The Messenger



Issue 137
May
2023

Serving Gislingham, Mellis and the Thornhams

WINNER
NATIONAL
PARISH
MAGAZINE
AWARDS

THE MESSENGER TEAM



Please send your letters and articles to the Editor
email: themessengereditorial@gmail.com

Editor & Photographer: Jeff Norman 01379 788669
Strawberry Fields, High Street, Gislingham. IP23 8JD

Advertising: Tracey Askew 01379 783427
email: traceyaskew@outlook.com

Treasurer: Terry Williams 01379 783903
email: terry.williams1947@gmail.com

Features Writer: Michelle Norris

Thornham Correspondent: Stephen Schwarz
email: stephen@sandts.com

Graphic Design: Jo Clifford, email: joclifford@cadecreative.com

Website: Mallen Baker & Bob Stuart, email: mallen@mallenbaker.net

Facebook: Charlotte Norman, email: charlotte_norman@me.com

Distribution Co-Ordinators: Chris & Jo Pitt,
email: chris@thepitts.org

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

Next issue: June 2023
Copy deadline: Monday 15th May

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

The Messenger pages are printed on paper that is part of the Woodland Trust Carbon Capture scheme and the covers on paper that is part of the World Land Trust Carbon Offset scheme.

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 – May 2023

Firstly, apologies are in order for the error in our April issue, where we published the previous 'Diary & Local events' page instead of the April version. However, since we were aware of the error before the magazine was distributed, we were able to correct our digital version on our website and as also publish the correct diary & local events page on our Facebook page.

Similarly, when the 'Easter Bingo' event in Mellis and the 'Race Night' in Gislingham were cancelled, due to lack of interest, we were able to update our website and Facebook pages accordingly.

This month marks the King's Coronation Bank Holiday weekend, and the Thornhams and Mellis have events planned over several days. Sadly, not so in Gislingham, although there is a 'Coronation Picnic' organised by the Friends of St. Mary's Church. (At least someone got the memo!)

A number of people have asked me recently why there is not more being organised in Gislingham. Consequently, I did approach the Parish Council for comment. They pointed out to me that the Parish Council are not directly involved in the organisation of village events, and village events have previously been organised by other committees in the village. i.e., Summer Fair committee, Platinum Jubilee committee, and the Village Hall committee etc. But no organisations have approached the Parish Council for funding this year towards the King's coronation weekend.

I can't help thinking that when the monarch reportedly decided against wearing silk stockings and breeches, which has been tradition for centuries, to make the coronation a more "low key" affair, we seem to have taken his comments too literally!

We would like to feature photographs from the various Coronation events that are being held in our villages in the June issue. If you would like to submit photographs for consideration, please email them to me. Please be aware the deadline for the next issue is Monday 15th May.

Until next month!



Jeff Norman, Editor e) themessengereditorial@gmail.com

Cover artwork: Taken on by Darrel Charles in Mill Street, Gislingham

DIARY & LOCAL EVENTS



Tuesday 2nd May: Friends of St. Mary's, Gislingham AGM
- St. Mary's Church, Gislingham: 6.30pm - See page 59 for details

Saturday 6th May: King's Coronation - Beacon Lighting Ceremony
- Outside The Railway Tavern, Mellis: 8.30pm - See page 16 for details

Saturday 6th May: Thornham Bowls Club Open Day
- Thornham Bowls Club from 10.00am - See page 29 for more details

Saturday 6th May: Live stream of the Coronation
- Thornham Village Hall: 11.15am onwards – See page 22 for details

Sunday 7th May: King's Coronation – Party on the Common
- Mellis Common: 1.00pm – 4.00pm. - See page 16 for details

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

Sunday 7th May: The big coronation villages lunch and activities
- Thornham Village Hall: 12.00 – 3.00pm – see page 22 for details

Monday 8th May: Thornham churches volunteering
- Thornham Village Hall: 10.00 – 4.00pm – See page 22 for details

Saturday 13th May: Connect Coffee Morning
- St. Mary's Church, Mellis: 10.00am – 12.00 noon – See page 43 for details

Friday 19th April: Film Night - 'What's love got to do with it?'
- Thornham Parish Hall 7.30pm – See page 49 for details

Wednesday 17th May: Gislingham WI – Amanda Sutherland - Trends of a Decade
- Gislingham Village Hall: 7.30pm

Friday 19th May: Quiz Night
- **Gislingham Village Hall: 7.00pm – TICKETS ON SALE NOW! - See page 18 for details**

Sunday 21st May: Rickinghall Classic Car Show
- Rickinghall Village Hall: 10.00am – 4.00pm - See pages 34/35 for details

Friday 26th May: Gislingham Variety Club AGM
- Gislingham Village Hall: 7.30pm – Everyone welcome, please bring your own drink!
- See page 46 for details.

Friday 26th May: Eye Cinema – The Fabelmans
- Eye Community Centre: 7.30pm – See page 58 for more details

Saturday 27th May: Farmers Market
- Mellis Memorial Hall: 9.00am – 12 noon. - See page 27 for details

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

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

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

Bishop & Miller
AUCTIONEERS VALUERS

We offer free no obligation valuations on a wide range of objects either in our Stowmarket saleroom or from the comfort of your own home.












www.bishopandmillerauctions.co.uk

19 Charles Industrial Estate, Stowmarket, IP14 5AH
01449 673088 enquiries@bm-auctions.co.uk

KEVIN JOLLY – MARATHON MAN

On April 2nd, Gislingham resident Kevin Jolly was one of 60,000 rounders pounding the streets in the Paris marathon. This was the 2nd time that Kevin has run the iconic course.



With runners starting in the Champs Elysees, the 42.195km (26.2 miles) course is considered one of the world's most beautiful, as it passes some of the most iconic landmarks in the world.

The course showcases several of Paris' most memorable landmarks. Runners head southeast towards the Bois de Vincennes then run back along the Seine past the Louvre, the Eiffel Tower, and the Musée d'Orsay.

"The 42.195km (26.2 miles) course is considered one of the world's most beautiful."

Runners also traverse a few sections of cobblestoned street, which fit perfectly into the historic feel of the race. The race finishes just in front of the Arc de Triomphe after passing through the Bois de Boulogne.

For Kevin, who has been running for many years, this was his 6th marathon. Asked if he will run anymore marathons, Kevin told us: "This was my hardest run yet! Will I run another one? With 6 miles still to go I swore it would be my last but with reflection I've another one in me I think, so I'm hoping to do London in 2024 to raise money for the Alzheimer's Society again. My Mum has unfortunately just been admitted into care as the disease has finally taken away her independence."



Couture
WINDOWS
Bespoke curtains, blinds
poles, tracks, accessories
& soft furnishings.
Fabric samples
& FREE measuring.
07861 290048
info@couturewindows.co.uk
www.couturewindows.co.uk

TGS Live Lounge
01379 788660

A Friendly and fully
equipped music venue
"Clubs - Classes - Workshops - live music"
The Aspal Theatre, Stonham Barns Park,
IP14 6AT Tel: 01449 516150

insight
massage
Sophie Taylor Itec Cert.
FHT & AAPUK Membership
Book Online:
Phone: 07766018442 / 01449 516302
www.insightmassage.co.uk
Unit 20, Stonham Barns, Pettaugh Lane,
Stonham Aspal, IP14 6AT.

BOTESDALE HAIR PARLOUR
Unisex Hair salon
Using Matrix and
TIGI Hair products
Open Tuesday – Saturday
Covering all aspects of hairdressing
Please call 01379 890900
Chilvers,
1 Market Place.
Botesdale
Diss. IP22 1BT
www.botesdalehairparlour.co.uk

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.



BUS UPDATE

The Parish Council would like to advise residents that there will be some slight changes to the Bus Timetables from the middle of May. This includes Gislingham to Stowmarket (Thursdays) and Gislingham to Diss (Fridays).

Further updates will appear on Social Media platforms and will be posted on the Parish Council Website and in the Parish Council Noticeboard outside the Village Shop.

ANNUAL VILLAGE MEETING & ANNUAL PARISH COUNCIL MEETING

The Annual Village Meeting will be held on Monday 15th May at 6.00pm. At the conclusion of this meeting light refreshments will be served.

At this meeting the Parish Council will be announcing the recipient of the Watson Bowl and Volunteer of the Year.

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



The Annual Parish Council Meeting will follow at 7.00pm when new Councillors will take their seats and elect the Chair and Vice-Chair. Dates for the next year will also be agreed.

Julie Bell,
Chair, Gislingham Parish Council



G.C.COBBOLD

GATES

ALL ASPECTS OF GATES UNDERTAKEN

FREE QUOTATIONS GIVEN
PLEASE CONTACT

01379783092 / 07841026220

garycobbold@googlemail.com

LOUISE ALEXANDER
EST 2001
Massage Skincare Beauty

FHT IHBC IIHHT

Facials Massage Waxing
Manicures & Pedicures Lash & Brow Tinting

Highly Experienced Therapist offering professional, classic treatments from a bespoke treatment studio, set in private, tranquil surroundings, in Wortham.

For more information or to book your treatment please contact Louise

07711 524019

www.loualexanderbeauty.co.uk
loualexanderbeauty@gmail.com

DAVID COTTON

PAINTER & DECORATOR

FULLY QUALIFIED WITH 30 YEARS EXPERIENCE

INTERNAL & EXTERNAL/ DOMESTIC & COMMERCIAL WORK UNDERTAKEN

FREE ESTIMATES

TEL: 07902 550 797

EMAIL: david.cotty@live.co.uk

www.davidcottonpainterdecorator.org

david cotton painter decorator

View my rating on RatedPeople.com

EMMA EDWARDS

MOBILE HAIRDRESSING

- Salon experience in your own home.
- Fresh, creative approach to mobile hairdressing.
- Former salon owner bringing with her years of experience.
- Dedicated to customer satisfaction.

Evening appointments also available.

To make an appointment call Emma on

07900 683 649

ENTERTAININGLY, DEAR WATSON

Who knew Sherlock Holmes could be such fun? For three nights at the end of March Gislingham Variety club brought us Sherlock Holmes the Panto and it was a tour de force in entertainment and laughter.

The plot concerned the dastardly and malevolent Moriarty. His fiendish plan was to force Isambard Kingdom Brunel to manufacture secret equipment at a remote location underground on Dartmoor, to help criminals. Standing in his way was Widow Royce and her 18-year-old twin children, Freddie and Meghan. Moriarty's plan was to alienate the children so he could force Widow Royce to sell her cottage and land on Dartmoor. He had not counted on the incisive mind of Holmes, his assistant, Rosie Watson, and his band of young Baker St helpers. What followed had all the components of a traditional panto (oh yes it did!) with the audience playing their part with copious booing of the dastardly villain and loud warnings about the monster "behind you".

Spoiler alert - Moriarty didn't get his way and they all lived happily ever after – even the reformed Moriarty who had suffered from a broken childhood (probably).

It is impossible to single our any member of the cast as it was indeed a great performance by all. We should mention though that, on the night we went, Michelle Norris had to stand in at the last moment for Mallen Baker who was indisposed. She coped admirably. Perhaps worthy of mention is the outstanding (in so many ways) costume of Widow Royce. She was unlikely to get her feet wet in any rainstorm!

The older more experienced performers formed the bedrock of a great evening, but it was so good to see younger performers excelling at all they did, singing as well as acting.

Set design, sound and lighting all played their part in the success, as did the efficient front of house staff. The whole evening was truly a joyous event, and it is difficult to know who enjoyed themselves more – the cast or the audience.

Speaking personally, I think the audience edged it, but only just. Well done GVC and we are really looking forward to the next spectacular.

Reviewed by CJ



Shine n Clean

Residential and commercial window cleaning

A reliable window cleaning service using the latest pure water and reach & wash cleaning systems, leaving glass sparkling clean for weeks, no mess, no smears and no harmful chemicals

01359 259376

Email: shinenclean@mail.com

HOUSE OF MAC

INTERIOR DECORATING

Painting & Decorating



www.houseofmacinteriors.co.uk
houseofmac@mac.com
Catherine mobile: 07711605582
Graham mobile: 07515901932

ELITE FENCING & LANDSCAPING

All types of fencing erected.

Patios, Bases, Turfing, Decking.

Paths, Hard surface pressure washing.

All outdoor work undertaken.

Home 01359 221128,
Mobile 07761 651567
Trevor@elite-fencing.co.uk
www.elite-fencing.co.uk

JWC Brickwork Ltd

New & traditional brickwork
Garden walls
Re-pointing
Chimneys & fireplaces
New builds & extensions
Patios
Shed bases
Groundworks
Insurance jobs
No job too small

01379 788092 (Gislingham)
07793 028 606
jamiesonchambers@gmail.com
www.jwcbrickwork.co.uk


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



Cut Above

Ladies & Gents
Hairdressing Salon
Est 2007
Creative Hair Design
Covering a wide range of
Hairdressing Services

The Street, Rickinghall, Diss
Norfolk. IP22 1EG
01379 890647

TIP TOP
LAWN CARE

FREE LAWN SURVEY/QUOTES
Local Independent Lawn Care

Seasonal Lawn Treatments
Aeration ● Lawn Renovation
Over Seeding ● Scarification
Top Dressing ● Lawn Mowing
Patio/Drive Weed Control

For a quote:
01379 788 684 or **info@tiptoplawncare.co.uk**
www.tiptoplawncare.co.uk
Tiptoplawncare1 Tiptoplawncare

IN YOUR GARDEN





Last month I extolled the virtues of home-made compost and promised some simple tips to creating that crumbly dark organic material. You can make your own compost for free in as little as six months by recycling your waste organic material produced in the kitchen and the garden via a compost heap or bin. Getting the balance right is of course crucial -ideally 20-50 percent green leafy material and the rest more fibrous and woody. The key is to try and prevent your compost heap being dominated by one ingredient.

Use vegetable peelings, tea leaves, some tea bags (check details on the packaging to see if they are compostable), coffee grounds and that abundant supply of grass cuttings. Naturally, plenty of garden green waste but avoid adding items such as ripe weed seed heads or bindweed roots to the mix. Results of pruning are another good ingredient as long as they are chopped up small. Don't forget shredded newspaper and cardboard. Make sure everything is well mixed and turned regularly as decomposition doesn't happen evenly within the heap and this will speed up the rotting down process.

Whatever type of bin or heap you use; it will need to be covered to keep in the heat and limit the rain so as to avoid ending up with a slimy evil smelling mess. Compost bins are available to buy in a range of designs from the wooden kit versions to the plastic dustbin type one such as the black 'Dalek' style or alternatively make your own container using chicken wire and some stout stakes. Just a pile of compost in the open takes for ever to rot down.

I have found it is it is easiest to have two compost bins; one that you are actively filling and one where the compost is maturing and ready to use when required.

Plant identification now made easy

What would have been the stuff of science fiction only a few years ago is now available to gardeners. Thanks to artificial intelligence and machine learning, you can now take a picture of a plant on your smartphone and receive an instant suggestion as to what it is and as an added bonus it will offer information about it along with advice about caring for it – amazingly often for free!

This is a breakthrough that offers levels of plant identification to amateur gardeners in a way that has never been seen before.

Getting the app is simple. Just go to the App store or Google Play on your phone and search for plant identification apps. Download and open the app and you are good to go.

Enjoy your garden.

Lawrence Thompson

MELLIS CORONATION CELEBRATION



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

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

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

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



NEWS FROM MELLIS MEMORIAL HALL



Mellis Memorial Hall has to generate all its own income and relies 100% on volunteer time. With increased running costs please support the village hall in its efforts to fundraise in order to protect and maintain this fabulous asset.

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.

FUTURE EVENTS

Saturday 7th & Sunday 8th May: Coronation celebrations – see page 16

Saturday 27th May: Farmers Market
- Mellis Memorial Hall: 9.00am – 12 noon. - See page 27 for details

3RD & 4TH JUNE: MELLIS OPEN GARDENS WEEKEND EVENT – SEE PAGE 24

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

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

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





FRIDAY 19TH MAY 2023

QUIZ NIGHT

AT GISLINGHAM VILLAGE HALL

ENTRANCE FEE £5.00

IN AID OF VILLAGE HALL FUNDS

DOORS OPEN AT 7:00PM

BRING YOUR OWN FOOD, DRINKS AND GLASSES

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

NEWS FROM GISLINGHAM VILLAGE HALL

It was with some reluctance that the Trustees had to cancel the Race Night scheduled for 22nd April due to very poor ticket sales. Is there something you would like to see take place at the Hall? If so, please let us know at gislinghamvillagehall@gmail.com

FUTURE EVENTS

Friday 19th May 2023: Quiz Night
Entrance fee £5. Doors open at 7.00pm. Bring your own food, drinks and glasses. Book your place by ringing Terry Williams on 01379 783903 or email gislinghamvillagehall@gmail.com

Saturday 10th June 2023: Gisfest - Details to follow.

Saturday 16th July 2023: Quiz Night - Details to follow.

Saturday 16th September 2023: Jumble Sale - 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



GUARDIAN OF THE BRECKLAND OR STRANGE WINDS SENT BY THE DEVIL?



Did the ghost of Old Roger whistle up sandstorms to foil German bombers intent on wiping out Breckland aerodromes in 1941? There is a mention of a mysterious whirlwind or "Rodjon" in 1440, but in more recent years the so-called 'plague winds' have taken the more recognisable name, 'Roger'.

When farming was new in this country, people cut down the trees to make space to grow crops and graze their animals. They mined the flint for their tools. Then came the rabbits, burrowing into the ground and chewing the grass to the quick. The soil couldn't cope, and the sand took over, When the wind whipped across from the Fens, the sand would whirl across the Brecks, like a dancer. And sometimes you could hear the melody in the wind. Sometimes it was said you could see a flute player in his long brown coat standing in the eye of the storm.

Whistling up the wind is one of the most common forms of weather magic which has been practiced for hundreds of years and can be used to summon either a gentle breeze or a storm. Some people were said to be able to literally whistle for the wind while others would make a 'wind whistle' from alder or willow wood, or use a glass bottle. The storms said to have been whipped up by Old Roger – a folklore name for the Devil – were said to have been made with a wooden flute of this kind.

Shortly before Old Roger was called on to defeat Hitler's attempts to bomb part of East Anglia (and the only time Roger is described as a ghost), there had been many letters about Roger's Blast in 'The Times' in 1938 after a hot, dry August when the whirlwind was spotted on numerous occasions. And in a letter to the EDP in 1946, an E.A Ellis spoke of a "sudden whirlwind or 'Roger's Blast'" had felled 30 trees at Holt and asked if anyone knew the origin of the Norfolk name for this kind of strange weather phenomena. The author said they believed the term had come from Europe and was derived from the word 'rogue' but also wondered if it might be connected to an old children's game with a rhyme about "Old Roger".

The modern age came to the Brecks early. Its open spaces and dry soils made it ideal for the coming of aero planes. In 1934 the RAF opened an airfield at Mildenhall. It was bare and flat and empty. Bombing raids from Mildenhall started in the first day of the war, 3rd September 1939, and continued without ceasing as the war dragged on.

Every night was the same for 149 squadron. Their destination would come in from Bomber Command. There would be a briefing, crews were assigned duties, and then, as darkness fell, out the planes would go.

On a clear night in 1940, the open sky above the airfield was spangled with a thousand stars. A full moon beamed down and the wind was still and silent. In the wireless room, the message came through clear, that the Germans were sited coming up from the coast, following the river and heading for the base. As the base mobilised, ready for combat, the unmistakable sound of Junkers 88 planes was heard approaching.

At the first shiver of a breeze a figure appeared in the middle of the runway. A man, dressed in a flapping coat. One of the exiting planes ground to a halt, as the figure stood on the runway. The breeze was really getting up, then the wind sock snapped. As the pilots and ground crew watched, the man raised something in both hands and the haunting notes of a flute were heard across the base and the wind roared across





the airfield. A huge strip of corrugated iron was ripped off a roof and paneling was torn from the wings of the planes. There was sand everywhere. The wind was so strong the storm soon left the base.

Up in the air, the battalion of German planes registered something coming. As quick as they could, the planes soared high, turned and fled. The storm was always behind them. Whichever course they took, it was there, pushing them back to the coast. They sped to the safety of the North Sea.

Although at first no one at Mildenhall wanted to admit to what they had seen, eventually the tale got out, and the people of Mildenhall told the airmen about the Guardian of the Brecks and how sometimes when a storm started they had caught a glimpse of him and his flute. The airman felt privileged to have seen so much more, and they took to calling him 'Old Roger', as if he was part of the crew.

As the war dragged on, squadrons changed, and 149 squadron was replaced by 75, a squadron of New Zealanders, and 115, from RAF Marham in Norfolk. 149 squadron told them about Old Roger, just in case. Then, in 1942, a lone bomber slipped over air coastal defences and headed towards Mildenhall. Low cloud muffled the Dornier's sound, and hid it from view. None of the airfields along the way, Halesworth, Metfield, Eye or Honnington, noticed it was there.

Only when the threatening rumble of the Dornier sounded over the clearer skies of the Breckland was Mildenhall alerted. As the airmen raced to their planes, there once more, was the sound of the flute and then the whistle of the wind. The airmen knew it was Old Roger and fled back to their barracks as the sandstorm hit.

As the lone bomber turned and fled, the sandstorm followed it, mile for mile, back past Mendlesham and Framlingham, until at last the storm caught it. The bomber plummeted from the sky and crashed into fields.

When the plane was found, RAF investigators were surprised at what they saw. The Dornier's engine was filled with sand. These men, unfamiliar with the county's northern landscapes, were puzzled. "No wonder it came down" said one. "You'd think it has been flying across the desert, not Suffolk. I've never seen anything like it since I was in Egypt in 1940. Sandstorms like this are unheard of in Suffolk!"

But when news came back to RAF Mildenhall, the crews knew exactly how the sand got into the plane. That night in the mess, everyone raised a glass to Old Roger, the Guardian of the Breckland.

Source material: *'Suffolk Folk Tales' by Kirsty Hartsiotis & EDP online*

YOU ARE INVITED TO

A RIGHT ROYAL KNEES UP!

YOU'RE INVITED TO:

Our Thornhams Coronation weekend! Saturday we watch the Coronation together as it happens. Sunday is our village lunch - bring your own main - bring and share desserts. Games, activities and best crown competition! Monday we get volunteering in our two churches!

WHERE & WHEN:

Thornham Village Hall

6th May - 11.15am tbc – live stream of the Coronation
7th May - 12noon -3pm – The big Coronation villages lunch and activities
8th May – 10am - 4pm - Thornham churches volunteering

The Coronation Big Lunch brings neighbours and communities together to share friendship, food and fun.

CoronationBigLunch.com

@edencommunities | #CoronationBigLunch

CORONATION big lunch

eden project

COMMUNITY FUND

KING CHARLES III · CORONATION · 6TH MAY 2023

PARTNERED BY

PG tips

Iceland the food WAREHOUSE

THE JULIA AND HANS RAUSING TRUST

NEWS FROM THORNHAM PARISH HALL





We have had a mad time baking dozens of Easter biscuits which some of us delivered to everyone in the village on 6th April, along with a flyer advertising our upcoming events.

It has been a great exercise in meeting lots of people and showing that we are a caring community.

FUTURE EVENTS

Coronation weekend:-
Saturday 6th May: Live stream of the Coronation - 11.15am onwards
Sunday 7th May: The big Coronation villages lunch - 12.00 noon – 3.00pm
Monday 8th May: Thornham Churches volunteering activities – 10.00am – 4.00pm

Friday 19th May: Thornham Film Night – "What's love got to do with it?"
7.30pm: Bookings at films@thornhams.org

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

Friday 23rd June: Thornham Film Night – TBA
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



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

MELLIS' HIDDEN GARDENS

It's hard to believe it's been five years since the owners of Mellis' Hidden Gardens have invited visitors to their beautiful and varied spaces.






On 3rd and 4th June, from 10.00am to 4.30pm, approximately 14 gardens will be open, most of which are completely invisible from roads and footpaths. The event will be raising very much needed funds for St Mary's Church and Mellis Memorial Hall, both vital in maintaining the sense of community in our lovely village.

There are small gardens, large gardens, a tranquil churchyard; secret, new, established, courtyard, wild and more formal gardens - something for everyone. Some opened for previous events and some are open for the very first time, including an innovative small-scale commercial flower farm. At the centre of it all is the ancient Mellis Common, strewn with wild flowers and rare plants and, arguably, at its most beautiful at this time of year. The Common extends to approximately 240 acres and includes amongst its residents: green-winged orchids, sulphur clover and adder's tongue ferns. It is regularly hunted by kestrels, buzzards and barn owls so keep your eyes peeled whilst walking from garden to garden.

Entry will be priced at £5 for adults (accompanied children are free) for access on both days, just keep hold of your program. These will be available from the Memorial Hall where refreshments, including light lunches, tea and cakes, will also be served. The program will include a map showing the location of all the gardens together with a description of each from its owner.

There is plenty of roadside parking or, for local visitors, why not cycle around from garden to garden? Some gardens, as well as the Memorial Hall, will have space for disabled parking and the program will give details.

Plants produced by some of the garden owners and many generously donated by Howards of Wortham will be for sale.

No dogs please, other than assistance dogs.

A warm welcome can be assured, with the enthusiastic owners keen to share their delightful gardens with you.

Information is available on the Open Gardens website: https://www.opengardens.co.uk

Now we just need to keep our fingers crossed for a beautiful sunny weekend!

PAUL DURRANT & SON LTD

Carpentry Services

Many aspects of carpentry - Kitchen fitting
Fitted wardrobes - Storage solutions
Window & door replacements - Timber framed sheds/home offices

Office: 01379 678485
Email: pauldurrantandsonbuilders@gmail.com
or
johndurrant75@gmail.com
For advice call John: 07894551485

CopyDiss

42a Mere Street, Diss,
Norfolk IP22 4AG
Telephone: 01379 644 567

PHOTOCOPYING AND PRINTING
♦ INCLUDING BUILDING PLANS UP TO A0 ♦

We can design for you or print your own creations

BUSINESS STATIONERY
Business Cards - Letterheads- Flyers - Posters
Laminating - Binding (Comb and Thermal)
We also offer flexible Secretarial Services

PERSONALISED WEDDING STATIONERY
Designed and printed

PHOTOGRAPHS AND ARTWORK
Quality reproduction of photos and artwork
Canvases and Giclee printing

OTHER SERVICES
Support for your self-publishing project

PERSONALISED ITEMS
Mugs - Coasters - T Shirts - Mouse Mats - Tote Bags
Calendars - Greeting Cards etc.

WE PRINT FROM YOUR OWN COPY, CD, MEMORY STICK OR YOU CAN EMAIL YOUR DOCUMENT TO US

email: hello@copydiss.co.uk
www.copydiss.co.uk

CADE CREATIVE

Graphic Design
Logos, business cards, adverts, posters, brochures, signs, newsletters, flyers etc.

Copywriting/editing/proofreading

Print Buying

For a quote or to see work samples or testimonials:

Tel: 01379 783 380 / 07931 850 813
joclifford@cadecreative.com



MELLIS FARMERS MARKET

MELLIS MEMORIAL HALL

please note *- 27th May 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)

YOUR RELIABLE LOCAL PLUMBER
For Eye & Diss etc

approved plumber
anglianwater
Anglian Water Approved

Mark Jardine
Plumbing & Heating

iphe Registered Plumber

- **All Household Plumbing, Large or Small**
- **Full Bathroom Installation**
- **Domestic Heating, Radiators, Pumps etc.**
- **Water Softeners**
- **All Work Anglian Water Certified**
- **24 Hour Emergency Call Out**

Tel: 01728 628291 Mob: 07854 924 801

Email: mgjardine@btinternet.com

Susan Whymark
Funeral Service Ltd

Independent and Family Run

Serving Eye, Harleston and the surrounding areas Since 2004

We offer a range of services to suit your individual needs

- Funerals tailored to your needs and budget
- Full estimates given at time of arrangement
- Pre-arranged funeral plans arranged in accordance with FCA Regulations
- Direct Cremations
- Support Groups
- Memorials

We provide an efficient but friendly service through our professionally qualified staff

Chestnut House, 12 Progress Way,
Eye, Suffolk, IP23 7HU
Tel: 01379 871168 (24hr)

Ley House, 11a London Road,
Harleston, IP20 9BH
Tel: 01379 851253 (24hr)

See our customer reviews at
www.susanwhymark.co.uk Email: susan@susanwhymark.co.uk

M.A.
Heating Services Ltd

Oil, Gas & LPG Servicing and Repairs

01379 783427

Wickham Gate, High Street, Gislingham, EyeSuffolk, IP23 8JD

maheating.co.uk

Like us on Facebook!

GAS safe REGISTER

OFTEC

AW CHIMNEY
& Flue Services

Chimneys & Flues Cleaned

CCTV Inspections & Surveys

Trained by National Association of Chimney Sweeps (NACS)

NACS Certificates Issued for Insurance etc.

Please contact Adrian - Tel: 07947 918170

Email: awchimney@btinternet.com

For more information, please visit: www.awchimney.com

WOULD YOU LIKE TO PLAY BOWLS?

THORNHAM MAGNA BOWLS CLUB WILL MAKE YOU WELCOME

No one is too young or too old
(Under 16's to be accompanied by an adult)

Bowls is a good way of meeting people
and socialising with others

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

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

dream on
personal attention for you

Shop Local



Local ladies boutique with beautiful collections for every occasion. We also stock accessories, gifts, footwear and vouchers available too!

Compton House,
13 castle St,
Eye
Tel: 01379 678483

Visit our website to learn more about us, see our clothes and have a look at our makeover days !
www.dream-on.co.uk

Every small purchase makes a big difference

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.

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

come visit our NEW eco gift and refill shop unit 20

Sustainable brands instore
JUNGLE CULTURE
MIniml, Pretty Pink, Eco Living

REFILL your own bottles

BUY GIFTS that don't cost the earth

re:

Here now at Unit 20 Stonham Barns
www.thornhamgiftshop.com
tel 01449 516302
www.facebook.com/ThornhamGiftShop
www.instagram.com/relifeyourself/

NATURE NOTES by Darrel Charles



Hello everyone, welcome back to Nature Notes!

Despite the present changeable weather (as I write it's early April), Spring continues apace with longer and warmer days, trees full of blossom, plenty of birdsong and the reappearance of bees and butterflies. Indeed, my new butterfly season has got off to a flying start with four species being spotted already this year: Peacock, Comma, Holly Blue and Brimstone. Whilst the Holly Blue overwinter as pupa, otherwise known as chrysalis, the other three early risers will have hibernated as fully formed butterflies, as do Small Tortoiseshells and, occasionally, Red Admirals. Butterflies look to hibernate in sheltered places and can be found in sheds, garages and even houses. Another butterfly associated with Spring is the Orange Tip - one to watch out for in the coming weeks.

Springtime is the best time of the year to see Hares in the fields. This is the time when these animals are most active, it being their breeding season when they're involved in all kinds of shenanigans including boxing and generally haring around! It's also a good time to see them because the crops in the fields have not yet reached a height that hides them from view. From a naturalist's point of view we are fortunate that our surrounding fields are home to a good number of Hares. However, if local populations become too large they can, like deer and rabbits, cause damage to crops. Hopefully we have a good balance in our locality. *Question: What is a group of Hares called? (Answer below).*



A group of Hares can be called a husk, a trace, a band or a drove.



Gislingham Hares

Little Owls used to be a regular sight at a particular dead tree Gislingham but sadly they seem to have moved on some time ago. In fact my last good sighting there of a Little Owl was some six years ago, which is when this photo was taken. Consequently, there was much excitement at home a few weeks ago when one unexpectedly turned up on our garden fence! Whether it was merely passing through or had decided to make a home nearby we shall have to wait and see. Meanwhile, perhaps the most likely local place to see not only Little Owls but also Barn Owls is Mellis Common.



Little Owl

Around the end of April it will be time for the Wild Garlic and Bluebell flowers to appear and I plan to head off to the nearby Suffolk Wildlife Nature Reserve at Bradfield Woods to see them there.

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.

RICKINGHALL

THE VILLAGE HALL
HINDERCLAY ROAD, DISS, IP22 2HD

CLASSIC CAR SHOW

SUNDAY 21ST MAY 10AM - 4PM

CRAFTS IN THE VILLAGE HALL

FOOD AND DRINK LICENSED BAR

VINTAGE, CLASSIC & RETRO CARS

£2.50 PER PERSON
cash only
UNDER 12 FREE

CAR CLUBS

TRADE STANDS

FREE ENTRY TO DISPLAY (PRE-BOOKED)
CONTACT GEOFF 01379 897164 OR GORDON 01379 890759

IN ASSOCIATION WITH THE JAGUAR ENTHUSIASTS' CLUB

RICKINGHALL CLASSIC CAR SHOW

SUNDAY 21ST MAY 2023. 10AM – 4PM





The clocks have gone forward, Spring is in the air, and now is the time to bring out the 'Classic Car.' For many of us with cherished vehicles this is the time of year when we can start preparing our cars for the Summer season. Some of us with newer classics will be taking our cars out of SORN (Statutory of road notice) and joining those who braved the winter rains and salted roads to once again enjoy our vehicles.

Apart from the joy of driving our classics, many of us get a great deal of pleasure from showing our cars. The first event that I will attend is the 'Rickinghall Classic Car Show' which takes place on the greens behind Rickinghall Village Hall. It's the perfect location, with both plenty of space for the display, and a large area for visitors' car parking. It's also the perfect location for readers of the 'Messenger' to visit, being on the doorstep.

I take a particular interest in this show as it is run by the local branch of the Jaguar Enthusiasts Club, of which I am a member. Last year's show attracted a good number of visitors, which resulted in us being able to donate £1,500.00 to the R.N.L.I. Our hopes are to exceed both the visitor numbers and our donation to charity this year.

Whilst the event is run by the Jaguar Enthusiasts Club, who will have a selection of their cars on show, there will be in addition many other makes of vintage and classic cars and tractors, as the event is supported by other classic car clubs, and individual owners. In fact, if you are reading this and would like to show your classic car or tractor, but do not belong to a club, it's not too late to contact either Geoff Short on 01379 897164 or Gordon Lawrence on 01379 890759 and join us on the day. It's a chance to meet like-minded enthusiasts, and to share your passion with your neighbours.

In addition to the cars on show, there are trade stands located around the green, and the village hall is hosting several craft stalls. Food, and a licensed bar will be available throughout the day.

The Jaguar Enthusiasts Club look forward to seeing you on May 21st at Rickinghall Village Hall, Hinderclay Road, Rickinghall. Admission £2.50 per person, children <12 free entry.

Brian Grover

B R *Builders*
Experienced local builder

Quality construction fine finishes.

Refurbishment, maintenance and restoration specialists
• Extensions • Conversions • Bathrooms
• Kitchens • Plastering • Decorating • Heritage work

No job to big or to small
Free estimates

Call 07900803015

T. L. PLANT HIRE

If you are in a hole...
...we'll dig you out

MINI & MICRO DIGGERS
DUMPERS • BREAKERS • MIXERS
TELEPORTERS • SMALL PLANT
SCARIFIERS • TURF CUTTERS
WACKERS • ROTAVATORS
STRIMMERS
TOOL HIRE

07881 642232

tom@tlplanthire.co.uk

Bridge House, Denmark Hill, Palgrave, Diss IP22 1AB



Diggers can be provided with operator, if required.

Becky Cruickshank

Personal Training, Fitness Classes & Pilates

PILATES (1 hour):

Cotton Village Hall	Mondays	7.20 p.m.
Gislingham Village Hall	Wednesdays	9:15 a.m.
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.

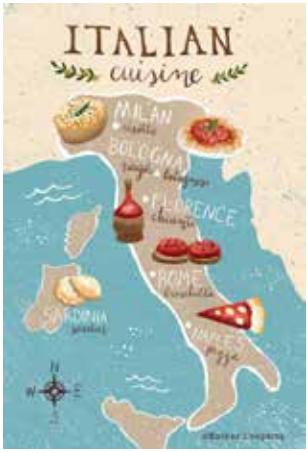
Come and give them a try!

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

TRIED & TESTED RECIPES by Debbie



SPAGHETTI ALLA CARBONARA



Spaghetti with eggs, pancetta and pecorino romano

This is an authentic carbonara where cream is not used. Fettucine, linguini or bucatini can be used instead of the spaghetti.

Ingredients: Serves 4.

- **5 tbsp extra virgin olive oil**
- **3 tbsp unsalted butter**
- **250g diced pancetta**
- **4 eggs**
- **6 tbsp freshly grated Pecorino cheese**
- **4 tbsp finely chopped flat-leaf parsley**
- **500g spaghetti**
- **Salt and freshly ground black pepper**

Method:



- **Heat the oil and butter in a large frying pan over a medium heat and fry the pancetta for 8 minutes, stirring occasionally, until golden and crispy. Set aside.**
- **Whisk the eggs and half the cheese in a bowl.**
- **Add the parsley and plenty of black pepper. Set aside.**
- **Cook the spaghetti in a large pan of boiling, salted water until al dente.**
- **Drain well and tip it back into the same pan.**
- **Tip the contents of the pancetta pan into the pasta, then pour in the egg mixture.**

  Mix everything together for 30 seconds with a wooden spoon. The heat from the pasta will be sufficient to cook the egg to a creamy coating.
- **Season with salt and pepper and serve immediately with the remaining cheese sprinkled on top**

Recipe taken from: *'Gino's Italian Escape' by Gino D'Acampo*

KNETTISHALL HEATH RESERVE



Distance – various depending upon which route, 1-2½ miles

We have lived in Suffolk for 17 years and have often passed the brown sign for 'Knettishall Heath', on the A143, or when driving through Hepworth, but had never visited. So, recently, we ventured out to the reserve and we were not disappointed at what we found.

Part 1

It takes about 20 minutes from Gislingham along the A143. Turn right for Hepworth and as you leave Colney Weston, there is a sign that guides you to the right along a lane. At the fork in the road, keep left. You may park in the main car park. *(See part 2 for free parking)*

Please be aware that it is a pay car park and there is a camera that takes your registration number, so at the payment machine you will need to enter your reg. number. The cost is £2 for 2 hours or £3 all day. It does not take cash, so you can pay by debit/credit card, RINGO or pay later in the day contacting the car park management. We did notice some extra roadside car parks where you can park without charge. *(See part 2)*. There are toilet facilities at the main car park.

Your first decision is which path do you take? There are 6 well signed paths.

We started with the BLUE walk which follows the Little Ouse. See landing stage **(P1)**. We saw some amazing fallen trees, one looking like a dragon's head **(P2)**. The meadow on the left you will see many Dartmoor Ponies. **(P3)**. We continued along the BLUE/BLACK route, which went to the end of the reserve. You will see a large bridge to your right, with a kissing gate for entry. **(P4)**. If you take this route out of the reserve, it follows the Peddars Way which travels to Holme Next the Sea.



We continued around the reserve where the RED and GREEN paths converged into one. On the left near an open area, is a small copse in a compound where you may find several more ponies. There is a sign to say do not feed or touch them, as they are under medication and dietary controls.

This path takes you back to the main car park.







Part 2

We had decided to return to the Knettishall Heath and walk the other side of the road. As stated above, by approaching from Colney Weston, you will arrive at a fork in the road. There is a small off road parking area, which is free. We decided to park here.

This is the start of the WHITE Route. This meanders through the woods; look out for the attempted bivvy in the fallen tree **(P5)**. Then walk up through the woods. The amazing view to your right **(P6)**.

You will reach another free car park which will be the end of the WHITE Route. You will now have several choices to continue your walk. You can double back along the WHITE Route until you reach a man-made hedge and take the GREEN route or cross the road and join the BLUE/GREEN/BLACK route and bear right and continue adjacent to the road. We decided on this route. This is the same path as in Part 1. When you reach another car park, we turned right across the road and headed along the RED Route. This continues and crosses the GREEN Route. Just after a sharp left-hand bend in the path, you will see a gate to your right. This leads back onto the WHITE Route and back to where we parked the car.



The WHITE Route is known as the Pine Trail and dogs can be let off the lead. All other Trails, dogs must be kept on leads.

To visit Knettishall Heath it is best to download the map, so you can explore yourselves. There are large maps at each car park, but to have a map to refer to on your walk is much easier.

As most walks do require some liquid refreshments at the end, we decided to stop off at the Cross Keys, Redgrave. Although this is a Community Pub, there is a new tenant, who is serving some really good quality beers at very reasonable prices. There is also food available.



https://www.suffolkwildlifetrust.org/knettishallheath

We both enjoy our walks to find new routes which may be of interest to you all, so it would be lovely if you can send your feedback or suggestions of new routes via the Messenger.

Emma & Martyn Bryant

Improve, Don't Move!

Maximise the value of your home.

FREE FITTING
PAYMENT ON INSTALLATION

- SPACE-SAVING – MAXIMISE YOUR GARAGE HEADROOM
- SECURITY-ENABLED AUTO-LOCKING SYSTEM
- CHOICE OF 21 COLOURS TO MATCH YOUR HOME
- REMOVAL AND RECYCLING OF YOUR OLD DOOR
- DEDICATED AFTER-CARE TEAM





GAROLLA ROLLER SHUTTER DOORS

01379 210 034

LINES OPEN 7 DAYS A WEEK

www.garolla.co.uk

Trustpilot 4.8 out of 5 / 4,700 reviews | Yell 4.8 out of 5 | Checkatrade Where reputation matters 9.8 out of 10 | CE APPROVED

BESPOKE ELECTRIC DOORS MANUFACTURED IN THE UK

eye Flooring

Making Luxury Affordable

Domestic & Contract Flooring Specialists

Carpets • Luxury Vinyl Tile • Vinyl

Safety Flooring • Contract Flooring • Door mats

Fully inclusive flooring service, so the price you see is really the price you pay.

The Old Theatre, Broad Street, Eye, Suffolk, IP23 7AF

01379 870190 07850 573366

www.eyeflooring.co.uk info@eyeflooring.co.uk

Shop open: Monday, Wednesday, Thursday, Friday - 9.30am - 4pm,
Tuesday - 9.30am - 1pm Saturday 9am - 12.30pm

Fitting and quotations can be arranged for outside of these times, please contact us to discuss.

Grove Soft Tissue Therapies, Thornham Magna

I have 20 years experience, am fully qualified & insured to practice:

Sports Soft Tissue Therapy, Structural Integration, Scarwork

SMA
THE ASSOCIATION FOR SOFT TISSUE THERAPISTS

ANATOMY TRAINS Structural Integration

I offer a complimentary ½ hour, no obligation, consultation to possible new clients at my home-based clinic. An opportunity to discuss your needs and the therapies offered.
Please email or phone for an appointment.

Rodger Davis FSMA ATSI

E: GroveSTT@btinternet.com
M: 07976 361016

MARTIN HATT
TIP TOP DECORATORS

FULLY QUALIFIED LOCAL PAINTER & DECORATOR

40 YEARS EXPERIENCE
CITY & GUILDS QUALIFIED

INTERNAL & EXTERNAL WORK UNDERTAKEN

WALLPAPERING A SPECIALITY

ADVICE GIVEN / FREE ESTIMATES

CUSTOMER RECOMMENDATIONS AVAILABLE ON REQUEST

TEL: 07502 207 216
EMAIL: mdhatt@live.co.uk

MARK FOULGER & SON
CONSTRUCTION

BRICKWORK & FLINTWORK CONTRACTOR

NEW DEVELOPMENTS
EXTENSIONS
GARDEN WALLS
FLINTWORK
AND ALTERATIONS

View work and reviews on Facebook
(Mark Foulger Construction)

07768 196516
mark@mfconstruction.uk
www.mfconstruction.uk

Wattisfield

Gipping Press

DESIGN | PRINT | PROMOTION

Tel: 01449 721599
www.gippingpress.co.uk
enquiries@gippingpress.co.uk

Units 1&2, Lion Barn Industrial Estate,
Needham Market, Ipswich, Suffolk IP6 8NZ



Nick Bobby
Tree Services

All Aspects Of Tree and
Hedge Work Undertaken
All Access Stump Grinding
Fully Insured
Competitive Rates
Professional Service
For a free quotation please call
01379 871459

Andrew Gaskin
Gardening Services

Grass cutting
Pressure washing
Small tree work
Hedge cutting
Gutter clearing
Fence repairs and painting
Shed felting

01379 783515

We are now taking on new customers
so early booking is recommended

Connect Coffee Morning

St Mary the Virgin Church, Mellis

10am - 12.00

Saturday 13th May

(and then every second Saturday of the month)



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

LS | FITNESS



CONTACT US

- lsfitness35@gmail.com
- Lewis - 07740 185204
- Sam - 07860 102306

A functional fitness inspired gym based in Allwood Green. We promote a healthy, active lifestyle through dedicated Functional Fitness, CrossFit and Personal Training for all ages and abilities within our custom built, well equipped training facility.

Units 20/21, Rickinghall Business Centre, IP22 1LQ

LS-FITNESS.COM

SERVICES

- Group Fitness Classes
- Kids Classes
- 1-2-1 Personal Training
- Sports Performance Sessions



Lamberts Service Station Ltd

Shop Green, Bacton, Stowmarket, IP14 4LG, Tel: 01449 781260 Mobile: 07834 778116

www.lambertsservicestationltd.com Email : lamberts.1@btconnect.com



Car Service, MOT Testing and Repairs

We have a fully equipped workshop where all manner of repairs can be undertaken. An MOT testing station and a Body Shop where we can undertake Insurance accident repairs, general repair work and re-sprays. We also operate a Recovery service which includes Home Starts. We are one of the few remaining rural Petrol Filling stations and offer forecourt attended services. **Please visit our website for full list of services.**

WORKSHOP
Service all Makes and Models
Air Conditioning
Engine Diagnostics
Fault Finding
Engine Management Lights
Exhausts
ABS

MOT TESTING
MOTS while you wait - By Appointment
Petrol
Diesel
Electric
Hybrids

BODYSHOP
Accident Work
Body Work Repairs
Paint Work
Re-Sprays
Welding

ITEMS STOCKED
Tyres
Batteries
Wiper Blades
Bulbs
Calor Gas

RECOVERY SERVICE
Home Starts
Breakdown
Accident Recovery

FORECOURT SERVICES
Petrol and Diesel
Tyre Pressure and Levels Checked
Bulbs Fitted While You Wait
Antifreeze Check

Competitive prices on Tyres - Quotes given
Free no obligation Estimates on work needed

Find us on Facebook - www.facebook.com/lambertsservicestation

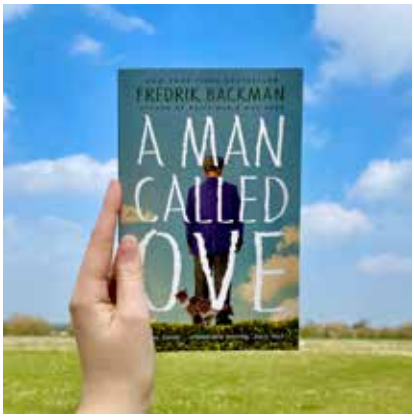
CHARLOTTE'S BOOK BLOG



A Man Called Ove by Fredrik Backman

★★★★★ 4/5

Hello everyone! Hope everyone had a lovely Easter break and managed to get plenty of reading done over that time. I spent my Easter break reading a lovely novel called A Man Called Ove, so that I could also see the film adaptation before I went back to Uni. Here's my thoughts:



First things first, I did give this a four-star rating, mainly because of the fact I did find this book quite hard to get into initially… it took me a while to become fully invested. However, once I found it really got going and the plot become more intriguing, I really started falling in love with the characters and found myself desperate to get to the end to see how it all panned out in the end for Ove and his neighbours. And it's safe to say that despite the slow start this book certainly didn't disappoint and I ended up really enjoying it.

Ove is a grumpy man, who finds himself surround by (in his words) idiots. Joggers, people who can't drive, shop assistants, dog owners and just neighbours in general. When Parvaneh moves in next door, a pregnant Persian lady with a "nitwit" husband and two children - Ove finds himself getting more frustrated than ever with their constant needs and pestering. All he wanted to do was die in peace. But with the never-ending disruptions he becomes the handyman, the baby sitter, the taxi driver, the hotel owner and the only man around who seems to be able to keep the neighbourhood under control. But when Parvaneh continues to edge her way into his life, she finds that there is a lot more to Ove than everyone thinks… and in the end, you will see that there is something about him which is quite irresistible.

Having read the book, I made sure to immediately watch the film - so I could have clear in my head every detail of the novel so I could try and work out any differences within the film adaption… and actually there weren't that many and I thought it was done really well! One thing I preferred about the book over the film however is the build-up of the relationship between Ove and Rune, Sonya and Anita, where although this was shown in the film, I feel they could've emphasised that a little more. However, I thoroughly enjoyed the film and I think Tom Hanks did a perfect job of playing Otto (they changed the names for the film) and likewise Mariana Treviño who played Marisol (known as Paravaneh in the novel).

If you've read this or have seen the film, you can join my conversation over on Instagram over at www.instagram.com/charlottes.bookblog

Happy Reading! x

CHARLOTTES.BOOKBLOG

www.instagram.com/charlottes.bookblog
Insta: @charlottes.bookblog

twitter: @char_bookblog

Gislingham Variety Club



Annual General Meeting and Celebration Evening

Friday 26th May, 19.30, Gislingham Village Hall

Are you interested in joining the Variety Club or learning more about us?

Then please come along to our annual event. Meet our committee and members, hear all about our next show, and find out about how you could be involved either on stage or in one of our supporting roles including: producing, sound and lighting, backstage, costumes, set design, prop making, programme design and front of house.

Following the AGM there is the chance to socialise and party!

Please bring your own drink.

If you would like to attend, please email us: info@gislinghamvc.uk

For all the latest updates: Gislingham Variety Club

TWINKLING TIGER

Buy and sell preloved baby and childrens clothes age 0-12 years



GREAT QUALITY, GREAT FOR YOUR PURSE AND GREAT FOR THE PLANET!

www.TwinklingTiger.co.uk

TwinklingTiger Twinkling_Tiger_Preloved

THANK YOU!



We would like to thank everyone who kindly donated cake and money to our 'Homemade Bake Sale' in aid of Macmillan Cancer Support on April 1st.



We made a staggering £560! We will be continuing with our fundraising by doing the Macmillan Norfolk Coast Mighty Hike challenge, later in the year.

https://www.justgiving.com/fundraising/amblingamigas2023

Amy & Emily Eade and Fliss Kingsgate.

Photo shows Amy, Emily and Fliss, along with their helpers on the day, Isabelle and Jessica.

RECRUITING

BOTESDALE DENTAL PRACTICE & IMPLANT CLINIC

We are currently expanding our practice and therefore have another position available for the right candidate.

The prospective candidate would be required to work alongside our head dental nurse and other members of staff, work efficiently use their own initiative, communicate in a professional manor. Being interested in surgical procedures is helpful and of course Implant procedures is a must. (Training will be provided for Implant nursing - experience is not necessary) GDC registration required.

We are all for helping our staff to progress in their current position and to allow continual professional development.

If you are interested in finding out more and attending an interview, please call 07828 180320 or email: eve@botesdaledental.co.uk

PICTURE FRAMING BY CAROLA SETTLE

QUALITY MOUNTING AND FRAMING OF PRINTS, PHOTOGRAPHS, PAINTINGS, EMBROIDERIES, ETC. AT COMPETITIVE PRICES

FRIENDLY ADVICE AND PROFESSIONAL SERVICE

Stanwell House,
High Street, Gislingham,
Eye, Suffolk, IP23 8JE

Tel. 01379 783 415

Anna Chambers
BEAUTY & MASSAGE

Beauty and Massage Therapist and TROPIC Ambassador

- Offering 20 years of experience
- Fully insured
- A warm friendly professional service
- Using the highest quality products
- Massage (hot stone, pregnancy , swedish)
- Reflexology
- Customised facials using Tropic Skincare
- Shellac gel nails
- Eyebrow waxing, tinting and design
- OPI manicures and Pedicures
- Waxing



01379 788092
annachambers82@gmail.com

30+ YEARS TRADING

WILLOWSERVE LTD

Plumbing, Heating & Building Refurbishment Services

Bury St Edmunds

For a Professional, Reliable service & quality workmanship you can trust.

- All types of Heating Installed
- Replacement boilers / Hot water cylinders
- Specialist boiler servicing & Repairs
- Worcester Bosch Accredited Installers offering up to 12 year Guarantee.
- Wet & Electric Underfloor heating
- Bathroom's & Wetrooms Designed and installed.
- Disabled Adaptations
- Ceramic, Porcelain & Natural stone floor and wall Tiling.
- All types of flooring
- Painting & Decorating Inside & Out.
- Carpentry
- Fully Fitted Kitchens Supplied & Fitted
- Plastering

And Much More.....

Visit our website today for the full list of the services we provide.

gas safe register

iphe Registered Plumber

OFTEC

Checkatrade.com

WWW.WILLOWSERVELTD.COM

TEL: 01359 259886

Thornhams Film Night
Friday, 19th May 7:30pm

What's love got to do with it?



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

Malthouse Security Ltd
Communications & Security Systems



Comprehensive home security systems available in East Anglia

• Senior Care call systems • Fire alarms • Intruder alarms
• Door entry systems • CCTV installation

For a free, no obligation quote on any of our services:

Call us now on: 01379 890 606

or email sales@malthouse-security.co.uk www.malthouse-security.co.uk



Safe & Sound
Hygiene and Pest Control



Is your garden overrun with moles?

Do you have a wasp nest?

Are your paddocks overrun with rabbits?

For ALL your domestic or commercial Pest Control.

Woodworm treatment available.

No obligation – free survey/quotes.





Pest infestation can damage your health and your home. Recent surveys show that numbers of mice/rats and bed bugs found in UK homes are on the rise. As Local Authorities are cutting back on free pest control services. We are here to offer you a service at the right price.

Call us to discuss your pests on 07809226109.

www.safeandsoundhygieneandpestcontrol.co.uk

Robbie Walker
Bricklayer/Builder

- **With Over 40 years' experience in the building trade**
- **Reliable and Professional service**

My work includes: Small extensions, conservatory bases, garden walls, patios, shed bases, drainage, brick-up jobs, knock-throughs (lintels) & other jobs considered

For free quotes and information please call me on 07547 119957



Email: walker473@sky.com
or message via Facebook

MPD TANKS LTD



Steel and Plastic oil tanks installed

Fully Insured

Telephone:
01449 767820
07708 395889

Mendlesham

OFTEC
Registered Technician

Tank Change Limited

WIDE RANGE OF STEEL & POLYETHYLENE OIL TANKS SUPPLIED & INSTALLED

FAMILY BUSINESS ESTABLISHED 1989

OVER 16,000 INSTALLATIONS TO DATE

FULLY INSURED PARISH MAGAZINE READERS DISCOUNT

WWW.TANKCHANGE.CO.UK

Kingspan TITAN Accredited Installer

01449 781210
07899 898720

OFTEC

TOMLINSON GROUNDCARE

JOHN DEERE

Horticultural & Garden Machinery Suppliers

Sales Service Parts Repairs Toys

Ride on mowers from £1899 inc vat

Walk behind petrol & battery mowers from £249 inc vat

Strimmers, hedge cutters, blowers, chainsaws etc

Garden tools, paddock & turf machinery

Service & repair all makes





Set in over 20 acres - Try before you buy

Established in Buxhall since 1991 - We hope to see you soon

Brettenham Road, Buxhall, Stowmarket IP14 3DL

01449 736060 www.tomlinsongroundcare.co.uk

AL-KO EGO ECHO WEIBANG®

CHICK CHAT



Well it has been a very long time since the last Chick Chat update but for those who have shown interest here is the latest news.



The Hennies are still doing well though only one 'old girl' remains. We now have some rescued newer hens who came to us looking very poorly - Pic 1 - and quickly have become lovely ladies - Pic 2.

Since we last wrote Charlie - Pic 3 - has joined George Pic - Pic 4.







The biggest story is reserved for Pepper – Pics 5 & 6. Pepper went missing in May last year and despite hours of searching was not found. He suddenly reappeared just before Christmas and did not look as if he had had a hard time. He hasn't left since but is obviously eating elsewhere as he often doesn't come home his usual starving self. If you know where he is visiting we would love to know.

Please don't be tempted to take in or feed healthy cats.





Pepper has a chip and if you are concerned or wonder about taking in a cat please check with a vet first to see if it has a chip as you will save the owners hours of searching and a lot of heartache.

Jo Pitt

JDK ENGINEERING

Garden care servicing & sales

Servicing cost

- Walk behind mower £90
- Small ride on mower £204
- Larger ride on mower £300
- Chainsaws, Strimmers, Brushcutters & hedgetrimmers £60

Any repairs or blades will be charged separately

Free local collection and delivery.



We are a local family run business providing an expert, personal service. Please feel free to contact us for quotes on sales, repairs and part exchanges.

Contact us

John - 07887706965

Email - Jdkagriengineering@gmail.com

All prices include VAT

Steeple General Services Ltd

Gislingham

Dave Griffin

Lawn mowing, large or small
Fencing and Shed repairs
Pressure washing
Tree work and Hedge Cutting
Stump removal
Chipping and Shredding
Turf laying

07787 773061

TIP OFF, RIP OFF!

Action Fraud has received over 60 reports relating to a scam that steals access to a WhatsApp user's account.

The scam begins when a criminal gets access to another WhatsApp account which has you listed as a contact.

The criminal, posing as your friend or someone that's a member of a WhatsApp group you're in, will then send you seemingly normal messages to try and start a conversation with you.

However, around the same time you will receive a text message from WhatsApp with a six-digit code. This is because the criminal has been trying to login to WhatsApp using your mobile number.

The criminal will claim that they sent you their code by accident and ask you to help them by sending it to them. Once the criminal has this code, they can login to your WhatsApp account and lock you out.





The criminal will then use the same tactic with your WhatsApp contacts in an effort to steal more accounts and use them to perpetrate fraud.

What you need to do:

- **Set up two-step verification** to give an extra layer of protection to your account: Tap Settings > Account >Two-step verification > Enable.
- **THINK. CALL.** If a family member or friend makes an unusual request on WhatsApp, always call the person to confirm their identity.
- **Never share your account's activation code** (that's the 6-digit code you receive via SMS)
- **You can report spam messages or block a sender within WhatsApp**. Press and hold on the message bubble, select 'Report' and then follow the instructions.

If you have been a victim of fraud or cyber crime, report it to Action Fraud or 0300 123 2040.

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. Which 1970s/1980s rock band was made up of Gordon Sumner, Andy Summers, Stewart Copeland?
2. In 1925, Alfred Roberts, a Lincolnshire grocer, and his wife, Ethel, had their second daughter. How did she become better known?
3. Which Coronation Street actress played a barmaid who is believed to have served more than 200,000 portions of her signature dish?
4. Which band, formed by two ex-Bay City Rollers, had a 1975 Number 1 hit in the UK, with 'January'?
5. This 1992 romantic film drama starred Whitney Houston and Kevin Costner.
6. This pop group was most successful during the 1980s and is best known for their cover of Norman Greenbaum's "Spirit in the Sky" which reached No. 1 in the UK Singles Chart.
7. Robert De Niro starred in this 1976 American psychological drama thriller film directed by Martin Scorsese, alongside Jodie Foster, Cybill Shepherd and Harvey Keitel.
8. American vocal and instrumental duo consisting of siblings Karen and Richard.
9. This group was formed by Mike Rutherford of Genesis in 1985.
10. What is the connection?

Answers appear on page 59.

SUDOKU CHALLENGE

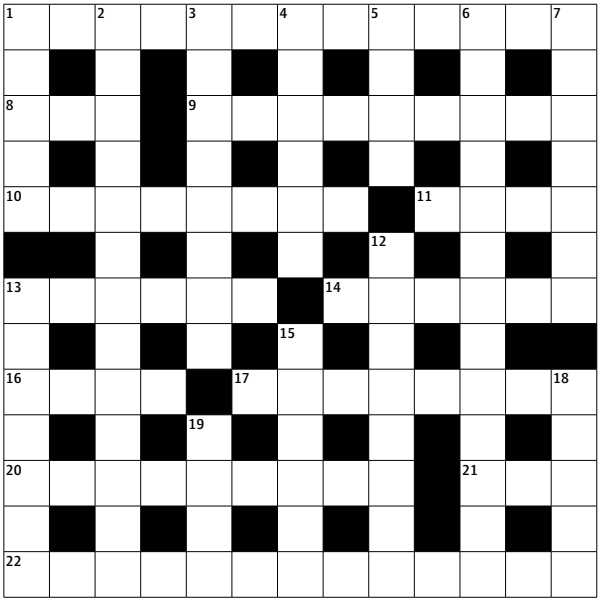
			4					1
5				1		6	9	7
7		3	8			4		
			1	5	7		6	
		5				2		
	6		3	4	2			
		1			4	9		6
	5	4		2				8
3					6			

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

Last issue solution

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

CROSSWORD CHALLENGE



Across

1 Wrongly rendered from French into English, say (13)
8 Welsh boy's name (3)
9 Keeping careful watch (9)
10 An outstanding personal quality or asset (when playing bridge?) (4,4)
11 Coagulated milk, used in making cheese (4)
13 Transparent panel inserted in an otherwise opaque material (6)
14 Natural starch used as a setting agent in making jams and jellies (6)
16 Indian prince (4)
17 Young racehorse (8)
20 Style of ragtime piano music (informal) (5-4)
21 Cha (3)
22 Dynamic force behind all mental processes — hyping secrecy (anag) (7,6)

Down

1 Sit — pose (5)
2 Metal frame with wooden spindles invented by James Hargreaves in the mid-1760s for producing yarn (8,5)
3 Alteration (8)
4 Head (informal) (6)
5 Jaunty musical rhythm (4)
6 'Rubber baby buggy bumper', for example (6-7)
7 Capital of Saxony largely destroyed by British and American bombers in 1945 (7)
12 Ursine pelt (used as a rug?) (8)
13 Military vessel (7)
15 Valiant (6)
18 Meat-based sauce (5)
19 Folklore relayed as truth (urban, perhaps) (4)
17 Drink heartily (5)
18 Elegant (4)

Last issue solution

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

COUNTRYSIDE, CONSERVATION & TREE SERVICES

SPECIALISTS IN

Tree surgery
Hedge management
Fruit tree pruning
Landscape projects
Fencing



Peter Kerry

01359 230100
07792 995483

peterkerry2018@gmail.com

www.cctrees.co.uk

£5,000,000 public liability insurance



CINEMA at EYE

Friday 26th May, 7.30pm
Eye Community Centre

Tickets £5 in advance from The Handyman or pay on the door. More information at **www.cinema-at-eye.org.uk**



Lead The Way

-Dog Walking
-Cats & Small Animal Visits

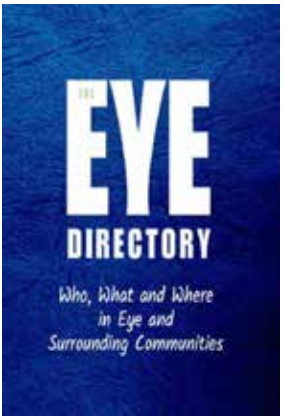
'Lead The Way'

07736 032951
lucyhignettpetcare@gmail.com

NOTICES

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

Friends of St Mary's, Gislingham AGM

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

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

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

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

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



Answers to the Connection Quiz on page 56.

1. The POLICE, 2. Baroness Margaret THATCHER, 3. Betty DRIVER, 4. PILOT, 5. The BODYGUARD, 6. DOCTOR & The Medics, 7. TAXI DRIVER, 8. The CARPENTERS, 9. Mike and the MECHANICS, 10. Connection = They are all PROFESSIONS.



KINDNESS

My dear friends,
It is so good to be writing to you again as I ease back to full-time work over the next few months. Over the weeks of my recovery, I had plenty of time to think, and my overriding memory of that time will always be the incredible kindness that so many people showed me – from flowers, cards, messages and prayers, to practical offers to shop, cook, do my ironing, walk the dog – it was incredibly lovely, and so appreciated by my family, as well as by me. Thank you so much.

There have been times in my life when I have also experienced unkind behaviour, and maybe you have too. I have been reflecting on how devastating this can be to individuals, communities, families, workplaces and churches, and how we need to work at kindness, encouragement, mutual support and affirmation. I'm reminded of one of our lovely Primary schools, who replaced their list of school rules with just one: 'Be kind.' We should all strive to do this more, to do it daily, and to do it with love and compassion because we never know what burdens other people are carrying; we should speak words of encouragement and affirm one another, and strive to overcome all that is wrong and unhealthy in the way we conduct our relationships.

Recently, Revd Lauren Moore posted on our church Facebook page one of her beautifully illustrated inspirational quotes: 'No act of kindness, no matter how small, is ever wasted.' It is pictured at the top of this letter, but you can see it in all its glory at https://www.facebook.com/groups/SouthHartismereChurches.

The theme of kindness is also at the heart of the Coronation Celebrations. We are so aware that our village organisations and churches rely on the kindness of volunteers to give their time and gifts to help their local communities, and on May 8th thousands of organisations across the country are getting together to give us all the chance to do this in The Big Help Out. Everyone is invited to join in to demonstrate kindness in practical ways - from checking in on someone who'd like a bit of company or volunteering for a charity. Look out for details of CONNECT's Coronation Tea for volunteers elsewhere in the magazine.

I have just come across this prayer, and it is my prayer for all of us in these difficult times:

'Remind us that all of this, every bit of it, is for love. **Keep us fiercely kind**. Amen'

Blessings, Julia

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	Holy Communion
Sunday 7th May	Thorndon	6.00pm	Coronation Songs of Praise
5th Sunday of Easter			
Monday 8th May	Thorndon	2 – 4 pm	CONNECT
WEEK 2	*Mellis*	*10.30am*	*Worship for All*
Sunday 14th May	*Stoke Ash*	*10.30am*	*Holy Communion*
6th Sunday of Easter	*Thorndon*	*4.00pm*	*CONNECT*
Rogation Sunday			
Thursday 18th May			
Ascension Day	Telephone Church	11am	
WEEK 3	*Thornham Parva*	*10.30am*	*Worship for All*
Sunday 21st May	*Thorndon*	*10.30am*	*Holy Communion*
7th Sunday of Easter	*Thorndon*	*4.00pm*	*CONNECT*
WEEK 4	*Yaxley*	*10.30am*	*Worship for All*
Sunday 28th May	*Wetheringsett*	*10.30am*	*Worship for All*
Day of Pentecost	*Thornham Magna*	*10.30am*	*Holy Communion*
Whit Sunday	*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

Find us on Facebook:
South Hartismere Churches

LOCAL INFORMATION

Gislingham Bus Timetable

Dan's Coaches:

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

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

Route 456 to Diss (Fridays only):

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 May 24th, then every 4 weeks.
Broadfields Road: 15.10 – 15.45
Mill Street: 15.50 – 16.05

IMPORTANT CONTACTS

Anglian Water Emergency	0800 145145
Botesdale Health Centre	01379 898295
Church Wardens:	
Gislingham - Ann Cottee	01379 788633
Mellis - Betty Wells	01379 788155
Thornham Magna and Thornham Parva - James Fawcett	01379 788130
Citizens Advice Bureau Stowmarket	01449 676060
Citizens Advice Bureau Diss	01379 640530
Clerk (Parish) (Gislingham) clerk@gislinghamparishcouncil.com	07796 410694
Clerk (Village) (Tina Schwarz - Thornham Magna)	01379 788207
Clerk (Parish) (Christine Moore - Thornham Parva)	01379 783226
Connecting Communities = Suffolk Passenger Transport	01449 614271
Crime Stoppers	0800 555111
District Council - Cllr Rowland Warboys rowland.warboys@midsuffolk.gov.uk	01379 783412
Electricity Emergency	08007 838838
Essex & Suffolk Water Emergency	08457 820999
Eye Health Centre	01379 870689
Hall Bookings (Gislingham - Terry Williams -) email gislinghamvillagehall@gmail.com	01379 783903
(Mellis - Helen Timmons - Mellis) email: bookmellishall@gmail.com	01379 783449
(Thornham) email: hallhire@thornhams.org	
Mellis Parish Council Chairperson (Lawrie Read) mellisparishcouncil@gmail.com	01379 788248
Mendlesham Health Centre	01449 767722
Member of Parliament - Jo Churchill	01284 752311
jo.churchill.mp@parliament.uk - www.jochurchill.org.uk	020 7219 8487
NHS Direct	111
Suffolk Doctors On Call	03001 303066
Suffolk Fire Service & Community Fire Safety	01473 260586
Suffolk County Council -Cllr Jessica Fleming jessica.fleming@suffolk.gov.uk	01449 711065
Suffolk Police (non urgent)	101

botesdaledental

PRACTICE & IMPLANT CLINIC



High quality dental treatment in a **calm, comfortable** and **relaxing** environment

Find us on
www.botesdaledental.co.uk

Tel: 01379897176
Email: reception@botesdaledental.co.uk
Botesdale Dental Practice, Holly Close,
The Drift, Botesdale, Suffolk IP22 1DH

Denplan
Part of Simplyhealth

Denplan EXCEL
QUALITY ASSURED

UKAS
PRODUCT CERTIFICATION
8616

MSS10105-1220