The Messenger



Issue 135
March
2023

Serving Gislingham, Mellis and the Thornhams

WINNER
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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**

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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 – March 2023

Spring is on the way! The lighter months are on their way and freezing temperatures are hopefully a thing of the past and we can start turning the heating off.

Springtime also signals the Gislingham Litter Pick and Martyn Bryant and the Mendlesham Scout troop have stepped forward to organise the event this year. Although Martyn has already enlisted the help of six scouts more volunteers will be needed on the day to help cover all the streets in the village. (More details can be found on page 34).

In Mellis, the Parish Council has provided an update on the 'Newsteads' land area (page 13). The PC welcomes comments from local residents on the subject. Also, the popular Farmers Market is returning to the village hall after a 3 month sabbatical. (Page 16).

We like to feature at least one 'human interest' story each issue and this month is no exception – Amanda Kemp, Emma Harrison and Gemma Atkins will be taking part in the MacMillan Mighty Hike on May 20th. But before their big day, they are organising three very different fund-raising events; (details can be found on page 11) and once again your support would be much appreciated for this worthy cause.

When I am looking for inspiration to write this page, I often look back on previous years to see what I wrote at a similar time of year. So being lazy, I thought I could copy and paste what I wrote in my April 2020 column: "Normally, at this time of year, I am introducing an edition packed with details of all the local events organised for our enjoyment. Unfortunately, 2020 is not a normal year! Sadly, due to the current medical emergency, most events have been cancelled."

At the time of going to press in March 2020, news was breaking about a worldwide pandemic. None of us knew what was to come and, as usual, I hadn't a clue what to write!

So here we are 2 years later, undoubtedly battle scarred by the events of 2020/21, but most of us have come out of the other side. I think we can all be proud of how we have handled a very difficult situation but many local groups and organisations are still trying to "bounce back" and they need our support again, as we supported them prior to 2020!

Gislingham Variety Club is a prime example! Always a great source of entertainment for the audiences and a popular social club for cast members. Tickets have gone on sale for their Spring production: "Sherlock Holmes – The Panto". (Details can be found on page 27.) I am sure you will enjoy the evening and it may even inspire you to join the GVC for a future production. This is just one example. As you will see in this issue, there are a vast variety of events planned in March. They all need your support!

Until next month!



Jeff Norman, Editor e) themessengereditorial@gmail.com

Cover artwork: taken in Major Lane, Thornham.

DIARY & LOCAL EVENTS



Saturday 4th March: Book Sale, Coffee & Cakes
- Gislingham Village Hall: 10.00am – 12 noon
- Homemade cakes & refreshments etc.

Saturdays 4th, 11th, 18th and 25th March: Cannicross
- Mellis Memorial Hall: 7.30am for approx. 1 hour. – See page 41 for details.

Saturday 11th March: Tabletop & Yard sale trail
- Mellis Memorial Hall: Doors open at 10.00am – 12 noon
- See page 16 for details

Sunday 12th March: Gislingham Spring Litter Pick
- Gislingham Village Hall. 10.00am. - See page 34 for details

Tuesday 14th March: Coffee morning in aid of Marie Curie Nurses
- Gislingham Village Hall: 10.30 – 12.00

Wednesday 15th March: Gislingham WI - Rushanne Young - Craft evening.
- Gislingham Village Hall: 7.30pm

Friday 17th March: Thornhams Film Night – 'Top Gun Maverick'
- Thornham Magna Village Hall: 7.30pm – See page 31 for details

Saturday 18th March: Farmers Market
- Mellis Memorial Hall: 9.00am – 12 noon. - See page 16 for details

Saturday 18th March: Quiz Night
- Gislingham Village Hall: 7.00pm – TICKETS ON SALE NOW!
- See page 18 for details

Friday 24th March: Eye Film Club – 'The Railway Children Return'
- Eye Community Centre: 7.30pm - See page 58 for details

Saturday 25th March: Beetle Drive
- Thornham Magna Village Hall: 7.30pm – See page 22 for details

Saturday 25th March: Book Sale, Coffee & Cakes
- Gislingham Village Hall: 10.00am – 12 noon
- Homemade cakes & refreshments etc.

Thurs 30th March, Fri 31st March & Sat. 1st April: 'Sherlock Holmes – The Panto'
- Gislingham Village Hall: 7.30pm – TICKETS ON SALE NOW!
- See page 27 for details

Friday 31st March: Booze & Brushes Fun Art Workshop
- Thornham Magna Village Hall: 7.00pm – See page 22 for details

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

Our next issue is April 2023. The "What's On" Diary deadline is: Friday 17th February

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. Wednesdays 10.00am and 11.00am
Michelle Stanley-Morgan 07572 500465

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

If you would like to submit a regular group or club for inclusion, please send to: themessengereditorial@gmail.com

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QUEEN'S COPSE

On Wednesday 8th February, Thornham Walks teamed up with pupils from Gislingham Primary School to plant 350 trees in a new woodland plantation on the Thornham Estate. The trees were obtained from the Woodland Trust, who are giving free trees to communities and schools in their drive to get millions of trees planted and assist the UK in reaching its 2050 carbon net-zero target.





Last year, we obtained a special license to fell and clear a diseased and dying ash plantation located a short distance north of the Walled Garden. The trees had sadly succumbed to a fungal disease known as 'ash dieback'. The fungus was first discovered about 30 years ago, but ash dieback was only officially first recorded in 2012. Since then, it has spread from the south-east across most of the UK. In Asia, the native ash trees are resistant to the fungus and don't die off, however, in Europe, where our trees have no natural defence, the impact on our native ash trees has been catastrophic.

The new plantation is named Queen's Copse, in memory of Queen Elisabeth II, who died in 2022 and was Britain's longest-serving monarch. The plantation is accessed from a permissive footpath and will be open to the public in early summer, with plans to extend the surfaced footpath so that users of all abilities and can access and enjoy the plantation.

A team of volunteers were on hand to help the children with the planting, and hard-working teachers ferried the classes between the school and the Walks. It was a frosty start, but the sun shone, and the children enjoyed a welcome cup of hot chocolate when they had finished! A great day was had by all, and we look forward to the children returning to watch their woodland mature and grow.

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GISLINGHAM PARISH COUNCIL NOTES



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

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.

RUNNING TRACK AT GISLINGHAM PRIMARY SCHOOL

The Parish Council, in partnership with Mid Suffolk District Council, contributed £4,595.00 from CIL Monies towards the newly installed Running Track.

PLAYGROUND ON CHARITY MEADOW

The resurfacing has now been completed. Also new play equipment has been installed in the Under 6 area. CIL Monies were used which amounted to £36,868.80.

THE WATSON BOWL & VOLUNTEER OF THE YEAR FOR 2022

This will be announced at the Annual Village Meeting in May, the exact date has yet to be confirmed. Please send your nominations with a brief reason for your recommendation to the Parish Clerk at clerk@gislinghamparishcouncil.com.

GRANTS & DONATIONS

These will be considered at the Parish Council Meeting on Monday 20th March.

To apply please email the Parish Clerk at clerk@gislinghamparishcouncil.com

For further details please refer to the link to the Policy

https://gislinghamparishcouncil.com/assets/Uploads/Grants-and-Donations-Policy2.pdf

LITTER PICK

Martyn Bryant and the 1st Mendlesham Scouts have kindly stepped in and agreed to lead on the Gislingham Litter Pick. The Litter Pick will take place on Sunday 12th March meeting at the Village Hall at 10am. For further details Martyn can be contacted on 01379 788998 or 07900147912.

ELECTIONS ARE TAKING PLACE ON THURSDAY 4TH MAY 2023

If you are interested in becoming a Parish Councillor, please contact the Parish Clerk for details at clerk@gislinghamparishcouncil.com.

Julie Bell, Chair, Gislingham Parish Council



G.C.COBBOLD

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AMANDA, EMMA & GEMMA – FUNDRAISING FOR MACMILLAN



During a cold January morning jog along Burgate Road, when promises of resolutions, healthy habits and motivation were high we decided to go for it and join up to one of the MacMillan Mighty Hike marathon challenges!

Unfortunately, cancer and the support from charities such as MacMillan are close to home for many of us; and we wanted to help raise much needed funds to support their work whilst also setting ourselves a challenge.

So here we are, Amanda Kemp, Emma Harrison and Gemma Atkins, walking 26 miles along the Norfolk coast on 20th May 2023. We are arranging some fundraisers to help raise money if you would like to come along?

- **Charity Netball match**
  - £3 per person Gislingham School playground
  - Sat 25th March 9.45am - 11.00am
  - Contact Emma (07779 015562) if you would like to come.
- **Fitness Class run by Emma Collins of EMC fitness**
  - £5 class, (£7.50 for class + refreshments).
  - Sat 22nd April 9.45-10.45 9.30 for 9.45 start
  - The Chalet, Lodge Farm, Walsham Road, Finningham. IP14 4JQ
  - Contact Gemma (07894 810761) if you would like to come.
- **Coffee morning Gislingham Village Hall**
  - Tuesday 25th April 10-30 -12 noon.
  - Contact Amanda (07985 125140) if you would like to donate a cake or a raffle prize.

If you would like further information, please contact us or look at our just giving fundraising www.justgiving.com/team/Macmillan26miles

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MELLIS PARISH COUNCIL NOTES

Mellis 'Newsteads' (area to the left of the Mellis Telephone Exchange, bordered by the school and the road) Land Update – *January 2023*



Well, this is not quite the progress I thought we could make, but then there's always something to consider before taking action. After all, what do they say when attempting D.I.Y.? Measure 3 times, cut once!

As you may know, we had already done an initial clear of the land – pretty well much all of it was dead or suffering from a complete lack of maintenance for a number of years – and it needed drastic 'tidying up', well, clearing, actually.

The Parish Council thought that was it and assumed we could then start sourcing free plants from various sources and implement planting.

However, a chance discussion led to two further meetings at the ground – one with the Biodiversity Office for Mid-Suffolk and the other with Suffolk Wildlife Trust. Both had really interesting takes on how we could use the land and what its current problems are, which led to a re-assessment of what we had cleared so far and what additional action would be needed before we plant.

Together with this further information and help from Mike Hubbard and Nick Bobby, local tree surgeon (whose children went to Mellis School), councillors Alan Cross and Ghed Paterson and other interested parishioners, it seems that the best way forward is to fell the ash trees, which are already showing signs of ash dieback, and some of the self-sown sycamores that are leaning precariously over the ditch towards the road.

If this pre-emptive action is not taken now much of the planned new planting would be damaged when we have to do remedial action in just a few years' time.

We will also take this opportunity to clear the ditches, which have also not been touched for many years.

We are planning for the long-term future of this piece of land, but it is still disappointing that we had not realised that racing to plant (we had planned digging in new plants during Oct/Nov 2022) would not help the long-term nature of the project.

So, we welcome comments regarding the planting – feel free to send them to Mellis Parish Council, where they will be discussed at council - mellisparishcouncil@gmail.com

The Parish Council is still light on councillors – we have vacancies for 3, which could give us more flexibility when councillors on holiday.

Lawrie Read
Chair, Mellis Council



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IN YOUR GARDEN - RAISED BEDS



I went down the route of raised beds several years ago mainly because the soil in my garden is poor and my best efforts at trying to improve it by digging in bulky quantities of manure and compost especially in the area devoted to vegetable growing seemed to have negligible results.

I became a convert to raised bed cultivation after seeing the outstanding results a gardening friend achieved by installing raised beds having switched from the traditional flatbed growing. After my first year with raised beds not only has the growing results been impressive - despite last summer's excessive weather conditions but the many advantages of ease of access, planting, weeding and much less work to maintain than open soil.

Another big advantage of raised beds is they allow you to grow your vegetables almost anywhere. They are ideal for paved areas, sunny patios and especially gardens of newly-built houses where the soil is very substandard and often full of half buried builders' rubble!

You can build your own raised beds from self-assembly kits available on line or at garden centres that can be put together in a very short time. Alternatively, you can create your own from inexpensive materials if you have basic DIY skills. You do need to be careful, however because certain materials including some treated wood may be toxic to plants. It is best to check if you are not sure. You Tube features instructional information on how to build raised beds making the whole process relatively easy. The beds can be almost any length but ideally be no wider than around 1.2m (4ft) so that you can reach across them comfortably without standing on the soil.

I plumped for a depth of around 30cm (1ft) sufficient to let the roots of the veg plants grow freely. However, if you go deeper, the soil will hold more moisture cutting down the amount of watering frequency.

Another tip I found advantageous was the higher the sides of the beds meant less leaning over when tending the crops – a big plus for my dodgy back or if you have limited mobility.

It is important to choose an open and sunny spot for your raised beds and making sure they can be easily reached from a water supply such as buts or a hose as you will have to water very regularly in the summer months.

Before filling the beds, you will need to carry out ground preparation by removing all weeds and levelling the site making sure you loosen the soil with a garden fork to aerate and improve drainage.

My beds are placed on paving, so I positioned a membrane with drainage holes to allow excess water to escape because plants will rot and die in waterlogged soil. When it comes to filling the beds, avoid using your garden soil as it will certainly contain weed seeds and harbour soil-borne pests and diseases.

I have been experimenting with different fills and last summer used a peat-free multi-purpose compost made from composted bark, coir and wood chips obtained from a local garden centre. Whilst the crops flourished fairly well, they weren't as prolific as I wished.

This year, I have supplemented the fill with a heavier soil-based compost incorporating coarse sand, composted organic material and fertilizer which doesn't break down over time like multi-purpose compost. Most importantly, I will be strictly observing the gardener's maxim "feed the soil and your plants will feed you."

Lawrence Thompson

TABLE TOP & YARD SALE

In Mellis village hall and Yard sale trail around the village



Saturday 11th March 10.00 – 12 noon

Sellers - £5 per table in hall or Yard on map

To book a table or to include your yard/garage on the sale map

Call 01379 783449 0r Email: bookmellishall@gmail.com

Buyers – Entry & Map £1. Refreshments available.

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MELLIS FARMERS MARKET

MELLIS MEMORIAL HALL
18th March 2023
9.00am - 12 noon

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

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

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

(Please note stalls can vary between markets)



NEWS FROM MELLIS MEMORIAL HALL



Thank you to all who came and supported the quiz on the 28th January. Over £300 was raised towards the running costs of the hall and an extremely fun evening was enjoyed by all. Please support the village hall and its events. Any suggestions for future events very welcome. Together let's ensure we can continue to enjoy this great village facility.

FUTURE EVENTS

Saturday 11th March: Tabletop and Yard Sale - time for a spring clear-out!
Hire a table in the hall or set up a sale in your yard and sell items no longer needed. Book a table or to get your yard on the map by Tuesday 7th March or come along on Saturday 11th for a browse and pick up a bargain.

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

6/7/8th May: Coronation celebrations - Details in April issue

3rd & 4th June: Mellis Open Gardens weekend event – Details to follow

You can support the hall when you shop online and it won't cost you a penny. Register with easyfundraising.org.uk. It's easy and completely free. Every donation you raise makes a difference so sign up today.

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

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

Please join our email group friendsofmellishall@gmail.com. Sign up to hear about events, offer support by buying a coffee, making a cake, printing a poster or helping in a small way. No meetings, No committees, No commitment.





SATURDAY 18TH MARCH 2023

QUIZ NIGHT

AT GISLINGHAM VILLAGE HALL

£10.00 PER TICKET WHICH INCLUDES
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NEWS FROM GISLINGHAM VILLAGE HALL

CARPET BOWLS CLUB

The Carpet Bowls sessions have been running successfully for the last 20 weeks achieving an average of 16 people attending each week. It has been so successful that we have had to purchase a second set of equipment and extend the length of the session.

The level of interest has exceeded our expectations! It is great because it has given people in the village another activity for them to go to.

As the participants explained 'It's very relaxing and a lot of fun!' and 'It's a great way of meeting people'.

Anyone interested in trying it out simply turn up on Mondays at 2.15pm - the cost is £3.00 per session.



Pictured above right are some of the participants with the coach, Malcolm Bailey.

FUTURE EVENTS

Saturday 18th March 2023: Quiz Night
Entrance fee £10 to include a Ploughman's Supper. Bring your own drinks and glasses. Doors open at 7.00 pm.

Saturday 22nd April 2023: Race Night

Friday 20th May 2023: Quiz Night

Saturday 10th June 2023: Gisfest

The Hall is available for hire at a cost of £10 per hour, which includes 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

DID DRUIDS WORSHIP IN MUTFORD BIG WOOD BY STANDING STONES?

SUFFOLK MYSTERIES



In our September 2022 issue, we featured a number of 'Suffolk's mysterious stones' and the strange powers they embody. But here is another, at Mutford. It's a story that involves a lost ferret and is from an account given of a find in March 1870.



Mutford is a village and parish in East Suffolk. The village is 5 miles south-west of Lowestoft and 4 miles south-east of Beccles in a rural area. The parish borders Barnby, Carlton Colville, Gisleham, Rushmere, Henstead with Hulver Street, Ellough and North Cove. Mutford Big Wood, is situated half a mile north-east of the village church.

The Lowestoft-based Borderline Science Investigation Group shone a light on the mysterious Mutford Wood standing stones in its Lantern publication from 1982.

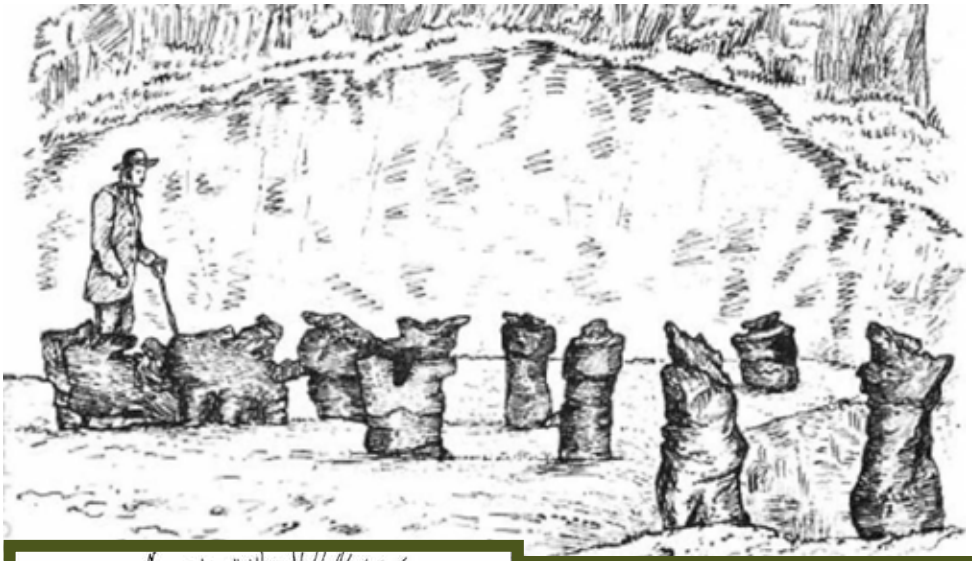


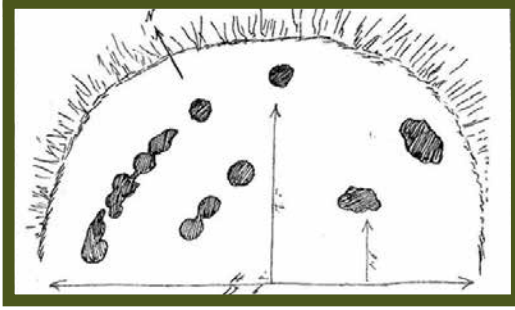
"In a small natural hollow on the south-west side of the wood, close by the road which runs from the parish of Carlton Colville to the village of Mutford, the Rev. W. H. Andrew's gamekeeper was digging for a lost ferret when he came upon some large stones of a peculiar shape, and they were subsequently excavated," it reads.

All the stones were found embedded perpendicularly in the post-tertiary formation of the district, their ends nearest the surface being about three feet below it, and all upon the same level.

"Some of the stones are not more than three feet in length, others nearly seven. The top-soil of the hollow was loam to the depth of about two-and-a-half feet; below this is the pure yellow sand, lying in horizontal strata.

"In the loam above the stones were found bits of (perhaps medieval) pottery, some bones of a young horse, and a small portion of apparently half-burnt bones, with a few small oyster shells."





Illustrations by H.K. Creed for Proceedings of the Suffolk Institute of Archaeology and Natural History, published in 1872.

Credit: Suffolk Institute of Archaeology and Natural History

The stones are believed by some to have occurred naturally while others believed the strange outcrop of rocks to have been deliberately placed. Creek references a visit from a "Professor Sedgewick" – possibly Adam Sedgwick, a Professor of Geology who lectured at Cambridge University – who visited the site in 1871.

"The sandstone composing them in horizontal strata, similar to that of the soft sand around. One of the stones is so like a small column, with a weatherworn capital, that it is difficult not to imagine it the crude work of human hands; and upon first entering the excavation the group singularly striking, reminding one of the (so-called) Druidical erections on a small scale."

In addition to being used as places of burial and ritual, standing stones have – throughout the ages – been connected to agricultural events, such as the summer solstice with many such stones aligned with the sun and the moon to form a kind of prehistoric calendar.

Regardless of whether the stones in Mutford Big Wood were placed by nature or human hand, what we do know is that there is no longer any sign of them. (Nor the ferret!)

Source material: East Anglian Daily Times.



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Friday 17th March: Thornhams Film Night – 'Top Gun Maverick'
7.30pm: Bookings at films@thornhams.org

Saturday 25th March: Beetle Drive
7.00pm: £10 a head to include "posh" fish finger sandwich. Licensed bar

Friday 31st March: Booze and Brushes fun art workshop
Subject Mad March Hare. Bookings at amandachurch562@gmail.com

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

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



FOCUS ON BUSINESS: DESIGNING THE MESSENGER



I am Jo Clifford, Creative Director of Cade Creative, and I have over 30 years' experience as a graphic designer and copywriter in the UK and Asia. Those years have delivered a roller coaster ride of creative satisfaction, deadline driven adrenalin rushes, professional pride and fascinating opportunities.

The latest of these 'opportunities' came in February 2022 when the Messenger's Editor offered me the 'chance' to volunteer as the publication's designer. Unfortunately, I couldn't think of an excuse quickly enough so I have been doing just that ever since.

But what qualified me for such a lofty position? Well, after studying graphic design at Suffolk College in Ipswich, I started work as a junior designer at Farming Press in Ipswich, which was, at that time part of United Newspapers. I moved on to various design and studio management roles in Suffolk and then London, before taking a sabbatical and heading off to Southeast Asia on a rather belated 'gap year' (at the age of thirty).

Having decided not to return to the UK and go back to my old studio management job, I chose to stay in Cambodia and teach English and Business Studies to mature students in the capital, Phnom Penh. However, despite my best efforts to avoid working in the design industry again, I ended up in a 'temporary' design role at a small advertising agency in Phnom Penh. This lasted 12 years and, ultimately, resulted in me buying the agency.



I've never shied away from a professional challenge and, as a result, I've been lucky enough to work on some truly inspiring projects, including the conception, scripting, producing and marketing of a 12-part reality TV series, many multi-media behaviour change projects for international NGOs, the planning and managing of multiple corporate events across South East Asia and the creation of many more traditional advertising campaigns. My international clients have included Guinness, TNT Express, Voice of America, Radio Free Asia, Dupont, Maruhan Japan Bank, FHI 360, Global Fund, BBC Media Action,GIZ and USAID.

Left: Poster advertising a reality TV Show funded by USAID.

Below: Airline branding for a client.





Image shows sponsorship of a team in the annual Water Festival dragon boat racing, organised for my client Voice of America.

Below: Corporate event organised for TNT



Below: A traditional 'blessing' dance at a corporate event



Since moving back to the UK in 2012 with my Cambodian husband and daughter, I have continued working as a graphic designer and, while there haven't been any more opportunities for reality TV making, there's still the Messenger to squeeze in between my paying work each month.

Below: A billboard advertisement for Guinness.



Below: Filing on location at the National Museum in Phnom Penh for a women's rights video.



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GISLINGHAM JUNIOR ROAD SAFETY OFFICERS (JRSO) UPDATE

Dear Messenger magazine readers, we, the Gislingham school junior road safety officers (Issy, James, Amelia and Alice) would love to update you about our work. In November we launched a poster competition to encourage safe and responsible driving around our school. We had nearly 100 entries and it was difficult to choose so we picked 5 winners and 5 runners up!

The winners were Lottie and Harley in reception, Bella year 2, Harper year 4, and Harriet year 6. The runners up were Dani in reception, Milo year 1, Frankie year 2, Ellie year 4 and Harper and Vianne year 6). Look out for the posters around the village and we hope it will have a positive impact, particularly at school pick up and drop off times.

Three of our class members in year six (Jake, Noah and Henry) even wrote their own road safety song and performed it during our recent road safety assembly!

We are planning 2 more traffic observations at school pick up and drop off times later in March. We will be designing our own thumbs up and thumbs down parking tickets. Anyone parking at the village hall will receive a gold star! We will also be working with our school Eco council to try to reduce idling the engine at these times as it is really polluting.

We are also encouraging the children who walk to school to wear bright clothes or high vis especially along Mill Street where there is no safe pavement.

We will be continuing our work with the fantastic Gislingham Community Speedwatch volunteers to do another speedwatch with them in the summer.

Ooh, and we'll keep you updated on more exciting competitions too!!! If you ever have any ideas, comments or concerns that you would like to talk to us about we would love to hear from you.

Stay safe, ***Issy, James, Amelia and Alice***



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Bookings films@thornhams.org

NATURE NOTES by Darrel Charles



Hello everyone, welcome back to Nature Notes!

Did you take part in the RSPB's Big Garden Birdwatch Survey? Aside from being a bit of fun, it is interesting to compare one's own results with those found nationally on the designated day. My own sightings were pretty much in accord with the national picture with one exception - a complete lack of House Sparrows on my part! That said, we do see the odd one from time to time, so they're not completely absent. When I submitted my results, well over 8 million birds had been counted - impressive!



As I write we're in the middle of another cold snap that serves as a reminder to put out feed for our feathered friends. Feeding the birds really makes a difference to their chances of survival in winter, especially the smaller ones that can have difficulty maintaining their body heat thorough the cold nights.

Now is a good time to be thinking about putting up nest boxes for the birds. These can of course be purchased from garden centres and the like but they're simple enough to make and a great way to get children involved in both nature and carpentry! Good ideas on building nest boxes and their placement can be found on the RSPB's web site, RSPB.org.

As a prelude to the spring flowers bursting onto the scene, we currently have Snowdrops and Winter Aconites to enjoy. The roadside by Thornham Walks is a local hotspot for Snowdrops, which is where I took the photo below. I came across the brilliant yellow Aconites in St Mary's churchyard. It'll soon be time for the Bluebell and Wild Garlic flowers to appear - something I'm looking forward to!





Last month we put a call out via the Messenger's Facebook site for photos of the natural world taken in and around our villages. I'm delighted to say that that many responded with some splendid photos. It would seem that a lot of these were taken by either dog walkers or joggers who are perhaps more motivated than the rest of us to leave the comfort of their homes and get out there! Here's a selection of some of the photos received.



Sunset Over Mellis Common by Carol Clark



Gislingham Sunrise by Barbara Cranfield





Spiders Web by Eddie Prior



Gislingham Sunset by Jo Pitt

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.



GISLINGHAM SPRING LITTER PICK

SUNDAY 12th MARCH

10am start – for approx 1 hour

Please meet at the village hall

Hi-viz, grabbers and bags provided

Refreshments supplied

Following the recent appeal by the Parish Council for volunteers to organise the Village Litter Pick, Mendlesham Scout Troop have stepped up to organise this event.

They are pleased to volunteer, as it will help to go towards their Challenge Badges.

We are asking for your continued support on the day, as the Scouts will not be able to cover all the areas to pick up the litter.

If you do require further information, please contact Martyn Bryant on 01379 788998/07900 147912.

GISLINGHAM PLAYGROUP NEWS



We have had a busy start to the new year welcoming new children and families. We have been busy celebrating the Chinese New Year and making Valentine gifts.

We have been on lovely walks around the village looking at the environment we live in.

We would like to thank the Parish Council for supporting us. We have purchased some new construction toys for outside play with the money they kindly donated to us.



Also we have been enjoying the new play equipment in the under 5 area on the charity meadow (Thanks, again, to the Parish Council).

Next half term we will be getting our garden ready for planting and looking forward to Easter.

Finally, we'd like to say a big thank you to the village shop for supporting us by selling our Christmas Hamper squares.

Playgroup Information can be found on our website or Facebook page.



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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Becky Cruickshank

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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.

Come and give them a try!

For more information contact Becky on
07734 414151
beckycruickshank@btinternet.com

TRIED & TESTED RECIPES by Debbie



EASY BEEF STROGANOFF

This is a speedy version of a classic beef stroganoff – Tender beef fillet in a rich sauce, serve with boiled plain rice. It is a very quick meal to make, although because of the meat, it can be quite an expensive dish to make.

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

Prep time: 15 mins.

Cooking time: approx. 25 mins.

Calories: 395.

Saturated fat: 10g



Ingredients for 4 people:

500g / 1lb 2oz beef fillet
2 shallots, peeled
1 clove garlic, peeled
4 tbsp vegetable oil
1 tbsp tomato puree
200ml / 7 fl oz ready-made beef stock
1 tbsp chopped flat-leaf parsley, to garnish
225g / 8oz button mushrooms
1 tbsp plain flour
150ml / 5fl oz sour cream
Salt & pepper

Method:

- Cut the beef fillet into thin slices, cutting across the grain.
- Finely chop the shallots and garlic. Slice the mushrooms.
- Heat half the oil in a frying pan over a high heat.
- Stir-fry the meat in 2 batches until browned. Remove from pan and set aside.
- Add the remaining oil, shallots and garlic to the pan. Cook for 2 minutes until the shallots begin to soften.
- Stir in mushrooms and cook for 5 minutes until soft.
- Stir in flour. Cook for 12 minutes, stirring constantly.
- Whisk in tomato puree and stock. Bring to the boil. Stir until thickened. Return the beef to the pan and cook until piping hot.
- Stir in sour cream, season, garnish and serve.

CIRCULAR WALK AROUND WETHERINGSETT CUM BROCKFORD



Distance: 4 miles / 6kms
OS Map: 211

You may recall we did a walk around Wetheringsett in the December issue of the Messenger. That route went south; however, this walk is in the opposite direction.





Park up as before, next to the village noticeboard, opposite the cemetery and walk to the start of this walk by the church.

One of the past rectors, Richard de Wetheringsett, was most famous and influential. He was also the first known Chancellor of Cambridge University.

Walk past the church, which will be on your right, and continue past the entrance to Wetheringsett Manor until you reach the bend in the road at the foot of Dale Farm.

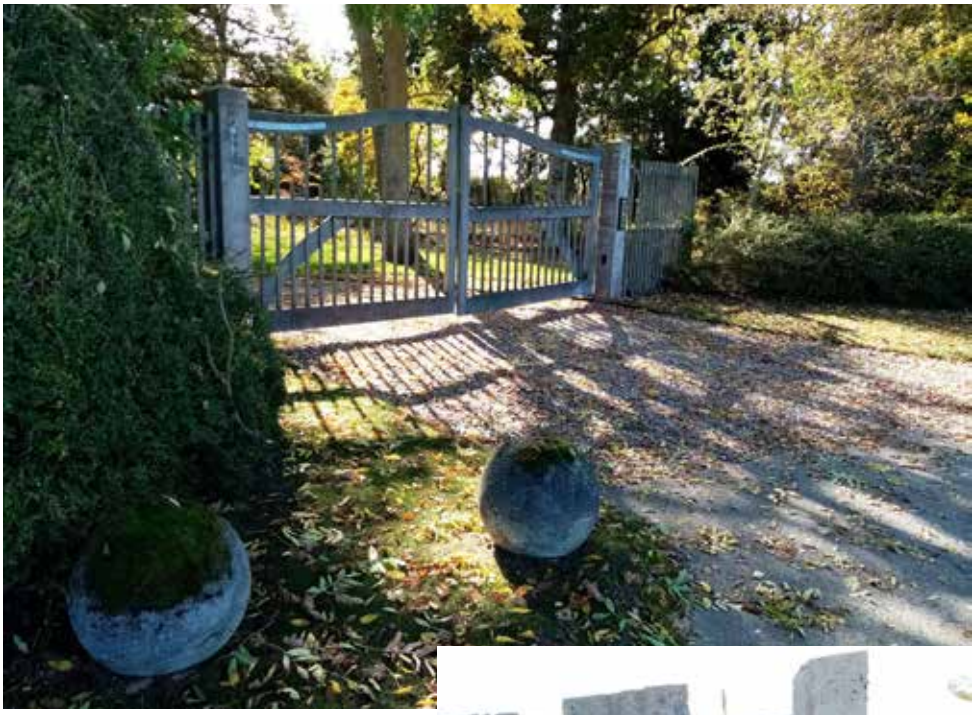
Carry on straight, with Dale Farm on your right, and bear right into Green Lane. Follow the tree lined road until it opens out with a field to your left. The road then ends and continues as a bridleway which is next to a house with stables and large paddocks on your right. At end of the paddock the path returns to a tree lined path.

Continue along Green Lane until you reach the road at Five Cross Ways. Turn right and walk for a short distance and turn right and continue along High Lane. Look towards your right to view the Mendlesham Mast.

Along High Lane there are several oak trees and at the time of walking we crunched our way over hundreds of fallen acorns. Look out for the white marker posts designating the area a 'Protected Roadside Nature Reserve.

At the crossroads, continue ahead. The lane curves to the to the left and will pass Brames Hall with the expansive entrance gate.

Brames Hall is a double moated farmhouse built in the 1950's. The name is derived from the original owners, the Braham's.





As the road bears right, you will see a WW2 bunker, possibly used for a searchlight or anti-aircraft gun as it is very close to several WW2 airfields. Continue on past Brames Hall Cottages.

After about 300 metres, take the footpath to your right. There is no Way Marker post, however, it is next to a telegraph pole and you can easily see the route of the well-defined footpath. Continue walking along this footpath, with deep ditches to your left. Ignore the footpath that goes to your left. Go over two wooden bridges. As you go down through the wooded path, Wetheringsett Manor is on your right.

As the path bears left at the end of the wooden fence cut through the gap between the fence and a wall and bear right into the churchyard. Follow the path around the church and exit at the small bridge and return to your starting point.

Martyn Bryant

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CHARLOTTE'S BOOK BLOG



Hi everyone! This month I will be reviewing one of the first books that I read during the Covid lockdowns of 2020, and one that also helped to spark my love for reading. This was actually a book that I had sat on my shelf for about a year until I actually picked it up to read as it's close to 600 pages, which to me at the time was huge and looked so overwhelming.



Told from the perspective of death itself, a character you come to respect and start to feel sorry for by the end, The Book Thief by Markus Zusak follows the story of Rosa and Hans Hubermann's adopted daughter, 14-year-old Liesel Meminger in the height of the world war in Germany.

By her brother's graveside, Liesel's life is changed when she picks up a single object, partially hidden in the snow. It is The Gravedigger's Handbook, left behind there by accident, and it is her first act of thievery.

Liesel however, can't read, but is determined to learn... sleeping days and nights in the basement with Hans learning how to. When eventually, she finds herself loving to read, and starts to "pick up" a few books from various different places, each one getting riskier by the day.

As war torn Germany starts to really suffer the effects of the second world war, Liesel and her best friend Rudy find themselves going on daily thieving trips, Liesel in it for the books, and Rudy in it for food. However, times become dangerous when Liesel's foster family decides to hide a Jew in their basement, which is precisely when Liesel's world is both opened up, and closed down.

This book was such an incredible read, and despite being fictional was so eye opening as to how the war affected those living in Germany. I have since also watched the 2013 film adaptation starring Geoffrey Rush, Emily Watson and Sophie Nélisse, which I found really interesting to see how they brought the characters to life. Although I may be slightly biased, I did prefer the book over the film - as a lot more happened and I felt I got to know the characters a lot better through the book than the film. However, it was a really good adaptation and I would still definitely recommend it to anyone who would be interested!

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

Happy Reading! x

CHARLOTTES.BOOKBLOG

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THANK YOU



Thank you to everyone who came along and supported the quiz night on Saturday 21st January at Gislingham Village Hall in memory of Jack and to raise money for the Teenage Cancer Trust.

We would also like to thank all those who helped before, during and after and we were generously supported again by local businesses with raffle prizes and Malthouse Security who kindly sponsored the quiz.

We raised a fantastic £1,351 which will be used to help and support teenagers in East Anglia. Since we started fundraising for TCT we have raised a total of £22,014 - all given in Jack's memory.

We are so grateful for everyone's generous support.

Kevin & Julie Cook

https://www.teenagecancertrust.org/



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TERRAPIN NEWS





On the 4th May 2023 we will have to do something no one has ever done before in England, to cast our vote in the Local Elections we will have to show a Photo ID of some kind.

The government's website: https://www.gov.uk/how-to-vote/photo-id-youll-need gives you complete information on what is allowed other than the obvious passport, driving license – providing you have a photographic one, or older person's bus pass. A PASS card can be used by young people who have invested in one under the National Proof of Age Standards Scheme.

If you have none of the acceptable forms of ID, it is possible to apply online for a Voter Authority Certificate, it is also possible to apply by post, details on the government website.

Expired ID can be used, providing it is a recognisable likeness, in order to make this judgement additional returning officers will have to be employed with the power to turn people away with unsatisfactory ID. I intend taking all I have.

A further stumbling block is that the name on the ID must match the name on the electoral register, further checking to do.

Why you ask, implement a scheme that will cost an estimated £180 million every 10 years at a time of crisis in the public sector? This was discussed at a council meeting and by a narrow margin it was decided to object to the scheme.

My opinion is that this is a solution to a non-existing problem. Elections are very well run in the UK – there are extremely low levels of electoral fraud and people have high confidence in voting. In the 2020 2019, there were only 33 allegations of impersonation at the polling station, out of over 58 million votes cast.

Looking at the Electoral Commission's web site where all instances of fraud and police action are meticulously recorded, the number of people trying to impersonate another at a polling station is in single figures and I can only find one case of a conviction for impersonation in the last four years.

The real problem as I see it, is getting people to exercise their right to vote. In the last General election 2019 only 67.3% of the registered voters did so. A further concern is that electoral registers are only 80/82% complete and about 9 million people are missing from the electoral registers. By the government's own figures over 2 million voters are without photo ID, and, at present only 2000/3000 applications have been received for a Voter Authority Certificate. From the government's own research: just under 50% of those without any form of Photo ID would be likely to apply for any other kind of voter ID.

So please, be aware of the new requirements, check your documents, check you are registered correctly, it is possible to do so online via the council website, deadline 17th April. Men and women have fought for the right to vote please don't let this new regulation deter you from exercising that right.

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

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Eastertide Concert

St. Mary's Church, Bury S. Edmunds
Saturday 1st April, from 1pm -2pm

Already known to people in Gislingham, Suffolk Singers is a community choir with a reputation for beautiful, blended singing which is particularly well suited to the acoustically wonderful churches and cathedrals of East Anglia.

The choir has been given a warm welcome to give their Spring concert in the magnificent St. Mary's Church, Bury St. Edmunds, by its recently appointed new vicar, the Reverend Canon Tiffer Robinson.

If the name Tiffer sounds familiar, it's because he's a past, well-loved curate of Gislingham and he hopes that many of his former Gislingham friends will want to come to listen to this special Suffolk choir.

The concert will comprise sacred music, sung a cappella, specially chosen to reflect the season of Eastertide. The programme includes music by a variety of composers, ranging from Thomas Weelkes of the Renaissance period to Ola Gjello, a modern Norwegian composer of evocative sound.

Admission is free with a retiring collection (cash only) to be given to St. Mary's Church, Bury St. Edmunds.

No need to book; just come along. Tiffer and Suffolk Singers will be delighted to see you.

Alma Gower (Holly Lodge, Mill Street, Gislingham) Tel. 788143: Chairman of Suffolk Singers



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TIP OFF, RIP OFF!

Criminals are targeting Instagram users with fraudulent investment schemes.

In the last month, several Suffolk residents have reported being duped by scammers on the platform. One was encouraged to invest into a Bitcoin Investment scheme in which they would get a quick return on the investment of £80. The other paid £500 into what they thought was a cryptocurrency investment scheme.



In both instances, as soon as the money was paid the scammer blocked the victims so that no further contact could be made.

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.

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. Edith Piaf was famous for her big voice; by what other colloquial term was she known?
2. Who came last in the 1988 Olympic ski jump?
3. Who was the floorwalker character in the TV comedy series 'Are you being served'?
4. Which did Nicholas Lyndhurst play in Goodnight Sweetheart?
5. Steve Coogan's character at Radio Norwich?
6. Jack Nicholson starred in this 1975 film, set in a mental institution?
7. Which 1970's TV drama series starred Adam Faith?
8. Which animal was depicted on the farthing?
9. What was the first hotel built on the Las Vegas strip by Bugsy Segal?
10. What is the connection?

Answers appear on page 59.

SUDOKU CHALLENGE

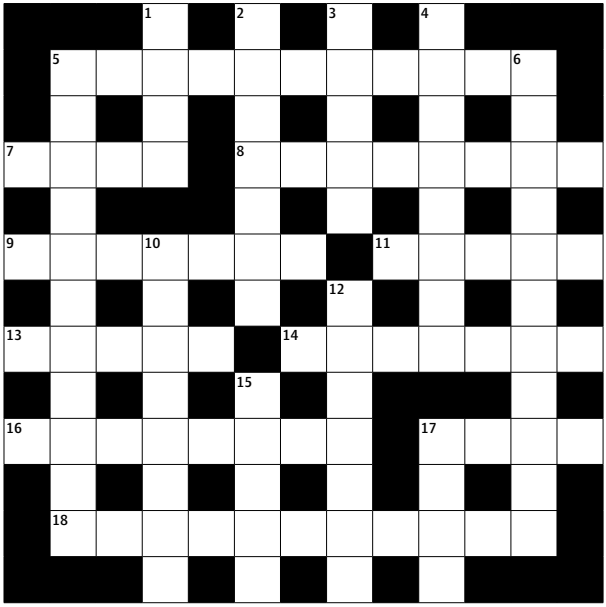
	5							1
7			6	5		9		
			3		1			6
			8	2		6	4	
			9		6			
	6	2		1	3			
6			2		8			
		5		4	7			2
1							3	

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

Last issue solution

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

CROSSWORD CHALLENGE



Across

5 Lupins hid me (anag) — garden plants (11)
7 Cosy (4)
8 Without unnecessary extras (2-6)
9 Enticed (7)
11 Highest possible score with one dart (5)
13 Notions (5)
14 Wood-eating insect (7)
16 Away from land (8)
17 Cover for the head and face (4)
18 Able to produce the result intended (11)

Down

1 Sell (informal) (4)
2 Altered (7)
3 Cutlery item (5)
4 The noble art of self-defence? (8)
5 Robinson Crusoe author (6,5)
6 Greetings (11)
10 Be careful (4,4)
12 Style of 19th-century English architecture, interior design and furniture (7)
15 Train — bus (5)
17 Funny situation or person (4)

Last issue solution



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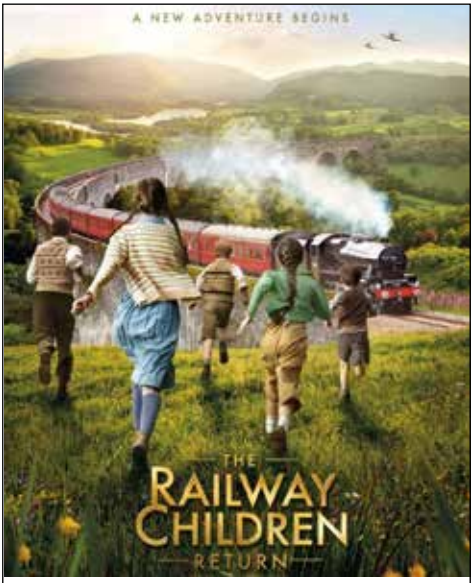
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NOTICES

WORLD DAY OF PRAYER:



Friday 3rd March at 10.30 am. St. Mary's church, Gislingham
Followed by refreshments. Everyone is welcome!

SUNDAY 19TH MARCH:
10.30AM MOTHERING SUNDAY SERVICE



Service with posies, and coffee and cake to follow.

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

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

STOWMARKET FOODBANK UPDATE

Touching lives, meeting needs



2022 was our busiest year ever with more families & individuals reaching out for support.

The cost-of-living increases have seen many people in our area struggling. Our pop-up shop, at the Catholic centre, has been running for nearly a year & has supported approximately 2000 people, helping those on low incomes & reducing food waste.

We were blown away by the donations for our 150 Christmas Hampers & are continually blessed that although demand for the foodbank has increased each year since we started in 2012, we continue to receive donations on a regular basis, whether it's donated food or financial giving.

This generosity and support enables us to keep the foodbank running & gives us the capacity to help more people in need.

Everyone who receives a food parcel is touched by people's kindness & appreciates the fact that there are people who care. We want to say a massive "THANK YOU" to all our supporters, schools, churches, businesses & volunteers who help us, help others.

Foodbank statistics!! 1428 food parcels sent out in 2022 which equates to 3324 people being fed in our local area.

To donate to the Stowmarket Foodbank there is a box at Gislingham Stores or contact Helen Neale on 783254. Thank you.

Answers to the Connection Quiz on page 56.

1. Little Sparrow, 2. Eddie (The Eagle) Edwards, 3. Captain Peacock, 4. Gary Sparrow, 5. Alan Partridge, 6. Cuckoo, 7. Budgie, 8. Wren, 9. Flamingo, 10. Birds.

SOUTH HARTISMERE BENEFICE



As I write this, I am enjoying seeing first signs of new growth; in many of our churchyards snowdrops are a particularly beautiful sight – so perfectly small and hopeful.

As you read this, we will be well into the season of Lent. Lent is the period of 40 days before Easter. It starts on Ash Wednesday and ends on Easter Eve. But if you look in a calendar and count the days and they come to more than 40. Don't be perplexed – this is because you don't count the Sundays in Lent!

Rather like Advent, Lent is seen as a time of preparation. The church colour for both seasons is purple, which is traditionally a royal colour, helping us to remember that Jesus is King and that he died at Easter. If you go into a church doing Lent you will see that things like the altar cloth are purple to show this and when I am doing a service during Lent I will wear a purple stole.

Of course, the most popular and well known tradition during Lent is to give something up, a tradition which originated from the stricter fasting practices. Maybe you have decided to give up a luxury during Lent this year?

In my day job as a Primary Church School Headteacher we talk to the children about these things. It can be really amusing to hear them be very keen to give up their least favourite vegetable!

More and more there is a new tradition of people trying to do positive things during Lent. At my school we often participate in things such as '40 Acts of Kindness' or '40 Acts of Generosity'. It is a great way to put others first. Imagine the impact if we all tried to add in extra kindness or generosity every day.

Mothering Sunday also falls during Lent. Traditionally, in the 16th Century, this was when people were expected to visit their 'mother' church. If that was too far to travel they would go to their nearest Cathedral. Later on, it was a day when maids and servants had a day off to go back and visit their mothers and families. It can be a tough day for those of us who miss their mums. If you would like to light a candle, have a few moments of peace and quiet or join us for a Mothering Sunday Service or any other, whether it be with your family or in celebration or remembrance – you will all be very welcome.

Take care,
Reverend Lauren

From the Parishes:
In Loving Memory: Joyce Youngman, Mellis and Johnny Marland, Gislingham.

MARCH 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

Friday 3rd March	Gislingham	10.30am	World Day of Prayer
WEEK 1			
Sunday 5th March	Gislingham	10.30am	Worship for All
2nd Sunday of Lent	Thorndon	10.30am	Holy Communion
	Thorndon	4.00pm	CONNECT
WEEK 2	Mellis	10.30am	Worship for All
Sunday 12th March	Stoke Ash	10.30am	Holy Communion
3rd Sunday of Lent	Thorndon	4.00pm	CONNECT
WEEK 3	Thornham Parva	10.30am	Worship for All
Sunday 19th March	Thorndon	10.30am	Worship for All
4th Sunday of Lent	Gislingham	10.30am	Holy Communion
Mothering Sunday	Thorndon	4.00pm	CONNECT
WEEK 4	Yaxley	10.30am	Worship for All
Sunday 26th March	Wetheringsett	10.30am	Holy Communion
5th Sunday of Lent	Thornham Magna	10.30am	Holy Communion
	Thorndon	4.00pm	CONNECT



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

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

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

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LOCAL INFORMATION

Gislingham Bus Timetable

Dan's Coaches:

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

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

Route 456 to Diss (Fridays only):

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

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

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

Mellis Bus Timetable

110 – Eye to Diss

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

Thornham Bus Timetable

Fairline Bus 320 (Weds only)

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

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





Mobile Library: Gislingham
Weds 1st March, 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 (Mellis - Helen Timmons - Mellis) email: bookmellishall@gmail.com (Thornham) email: hallbookings@thornhams.org	01379 783903 01379 783449 01379 788154
Mellis Parish Council Chairperson (Lawrie Read) mellisparishcouncil@gmail.com	01379 788248
Mendlesham Health Centre	01449 767722
Member of Parliament - Jo Churchill jo.churchill.mp@parliament.uk - www.jochurchill.org.uk	01284 752311 020 7219 8487
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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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