The Messenger



Issue 138
June
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: July 2023
Copy deadline: Monday 12th June

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 – June 2023

This issue marks the 13th anniversary of this publication. I would like to thank the members of our publishing team, (past and present), who regardless of their personal circumstances, have given up so much of their free time to help establish and publish this magazine over the past 13 years.

We want to continue providing a magazine that offers local information, celebrates, and shares our great community spirit, supports local events and the achievements of local people etc. We hope that the magazine meets the expectations of the residents. But as always, any suggestions and feedback greatly received.

To strengthen our team, we are now looking for a Mellis resident to step forward to become our new "Mellis Correspondent" – more details can be found on page 17.

We would also like to thank our loyal advertisers, many of whom have been with us since our very first issue! And we also welcome several new advertisers to the magazine this month. Please support these businesses and if you do contact any, please mention 'The Messenger', because our advertisers enable us to bring you this magazine. All these small local businesses support our local community by advertising with us.

The King's Coronation was celebrated in our villages in one way or another, and in our centre pages, we publish photos from the Gislingham and Thornham events. Thank you to Ann Cottee and Kate Fogg for supplying the photos.

Apart from the 'Friends of St. Mary's Church' picnic, sadly there were no other events organised in Gislingham to celebrate this historic occasion. This is a shame, especially as people are still talking about the fantastic event organised for the Queen's Platinum Jubilee.

But, thankfully, a very kind personal donation of approximately 200 mugs by a local resident meant that every child and staff member at Gislingham Primary School received a Coronation Mug to commemorate the special day.

Finally, I'd like to point out, that once again, our next issue has an early deadline date of Monday 12th June. If you have an event to promote or an article to submit, please send your information as soon as possible. Many thanks as always to all our contributors.

I hope you enjoy reading this issue!

Until next month!



Jeff Norman, Editor e) themessengereditorial@gmail.com

Cover artwork: Gislingham Primary School pupil Molly Holden with her commemorative Coronation Mug, donated by a Gislingham resident.

DIARY & LOCAL EVENTS



Saturday 3rd June: Book Sale, Coffee & Cakes

- Gislingham Village Hall: 10.00am – 12 noon
- Homemade cakes & refreshments etc.

Saturday 3rd & Sunday 4th June: The Hidden Gardens of Mellis – Open Gardens

- 10.00am – 4.30pm: See page 16 for details

Saturday 10th June: Connect Coffee Morning

- Mellis Church: 10.00 – 12 noon. – See page 8 for details

Saturday 10th June: Gis-fest

- Gislingham Village Hall: 4.00pm onwards – See page 13 for details

Saturday 17th June: Farmers Market

- Mellis Memorial Hall: 9.00am – 12 noon. - See page 17 for details

Saturday 17th June: Walking Treasure Hunt

- Thornham Parish Hall: 11.00am – 3.00pm – See page 23 for details

Friday 23rd June: Thornham Film Night – 'A man called Otto'

- Thornham Parish Hall 7.30pm – See page 22 for details

Friday 23rd June: Eye Cinema – 'The Fabelmans'

- Eye Community Centre: 7.30pm – See page 54 for more details

Saturday 24th June: Yoga Day with Clare

- Thornham Parish Hall: See page 23 for details

Saturday 1st July: Family Fun Day

- Yaxley Village Hall: 11.30 - 4pm

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

Our next issue is July 2023. The "What's On" Diary deadline is: Monday 12th June

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

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.

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

At the Annual Village Meeting held on Monday 15th May it was announced that Mark Askew and David Hardman were the recipients of the Watson Bowl for 2022. 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.

They also replaced the bench in the under 6 area commemorating the life of Helen Crick. Mark and David are very worthy recipients of the Watson Bowl for 2022.



VOLUNTEER OF THE YEAR

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.

Stuart seems to spend his days moving the Speed Indicator Device from one end of Mill Street to the other end. Not an easy task, I am sure. Stuart is a very worthy recipient of the Volunteer of the Year Award.

Photos of the award winners will appear in the July issue.

GUEST SPEAKERS

We were delighted that the Junior Road Safety Officers Adult Lead from Gislingham Primary School was our Guest Speaker together with 2 of the Junior Road Safety Officers. They talked about the importance of safety on our roads and demonstrated with props using eggs on how to stay safe, it was a very impressive talk.

Photo shows Junior Road Safety Officers Adult Lead (Clare Hall) from Gislingham Primary School with 2 of the Junior Road Safety Officers



Photo credit: Simon Bell

Sadly, the Parish Council have been made aware by a resident that there has been vandalism to the newly installed Merlin the Magician equipment in the under 6 area in the Playground on Charity Meadow.

Unfortunately, the Parish Council were only advised of this a week after it happened.

Please do report any anti-social behaviour by calling 101 (the non-emergency Police telephone number) to report the incident and email the Parish Clerk on clerk@gislinghamparishcouncil.com or telephone on 07796 410694.

We are currently reviewing the CCTV footage.

Julie Bell,
Chair, Gislingham Parish Council

Connect Coffee Morning

St Mary the Virgin Church, Mellis

10am - 12.00

Saturday 10th June

(and then every second Saturday of the month)



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THANK YOU, THANK YOU, THANK YOU!



We are so very grateful and still rather in shock from the support for our Macmillan fund-raising events.

We had so many donations of cakes, raffle prizes and attendees on Tuesday 25th April at Gislingham village hall for the Coffee morning that we had to get out extra tables and chairs!

We raised an outstanding £508 at the coffee morning and raffle alone.

Combined with our fitness class, run by Emma from EMC fitness and the family quiz held on May 5th, we have raised a total of £898.

On Saturday 20th May, as this magazine goes to print, we will have walked 26 miles of the Norfolk coast from Cromer to Holkham as part of the Macmillan Might Hike.

Hopefully we'll have recovered in-time to give you an update for the July issue of our fund-raising ventures!

Amanda Kemp, Emma Harrison and Gemma Atkins
https://www.justgiving.com/team/macmillan26miles









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A CORONATION 'THANK YOU'

The children of Gislingham Primary School and Playgroup were given a special surprise on Friday 5th May to help begin the celebrations for the coronation of King Charles III.

As well as spending Friday learning about the coronation and working through a variety of fun, creative activities; thanks to a very kind personal donation from a member of our village community, every child and staff member received a Coronation Mug to commemorate the special day. This donation of approximately 200 mugs was made because the donor wanted to give to our children something that she herself has treasured since the coronation of Queen Elizabeth II.



The children of the village and the school itself means a lot to our donor, which is why she wanted to 'give something back'.

The school would like to say a massive thank you for this very kind gift, which put a big smile on the faces of our school community!



Molly Holden (Year 3) is shown on the left modelling an example of the creative work that linked to the coronation.

Following the article in the April issue about the opening of our new running track. I can confirm that the new running track is available to community groups to use outside of school hours. In line with our lettings policy, I would need the group leader to arrange to meet with our Office Manager, Mika Ellis, who will run through the paperwork and collect signatures for assuming responsibility. This is in line with our insurance. Once that is done, a key code to the school gate will be issued and the track can be used.

Richard Benstock, Headteacher, Gislingham CE Primary School

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10th June 2023
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Barbecue & Snacks

All proceeds in support of Gislingham Village Hall

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IN YOUR GARDEN



BE WISE WITH WATER

Trying to predict how this summer's weather is going to turn out is tempting fate and unfortunately way beyond my Messenger pay grade so instead I am looking at ways to be ready for whatever Dr Weather has in store for us.

Talking about weather, it has been a very varied year to date with fairly prolonged dry spells during the winter months followed by fill dyke Feb not living up to its name then rain during March and certainly plenty of April showers and a damp one for Coronation Day.

My gut feeling is largely drier weather is on the cards in the coming months, so there are lot of things we can do to make sure our gardens survive with much reduced rainfall.



First and foremost, I would strongly recommend installing as many water butts as your property can accommodate and as they come in all shapes and sizes, there is bound to be one for all of your drainpipes - and not just on your house but attach them to sheds and greenhouses via gutter kits available on line or at larger garden centres.

As an added incentive to those who are tempted to pave over their front gardens to provide off street parking, Ofwat the water regulator has suggested it might reduce their water bills to discourage them from taking this ecologically retrograde step.

Whilst saving rainwater for garden use will most certainly dent metered watered bills but you can also harvest domestic water such as collecting run-off from the hot water tap whilst waiting for it to hot up. Siphoning off used bath water can provide copious amounts for use in the garden as most plants can tolerate a little soapy water. Washing up water that isn't too thick with grease and food debris can also play an important part in keeping plants hydrated.

Last summer I adopted a watering regime that gave the flower plants a good drink once or twice a week rather than a quick daily splash and also created a moat in the soil around plants that held the water until it seeped into the soil. This was especially effective on hard and very dry ground by stopping the water from running away before it could be absorbed.

But if this dry weather trend becomes the summer norm, my advice would be to look at restocking your garden with drought resistant plants. I will be covering some suitable suggestions in my July column. Until then, keep on top of the weeds and happy gardening.

Lawrence Thompson



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
Rebecca - rebngord@hotmail.com tel: 788793
Sonia - s.charnley@btinternet.com tel: 783773
Sharon - sharon1astbury@gmail.com tel: 783157

We look forward to seeing you there!

£5 per adult in aid of Mellis Memorial Hall and St Mary's Church

CALLING MELLIS RESIDENTS - MELLIS CORRESPONDENT IS REQUIRED!



We are now looking for a Mellis resident to step forward to become our new "Mellis Correspondent" – No experience necessary, just someone local who can be the "eyes and ears" of Mellis and keep us updated on everything that is going on in the village, so we have up-to-date information, that we can publish accordingly.

The Messenger is run entirely by unpaid volunteers, so there is just a warm satisfaction of being involved in a much-appreciated community asset and working with a great team of dedicated enthusiasts, with nothing better to do in their spare time!

We meet just four times a year, so you won't be bogged down in lots of bureaucracy, and hopefully you will find that we don't take life or ourselves too seriously!

If you are interested, or require further details, please contact me by email initially: themessengereditorial@gmail.com

Jeff Norman - Editor

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



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

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NEWS FROM GISLINGHAM VILLAGE HALL

FUTURE EVENTS

Saturday 10th June: Gisfest
FREE entry. 4.00pm onwards – See page 13 for full details

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

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 charge.

Follow us at www.facebook.com/GislinghamVillageHall/

PLEASE SUPPORT YOUR VILLAGE HALL



THE PINK LADY OF THORNHAM MAGNA

LOCAL MYSTERIES

This month another mystery from Thornham Magna!

It's a story of star-crossed lovers thwarted by a tyrant and a ghost unable to break free of the earthly chains that tie her to a certain wood. But this Thornham Magna spirit has a rose-tinted twist.

It is said, there was a young woman in service at Thornham Hall in the early part of the 19th century, who fell in love with the Lord of the Manor's son.





The pair decided to flout convention and class barriers and marry, but the Lord got wind of their affair and made his fury clear.

Under no circumstances was his son to marry a mere servant, but his son disagreed. The marriage, thought his father, would have to be stopped some other way and the Lord set about devising a more permanent solution to the issue of his son's choice of wife.

He studied the maid and realised that to get back to her home, she had to walk through a deep dark wood that led from the hall to the village.

One evening, the Lord instructed his gamekeeper to lie in wait for the girl as she set out for home, telling them to wait until they caught a glimpse of her and then set the dogs on her: the man did as he was told and the dogs attacked her, leaving the poor girl for dead.

When she failed to return home, the young woman's parents went searching for her the next morning, and they found her lifeless body in the woods.

"...witnesses report hearing a phantom hunting pack before seeing a rose-tinted misty shape appear"

Today, a road bisects the wood where the girl was murdered and while walking along this road in the dead of night, many terrified witnesses report hearing a phantom hunting pack before seeing a rose-tinted misty shape appear from the trees, the form of a young woman running from impending death.

A tragic drowning



Another story linked to the ghost names a woman, Emma Berry, and says that she drowned in the village stream as she returned home from a penny reading in the Reading Rooms in Thornham Magna. (The building remains today, and is ironically painted a pastel shade of pink - see photo on the right which shows, left to right, Claremont Cottage, Honeysuckle Cottage and the Reading Room.

Penny readings were popularised in the middle of the 19th century and saw audiences gather to hear readings and other performances for which the admission charged was a penny.



Phantom ghost and horses



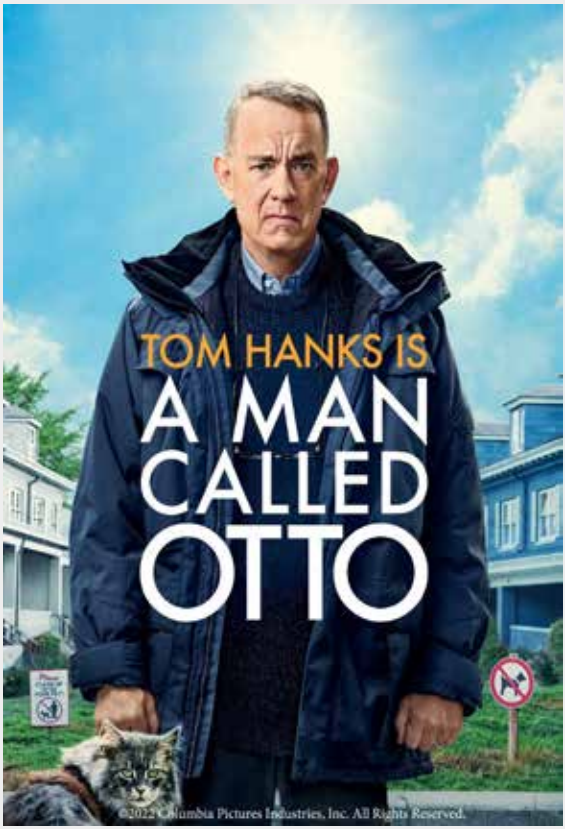
Another ghostly tale associated with Thornham Hall involves a phantom coach and horses which can be heard making their way along the hall's gravel driveway.

If you turn to see the carriage making the sound, it's immediately apparent that nothing whatsoever is there.

Source Material used: *EADT Newspaper*

Thornhams Film Night
Friday, 23rd June 7:30pm

A man called Otto



Thornhams Village Hall
Tickets £5 pay at the door
Licensed Bar - Ice Creams -
Bookings films@thornhams.org

NEWS FROM THORNHAM PARISH HALL



FUTURE EVENTS

Saturday 17th June: Walking Treasure Hunt
11.00am – 3.00pm: Starting at village hall

Friday 23rd June: Thornham Film Night – 'A man called Otto' starring Tom Hanks
7.30pm: Bookings at films@thornhams.org

Saturday 24th June: Yoga day with Clare (£30)
10..00am – 3.00pm: Bookings: thornhamyoga@yahoo.com or 07704 570877

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

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

Friday 29th September: Booze & Brushes: 7.30pm – details tbc

Sunday 15th October: Autumn Fair

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

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

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**



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GISLINGHAM SPEED WATCH QUARTERLY REPORT (MARCH - MAY 2023)

The Gislingham Speed Watch team has recommenced monitoring the speed of vehicles through the village following a mid-winter break. We are now recording vehicle speeds on Thornham Road adjacent to the Poppy Fields estate and on Mill Street. The team records vehicles travelling at 35mph or more. Our activities have been somewhat curtailed due to poor weather in April, but we now anticipate an increase in our activities particularly around school travel times to ensure pupil safety.



The results so far this year: -

- March: 5 vehicles recorded (Thornham Rd 3; Mill Street 2) - highest recorded speed 39mph
- May: 11 vehicles recorded (Thornham Rd 6; Mill Street 5 - highest recorded speed 43mph
- All recorded vehicles will have received warning letters from Suffolk Constabulary.

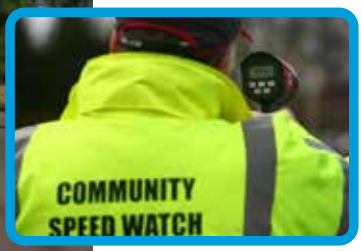
At the time of writing, it is hoped to carry out a further session in the next few weeks with the Gislingham School Junior Road Safety Officers who will be operating the gun and recording passing vehicles.

If anyone can give a couple of hours a month to assist us in our activities, I would be pleased to hear from you. Please call for a chat on 01379 - 783825.

Finally, I would like to express my thanks to all the Speedwatch volunteers and for the support of the village community.

Steve Critchley – Gislingham Speedwatch Co-ordinator.







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LETTERS TO THE EDITOR

PLEA TO DOG OWNERS



Dear Editor,

There was an incident recently on the field between Charities Meadow and Gray's field whereby an elderly dog sitting by the owner's side was suddenly subjected to an unprovoked violent and prolonged attack resulting in quite serious injuries. The sustained attack from this particular dog could easily have proved fatal. The incident has been reported to Stowmarket police who are currently investigating.

Having spoken to a lot of other dog owners in recent months quite a lot of them are expressing concern regarding the number of dogs who are running amok and causing worry or harm displaying very aggressive behaviour. Another resident has reported that their dog who is always on a lead, has been approached and bitten on four separate occasions by the same dog, whose owner continues to allow it off lead to do so!

Whilst we all appreciate that the vast majority of dog owners in the village are very responsible, and have well-adjusted well exercised sociable lovely dogs, there has been a marked increase in dogs who are not.

The law is very clear when it comes to the dog owner's responsibilities. Dogs must be either on a lead OR under close control. It is against the law for a dog to be dangerously out of control in a public place. The dog is deemed 'out of control' if the dog injures a person or animal, or worries a person that they or their animal will be injured. If your dog is galloping about whilst you whistle and call and it's taking absolutely no notice of you, it is not under 'close control' and should be on a lead. Please bear in mind that even if your dog 'just wants to play' other people's dogs may be very nervous or elderly.

Please can we all make an effort to train, socialise and control our dogs where necessary so that we can all enjoy our walks in peace without worrying. If your dog has behavioural issues with others then it is your responsibility to seek professional help, and keep your dog on a lead if you cannot confidently call it to you when necessary.

Dogs are such wonderful animals, part of our families, and such a huge asset to our lives, let's make an effort for them all to have a happy long safe life in our village.

Name and address supplied.

Editor's comment:
Since this incident has been reported to PC Martin at Stowmarket police and he is investigating the incident, there will be no further correspondence published on this same subject in future issues.
Please note, this photo is just one of many injuries sustained by the dog. There were many other punctures and cuts that were neither pleasant to photograph nor particularly easy to see on a thick coated black dog.

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GISLINGHAM PLAYGROUP UPDATE

This half term we have been busy trying to sort out our garden, we have been planting runner beans, carrots and spring onions.

We have also enjoyed walks around the village and going to the park.

We had a visit from 5 residents and their carers from Hartismere Place from Eye, the children enjoyed their company and having stories read to them and they took away pictures the children had drawn for them.







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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.

Please visit our website www.gislinghamplaygroup.com
or phone us on 01379 788934

GISLINGHAM CORONATION PICNIC AT ST. MARY'S CHURCH, GISLINGHAM ON SUNDAY 7TH MAY

Following the Sunday service which included special prayers for King Charles III and the Royal family, we sang the National Anthem. Those who wished stayed for a picnic in the church grounds.

After, everyone came into the church to make paper aeroplanes, and to fly them from the balcony down the length of the church. Much laughter ensued as aeroplanes flew anywhere but where intended. However, there were several that managed to pass the font, and the overall winner was Steve. We also had a few heads wearing golden crowns to add to the occasion, and the church was beautifully decorated with flowers in red, white and blue together with wild flowers to reflect the sovereign's interest in the environment. Thank you to all who came.



Organised by Friends of St. Mary's, Gislingham







CELEBRATING THE CORONATION BANK HOLIDAY WEEKEND IN THORNHAM

The residents of Thornham started the Coronation Bank Holiday weekend, by watching the Coronation ceremony in the village hall together via a live stream. with coffee and cake on Saturday. Sunday saw our big village lunch and we had some beautiful wooden games indoors and then shared a picnic.

Sylvie and her team had practiced the handbells and played us a number of fabulous pieces including Greensleeves, Rule Britannia, Oranges and Lemons and of course God save the King. Everyone brought desserts to share and Beth made us the spectacular crown cake! Joe and Jennifer kindly treated us to some sparkly for a toast to the King. The sun shone and it was a fabulous afternoon of community and fun.

Bank holiday Monday saw us taking part in the Big Help Out and James and Sylvie organised jobs for us to do at Thornham Magna church. Thank you to all our willing volunteers! We are very privileged to have such wonderful facilities at our village hall and to have had such an amazing weekend together. God save the King!

Kate Fogg








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Gislingham Village Hall	Wednesdays	10:15 a.m.
Westhorpe Village Hall	Wednesdays	12:15 p.m.

TOTAL FITNESS (45 mins):

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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TRIED & TESTED RECIPES by Debbie



SUN-DRIED TOMATO, BASIL, AND PARMESAN MUFFINS

The perfect savoury muffins with sundried tomatoes, basil, and parmesan.



Ingredients:

- 85g jar of sun-dried tomatoes in oil
- 4 tablespoons fresh basil
- 300g plain flour
- 4 tsp baking powder
- ¼ tsp freshly ground black pepper
- 85g fresh parmesan cheese (not grated)
- 85g butter
- 250ml milk
- 2 eggs









Instructions:

- Preheat the oven to 200c
- Lightly spray the cups of a muffin pan with vegetable oil. Drain the tomatoes on absorbent kitchen paper. Chop the tomatoes and basil. Set aside.
- Combine the flour, baking powder and pepper in a bowl then stir in the tomatoes and basil. Grate the parmesan and add to the bowl. Stir to mix.
- Melt the butter in a large bowl in the microwave for 40-50 seconds.
- Whisk the butter, milk and eggs in a small bowl; stir gently into the flour mixture. Do not over stir.
- Spoon the mixture into a prepared Muffin pan. Bake for 20-25 minutes or until risen and golden brown. Cool for 5 minutes then serve warm.

Notes:

These can be frozen and warmed in the oven when needed for about 10-15 minutes. Wrapped up individually in foil.

COCOA MAMA GIFT & CHOCOLATE SHOP

When Eye businesswoman, Helen Fraser, moved to Suffolk from South West London in 1992, her plans were straightforward. Raise a family, renovate a period property and continue to climb the slippery ladder of media, as a rising television presenter and writer. Plans though… aren't always so obliging as to go as intended.

Helen's chosen career was as a writer. She had worked her way into the speedy world of Motoring Journalism. Writing for glossy magazines and broadsheets, she also presented on BBC Top Gear. She found the work immensely enjoyable, and was lucky to travel the globe, driving cars and dining in exotic locations. Her tests included the 'ugly' Ferrari Enzo, the 'ridiculously impractical' Renault Espace F1, even a 'vast' Lamborghini tractor.

However, in 2008, with two young children and a half renovated Georgian home, she and her then husband also a journalist, found themselves struggling for commissions in a deepening economic crisis. Her editors faced redundancies, magazines were closing and increasingly jobs involved long distance travel. Helen decided to look closer to home for a career to keep her near to her children. After passing a Diploma in Cookery with distinction at Norwich College, she put her knowledge and experience of fine dining to the test… as a Chocolatier.

'It sounds random, but it made sense at the time. I loved cookery, I needed to work from home, I had a ten- and eight-year-old who loved the idea, and we were in the deepest recession since World War II…. What could be better than chocolate?!' says Helen.

Helen began experimenting with chocolate in her kitchen… different grades, flavours and designs.

'I was lucky to meet Jean-Pierre Wybauw on my travels. He was an ambassador for the big chocolate processing companies, an experienced chocolatier, and an amazing instructor known around the world as 'Mr Chocolate'.

With a selection of her own handmade truffles and chocolate bars, and a nod towards Suffolk produce (cream, butter, apples, chillies, lavender) for flavours… Helen and her 11-year-old daughter attended farmers markets. 'It proved so popular, I thought this could be a business… this could pay the bills!'

'It was at a time when chocolate in the UK was sweet and bland… Milk Tray … Black Magic… British consumers were just beginning to find an appetite for dark chocolate. The founders of Green & Black had started importing to the UK, bringing the first batches here in a suitcase! I felt that chocolate was due new recognition in the UK. There were some exciting developments all over the world with chocolate… why not Eye, Suffolk?!'



In 2011, Helen opened Cocoa Mama Chocolaterie in Eye… a place for coffee, cakes, light lunches and of course, her chocolates. It quickly became the place to visit in town.

By now Cocoa Mama had a great reputation for fresh handmade chocolates. Helen had learnt to create unique recipes blending red wine with dark chocolate, infusing rosemary into caramel, and layering blackcurrant gel with a white chocolate ganache.



Two years later, The Tilting Sky Gift Shop moved into the same building, so that staff from both shops could support each other, and customers could enjoy both delights under one roof. The future looked bright. Indeed, the future looked colourful. Helen had just begun experimenting with natural cocoa butter colours to decorate her chocolates, a swish of blue, a dash of red, this was just the beginning of another new chapter.



After a number of family traumas, by the time Covid hit in 2020 Helen was divorced and faced another challenge; how to keep a high street business going through a lockdown. Helen looked to go online. 'I had a new partner, Guy, who offered to roll his sleeves up and get involved. While he developed chocolate making skills, I put together images and we launched a website. It was support I'd never experienced, and we were soon making chocolates together and driving all over Suffolk delivering to customers. That smile and a wave on doorsteps with a box of chocolates was a joy to give.'

When things began to open-up again, Helen & Guy decided first to get married, and then to begin a new chapter for the business as Cocoa Mama Gift & Chocolate shop.

'Now we have a cosy barn and sunny yard, where we serve coffee and cakes; we have chocolates and gifts in one shop we manage together, and at 3pm we lock the door and make fresh chocolates or dash to the post office with orders. Our focus is still very much on single estate couvertures, great balanced flavours and fresh ingredients; but as we are very much a gift shop with designer greetings cards, housewares, toiletries, and accessories, so the chocolates are aimed at the gift market. From our website customers can send our chocolates anywhere in the country with a personal greeting.' said Helen.



There's no doubt 2023 will bring a new set of challenges, but this little shop is a haven for the community whether it is a coffee and a quick chat or a card and a fabulous box of chocolates.

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THE MESSENGER ONLINE



The Messenger Facebook page which launched in February 2017, has become a valuable source of up-to-date and topical information about news and events in our villages. However, the Messenger also needed its own home on the web, for features, events and other information from the magazine online.

As a result, later that same year, we also launched the-messenger-online.com as the official website of The Messenger.

The Messenger website is now fully updated every month, on the weekend the print version is out for distribution.

The website is the place you can go to find key features from the magazine, and the updated diary. If you can't find your print copy of the Messenger, and you want to know what time that event starts, it will be on the website. And if an event has been cancelled, we'll be able to add this to the website, so you can check before you go.

Indeed, if you need the whole magazine for something, and your print copy has been eaten by the dog, you can download a pdf of the latest – and previous – copies from the website.

Some events during the year where we take lots of photographs but only a few can go (often in black and white) into the magazine – we will host the wider range of photos online in full glorious colour! We'll indicate in the magazine when we've done this.

So, get used to using the Messenger website.

You can find it at **http://the-messenger-online.com/**

Please continue to send notices and details of your events etc. to the editorial email address, in the normal way. They will then be featured not only in the magazine but also online, maximising exposure on both the internet and social media.

So, one way or another, you can keep up to date with what's happening online.

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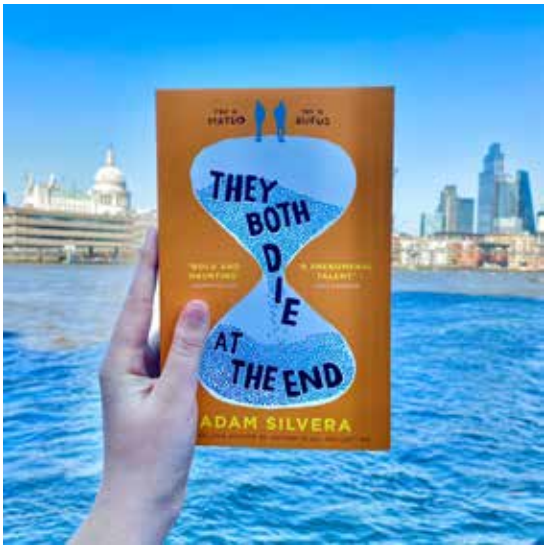


They Both Die at the End by Adam Silvera

★★★★★ 4/5

Hello Everyone, happy June!

This month I'm going to be reviewing a very different kind of book to any I have written about in the past. It's a YA novel by Adam Silvera published in 2017 and has been a huge hit amongst the bookstagram community.



They Both Die at the End follows the story of two teens, Mateo and Rufus, who both receive phone calls from Death-Cast, a national service that notifies people who have only 24 hours left to live. Joining an app called 'The Last Friend to find people to spend their last living day together', they meet up and have the time of their lives and making the most of their last moments.

"I wasted all those yesterdays and am completely out of tomorrows"

They must however be careful - they don't yet know their fate… every car, every person and every building could end up being the cause of their death… because one thing that Death Cast doesn't clarify, is quite how you'll end up dead. But one thing's for sure - Death-Cast has never been wrong before.

"But no matter what choices we make - solo or together - our finish line remains the same … No matter how we choose to live, we both die at the end."

Don't let the title fool you though - this isn't a book about death, it's a book about life and becoming the person you want to be without the fear and the holding back. The two boys met, they fell in love, and they lived their last day together - it was such a well-written and clever storyline and is unlike anything I've ever read before. I thoroughly enjoyed it and cannot wait to read the rest of Adam Silvera's novels too. He has since released a prequel to They Both Die at the End called The First to Die at the End, which I very much look forward to reading.

If you've read this, I would love to know what you thought too - you can find me over on my book blog on Instagram at @charlottes.bookblog where I post all of my reviews as they're written.

Happy reading!

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TERRAPIN NEWS



Just in case you missed it, on May 4th there were local elections and in Mid Suffolk, 34 councillors were elected, with 24 seats for the Green Party, six seats for Local Conservatives, and four for the Liberal Democrat.

These elections were also the first locally since The Elections Act 2022 introduced a requirement for voters to show photographic ID before being issued with a ballot paper in polling stations. All necessary data that the councils possess around the impact of the new legislation will be submitted to the Secretary of State and Electoral Commission.

The turn out in Gislingham Ward was: 42.8%, higher than the average across Mid Suffolk which was 37%.

As I was on my walkabout before the election I met several people, young and old who declared they were not going to vote. My thoughts then as they are now, are that this was the intention of introducing Photo ID at the ballot box, to suppress the vote selectively, to disenfranchise by default people of their right to vote, a right people had had to fight for.

At the time of writing this we are looking forward to the Council meeting on 22nd May when a new chair and leader will be elected and, following on from previous administrations, a cabinet will be appointed by the new council leader.

All newly elected councillors and returning councillors have had an Induction Day at Endeavour House, we were able to meet some of the 550 staff responsible for delivering the council's services, a lunch with the Senior Leadership Team and Corporate Managers, GDPR Training – Data Protection and Regulations and a presentation from the Chief Executive, Arthur Charvonia.

This presentation covered relationships between Councillors and Officers, our shared responsibilities towards our communities and the positive working relationship between Mid Suffolk District council and Suffolk County Council.

A key point, Ward Members or Councillors work in partnership with the Council's Officers, as a Ward Member I can advise on strategy but must respect the politically neutral and professional advice of the officers as to what is achievable. My role as a member is to represent my ward, in an honest and transparent way, to make sure their voice is heard. We member and officers will all be working together to shape sustainable economic and personal wellbeing in the best possible environment.

We have also had a Training Session on the Suffolk Code of Conduct as it applies to Councillors, Suffolk adheres to the Seven Principles of Public Life illustrated by the Report of the independent Committee on Standards in Public Life, "Leading in Practice" 2023 and first set out by Lord Nolan in 1995. They are Selflessness, Integrity, Objectivity, Accountability, Openness, Honesty and Leadership.

The Committee advises the Prime Minister on ethical standards across public life.

Like students facing a new term, there are challenges but we will meet them and in four years' time there will be the opportunity to once more exercise your democratic right to judge our performance and select a new council.

In the meanwhile, thank you for your support.

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

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Did you know that National Grid still wants to put 50-metre-high pylons through our parish?

The pylons are planned between Norwich and Tilbury, across Norfolk, Suffolk and Essex. They call the project 'East Anglia GREEN'. It is not green! Birds die in strikes with power lines and trees, hedges and woodlands will have to be torn up to make way for the metal monstrosities.

Our campaign is for an integrated offshore grid instead of pylons. A study by National Grid ESO has shown that an offshore grid for the East of England would save £2bn. It would reduce overall infrastructure by 50%, thus being better for the environment. And it would save communities and countryside like ours, while also preventing bird deaths from power line strikes and huge habitat loss along the route.

What can YOU do about it?

- **Keep up to date with the campaign against the pylons visiting www.pylonseastanglia.co.uk.**
- **Go to CONTACT and sign-up to receive emails about this fast-moving campaign**
- **Please sign the petition while you are there!**
- **Email your MP and say we need an offshore grid**

Help us to save East Anglia's countryside, big skies and heritage.
Go to www.pylonseastanglia.co.uk NOW! Email pylons@mail.com with questions.

Thank you! On behalf of Essex, Suffolk Norfolk Pylons action group.

Jason Davies, Gislingham Representative
Contact details: 07485 160201 Email: Jasondavies196@btinternet.com

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AL-KO EGO ECHO WEIBANG

FRIENDS OF ST MARY'S (FOSM)

On 2nd May, FOSM held their AGM in the church. It was attended by 17 people, most of whom were "Friends".

The chairman reported that 2022/23 had been a good year with membership remaining at 53. As a result of ongoing fundraising activities FOSM had almost £19000 available for church repairs and maintenance.

Although the Flower Festival was the largest single fundraising event, the monthly book sales provided bedrock support aided by other minor fundraising activities. Significant funding over the year had been provided for replacing the floor in the bell tower that had rotted, installing a new Memorial Garden, and maintaining the church grounds. 2023/24 would see additional calls for funding to repair a Grade II Listed collapsing tomb, providing buildings insurance and church ground maintenance. The chairman concluded by asking members to spread the word about the need to maintain our oldest grandest building in the village.

Following the AGM Jean Archdeacon gave a very interesting short history of the body of the church and Chris Pitt talked about the chequered history of the bell tower. Alan Stanley (tower captain) concluded the evening with a fascination talk about the importance of bells in history and literature. Finally, Chris Pitt escorted a party of two intrepid villagers to the top of the tower to see the unique magnificent view of Gislingham.

Separately, FOSM supported the PCC in organising a Coronation Picnic in the church grounds on Sunday 7th May. The weather was kind and much fun was had, including a paper aeroplane flying competition inside the church. All participants were awarded a medal and the winning aeroplane designer and "pilot" was awarded a gift voucher. There was also a gift voucher for the best crown.

Many thanks were given to Ann Cottee and Mary Whatling for providing excellent refreshments for the event. As a finale, the curate, Debbie Nicholls led three cheers for the new King.



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TIP OFF, RIP OFF!

Beware of rogue "Green Energy" companies that continue to target Suffolk residents.

Their current tactic, aimed at those that have solar panels installed, 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.



These rogues change their ploys often to try and engage with residents. We have received reports of all the following methods:

- Informing the resident that their solar panel supplier has ceased trading and the panels installed may be dangerous.
- Advising the resident that new legislation requires them to have a device installed, and failure to install it would mean the emergency services would not attend if the solar panels caused a fire.
- Implying that they have taken over from the original supplier and are offering a “free health check”.
- Signing up residents to a "maintenance contracts", for as long as 20 years. In some instances, taking payment up-front for these contracts.

PREVENTION ADVICE

- Never sign on the spot and check the identity of the caller.
- Be wary of special offers or warnings about your home.
- Contact your original installer to confirm any information supplied about their current trading status.
- Never pay up front, and don't pay by cash. Pay with a cheque (which can be traced if necessary) or if the service or goods cost more than £100 then use a credit card as this offers extra protection.
- You have 14 days to cancel the agreement. If you cancel, any monies that you have paid should be returned to you.
- The trader must give you a written notice of your cancellation rights when you agree the contract. If the trader doesn't provide you with this information, they commit a criminal offence. The trader can only carry out work within this cancellation period if you have given your agreement in writing. Do not feel pressured into signing a document allowing the installation to be undertaken immediately.

If you have been contacted by a company that you have concerns about, contact Citizens Advice Consumer Service 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. This children's TV programme was first transmitted in 1952 and featured the characters, Bill and Ben.
2. Where according to tradition was Sir Francis Drake playing bowls when he was warned of the impending invasion by the Spanish Armada?
3. Who played Private Pike in the TV comedy, Dad's Army?
4. Which fictional detective did Dashiell Hammett create?
5. What name is given to the process by which the world's atmosphere is becoming continually warmer?
6. What was the name of the educated character in Cluedo?
7. At the age of 19, she topped the UK Singles Chart for four weeks with her debut single "Wuthering Heights"
8. What is the Japanese Art of Bonsai concerned with?
9. What song did Windsor Davies and Don Estelle have a 1975 UK number-one single with?
10. What is the connection?

Answers appear on page 55.

SUDOKU CHALLENGE

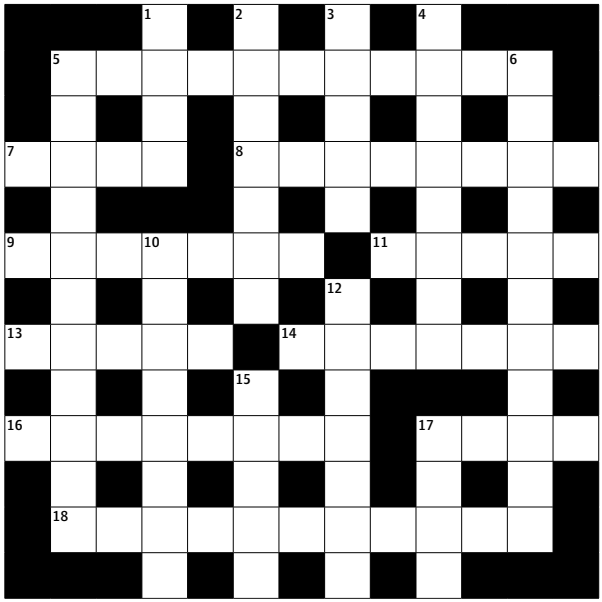
4	3		5	8			6	
7						3		
		5		3				
					7		5	
8				4				2
	9		3					
				9		6		
		1						8
	8			5	6		3	1

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

Last issue solution

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

CROSSWORD CHALLENGE



Across

5 Foreboding (11)
7 That won't happen! (2,2)
8 Runaway (8)
9 Puzzle (7)
11 Exceedingly (5)
13 You pay one when you call (5)
14 Wake-up time (7)
16 Decisive factor (8)
17 Take a dip (4)
18 Kind (4-7)

Down

1 Actors Goldblum or Bridges? (4)
2 Garden blazer? (7)
3 Door opener (and closer) (5)
4 Skiers take aim in this event (8)
5 Tree with furry catkins (5,6)
6 Incessant (5-6)
10 It may be golden, eternal or found around Bermuda (8)
12 Periodical devoted to a particular subject (7)
15 Fool (informal) (5)
17 Things We ___ Today (1964 Beatles song) (4)

Last issue solution

M	I	S	T	R	A	N	S	L	A	T	E	D
O	■	P	■	E	■	O	■	I	■	O	■	R
D	A	I	■	V	I	G	I	L	A	N	C	E
E	■	N	■	I	■	G	■	T	■	G	■	S
L	O	N	G	S	U	I	T	■	C	U	R	D
■	■	I	■	I	■	N	■	B	■	E	■	E
W	I	N	D	O	W	■	P	E	C	T	I	N
A	■	G	■	N	■	H	■	A	■	W	■	■
R	A	J	A	■	Y	E	A	R	L	I	N	G
S	■	E	■	M	■	R	■	S	■	S	■	R
H	O	N	K	Y	T	O	N	K	■	T	E	A
I	■	N	■	T	■	I	■	I	■	E	■	V
P	S	Y	C	H	I	C	E	N	E	R	G	Y

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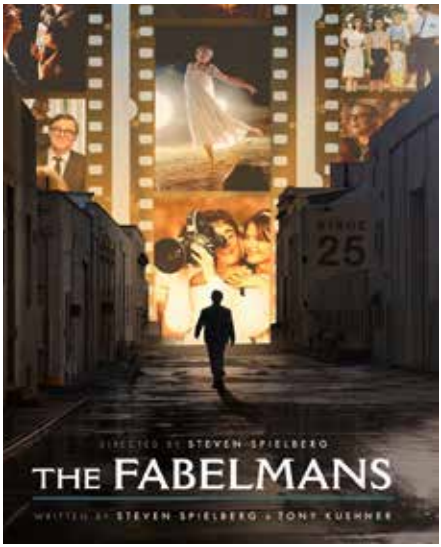
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NOTICES

GISLINGHAM'S MEDIEVAL GUILD OF ST JOHN THE BAPTIST



Until the Reformation, when church guilds were abolished, Gislingham had a Guild dedicated to St John the Baptist. Church guilds were something between a lay religious society, a mutual aid group, and a social club.

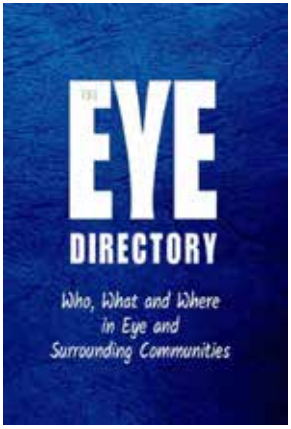
A highlight of the guild's year in Gislingham would have been the feast day of St John the Baptist (on 24th June) when they would have had a Communion service in church, followed by a party back at their guildhall.

This year, for one night only, we are going to re-establish the medieval guild: there will be a service in church at 7.00pm on 24th June, followed by refreshments back at The Old Guildhall.

Everyone is very welcome!

Alan Harding

THE EYE DIRECTORY



"The Eye-to-Eye Directory contains details of over 100 clubs, societies, and other voluntary organisations that serve our local communities. When it was last published in 2020, it was hand delivered to every household in Gislingham, Mellis, and Thornham.

Since then, there has been a significant number of changes that are reflected in a new edition that is available digitally. Local residents can obtain a copy via email at: E2EDIRECTORY@GMAIL.COM.

If you would like to receive "What's On" alerts by email, you may like to subscribe free of charge to Eye-to-Eye. To do this, email your name and postcode to:
JOIN-EYE-TO-EYE@OUTLOOK.COM

Answers to the Connection Quiz on page 52.
1. Flower Pot Men, 2. Plymouth Hoe, 3. Ian Lavender, 4. Sam Spade, 5. Greenhouse Effect, 6. Professor Plum, 7. Kate Bush, 8. Dwarf Tree Cultivation , 9. Whispering Grass, 10. The connection is: Gardening.

SOUTH HARTISMERE BENEFICE



'CALLED TO SERVE'

I am writing to you following a joyous weekend of Coronation celebrations, when I enjoyed being part of some of our wonderful community lunches and teas. This month I am reflecting on the theme of the Coronation Service, 'Called to Serve'.

Almost a year ago we were celebrating together in our communities for the Queen's Platinum Jubilee, and reflecting on her extraordinary service during the 70 years of her reign. King Charles has a hard act to follow, and his Coronation has raised questions about the role of the monarchy in modern day Britain; but whatever our personal views may be, he has been called to serve the nation, whether we are of various faiths or none, and he is there to represent us in all of our diversity.

We don't yet know what sort of king Charles will be, but we do know about his care for the environment, and concern for young people, giving them hope and purpose.

As Prince of Wales, he has engaged in a number of initiatives to protect the planet, most recently standing as a key figure during COP26. In 1976 he used his Navy severance pay of £7,400 to set up the Prince's Trust, which has helped 1,000,000 young people to date and supports more and more each day.

A special moment for me in the Coronation Service was when the king, dressed in plain shirt and trousers, knelt at the altar after being anointed – a humble acknowledgement of his call to serve, based on the example of Jesus, and his declaration at the start of the service:

In his name, and after his example, I come not to be served but to serve'

Our churches are called to serve one another and our communities with humility, compassion and kindness, and we strive to respond to human need by loving service. The greatest impact comes when we see church and community organisations working together to help others. Every time we seek to do something good, every time we help someone find dignity, purpose, and hope for the future, we too, are following the example of Jesus, the King of Kings, and those monarchs through the ages, like our Queen, and now King Charles, who take seriously their call to serve. In our churches, we give thanks for all those who volunteer in many different ways for the benefit of our communities, and this is our prayer for you today:

Living God, you bring us together in community, and teach us to love one another as you have loved us. May we be beacons of your light in the communities in which we are set, that through truth, justice and action we may see your kingdom come upon the earth, in Jesus Christ our Lord. Amen.

Blessings, Julia

From the Parishes, January – April 2023

In Loving Memory: Joyce Youngman, Mellis; Johnny Marland, Gislingham

Congratulations: to John Hattam and Lydia McCarthy on their wedding at Mellis

For services held in church and online

JUNE 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	Gislingham	10.30AM	Worship for All
Sunday 4th June	Thorndon	10.30am	Holy Communion
Trinity Sunday			
Saturday 10th June	Mellis	10-12 noon	CONNECT *with cake & company*
WEEK 2	Mellis	10.30am	Holy Communion
Sunday 11th June	Stoke Ash	3.30pm	Coronation Songs of Praise
1st Sunday after Trinity			
WEEK 3	Thornham Parva	10.30am	Worship for All
Sunday 18th June	Gislingham	10.30am	Holy Communion
2nd Sunday after Trinity	Thorndon	10.30am	Worship for All
Saturday 24th June	Gislingham	7.00pm	Holy Communion in celebration of St John the Baptist's Day *- with refreshments afterwards at The Old Guildhall*
WEEK 4			
Sunday 25th June	Yaxley	10.30am	Holy Communion
3rd Sunday after Trinity	Wetheringsett	10.30am	Holy Communion
	Thornham Magna	10.30am	Worship for All



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 13:25.

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 15 June, 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
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