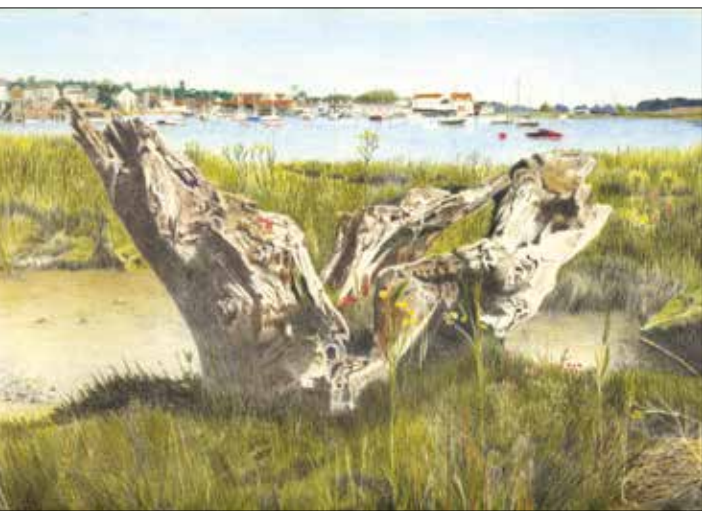
Retired Engineer Roy enjoyed art at school but only took up painting years later when he attended art classes. At one of these classes, Roy was introduced to working in high-quality coloured pencils and he hasn't looked back since.

Sharpened, and used on quality paper, coloured pencils enable

Below: Roy's coloured pencils



Above, left: 'Aldeburgh Moot Hall Textures', right: 'Bridge of Sighs'
Below: 'Misty day at Kyson' and 'Old Stump, Woodbridge'





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Roger Brown (Treasurer)
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#40by50

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The CPRE would like to see our hedgerows planted and restored, and are campaigning in support of the Climate Change Committee's call for a 40% increase in the extent of hedgerows by 2050 to help tackle the climate emergency. **#40by50**

SIGN THE PETITION AT
www.cpre.org.uk/what-we-care-about/nature-and-landscapes/hedgerows/



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RENDLESHAM COMMUNITY CENTRE is owned by the Parish Council, but managed and run by a charity and team of Trustees for the benefit of the residents of Rendlesham.

We have charitable status and need a total of SIX Trustees to meet our required governance. Thus we now need another FOUR Trustees to join us.

You may be thinking “hah, just another Committee”. But we only meet bi-monthly, for a maximum of one hour – and there would be very little for you to do, unless you wanted to...

Public liability insurance and trustees’ indemnity insurance is in place, to protect the individual Trustees from any liability.

It is important to note that if we do not have sufficient Trustees, we would have to hand the building back to the Parish Council.

So please come and join us. Because your Community Centre needs you!

EMAIL US at rendlesham.commcentre@gmail.com by **Thursday 30th September** to register your interest in standing as a Trustee, or for more information.

Quiet Lanes

It’s, oh so quiet (ssshh, shh)



Country lanes and roads are an integral part of our rural environment but the volume and speed of traffic, together with the presence of heavy lorries can make them uninviting, even intimidating.

Concerns revealed during our Neighbourhood Plan consultation and in subsequent emails received from Rendlesham residents shows that road safety is one of the top priorities for our community and village, now and in the future.

Thus Rendlesham Parish Council, in conjunction with the Quiet Lanes Suffolk team, has been exploring how to provide more chances for people to walk, jog, cycle or horse ride in safer environments – and, in line with our climate and environmental policy, we are striving to find ways to widen transport choice whilst protecting the character and tranquillity of our local lanes.

Our best opportunity to deliver both aims appears to be to designate certain local rural lanes as “Quiet Lanes” as part of a larger county-wide project.

What is a Quiet Lane?
A “Quiet Lane” is a nationally recognised designation for narrow, rural roads that should be shared equally by all users.

Quiet Lanes do not impose traffic restrictions and are not enforced. Rather, the idea is to encourage drivers to ‘Expect and Respect’ more vulnerable road users on a Quiet Lane and enable non-motorised users to enjoy them in greater safety.

Advisory signs (such as the one shown here) are placed at both ends of a Quiet Lane to show motorised users they are entering a “shared” space, and should respect the rights of other equally important users.

Given the increasing levels of traffic to and from Bentwaters, and the extra traffic that additional housing in Rendlesham will inevitably generate, the Parish Council feels that implementing this Scheme locally would be of real benefit to the village and those who visit.

The routes being considered are already used by walkers, cyclists, joggers and horse riders and link with existing footpaths and bridleways from the village towards Eyke, Tunstall and Campsea Ashe – who are also entering into the initiative.

In conjunction with Suffolk County Council (Highways), the Parish Council has identified these routes as being suitable for “Quiet Lanes” designation – see those lanes marked in GREEN on the map.

Public Consultation
Publishing this map represents the first stage of a full Public Consultation process.

To have your say on our suggested routes, please write to us by Friday 24th September – either by emailing admin@rendleshampc.org.uk or by post to: Rendlesham Parish Council c/o Parish Office, Community Centre, Walnut Tree Avenue, Rendlesham, Woodbridge Suffolk IP12 2GG

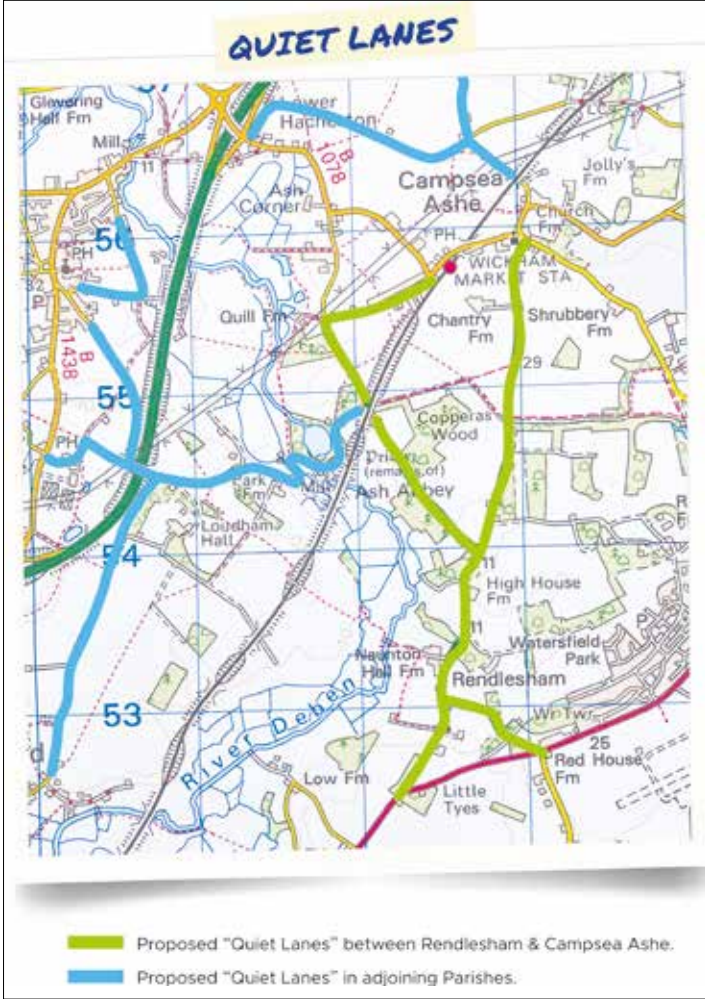
As part of the formal Public Consultation there will be a public meeting on Thursday 30th September in Room 16 at the Community Centre to discuss these proposals.

This project is funded by the Suffolk County Council, East Suffolk Community Partnerships and Greenprint Forum.

For more information about the Quiet Lanes Suffolk initiative, visit www.quietlanessuffolk.co.uk

NB: We also hope to be able to update you shortly about the Parish Council’s initiative to promote speed awareness within the village via the installation of Speed Indicator Devices. Watch this slow and quiet space...

A “Quiet Lane” is a nationally recognised designation for narrow, rural roads that should be shared equally by all users.



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- An increase in savings

Report your changes by phone on **0333 016 2000** or online at www.angliarevenues.gov.uk

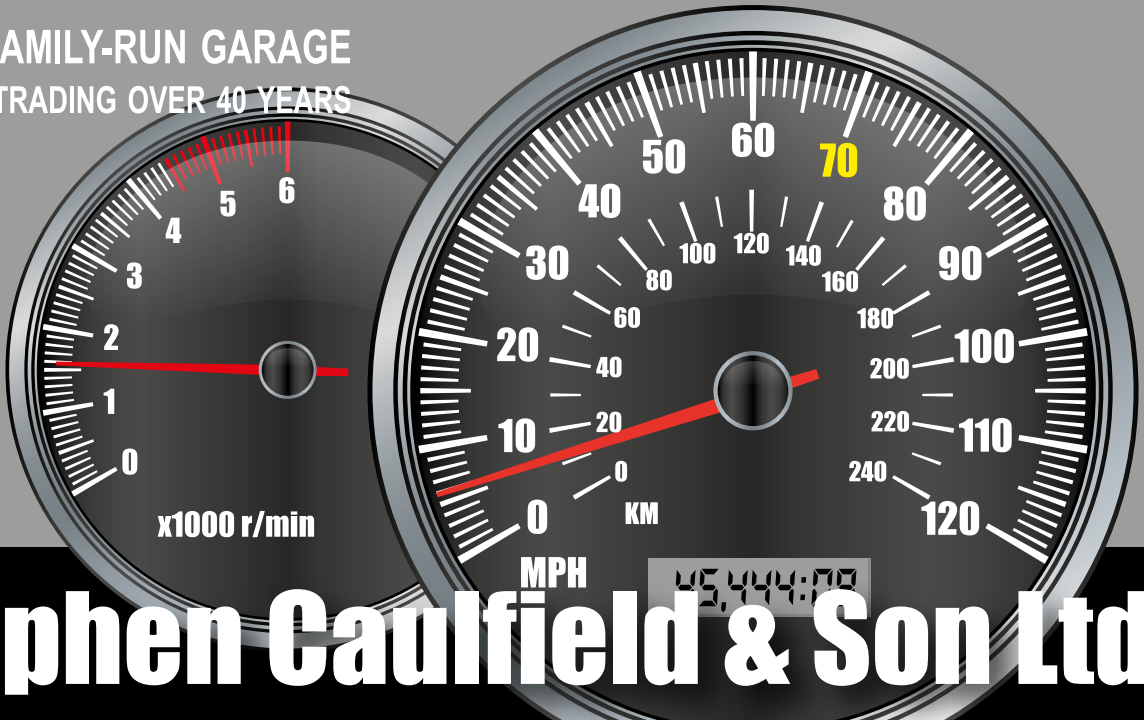


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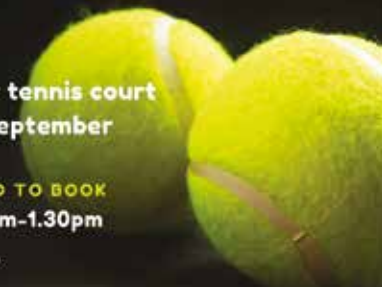


You cannot be serious?

Oh yes we are...

Rendlesham's outdoor tennis court
is still open through September

NET WILL BE UP | NO NEED TO BOOK
Monday to Friday, 9.30am-1.30pm
FIRST COME, FIRST SERVED



Suffolk - Most Active County

**Get ready to roll with
Cycle September**

As more and more people return to the office, local businesses are being encouraged to help their employees commute by bike by registering for Cycle September. Organised by Love to Ride, this is a fun and engaging campaign that helps businesses achieve their health, wellness and sustainability goals. But the program is FREE for both businesses and individuals and is offered entirely virtually.

Last year over 56,000 people from 3,215 businesses took part, with nearly 7,000 people new to riding! They logged their rides, encouraged others to join and won some amazing prizes for their efforts.

Ride your bike anywhere, any time, any place throughout September to take part - it's not about how fit you are or how far you ride. It's just get on your bike, mate!

For more details, visit:
www.lovetoride.net/suffolk

**Felixstowe's first
Triathlon makes a
splash this October**

Has Covid couch potato got the better of your waistline? Or have the Olympics inspired you to try something new?

Here it is then, the chance for individuals or teams of all abilities to sign up and try a triathlon on your doorstep with Felixstowe's first ever Triathlon.

Organised by East Suffolk Council in partnership with Felixstowe Town Council, the Felixstowe Triathlon will kick off on the seafront on Sunday 10 October 2021 at 8am.

Open to everyone, beginners or experienced athletes alike, you can now sign up for the Sprint, Supersprint or Standard distance - either as individuals or teams of three.

This triathlon is ideal for first timers and experienced triathletes alike, as individuals or as part of a team, with an easy-managed swim in the sea or pool, a very scenic bike route that's relatively flat and an absolutely stunning run route along the seafront.

The Supersprint starts with a 300m swim in Felixstowe Leisure Centre's pool whilst the Sprint and Standard have an open water start with an 800m or 1500m swim.

The next leg is a 20km or 38km bike route through the stunning Suffolk countryside before returning via Felixstowe Ferry for a 3km, 5km or 10km run along the Promenade.

Limited spaces available at:
www.felixstowetriathlon.uk/

Ride for Helen - Suffolk

Following the success of Helen Rollason Cancer Charity's annual Ride for Helen Essex, the Charity is delighted to announce a brand new cycling event to the 2021 events calendar.

Ride for Helen Suffolk will take place on Sunday 5th September 2021 and will offer cyclists the chance to sign up for either 65 or 35 mile routes through some of the beautiful Suffolk countryside.

The Ride will start and finish at Trinity Park, Ipswich, home of the Suffolk Show.

Social distancing measures will be put in place as required to ensure riders can take part with confidence and guidelines set out by British Cycling will be followed.

You have a choice of two routes:

65 mile route for the experienced cyclist keen to enjoy some of the beautiful rural Suffolk countryside including Grundisburgh, Clopton Green, Monewden, Kettleburgh, Brandeston, Earl Soham, Saxtead Green, Framlingham, Wickham Market, Tunstall Forest, Chillesford, Melton and Woodbridge. Start time between 8am and 10am.

35 mile route for the regular cyclist looking for a challenge, cycling on roads passing through Grundisburgh, Clopton Green, Monewden, Sutton Hoo, Easton, Wickham Market, Ufford, Melton and Woodbridge. Start time between 10am and 11.30am.

To book your place, sign up at: www.helenrollason.org.uk/2021/07/12/sign-up-now-to-our-new-ride-for-helen-suffolk-cycling-event/
Social distancing rules apply.

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ADVERTISEMENT FEATURE

Discover Rendlesham Care Centre

Rendlesham Care Centre is a purpose-built care home located in the heart of Suffolk in the village of Rendlesham.



Providing residential, nursing and dementia care on a permanent and short stay basis.

We all want to have a plan to help look after our loved ones when they need extra support, but don't always know what's best. So we take time to get to know you and understand your individual needs to help you put these plans in place.

At Rendlesham Care Centre our fully trained care and nursing teams, chefs, hospitality and wellbeing teams all ensure that the time residents spend here is as rewarding for them as it is for us.

Whether residents join us in good health, looking to connect with new friends, or with specific care and nursing needs, each day is always shaped by their lifestyle preferences.

Wellbeing

We help residents to keep doing the things that make them feel like themselves. We give as much independence as possible, letting them choose how to live their life. So, if they prefer dinner in front of the TV, or even making their own bed, we'll make it happen.

A variety of activities, events and entertainment are on offer and we encourage residents to maintain links with outside interests, too.

Meals of outstanding choice and quality are available at any hour, freshly prepared by our head chefs to tempt all appetites and cater for any diet.

A place to call home

Our interiors are designed to feel like a home, not a care home. The lounges are perfect for socialising, complete with kitchen areas for making drinks. Explore quiet nooks with comfy armchairs and books on the shelves. To keep the mind sharp you'll find board games, cards and puzzles too.

With multiple lounges, activities room, Wi-Fi, and hairdressing salon, there's plenty to keep residents engaged and looking their best.

The landscaped gardens include seating areas and seasonal planting – a lovely spot for quiet reading or enjoyment of the outdoors.

Choice and independence

When it comes to individual bedrooms, we help our residents to put their unique stamp on their room and keep things just how they like them. All bedrooms are en-suite and have delightful furniture and furnishings.

Our unique dementia care

Good care home design can have a positive impact on people living with dementia, giving them a sense of security and confidence. At Rendlesham Care Centre we combine outstanding care and dementia friendly design to help maintain a person's physical, cognitive and emotional wellbeing. And, as the only care home group with its own accredited City and Guilds dementia training, you can trust that we go further.

Finding the right care

If you're a little unsure of what type of care is needed, we're happy to help with the details. Contact us to find out more about our home or to book a virtual or in person tour today, call freephone 0808 223 5401 or visit caringhomes.org.



You'll be in good company at Rendlesham Care Centre

We're welcoming new residents and their families safely.

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
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Your nearest defibrillators are:

REMEMBER THIS, YOU COULD HELP SAVE A LIFE!

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or

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Jubilee Park, Mayhew Road, IP12 2GT

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Always start CPR immediately — then use the defibrillator

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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)

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!

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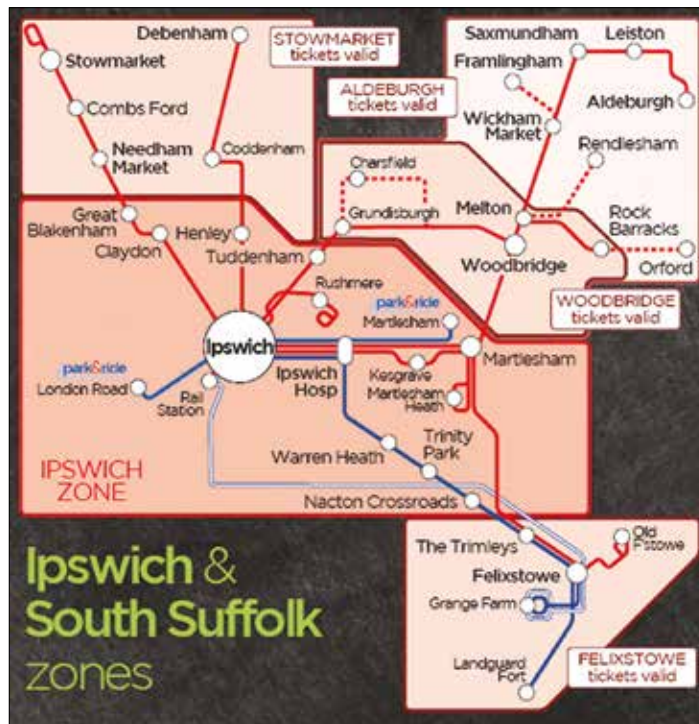
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Got a ticket to ride?

Under 20 and get the bus to school, college or 6th form? First Norfolk & Suffolk Buses has got a range of specially discounted tickets just for you.



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

And wherever or whenever you travel, you'll save money compared to the cost of a weekly or monthly Young Person ticket – and for the very best prices, buy your ticket on their mTickets app!

For the rest of the 2021-22 school year First-N&S is exclusively offering its 1-term Solo tickets (available for each of the three terms, in advance of the term starting). In addition, Autumn-term Solo tickets are offered at 2019 prices, making them even better value.

All Student Saver Solo tickets are valid for unlimited travel, seven days a week – so you can use them in the evening, at weekends and during half terms... all included in the price!

SEPTEMBER 2021

So it's not just about getting to college or school affordably... Buy a Solo 1-term mTicket for £110.00 and you'll also get unlimited travel, on all buses, all over Ipswich, one term at a time. That could be as little as £1 a day...

How it works

First-N&S has split the Ipswich and South Suffolk area into zones – the central Ipswich Zone, and five outer area tickets so you only pay for the travel you need.

So travelling in from Rendlesham, you'll need an Ipswich area ticket. All outer area tickets are valid for completely FREE unlimited travel within the Ipswich Zone too, meaning you can use any

First Bus buses for short hops around the town – maybe to the Station or one of the many out of town shopping or entertainment destinations.

You can use your Student Saver ticket on Ipswich Park & Ride too!

Can't quite see it'll be the end of
Taxi of Mum'n'Dad taxi, but it's
going to whole lot less hole in
Mum'n'Dad's pockets...

www.firstbus.co.uk/norfolk-suffolk/tickets/student-bus-travel/student-savers-school-college-or-6th-form

www.firstbus.co.uk/norfolk-suffolk/routes-and-maps/fare-zone-maps



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great value bus travel

for school, college or sixth form

New Term prices frozen

from **First EasternCounties**

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With their Solo 1-term tickets you'll get totally unlimited travel for less than a weekly or monthly ticket — with even bigger savings when you buy it as an **mTicket** on the **First Bus App**. Student Saver tickets are available for all fare zones with prices frozen for the new term, making them great value.

What's more, all of their **STUDENT SAVER** tickets are valid 7 days a week — great for heading out at weekends, in the evenings and during half-term too.

FIND OUT MORE AT:

www.firstbus.co.uk/norfolk-suffolk/tickets/student-bus-travel/student-savers-school-college-or-6th-form

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Could you help deliver the Rendlesham Parish Magazine?



There are more sedate ways of doing it!

**If you can stand (and deliver!),
please contact the Parish Council on**

01394 420207

or on admin@rendleshampc.org.uk

SEPTEMBER 2021

Pitstop...Pre-school, After School Club and Holiday Club

It's been an absolutely brilliant summer holiday club! We've made crafts, built dens, had forest adventures and loads of fun on the farm including tractor rides, feeding the animals, collecting eggs from the hens and much more!



One of the highlights has got to be our circus workshop with Chris the Clown. She was amazing and who knew that we had so much talent amongst our junior clowns; whether it was the diablo, juggling, plate spinning or giant bubble blowing, our talented youngsters rose to the challenge.

We'll be open for the October half term (covid restrictions permitting) ready for a week of Halloween fun, spooky crafts and pumpkin lanterns.

To book email Pitstop: enquiries@gmail.com.

Pitstop Pre-School

After a lovely summer break we'll be back in September with spaces available for children 6 months to 4 years and funded places for all 3 & 4 year olds and eligible 2 year olds. Our FREE Forest School sessions will be restarting on Mondays and Fridays as well as our NEW Stay & Play sessions for under 2s.

Contact Becky on: pitstoppreschool@gmail.com for more information.

After School Club

A mini version of our holiday club with lots of outdoor play, snack, arts & crafts, all in an amazing space designed for play. We pick up from all local schools and nurseries.

For more information please contact: Pitstop.enquiries@gmail.com





"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
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Good Provider

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Funded places for 2, 3 and 4 year olds

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The Curiosity Approach
WORKING TOWARDS OUR ACCREDITATION

Deben Community Farm

Photography by Heather Heelis



Above: Beans for sale at the farm shop

It's harvest time!

With freshly picked beans and pumpkins growing nicely in time for Halloween, the farm is looking really good. Like a lot of gardeners this year, we've been hit by tomato blight, it simply wiped out all our outdoor crop. However, every story has a silver lining and hey presto, up sprung a self seeded crop in the polytunnel courtesy of the hens overwintering in there Once again nature prevails!



Above: Pumpkins growing in time for Halloween



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FSS

Out and About

We've been out and about this past month spreading the word about the farm and the things we do. Our first stand was at the East Suffolk Council Awareness Day in the Burness Room in Melton and the second in Rendlesham at the August Litter Pick and seed swap. The events were a great opportunity to launch our new leaflet.

Coming up in September

As the school summer holidays draw to a close, we're looking forward to the Care Farm re-opening in September along with the Pitstop Pre-School Forest School sessions. We're open to the public and volunteers on Sunday afternoons 12 - 4pm. Come along and muck in!

Deben Community Farm

Facebook: @debencommunityfarm

Instagram: #debencommunityfarm

E: heather@heelis.eu

W: www.debencommunityfarm.co.uk



Below: Our new leaflet!

Above: David and the stand at the East Suffolk Council Awareness Day in the Burness Room in Melton

"We will lead the way in a new way of thinking, a sustainable way of living, all with the community at the heart of everything we do"

Welcome to the Deben Community Farm

Contact Details
T: 07732 681125
Deben Community Farm,
Saddlemakers Lane,
Melton, IP12 1PP
E: heather@heelis.eu
www.debencommunityfarm.co.uk
Facebook: @debencommunityfarm

All about the farm
Who we are
We are a social enterprise so all our profits go back into the farm.
What is a Community Farm
We bring farming, care and community into one place; a place where children, young people and adults are welcomed into a caring and nurturing environment that builds self-esteem, confidence and respect.
Farm Shop
We sell eggs and seasonal vegetables at the farm gate.
The Animals
Come and meet our residents:
Highland Cows
Pigs & Goats
Alpacas & Hens
Ponies & Donkeys
Llamas & Rabbits

Sundays
Open to the Public
The farm is open to the public every Sunday from 12pm to 4pm.
To make sure everyone can access the farm entry is free.
The Community Garden
The garden was built in 2021 using recycled materials. The shelter was grant funded by Country Life Alexander. Built and built by volunteers. We grow a variety of vegetables and fruit.
Volunteering
Anyone wanting to get more hands on at the farm can volunteer on Sunday afternoons. We also offer staff placements.

Care Farm
Care Farming explained
Care Farming is the therapeutic use of farming practices. We provide a supervised structured programme of farm related activities, including animal husbandry, vegetable production and construction as follows:
Sessions & Costs
Half Day Session 9:30am to 12pm or 12pm to 2:30pm
Whole Day Session 9:30am to 2:30pm
Half Day with 1:1 support £50
Whole Day with 1:1 support £85
Half Day in small groups £35
Whole Day in small groups £50
Prices are per person and excl VAT.

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- Supports digestive & immune systems

01394 421172

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

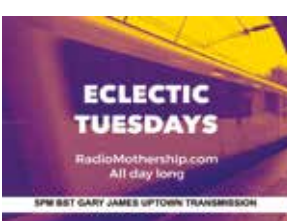
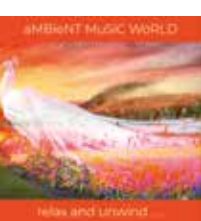
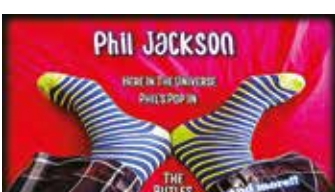
Rendlesham Community Radio



Friends and Sponsors

In addition to a highly committed team of volunteers, RCR are proud to be associated with the following organisations who very generously sponsor the project with financial support, equipment, streamed content, technical expertise and their valuable time!

www.rendleshamcommunityradio.co.uk



Rendlesham Community Radio Schedule

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	
7 - 9pm	Izaak's Hours with Izaak de May
9 - 4am	Ambient Music World from Mothership Radio
Friday	
5 - 7pm	Weekend Starter with Steve Calver and Tom Couchman
7 - 9pm	Dance Sessions with Steve Calver
9 - 10pm	House in Town with Carl Sparrow and 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

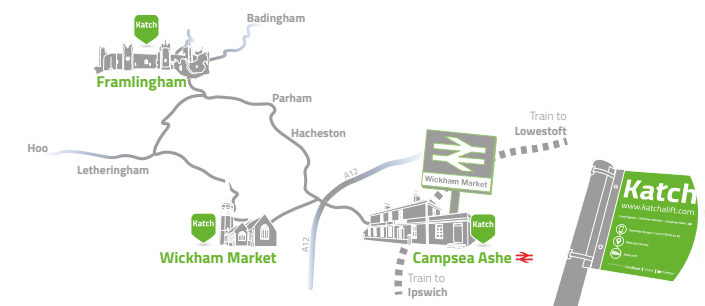
EVER WANTED TO TRY PRESENTING A SHOW OR LEARNING THE PRODUCTION ROPES?
RCR are actively seeking volunteers to join a great team. Contact us for an informal chat.

Follow us!
@rendleshamdj
@rendleshamdj
rendlesham_community_radio



Popping out, but need a lift?

On-demand transport between Framlingham - Wickham Market - Campsea Ashe ➡



Clarke & Simpson

Auctions

Always open...

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

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

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

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





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

Sun 27th June
SERVICES RESUME
GOVT. RESTRICTIONS PERMITTING

Sunday Morning Services

10.30am

Sudbourne Baptist Chapel

COVID restrictions still apply
Please contact Pastor Dave if you would like to attend

Pastor Dave Rushbrook
pastor@stbaptist.co.uk
www.stbaptist.co.uk
01394 809691

 facebook.com/sudbournetunstallbaptist



Diary Dates

September Diary Dates		
Fri 3	Back to School for Rendlesham.	
Mon 6	Parish Council Meeting Community Centre.	7.30pm
Tues 7	Youth Group, Senior Session. Community Centre.	7 - 9.30pm
	Rendlesham Show Planning Meeting. Community Centre. Everyone welcome.	7.30pm
Wed 8	Youth Group, Junior Session. Community Centre.	6-8pm
	Climate Emergency Group Meeting. Community Centre.	7.30pm
Thurs 9	Rendlesham & District Over 60s returns. Community Centre	10am - 12 noon
	Youth Group, Senior Session. Community Centre.	7 - 9.30pm
Sat 11	Youth Strategy Consultation Event at Jubilee Park. FREE BBQ for all young people. 10am - 3pm	
Sun 12	Rendlesham Litter Pick plus Clothes Swap. Village Square.	10am - 3pm
	Tractor Ride & Picnic. Organised by St John the Baptist Church. Wantisden 3pm	
Tues 14	Youth Group, Senior Session. Community Centre.	7 - 9.30pm
Wed 15	Youth Group, Junior Session. Community Centre.	6 - 8pm
Thurs 16	Youth Group, Senior Session. Community Centre.	7 - 9.30pm
Tues 21	Youth Group, Senior Session. Community Centre.	7 - 9.30pm
Wed 22	Youth Group, Junior Session. Community Centre.	6 - 8pm
Thurs 23	Youth Group, Senior Session. Community Centre.	7 - 9.30pm
Tues 28	Youth Group, Senior Session. Community Centre.	7 - 9.30pm
Wed 29	Youth Group, Junior Session. Community Centre.	6 - 8pm
Thurs 30	Youth Group, Senior Session. Community Centre.	7-9.30pm



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

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

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

BUDDING PHOTOGRAPHER?

Show us your work and you could be front page news!

Contact: events@rendleshampc.org.uk



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



citizens advice

Open for advice by email, phone and post on Mon, Tues, Thurs and Fri from 10-2pm. Call on 01728 832193 or Freephone 0808 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 Revd. 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 Revd. Mandy Reynolds	01394 420129
Sudbourne & Tunstall Baptist Church Revd Dave Rushbrook	01394 809691
Rendlesham Children's Centre Leader: Carolyn LeMay	01394 462191
Rendlesham Community Centre	01394 460005 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



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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.

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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.

