

THE STREET



RENDHAM VILLAGE NEWSLETTER

Clocks go
back on
Sunday
25th
October.

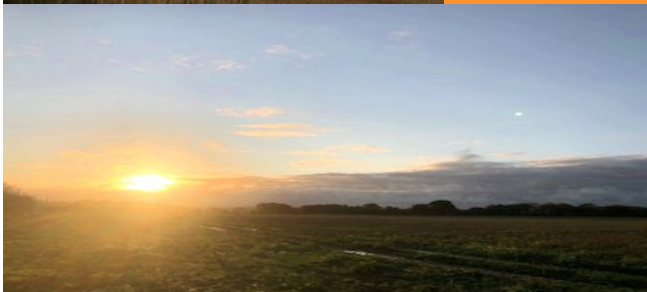


OCTOBER / NOVEMBER 2020

Read it in colour ONLINE at: <http://rendham.onesuffolk.net>



**AUTUMN
SCENES**



Supported by Rendham Village Amenity Fund
Reports, editing, distribution by volunteers. Printers: Leiston Press

Editors: Helen Greenburgh & Judith Mellor

JUNIPER BARN NEWS



Looking forward to autumn in these strange times, we are planning to move back indoors, fire up the woodburner, be cosy and Covid safe.

Our tables are suitably distanced, and we require masks to be worn in the shop. We are open from Tuesdays - Saturdays, 9.00 am - 3.00 pm for breakfast, warming lunches, coffee/tea and cakes with a new autumn menu with food for veggies, meat eaters and vegans. Saturday is 'brunch day'! Please ring 01728 663773 or email through the website to book a table. The shop remains fully stocked with a wide range of items, including English autumn fruit and veg, fresh meat and cheese, and we continue to take orders over the phone/email and deliver to all who need it.

Keeping our staff and customers safe is our priority, and we are following Government COVID-19 guidance. We do thank all those who have supported us so loyally and look forward to seeing you soon. www.juniperbarnsuffolk.co.uk *Geoffrey and Katie Boulton*



The Children's Society

An update from The Children's Society

During the current Covid-19 crisis, The Children's Society have continued to support young people and actively sought to share learning and approaches with other charities and those working in similar ways so that more young people can be reached

collectively. At the moment, we face the challenge of rising demand for services and falling income, as during lockdown, retail shops were closed and fundraising events cancelled.

The local Saxmundham & District Committee have needed to cancel all coffee mornings, box openings, Carol Singing and Christingles. We still try to do our bit to keep some money coming in. Some of us try to sell items locally that have been donated by our supporters; we make personal donations and will be ordering Christmas Cards for our friends and family. Although some of us have to continue to shelter, we are still happy to receive donations for The Children's Society so if you are able to contribute in any way please feel free to contact us. Lorraine (602 348), Elizabeth & John Tipping (454 165).

RENDHAM CHRISTMAS MARKET 2020 Owing to the Government restrictions of Covid-19, it has been agreed to cancel the Christmas Market planned for Saturday, December 6th. We are very disappointed since this has become a major fund raiser for our village Church. However, we are still planning to make & sell Christmas Door & Grave Wreaths. For more details and to order, please ring Lesley (663 737) lesley.bennion@gmail.com



CHRISTMAS SHOPPING BUS TO NORWICH - Friday 27th November, leaves Rendham White Horse at 9.00am, Bruisyard at 9.10am. Sweffling Church at 9.20am approx. Returns from Norwich at 4.00pm. The only stipulation at the moment is that Face Masks must be worn for the journey. Please ring Lynda to reserve on 663 325.



NEIGHBOURHOOD WATCH / VILLAGE HAPPENINGS EMAIL

If you wish to receive the Neighbourhood Watch / Village Happenings email please email Trev.salmon@btinternet.com

CHURCH SERVICES - OCT/NOV 20

NOV 1: 9:30 Sweffling
11:00 Badingham

HARVEST FESTIVALS

OCT 4: 9:30 Sweffling
11:00 Badingham

OCT 11: 9:30 Cransford
17:00 Dennington

OCT 18: 9:30 Bruisyard

OCT 25: 10:00 Benefice Service,
Bruisyard

NOV 8: REMEMBRANCE SUNDAY
9:30 Cransford (with Bruisyard)
10:55 Badingham & Dennington
10:55 Rendham (with Sweffling)

NOV 15: 9:30 Bruisyard
11:00 Rendham

NOV 22: 10:00 Benefice Service, Cransford

NOV 29: 10:00 Benefice Service, Dennington

MICHAEL'S CHURCH, RENDHAM - CHURCHWARDEN'S REPORT

On September 8th, on a lovely sunny morning, family and friends gathered in the churchyard to say farewell to Mrs Nancy Mayhew who had been very much part of Rendham life for so long. The simple service was conducted by the Rev. Martin Percival, and the beauty of the wreath on the coffin was outstanding. Our churchyard is looking well, thanks to extra help generously provided in careful strimming around the gravestones. Unfortunately this year's Christmas Market has had to be cancelled but we shall be happy to take orders for Christmas wreaths for door hanging or for funerals. To order the wreaths please ring Frances on 664021 or Lesley on 663737.

We were sorry we could not have the Harvest Festival service on 27th September as planned nor could we have Harvest produce donations in the church, but instead requested any donations to be put in the church porch for Saxcess Food Bank for all those in need. Thank you to all who provided so generously. The Remembrance Day service will be held on Sunday 8th November conducted by Prof. John Tesh, and the Christmas Eucharist Service is to be held on December 25th at 8 am. We hope everyone has weathered the difficult conditions of the pandemic and wish you all good health.

Charles & Frances

RIDE & STRIDE 2020 Suffolk started Ride and Stride almost 40 years ago and this nationwide annual event importantly supports restoration and repair of churches and chapels. Riding for Rendham church on Saturday 12 September Helen Payne and Albert Lain raised £1280 from their supportive sponsors. Helen cycled 40 miles between 24 churches in mid-Suffolk and Albert visited 21 more locally. St Michael's, Rendham attracted 30 cyclists during the event.



Richard Shattock

What strange times we are living through at the moment. August Bank Holiday was exceptionally strange with no Beer Festival at the pub. We would also have been celebrating 17 years at the pub on September 17th this year. We continue to monitor the Government guidelines and with the rule of 6 coming in and other changes to measures expected to be announced soon, it remains not feasible for us to re-open the pub yet. Thank you to everyone who has supported us in the past and will support us in the future. This is what makes us determined to re-open when it is possible in a safe and covid-secure way. Take care, stay safe and we will continue to see you all around the village.

Paul & Lisa

NATURE NOTES OCT - NOV 2020



A bird perched on a wire here the other day (14 September) was not one of the huge number of Wood Pigeons we seem to have around us this year. As it flew across the field, it clearly showed the pointed, rather drooping wings of a Cuckoo. This may seem a bit late, as all of the breeding Cuckoos, their job done, have long gone by now, and are already in Africa. But their offspring, which have been reared by foster parents during the summer and are now fully grown, are only now ready to set off on their

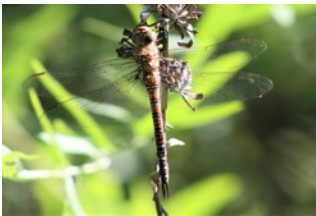
journey. The fact that they travel completely on their own, with no guidance whatever from parents, makes their migration even more remarkable. I have occasionally seen these autumn Cuckoos before, and wonder whether they are local Alde Valley bred, or have already travelled from further afield, like Norfolk! As insect feeders, Cuckoos are famous for being able to eat large hairy caterpillars like this Fox Moth. I did watch one working along a line of fence posts, clearly feeding from the abundant Grasshoppers.

I have been looking on the autumn Oak leaves for the tiny galls called 'Spangle Galls', caused by minute parasitic wasps, and within which the wasps' larvae develop. Always common, the usual species is the Common Spangle Gall. This is found on the undersides of the leaves, small and circular (about 5 or 6 mm) flat with a raised middle and slightly hairy, so looking like a tiny, furry poached egg. This year there are more of an even smaller species, my favourite, the Satin Button Spangle Gall. These are doughnut shaped with a hollow middle, and shining gold like spun satin.



Look for them on the lower branches of the younger trees, and be prepared to concede that somebody could have a favourite spangle gall!

On our garden Honeysuckle we have been watching Blackcaps eating the berries. Although Blackcaps are very much insect feeders, they are very keen on these and other berries (watch for them earlier on Elderberries) which provide them with energy for migration or, for a few, fatten them up so as to be able to stay the winter here. These birds all had the brown caps, signifying that they are females or young birds in their first winter.



Around the pond there are sometimes late dragonflies at this time of year. Perhaps commonest is a small red species, called the Common Darter, which breeds freely and can be

found laying its eggs until well into the autumn. This year there are a number of a larger species, one of the so-called hawkers, the Migrant Hawker. A typical dragonfly, with long thin abdomen, and pairs of coloured spots, bright blue in the male and duller yellow in the female. The species certainly is migrant, and numbers are boosted from the Continent, but they do breed here and this female was seen laying eggs in the pond.

Woodpigeons have been making an enormous racket around the house and garden lately. All the signs of breeding are there – noisy courtship on the roof, noisy bashing around in the bushes with nesting material. It all seems inappropriate, but in fact the autumn can be a major breeding season for Woodpigeons. One reason is that for pigeons a big part of their diet is seed and grains.

Continued on Page 5



With these they produce in their crops a rich liquid, the so-called 'pigeon milk' which they feed to their chicks. Harvest time can be a good time for this, but they can breed at almost any time of year.

Each pair of pigeons produces just two chicks – probably limited by this method of food provision. Proof of breeding is often easy to find in the form of newly hatched eggs, glossy white and a neat oval for pigeons. A top removed as if with a

can opener signifies a hatching, a big dunch in the middle of the egg an attack by a predator such as a Jay or a Magpie.

Geoffrey Abbott

RENDHAM PARISH / PARISH COUNCIL NEWSLETTER

New Rendham Parish Councillor

Sandi Robinson was Co-opted to the Parish Council replacing Cllr. Oaksey. She moved to Rendham with Peter two and a half years ago and brings a lot of experience in education, and many various other committees. This brings the Parish Council to its total of eight Cllr's.

Rendham Village Hall

At the AGM of the RVH it was agreed that a member of the Parish Council who is a trustee of the Village Hall join the committee. David Willett, the Chairman of the Parish Council, agreed to join that committee

District Cllr. Maurice Cook– Sent the following report (Full report on Website)

Solar together Suffolk
Other information re Covid 19

County Councillor Stephen Burroughes - Sent the following report (Full report on website)

Lowestoft Third crossing
SCC funded School travel
A safe start to new school year
New website for SCC a140 improvement scheme
Remembering VJ Day, 75 years on
Suffolk celebrates 1,000 miles of newly surfaced roads
Free cycling sessions for people of Suffolk
Suffolk and Norfolk businesses set for extra boost for apprentices
New resources to help understand link between Movement and Mental Health

Relevant Representation for Rendham Parish Council on Sizewell C DCO

Cllr. D'Angelo Turnbull has been working hard on producing a letter to be sent to the appropriate people to ensure that Rendham Parish Council are kept in the loop with the development of Sizewell C.

Issues raised included.

Traffic and Transport
Economic and social impacts
Environment impacts

This will be a massive project and so it is important that the Parish Council is informed of all the developments.

UPDATE: COVID-19 - ADVICE FROM SUFFOLK COUNTY COUNCIL

For more information and advice on Covid-19 please visit www.suffolk.gov.uk

COVID-19 Testing in Suffolk You can ask for a test for:

- yourself, if you have coronavirus symptoms now (a high temperature, a new continuous cough or a loss or change to your sense of smell or taste
- someone you live with if they have coronavirus symptoms

When?

You need to get the test done in the first 8 days of having symptoms. Please help the NHS by only asking for tests for people who have coronavirus symptoms now.

How do I book?

You can book a free test by visiting the [NHS website](https://www.nhs.uk) or call NHS 119.

Where?

The regional testing centre for Suffolk is at the London Road Park and Ride, Copdock, Ipswich and this is open from 8am to 7pm daily. Planned visits for mobile testing units include:

- Framlingham - 15th October & 18th October
- Halesworth - 13th October & 17th October
- Ipswich - 12th October & 16th October
- Leiston - 12th October & 15th October
- Lowestoft - 12th October, 14th October, 16th October

LOOKING AFTER YOU!

The COVID-19 Emotional Wellbeing, mental health and learning disabilities information hub contains a wealth of resources for adults, young people, those with learning disabilities and professionals to support emotional wellbeing and mental health. Visit www.healthsuffolk.or.uk/covidhub

If you are experiencing a mental health crisis or just need someone to talk to call:

Samaritans on 116 123 (or email jo@samaritans.org)

NHS Online on 111 (for urgent, non-emergency medical advice)

Emergency Services on 999 (for immediate emergency assistance)

Home, But Not Alone

Supporting vulnerable people in Suffolk

Coronavirus Emergency Phonenumber

 **0800 876 6926**



You can call the Home, But Not Alone phonenumber if you live in Suffolk and need urgent help during the coronavirus pandemic. The emergency phonenumber is for people who:

- do not have support available from friends, family or neighbours
- are struggling for food, medicines or other essential supplies
- are feeling lonely and isolated

SUFFOLK COUNTY COUNCIL ADVICE

The Suffolk County Council's COVID-19 page is www.suffolk.gov.uk/coronavirus-covid-19.

Find the latest information about testing in Suffolk, changes to local services and how to get help and guidance on schools, businesses and wellbeing. The site also provides information on how to keep healthy with the [Healthy Suffolk website](https://www.suffolk.gov.uk/healthy-suffolk).

FREE CYCLING SESSIONS

Suffolk County Council's Bikeability team is now offering FREE cycling sessions to provide practical skills on how to cycle on today's roads. Everyone is welcome to take part from adults, families and children. The sessions are aimed at those who want to cycle more regularly - whether to keep fit, commute or visit friends / family.

A session lasts between 2 and 2.5 hours and is delivered by a fully qualified Bikeability Cyclist Trainer. The trainer will chat to you first to find out what you're trying to achieve and tailors the session to your individual needs. Find out more and book your free session at www.suffolk.gov.uk/cyclingandwalking



After having to cancel the MacMillan Coffee Morning due to the pandemic, I am pleased to say that I have had a fantastic response to collecting donations. I would like to thank everyone who supported MacMillan Nurses with a donation, the final total raised amounts to £1,000.00. *Lynda Newson*

FRAMLINGHAM SURGERY 01728 723627

Dispensary: (01728) 723957 www.framlinghamsurgery.co.uk

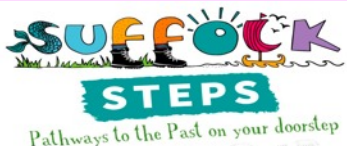
SAXMUNDHAM SURGERY:

LAMBSALE MEADOW 01728 602022 www.saxquax.co.uk

DOWNLOAD THE NHS COVID-19 APP TODAY

It's the fastest way of knowing when you're at risk from coronavirus. Search for NHS Covid-19 in the App Store or Google Play.

Use the 111 online coronavirus service if
- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days
Only call 111 if you cannot get help online



Suffolk Steps is a collection of local historic walks and trails developed by museums and partners throughout Suffolk. The free walks are designed to help all ages stay active and uncover Suffolk's hidden history.

Walks include:

Aldeburgh - Explore the famous Sailor's Path route from Aldeburgh to Snape for a fascinating view of the River Alde. Walk: Easy / Moderate. Allow 1-2 hours.

Historic Clare Town Trail - Discover this historic market town with its ruins of a Norman Church, Austin Friars' Priory and Gothic Wool Church. Walk: Easy. Allow 1 hour.

Dunwich - Discover the ruins of ancient Dunwich, once the capital of the Kingdom of the Eastern Angles and a great medieval port. Walk: Easy. Allow 1 hour.

Sudbury - Home to renowned Suffolk artist, Thomas Gainsborough, walk along Friars Street, view Salter's Hall and relax by the Water Meadows. Walk: Easy. Allow 1 hour.

Halesworth - Explore the historic Malt Trail around Halesworth and learn more about the town's history as a centre for the malting trade. Walk: Easy. Allow 1 hour.

For more information visit www.suffolkmuseums.org/projects/suffolk-steps

STAYING SAFE DURING COVID-19

HANDS - Wash your hands regularly and for 20 seconds with soap and water or use a hand sanitiser before putting a face covering on.

FACE - Wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet.

SPACE - Stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings).

Face coverings must be worn on public transport and in many indoor spaces including shops, banks, post offices, shopping centres, indoor transport hubs, museums, galleries, cinemas and public libraries. Face coverings must also be worn in taxis and private hire companies.

For the latest government advice on staying safe and alert visit the government website at www.gov.uk

Suffolk
Fruit Wines
available by
the glass or
bottle from
DJ Wines,
Monk
Soham

THE WHITE HORSE RENDHAM

GREAT BEER GREAT FOOD GREAT COMPANY

Please see the report from Paul and Lisa on Page 3 and do check the website regularly for details on when they will re-open.

www.whitehorserendham.co.uk



St Elizabeth Hospice 01473 727776

www.stelizabethhospice.org.uk

Donations of clothes, toys, household items gratefully accepted.



SUFFOLK TAKEAWAY & FOOD DELIVERY SERVICES

Whilst restaurants, cafes, bistros and pubs have temporarily closed due to Covid-19 many favourite restaurant dishes can still be enjoyed from home.

Visit www.thetouristtrail.org where you'll find plenty of local eateries that will deliver. Plus, see info on deliveries from Juniper Barn (Pg 2).



Support St Elizabeth Hospice. This Autumn enter the Grand Autumn Raffle for the chance to win a top prize of £3,000 and 15 other prizes

including a second prize of £250 and a third prize of £150. Closing date to enter is 16th November and tickets start from £5 (which gives 5 entries into the draw). Find out more at www.stelizabethhospice.org.uk

FRAMLINGHAM - OPEN FOR BUSINESS. Many businesses in Framlingham have safely reopened - these include: Toby's Pet Shop, East of England Co-op, Hall Farm Butchers, 221b Bakers, Mr Chan Chinese Takeaway, Framlingham Wine Shop, Leos Deli, Simpson's Sweets and Milkshakes, Rumbles Fish Bar, Zorbas Restaurant. For a full list visit www.framlinghambusiness.co.uk/fba-news-page.

SUFFOLK RECYCLING CENTRE - Recycling Centres have re-opened but you need to book a time slot online to visit your local Recycling Centre. Cars, pedestrians and cyclists can deposit household waste booking a 15-minute slot, whilst vans, trailers and trade waste can book a 30-minute slot. Book online at www.suffolk.gov.uk

ADVICE FROM CAB The government have announced ways in which they are helping and the Citizen's Advice Bureau can help too. Find advice on things such as:

- getting essential items and care if you're extremely vulnerable
- paying bills, including your rent
- getting paid if you can't work because of coronavirus
- getting an online isolation note if you need to prove you're sick
- postponing or cancelling travel arrangements

If you, or anyone you know, would be grateful for some assistance, please call 01728 832 193 between 10am and 2pm Monday, Tuesday, Thursday and Friday or email supervisor@leistoncab.cabnet.org.uk

DEADLINE FOR DEC 20 / JAN 2021 'STREET' : 17 NOVEMBER 2020

Email Helen Greenburgh: hpaygre@aol.com (07775 894146) AND Judith Mellor: rendhamstreet@gmail.com (hard copy can be sent to Gables Farm, Sandy Lane, Rendham)

PLEASE NOTE: IT IS ESSENTIAL TO EMAIL BOTH EDITORS. The Street welcomes items for publication, but we reserve the right to edit. It is the responsibility of contributors to provide accurate details, PRIOR TO THE DEADLINE. We are limited to 8 pages so may not be able to publish everything we receive for each issue. Priority is given to dated village events. All items submitted for publication must carry a name & contact no / email address.