The Messenger



Issue 136
April
2023

Serving Gislingham, Mellis and the Thornhams

WINNER
NATIONAL
PARISH
MAGAZINE
AWARDS

THE MESSENGER TEAM



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News and features from the Messenger are added every month to the Messenger website **www.the-messenger-online.com**

Next issue: May 2023
Copy deadline: Monday 17th April

E-mailed or hand-written submissions always welcome. The editor reserves the right to edit, amend or omit submitted items at his discretion.

You can find the Messenger Facebook page at:
https://www.facebook.com/themessengergismeltho

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Disclaimer: The articles published herein do not necessarily represent the views of The Messenger. They are the opinions of individual contributors and are published with a view that free expression promotes discussion and interests.

WELCOME TO THE MESSENGER



EDITOR'S NOTES – April 2023

In February, I was pleasantly surprised to receive an invitation from the Headteacher at Gislingham Primary School to attend the 'Grand Opening' of their new athletics track. I am not actually sure why I was invited, but I think he may have been hoping that I would write an article for this magazine. Sadly not! I always feel happier behind the camera; so, I organised and took a few photos and delegated the task of writing about the proceedings to those far more knowledgeable about the subject than me - my young "journalistic colleagues" in Year 6. Their article appears on page 7. Thank you to Year 6! And, to show my appreciation, it would be rude of me not to put a photo of your Headteacher on the cover of this issue!

Elsewhere in this issue; Gislingham Parish Council is looking for nominations for The Watson Bowl (awarded to a resident or residents in the Village who have contributed significantly to Gislingham in the previous year or years) and also, 'Volunteer of the Year'. If you would like to nominate anyone for these awards, details can again be found within the Parish Council Notes on page 9.

We now have details about the Coronation events that are being planned for both Gislingham and Mellis and these can be found on pages 13 & 24.

In addition, there are once again numerous events planned in our villages over the coming weeks, all being organised for your enjoyment!

Add to that our usual mix of gardening, reading, cooking, nature, a local mystery and a local walk to enjoy etc. and we hope we have something of interest to everyone.

Our May issue deadline date is Monday 17th April. If you have an article to submit, please send as soon as possible.

From the Messenger Team, we wish you all a Happy and Healthy Easter.

Until next month!



Jeff Norman, Editor e) themessengereditorial@gmail.com

Cover artwork: Hetty Bartlett (Team England Paralympic Athlete) and Richard Benstock, Gislingham Primary School Headteacher cut the ribbon to officially open the new athletics track at the school.

DIARY & LOCAL EVENTS



Saturday 1st April:
Homemade Bake Sale in Gislingham for MacMillan Cancer Support
- Featuring "the best sausage rolls in Suffolk" – see page 31 for details

Saturday 1st April: Easter Bingo
- Mellis Memorial Hall: 6.30pm – See page 16 for details

Saturday 8th April: Easter Egtravaganza
- Thornham Parish Hall: 11.00am – 3.00pm – see page 22 for details

Saturday 8th April: Connect Coffee Morning
- St. Mary's Church, Mellis: 10.00am – 12.00 noon – See page 43 for details

Friday 14th April: Film Night - 'Living'
- Thornham Parish Hall 7.30pm – See page 27 for details

Saturday 15th April: Farmers Market
- Mellis Memorial Hall: 9.00am – 12 noon. - See page 16 for details

Wednesday 19th April: Gislingham WI – Subscriptions, Resolutions, Quiz and Chat
- Gislingham Village Hall: 7.30pm

Thursday 20th April: Mellis Memorial Hall AGM
- Mellis Memorial Hall: 6.30pm – see page 17

Saturday 22nd April: Mellis Church Craft Fair
- Eye Town Hall: 10.00am – 2.00pm – See page 47 for details

Saturday 22nd April: Race Night
- Gislingham Village Hall: 7.00pm – TICKETS ON SALE NOW!
- See page 18 for details

Sunday 23rd April: Breakfast Club
- Thornham Parish Hall: 10.00am – See page 29 for details.

Tuesday 25th April: Coffee morning for MacMillan Cancer Support
- Gislingham Village Hall: 10.00am – 12.00 noon.
- Contact Amanda: 07985 125140

Saturday 6th / Sunday 7th May: Mellis Coronation celebrations
- See page 24 for details

Sunday 7th May: Coronation Picnic
- St. Mary's Church, Gislingham grounds: 12.00 – 2.00pm – See page 13

Events and Club meetings etc., for inclusion in future issues should be sent to: themessengereditorial@gmail.com

Our next issue is May 2023. The "What's On" Diary deadline is: Wednesday 19th April

CLUBS, CLASSES & REGULAR EVENTS

Baby and Tots Group for the Under 2's: Gislingham Primary School.
Every Wednesday 9.45am – 11.00am. Term time only in the school hall.
Contact Debbie Nicholls: 07931 665 205

Thornham Chat & Play: Thornham Parish Hall
Every Thursday 9:30 – 12.00. Babies & wobbly walkers

Carpet Bowls Club: Gislingham Village Hall. Every Monday 2.15pm – 3.45pm
Led by qualified bowls coach. £3.00 per session. All equipment provided.

Yoga Classes: Gislingham Village Hall. Tuesdays 7.00pm - 8.30pm
Contact Clare Hall on 07704 570877 or email: thornhamyoga@yahoo.com

Pilates Classes: Thornham Parish Hall. Wednesday 10.00am. Mondays 5.45pm & Wednesday 11.00am. For more details contact Michelle on email hello@yapl.co.uk or website www.yapl.co.uk

Pilates Classes: Gislingham Village Hall. Wednesdays 9.15am and 10.15am.
Becky Cruickshank: 07734 414151

Total Fitness: Gislingham Village Hall. Thursdays 6.15pm and 7.15pm
A fusion of fitness and pilates. Becky: 07734 414151

Circuit Training Fitness Class: Mellis Memorial Hall. Mondays 7.30pm – 8.30pm
Gus: 07540 473203 / anguswilkinson@btinternet.com

Gislingham Variety Club
For information of forthcoming productions etc.
contact: Richard Adams on 01379 788620 or email: Info@gislinghamvc.uk

Thornham Bowls Club: Thornham Road, Thornham
New Members welcome. For more details contact Keith: 01379 871881

Gislingham WI: Gislingham Village Hall.
Meet the third Wednesday of every month at 7.30pm. New Members welcome.
For more details contact Sue: 01379788093 or Terrie: 01379 788521.

Mellis Canicross: Mellis Memorial Hall. Meet Saturdays 7.00 am. Jog with your dog. Contact Lorraine on 07913 183534

Gislingham Silver Band: Gislingham Band Hut. Tuesdays 7.30pm - 9.30pm
New members are welcome at any level.
Contact Iris Debock: 01379 788066 or debock.iris@gmail.com

Bellringing: Thornham Magna Church.
Mondays 7.30pm – 9.00pm. For details contact Sylvie: 01379 788130

Mellis Cricket Club plays at Thornham Estate. Saturdays and Sundays (May to Sept.) New Players contact Ben: 01473 892557/email: ben.box@btopenworld.com

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GRAND OPENING OF GISLINGHAM PRIMARY SCHOOL RUNNING TRACK

Two years ago, the former Headteacher, Mrs Julie Welham, organised the idea of a running track to be used by all members of the local community. The whole Community has been involved in this project, with money coming from local businesses, Gislingham United Charities, the district council and a significant amount from the Parish Council.



Hetty Bartlett, Paralympic Sprinter/long jumper; (who represented Team GB at the Tokyo Olympics in 2021) was guest of honour at the opening of the track, cutting the big blue ribbon to mark the official opening. She was joined by members from the Local Councils, parents and Governors from the School. The whole school then ran a lap with Hetty to mark this event. An assembly was held at the end of the day where we were able to ask questions about Hetty's career in athletics. Her story was hugely inspiring and has encouraged us to follow our dreams of living a healthy and successful life.

As pupils from the school, we feel the benefits of the track will be immense. It enables the field to be used all year round, and P.E. lessons will get great use from this new facility. Gislingham Gallopers (the school running club) will enjoy being able to run around the school during the Winter months, whereas before the field would be too muddy.



Since the track has been installed, all year groups have been able to use it at break times and lunch times, with lots of children running many laps a day. Just 5 laps of the track is fitting in the 'daily mile.'

The running track isn't just for the pupils of the School; the whole Community is welcome to use these facilities outside of School hours.

Our current Headteacher, Mr. Benstock said, "The running track will be a fantastic resource, not only for the children, but for the local community as well. Keeping fit and healthy both physically and mentally is a priority for us, here at Gislingham, where a healthy body leads to healthier minds. The children, thanks to a huge amount of work from local people and businesses, now have a resource to use all year round and we are grateful to everyone who made this possible."

We would all like to thank Bart Bencar and the team at Sportsafe for expertly designing and installing the running track in collaboration with staff and children at the school.

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GISLINGHAM PARISH COUNCIL NOTES



Agendas and Minutes from Parish Council Meetings can be found on the Parish Council Website. These Minutes are also affixed to the Parish Council Noticeboard located outside the Village Shop. Agendas and Minutes from Parish Council Meetings can be found on the Parish Council Website. These Minutes are also affixed to the Parish Council Noticeboard located outside the Village Shop.

The first point of contact for any matters relating to the Parish Council, is the Parish Clerk on clerk@gislinghamparishcouncil.com or on 07796 410694.

Councillors would encourage all residents to look on the Gislingham Parish Council website at http://gislinghamparishcouncil.com to keep up to date on items which are discussed at meetings by Councillors. At these meetings there is time set aside for the public to voice any concerns they have in the Village.

LITTER PICK

Martyn Bryant and the 1st Mendlesham Scouts held their first Litter Pick on Sunday 12th March which was a great success with 15 adults and 8 youngsters taking part. Thank you again from the Parish Council for leading on this.

ANNUAL VILLAGE MEETING & ANNUAL PARISH COUNCIL MEETING

The Annual Village Meeting will be held on Monday 15th May at 6pm. At the conclusion of this meeting light refreshments will be served. At this meeting the Parish Council will be announcing the recipient of the Watson Bowl and Volunteer of the Year. It is not too late to nominate, please send your proposal with a brief reason to the Parish Clerk at clerk@gislinghamparishcouncil.com.

We are delighted that the Junior Road Safety Officers Adult Lead from Gislingham Primary School will be our Guest Speaker.

The Annual Parish Council Meeting will follow at 7pm when new Councillors will take their seats and elect the Chair and Vice-Chair.



ELECTIONS ARE TAKING PLACE ON THURSDAY 4TH MAY 2023

The Notice advising of the forthcoming Election will be in the Parish Council Noticeboard. If you are interested in becoming a Parish Councillor, please contact the Parish Clerk for details at clerk@gislinghamparishcouncil.com.

The Parish Council would like to wish all residents a Happy Easter.

Julie Bell,
Chair, Gislingham Parish Council



G.C.COBBOLD

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GISLINGHAM LITTER PICK REPORT – MARCH 2023



Photo – shows some of the Litter Pickers and the rubbish collected.

Gislingham's Spring Litter Pick took place on Sunday 12th March. For the first time it was organised by 1st Mendlesham Scout Group.

Twenty-three people (including eight cubs, scouts and youngsters from the village), turned out on a bright, sunny morning, to pick up all the litter from the roadsides, grass verges, and footpaths around the village.

It was encouraging to see that less litter was collected than at previous litter picks.

Findings did, however, include a child's scooter, a spade, a dustbin lid, a metal fence stake, four footballs, and numerous fizzy drinks cans and empty alcohol bottles.

Thank you to everyone who helped and to Martyn Bryant for organising it.

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Friends of St Mary's, Gislingham
Coronation Picnic
Sunday 7 May 12-2pm
in the church grounds
Free tea, coffee & squash
Activities in the church
Paper aeroplane flying competition
Best home-made crown
(Under 8s, under 18s and under 80s)
Bring yourselves +
your own food & seating



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IN YOUR GARDEN



What's in store for us gardeners in the coming year, I thought I would reach for my crystal ball to try and predict what to expect? Whilst I certainly do not purport to be a clairvoyant, however a number of topics stand out not least the challenging weather trends experienced last year and similar forecast for this summer if the lack of rainfall recently is anything to go by, plus the ever-rising cost of gardening look likely to be equally challenging.

One subject however will dominate. The demise of peat-based compost.



At some time between now and the end of 2024, we will be unable to buy compost containing peat in England as it will become illegal to sell peat-based growing media in garden centres, although there is nothing to stop you from slipping in to Wales or Scotland to stock up!

I am sure I am not alone, in wanting to stop using peat-based products to save our peatlands but in a quandary over the mixed results from the alternatives. Last year I had a number of failures with peat-free compost because it behaved very differently to the compost containing peat and the packaging gave no clear instructions on use especially with reference to watering and feeding. Even respected horticultural experts are sanguine and suggesting we will all have to go through a learning curve as they are not able at this stage to give definitive guidance apart from peat-free is not equal to peat compost and no two brands of peat-free are the same.

Work is going on helped by research and technology, that hopefully by the time the peat ban is implemented we will have some definitive answers on how to successfully use peat-free compost.

COST SAVINGS

Gardening can be a costly business especially so at present as the price of everything seems to rise daily and people are trying to scale back on expenditure with the inevitable results luxuries and hobbies are destined for the chop. Needless to say, the thought of giving up gardening is not something I would recommend as it is so beneficial to our physical health and mental wellbeing and if you grow produce, a substantial contributor to the household finances.

However, by using all manner of horticultural thriftiness there are plenty of simple things you can do to be careful with your cash.

Growing vegetable plants from seed is one obvious route and saving seeds from successful and favoured varieties. Dividing perennials and also taking cuttings allows you to create more plants for nothing.

Which brings me back to compost. Every garden can benefit from a compost heap as the contents from a well-made one will help your flowers grow more vibrantly and vegetables will really flourish from plenty of your home made 'magic mixture'. Next month, I will cover some tips in creating the 'magic mixture'.

Lawrence Thompson



MELLIS FARMERS MARKET

MELLIS MEMORIAL HALL
15th April 2023
9.00am - 12 noon

WE'RE BACK!
NEW once a month schedule
and NEW website
https://www.mellismarket.com

Stallholders:
Artisan sourdough bread
Locally produced cheeses and pies
Meat - beef, lamb and pork
Organic marmalades, honey and curds
Cakes, cookies and brownies

Flowers - locally grown
Barista coffee
Seasonal vegetables and eggs
Quality craft stalls

(Please note stalls can vary between markets)

Copyright Mellis Farmers Market



EASTER BINGO AT MELLIS MEMORIAL HALL
SATURDAY 1st APRIL

6.30pm for eyes down @7.00pm

£10 per person for 10 games plus free bonus games

Prizes for 1st & 2nd line and full house

(All proceeds for village hall running costs)

To reserve your place - email bookmellishall@gmail.com

Chocolate eggs galore

NEWS FROM MELLIS MEMORIAL HALL



Mellis Memorial Hall
Management Committee

Announce their forthcoming
Annual General Meeting

To be held in the Memorial Hall on the 20th April 2023
commencing at 6.30pm

The Trustees welcome members of the public to attend.

FUTURE EVENTS

Saturday 1st April: Easter Egg Bingo
6.30pm for 7.00pm start. £10 per person. Chocolate Eggs galore

Saturday 15th April: Farmers Market
9.00 – 12.00. For more details, see page 16.

6/7/8th May: Coronation celebrations – see page 24

3rd & 4th June: Mellis Open Gardens weekend event – see page 25

The hall is available for hire by the hour. Included in the rate are tables, chairs, crockery, glassware and cutlery, lighting and heating. Check the online calendar for availability on our website www.mellismemorialhall.suffolk.cloud

Enquiries by email to bookmellishall@gmail.com or Tel 01379 783449

https://www.facebook.com/MellisMemorialHall
PLEASE SUPPORT YOUR VILLAGE HALL





SATURDAY 22ND APRIL 2023

RACE NIGHT

AND...THEY'RE OFF!

COME ALONG AND HAVE SOME FUN.

GISLINGHAM VILLAGE HALL

DOORS OPEN AT 7PM

ENTRY IS FREE

GET YOUR BETS ON FOR THE FIRST RACE AT 7:30PM

Bring your own nibbles, drinks and glasses.

STRICTLY OVER 18's ONLY

To book a place please call Terry Williams on 01379783903 or gislinghamvillagehall@gmail.com

NEWS FROM GISLINGHAM VILLAGE HALL

FUTURE EVENTS

Saturday 22nd April: Race Night
Free entry. Doors open at 7.00 pm. Bring your own food, drinks and glasses.
Book your place by ringing Terry Williams on 01379 783903 or
email gislinghamvillagehall@gmail.com

Friday 19th May: Quiz Night
Entrance fee £5. Doors open at 7.00 pm. Bring your own food, drinks and glasses.
Book your place by ringing Terry Williams on 01379 783903 or email gislinghamvillagehall@gmail.com

Saturday 10th June: Gisfest - Details to follow.

Saturday 16th July: Quiz Night - Details to follow.

Saturday 16th September: Jumble Sale - Details to follow.

Follow us at www.facebook.com/GislinghamVillageHall/

PLEASE SUPPORT YOUR VILLAGE HALL

Friends of St Mary's, Gislingham AGM

Would you like to know more about the history of our lovely church in Gislingham?

Would you like to go up the tower to see the view from the top?

You will have the opportunity for both on Tuesday 2nd May.

The Friends of St Mary's (FOSM) will be holding their AGM at 6:30pm in the church on 2nd May and all are invited, whether members of FOSM or not.

Following the AGM, refreshments will be provided and there will be a short talk about the history of the church and the tower. A limited number will have the opportunity be escorted to the tower roof to see a unique view of our village.



MYSTERIOUS GREEN UFO SEEN IN WEST HARLING WOODS

LOCAL MYSTERIES

This month's mystery isn't so much a "Suffolk" mystery as it comes from just over the border in Norfolk. But, as it is from West Harling (between Rickinghall and Banham), it is just 13 miles from our villages. So, it is a local mystery.



If you went down to the woods that day, you were sure of an out-of-this-world surprise – a strange green light darting through West Harling woods.

This area of Norfolk is filled with ancient secrets. Created by melting glaciers, the landscape attracted early prehistoric people thanks to a water supply from the River Thet, forest cover, wildlife and the opportunity to use the rich abundance of flint for tools.

Burial mounds have been found here as has the site of two early iron-age round houses with well-defined ditch and bank enclosures at Micklemoor Hill.

On 4th July 2014, five friends were using metal detectors on this spot at around 11.00pm when their attention was drawn from the ground to the woodland in front of them.

There between the trees was a glowing turquoise green which swiftly moved through the woodland at great speeds, darting at strange angles and moving soundlessly.

As the friends watched, they noted that the light never wavered, but stayed resolutely bright and moved too fast to be either a torch or a laser. After just a few minutes, they decided they'd seen enough and ran away towards lights of a more welcoming nature.

In 2008 there had been reports of more strange lights in the sky, namely a beam of light darting from side to side in the sky for 10 minutes just a mile from where the friends had seen the unnerving glow.

A witness in East Harling said: "I saw a light going across the sky from left to right repeatedly. It was kind of spooky as the sky ahead of me was very dark so this showed up like a white spot of light. My son also saw it from the recreation ground across the fields."

Norfolk UFO Society committee member John Sayer, who has been researching UFOs for nearly 40 years, told the Diss Express that it sounded like an unusual sighting.

"That is not a very common description. People usually talk about a ball of light or a visible craft of some kind so this is quite unique."





"...between the trees was a glowing turquoise green which swiftly moved through the woodland at great speeds..."

Sarah Cubley of East Harling added: "I too saw the lights in East Harling. It was about 11pm on Friday, when my niece Chloe Breeze, rung me all excited, to say that, travelling home from New Buckenham, with her parents, they saw the lights and they seemed to follow them back to East Harling. So, I went out into my back garden and standing on my picnic bench, I could see the lights."

Another witness added: "We too saw lights in the sky over Thetford on Friday 4th July. It was at 11.15pm and went on for approximately 25 minutes. It was a white beam that went from right to left in a wave effect, then from left to right. Very strange and nothing that we have ever seen before. We contacted our neighbours, a retired American from the USAF and his wife and they also saw the lights. It was not a beam from the ground but a strong beam from above the clouds. There was no noise and it was not an aircraft or helicopter."

"When my wife mentioned the strange experience to her colleagues at work, several of them said they had also experienced the lights over Old Buckenham and Kenninghall at the same sort of time, about 11.30pm."

Source material: East Anglian Daily Times.



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If you are interested then why not make a telephone call to 01379 871881 or 07979 771303 to find out more details about us and when you could come and give it a try?

You will be made most welcome anytime, but we also have an open day on Saturday 6th May from 10-00am

THORNHAM PARISH HALL EVENTS



FUTURE EVENTS

Friday 14th April:
Thornhams Film Night – 'Living'
7.30pm: Bookings at films@thornhams.org

Saturday 8th April:
Easter Extravaganza for all ages - details to follow

Sunday 23rd April:
Breakfast Club for St. George's Day
10.00am: Bookings at breakfast@thornhams.org £7.50 per person

Pilates:
Every Wednesday 10.00am and 11.00am. Mondays 5.45pm.
– all levels class including a variety of exercises, including floorwork.
For more details contact Michelle on email hello@yapl.co.uk or website www.yapl.co.uk

Thornham Chat & Play:
Every Thursday 9:30 – 12.00. Babies and wobbly walkers



MELLIS CORONATION CELEBRATION



To celebrate the Coronation of His Majesty the King and the Queen Consort on the 6th May 2023, Mellis Parish Council, Mellis Memorial Hall Committee and St Marys Church Mellis invite you to join us in the celebrations on Saturday 6th May and Sunday 7th May.

Saturday 6th May 20:30 Hrs:
Beacon lighting Ceremony outside The Railway Tavern

Sunday 7th May, 13:00 to 16:00 Hrs:
Party on the Common

- Bring your own Picnic (no personal BBQ's though please, we will put on a BBQ near the village hall if the weather permits).
- Mellis Memorial Hall will be selling refreshments
- Display of Royal Memorabilia across the years (if you have any Royal memorabilia and would like to display it, please bring it to the hall from 10:00 Hrs on the Sunday and please discreetly label it).
- Children's art exhibition (in cooperation with Mellis Primary School)
- Children's games
- Children's face painting
- Mellisians Choir
- 16:00 to 16:20 Service of Celebration





The Hidden Gardens of Mellis 2023

Save the Date!

3rd & 4th June

10am - 4.30pm

Visit the hidden gems that are the gardens around Mellis Common and, of course, the Common itself along with the Church and churchyard.

It's not too late to join in if you would like to open your garden, donate spare plants or help with ticket sales and refreshments at the Memorial Hall.

To find out more with no obligation, please contact
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Sonia - s.charnley@btinternet.com tel: 783773
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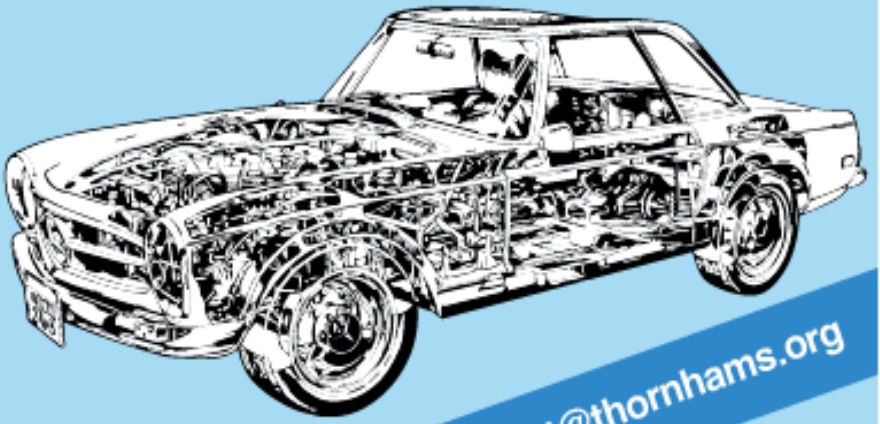
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NATURE NOTES by Darrel Charles



Hello everyone, welcome back to Nature Notes!

Last month, you may remember, I showed a selection of reader's landscape photos, and very nice they were too. Unfortunately, the caption of the centrepiece, Mike Heath's photo of a fogbow, went missing during final formatting so I'd like to correct that now. This also gives me an opportunity to say a little more about it. A fogbow, sometimes called a white rainbow, appears in foggy conditions (!) and when the sun lies behind the observer. It's caused by the diffraction of light by the tiny droplets of water that make up the fog. Because the droplets are so tiny compared to raindrops, a fogbow has only very weak colours compared to a rainbow and, as in Mike's photo here, appears eerily white. Whatever the physics, they are unusual and beautiful things, well worth looking out for.



Fogbow by Burgate Road by Mike Heath

On the subject of those reader's photos, it turns out that I mistakenly attributed one to Jo Pitt when it was actually taken by her husband Chris - sorry Chris, please now call off your lawyers! 😩

As I write we are approaching mid-March and warnings of severe weather have been issued over the past few days by the Met Office. On that advice, we decided to cancel a trip to Yorkshire and seeing the amount of snow they've had up there we think we made the right decision. We haven't had much snow here (so far) but enough to transform the landscape, if only briefly, and to wrap up warm and head outdoors with a camera.



Robin



Pesky Squirrel!





Greenfinch

A couple of days after our snowfall, clear sunny skies returned and with them one of "our" Little Egrets. This bird was spotted in fields alongside Burgate Road, where it can often be seen rummaging for food amongst the horses there. A characteristic of these small Herons is their long neck plumes that appear in the breeding season and these can be seen in this photo. A relative of the Little Egret is the Great White Egret with its yellow beak and similar size to our more common Grey Heron. A good place to see Great White Egrets throughout the year, along with many other kind of birds, is at the Wetland Centre at Welney (PE14 9TN), about 1hr 20mins away towards Downham Market.


Little Egret

Earlier this year, I invested in some new kit for astrophotography - a new telescope and a Go-To mount that can automatically find objects in the night sky, a very useful capability that's saves a great deal of time and frustration! Once an object is found, the mount then tracks the subject allowing long exposure photos to be taken, eg a few minutes. It's been good fun putting this kit through its paces and here are four of my favourite shots taken from our Gislingham garden on some clear but cold nights in February.


The Pleiades Star Cluster


The Andromeda Galaxy


The Horsehead & Flame Nebulae


The Rosette Nebula

Until next time, happy wildlife watching!

See these and other photos at my Flickr site: flickr.com/photos/darrelphoto/

See Tony Clarke's monthly list of local bird sightings at The Messenger on Facebook.

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On **Saturday 29th** come & meet our guest authors: Ruth Dugdall, Lesley Kara, Amen Alonge, Simon Mason, Jane Casey, & William Shaw. Tickets are £5 per author, or £15 for all-day Saturday.

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www.suffolklibraries.co.uk/whats-on/festival/skulduggery-in-stowmarket

All Profits go to Suffolk Libraries (HMRC charity Number Xt34476)

GISLINGHAM PLAYGROUP NEWS

This half term we have been looking at healthy eating and how to take care of our teeth.

We have been exploring spring and all the changes it brings.

We are making Mother's Day presents and cards and waiting for the Easter Bunny to arrive.





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Gislingham Village Hall	Thursdays	6:15 p.m.
Gislingham Village Hall	Thursdays	7:15 p.m.

GENTLE FITNESS (45 mins)

Westhorpe Village Hall	Fridays	10:00 a.m.

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For more information contact Becky on
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TRIED & TESTED RECIPES by Debbie



CHOCOLATE SPICE CAKE

This is a simple cake to make and you don't need any fancy equipment. Just a few ingredients and you'll have a delicious and moist chocolate spice cake.

The recipe says it is for 4 people, but this is quite a small portion. So to bulk it up, I sometimes serve it with potatoes and green beans and I may increase the quantities of the ingredients, depending on who is coming to dinner!

Prep time: 20 mins.

Baking time: 45 mins.

Calories: 210.

Saturated fat: 7g.

Ingredients: - makes 16 squares:

100g / 4 oz plain chocolate melted
150g / 5oz butter or soft tb margarine
175g / 6oz caster sugar
50g / 2 oz soft dark brown sugar
1 tsp ground mixed spice
175g / 6oz self-raising flour, sifted
2 tbsp cocoa
½ tsp bicarbonate of soda
2 eggs
75ml / 2 ½ fl. oz semi-skimmed milk
2 tsp icing sugar, to dust





Method:

- Preheat oven to 180c / 350F / Gas 4.
- Grease a 20cm / 8in square cake tin and line the base with non-stick baking paper.
- Stir 4 tablespoons warm water into the melted chocolate. Blend until smooth. Put the butter or margarine, the sugars, mixed spice, flour, cocoa and bicarbonate of soda into a bowl. Mix until smooth. Gradually add the eggs and milk, beating until smooth.
- Add the chocolate and whisk for 5 minutes, or until smooth and creamy.
- Pour the mixture into the tin and level the surface. Bake in the oven for 45 minutes, or until a skewer inserted into the centre of the cake comes out clean.
- Put the tin onto a wire rack and leave to cool completely. Turn out the cake and dust with icing sugar. Cut into 16 squares and transfer to a serving plate to serve.

In my opinion, I think the recipe needs more spice, to call it a spice cake. I would recommend 2 tbsp of ground mixed spice, instead of one!

WALSHAM LE WILLOWS CIRCULAR WALK



O/S Map: 230
Distance approx. 6 miles/10kms

This was our recent walk. It was a beautiful sunny and crisp day. The walk is all on the flat with mostly off road, on countryside footpaths.

We parked in the Village Hall car park. The sign does say 'parking by prior permission', however, there is a small money box on the entrance to make a donation for parking. If there is no room, parking can be found on the main road or near the church.

Leave the car park and turn left. At St Mary's church turn left. The church is normally open, so you can take the opportunity to have a look around.



St Mary's church

The church has six bells dating back to 1699 and the last bell, which was first installed in 1576, was replaced in 1988. The pub opposite the church is the 'Six Bells'. The church is said to be over 1000 years old and a recognisable fragment from the late 1100s can be seen in the north aisle. The tower and the font belong to the 1300s, but the church's greatest make-over started from about 1400.

In the nave on the south side hangs a small wooden plaque that is unique in Suffolk. It is a simple memorial to Mary Boyce who died aged 20 in 1685. The carved hearts imply that she died after an unhappy love affair.

The church yard was full by 1890, so Mr John Mortimer gave ¾ of an acre further down the road, which has the re-sited lynch gate, which is made from local oak.

Walsham Le Willows

There is evidence of 1st-4th Century Romano-British activity in the village. Later, in the 9th Century, the Doomsday Book mentioned Walsham, which is a Saxon name, and pottery finds have been located. For more interesting information, visit the following web site.

https://www.walsham-le-willows.org/explore/history/a-brief-history-of-walsham/

Walk down the hill and just after the little bridge take the footpath on the right going through a kissing gate. Cross the meadow until you reach a footbridge and then cross the road. Bear left along the footpath. Cross over the wooden bridge on your right, which has an interesting gate at the end.



You will then see another gate which is totally different. We did see one like this on the Mellis walk. Keep along the footpath, which will eventually go through a small copse. You will see something that looks like a lagoon.

At the end of the copse, continue along the path with the hedgerow to your right. You will then enter a small wood where you cross over several small bridges made of railway sleepers. Watch out for several broken concrete posts, which have been painted yellow. At the end of the path, you will see a large hide in front of you on a bank. I am not sure if you can gain access to it, as it looks like it is within a compound. At this point, bear left and then right and follow the path. You will see a private roadway on your right. Follow the path until you reach the road.

Turn right onto Sumner Road and, just passed the small industrial estate on the right, take the footpath, which is a wide track on the left. The sign says 'footpath only – no horses. At the end of the footpath, when you reach the road, turn left onto Walsham Road until you reach Squirrel's Hall. Walk alongside the house and outbuildings on the byway. After a short distance, you will see a sign stating that 'The Byway ends and the Footpath starts'. Just after this sign, you will see, on the right, the very limited remains of Burnt House. I have tried to research some information about Burnt House, which is shown on the OS map, but to no avail.

Continue on this path until there is a sharp left and then take the footpath on the right. There is no sign, but the path is clearly visible. At the end of the path, turn left by the way marker. Continue, with the hedgerow on your right, until you reach a crossway with a byway and bridleway. Turn right onto the bridleway and continue until you reach the end of the hedgerow. Bear left and then right, with another hedgerow on your right. Continue along the path until you reach a large tree trunk, which is convenient for a quick rest, and which is next to the road and Keepers Cottage. Turn right and continue down the road. At the end of the road, take a right along the main Walsham Road. Please be careful, as vehicles do travel quite fast. Walk for just over a mile to the edge of the village.

As you arrive in the village, look out for the 'wellies garden' in front of a house.

To stay off the road, take the path that runs in front of Clarke's of Walsham. Pass the bridge and look out for the old infant school, dated 1871, on the right, which is now a home. There is the Old Village Reading Room on the left, also now a home. You are now back at the car park.

Refreshments are available at the Blue Boar. This has recently reopened with new owners and its opening hours have been extended, so coffee is available in the mornings.

Martyn Bryant







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CHARLOTTE'S BOOK BLOG



The Midnight Library by Matt Haig ★★★★★ 4/5



Hi everyone - it's almost spring and I am so excited! Spring is my favourite time of year as it brings the beautifully coloured flowers and longer daylight hours, but also the perfect weather to be able to sit outside on a beanbag in the garden with a book in one hand and an iced coffee in the other.

This month I will be reviewing The Midnight Library by Matt Haig, a book that became really popular back in 2020, particularly within the book community of Instagram, after its release on 13th August that year.

!!!!! Before I continue with my review, I do just want to say please be aware of trigger warnings in this book: it deals with heavier topics such as anxiety, depression, and attempted suicide which some people may find upsetting or difficult to read about **!!!!!**

"Between life and death there is a library, and within that library, the shelves go on forever. Every book provides a chance to try another life you could have lived. To see how things would be if you had made other choices... Would you have done anything different, if you had the chance to undo your regrets? A novel about all the choices that go into a life well lived."

Nora Seed finds herself no longer wanting to live, nothing has been going well at all for her lately. She finds herself in a period of time, precariously balanced between life and death. At exactly midnight. The "inbetween" leads her to a library, a library that holds infinite books - each containing a different version of her life. And then of course there is the book of regrets.

"you don't have to understand life, you just have to live it"

She starts to read the book of regrets, reflecting on everything that she wasn't particularly happy with in her life. However other lives are awaiting the shelves - lives where she took her swimming more seriously, lives where she moved to the other side of the world, lives where she chose different people to be around, and took different career paths. Lives that are nothing like her current, miserable one. She must try them out, she must decide which version of her life suits her best, which one would mean she'd be the happiest she's ever been.

"the only way to learn is to live"

This book had such a different ending to what I thought it would, yet it was such an uplifting one. It was such an incredible and clever storyline, and one that I really enjoyed. The reason I rated this book 4 out of 5 stars is because I felt at times the plot did move kind of slowly, however it was intriguing and did keep me gripped from the start right up until the very end.

Is this a book you've read before? I'd love to hear your thoughts over on my Instagram page @charlottes.bookblog - where chatting about books has never been better. A small scroll down through my page will take you to my original review for this book along with a group discussion about it too. Happy Reading! x

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We understand the challenges people are facing since the pandemic, and this has led to a need for more community volunteer support – and what a perfect way to get involved – especially if you love a chat. Engaging with a friendly volunteer can make a huge difference to someone, giving hope and purpose and knowing that someone cares enough to spend some time, helping.

Over 10% of people aged 65+ say that they are 'often or always lonely' sometimes with a month or more of no proper conversation - coupled with mobility challenges, digital exclusion and rural isolation, this can lead to people feeling increasingly lonely and isolated.

In particular, we are looking for friendly, chatty, patient and empathetic individuals to join our growing volunteer team and help us to help older people across Suffolk with our vital services.

Volunteering is fun and rewarding. The benefits are enormous - exchanging experiences and learning, giving back to the local community, being a friend to someone in need, getting role specific training, feeling valued and having purpose. You can shape both your own and someone else's world with just the giving of your time.

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TERRAPIN NEWS



I recently attended two quite different, but in some ways related meetings. The first, a council meeting where, after agreeing an opposition amendment asking for £2 million to be put aside to help with the energy crisis there was a spirited defence of the fossil fuel industry when the opposition asked, again, why, four years after declaring a climate emergency, the council continued to hold fossil fuel investments? The defence from the administration was they were profitable.

The second was East Anglian Renewable Revolution Talks organised by the Essex Suffolk Norfolk Pylons Action Group. Two examples of international cooperation showed up the lack of strategic and imaginative thinking on the part of the British Government.

One scheme is just the other side of the North Sea, the governments of Belgium, Luxembourg, Holland, Germany and Denmark are working together to construct two artificial islands, hubs to site wind turbines and for undersea connections to Western Europe.

Another theme of the evening was an analysis of the lack of transparency surrounding the costs of the proposed 110 miles of pylons across Essex and Suffolk compared with an offshore undersea link and it was suggested that the construction costs of undersea links had been inexplicably inflated.

South Suffolk MP James Cartlidge, whilst defending the government's announcements on renewable energy claimed a victory of sorts for the Pylon Campaigners and announced that a review, by the independent Electricity System Operator (ESO), will consider 'offshore routes' as a possible alternative to routing the pylons through the rural areas. This is a change of heart on the part of the Energy and Climate Minister Graham Stuart, and it will look in depth at alternatives and their costs not just of construction but the costs to communities, the loss of amenity and the potential harm to heritage and landscape.

At present the UK heads up one league table, as of December 2022, there are nearly 250 gigawatts of solar and wind projects waiting to be connected, a national gridlock. (Source: Bloomberg)

What is the link between these two events, I think one of the speakers at the East Anglian Renewable Revolution Talks, Simon Morrish, CEO of XLinks, summed it up in the strongest of terms, we face an existential series of crises, ecological, climate and energy, it is essential that low carbon renewable energy streams are brought online as quickly as possible.

Simon unveiled XLinks' plans for its first project, a new solar and wind facility in Morocco. The project will connect exclusively to Britain via sub-sea cables, enough power for over 7 million British homes. The company exists to capture the power of nature to produce near constant, low-cost clean energy and connect it to markets where there is demand.

So, the choices are there, for me it is about being on the right side of history, does it make sense to continue to invest in extracting more fossil fuels when there are projects out there that are crying out for investment?

Essex Suffolk Norfolk Pylons Action Group are promoting that, instead of the current piecemeal approach to connecting offshore power to onshore networks, a series of hubs, based on the Danish model are created in strategic offshore locations to minimise the amount of onshore power lines. This would be cost effective in the long term and create a much-needed secure network.

Rowland Warboys, District Councillor e: Rowland.warboys@midsuffolk.gov.uk

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TIP OFF, RIP OFF!



This month we are raising consumers awareness to two scams which are still very much in abundance.

SCAM ALERT 1: POSTAL LOTTERY SCAMS

Trading Standards were notified by a local resident of a letter received stating that they had won the lottery, the prize that was won was £825,000 and all that needed to be done was to pay a processing fee, including personal account details, and they would send the money via certified cheque. Our resident knew that they had not played the lottery.

Criminals will contact unsuspecting victims informing them they have won a sum of money or a prize. The victim is then informed that they will need to pay an advance fee to receive their winnings. The winnings are non-existent and it is an attempt to steal the victim's money, personal or financial information. Some victims reported providing their bank details thinking they would be sent a small payment to verify the account. Criminals will use these details to steal the victim's money.

The Action Fraud website advises that the public follow their advice of the Take Five to Stop Fraud campaign to keep themselves safe from fraud:

- Stop: Unsolicited offers of large sums of money in return for a small upfront payment should always raise a red flag. Taking a moment to stop and think before parting with your money or information could keep you safe.
- Challenge: Could it be fake? Remember, you can't win a prize in a competition you didn't enter. It's okay to reject, refuse or ignore any requests.
- Protect: If you think you've been a victim of fraud, contact your bank immediately and report it to Action Fraud online at actionfraud.police.uk or by calling 0300 123 2040



SCAM ALERT 2: ROGUE "GREEN ENERGY" COMPANIES

Trading Standards are also warning residents with solar panels on their property to be on their guard for telephone cold callers who may be targeting homes with solar panels.

The cold callers are making a number of claims regarding existing systems and checks which they state are needed. Their current tactic is to claim that the resident requires a voltage regulator. Some residents have been advised by the scammers that if the regulator is not installed there is a risk that the system could catch fire or explode.

The cold callers will then attempt to make an appointment for someone to visit and inspect the system by offering a "free health check".

The advice is to always be very wary of any approach made in a telephone cold call and never agree to services, to having work done, or to someone visiting your home if approached in this manner.

Solar panel owners should always talk to their supplier before allowing any work or 'maintenance' to take place on their panels. Generally, a solar panel system does not need servicing, but it may benefit from being cleaned if the panels are dirty.

For advice about telephone cold calling, contact the Citizens Advice on: 0808 223 1133.

THE MESSENGER CONNECTION QUIZ

There are 10 questions. Each answer to the first 9 questions form a connection of some kind. Question 10; What is the connection?

1. Who has been the Presenter of the BBC1 game show 'Pointless' since it began in 2009?
2. This American hotelier, who died in 1979, was actress Zsa Zsa Gabor's 2nd husband. He is also the great-grandfather of a current media personality. Who was he?
3. This actor starred as Boromir in The Lord of The Rings films. Who is he?
4. This American playwright, actor and TV and film director was nominated for an Academy Award for his performance in 'The Right Stuff'. He is also the partner of Jessica Lange. Who is he?
5. This British comedian, actor, writer and TV personality appears in the TV programme: 'Would I lie to you' and is married to Victoria Coren? Who is he?
6. The title track of the film 'The Sting' was based on piano rag called 'The Entertainer', written by which composer and pianist?
7. This Manchester United defender joined the club in 1990, after playing for Leeds and Oldham, and stayed for 12 years. He won 56 international caps for the Republic of Ireland. Who is he?
8. In the 1980's Mike, Rick, Neil and Vyvyan were collectively known as who on British television?
9. John Wayne was known by this nickname?
10. What is the connection?

Answers appear on page 59.

SUDOKU CHALLENGE

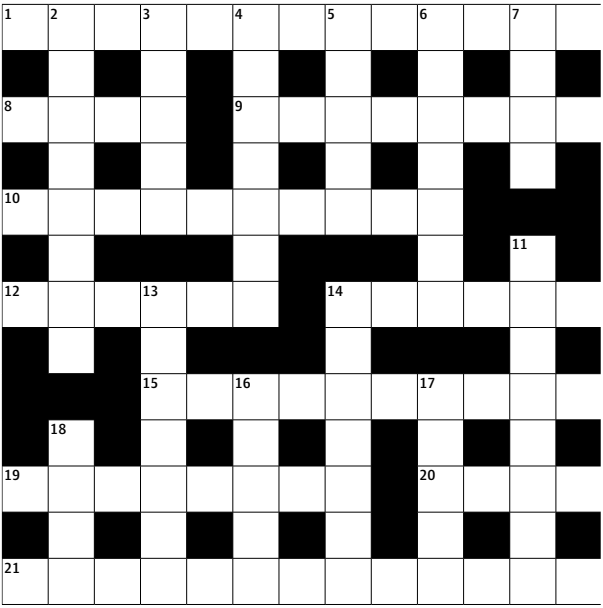
	8			3	7			1
	1		5					
	2	3				7		
				8				2
	9		2		5		4	
3				4				
		6				4	3	
					2		1	
1			8	7			6	

Each 3 x 3 box, each row and each column must contain all the numbers 1 to 9

Last issue solution

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

CROSSWORD CHALLENGE



Across

1 Hardness of some northerners who won't be ground down? (9,4)
8 Pavement edge (4)
9 Official coming to the end of period in office? (4,4)
10 Shop selling 15 (3-7)
12 Playground item (6)
14 Australian marsupial (which Americans begin with an 'O') (6)
15 Rum, whisky etc (4,6)
19 Befitting an angel (8)
20 Stake (that may be upped?) (4)
21 Pupil's proper dress (6,7)

Down

2 Nourish excessively (8)
3 Asian capital (5)
4 Sacred animal for Hindus? (4,3)
5 Ancient Italian (5)
6 Profane (7)
7 Irritating skin sensation (4)
11 International train service from St Pancras (8)
13 Playful composition (7)
14 Fish-scooping waterbird (7)
16 Revolt (5)
17 Drink heartily (5)
18 Elegant (4)

Last issue solution



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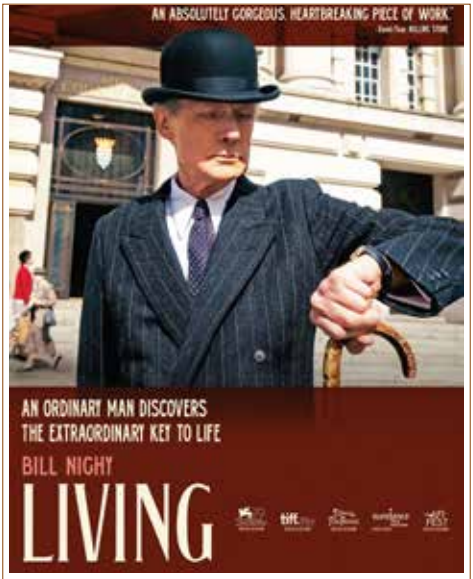
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NOTICES

VOTING IN GISLINGHAM CHURCHWARDENS

We shall be voting in churchwardens for 2023/4 after the service on Sunday 16th April at 11.45 am. This meeting is open to all residents in the parish of Gislingham.

Further details: Ann Cottee, churchwarden on 01379 788 633.

ACCOMMODATION REQUIRED IN MELLIS / YAXLEY

For two delightful Ukrainian mothers, each with a child under 10.

Two double or two twin rooms required by end June, when their first year in the UK with current sponsors under the Homes for Ukraine Scheme comes to an end.

Accommodation could be in one property or two nearby as one mother does not yet drive.

Both mothers are employed locally, full time. The children are in Yaxley Preschool and Eye Primary School.

Fair rent payable, if sponsorship under the Homes for Ukraine Scheme is not desired. References available.

Telephone Paul (current sponsor) on 07976 538982 for further details

GISLINGHAM COFFEE MORNING

The coffee morning held at Gislingham Village Hall on March 14th raised £200 for Marie Curie Nurses. Thanks to everyone who supported it.

Ann Cottee

JUMBLE SALE AT ALL SAINTS CHURCH, STOKE ASH

Saturday 1st April 11am to 2pm, Refreshments and parking available. All proceeds to church funds. All Saints Church, Stoke Ash IP23 7ET.

EILEEN NORMAN

One of Gislingham's oldest residents Eileen Norman aged 97 ½ passed away peacefully at West Suffolk Hospital on Tuesday 28th February 2023, following a short illness.

She is survived by her three sons and three granddaughters.



Answers to the Connection Quiz on page 56.

1. Alexander ARMSTRONG (Neil Armstrong: Apollo 11), 2. CONRAD Hilton (Pete Conrad: Apollo 12), 3. Sean BEAN (Alan Bean: Apollo 12), 4. Sam SHEPARD (Alan Shepard: Apollo 14), 5. David MITCHELL (Edgar Mitchell: Apollo 14), 6. SCOTT Joplin (David Scott: Apollo 15), 7. Denis IRWIN (James Irwin: Apollo 15), 8. The YOUNG Ones (John W Young: Apollo 16) 9. The DUKE (Charles Duke: Apollo 16), 10. They are all men who have walked on the Moon.

SOUTH HARTISMERE BENEFICE

EASTER



I am sure we have all heard about the Taj Mahal - it was built by the Mughal emperor Shah Jahan to house the tomb of his wife and it has been declared one of the new 7 wonders of the world.

We have all read about its beauty and maybe also heard from friends who have visited and seen for themselves, and of course who can forget the iconic picture of Princess Diana sitting all alone by the reflection pool just outside the tomb. So, although we had heard about the blindingly bright white marble and how it changes colour as it reflects the sun-light at different times of the day, my wife and I needed to visit and to see and touch this for ourselves. So, many years ago, we visited the Taj Mahal at sunset one Easter Saturday and returned very early the next morning on Easter day, just before dawn to witness the sunrise.

This April in our church calendar, we celebrate the Easter story of the life, crucifixion and resurrection of Jesus Christ. The bible tells us about the events that took place on that Easter morning, 3 days after his crucifixion on Good Friday. We can read about Mary Magdalene, and how she was alone in the garden weeping in search of Jesus; what a picture that would have made - indeed there are many beautiful paintings of this. We hear too about how the angels appeared in shining bright white clothes and we read about those who rushed to the tomb and witnessed first-hand the risen Lord who appeared to them. Finally, we hear about those who doubted and wanted to go and see for themselves and so we read the story of doubting Thomas who only believed once he had seen and touched the scars in Jesus' hands and feet. The phrase 'doubting Thomas' is one that is still used regularly to this day.



So, coming back to the Taj Mahal on that Easter Sunday morning when I visited… some people had left it too late and as they came rushing in they shouted are we too late? Has the sun risen? To which I replied, He has risen indeed, alleluia.

Wishing you all a joyful Eastertime.

Tim Rowe, Churchwarden and Lay Elder.

Online Worship services are on Sundays at 9.00am and Wednesdays at 7.00pm
Telephone Church BCP Holy Communion is on Thursdays at 11.00am (*not on 6th*)

WEEK 1	Gislingham	10.30am	Worship for All
Sunday 2nd April	Thorndon	10.30am	Holy Communion
Palm Sunday	Thorndon	4.00pm	CONNECT
Mon 3rd, Tues 4th & Wed 5th	Thornham Parva	7.00pm	Sung Compline
Thursday 6th April	Cathedral	11.00am	Chrism Service *(open to all)*
Maundy Thursday	Mellis	8.30pm	Holy Communion ***Vigil till*** *midnight*
Friday 7th April	Wetheringsett	2.00pm	Stations of the Cross
Good Friday	Wetheringsett	3.00pm	Good Friday Liturgy
Saturday 8th April	Mellis	10-12	CONNECT & Coffee & cake
Easter Eve	Thorndon	10.00am	CONNECT *Easter Egg Hunt & Crafts*
WEEK 2			
Sunday 9th April	Mellis	9.00am	Holy Communion
Easter Day	Stoke Ash	9.00am	Worship for All
	Gislingham	10.30am	Worship for All
	Thorndon	10.30am	Worship for All
	Thornham Magna	10.30am	Worship for All
	Wetheringsett	10.30am	Holy Communion
	Yaxley	10.30am	Worship for All
WEEK 3			
Sunday 16th April	Thornham Parva	10.30am	Holy Communion
2nd Sunday	Gislingham	10.30am	Holy Communion
of Easter	Thorndon	4.00pm	CONNECT
WEEK 4			
Sunday 23rd April	Yaxley	10.30am	Holy Communion
3rd Sunday of Easter	Wetheringsett	10.30am	Worship for All
	Thornham Magna	10.30am	Worship for All
	Thorndon	4.00pm	CONNECT
WEEK 5	Mellis	4.00pm	Benefice Confirmation and Holy Communion
Sunday 30th April			
4th Sunday of Easter			

Reverend Canon Julia Lall - Rector
@ rev.julialall@gmail.com ✆ 01379 678064 / 07850 492212

Reverend Lauren Moore – Curate
@ rev.laurenmoore@gmail.com ✆ 07798705876

Reverend Debbie Nicholls – Assistant Curate
rev.d.nicholls@gmail.com 01379 788512

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LOCAL INFORMATION

Gislingham Bus Timetable

Dan's Coaches:

Route 457 to Stowmarket (Thursdays (Market Day) only):

Leaves Gislingham 09:30 / Arrives Stowmarket (Argos) 10:30
Return bus leaves Stowmarket (Argos) 13:00 / Arrives Gislingham 13:55

Route 456 to Diss (Fridays only):

Leaves Gislingham 10:06 / Arrives Diss 10:35
Return bus leaves Diss 13:15 / Arrives Gislingham 13:46

Fareline Bus (Weds only) to Bury St. Edmunds:

Leaves Gislingham 09:45am and returns from Bury St. Edmunds 13:20.

Mellis Bus Timetable

110 – Eye to Diss

Eye – Diss (Monday to Friday) - leaves Mellis, opp. Railway Tavern: 10.46
Diss – Eye (Monday to Friday) – leaves Diss, adj. Bus Station: 13.30
https://www.simonds.co.uk/local-bus-times

Thornham Bus Timetable

Fairline Bus 320 (Weds only)

Thornham Magna (Four Horseshoes) 09:45am and returns from Bury St. Edmunds 13:20, arriving back at Thornham Magna 14:36

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Fridays at Village Hall:
12.15 – 14.15





Mobile Library: Gislingham
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Broadfields Road: 15.10 – 15.45
Mill Street: 15.50 – 16.05

IMPORTANT CONTACTS

Anglian Water Emergency	0800 145145
Botesdale Health Centre	01379 898295
Church Wardens:	
Gislingham - Ann Cottee	01379 788633
Mellis - Betty Wells	01379 788155
Thornham Magna and Thornham Parva - James Fawcett	01379 788130
Citizens Advice Bureau Stowmarket	01449 676060
Citizens Advice Bureau Diss	01379 640530
Clerk (Parish) (Gislingham) clerk@gislinghamparishcouncil.com	07796 410694
Clerk (Village) (Tina Schwarz - Thornham Magna)	01379 788207
Clerk (Parish) (Christine Moore - Thornham Parva)	01379 783226
Connecting Communities = Suffolk Passenger Transport	01449 614271
Crime Stoppers	0800 555111
District Council - Cllr Rowland Warboys rowland.warboys@midsuffolk.gov.uk	01379 783412
Electricity Emergency	08007 838838
Essex & Suffolk Water Emergency	08457 820999
Eye Health Centre	01379 870689
Hall Bookings (Gislingham - Terry Williams -) email gislinghamvillagehall@gmail.com (Mellis - Helen Timmons - Mellis) email: bookmellishall@gmail.com (Thornham) email: hallbookings@thornhams.org	01379 783903 01379 783449 01379 788154
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