The Messenger



Issue 139
July
2023

Serving Gislingham, Mellis and the Thornhams

WINNER
NATIONAL
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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: August 2023
Copy deadline: Monday 17th July

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 – July2023

Welcome to the July issue!

After a 5-year absence, Mellis held their 'Hidden Gardens of Mellis' event on the weekend of June 3rd & 4th. There was something quintessentially British about enjoying coffee and home-made cake in the village hall, in-between visiting as many gardens as I could get round. I am disappointed that I only managed to get to 7 of the 22 gardens; such was the beauty of those I did see. It was very much a case of "too many gardens, too little time!", due to other commitments that weekend.

The weather was perfect and the event so well organised and much credit should go to those involved in both organising and sharing their gardens with the public. We have devoted 4 pages to this event (pages 28-31) and some of the gardens are featured across 3 colour pages – it's the least they deserve! More photos can be seen on our website.

In stark contrast atmospherically, but equally brilliantly attended and organised was the 'Gis-Fest' live music event at Gislingham Village Hall on June 10th. Yet again, the weather was perfect (if you weren't cooking on the BBQ for 6 hours!). There was some great live music by local musicians, and the Village Hall Green was once again packed with people enjoying the music, a few drinks and consuming 400 burgers and sausages from the BBQ in the process. (A review and some photos of the event appear on page 24/25).

Both these events raised important revenue for their respective villages.

And the outdoor events are not all over yet, as on July 15th, there is a Summer Fair at Thornham Walks. (See page 13).

Elsewhere, there's an important update on the Six Bells Public House in Gislingham on page 9 and on pages 11 & 41, we feature 8 awesome ladies who have raised a combined £6000 for charities.

Add to these our usual articles, which are a mix of gardening, cooking, nature, local walks, and we hope amongst all this positive content, there will be something of interest to everyone.

Until next month!



Jeff Norman, Editor e) themessengereditorial@gmail.com

Cover artwork: Taken at one of the Mellis Open Gardens.

DIARY & LOCAL EVENTS



Saturday 1st July: Book Sale, Coffee & Cakes
- Gislingham Village Hall: 10.00am – 12 noon
- Homemade cakes & refreshments etc.

Saturday 1st July: Family Fun Day
- Yaxley Village Hall: 11.30 - 4pm

Saturday 8th July: Connect Coffee Morning
- Mellis Church: 10.00 – 12 noon.
- Teas, Coffees, Refreshments, Plants, Books, Jams, Bric-a-Brac, Family Activities

Saturday 15th July: Summer Fair
- Thornham Walks: 11.00am – 4.00pm – See page 13 for more details

Saturday 15th July: Farmers Market
- Mellis Memorial Hall: 9.00am – 12 noon. - See page 6 for details

Saturday 15th July: Quiz Night
- Gislingham Village Hall: 7.00pm – See page 18 for details

Sunday 16th July: Afternoon Tea with Live Tennis
- Thornham Magna Village Hall: 2.00pm – See page 22 for more details

Wednesday 19th July: Gislingham WI – Strawberry Tea
- Gislingham Village Hall: 2.30pm

Friday 28th July: Eye Cinema – 'Charade'
- Eye Community Centre: 7.30pm – See page 54 for more details

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

Our next issue is August 2023. The "What's On" Diary deadline is: Monday 17th July

CLUBS, CLASSES & REGULAR EVENTS

parkrun: Thornham Walks
Every Saturday at 9.00am. 5k. www.parkrun.org.uk/thornhamwalks/

Baby and Tots Group for the Under 2's: Gislingham Primary School.
Every Wednesday 9.45am – 11.00am.
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.
Mondays at 5.45pm and Wednesdays 11.00am
Contact: Michelle via email: hello@yapl.co.uk

Pilates Classes: Gislingham Village Hall. Wednesdays 9.15am and 10.15am.
Thursdays 7.10pm. Becky Cruickshank: 07734 414151

Gentle Fitness: Gislingham Village Hall. Thursdays 6.15pm & 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

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
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 phone: Ben 01473 892557 or email: ben.box@btopenworld.com



Gislingham Baby and Tots

At the beginning of June, the group celebrated its first year. As we looked back, we can see how the group has developed and grown. We have rejoiced as we watched very young babies reached their first milestones of rolling, crawling, first teeth and walking. We have celebrated baptisms and birthdays. There have been sad moments as parents return to work and can no longer join us at our Wednesday morning time.

The group is a relaxed and safe place for toddlers and babies to explore and play and for parents and carers to have time to share, have a cuppa, offering mutual support and build friendships.

If you are interested in coming along or want to find out more, please contact Rev Debbie by whatsapp 07931 665 205.

Term time: Wednesday 9.45 – 11.00 @ Gislingham School Hall

Summer Holidays: August 2nd, 16th, 30th @ Thornham Walks, under the big oak tree at the play area



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. As the deadline for articles in The Messenger is before our meeting on 19th June any updates will appear in the August edition.

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.

WATSON BOWL winners 2022 – Mark Askew and David Hardman

Mark and David worked tirelessly on sprucing up the Playground on Charity Meadow. In collaboration with present and previous Parish Councillors both Mark and David took on the mammoth task of repairing and painting the Playground equipment on Charity Meadow.





VOLUNTEER OF THE YEAR 2022 – Stuart Wells

The Award of Volunteer of the Year for 2022 was awarded to Stuart Wells who took on the task of relocating the Speed Indicator Device when he was a Parish Councillor.

When he stepped down as a Councillor in 2019, he continued keeping the Parish Council updated on vehicles speeding in the Village with his monthly reports.

Julie Bell,
Chair, Gislingham Parish Council

Photos taken by Simon Bell.

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GISLINGHAM SIX BELLS UPDATE



Many readers will be aware that the owners of the Six Bells applied for planning permission to turn the pub into a veterinary surgeon's practice. That application was rejected by MSDC and the owners appealed the MSDC decision. That appeal has now been rejected by the government appointed Planning Inspector. Some quotes from the document explaining the Inspector's decision are:

"the change of use of the public house would lead to the loss of a valued community facility, an ACV, and result in a reduction in the community's ability to meet its day-to-day needs."

and

"Furthermore, the level of support for a veterinary practice is far outweighed by the level of support for the retention of the public house, and I note that many of the third parties in support of the veterinary practice do not live within the village."

There is no further appeal process remaining apart from perhaps Judicial Review which is very costly. The owners remain entitled to use the living accommodation on the first floor, but the ground floor cannot be used as anything but a public house.

The full rationale for the decision is held by the Parish Council if people would like to consult it.

Some residents of Gislingham feel sympathy for the owners in that they were apparently ill advised that they would be able to obtain planning permission with little difficulty. They appear to have been seriously misled. In any event, under the conditions of the ACV, if they were to put the pub on the market, we as a community would have 6 months to raise the funds to purchase it.

We on the Six Bells Community Group would like to thank the many residents who have supported the campaign to retain our pub and we hope that, eventually, we will once again have a thriving pub for our village.

Six Bells Community Group



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MIGHTY HIKERS RAISE A COMBINED TOTAL OF £4338 FOR MACMILLAN





Over the past couple of months, we have been following the progress of two separate sets of three ladies who have organised a number of fund-raising events in Gislingham. This culminated in them all taking part in the Norfolk coast MacMillan Mighty Hike from Cromer to Holkham (26 miles) on May 20th. Between them they raised a mightily impressive £4338.



Amy Eade, Emily Eade and Fliss Kingsgate (formerly Gislingham residents) raised £2609 and completed the hike in 8hrs and 40 minutes.

Local ladies, Amanda Kemp, Emma Harrison and Gemma Atkins raised £1749 completing the hike in 8hrs and 55 minutes.

They would like to thank everyone who has donated and supported their efforts over the past 3 months.

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IN YOUR GARDEN



Its official! Working in the garden is now recognised by health professionals as leading to lower stress levels and blood pressure whilst increasing the feel-good factor and improving mental health.



So, it seems green fingered living can increase general fitness and overall health without you even realising you are actually exercising!

Such is the positive effect of gardening that the medical world is now prescribing horticultural therapy for patients. The subtle combination of gentle but concentrated activity and the self-esteem boost you get from successfully planting and nurturing vegetables and flowers reduces the stress hormone cortisol making you more relaxed and able to sleep better at night.

Even half an hour of gentle gardening a day it seems provides useful amounts of exercise that can go towards reducing the risk of heart problems as well as providing your daily dose of Vitamin D and allaying the onset of conditions such as osteoporosis.

We all want to keep fit but many dislike the monotony of gym workouts or the frenetic activity of exercise classes, then the gentle environmentally attuned rhythm of some time spent in your garden could be for you with known personal bests to achieve or having to push yourself through the pain barrier – just the satisfying end goal of growing lovely flowers and tasty produce. So set aside more time to enjoy your garden and create a happy relaxing haven for you to escape to.

With this in mind try focussing on plants that produce a strong scent. For instance, wisteria and magnolias are known to improve mental well-being. And the intoxicating scent of Nicotiana is an unparalleled delight of a summers evening. Water features and wind chimes both offer a sensory soothing soundtrack for you to enjoy. By creating a seasonal garden full of flowers and vegetables, not forgetting a lawn to mow you'll find gardening offers you that all important exercise.

There's nothing quite like home grown vegetables too. From a small packet of seeds, you can provide the backbone for many healthy meals. Just a few home-grown veggies can reduce your shopping bills increase your self-esteem and provide a bonus of lovely fresh tasting produce all in one go!

Enjoy your garden.

Lawrence Thompson

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THORNHAM WALKS PARKRUN

On Saturday 3rd June parkrun started at Thornham Walks. For people that don't know about parkrun, there are over 700 locations across the UK.



parkrun is a free community event where you can walk, jog, run, volunteer or spectate. It is a 5k distance and takes place every Saturday morning at 9.00am. parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome at parkrun.

We are very grateful to the Thornham Estate for their support and enthusiasm in hosting parkrun along with the support of our funders at Mid Suffolk District Council and Suffolk County Council. It was therefore great to be able to welcome both Cllr. Rowland Warboys and Colin Grogan to the inaugural event as well as the 85 people who either ran, jogged or walked the 2-lap course around the estate. The event was made possible on the day by 25 volunteers.

The following Saturday 10th June, once news had circulated on social media about Suffolk's new parkrun, we welcomed 200 participants, a fantastic turn out. Visitors travelled from as far as Harlow, Colchester, Ipswich, Norwich and Thetford. Once finished there is the added bonus of the Forge Café for your post parkrun refreshments.

If anyone has been to parkrun before but not been for a while, or a complete newcomer you will be made to feel more than welcome at Thornham Walks parkrun whether you want to walk, jog, run or volunteer.



More info can be found on the website and Facebook pages:
https://www.parkrun.org.uk/thornhamwalks/
https://www.facebook.com/thornhamwalksparkrun







SATURDAY 15TH JULY 2023

QUIZ NIGHT

AT GISLINGHAM VILLAGE HALL

ENTRANCE FEE £10.00 - INCLUDES A PLOUGHMAN'S SUPPER

IN AID OF VILLAGE HALL FUNDS

DOORS OPEN AT 7:00PM

BRING YOUR DRINKS AND GLASSES

To book your place, call Terry on **01379 783903** or email **gislinghamvillagehall@gmail.com**

NEWS FROM GISLINGHAM VILLAGE HALL

The Trustees would like to thank all those who attended Gisfest 2023 on 10th June. We hope everybody had a good a time as we did. Special thanks go to Chris Saunders who masterminded the entertainment on the day.

FUTURE EVENTS

Saturday 15th July: Quiz Night: Tickets are £10 to include a Ploughman's Supper. Bring your own drinks and glasses. Doors open at 7.00 pm.
Tickets available from Terry Williams 01379 783903 or terry.williams1947@gmail.com

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

Saturday 28th October: Halloween Quiz Night – Details to follow

Saturday 25th November: Jane Haggar – Details to follow

Saturday 16th December: Christmas Quiz Night – Details to follow

The Hall is available for hire at a cost of £10 per hour, which includes tables, chairs, lighting, heating, water etc. There are also village hall assets available for hire at an additional cost. These include, a sound system and a large screen television. Additionally, there are tables and chairs and a marquee which can be used outside of the hall for a small donation.

Follow us at www.facebook.com/GislinghamVillageHall/

PLEASE SUPPORT YOUR VILLAGE HALL



CIRCULAR WALK – WOOLPIT – HESSETT – DRINKSTONE

O/S Explorer Map 211. Distance: 5.2 miles / 8.75 kms.
Time: approx. 2.5 hours

Woolpit was first recorded in the 10thc as Wlpit, then Wlfpeta which means 'pit for trapping wolves'. Woolpit is not named after the wool trade, but they did make bricks back in the 16thc. Woolpit is famous for the 'Legend of the Green Children'.

Please see the links below for more information about Woolpit.
https://en.wikipedia.org/wiki/Woolpit
https://www.historic-uk.com/CultureUK/The-Green-Children-of-Woolpit/
https://www.woolpit.org/information-2/a-short-history/

Parking



Parking can be made around the village centre or next to the church.

Take a wander around the village to start with, as you will need to know where the pub and cafe is when you return to Woolpit from your walk. There are some very old and interesting houses in the village. You will see Woolpit Museum next to the cafe which is only open weekends and bank holidays. We will be revisiting Woolpit, so will have a look around the museum and report back.

This walk is in two halves. The first half being mostly footpaths, the return journey is on roads, so you will need to be careful.

Start your walk

Opposite the Co-op walk down Rags Lane until you reach the end. Bear left and after a very short distance you will see a footpath to your right, with a fence running along the length of it and you can see the two mills in the distance.

At the end of this footpath turn right on the road and you will then see a footpath to your left that goes across the middle of a field. Continue along this footpath until you reach a small woodland with a path running through it called 'Deadmans Lane'. Turn left and after a short distance turn right over a sleeper bridge, on the left is a small pond.

Continue along this footpath and ignore a footpath on the left and continue until you reach a strange stile, as you can walk either side of it. Continue and enter the church yard through a metal kissing gate. All Saint's church is 14th century, with wonderful acoustics, a beautiful 15th century oak screen, and a historically important organ. You will notice that the brick tower is very similar to St Mary's, Gislingham.

Turn right and walk a short distance and turn left onto a footpath by Home Farm which is on the left, so go over a stile and head for the far-left hand corner of the field. Go over another stile and over a wooden bridge and stream.

Follow the path at the edge of the field which has several bulls grazing until you reach the top of the path at a metal gate and go over the stile on the right.

Continue on this footpath with the hedge on your right. At the end of the path, cross the road onto a hard standing next to some farm buildings. The footpath sign is stuck in a bucket. Continue along this footpath. At the end of the path, cross over the wooden bridge, bear left and then right, keeping the hedge to your right. As you cross the bridge, notice the footpath way marker between the trees.

You will arrive at St Ethelbert's church, Hessett. This is also a 14th c church. At the left-hand side of the church, you can see the church clock. It worked for 150 years until 1972, but unfortunately, its weight was too much for the church's structures. There is a leaflet available in the church for more information. Hessett Village was first mentioned in 1005.

Leaving the church yard, you will see to the left the now closed Five Bells pub, which is a lovely old building. It is hoped that it may reopen in the future.

Turn right and follow the road to the crossroads. Turn right with the signs pointing to Drinkstone and Woolpit. Continue along this road until you reach Hessett House, which has a lovely hazel fence. At the junction of the road, turn right. This road is a bit busier, so you will need to be vigilant for oncoming traffic.



At the junction bear left and then right, continuing on the road. You will then arrive at Drinkstone Pin Mill. I had hoped to pay this a visit, however, it is by prior appointment. I did speak to the owner and as he was about to go on holiday, I have arranged to visit later in the month for a personal tour, which is quite amazing.



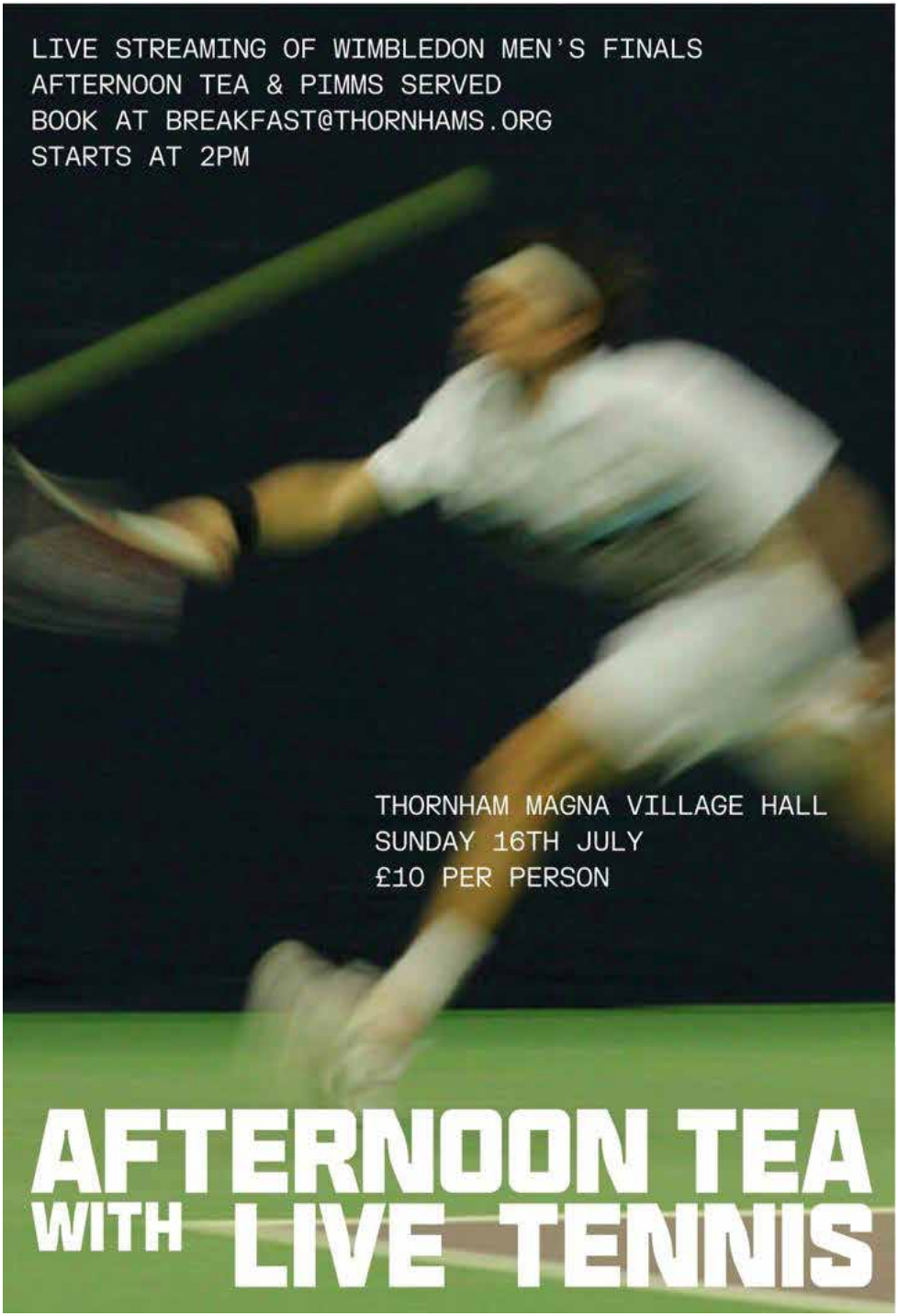
Continue along the road until you reach the footpath that you started your journey on the left. Back along the footpath and Rags Lane, back to the village. After our refreshments, we walked along the pathway next to the Co-op which led us to the rear of the St Mary's church which has fine medieval woodwork.

Now you have a choice of visiting the Bull with a varied menu and an outside covered area, or you can visit the Teacup Cafe in the village triangle which sell a range of sandwiches etc.

Notable residents of Woolpit are Dr Helen Geake, archaeologist and a member of Channel 4's Time Team and Ian Lavender, actor and the last surviving member of 'Dads Army'.

As the Museum and the Drinkstone Pin Mill were unavailable to visit, we plan to return and report back in a future edition of the Messenger of our visit.

Emma and Martyn Bryant


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NEWS FROM THORNHAM PARISH HALL



Future events:

Sunday 16th July: Wimbledon afternoon tea - £10 with live match screening and Pimms. Bookings: breakfast@thornhams.org

Thursday 17th August: Walk through the wild flower fields and learn how to make a hand tied bouquet – Frog's Farm off A140 near Thwaite - £30

Thursday 24th August: Coriander kitchen – Indian cooking demo and meal. Evening: £30 with raffle and bar

Sunday 3rd September: Breakfast Club. 10.00am – details tbc

Friday 22nd September: Thornham Film Night – details tbc. 7.30pm: Bookings at films@thornhams.org

Friday 29th September: Booze & Brushes: 7.00pm: £25 – details tbc

Sunday 15th October: Autumn Fair. 11.00am – 3.00pm - details tbc

Friday 20th October: Thornham Film Night – details tbc. 7.30pm: Bookings at films@thornhams.org

Sunday 29th October: Breakfast Club. 10.00am – details tbc

Friday 3rd November: Quiz Night – details tbc

Friday 17th November: Thornham Film Night – details tbc 7.30pm: Bookings at films@thornhams.org

Saturday 25th November: Auction of promises. Evening: with posh fish finger sandwiches - details tbc

Regular weekly events:

- Mondays: 5.45pm Pilates general all levels
- Wednesdays 9.30am: Pilates gentle no floorwork
- Wednesdays 11.00am: Pilates general all levels
- Thursdays 9.30am to 12.00 noon: Chat and Play – Babies, Parents and Carers group



GISFEST 2023 - ANOTHER ONE BITES THE DUST!

Crikey! We did it again and another GisFest bites the dust.

I do not know what black-arts the Gislingham Village Hall Committee practice at their meetings, but they managed to arrange perfect weather yet again. Not sure who/what they sacrificed … but the burgers did taste good!

My evening started with my first pint of bitter kindly donated, yet again, by Scott Faulkner from The Walnut Tree, Worlington … I know Leanne (one of our singers) is his wife, but even so it is generous of him and for that we thank him.

Opening act was "The Stereo Mikes" who played their ukuleles and sang with gusto, and created that feel-good sensation which is the prelude to a great evening.

Then came Alex Mackenzie, accompanied by his alter-ego as well as "Brian May".

How one guy can sound so good is beyond me … many people came into the hall expecting a full band and were amazed to see only one person on stage! Alex … thank you.

Then, of course, we had "Stoned with Friends" … a local, and newly formed, Rolling Stones tribute band. I hope everyone agrees they excelled and played a stonking set which included all the old favourites … and they came quite a long way to support our event. Even more gratifying … they said they had a great time, and commented on what a great village event it was. Thank you, guys. Look them up on their website to enquire about booking them.

Michael Stevenson then performed his one-man tribute to Jeff Beck; one of his heroes.

At this time, we were supposed to have "The Gislettes"; but sadly, due to personal circumstances, they were unable to perform. We wish them all well and look forward to welcoming Gail, Michelle and Abby back in the future.

Next up were "Kind of Blues" (Norman and Lou) who, despite some tech. difficulties at the start, played some blues/jazz-feel numbers and displayed some great guitar work and stunning vocals. Sorry about the bad start guys, and you losing time playing, but hope to make up for it next time.

Finally, my colleagues in "The Zillionaires" … thank you all (as always) for supporting the event, and playing a great set which had the many revellers who had stayed the distance dancing until around shortly before midnight! Always a pleasure playing with you.

So, we had quite a star-studded afternoon evening, with both The Stones and "Brian May", and I hope everyone enjoyed it as much as I did. Talking of whom … thank you to everyone who came along and supported us … we hope you enjoyed the music, food, and atmosphere … without you and the musicians, there would be no GisFest.

And let's not forget The Village Hall Committee who put in many hours of hard work to keep the hall open and running (all voluntarily), and made the event happen! The event raised £880 for the Village Hall.

Thank you to everyone!

Chris Saunders

The photos opposite are just a selection taken at the event. More can be viewed on our website at www.the-messenger-online.com








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APPLE STORE POP-UP SHOP AT THORNHAM WALLED GARDEN

There have been a lot of changes at the walled garden over the past 6 months, the kitchen garden has had a full makeover to make it more accessible for our Gardeners. The changes will mean that the garden is more inclusive for all our users, whilst enabling them to be more independent.

The Gardeners have worked extremely hard since January to clear the area, build raised beds and then fill them with soil. It was a huge job! The fruit and vegetables were all sewn from seed and the Gardeners have watered and cared for them until they were ready to be planted out.

It's been exciting to see the progress that has been made, the garden looks alive with an abundance of fruit and vegetables all planted amongst pollinating flowers.

We now have an exciting new pop-up shop which is selling our kitchen garden produce, plants and crafts. Currently we have spinach, chard, asparagus, rhubarb, mixed salad and garlic, as well as a range of indoor and outdoor plants.

The garden and pop-up shop is open Monday-Friday 10am-3pm and Sunday 11am-3pm.

The pop-up shop provides another opportunity for our Gardeners to learn and develop new skills. Selling something they have produced offers so many important outcomes, from increased confidence, self-esteem to money and social skills.

Our Glasshouse Tearoom is also open Wednesdays and Thursdays 10.30am-2pm and we are hoping to open more days soon. Many of our cakes include fruit, vegetables and flowers from the garden all prepared by our fabulous team.

Please pay us a visit and support our Gardeners in the work they do.

Beyond The Wall is a charity that provides day opportunities for adults with learning disabilities and autism. Based at the walled garden on the Thornham Estate, the garden provides purposeful activities for the individuals that attend. Charity Number 292229



Beyond The Wall,
Thornham Walled Garden,
Thornham Estate, Eye, IP23 8HA



THE HIDDEN GARDENS OF MELLIS



We couldn't have been luckier with the weather for the return of The Hidden Gardens of Mellis on 3rd / 4th June. The sun shone from a clear blue sky for the entire weekend and we had approximately 350 visitors, some local and some travelling a considerable distance to visit the 16 gardens that were open, surrounding the Common which was awash with ox-eye daisies. We mustn't forget the sheep, lambs, pigs, chickens and bees who also put in star appearances!

With tickets and refreshments on sale at the Memorial Hall and plants for sale at two of the gardens, along with fresh lemonade, garden produce and various art and crafts, we raised nearly £4000 which has been divided between the Memorial Hall and St Mary's Church.

The organisers would like to say a huge thank you to the community for coming together in various capacities to make it all happen - from those who provided sponsorship, lovingly worked in their gardens for months to offer a wonderful variety of special spaces, to the cake bakers and servers and those selling tickets, putting up signs and gazebos, providing parking and, of course, the visitors! Many participants have commented on how much they have enjoyed it, meeting new people and feeling a part of something special.

The nerves and apprehension of those opening for the first time soon disappeared once they got chatting to people who really do appreciate the effort that goes into such an event. There were ideas and inspiration to be gleaned from each garden and gardener and the whole event was filled with positivity and joy.

Thank you once again to all who contributed in whatever way. The Hidden Gardens of Mellis will be back again - watch this space…

Rebecca Clark

Some of the gardens are featured on the following 3 colour pages and more photographs can be seen online at: www.the-messenger-online.com

Photos by: Penny Morgan, Rebecca Clark, Sonia Charnley, Tom & Gill Russell and Jeff Norman
































Beautiful British Blooms
Tin Shed Flower Farm
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NATURE NOTES by Darrel Charles



Hello everyone, welcome back to Nature Notes!

Before kicking off this edition I'd like to say a personal thank you for all the kind messages of condolence that I have received following the passing of my beloved wife Jenny back in April. Those messages have meant a great deal to me. As has been mentioned before in these pages, engagement with nature can contribute a great deal to our sense of well-being and I have drawn upon that in many ways in recent weeks.



Marsh Fritillary on Ragged Robin



Marsh Orchid



Turtle Dove



Jay

The Marsh Fritillary is nowadays a rare butterfly that has suffered a severe decline in numbers across the whole of Europe over recent decades. In the UK, it is regarded as being largely confined to the western counties although a well known colony has been established at a particular site in Lincolnshire for several years. Back in May, I received a tip-off from Tony Clarke - thank you Tony! - that he'd come across a number of Marsh Fritillary butterflies near Knettishall. As this was a butterfly that I hadn't seen before, I headed out with my camera with high hopes. Unfortunately, my first visit was unsuccessful although I did see several Marsh Orchids that suggested I was on the right track. When the weather conditions were again favourable, i.e. warm and sunny with little wind, I set out again and this time I was lucky and managed some decent photos. Encouraged by this, I returned on a couple more occasions and was rewarded with several more photo opportunities, not just of the Marsh Fritillary but also of Common Blue, Peacock and Small Coppers. I understand that this colony of Marsh Fritillarys is the result of a re-introduction of the species to the area a few years ago. Here's hoping that these beautifully patterned and colourful butterflies continue to do well. Incidentally, I see from Betty Wells' Facebook page that she came across what looks to me like a Marsh Orchid on Mellis Common.

Back in May, Mike Heath got in touch to say that he'd heard the characteristic coo-ing of a Turtle Dove and, although it was some distance away and partially obscured by tree twigs, Mike managed to get a nice shot of this splendid bird in Gislingham. This is good news as, to the best of my knowledge, these birds have not been seen in the village for a couple of years.



House Sparrows

In my own garden, I've enjoyed many sightings of fledglings, mostly Blackbirds, Starlings and Robins and, for the first time, a family of House Sparrows has appeared. These all combine to make quite a racket at feeding time, which turns out to be most of the time! I've also seen a couple of adult Jays in the garden with one of their offspring. Jays have a rather poor reputation, like Magpies, for raiding other's nests and taking young birds but I wouldn't deny that they are impressive looking birds with their bright blue wing flashes. On a couple of occasions, I have seen one on our peanut feeder. Together with our resident squirrels that have learned to defeat my latest defences, the Jays with their powerful beaks have destroyed the feeder that I have had to replace with a new one!

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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TRIED & TESTED RECIPES by Debbie



HONEY ICE CREAM

Here's a nice simple ice cream recipe for the Summer. With no churning needed, it is amazing served with biscotti or simply on its own. For this creamy, sweet ice cream you can use any runny honey.

Serves 4

- 1 large egg
- 4 large egg yolks
- 100g runny honey
- 300ml double cream

1) Place the egg, egg yolks and honey in a heatproof bowl and set it over a saucepan of simmering water. Using a hand-held whisk, beat the mixture for 10 minutes until it becomes thick and pale.
2) In another bowl, beat the cream until it becomes stiff then, using a spatula, gently fold the cream into the honey mixture. Pour into a freezer proof container and freeze for 3 hours.
3) Take the ice cream out of the freezer 5 minutes before serving to allow it to soften.



Taken from "Gino's – A taste of the sun" – Gino D'Acampo

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GISLINGHAM FOOTPATH REPORT



It has been some time since I last gave a report to the Messenger, which may be a good thing, as it suggests there have not been too many incidents causing concerns.

Thank you to residents that have notified me of concerns, which I trust have been resolved.

Footpath Maintenance

The footpaths are now getting overgrown with long grass and nettles. Suffolk County Council are responsible of cutting and maintaining a number of footpaths in Gislingham and the work is done twice during the summer months.

The Parish Council employ a contractor to carry out the maintenance of other paths that have a tendency to become overgrown.

However, if you do see a footpath that has become difficult to walk, then please let me know so that I can take remedial action. Please make a note of the footpath number on the way post for easy identification.

I have found that the majority of footpaths that cross fields have been wheeled marked for ease of walking, however, if you do come across a footpath that is obstructed by crops, please let me know and I will arrange for SCC to notify the landowner.

Way Markers/Finger Posts

If you regularly walk our footpaths, you will have noticed that several of the Way Markers are missing. Although I have reported these to SCC, there has been a delay in replacing them. I have been assured that their contractor is on the case and that all these posts will be replaced soon (and hopefully by the time this issue of the Messenger is published).

If you do see a post that has fallen or you feel needs replacing, please let me know.

Please enjoy walking the 85 miles of footpaths around our village and please keep them clear of litter and dog mess which, I must say, seems much better now than it used to be.

Martyn Bryant, Gislingham Footpath Warden: 01379 788998 / 07900 147912 / Email: martyn_bryant@hotmail.com



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Sunday 30 July 3pm
CARDUCCI QUARTET/ JULIAN BLISS
Mozart, Weber, Dvorak

Sunday 13 August 3pm
CHARLES OWEN *piano*
Chopin, Ravel, Debussy,
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Sunday 27 August 3pm
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PIER TO PIER NORFOLK 2023



Sara Durrant from Gislingham and Lynn Brooks from Roydon, completed the 'Pier 2 Pier Norfolk 2023' challenge, in aid of East Anglia's Children's Hospices on June 10th.

The 32-mile route which is from Cromer Pier to Yarmouth Pier takes you along the Norfolk Coastal Path, which is along multi-terrain (sand, shingle, path, dunes) making this challenge very physically demanding.

But they completed the route in 10hrs and 53 minutes and between them raised in excess of £1700, which is an amazing achievement! Sara and Lynn would like to thank everyone who sponsored them and supported their coffee morning at Burgate Church hall in May.



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TERRAPIN NEWS



I am pleased to report that a new council has been formed with 24 Green Party councillors, 6 Conservative councillors and 4 Liberal Democrat councillors. We are the first District Council in the UK to have a Green Party majority and administration. Babergh District Council, have a coalition administration formed by the Green, Independent and Liberal Democrat councillors.

Although Babergh and Mid Suffolk are quite distinct and sovereign councils they do share a work force and indeed in CIFCO are co-owners of a commercial property investment company to which they both appoint directors.

I am also very happy to be re-elected with 71% of the votes, an increase of 22.7%. I thank all of you who have voted for me and will do my best to continue to represent all the residents of Gislingham, Mellis, Wickham Skeith, Thornhams: Magna and Parva, and Wortham and Burgate Parishes and make sure that your voices are heard.

The Green Party has elected Andrew Mellon as Council Leader and formed an initial cabinet with six councillors, this is smaller than the exclusively conservative cabinet and signifies a wish to a more committee-based approach to running the council.

Membership of the different working committees has been extended to Conservative and Liberal Democrat councillors in order to reflect the make-up of the council, this is a break with the previous administration.

This year's budget was set by the outgoing council so it will be very much a year of continuity as funds have been allocated for rural transport and environmental projects.

For this year I have been elected Chair of the Council, to represent the council at various functions and also manage the council meetings. As a part of my role, I am hoping to visit schools in the district and give students some insight into local government. I am planning to encourage all eligible high school students to join the electoral register, have appropriate photo identification, and be aware of how important their vote is.

We have enormous challenges ahead. I think that sustainable is no longer enough. When appraising development, it is no longer enough to allow houses to be built that use the minimum of resources, do the least harm, have minimum disruption to communities. In my opinion development and by implication the district council should be led by the principles of restorative and regenerative design. Development should be actively contributing to communities and the environment.

As we look towards next year's budget, the constraints are there: rising demand - the changing demographic, economic pressures on society, reduced income as a result of falling Revenue Support Grant from Government, and a reliance on short-term funding. I believe in more local, long term strategic funding. Too much is controlled nationally, after all, MSDC only retains £00.09 for every £1 collected as Domestic Rates and Central government claims 75% of Business Rates collected locally.

The council must set a legal budget, the criteria are financial stability in the medium term, clear aims and priorities, measurable actions, integrated capital and revenue planning, clear and justifiable assumptions and robust business cases. We will deliver the best value for the community, not just in financial terms but socially and environmentally.

Rowland Warboys, Chairman Mid Suffolk Council

e: rowland.warboys@midsuffolk.gov.uk

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GISLINGHAM UNITED CHARITY

The Gislingham United Charity continues to welcome applications from residents of Gislingham who find themselves in hardship or need.

The Charity will also consider requests for support for residents of all ages for educational purposes, whether at school, in further or higher education, or in vocational training.

The remaining meetings of the year will be on:

- 21st July
- 15th September
- 17th November.

The Trustees will consider all applications received up to 48 hours before each meeting.

Gislingham United Charity is a registered charity, No. 208340, and is run by volunteers.

All applications should be made to the Clerk to the Trustees at:
75 Shelfanger Road, Diss, Norfolk, IP22 4EH

Alan Harding, Chair of GUC

Gislingham CE Primary School

Community Governor

Gislingham CE Primary School is seeking a Community Governor to join our School Governance Committee.

The governors work with Mr Richard Benstock the Headteacher to set the vision, ethos, and strategic direction of the school. They support and at the same time challenge the headteacher to ensure that the highest standard of education is delivered to the pupils and the funding the school receives is spent in the most effective way. They work to ensure the school achieves its vision of providing a safe, inclusive, challenging and stimulating learning environment where everyone is valued, and children thrive.

We have two meetings per term but visit the school for monitoring areas such as safeguarding, the curriculum, health and safety. We welcome people from all backgrounds and experience.

If you feel you could spare some time and help us support and develop our school community further, please contact Mr Richard Benstock on 01379 783283 or gislingham@tilian.org

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For advice call John: 07894551485



GISLINGHAM PLAYGROUP



We provide a safe, warm, friendly and caring setting for children aged 2-5 years, in a brand new purpose built building on the same site as Gislingham CEVCP School, with whom we work closely to provide an excellent education.

Breakfast Club 8.00am - 8.45am

Morning 8.45am to 11.45am

Lunch Club 11.45am to 12.45pm

Afternoon 12.45pm to 3.45pm

"Children arrive with a 'spring in their step' and are welcomed by friendly staff. They immediately join in with their friends and explore a well resourced and fun environment." Ofsted, May 2022.

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or phone us on 01379 788934

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Email - Jdkagriengineering@gmail.com

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TIP OFF, RIP OFF!



Criminals are targeting Instagram users with fraudulent investment schemes

Last month a Suffolk resident reported that they had lost £560 to a bitcoin scammer on the social media platform, after paying multiple small sums to the scammer via MoonPay. The victim had been in contact with the fraudster via private message on Instagram after following their profile and was convinced to invest after being shown the high return they would make. When the victim started to lose money, they realised they had been scammed but were unable to get their money back.

Fraudsters approach (or are approached by) victims via the instant messaging feature of the platform after advertising their service. They claim to only require an initial investment of a few hundred pounds which they say will be used to trade on the stock market or to buy and trade foreign currency (Forex) until they have multiplied the investment several times within a matter of days which is paid to the victim after a small commission is deducted for the service.



In reality, once the initial investment has been transferred the victim is given a series of excuses as to why their money and 'profits' cannot be returned unless more money is sent. Eventually all contact is severed and the victim is blocked by the suspect. Victims are usually requested to send the money by bank transfer or through a cryptocurrency platform which means it is nearly impossible to retrieve

Whilst individual financial losses from this fraud are comparably smaller than other types of fraudulent investment schemes, this fraud targets a younger demographic, typically aged between 20 and 30, with less savings or those who are financially vulnerable and are searching for a quick and easy way to make money.

Spot the signs and protect yourself:

Unsolicited offers: A common tactic used by criminals is to promote "investment" opportunities via social media accounts, promising large returns from a small up-front payment. Never respond to any requests to send money, or have money transferred through your account, by someone you don't know and trust.

Investment opportunities: Don't be rushed into making an investment. Remember, legitimate organisations will never pressure you into making a transaction on the spot.

Seek advice first: Speak with a trusted friend or family members, and seek independent professional advice before making significant financial decisions.

FCA register: Use the Financial Conduct Authority's (FCA) register to check if the company is regulated by the FCA. If you deal with a firm (or individual) that isn't regulated, you may not be covered by the Financial Ombudsman Service (FOS) if things go wrong and you lose your money.

If you were scammed into sending crypto via MoonPay, contact MoonPay support so they can blacklist the scammer wallet immediately.

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. George Lazenby was James Bond in which film?
2. The Abbey Stadium is the home ground of which East Anglian football team?
3. What is the capital of Arizona?
4. This famous London square was designed in 1830 to commemorate the British victory against the French and Spanish fleets in which battle?
5. This iconic statue in Copenhagen was the inspiration for which Disney film?
6. This lettuce is named after a region in France.
7. A chemical element with the symbol Pd and atomic number 46.
8. This Church of England parish church at the north-east corner of Trafalgar Square in the City of Westminster.
9. A song officially adopted by a country as an expression of national identity.
10. What is the connection?

Answers appear on page 55.

SUDOKU CHALLENGE

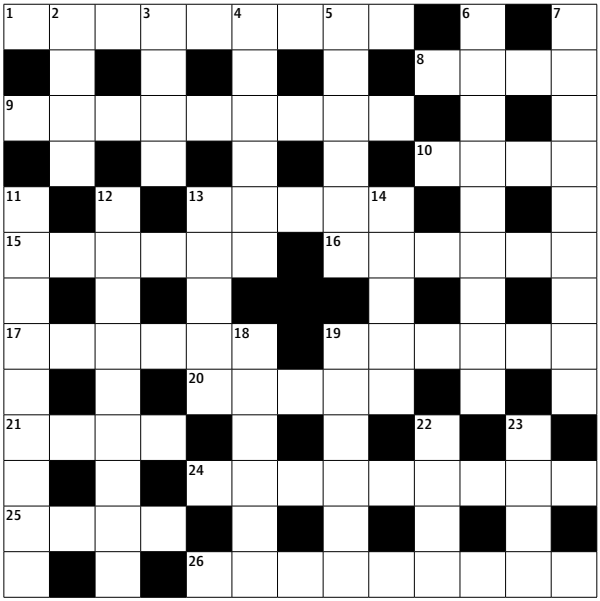
		2	9			5	8	
4				6		7		
	7						1	
			8		4			7
		3	5		6	9		
8			2		1			
	6						3	
		1		5				9
	9	4			2	6		

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

Last issue solution

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

CROSSWORD CHALLENGE



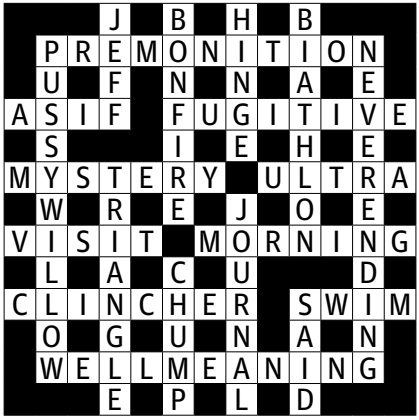
Across

1 Distance between axles — a Welsh bee (anag) (9)
8 African of mixed Arab and Berber descent (4)
9 Soliloquy (9)
10 Largest of the Inner Hebrides (4)
13 Idiosyncrasy (5)
15 Memorial plate on a wall (6)
16 Compelling need (6)
17 The Fighting Temeraire artist (6)
19 Ring secured by wing nut? (6)
20 Synthetic fabric (5)
21 Rhine wine (4)
24 Lad tending horses - yeast blob (anag) (6,3)
25 Piece at end of music (4)
26 Go ahead! (2,2,5)

Down

2 Curved piece of metal, for grabbing (4)
3 Statue in Piccadilly Circus (4)
4 Strong Irish or Scottish accent (6)
5 Move in discomfort (6)
6 Illegal contest between two roosters (9)
7 Preserve by cooling rapidly and then putting in a vacuum (6-3)
11 Random inspection to ensure quality (4,5)
12 Predatory fish with a projecting lower jaw and long teeth (9)
13 Odd (5)
14 Muslim text (5)
18 Simon the conductor (6)
19 Unstable (6)
22 Lover (4)
23 Throw (the salad?) (4)

Last issue solution



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Connect Coffee Morning

St Mary the Virgin Church, Mellis

10am - 12.00

Saturday 8th July

(and then every second Saturday of the month)



Teas, Coffees, Refreshments, Plants, Books, Jams, Bric-a-Brac, Family Activities

THORNHAM PARISH HALL ART EXHIBITION



An exhibition of:
THEATRE POSTERS, created from circa 1970s to 1990s used for productions in London and at Provincial Touring and Repertory Theatres.

LANDSCAPE & STILL LIFE PAINTINGS: Personal, experimental, impressionistic and digital.

The exhibition is on view during JUNE & JULY 2023 until – T.B.A.

John will be at the Hall to welcome you on the following days only:
Saturday 1st July: 2.00pm – 4.00pm & Sunday 9th July 2.00pm – 4.00pm.

Answers to the Connection Quiz on page 52.

1. On Her MAJESTY'S Secret Service, 2. CAMBRIDGE United, 3. PHEONIX, 4. TRAFALGAR, 5. The Little MERMAID, 6. SAVOY, 7. PALLADIUM, 8. St. MARTIN's-in-the-Fields, 9. NATIONAnthem, 10. They are all London theatres.



LEAVING WELL

Dear Friends,

This month I am writing to you all with very mixed emotions as I prepare to leave the churches and communities of South Hartismere.

I have been reflecting on an inspirational quote illustrated by Revd. Lauren Moore:

'Life is a balance of holding on and letting go'

I have been here for 10 years, and I have always known that I would recognise when it was the right time for me to leave, and that time is now. As I let go of my duties and responsibilities, I will always hold on to the fond memories I have of my time here. However, I am not ready to retire, so my next post will be a good stepping-stone for me between full-time ministry and retirement.

The new post will be part–time, about 4 days a week plus Sundays, and it is a small rural benefice close to Bury St Edmunds, with 3 parishes, 4 churches, and 1 Church of England Primary school. It was a difficult decision to make at first, but I feel very affirmed that it was the right one.

It is time for someone new to lead you through the next chapter in the life of our churches, and to build on all that we have achieved together. I am so grateful for all the encouragement and support I have received, and this time with you has been one of the happiest times in my life.

My last service here will be on 3rd September at Thorndon Church at 10.30am, followed by a picnic lunch. My licensing service in the Rougham Benefice will be on 5th October at 7.00pm, - details to be confirmed - and I would love it if you could join me at either or both of those services.

In the meantime, I leave you with Paul's words to the Corinthians:

> Finally, brothers and sisters, farewell. Put things in order, listen to my appeal, agree with one another, live in peace; and the God of love and peace will be with you. And the grace of the Lord Jesus Christ.
> And the love of God, and the fellowship of the Holy Spirit be with all of you.

With love and prayers,
Julia

From the Parishes: May 2023
In Loving Memory: Lucy Muskett, Thorndon; Jennifer Charles, Gislingham; Malcolm McCartney, Wetheringsett
Congratulations: to Jake Field and Lauren Packer on their wedding at Yaxley

For services held in church and online

JULY 2023

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

WEEK 1			
Sunday 2nd July *4th Sunday after Trinity*	Yaxley	10.30am	Benefice Holy Communion *followed by bring and share lunch*
Saturday 8th July	Mellis	10-12noon	CONNECT *with cake & company*
WEEK 2			
Sunday 9th July *5th Sunday after Trinity*	Mellis Stoke Ash	10.30am 10.30am	Worship for All Holy Communion
WEEK 3			
Sunday 16th July *6th Sunday after Trinity*	Thornham Parva Thorndon Gislingham	10.30am 10.30am 10.30am	Holy Communion Holy Communion Worship for All
Saturday 22nd July	Thornham Magna	6.00pm	Sung Evensong for the Feast of St Mary Magdalene, *followed by refreshments*
WEEK 4			
Sunday 23rd July *7th Sunday after Trinity*	Wetheringsett Thornham Magna	10.30am 10.30am	Holy Communion Holy Communion
WEEK 5			
Sunday 30th July *8th Sunday after Trinity*	Gislingham	10.30am	Benefice Holy Communion



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

Find us on Facebook:
South Hartismere Churches

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):

Gislingham 10.06; Thornham Magna (Walks) 10.10; arrives Diss 10.35
Return bus leave Diss 13.15; Thornham Magna 13.40; Gislingham 13.46.

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

Leaves Gislingham 09:45am and returns from Bury St. Edmunds 13:25.

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) 09:40am and returns from Bury St. Edmunds 13:25, arriving back at Thornham Magna 14:36

Post Van: Gislingham
Fridays at Village Hall:
12.15 – 14.15





Mobile Library: Gislingham
Weds 19th July, then every 4 weeks.
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	01379 783903
(Mellis - Helen Timmons - Mellis) email: bookmellishall@gmail.com	01379 783449
(Thornham) email: hallhire@thornhams.org	
Mellis Parish Council Chairperson (Lawrie Read) mellisparishcouncil@gmail.com	01379 788248
Mendlesham Health Centre	01449 767722
Member of Parliament - Jo Churchill	01284 752311
jo.churchill.mp@parliament.uk - www.jochurchill.org.uk	020 7219 8487
NHS Direct	111
Suffolk Doctors On Call	03001 303066
Suffolk Fire Service & Community Fire Safety	01473 260586
Suffolk County Council -Cllr Jessica Fleming jessica.fleming@suffolk.gov.uk	01449 711065
Suffolk Police (non urgent)	101

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